

# Massages

## Aroma Massage

Aroma massages will make you feel like never before. Aromatherapy has been used for centuries as it affects one's physical and mental condition. Essential oils go through the skin into the body and stimulate the respiratory system, restore your energy levels and help the condition of the skin.



Full (55 min) - BGN 55

Partial (30 min) - BGN 35

## Standard Massage

Systematic massage slows down the ageing process. The massage affects the skin, the nerve receptors and blood vessels. It dilates the capillaries, and as such improves tissue nourishment; it also enhances the blood flow and improves the circulation of the lymph helping to firm up the skin. The massage activates the oil and sweat glands in the skin as well as the hypodermic tissue and helps burn the hypodermic fats faster.

As a result of the massage your skin becomes softer and smoother and increases its elasticity! The massage also contributes to the saturation of the muscles with glycogen and oxygen.



Full (55 min) - BGN 50

Partial (30 min) - BGN 30



## Anti-Cellulite Massage

40 min - BGN 35

This type of massage works for the removal of the hypodermic layer of fats accumulated in the form of orange-peel skin formations. Special techniques and essential oils are used and the treatment has a visible cosmetic effect. This massage ensures the good blood supply to the tissues. The blood rushing into the tissues as a result of the massage helps to burn fats. It also carries fresh nutrients and at the same time ensures the dispersion of lymph buildup.



## Sports Massage

*Preliminary Massage* (warm-up) - massage carried immediately before sport activities (fitness, cycling, jogging, etc). Used to warm up and stimulate the body before the upcoming load of exercise.

*Recovery Massage* - massage applied after exercising. Used for faster and more efficient recovery, stabilization of the core processes, regulation of the tissue breathing, suppression of fatigue and attaining the normal status of the body.



Full (45 min) - BGN 40

Partial (25 min) - BGN 25

## Four Hands Massage

55 min - BGN 90



### **Spa Delight for Two**

55 min - BGN 90

Lie down in a relaxing set-up with magnificent aromas and relaxing music. Our two professional therapists will make your body feel completely relaxed and rested.



### **Zone Therapy**

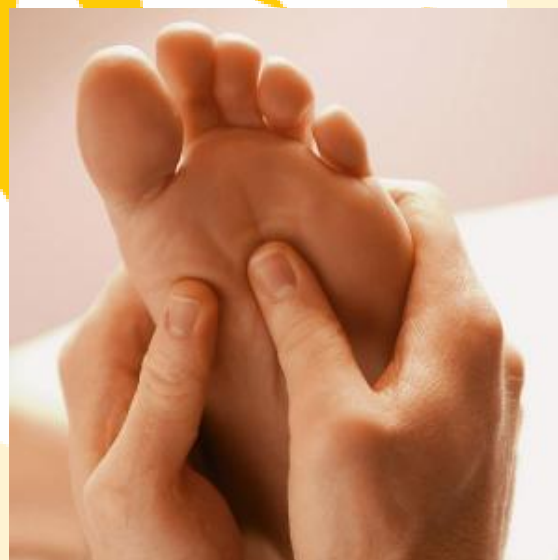
30 min - BGN 30

Zone therapy is a reflex therapy, which explains the connection between reflector points on the feet and the corresponding parts of the body. Problems with one's internal organs reflect on the human feet.

### **Thai Foot Massage**

50 min - BGN 45

This type of massage represents the Thai ritual of performing foot massage. It covers the reflex zones according to Thai traditional medicine, uses warming-up technique, working over the zones with a wooden stick or with fingers. To make the feeling complete we offer a brief massage of the legs, hands, head, neck and shoulder girdle.



## Thai Massage

The Thai massage is one of the four main methods of the Thai traditional medicine. It is based on 72 000 energy channels in the human body, the main focus falling on the major ten ones called SEN SIB. It is applied by pressure with thumbs, palms, elbows, knees, feet and various stretching positions.



Royal Style (90 min) - BGN 80

Classic Style (60 min) - BGN 55

80 min - BGN 70

60 min - BGN 50

40 min - BGN 35

## Turkish Bath - Hammam

The traditional oriental procedure for cleansing the entire body. After a warming up in the vapour-bath a well-trained therapist will take off the excess layer of dead cells on your skin with a special peeling and soft glove made of silk thread. The skin acquires the desired elasticity and healthy velvet color. This is followed by an aromatized soft massage with natural soap and a 20-minute relaxing massage. This procedure removes accumulated toxic substances in the organism and improves the blood flow. It also charges you with healthy and balanced energy.

