

SPA & WELLNESS LIELUPE

DISCOVER AN OASIS OF PEACE AND BEAUTY IN JURMALA

Working out in the gym will give you energy for the entire day, while the swimming pool and the sauna complex will help you to forget about the city rush. 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.

SPA TREATMENT SELECTION

LAVENDER CARE DEEP RELAXATION SPA TREATMENT

75 € / 90 min.

A truly relaxing treatment, that owes its success to its gentle warmth and lavender aroma. The gentle touch of linen bags filled with lavender flowers and sea salt crystals help to relieve stress, restore harmony and the balance between body and mind.

INCLUDES: body peeling with sea salt crystals, full body massage and massage with warm linen bags.

MARINE TOUCH BODY WRAP SPA TREATMENT

75 € / 90 min.

The detox components obtained from the sea will help body to rid of toxins and achieve inner balance. This SPA treatment provides deep lymph drainage effect, stimulates the breakdown of triglycerides and ensures the speedy removal of the by-products of your metabolism. Smoothens the texture of the skin, reduces the body volume, makes your skin silky smooth and stimulates metabolic processes.

INCLUDES: full body dry cleansing with peeling massage with a natural loofah, algae wrap, head massage, cosmetic face massage applying cover cream.

SLIM & LIFT HONEY SPA TREATMENT

75 € / 90 min.

Honey is renowned for its ability to combat cellulite, to deeply penetrate the tissues of the body and to absorb accumulated toxins. A unique and natural ingredient is responsible for deep nourishment and skin cleansing, while special massage techniques sculpt the body and remove toxins. After this SPA treatment, you will feel improved body contours, firmer and more elastic skin, an improved metabolism and a body cleansing.

INCLUDES: full body honey massage and head massage.

HONEY CRANBERRY ANTIOXIDANT, ANTI-AGING SPA TREATMENT

75 € / 90 min.

This toning, anti-aging SPA treatment with the help of fresh cranberries and natural honey slows down the aging process and strengthens the body's natural resistance to aging. Cranberries and honey are rich with vitamins and trace elements as well as natural antioxidants.

This treatment provides deep skin cleansing, moisturising, nourishing, protective, healing and rejuvenating effect.

INCLUDES: peeling massage and body wrap with cranberries, natural honey and sea salt, express facial care procedure.

CLASSIC MASSAGES

Classic massage – an excellent way to strengthen your immune system and health, improve your mental and physical condition, relieve the body from stress and prevent illness. Massages help to relieve muscle tension, quickly renew strength and give you energy to regain vigour.

FULL BODY MASSAGE **52 € / 60 min.** **72 € / 90 min.**

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.

BACK MASSAGE **29 € / 30 min.**

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

NECK AND SHOULDER MASSAGE **20 € / 30min.**

Preventative treatment, which helps to alleviate fatigue, prolonged stress on the neck and shoulder area and headaches.

HEAD MASSAGE **20 € / 30min.**

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

FOOT MASSAGE **25 € / 30min.**

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.

MECHANICAL 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 procedure.

VACUUM MASSAGE **25 € / 30 min.**

MECHANICAL LYMPHATIC DRAINAGE MASSAGE **25 € / 30 min.**

COSMETIC BODY TREATMENTS

Cosmetic body treatments clarify the body, improve metabolism as well as the tone and contours of the body and create a uniform skin texture.

PEELING **33 € / 30 min.**

A full body peeling will allow you to experience uncommonly smooth and soft skin.

WRAP **30 € / 30 min.**

This treatment strengthens and restores tissue tone, while nourishing and saturating these tissues with beneficial ingredients.

AROMA MESSAGES

Aroma massage is a relaxing treatment in combination with aromatherapy that will help you to get rid of stress and worries. The combination of a gentle massage with aromatic oil will relieve from tension and fatigue. Aroma massage will help you to forget about worries and will let you subside in a world of beauty and harmony.

