



DEAR SPA GUEST

We are very pleased to welcome You in our Wellness Spa and Aqua and sauna center. We hope that the time You spend here will be memorable and that You will feel good about your stay when You are leaving. In order to make it easier for you to decide which spa treatments to choose, we have prepared some day spa packages for You. But if You wish to experience something new and exciting, you can find a detailed list of treatments with explanations in our SPA LEXICON. Have a great time in our spa!

SPA ETIQUETTE

We wish to provide peace and relaxation to all SPA guests, so we request You:

- to pre-book Your treatments;
- to switch off Your mobile phones and to make calls, if necessary, only in the Spa reception area;
- children under 14 years of age may stay at the Spa only with an adult supervision;
- to inform a receptionist or Your therapist, if You have any health problems (for example chronic diseases, allergies, You are pregnant, etc.);
- to inform Your therapist at any time during the treatment, if You wish lighting, music, intensity of massage or room temperature to be changed;
- to wear disposable underwear during treatment;
- to inform the Spa by calling +372 628 8220 or from hotel room 2220, if You are unable to make it to a treatment on time. Your treatment will be shortened in proportion to the time You were late. A treatment will be cancelled automatically if You are late by half of the treatment time;
- to wear bathing clothes in the aqua and sauna center;
- to comply with safety recommendation in the aqua and sauna center.

NB! Alcohol and drugs do not go with spa treatments.



DAY SPA PACKAGES

Price per person

BEAUTY PACKAGE

☑ 2 h 10 min ☑ 1300 EEK / 83 €

Package includes:

Facial treatment - 50 min,

Manicure - 40 min,

Pedicure - 40 min,

Healthy beverages (choice of herbal tea, juice, water).

ANTI-CELLULITE PACKAGE

☑ 1 h 50 min ☑ 1000 EEK / 64 €

Package includes:

Bath - 20 min,

Body scrub, body wrap and body massage - 90 min,

Healthy beverages (choice of herbal tea, juice, water).

RELAXING PACKAGE

☑ 1 h 40 min ☑ 950 EEK / 61 €

Package includes:

Bath - 20 min,

Body massage - 50 min,

Feet treatment - 30 min,

Healthy beverages (choice of herbal tea, juice, water).

PACKAGE FOR MEN

☑ 1 h 30 min ☑ 1000 EEK / 64 €

Package includes:

Facial treatment - 30 min,

Body massage - 60 min,

Healthy beverages (choice of herbal tea, juice, water).

We suggest to pre-order the Day Spa packages.

Day Spa packages can be ordered also with accommodation.

FACIAL TREATMENTS

URBAN RESPONSE. A PERFECT FACIAL TREATMENT TO A BUSY PERSON

☑ 60 min ☑ 590 EEK / 37.70 €

It protects from the harmful influence of the external environment, slows down the formation of free radicals and helps excrete toxins. For stressed and tired skin - perfect for men and women who work long hours at the office. A moisturizing mask enriched with oxygen and a concentrate which helps excrete toxins are used in the treatment.

100% ECOLOGICAL. MOISTURIZING, SOOTHING FACIAL TREATMENT ANTI-STRESS

☒ 50 min ☑ 450 EEK/ 28.80 €

Suitable for all skin types, soothes, moisturizes and firms wrinkles caused by stress. New energy and vitality to tired and tense skin. The mask contains extensin - a valuable protein obtained from carrots which smoothes and firms the connective tissue of skin.

FIRMING FACIAL TREATMENT VITAMIN C

☒ 60 min ☑ 690 EEK/ 44.10 €

Stimulates formation of collagen in skin, heals the structure of skin, protects from free radicals and sun light. Slows down the formation of melanin which may cause dark pigmented nevi. Suitable for all skin types. In a luxurious anti-age facial treatment pure vitamin C is used - contains brierberry and orange extracts.

ALGAE LIFTING. FACIAL TREATMENT WITH ALGAE MASK

☒ 60 min ☑ 590 EEK/ 37.70 €

Spirulina algae mask is rich in vitamins A, E, F, K and C, amino acids and minerals which protect skin. Moisturizes, firms and nourishes skin, vitamin E is a strong anti-oxidant. The treatment is suitable for mature skin - contains face, neck and décolleté cleansing, Spirulina's firming so called rubber mask, moisturizing serum rich in vitamins and a massage.

