



# SPA & WELLNESS

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ENG



## OASIS OF PEACE AND BEAUTY IN JURMALA

The caring hands of spa therapists will bring you back to life, relieve you from stress and restore your vitality and wellbeing. You will feel the taste of life again and gain harmony for both body and mind.



## LATVIAN RITUAL COLLECTION

# TREASURES OF NATURE

90 min 75€\* / 80€\*\*

\* price I-IV \*\* price V-VII and holidays

## THE TOUCH OF THE SEA

*Ritual with seaweed wrapping, to reduce volume, to obtain smooth and velvety skin*

Detox components of marine origin will help get rid of toxins, promote deep lymphatic drainage, activate lipolysis processes and intensively promote metabolic activity.

- Whole body dry peeling massage
- Wrapping with seaweed mask
- Head massage

## HONEY CRANBERRY

*For rejuvenation and deep cleansing*

A ritual that revitalizes the body with fresh cranberries and natural honey, nourishing, healing and helping stop the aging process and strengthen natural resistance thereto.

- Peeling massage with fresh cranberries and honey, salt
- Body wrap with fresh cranberries and honey
- Express facial treatment

## BALTIC AMBER

*For health and physical strength*

A unique spa ritual allows you to use the energy of amber, accumulated over millions of years, to improve health. The procedure will not only relieve tension, but also strengthen the immune system.

- Peeling massage with grains of amber
- Relaxing full body massage with amber oil



## EXOTIC RITUAL COLLECTION

90 min 90€\* / 95€\*\*

\* price I-IV \*\* price V-VII and holidays

### HARMONY OF INDIA

*For complete bliss of soul and body*

A truly and deeply relaxing Indian pinda ritual massage will surround you with gentle warmth and fragrance of lavender. Pouches filled with lavender flowers and sea salt crystals help relieve tension and restore harmony.

- Peeling massage with sea salt
- Massage with warm lavender pindas
- Massage with lavender cream

### ENERGY OF CHINA

*For deep relaxation and relieving muscle fatigue*

Massage of the whole body with hot stones according to a unique technique. Activation of qi energy points with basalt stones will help relax and warm up tense muscles. Stone massage is a powerful tool for relaxation, stress relief.

- Full body massage with hot basalt stones

### RHYTHMS OF JAPAN

*For emotional and physical recovery*

An ancient Japanese technique employing bamboo whisks, impacting the entire body, relieving the emotional burden of worry and achieving a state of deep relaxation.

- Foot massage
- Full body massage with bamboo whisks
- Facial Gua Sha massage



## COMFORT ZONE RITUAL COLLECTION

The Italian SPA brand Comfort Zone is a whole philosophy for face and body care, which was born in Parma in 1996. Comfort Zone experts believe that our skin reflects our mental well-being, physical condition and our daily decisions. Comfort Zone selects the best natural ingredients and combines them with advanced high-tech molecules and carrier systems to ensure maximum effectiveness and safety.

90 min 85€\* / 90€\*\*

\* price I-IV \*\* price V-VII and holidays

## TRANQUILITY PRO SLEEP MASSAGE

*To improve sleep and full relaxation*

Massage ritual for complete recovery and stabilization of the psycho-emotional background. A unique blend of TRANQUILITY aromatic oils will relieve stress and negativity. Exclusive massage technology using brushes has a relaxing effect. Such a relaxation ritual will relieve stress and tension, restore sleep and help with insomnia.

- Massage with brushes
- Pro sleep full body massage
- Foot massage

## TRANQUILITY SCRUB AND CALM MASSAGE

*To moisturize and nourish the skin*

Balancing effect of aromatherapy. Helps to release tension and enjoy the luxury of self-care. Gently exfoliates the keratinized particles of the epidermis, polishes and evens the skin tone, improves microcirculation in the tissues. Comprehensively affects the body and mind.

- Peeling massage
- Relaxing full body massage

## HIMALAYAN SALT STONE MASSAGE

*Detox procedure for recovery and relaxation*

Massage with warm Himalayan salt stones will provide relaxation, remove tension, stress and anxiety. And the combination of pink Himalayan salt with aromatic oils will stimulate metabolism and restore life force and balance, reduce inflammation and pain.

