



STAY COOL IN DUBAI THIS SUMMER WITH FOUR SEASONS HOTELS DUBAI

The summer heat in Dubai shouldn't put a dampener on your fun and Four Seasons Hotels Dubai have got you covered. From cooling spa treatments to soothe aching muscles, a new menu of refreshing champagne cocktails and the hottest new roof terrace in town, to lazy pool days accompanied by chilled refreshments and playful inflatables, Four Seasons Hotels Dubai have curated a series of exciting and delicious activities to keep you cool in Dubai this summer.

TOO COOL FOR THE POOL

When temperatures in Dubai begin to climb, it's time to retreat to the pool, and with two iconic destinations within the city, guests are spoiled for choice. For those looking to cool off from the city's heat, Four Seasons Hotel Dubai International Financial Centre (DIFC) offers a seventh heaven sanctuary on its seventh floor where guests will find its iconic, instagrammable glass-side pool. If that's not enough for the perfect shot, guests will find a variety of inflatables to both pose and recline on, making it the ultimate chill out zone in the heart of the city. For those looking for more resort-style living, residents of Dubai can enjoy pool and beach access at Four Seasons Resort Dubai at Jumeirah Beach when they rent one of the relaxed and shady beach Cabana's for the day. Here they will find delicious ice-pops, fruit skewers and a selection of cucumber and aloe vera based soothing mocktails to ensure they are kept cool this summer.

Pool access at Four Seasons Hotel DIFC is 300 AED per person, redeemable on food and beverage. At Four Seasons Resort Dubai at Jumeirah Beach, Beach Cabana's are available for rental for a minimum food and beverage spend of 300 AED per person for a maximum of 4 guests per Cabana, whilst Day Villas are available for the rental rate of 1,800 AED per day (Weekday and Weekend) for up to 4 guests, 800 AED of which is redeemable on food & beverage.

COOLING THERAPIES

To temper the hot months in Dubai, The Spa at Four Seasons Hotel DIFC will once again offer a spoiling summer treatment that will both soothe and cool guests this season. The Lemongrass Cooling Therapy is a refreshing practice used on the legs for a cooling effect, performed with the slow beats of Brazilian bossa nova music in the background, and ending with a cold, healthy brew of lemongrass ice tea, with healing health benefits. The treatment is 45 minutes, and begins with revitalising cold leg compresses, followed by an energising leg massage using cooling aloe vera, and then the gentle placement of ice cubes to reduce swelling and leave the legs feeling lighter. Pressure points also include the head, neck, shoulders, arms and hands with the gentle use of lemongrass essential oils. The treatment ends with a slow deep back massage for complete relaxation, followed by a refreshing lemongrass tea. Lemongrass Cooling Therapy is priced at AED 350, tax included.



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The Pearl Spa at Four Seasons Resort Dubai at Jumeirah Beach is a perfect sanctuary away from the desert heat, offering a haven of peace and tranquillity throughout 10 luxurious treatment rooms and the glass domed climate-controlled indoor pool. Unique to the summer season, Four Seasons' expert therapists have curated a menu of cooling treatments to temper the summer heat, highlights include the 60 minute Summer Breeze Body and Face Experience which involves an indulgent coconut oil based leg and foot massage, combining the use of Cryo-Sticks that are designed to soothe the skin and regulate blood circulation. Stainless steel Cryo-Sticks store maximum thermal energy, ensuring cold is diffused in contact with the skin for an optimal tightening and calming effect on the body and mind. Guests can customise their experience by letting the therapist know focus areas such as back, neck and shoulders or massage on hands, arms and scalp before surrendering with the fresh facial. Summer Breeze Body and Face Experience is priced at AED 650, tax included.

Throughout the summer months, guests of both Four Seasons spas can enjoy a 30% discount on all 60 minute treatments.

REFRESHING ROOM RATES

With so much to experience this summer, Four Seasons Hotels Dubai invite guests struck by summer wanderlust to enjoy the perks of travelling with lucrative and lavish stays. For guests booking a Suite, they are invited to stay longer with an additional night free when booking three nights at Four Seasons Hotel DIFC and four nights at Four Seasons Dubai at Jumeirah Beach. Guests visiting for 3 nights or more can also experience a minimum of 10 percent discount on room rates. Reservations can be booked online.

