



## MASSAGES

## PRICE

### Classical massages – complete

Classical massage brings overall relief and encourages blood circulation. It helps prevent pains resulting from stiff back muscles and legs.

( 45 min.)

23,00 €

### Classical massage for relief of stiff back muscles and neck

Massage is beneficial for all with sedentary professions and little time. This quick relieving massage will bring you back to your shape and restore your lost energy.

( 20 min.)

8,50 €

### 30 – minute massage ( upon your choice of the body part)

With this massage the masseur focuses on your choice of your body part and you feel fit and ultimate relief.

( 30 min.)

16,50 €

### Reflex back massage

Massage is conducted without oil application. Pressing individual points affects the nerve system. It is beneficial in fight of migrainous headache and congestion disorder.

( 15 min.)

12,00 €

### Reflex feet massage

Massage is conducted without oil application. By exact pressing of the foot edges locomotive system is affected and pressing individual foot spots may have positive effects on inner organs. The massage beneficially affects the musculoskeletal system as well as the overall body relief.

( 20 min.)

14,50 €

### Reflex-relaxation feet massage

By alternating of smoothing and pressing reflex feet spots, your inner organs will be massaged which supports their activity as well as your body and soul will reach relaxing sensation.

( 45 min.)

23,00 €

### Cupping

Cupping is a Chinese detoxication method which helps remove toxins from a human body. The cup is heated and directly applied on the skin. Air is sucked out of the cup and this allows to remove toxins from the body. Cupping helps fight headaches, rheumatism, high blood pressure and fatigue.

( 45 min.)

26,00 €



## MASSAGES

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### Lava stone massage

When applying lava stones, heat from stones is transferred into tight muscles and perfectly warms your body. Heat is spread into tired tight muscle tissues and helps heal and remove pain and balances energy in the whole body.

( 60 min.)

35,00 €

### Honey detoxication massage

Honey massage is suitable for headache, depression, fatigue in exhaustion resulting from stress and nervous strain. Before actual massage a thin layer of honey is applied on your back. During massage honey starts to harden and changes consistency as a result of toxins washup from your skin. Massage revives the whole body and triggers its healing processes. After taking honey massage it is not recommended to take a shower and have a bath for at least 5 hours.

( 20 min.)

10,00 €

### Divine massage with honey and rosemary

Honey massage is aimed to detoxify your body and bring desired relaxation. Using specially targeted movements a therapist applies a mixture of honey and rosemary on your back. During the effects of honey, the therapist executes relaxation massage of your legs and head. After taking the massage it is not recommended to take a shower or have a bath for at least 5 hours.

(45 min.)

20,00 €

### Hot chocolate sky – body chocolate ritual

Your skin will be treated with chocolate peeling from extra dark chocolate. After the peeling your skin may enjoy relaxing massage with real 80% chocolate. After the massage your skin will be cleansed and as the final procedure massage of your whole body will be applied with rich bodymilk with extracts from dark chocolate. When the entire ritual is finished, a cup of hot chocolate can be enjoyed in the tepidarium. The massage is aimed at relaxation and relief of strained muscles. We will be pleased to welcome you to the new world full of relaxation and relief.

( 80 min.)

38,00 €



## **SOTHYS CARE - SOTHYS PRO SPA CONCEPT**

### **Ladies face care in the rhythm of four seasons**

Tune in the rhythm that will exhilarate every modern active woman who cares about her skin health and beauty and is attracted by news in skin care. We offer you memorable skin care on natural basis of refreshing fruit effects.

( 45 min.)

38,00 €

### **Antistress detoxication face care for men SOTHYS – Homme**

Exclusive relaxation and detoxication program aimed to eliminate strain, stimulate your mind and perfect skin detoxication. You will achieve a state of 100% relaxation after which ultimate joy and happiness may be enjoyed and you will be pleased with your healthy skin too.

( 45 min.)

38,00 €

### **100% Personalized treatment – a relaxing all-body massage**

Modeling of the body with scent of your choice in the treatment. Decide for one of three scents, lemon and petitgrain or charming sweet vanilla and sandalwood or woody orange blossom and cedar. Treatment for 100% relaxation and calming all your senses.

( 45 min.)

30,00€

### **100% Personalized treatment – a body peeling**

An invigorating peeling combines sea salt and sugar with a fragrance of your choice. Sweet and salty peeling for your velvety skin.

( 30 min.)

25,00€

### **100% Personalized treatment – a body peeling and relaxing all-body massage**

100% adapted treatment. Sweet and salty peeling detoxifies and remineralises your skin and the following relaxing massage in combination with the scent of your choice will bring you to the world of 100% relaxation.

( 80 min.)