MEN AQUA. MOISTURIZING FACIAL TREATMENT FOR MEN

☒ 60 min ☑ 590 EEK/ 37.70 €

Facial skin is cleansed and peeled, collagen - serum of elastin is used, which is followed by firming, pleasantly cooling mask and massage with a moisturizing serum. The treatment has a strong firming, smoothing and moisturizing effect. It also supports the skins own moisturizing ability.

MOISTURIZING FACIAL TREATMENT WITH CAVIAR MASK

☒ 60 min ☑ 790 EEK/ 50.50 €

Treatment with an immediate effect - improves the flexibility of skin tissues, makes skin radiant and protects DNA of a cell, all thanks to exclusive active ingredients. Visibly firm and perfected skin already after first treatment. Suitable for all skin types.

FIRMING DNA FACIAL TREATMENT

☒ 60 min ☑ 890 EEK/ 56.90 €

Treatment with an immediate effect. Thanks to exclusive active ingredients it improves the flexibility

of skin tissues, makes skin radiant and protects DNA of a cell. Visibly firm and perfected skin already after first treatment. Suitable for all skin types.

24K FACE GOLD CARE.

☒ 60 min ☑ 990 EEK/ 63.30 €

Thanks to the elegant and exquisite treatment everything that one can dream of is achieved - skin is nourished, moisturized, radiant and revitalized. Containing pure gold and diamond powder, the elixir of beauty and youth has an intensive revitalizing effect on skin.

SOS EFFECT

☒ 25 min ☑ 290 EEK/ 18.50 €

The treatment revitalizes tired skin, moisturizes, activates circulation, firms and restores flexibility of skin. An intensive nourishing and moisturizing serum is used in the massage.

100% ECOLOGICAL. MECHANICAL FACIAL CLEANSING

☒ 60 min ☑ 450 EEK/ 28.80 €

Treatment for damaged and oily skin with enlarged pores and for skin with a tendency to acne, suitable for all ages. Excessive oil is removed gently without drying out the skin. Repairs skin. Deep cleansing mask cleanses intensely, has a reducing effect on tissues, stimulates circulation. Absorbs excessive oil and soothes damages of skin. Contains extract of yarrow and yeast, rosemary and allantoin.

MAKE UP (AFTER TREATMENT)

☑ 100 EEK/ 6.40 €

DAY MAKE UP

☑ 190 EEK/ 12.10 €

Annemarie Börlind's 100% ecological make up products are used.

BODY TREATMENTS AND MASSAGES

CLASSICAL BODY MASSAGE (SWEDEN)

☒ 60 min ☑ 450 EEK/ 28.80 €

☒ 30 min ☑ 290 EEK/ 18.50 €

Massage helps fight exhaustion, it balances the nervous system, relaxes painful and tense muscles and stimulates metabolism.



RITUAL OF THE SUN - MASSAGE WITH WARM LAVA ROCKS AND AYURVEDA OIL (INDIA)

☑ 75 min ☑ 890 EEK/ 56.90 €

During the massage the warm lava rocks charged with solar energy transfer the positive energy which balances the harmony of body and mind.

TREATMENT WITH AROMATIC BUNDLES OF HERBS (THAILAND)

☑ 75 min ☑ 990 EEK/ 63.30 €

Relaxing and cleansing anti-stress ritual with aromatic bundles of herbs.

The treatment starts with refreshing the face lightly, it contains a peeling body mask, influencing chakras with Ayurveda oil.

MODELLING TREATMENT WITH BAMBOO STICKS (CHINA)

☑ 75 min ☑ 890 EEK/ 56.90 €

Slimming and firming ritual, harmony of flowers and aromatic spices with a balancing massage with bamboo sticks. Includes body peeling, massage with bamboo sticks, anti-cellulite body mask with spices, and body lotion.

ANTI-STRESS TREATMENT WITH CHERRY BLOSSOM BATH (JAPAN)

☑ 90 min ☑ 990 EEK/ 63.30 €

Exclusive ritual which relaxes muscles, gives you warmth and energy. Volcanic rocks are used in the massage.