# Body Procedures

## **"Ceylon Exotics"**

80 min - BGN 60

Sink into the depths of the ocean and feel this unforgettable massage with shells and scallops.

## **"The Magic of the Silk Road"**

100 min - BGN 80

## **"The Magic of the Silk Road" II**

100 min - BGN 70

## **"The Magic of the Silk Road" III**

100 min - BGN 70

A trip to the Orient, these amazing procedures use exotic aromas, techniques and accessories - a combination of Eastern philosophy and new technologies. Products with new scents and textures made from the finest of spices selected from several locations on the Silk Road: cinnamon from Sri Lanka, saffron from Anatolia, vanilla from Indonesia.

## **"The mystery of Turkey"**

80 min - BGN 60

Massage with saffron - the most expensive spice in the world called "red gold", combined with exotic techniques and the specific sensation of a silk shawl, with anti-oxidizing and rehabilitating effect. A special stick is also used for tender pressing movements.

## **"Peaceful Heaven"**

### **Body procedure with anti-oxidizing effect**

60 min - BGN 70

Massage with special oil and aroma pouches with rice, cardamom, cinnamon and nutmeg.



### **Duet Procedure**

120 min - BGN 90

A wonderful procedure for two - you will enjoy a relaxing massage with foam and aroma oil, while your partner relaxes in a bathtub with hot water and magnificent aromas.

Take a delight in these pleasant moments!

### **Integral Body and Face Procedure with Black and White Pearls and Holistic Massage**

100 min - BGN 85

A procedure, which helps fight the dehydration, slackness and tiredness of the facial skin; improves the hydration and smoothness of the body skin.

### **Anti-Stress Procedure with Peeling for Detoxification of the Body**

80 min - BGN 65

### **Anti-Stress Procedure for Detoxification of the Body**

60 min - BGN 50

Procedures for relaxation, suppression of stress and anxiety, restoration of the energy and mineral balance of the body. These procedures are not only enjoyable but have a unique effect on the entire condition of the person experiencing it. It greatly contributes for a complete mental and physical recovery.

### **Hydration Face Procedure with Pearls**

60 min - BGN 50

A procedure, which fights dehydration, slackness and tiredness of the face skin

### **"Silk Wrap"**

20 min - BGN 25

Wrapping of the body on the basis of the silk, acting like a second skin.

### **Body Firming Procedure with Peeling**

90 min - BGN 65

### **Body Firming Procedure without Peeling**

70 min - BGN 55

BODY FIRMING GEL formula based on seaweed, which when applied via massage improves the outer appearance of the skin, restructures the epidermis and activates the micro blood flow. BODY FIRMING GEL is a powerful firming product for the zones of the body susceptible to slackness.

### **Body Shaping Procedure with Peeling**

90 min - BGN 65

### **Body Shaping procedure without Peeling**

70 min - BGN 55

The SERUM MINCEUR formula includes the active ingredient Rodisterol. This ingredient is extracted from red seaweed and stimulates the lipolysis, which transforms accumulated fat into energy and prevents the infiltration of more fats into the oil cells.

### **"Dynamic Comfort" Relaxing and Warming Procedure**

40 min - BGN 35

Powder of sea origin, in combination with a specific application process, provides an extraordinary feeling of relaxation and good mood thanks to its self-warming characteristics and nice bubble texture. It helps to relax, eliminates the pressure from specific points and arouses the senses. It has a powerful detoxification effect.

### **Anti-Cellulite Body Procedure with Chocolate and Cocoa Peeling**

80 min - BGN 65

### **Anti-Cellulite Body Procedure with Chocolate without Peeling**

60 min - BGN 55

Effective removal of the dead cells from the surface of the skin with the help of cocoa based exfoliates. The chocolate affects the lipolysis for the disposal of the fats, increases the remodeling, hydration and anti-cellulite effect.



**Anti-Cellulite Body Procedure with Coffee and Cocoa Peeling**

80 min - BGN 65

**Anti-Cellulite Body Procedure with Coffee without Peeling**

60 min - BGN 55

Effective removal of the dead cells from the surface of the skin with the help of cocoa based exfoliates. As a result of the powerful lipolysis effect, the coffee helps to eliminate the liquids in the problem zones - in the area of the abdomen and the thighs.