45,00€

### **Ceremony of oriental scents**

Ritual that draws inspiration from Asia. Peeling balsam is applied with ginger followed by massage using special aromatic bags that are dipped in a hot bath with carite butter and spicy ingredients. Massage is carried out under traditional Indian techniques.

( 80 min.)

47,00 €



### **HANAKASUMI – a veil from Japanese cherry-tree blossoms**

Ritual HANAKASUMI is inspired by Japanese spa that means body and soul cleansing. The skin is cleansed by peeling from rice powder and cherry-tree blossom followed by gorgeous feet massage. After definite relaxation there is relaxing body massage with healing carite butter.

( 80 min.) 50,00 €

### **Hot escapade – slimming care**

Treatment with sauna effect focused on toxins elimination. Peeling from sea salt is applied on your body and that is followed by caramel wrap. During effects of the wrap a special feet massage is performed. The treatment is completed with application of slimming serum.

( 45 min.) 45,00 €

## **BEAUTY GARDEN FROM SOTHYS – BIO LINE OF BODY AND FACE TREATMENT**

### **Beauty Garden from Sothys face treatment**

Spoil yourself with the purity of nature, effectiveness of the most advanced technologies and traditional luxury of Sothys. After application of sunflower peeling, we make relaxing massage of your face with an exclusive massage technique called Digi – Esthétique. To achieve maximum effect, we apply a peeling mask and your face skin is treated with a sunflower skin care.

( 45 min.) 37,00 €

### **Beauty Garden – body peeling**

Luxurious body peeling from apricot kernels and unique sunflower oil will leave your skin shiny and healthy. The scent of this treatment will be unforgettable for you.

( 30 min.) 23,00 €

### **Beauty Garden – relaxing all-body massage**

A special all-body relaxing massage with favourite sunflower oil. The massage is an invitation to the world of relaxation and real relief.

( 45 min.) 28,00 €

### **Beauty Garden – body peeling and relaxation all-body massage**

By combining luxurious body peeling and a unique all-body relaxing massage, a memorable treatment will be created. Healthy glow and fragrance of your skin will not let you forget this luxury treatment.

( 80 min.) 45,00 €



## **BEAUTY GARDEN FROM SOTHYS – BIO LINE OF BODY AND FACE TREATMENT    PRICE**

### **Beauty Garden – a complex body and face treatment**

Spoil your body and face with a complex body and face treatment. A pleasant body treatment consisting of apricot peeling and sunflower oil massage will take you to the world of relaxation. The following is a refreshing revitalizing bio face treatment that will rejuvenate your skin and leave it healthy and shiny.

( 120 min.)    75,00 €

## **SUPPLEMENTING WELLNESS & SPA CARE**

### **LAVATHERM – warm wrap**

It is suitable for rheumatic illnesses, arthritis and backaches. It is an appropriate supplement to massages in which the place that is being massaged is heated before massage. It brings a feeling of relief and at the same time it encourages the effects of the massage.

( 20 min.)    2,00 €

### **Intoxicating herbal secret – wrap**

The wrap fights headaches and positively affects overall body and muscles fatigue. A warm bag filled with herbs is applied on your back. During this treatment you will transfer yourself to a sunlit meadow and will enjoy your moment full of relaxation and joy.

(20 min.)    8,00 €

### **Honey temptation – wrap**

The wrap brings total relief of your body and mind. The honey pillow contains vitamin A which helps regenerate cells and also propolis which helps restore balance of your stressed skin. The aim of the wrap is to soften your skin and leave a velvet coat on it.

The wrap is recommended in a combination with the Divine honey massage that helps detoxicate your body and stimulate a feeling of comfort and relaxation.

( 20min.)    8,00 €

### **BIOPTRON – light therapy**

Light therapy helps improve defences, stimulates regeneration and healing processes, encourages wound healing and helps eliminate pain. The device helps achieve total balance of body and mind.

( 15 min.)    2,00 €



## RELAXATION-RELEASING WELLNESS SPA

### Underwater massage

It is a combination of a water whole-body bath and massage. It is carried out with a massage jet. Relaxation of muscles is achieved by applying proper temperature of a bath and jet. Underwater massage is very suitable for problems with musculoskeletal system.

( 15 min.) 5,00 €

### Scottish shower

It is strongly encouraging, contrasting and stimulating procedure. It is applied by alternation of water streams. It begins with a warm stream that is followed by contrasting cold one. The procedure has hypothermic and massaging effects.

( 10 min.) 5,00 €

### Bath with milk proteins

Enjoy cream bath with milk proteins and switch from busy world to the oasis of comfort. Nourishing and moisturising effects of milk proteins leave your skin soft and velvety.

( 20 min.) 9,00 €

### Fragrant oxygen bath

A combination of pleasantly warm water and aromatic bath essences rich in oxygen creates a bath full of relaxation delight. After the bath your skin will be nicely scented and you will be overwhelmed by a feeling of freshness and relaxation.