24K GOLD BODY CARE

☑ 75 min ☑ 990 EEK/ 63.30 €

Thanks to elegant and exquisite care everything one can dream of regarding their skin may be achieved - skin will be nourished, moisturized, radiant and full of energy.

Containing pure gold and diamond powder, the elixir of life and youth has an intensive and revitalizing effect on skin.

TREATMENT WITH MUD FROM THE DEAD SEA AND TETIS SEA SALT WHICH REMOVES RESIDUES

☑ 60 min ☑ 690 EEK/ 44.10 €

Treatment with mud and clay mask which stimulates circulation and excretes toxins and excess liquid and also has a mineralizing and anti-septic effect. The treatment also acts as a moisturizer and has a slimming effect.

MINERALIZING, SLIMMING TREATMENT WITH BRITANNIC BROWN ALGAE

☒ 60 min ☑ 690 EEK/44.10 €

Treatment with a rich body mask which has a mineralizing, nourishing and moisturizing effect. Provides skin with energy and flexibility, relieves muscle tension and pain. Has a soothing effect. Recommended to athletes and physically active people.

RELAXING, WARMING THERMO-SPA TREATMENTS

ANTI-AGE CRANBERRY TREATMENT. 100% NATURAL MASK.

☒ 45 min ☑ 590 EEK/ 37.70 €

The treatment uses 100% natural cranberry mask, which acts as a strong anti-oxidant and is rich in vitamin C. The treatment moisturizes skin, slows down the process of ageing and has a generally relaxing effect.

NOURISHING YOGHURT TREATMENT

☒ 45 min ☑ 590 EEK/ 37.70 €

Yoghurt is rich in protein and contains a huge amount of vitamins. Deeply moisturizing and nourishing, aromatic and generally relaxing treatment. Makes skin softer and smoother.

ANTI-CELLULITE CITRUS TREATMENT

☒ 45 min ☑ 590 EEK/ 37.70 €

The refreshing body mask made of green lemon, orange and grapefruit has an anti-cellulite effect and helps excrete residues.

TREATMENT CAPSULE WITH EXOTIC FRUIT AND SEA SALT PEELING (INDIA, CHINA)

☒ 45 min ☑ 590 EEK/ 37.70 €

Body is peeled with an exotic mixture which contains fruit and seeds from India and China, including ginger, lemon grass, oil from lychee seeds, and sea salt. Stimulates circulation and is therefore great for fighting cellulite, it is also a good ant-oxidant. This is followed by aromatic steaming of body combined by colour and music therapy and finished with a Vichy shower massage. The treatment softens, smoothes and firms skin and puts you in a better mood.

TREATMENT CAPSULE WITH HONEY AND PROPOLIS PEELING, AND OAT PHYTO MILK

☒ 45 min ☑ 590 EEK/ 37.70 €

Body is peeled with a mixture of honey and powder

of coconut shell which also contains propolis. It has a nourishing, revitalising and anti-septic effect. This is followed by aromatic steaming of body combined by colour and music therapy, and a Vichy shower massage. The treatment is finished with creaming with phyto milk which soothes, softens and moisturizes skin.

WITH A PARTNER...

RED WINE MASSAGE FOR TWO WITH A WHITE ROSE AND CHERRY BLOSSOM BATH

☒ 60 min ☑ 1190 EEK/ 76.10 €

A sensual ritual for two. The smell and softness of a white rose and cherry blossom bath gives the feeling of ultimate satisfaction. This is followed by a pleasant massage with a red wine mixture.

MASSAGE BATHS

WHITE ROSE AND CHERRY BLOSSOM BATH

☒ 25 min ☑ 290 EEK/ 18.50 €

A relaxing bath. The smell and softness of a white rose and cherry blossom bath gives the feeling of ultimate satisfaction and silky skin.

GREEN TEA BATH

☒ 25 min ☑ 250 EEK/ 16.00 €

The green tea massage bath is based on Asian green tea powder, which contains components which are good for your health. The bath has a skin restoring and an anti-age effect. Green tea stimulates excretion of fat and residues from the body and is also a very strong anti-oxidant. A massage bath has an invigoration effect on your body. It is a whole body massage with a pleasant and delicate smell and mildly foaming water.