FOUR SEASONS HOTEL DUBAI INTERNATIONAL FINANCIAL CENTRE

LUNA LANDING

This summer DIFC's only rooftop bar, Luna Sky Bar, will transform into a slick and cool lounge-style tent in collaboration with Grey Goose. For the first time since opening, guests will be able to party long into the night on the newly installed air-conditioned roof terrace of Four Seasons Hotel DIFC, accompanied by live DJ beats and a standalone Grey Goose bar. Guests can expect a menu of refreshing cocktails such as the Le Grand Fizz, an elegant blend of Grey Goose, elderflower, fresh lime and more, or sip on the bespoke Luna Eclipse, an alluring exotic mix of Grey Goose, infused with agave, mandarin juice, ginger and a dash of pineapple. Luna's new terrace promises the party will continue long into the summer with a combination of DJ sets, live entertainment and unique cocktails and bottle service.



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Visit between Sunday and Thursday for an Aperitivo between 5pm – 8pm and enjoy specially crafted summer cocktails accompanied by complimentary antipasto for 40 AED. On Wednesday's from 7pm – 11 pm, ladies can enjoy free-flowing red, white and sparkling, along with a selection of sushi bites.

ICE, ICE BABY

MINA Brasserie's lush green terrace will this year transform into a fully air-conditioned space, making it the perfect place to relax and unwind in the city this summer. The Eden-like garden located in the heart of dynamic DIFC offers respite from the summer's heat, and like any much loved brasserie, its gleaming golden bar will unveil a menu of delicious and refreshing Champagne cocktails alongside a collection of classics. The talented team of bartenders will restore guests' spirit with their flair and love of service, warm and knowledgeable nature. Highlights from the new Champagne cocktail list include the Cham-piña, a twist on the traditional Pina Colada, and Purple Rain, a delicious blend of Cointreau and butterfly pea infused gin. MINA will also for the first time offer Champagne by the glass, and for those seeking something to refresh them throughout the day, hand-squeezed fresh juices and mocktails are available.

Champagne cocktails are available at 75 AED and Champagne by the glass at 99 AED.

FOUR SEASONS RESORT DUBAI AT JUMEIRAH BEACH

COOL AS A CUCUMBER

This summer Hendricks Bar is delighted to announce a new selection of house gins, 26 to be exact, making them the proud owners of the largest selection of gin in Middle East (roughly 100 different gins). The new menu will stretch 23 pages and inside guests will find a whole new era of gin created using unique techniques to create iconic flavours, from zesty citrus notes like orange, grapefruit and sloe re-distilled lime, to floral ones such as chamomile, jasmine and butterfly pea tea. For those looking for something more unusual like truffle, mint and chocolate or cold brew coffee and chili, Hendricks has got something for every palate. To match the new additions to the menu, Hendricks has also expanded its selection of tonic water's to pair, making it the perfect destination to refresh with an ice cold G&T in hand.

Prices start from 55 AED.

COOL RUNNINGS

Cricket fans rejoice, for this summer SUQ will be screening the ICC Cricket World Cup 2019 from the cooling comfort of the summer tent. The World Cup is cricket's flagship tournament, taking place every



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four years, involving the best teams around the globe. With SUQ's delicious cricket ala carte menu, cricket enthusiasts can cheer on their favourite team whilst indulging in a selection of quick bites, delectable delights and an extensive drinks menu to match. Guests can expect an experience reminiscent of the stadium-feel, creating a whole-hearted sense of team pride, with plenty of screens showing the matches from all angles, guests are guaranteed to experience every second of the action.

The cricket tent is open daily between 1pm and 11pm, menu prices start at 50 AED - SUQ brings the excitement of the Cricket World Cup from the stadium to their guests' fingertips.

COOL, CALM, COLLECTED

For the first time since opening at Four Seasons Resort Dubai at Jumeirah Beach, Sea Fu will remain open for the summer months for dinner only. Nestled in the heart of the hotel, guests to its beachfront location can expect a mouth-watering menu featuring sashimi and sushi all with a special Sea Fu twist and the added dramatic flair of dry ice to help guests keep cool this summer. Guests can enjoy a variety of rolls, such as Torched Miso Salmon roll, Crunchy Avocado roll, Lobster Dynamite roll and Duck Foie Gras roll from Sea Fu's indoor air-conditioned elegance.

During the summer, Sea Fu is open for dinner only from 7:00 pm to 11:00 pm. Average price per person 130 AED without alcohol.

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#StayCoolWithFS

-ENDS-

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