(20 min.) 9,00 €

## RELAXATION-RELEASING WELLNESS SPA

## PRICE

### Muddy mineral bath

The bath has positive effects in case of rheumatic problems. Its effects rest on heating-up the whole body and organic-mineral effects of the bath on your body.

( 20min.) 9,00 €

### Whirlpool massage

Relaxing-water bath. Water lifts up your body and thus strain in your muscles is released. Hot water complemented by massage of your body encourages blood circulation and your body gets into the state of total relaxation.

( 15 min.) 5,00 €



### **Whirlpool body and feet massage**

Relaxing water bath. Water lifts up your body and thus strain in your muscles is released. Hot water complemented by a body and feet massage encourages your blood circulation and the body gets into the state of total relaxation.

( 20 min.)

6,00 €

## **POOLS AND SAUNAS FREE FOR ACCOMMODATED GUESTS**

### **Outdoor pool with jacuzzi**

In a sunlit area of mountains surrounding a pool with water of 29° C and its size of 18 x 9 m and 120 cm deep. This facility serves for relaxation, fun for adults and their children. For your perfect relaxation there is jacuzzi and your kids may enjoy a smaller pool that is 20 cm deep.

### **Thermal pool – indoor**

Sedentary resting pool with water temperature 36° C . The pool size is 8 x 4 m and it is 90 cm deep. Water is ferric-calcium-magnesium based and contains many minerals such as magnesium, calcium, ferrum and sulfur. Water is very beneficial for the musculoskeletal system, joints, gynecological diseases and it has also antistress effects.

### **Swimming pool – indoor**

Relaxing swimming pool with water massage and water temperature 27° C. The pool size is 16 x 8m and its depth is 120 cm.

### **Finnish sauna**

Taking sauna is based on alternation of hot sauna with 70 - 100° C followed by cooling phase in cold water. The alternation has beneficial effects for blood circulation and exchange of bodily fluids. Regular sauna may improve physical and mental condition, it flushes toxins through sweat, rejuvenates and relieves tension. Before entering sauna, take off your swimwear and enter sauna only dressed in a sheet. It is recommended to take a rest in tepidarium after sauna and drink sufficient amount of suitable fluids.

### **Aromatic steam sauna**

Steam bath is a place of perfect relaxation and drawing of new energy. Temperature varies between 45° C to 60° C. In a steam bath there is 100% humidity and aromatic herbal oils supporting the effects of steam sauna are used. Before entering the bath, take off your swimwear and enter sauna dressed in a sheet. After sauna use tepidarium and drink a sufficient amount of suitable fluids.



### Infra sauna

Air temperature in sauna ranges from 40 – 60°C with humidity of 25%.

Invisible infrared rays create heat that is beneficial for your whole body very much like sunrays but with no harm of UV radiation. The sauna warms up your body deeper which results in heavy sweat that leads to cleansing of your

body by eliminating cholesterol, fat and toxic substances. It helps reducing your body weight and mitigating cellulitis. It also helps fight chronic backaches and rheumatism. Is it beneficial against acne, eczema and visibly softens your skin.

### Salt sauna

Air temperature in sauna is 45°C and humidity reaches 100%.

It has relaxing and disinfective effects. It stimulates blood circulation, strengthens the immune system and has beneficial effects on skin diseases. Thanks to inhalation of mineral salts it helps breathing, clears your airways, eliminates inflammation processes and diseases of airways. It deeply cleans your skin as well as softens and rejuvenates it.

### ENTRY TO WELLNESS & SPA CENTRE FOR UNACCOMMODATED GUESTS PRICE

Pools and saunas – swimming and thermal, dry and steam	( unlimited )	10,00 €
*Pools and saunas – in case of restrictions*	( unlimited )	5,00 €

### PACKAGE – POOLS AND SAUNAS

1 adult person + max. 3 children up to the age of 12	( unlimited )	14,50 €
2 adult persons + max. 3 children up to the age of 12	( unlimited )	22,50 €

### TRINITY CARD – consult possibilities of acquisition and utilization of Trinity Card at the Wellness & Spa Reception.

Client´s Card – 10 entries to pools	( unlimited )	50,00 €
( at the price of 5 € per person and 2,50 € per child from 6 to 12 )		
Client´s Card – free credit for Wellness & Spa services with 10% discount		50,00 €
Client´s Card – free credit for Wellness & Spa services with 15% discount		100,00 €

Free entry for children up to the age of 6.

Children from 6 to 12 are provided with 50% discount on entry to the pools and saunas.

\* Entries and prices are valid in case of sanitation of at least one of the pools and saunas or other technical failure.