**"Chocolate Mousse"**

**Anti-Cellulite Body Procedure with Chocolate and Cocoa Peeling**

90 min - BGN 70

**Remineralizing Good Shape Procedure with Peeling**

75 min - BGN 60

**Remineralizing Good Shape Procedure without Peeling**

60 min - BGN 50

This 'cocktail' of active sea ingredients has a powerful remineralization, detoxification and renewal effect, which adds to the effect that iodine has on cellulite. MARINE POWER WRAP allows the skin to restore its own balance of minerals and chemical elements by eliminating the accumulated fats and toxins. At the same time this procedure boosts up relaxation and helps avoid tiredness.

**Revitalizing Body Procedure with Gold and Holistic Massage**

70 min - BGN 60

This therapy has a stimulating, hydrating, beauty and anti-ageing effect, and makes the skin soft and silky.

# Bathtubs

## **Remineralizing Bathtub Procedure with Sea Salts and Essences**

20 min - BGN 25

A selection of 100% pure sea salts with high content of minerals, combined with a small quantity of Laminaria seaweeds. A luxury for the body and a delight for the mind. In addition - the mannitol contained in the Laminaria seaweeds reduces the possible dehydrating effect of the sea salts and the skin remains smooth and hydrated.

## **"Cleopatra's Bathtub"**

### **Nourishing and Relaxing Procedure**

20 min - BGN 30

It contains milk proteins and sea collagen, which hydrate and nourish the skin. At the same time the nice aroma arouses the senses.

## **"Red Wine"**

### **Anti-age Bathtub**

20 min - BGN 30

It contains milk proteins and sea collagen, grape powder, extract of grape peelings and formic acid. Hydrates and nourishes the skin while the aroma stimulates the senses.

## **"Oriental Escape"**

### **Nourishing and Relaxing Bathtub**

20 min - BGN 25

Bathtub with vanilla for good general physical condition and pleasure. Its yellow color and rich aroma takes you to a level of complete relaxation.



# Exfoliation Procedures

## **Exfoliation Body Procedure with Cocoa Peeling**

30 min - BGN 25

Effectively eliminates the dead cells from the surface of the skin.

## **Hydration Body Procedure with Peeling**

30 min - BGN 25

Its formula based on bee-wax and yoke extract helps avoid the scratchy effect from the exfoliation granules, ensures the hydration, nourishment and smoothness of the skin. What is more, the seaweeds it contains nourish with iodine, mineral salts and C and E vitamins.

## **"Exotic Orient"**

## **Body Procedure with Hydration Peeling**

30 min - BGN 20

A product combining several spices, oriental resins and woods, bamboo, poppy-seeds and nutmeg which make possible the removal of dead cells from the surface of the skin while hydrating and nourishing it.

# Advanced Technology Treatments

## **Detoxicator**

30 min - BGN 50

Our latest and fully harmless therapy for overall detoxification of the body at cell level developed by 'Russmedika'. This procedure provides the correct frequency necessary for the cells to regain their healthy status and expel any toxins accumulated in them through the years.

Package 7 procedures - BGN 210

Package 10 procedures - BGN 250

## **VelaShape**

40 min - BGN 50    60 min - BGN 70

VelaShape is the most effective and painless non-surgical medical solution for losing body weight and anti-cellulite therapy.

Package 7 procedures of 40 min - BGN 300

Package 7 procedures of 60 min - BGN 420

## **Power Plate Pro 5**

Training with instructor - BGN 25

Known around the world and developed specifically for astronauts, Power Plate is one of the newest and efficient simulators. It is based on the 3D special vibrations that provoke toning natural reflex. As a result, you have a unique perfect figure without cellulite, without lengthy training and no extra effort.

