



SPA & WELLNESS





OASIS OF TRANQUILITY AND BEAUTY IN JURMALA

LIELUPE SPA - a world of refined aesthetics, inner balance and exceptional skincare, where every moment is filled with an atmosphere of serenity, harmony and impeccable care for your beauty. Here, the finest Japanese and Italian cosmetic lines have inspired an exclusive collection of facial care rituals that combine high performance, deep hydration and the art of premium skincare. Allow yourself to slow down, release the tension of everyday life and immerse yourself in a state of absolute comfort, renewal and natural radiance, enjoying the harmony of the moment here and now



LIELUPE SPA SIGNATURE FACIAL SPA RITUALS

Welcome to LIELUPE SPA - a space of aesthetics, restoration and premium skincare. We have combined the finest Japanese and Italian lines to create a unique collection of facial rituals for radiance, deep hydration and the preservation of youthful-looking skin

FORLLE'D JAPANESE HIGH PERFORMANCE SKINCARE

Intelligent anti-ageing skincare from Japan

90 min
115 € * / 120 € **

PLATINUM LUXURY FACIAL

Platinum rejuvenating ritual

A luxurious treatment with low-molecular platinum and hyaluronic acid to restore skin tone, radiance and density

Pronounced anti-ageing effect

Deep hydration

Improved skin firmness

Natural radiance

Reduced signs of fatigue

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



SENSISKIN RITUAL

Soothing ritual for sensitive skin

A delicate program to restore the skin's protective barrier,
soothe irritation and bring back a feeling of comfort

Reduced redness

Restored moisture balance

Soothing action

Strengthened sensitive skin

A feeling of softness and comfort

3D LIFTING FACIAL

Lifting ritual for sculpting the facial oval

A highly effective treatment to strengthen facial contours
and restore skin density

More defined facial oval

Smoothing of wrinkles

Improved tone and elasticity

Improved microcirculation



COMFORT ZONE

ITALIAN WELLNESS SKINCARE

The harmony of science, nature and a wellness approach

60 min
80 € * / 85 € **

ULTRA GLOW FACIAL

Cryo ritual for intensive hydration

An innovative treatment with cryo rollers for deep hydration, skin renewal, and restoration of the skin's natural glow

Deep hydration
Stimulates skin renewal
Improves skin tone and firmness
Healthy skin glow
Restorative effect

HYDRA GLOW FACIAL

Intensive hydration and natural radiance

A deeply hydrating treatment that restores softness, smoothness and natural radiance to the skin

Intensive hydration
Natural skin radiance
Restored barrier function
Smooth and fresh-looking skin

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



RADIANCE FACIAL

Renewing radiance ritual

A treatment to even skin tone and create the effect of fresh, rested skin

Even complexion
Natural radiance
Smoothness and softness of the skin
Fresh and well-groomed appearance



SPA LIELUPE SIGNATURE BODY & MASSAGE RITUALS

A collection of SPA rituals inspired by the nature of the Baltics, global wellness traditions and the art of deep relaxation and restoration

BALTIC SPA RITUALS

SPA rituals inspired by
the nature of the Baltics

90 min
95 € */100 € **

MARINE TOUCH

A detox ritual with seaweed for smooth skin,
deep relaxation and a feeling of lightness

Sea salt peeling massage

Seaweed wrap

Relaxing head massage

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

HONEY CRANBERRY

A restorative SPA ritual with cranberry and natural honey to nourish the skin, leaving it soft and radiant

Cranberry peeling massage

Honey wrap

Vitamin facial care

BALTIC AMBER

A warming SPA ritual for deep relaxation, energy restoration and tension relief

Amber peeling massage

Relaxing massage with amber oil

WORLD SPA JOURNEYS

90 min

100 € * / 105 € **

INDIAN PINDA MASSAGE

A deeply relaxing Ayurvedic ritual with warm herbal pouches to release tension and restore energy

CHINESE HOT STONES

A therapeutic massage with hot basalt stones for deep muscle relaxation and restoration of inner balance

TURKISH HAMMAM

A traditional cleansing SPA ritual with steam, peeling and soap massage for deep detox and skin renewal

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





COMFORT ZONE BODY RITUALS

Italian wellness rituals

90 min
85 € * / 90 € **

TRANQUILLITY SCRUB & CALM MASSAGE

A deeply relaxing ritual with gentle exfoliation
and a soothing massage to relieve stress
and restore harmony of body and mind

TRANQUILLITY PRO SLEEP MASSAGE

A relaxing massage designed to improve sleep,
relieve stress and deeply restore the nervous system

HIMALAYAN SALT STONE MASSAGE

A detox ritual with warm Himalayan salt stones
for deep relaxation and energy restoration

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



MASSAGE & BODY RECOVERY

Professional massage techniques for relaxation,
recovery and harmony of the body

RELAXATION MASSAGES

RELAX AROMA MASSAGE

45 min
65 € * / 70 € **

A gentle relaxing massage
with aromatic oils to release tension
and restore inner balance