CHOCOLATE BATH

☒ 25 min ☑ 250 EEK/ 16.00 €

A relaxing massage bath which relaxes muscle tension and puts you in a good mood. Chocolate binds the moisture of skin, burns fat and slims your body. It also relieves rheumatic symptoms. Chocolate massage bath stimulates formation of "happy hormones" serotonin and endorphins.

SEA SALT AND ALGAE BATH

☒ 25 min ☑ 250 EEK/ 16.00 €

The massage bath contains Laminaria Digitata algae, which has a stimulating and slimming effect. Sea salt provides skin with minerals and has an anti-septic effect.



ECOLOGICAL MASSAGE BATHS FOR CHILDREN (6-14 YEARS)

Anne Lind bath gels and body lotions contain no preservatives, synthetic perfumes, colourants, silicone nor paraffin. They contain pure herbal extracts, are 100% natural and are therefore perfect for even little kids.

There are three inviting massage baths in the Anne Lind selection:

WILD STRAWBERRY MASSAGE BATH

☑ 20 min ☑ 200 EEK/ 12.80 €

BLACK CURRANT MASSAGE BATH

☑ 20 min ☑ 200 EEK/ 12.80 €

MILK AND HONEY MASSAGE BATH

☑ 20 min ☑ 200 EEK/ 12.80 €

TREATMENTS FOR HANDS AND FEET

PEDICURE

☑ 50 min ☑ 490 EEK/ 31.30 €

FRENCH PEDICURE

☑ 60 min ☑ 520 EEK/ 33.20 €

SPA PEDICURE WITH REFRESHING TEA TREE OIL MASK

☑ 70 min ☑ 590 EEK/ 37.70 €

(footbath, peeling, pedicure, foot massage, tea tree oil mask, painting nails upon request)

The treatment based on natural tea tree oil has a moisturizing, anti-septic effect. It refreshes skin and makes it soft.

FOOT TREATMENT WITH REFRESHING TEA TREE OIL MASK

☑ 40 min ☑ 390 EEK/ 25.00 €

(does not include pedicure or painting nails)

The treatment based on natural tea tree oil has a moisturizing, anti-septic effect. It refreshes skin and makes it soft.

LUXURIOUS ANTI-STRESS FOOT TREATMENT WITH A PEELING FLOWER WRAP AND LAVA ROCK MASSAGE

☒ 45 min ☑ 490 EEK/ 31.30 €

The relaxing foot treatment contains an invigorating, peeling flower wrap and foot massage with lava rocks. Treatment for feeling good.

MANICURE

☒ 40 min ☑ 350 EEK/ 22.40 €

FRENCH MANICURE

☒ 50 min ☑ 380 EEK/ 24.30 €

SPA MANICURE WITH DEEPLY MOISTURIZING ORANGE-PEACH PARAFFIN MASK

☒ 60 min ☑ 450 EEK/ 28.80 €

(hand peeling, manicure, warm mask, massage, painting of nails upon request)

Warm orange-peach paraffin has a deeply moisturizing effect, it protects from free radicals, is rich in carotene and vitamin C, smoothes and makes skin flexible and soft.

DEEPLY MOISTURISING TREATMENT FOR HANDS WITH WARM ORANGE-PEACH PARAFFIN MASK

☒ 25 min ☑ 250 EEK/ 16 €

(does not contain manicure)

The treatment contains hand massage with gentle cranberry peeling which is followed by an intensively caring warm orange-peach paraffin mask with deeply moisturizing effect. It protects from free radicals, is rich in carotene and vitamin C, smoothes and makes skin flexible and soft. The treatment is finished with a light massage with hand cream.

PAINTING OF NAILS

☑ 70 EEK/ 4.50 €

FRENCH MANICURE

☑ 100 EEK/ 6.40 €

FOR EYES

EYE TREATMENT WITH A COLLAGEN MASK

☒ 40 min ☑ 390 EEK/ 25 €

The treatment contains a light eye area massage, eye mask - biomatrix eye pads dried in a freezer contain pure collagen and are intensively moisturizing. Perfect for tired eyes - refreshes, soothes, smoothes out the little wrinkles.

