



SPA & WELLNESS

LIELUPE

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

75€ / 90 min

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€ / 90 min

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.

85€ / 90 min

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

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

50 € / 60 min ¹²⁺

CITRUS THERAPY

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

50 € / 60 min ¹²⁺

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

35 € / 30 min ³⁺

40 € / 45 min ⁶⁺



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.

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.

62 € / 60 min
82 € / 90 min

DEEP TISSUE MASSAGE

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

72 € / 60 min
92 € / 90 min

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: lavanda, orange, mint, sea freshness/pearl, chocolate

52 € / 60 min
72 € / 90 min

BACK MASSAGE

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

33 € / 30 min

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.

25 € / 20 min

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.

30 € / 30 min

HEAD MASSAGE

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

25 € / 20 min

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.

29 € / 30 min





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.

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.

40 € / 30 min
60 € / 60 min

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.

69 € / 60 min



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

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.

90 € / 75 min

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.

110 € / 90 min

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.

110 € / 90 min



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.

70€ / 60 min

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

INSTANT SHINE ⓘ

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

50 € / 45 min

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.

50 € / 45 min

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.

50 € / 60 min



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.