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



FOOT RELIEF MASSAGE

30 min
32 € * / 40 € **

A restorative foot massage to ease fatigue
and create a feeling of lightness

HEAD RELAX MASSAGE

20 min
30 € * / 35 € **

A relaxing head massage to relieve stress,
improve microcirculation and
provide deep rest

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



THERAPEUTIC MASSAGES

DEEP TISSUE MASSAGE

60 min

80 € * / 85 € **

90 min

105 € * / 120 € **

An intensive deep tissue massage
to release muscle tension and restore mobility

BACK RECOVERY MASSAGE

30 min

45 € * / 55 € **

Back massage to relieve tension,
fatigue and muscular discomfort

NECK & SHOULDER RELIEF

20 min

30 € * / 35 € **

Massage of the neck and shoulder area
for deep relaxation and tension relief

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



CLASSIC BODY MASSAGE

CLASSICAL FULL BODY MASSAGE

60 min
70 € * / 75 € **

90 min
95 € * / 105 € **

Classic full body massage
to restore muscles, improve circulation
and support overall wellbeing



FACIAL MASSAGES

CLASSIC FACIAL MASSAGE

30 min
40 € * / 45 € **

A relaxing facial massage to improve skin tone,
microcirculation and natural radiance

Tension relief
Improves complexion
Restores a feeling of freshness and comfort

GUA SHA FACIAL MASSAGE

45 min
55 € * / 60 € **

Gua Sha massage for lymphatic drainage, relaxation
of facial muscles and a more defined contour

Improved microcirculation
Lymphatic drainage effect
Relaxation of facial muscles
Natural skin radiance
More defined facial contour

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KIDS SPA RITUALS

A gentle relaxing massage for children, bringing a feeling of lightness, calm and care, while helping to restore harmony of the body and emotions

** Recommended age: 3-17 years*

CHOCOLATE MASSAGE

60 min / 12+
65 € * / 70 € **

A relaxing SPA ritual with warm chocolate for a sense of joy, comfort and softness of the skin

*Relaxing massage with warm chocolate
Head massage
Complimentary tattoo sticker*

KIDS CITRUS RITUAL

60 min / 12+
65 € * / 70 € **

An invigorating vitamin ritual for a good mood, energy and a feeling of lightness

*Body massage with orange lotion
Orange mask-gloves for the hands
Complimentary tattoo sticker*

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SWEET BERRY MASSAGE

30 min / 3+
40 € * / 45 € **

45 min / 6+
45 € * / 50 € **

A gentle aromatic massage for relaxation, comfort and peaceful sleep

*Massage with peach or strawberry aroma
Complimentary tattoo sticker*



BODY TECHNOLOGY TREATMENTS

TECHNOLOGY-BASED BODY MASSAGES

Treatments for body contouring, improving skin tone and restoring a feeling of lightness. Perfectly complement massages and SPA treatments

VACUUM BODY MASSAGE

60 min
65 € * / 70 € **

An effective vacuum technique to improve skin tone, shape the figure and reduce the appearance of cellulite

Smoother and firmer skin
Improved circulation
Stimulation of lymphatic drainage
Removal of excess fluid

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STARVAC BODY MASSAGE

60 min
80 € * / 85 € **

A device-assisted massage for silhouette modelling and improving skin condition, helping to enhance its density and elasticity

Activation of fat tissue breakdown
Improved microcirculation
Stimulation of lymphatic drainage
Improved skin firmness



ADVANCED AESTHETIC FACIAL CARE

Device-assisted facial care. Modern technologies
for cleansing, lifting and restoring facial skin

ULTRASONIC CLEANSING

60 min
77 € * / 82 € **

Ultrasonic skin cleansing for deep cleansing
and a fresh-looking face

Pore cleansing
Reduction of sebum
Improved skin tone
Enhanced penetration of active ingredients

STARVAC FACIAL MASSAGE

45 min
55 € * / 60 € **

Device-assisted vacuum-roller Starvac facial massage
for lifting and lymphatic drainage

Reduced puffiness
Improved microcirculation
Improved skin tone
More defined facial oval

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

WISHPRO FACIAL LIFTING

60 min
100 € * / 105 € **

Additional capsule - 30 €

A comprehensive device-assisted treatment
for facial skin rejuvenation and restoration

Lifting and strengthening of the skin
Collagen stimulation
Improved facial oval
Smoothing of fine lines





HALOTHERAPY SESSION

The salt room with a halogenerator creates a microclimate saturated with fine salt particles, supporting respiratory comfort and an overall feeling of wellbeing. The session helps relieve tension, supports the natural cleansing of the respiratory tract and may be used as preventive support for inflammatory respiratory conditions

ADULT

45 min

10 € */12 € **

CHILD***

35 min

8 € */10 € **

SPA PHILOSOPHY

Every SPA LIELUPE ritual is designed to restore the body, relieve stress and bring back the skin's natural radiance

We believe in the power of touch, ritual and deep relaxation.

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