CORRECTION OF EYEBROWS

☑ 85 EEK/ 5.40 €

DYEING EYEBROWS

☑ 85 EEK/ 5.40 €

DYEING EYELASHES

☑ 85 EEK/ 5.40 €

DYEING EYELASHES AND EYEBROWS

☑ 160 EEK/ 10.30 €

DEPILATION

SHANK

☑ 250 EEK/ 16 €

LEGS

☑ 350 EEK/ 22.40 €

ARMPITS AREA

☑ 150 EEK/ 9.60 €

BIKINI LINE

☑ 200 EEK/ 12.80 €

YOU CAN ALSO ENJOY...

SOLARIUM

☒ 1 min ☑ 10 EEK/ 0.64 €

SALT ROOM

☒ 40 min ☑ 100 EEK/ 6.40 €

Cleanses and relaxes the body, suitable for preventing and treating diseases of the respiratory tract. Also good for skin.

INFRARED SAUNA

☒ 30 min ☑ 100 EEK/ 6.40 €

In an infrared sauna toxic residues which are released from cells as a result of heat are excreted from the body with sweat. Cleanses the body, stimulates metabolism, burns about 600 kcal with 30 minutes, has the effect of passive exercise.

NB! Before and during your stay in a sauna, you have to drink a lot of liquids (water, juice).



PRICE LIST OF THE BEAUTY SALON

HAIRCUT AND BLOW-DRY

| | |
|---|-------------------|
| Short hair (wash, cut, blow-dry) | 350 EEK / 22.40 € |
| Medium length hair (wash, cut, blow-dry) | 400 EEK / 25.60 € |
| Long hair (wash, cut, blow-dry) | 450 EEK / 28.80 € |

BLOW-DRY

| | |
|--------------------------------|-------------------|
| Short hair (wash, blow-dry) | 200 EEK / 12.80 € |
| Medium length (wash, blow-dry) | 250 EEK / 16.00 € |
| Long hair (wash, blow-dry) | 300 EEK / 19.20 € |

ROLLER HAIRDOS

| | |
|---|-------------------|
| Short hair (wash, roller hairdo) | 300 EEK / 19.20 € |
| Medium length hair (wash, roller hairdo) | 350 EEK / 22.40 € |
| Long hair (wash, roller hairdo) | 400 EEK / 25.60 € |

FESTIVE HAIRDO

| | |
|--|-------------------|
| Short hair (wash, dry, festive hairdo) | 300 EEK / 19.20 € |
| Medium length hair, hair up (wash, dry, festive hairdo) | 400 EEK / 25.60 € |
| Long hair (wash, dry, festive hairdo) | 450 EEK / 28.80 € |

COLOURING AND BLOW-DRY

| | |
|---|-------------------|
| Hair roots (colouring, wash, blow-dry) | 450 EEK / 28.80 € |
| Short hair (colouring, wash, blow-dry) | 450 EEK / 28.80 € |
| Medium length hair (colouring, wash, blow-dry) | 500 EEK / 32.00 € |
| Long hair (colouring, wash, blow-dry) | 550 EEK / 35.15 € |

COLOURING, CUT AND BLOW-DRY

| | |
|--|-------------------|
| Hair roots (colouring, wash, cut, blow-dry) | 650 EEK / 41.50 € |
| Short hair (colouring, wash, cut, blow-dry) | 650 EEK / 41.50 € |
| Medium length hair (colouring, wash, cut, blow-dry) | 700 EEK / 44.70 € |
| Long hair (colouring, wash, cut, blow-dry) | 750 EEK / 47.90 € |

COLOURING WITH TWO DIFFERENT COLOURS AND BLOW-DRY

| | |
|---|-------------------|
| Short hair (colouring, wash, blow-dry) | 500 EEK / 32.00 € |
| Medium length hair (colouring, wash, blow-dry) | 550 EEK / 35.15 € |
| Long hair (colouring, wash, blow-dry) | 600 EEK / 38.35 € |