Package 5 trainings - BGN 100



# Package Prices

## **Three days "Relax" Package - BGN 90**

First day - Hydration Procedure with Peeling

Second day - Full Standard Massage

Third day - "Cleopatra's Bathtub"

## **Five days "Relax" Package - BGN 195**

First day - Hydration Procedure with Peeling

Second day - Full Standard Massage

Third day - Relaxing and Warming Procedure "Dynamic Comfort" and Partial Massage

Fourth day - "Ceylon Exotics"

Fifth day - "Cleopatra's Bathtub"

## **Seven days "Relax" Package - BGN 255**

First day - Hydration Procedure with Peeling

Second day - Full Standard Massage

Third day - Relaxing and Warming Procedure "Dynamic Comfort" and Partial Massage

Fourth day - Partial Standard Massage

Fifth day - Zone Therapy

Sixth day - "Ceylon Exotics"

Seventh day - Nourishing and Relaxing Bathtub "Oriental Escape"

**Three days "Anti-Stress" Package - BGN 130**

First day - Anti-Stress Procedure with Peeling for Detoxification of the Body

Second day - Chocolate Therapy

Third day - Partial Aroma Massage

**Five days "Anti-Stress" Package - BGN 215**

First day - Anti-Stress Procedure with Peeling for Detoxification of the Body

Second day - Chocolate Therapy

Third day - Relaxing Massage of Feet and Palms

Fourth day - "Peaceful Heaven"

Fifth day - Partial Aroma Massage

**Seven days "Anti-Stress" Package - BGN 285**

First day - Anti-Stress Procedure with Peeling for Detoxification of the Body

Second day - Chocolate Therapy

Third day - Relaxing Massage of Feet and Palms

Fourth day - "Peaceful Heaven"

Fifth day - Revitalizing Body Procedure with Gold and Holistic Massage

Sixth day - Bathtub with Sea Salts and Essences

Seventh day - Partial Aroma Massage



**Three days Package "Marina Cape" - BGN 125**

First day - Turkish Bath (40 min)  
Second day - Full Standard Massage  
Third day - Partial Massage and Anti-Age Bathtub "Red Wine"

**Five days Package "Marina Cape" - BGN 210**

First day - Turkish Bath (40 min)  
Second day - Full Standard Massage  
Third day - Remineralizing Procedure for Good Shape without Peeling  
Fourth day - Thai Massage (Classic Style)  
Fifth day - Partial Massage and Anti-Age Bathtub "Red Wine"

**Seven days Package "Marina Cape" - BGN 290**

First day - Turkish Bath (40 min)  
Second day - Full Standard Massage  
Third day - Remineralizing Procedure for Good Shape without Peeling  
Fourth day - Thai Massage (Classic Style)  
Fifth day - Four Hands Massage  
Sixth day - Anti-Age Bathtub "Red Wine"  
Seventh day - Partial Massage

### **Three days SPA Package for Two - BGN 280**

First day - Duet Procedure  
Second day - Spa Delight for Two  
Third day - Integral Face and Body Procedure with White and Black Pearls (for her);  
Relaxing and Warming Procedure “Dynamic Comfort” and Partial Massage (for him)

### **Five days SPA Package for Two - BGN 395**

First day - Duet Procedure  
Second day - Spa Delight for Two  
Third day - Integral Face and Body Procedure with White and Black Pearls (for her);  
Relaxing and Warming Procedure “Dynamic Comfort” and Partial Massage (for him)  
Fourth day - Full Aroma Massage (for her); Full Standard Massage (for him)  
Fifth day - “Cleopatra’s Bathtub”

### **Seven days SPA Package for Two - BGN 530**

First day - Duet Procedure  
Second day - “Silk Wrap”  
Third day - Spa Delight for Two  
Fourth day - Integral Face and Body Procedure with White and Black Pearls (for her);  
Relaxing and Warming Procedure “Dynamic Comfort” and Partial Massage (for him)  
Fifth day - Full Aroma Massage (for her); Full Standard Massage (for him)  
Sixth day - Body Procedure with Chocolate (for her); Body Procedure with Coffee (for him)  
Seventh day - “Cleopatra’s Bathtub”



**Seven days Anti-Cellulite Package - BGN 310**

- First day - Body Shaping Procedure with Peeling
- Second day - Vela Shape
- Third day - Vela Shape
- Fourth day - Vela Shape
- Fifth day - Body Shaping Procedure without Peeling
- Sixth day - Vela Shape
- Seventh day - Vela Shape

**Nine days Anti-Cellulite Package - BGN 445**

- First day - Body Shaping Procedure with Peeling
- Second day - Vela Shape
- Third day - Vela Shape
- Fourth day - Vela Shape
- Fifth day - Body Shaping Procedure without Peeling
- Sixth day - Vela Shape
- Seventh day - Vela Shape
- Eight day - Vela Shape
- Ninth day - Vela Shape
- Tenth day - Anti-Cellulite Body Procedure with Coffee