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Four Seasons Moscow spa is 'oasis of calm' in the city

BY Jane Kitchen



Four Seasons has opened a 3,000sq m (28,000sq ft) Amnis Spa at its city centre hotel in Moscow.

Located on the fifth floor of the hotel, the Amnis Spa features 14 treatment rooms (including three couples suites), spacious wet areas, relaxation facilities and a sunlit lap pool in a glass-covered central courtyard. There are also Finnish saunas, steam baths, cold plunge pools, hydrotherapy baths, lifestyle showers, a chromotherapy feature, a hair salon, nail bar and 24-hour fitness centre.

The spa is using Swiss anti-ageing skincare line Dr. Burgener, including Vitaskin, a treatment combining ultrasound and galvanic technologies, and Diamond Dermabrasion by Dr Burgener – both created for Amnis Spa. Dr Burgener also created a signature Green Caviar Beauty treatment, which uses the Vitaskin Ultrasound to penetrate on a cellular level with an intense dose of green caviar and gold trace elements for skin repair.

"The Swiss luxury industry is strongly affected by the drop of the Russian tourism," said Dr. Pauline Burgener, head of Dr Burgener. "The solution for this economical crisis is that Swiss brands go to Russia."

The Amnis Spa is also using French spa brand Therae's star range, which contains the Four Teas Elixir, to reflect Russia's deeply rooted tea traditions, as well as Hungarian brand Omorovicza, inspired by Hungary's famous thermal baths.

Omorovicza developed Hydro Mineral Transference, a delivery system that enables the absorption of minerals from the healing waters of Budapest by the epidermis, as well as a Gold Hydrating Facial Ritual and a Lake Heviz Journey.

Treatment beds, including the MLX Quartz bed, are from Gharieni.

The spa has also brought a Kerastase Hair Spa Institute, managed by Four Seasons Hotel Moscow and L'Oreal, featuring an individual approach to hair care.

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