COLOURING WITH TWO DIFFERENT COLOURS, CUT AND BLOW-DRY

| | |
|--|-------------------|
| Short hair (colouring, wash, cut, blow-dry) | 700 EEK / 44.70 € |
| Medium length hair (colouring, wash, cut, blow-dry) | 750 EEK / 47.90 € |
| Long hair (colouring, wash, cut, blow-dry) | 850 EEK / 54.30 € |

HIGHLIGHTS AND BLOW-DRY

| | |
|--|-------------------|
| Short hair (highlights, wash, blow-dry) | 400 EEK / 25.60 € |
| Medium length hair (highlights, wash, blow-dry) | 450 EEK / 28.80 € |
| Long hair (highlights, wash, blow-dry) | 500 EEK / 32.00 € |

HIGHLIGHTS, CUT AND BLOW-DRY

| | |
|--|-------------------|
| Short hair (highlights, wash, cut, blow-dry) | 500 EEK / 32.00 € |
| Medium length hair (highlights, wash, cut, blow-dry) | 550 EEK / 35.15 € |
| Long hair (highlights, wash, cut, blow-dry) | 600 EEK / 38.35 € |

HIGHLIGHTS, COLOURING AND BLOW-DRY

| | |
|--|-------------------|
| Short hair (highlights, colouring, wash, blow-dry) | 600 EEK / 38.35 € |
| Medium length hair (highlights, colouring, wash, blow-dry) | 650 EEK / 41.50 € |
| Long hair (highlights, colouring, wash, blow-dry) | 700 EEK / 44.70 € |

HIGHLIGHTS, COLOURING, CUT AND BLOW-DRY

| | |
|---|-------------------|
| Short hair (highlights, colouring, wash, cut, blow-dry) | 700 EEK / 44.70 € |
| Medium length hair (highlights, colouring, wash, cut, blow-dry) | 750 EEK / 47.90 € |
| Long hair (highlights, colouring, wash, cut, blow-dry) | 850 EEK / 54.30 € |

PERMANENT CURLS AND BLOW-DRY

| | |
|--|-------------------|
| Short hair (wash, permanent curls, wash, blow-dry) | 450 EEK / 28.80 € |
| Medium length hair (wash, permanent curls, wash, blow-dry) | 550 EEK / 35.15 € |
| Long hair (wash, permanent curls, wash, blow-dry) | 650 EEK / 41.50 € |

PERMANENT CURLS, CUT AND BLOW-DRY

| | |
|---|-------------------|
| Short hair (wash, permanent curls, wash, cut, blow-dry) | 600 EEK / 38.35 € |
| Medium length hair (wash, permanent curls, wash, cut, blow-dry) | 700 EEK / 44.70 € |
| Long hair (wash, permanent curls, wash, cut, blow-dry) | 800 EEK / 51.10 € |

PERMANENT CURLS, COLOURING, CUT AND BLOW-DRY

| | |
|--|--------------------|
| Short hair (wash, permanent curls, wash, colouring, wash, cut, blow-dry) | 800 EEK / 51.10 € |
| Medium length hair (wash, permanent curls, wash, colouring, wash, cut, blow-dry) | 900 EEK / 57.50 € |
| Long hair (wash, permanent curls, wash, colouring, wash, cut, blow-dry) | 1000 EEK / 64.00 € |

HAIR TREATMENT

| | |
|---|-------------------|
| Short hair (wash, restoring mask) | 150 EEK / 9.60 € |
| Medium length hair (wash, restoring mask) | 200 EEK / 12.80 € |
| Long hair (wash, restoring mask) | 250 EEK / 16.00 € |
| Head massage (wash, 10 min massage) | 100 EEK / 6.40 € |

FOR MEN

| | |
|--|-------------------|
| Men's haircut (wash, cut, dry) | 200 EEK / 12.80 € |
| Hair cut with trimmer (wash, cut, dry) | 150 EEK / 9.60 € |
| Beard styling | 100 EEK / 6.40 € |
| Head massage (wash, 10 min massage) | 100 EEK / 6.40 € |

CHILDREN'S HAIR CUT

| | |
|--------------------------------------|------------------|
| Children's hair cut (up to 12 years) | 150 EEK / 9.60 € |
|--------------------------------------|------------------|