- Massage with warm Himalayan salt stones
- Himalayan salt detox body wrap
- Head massage





## RITUAL COLLECTION FOR KIDS AND TEENS

### 3-17 years

Sticker/tattoo as a gift

! Recommended age group

\* price I-IV \*\* price V-VII and holidays

### CHOCOLATE THERAPY

*Feeling of happiness and joy, silky skin*

Chocolate stimulates the production of endorphin, the hormone of happiness, which relieves negative emotions, relieves psychological and physical fatigue, moisturizes the skin, making it smoother, more elastic and velvety.

- Relaxing body massage with warm chocolate
- Head massage
- A tattoo sticker of your choice as a gift

12+ 60 min  
50€\* / 55€\*\*

### CITRUS RITUAL

*Great mood, feeling of vitality of body and spirit*

A refreshing citrus treatment that will fill with vitamins, increase immunity and relieve inflammation. The vivid aroma will give optimism and energize.

- Refreshing vitamin body massage with orange lotion
- Orange hand gloves
- A tattoo sticker of your choice as a gift

12+ 60 min  
50€\* / 55€\*\*

### PEACH OR STRAWBERRY MASSAGE

*Happy summer feeling and comfortable sleep*

The sunny aromas of peach and wild strawberry relax, lift the spirits and improve appetite. The light massage technique has a positive effect on the quality of sleep.

- Massage with aromatic peach or strawberry masks
- A tattoo sticker of your choice as a gift

3+ 30 min  
35€\* / 40€\*\*

6+ 45 min  
40€\* / 45€\*\*



## MASSAGES COLLECTION

Massage is an excellent way to Strengthen your immune system and health, Improve your mental and physical condition, Relieve the body from stress and prevent illness.

\* price I-IV \*\* price V-VII and holidays

### CLASSIC MASSAGE

Helps to relieve stress, alleviate pain in the back and other parts of the body, relaxes and rejuvenates muscles after physical activity and provides a rush of strength and vitality.

60 min  
62€\* / 67€\*\*

90 min  
82€\* / 87€\*\*

### DEEP TISSUE MASSAGE

Special classical massage technique with a more intense physical effect restores connective tissues, relieves pain and eliminates local overload.

60 min  
72€\* / 77€\*\*

90 min  
92€\* / 97€\*\*

### RELAXING AROMA MASSAGE

Thanks to microscopic molecules, aroma oils penetrate the skin more quickly and reach the nerve endings. These oils prevent fatigue, exhaustion, depression and relax the nervous system.

FOR CHOISE: lavender, orange, mint, sea freshness/pearl, chocolate

60 min  
52€\* / 57€\*\*

90 min  
72€\* / 77€\*\*

## BACK MASSAGE

Reduces pain in the back muscles, waist, shoulders and neck area. Improves circulation and restores muscle elasticity and tone.

## NECK AND SHOULDER MASSAGE

Preventative treatment, which helps to alleviate fatigue, prolonged static load on and soreness of the neck and shoulder area, mental strain and headaches.

## FACE AND DECOLLETE MASSAGE

This massage is recommended for women and men of any age. After the procedure, the face looks fresh and rested, skin becomes firmer, complexion and general well-being improve.

## HEAD MASSAGE

Miraculous way to relieve pain from headaches and migraines. Recommended in cases of exhaustion, chronic fatigue and insomnia.

## FOOT MASSAGE

Enjoy relaxing foot massage that will protect your legs from swelling and expel any excess liquid from the body. Gives the feeling of lightness in your legs and provides your body with energy.

30 min  
33€\* / 40€\*\*

20 min  
25€\* / 30€\*\*

30 min  
30€\* / 35€\*\*

20 min  
25€\* / 30€\*\*

30 min  
29€\* / 35€\*\*

\* price I-IV \*\* price V-VII and holidays







## APPARATUS MASSAGES

Mechanical massages are used to relieve muscular tension, to improve circulation and skin condition. Ideally suited for the lifting of problem areas. An excellent addition to any massage or body care treatment.

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### VACUUM MASSAGE

An effective mechanical massage for body shaping and cellulite control. The massage technique is based on creating pressure inside the cups, which helps increase blood flow in the tissues, improve skin tone and eliminate toxins.

### STARVAC VACUUM MASSAGE

An effective vacuum-roller massage method aimed at shaping the body and fighting cellulite. This device activates natural fat tissue splitting processes, improves blood microcirculation and lymph movement through blood vessels.

