



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.



SPA RITUALS GIFTS OF LATVIAN NATURE

75€ / 90 min.

LATVIAN HERBS

For harmony and health

A gentle warming body massage that is very relaxing, harmonizes the internal state, relieves stress and allows you to achieve deep relaxation, a great mood, and rejuvenation.

- Peeling massage with sea salt
- Massage with linen pouches filled with Latvian herbs
- Massage with gentle body milk

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 SPA RITUALS

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



SPA RITUALS FOR SILHOUETTE CORRECTION

85 € / 90 min.

SLIM& LIFT

Honey treatment for elastic skin and tightened contours

Honey is known for its anti-cellulite properties. It has a unique natural ingredient responsible for deep nourishment and cleansing of the skin, while special massage techniques sculpt the body and remove toxins.

- Full body peeling massage
- Anti-cellulite massage of problem areas
- Relaxing massage with moisturizing milk

MARINE TOUCH

Algae wrap treatment for reducing skin volume, smoothness and velvety

The detox components, algae and clay, help get rid of toxins, provides deep lymph drainage effect, activates lipolysis processes, achieves speedy removal of the by-products of metabolism.

- Dry full body peeling massage
- Algae mask wrap
- Head and face massage

BODY SCULPTURE

Bandage wrapping for quick body shaping

One of the most efficient treatments for body shaping. Elastic bandages with active components are applied according to a certain technique to achieve a compression effect, penetrate deeper into the skin, which contributes to the removal of excess fluid and toxins, accelerates the breakdown of fat cells.

- Anti-cellulite massage of problem areas with rollers
- Wrapping the lower body in bandages
- Hand and neck massage



SPA RITUALS FOR KIDS AND TEENS 3-17 years

Sticker/tattoo as a gift

 Recommended age group

CHOCOLATE DELIGHT

For a happy smile and 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⁺

ORANGE JOY

For positive emotions and restoring immunity

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⁺

SUMMER HAPPINESS

For sweet relaxation and toning

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.

- Body aroma massage with peach or strawberry
- 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.

55 € / 60 min.
75 € / 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.

60 € / 60 min.

LYMPHATIC DRAINAGE MASSAGE

Lymphatic drainage is a great way to combat leg swelling or cellulite. Lymphatic drainage is based on the activation of the physiological processes of the body, which contribute to the removal of «excess» fluid and metabolic end products from the body and, as a result, treatment of cellulite and oedema.

25 € / 30 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 ERICSON LABORATOIRE

A scientific approach, progressive technologies, continuous scientific research, safety and the ability of cosmetics to effectively solve the most complex aesthetic problems make professional FRENCH cosmetics from Ericsson Laboratories truly outstanding.

70€ / 75 min.

VITAMIN ENERGY

Toning treatment

The treatment instantly acts in multiple ways to greatly improve skin performance by energizing cells and providing the maximum absorption of multivitamins and high-concentration vitamin C by the skin to help maintain its health and youthful vigour.

ENERGY LIFT

Anti-aging treatment

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

HYDRA CLINIC

Moisturizing treatment

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

BIOPURE CLINIC

Oxygen therapy

The treatment nourishes the skin with oxygen, protects it from pollution 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.



EXPRESS FACIAL TREATMENT

! Recommended
age group

APPARATUS FACIAL TREATMENT

INSTANT SHINE ¹⁶⁺

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

50 € / 45 min.

INSTANT MOISTURIZATION ¹⁶⁺

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

Facial area	8 €
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 €

EYEBROW AND EYELASH CARE

Eyebrow correction	20 €
Eyebrow colouring	20 €
Eyelash colouring	15 €
Eyebrow correction and colouring	35 €
Eyelash and eyebrow colouring	30 €

SALT ROOM VISIT

SINGLE VISIT

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

MONTHLY MEMBERSHIP (10 visits)

Adults	80 €
Children*	60 €

* Individuals 12 years old and under are considered as Kids. Kids 3 years old and under are free.