WITH AROMATIC OILS

49 € / 60 min. **69 € / 90 min.**

Thanks to microscopic molecules, aroma oils penetrate the skin more quickly and reach the nerve endings. These oils prevent fatigue, exhaustion and depression, relax the nervous system and increase your capacity to work. Body gets enriched with beneficial ingredients, and the skin condition improves.

Type of aromatic oil depends on the goals of the massage:

Lavender - to promote mental and emotional inner harmony, balance, clarity and peace.

Orange - improves mood, moisturises, tones and strengthens the skin and slows the aging process.

Peppermint - rejuvenates vitality and relieves stress and fatigue.

WITH NATURAL INGREDIENTS

49 € / 60 min. **69 € / 90 min.**

Chocolate - promotes the release of the endorphins, also known as hormone of happiness, which relieve you from negative emotions, alleviates psychological and physical fatigue and moisturises the skin, making it velvety smooth and increases its elasticity.

Hone - contains many vitamins and trace elements that nourishes the skin, provides energy and aid in the expulsion of toxins from the body. Honey has a warming, antiseptic and softening effect.

Pearls - truly luxurious body care using natural pearl powder that intensely moisturises the skin, enhancing its elasticity, tone, and giving it the brilliance of pearls.

CHILDREN'S AROMA MASSAGE

20 € / 30 min.

Peach

Strawberry

Orange

Chocolate

FACIAL SKIN CARE BY ERICSON LABORATOIRE

HYDRA CLINIC MOISTURISING TREATMENT

65 € / 75 min.

The treatment maintains the balance of moisture in the facial skin by restoring all of its base mechanisms. Perfectly suited for any type of dehydrated skin. Innovative cosmetics instantly rejuvenate the skin and provide a feeling of comfort and softness, while restoring the radiance and vitality of the skin.

VITAMIN ENERGY TONING TREATMENT

70 € / 75 min.

The treatment instantly acts in a variety of ways creating endless reserves of skin by energising cells and providing the maximum absorption of multivitamins and high-quality vitamin C to the skin, as well as helps to maintain health and youthful vigour.

BIOPURE CLINIC OXYGEN THERAPY

65 € / 75 min.

The treatment nourishes the skin with oxygen, protects it from the pollution of the surrounding environment and relieves the skin from toxins, while providing skin cells with a healthy dose of youthful vitality. The result is reduced wrinkles, smoother and more radiant skin.

ENERGY LIFT ANTI-AGE TREATMENT

70 € / 75 min.

Face sculpting without any surgical intervention. Lipofilling the upper face part and the reduction of double chins. During the treatment, wrinkles are filled and the facial structure is smoothed, while excess fat tissues are eliminated. A noticeable difference is guaranteed after the first treatment.

ENZYMATIC CLEANSING ACID THERAPY

65 € / 75 min.

Universal procedure to restore the skin that is a suitable solution for a variety of aesthetic problems for every skin type, any age and any gender. This multifunctional peeling stimulates the regeneration of skin.

EXPRESS SKIN CARE

35 € / 40 min.

VITAMIN ENERGY

BIOPURE

ULTRASOUND FACIAL CLEANSING

45 € / 60 min.

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.

WAXING SERVICES

FOR WOMEN

FACIAL AREA	5 €
UNDERARMS	15 €
FOREARMS	15 €
ENTIRE LENGTH OF THE ARMS	19 €
LEGS BELOW THE KNEES	19 €
ENTIRE LENGTH OF THE LEGS	28 €
CLASSIC BIKINI	25 €
BRAZILIAN BIKINI	35 €

FOR MEN

UNDERARMS	15 €
STOMACH	18 €
CHEST	18 €
BACK	28 €

EYEBROW AND EYELASH CARE

EYEBROW CORRECTION	8 €
EYEBROW COLOURING	6 €
EYELASH COLOURING	6 €
EYEBROW CORRECTION AND COLOURING	12 €
EYELASH AND EYEBROW COLOURING	10 €

SALT ROOM VISIT

ADULTS	8 € / 45 min.
CHILDREN	6 € / 35 min.

MEMBERSHIP (10 visits)

ADULTS	64 €
CHILDREN	48 €