30 min  
40€\* / 45€\*\*

60 min  
60€\* / 65€\*\*

60 min  
69€\* / 75€\*\*



## FACIAL SKIN CARE BY FORLLE'D

High-tech JAPANESE professional cosmetics from Forlle'd are leading products for restoring the functions and structure of the skin at the cellular level and controlling the mechanisms of both chronological and photoaging

\* price I-IV \*\* price V-VII and holidays

### RADIANCE

*Unique moisturization for all ages*

Unique moisturizing treatment that is perfect for all ages and skin types, from young to mature, for women and men alike. This effective treatment is an agreeable alternative to plastic surgery and helps maintain the skin's moisture level, reducing the depth of wrinkles and preventing their formation.

75 min  
90€\* / 95€\*\*

### 3D LIFTING

*Non-invasive 3D technology*

The first non-invasive 3D skin rejuvenation technique. The procedure is primarily aimed at creating the effect of instant lifting and correction of facial contours. Active ingredients have a three-dimensional impact on the skin: it is tightened, moisturized and becomes firmer.

90 min  
110€\* / 115€\*\*

### PLATINUM

*Luxury anti-age*

Luxurious platinum-based treatment – a specially designed procedure for skin affected by age-related changes, which restores all the main mechanisms for maintaining the water balance of the skin of the face. The innovative cosmetics instantly restore and transform the skin, producing a feeling of comfort and softness and restoring radiance and freshness of the skin. Ideal for all skin types.

90 min  
110€\* / 115€\*\*



## FACIAL SKIN CARE BY COMFORT ZONE

Italian professional cosmetics, with up to 99% natural ingredients, precious oils, and the most innovative technologies in cosmetic products. Comfort Zone provides comprehensive effects on the body and allows achieving visible results after just one procedure.

60 min 70€\* / 75€\*\*

\* price I-IV \*\* price V-VII and holidays

### ULTRA GLOW

*Instant lifting and rejuvenation*

Exclusive ARCHI-LIFT™ technology restores the skin's structure, enriches it, and enhances its elasticity. Special lifting massage techniques lift the facial contours, firm, and smooth the neck and décolletage skin. The procedure promotes regeneration and strengthens tissues, restoring skin tone and elasticity.

### HYDRA GLOW

*Refreshing unisex procedure for instant radiance, hydration, and skin toning*

Using extraordinary massage with cryo rollers, the product penetrates deep into the tissue layers and boosts the production of natural hyaluronic acid. Natural oils, organic complexes, and vitamins instantly rejuvenate cells, providing deep hydration, toning, and a healthy appearance to the skin.

### RECOVER TOUCH

*Multivitamin, restorative, and antioxidant care*

Comfort touch massage activates components such as goji berry oil, tomato peel extract and hyaluronic acid, which soothe and protect the skin from adverse environmental and climatic factors. Skin tissues receive richer nourishment, become more oxygenated, and the skin recovers more easily, gaining a healthy glow and excellent protection against the harmful effects of free radicals.



## EXPRESS FACIAL TREATMENT

! Recommended  
age group

## APPARATUS FACIAL TREATMENT

\* price I-IV \*\* price V-VII and holidays

## INSTANT SHINE

Contains reflective micro-particles that make the skin firmer and radiant, help prolong its youthfulness and freshness.

16+ 45 min  
50€\* / 55€\*\*

## INSTANT MOISTURIZATION

Creates a reserve of moisture in the skin, enriches it with oxygen, improves skin elasticity, fullness, smoothness and, as a result, prolongs youth.

16+ 45 min  
50€\* / 55€\*\*

## ULTRASONIC CLEANSING

A deep facial cleansing with the aid of an ultrasound. During the procedure, the upper keratinous layer of the skin is removed improving the skin's colour, tone, cell microcirculation and its ability to absorb active ingredients. The pores are cleaned, their diameter reduced and any excess oily secretions are removed.

60 min  
50€\* / 55€\*\*



## WAXING SERVICES

### FOR WOMEN

Underarms	15 €
Forearms	20 €
Entire length of the arms	25 €
Legs below the knees	22 €
Entire length of the legs	35 €
Classic bikini	30 €
Brazilian bikini	45 €

### FOR MEN

Underarms	20 €
Stomach	20 €
Chest	25 €
Back	35 €



# SALT ROOM VISIT

## SINGLE VISIT

Adults 10 € / 45 min  
Children\* 8 € / 35 min

## MONTHLY MEMBERSHIP (10 visits)

Adults 80 €  
Children\* 60 €

\* Children up to 12 years old.  
Children up to 3 years old have free admission.



