



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.



LATVIAN RITUAL COLLECTION TREASURES OF NATURE

90 min 82€^{*} / 87€^{**}

^{*} price I-IV ^{**} price V-VII and holidays

THE TOUCH OF THE SEA

Ritual with seaweed wrapping, to reduce volume, to obtain smooth and velvety skin

Detox components of marine origin will help get rid of toxins, promote deep lymphatic drainage, activate lipolysis processes and intensively promote metabolic activity.

- Whole body dry peeling massage
- Wrapping with seaweed mask
- Head massage

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 RITUAL COLLECTION

90 min 97€* / 102€**

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

INDIAN PINDA MASSAGE

For complete bliss of the soul and body

A truly deeply relaxing ritual with Indian pindas surrounds you with gentle warmth and the enchanting aroma of flowers. Touches with pouches filled with lavender flowers and sea salt crystals restore harmony and help relieve tension.

- Peeling massage with a toning scrub
- Massage with warm linen pouches filled with lavender
- Final massage with lavender cream

CHINESE STONES

For pain relief and toxin removal

A full-body, hands, legs, and feet massage with hot stones is performed using a unique effleurage technique. Activation of Qi energy points with basalt stones helps relax muscles, soften tissues, and maintain a warming effect for a long time.

- Face and body massage with hot basalt stones

TURKISH DRY HAMMAM

For quick physical and emotional recovery

A unique oriental procedure that combines ancient Turkish traditions with modern body care techniques. An exfoliating massage with a kese glove cleanses the skin of dead cells and toxins, improves blood circulation, and leaves the skin velvety smooth and refreshed. A relaxing massage helps relieve tension, relax muscles, and restore energy balance.

- Massage with a kese glove and black soap
- Body massage with shea butter



COMFORT ZONE RITUAL COLLECTION

The Italian SPA brand Comfort Zone is a whole philosophy for face and body care, which was born in Parma in 1996. Comfort Zone experts believe that our skin reflects our mental well-being, physical condition and our daily decisions. Comfort Zone selects the best natural ingredients and combines them with advanced high-tech molecules and carrier systems to ensure maximum effectiveness and safety.

90 min 92€* / 97€**

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

TRANQUILITY PRO SLEEP MASSAGE

To improve sleep and full relaxation

Massage ritual for complete recovery and stabilization of the psycho-emotional background. A unique blend of TRANQUILITY aromatic oils will relieve stress and negativity. Exclusive massage technology using brushes has a relaxing effect. Such a relaxation ritual will relieve stress and tension, restore sleep and help with insomnia.

- Massage with brushes
- Pro sleep full body massage
- Foot massage

TRANQUILITY SCRUB AND CALM MASSAGE

To moisturize and nourish the skin

Balancing effect of aromatherapy. Helps to release tension and enjoy the luxury of self-care. Gently exfoliates the keratinized particles of the epidermis, polishes and evens the skin tone, improves microcirculation in the tissues. Comprehensively affects the body and mind.

- Peeling massage
- Relaxing full body massage

HIMALAYAN SALT STONE MASSAGE

Detox procedure for recovery and relaxation

Massage with warm Himalayan salt stones will provide relaxation, remove tension, stress and anxiety. And the combination of pink Himalayan salt with aromatic oils will stimulate metabolism and restore life force and balance, reduce inflammation and pain.

- Massage with warm Himalayan salt stones
- Himalayan salt detox body wrap
- Head massage



RITUAL COLLECTION FOR KIDS AND TEENS

3-17 years

Sticker/tattoo as a gift



Recommended
age group

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

CHOCOLATE THERAPY

Feeling of happiness and joy, 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

12+

60 min
52€* / 57€**

CITRUS RITUAL

Great mood, feeling of vitality of body and spirit

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

12+

60 min
52€* / 57€**

PEACH OR STRAWBERRY MASSAGE

Happy summer feeling and comfortable sleep

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.

- Massage with aromatic peach or strawberry masks
- A tattoo sticker of your choice as a gift

3+

30 min
37€* / 42€**

6+

45 min
42€* / 47€**



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.

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

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.

60 min
67€* / 72€**
90 min
92€* / 102€**

DEEP TISSUE MASSAGE

Special classical massage technique with a more intense physical effect restores connective tissues, relieves pain and eliminates local overload.

60 min
77€* / 82€**
90 min
102€* / 117€**

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

45 min
62€* / 67€**

BACK MASSAGE

Reduces pain in the back muscles, waist, shoulders and neck area. Improves circulation and restores muscle elasticity and tone.

30 min
42€* / 52€**

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.

20 min
27€* / 32€**

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 min
37€* / 42€**

HEAD MASSAGE

Miraculous way to relieve pain from headaches and migraines. Recommended in cases of exhaustion, chronic fatigue and insomnia.

20 min
27€* / 32€**

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.

30 min
30€* / 37€**

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





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.

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

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.


30 min
42€* / 47€**

60 min
62€* / 67€**

STARVAC VACUUM MASSAGE

An effective vacuum-roller massage method aimed at shaping the body and fighting cellulite. This device activates natural fat tissue splitting processes, improves blood microcirculation and lymph movement through blood vessels.

60 min
77€* / 82€**



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

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

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.

75 min
92€* / 97€**

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.

90 min
112€* / 117€**

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.

90 min
112€* / 117€**



FACIAL SKIN CARE BY COMFORT ZONE

Italian professional cosmetics, with up to 99% natural ingredients, precious oils, and the most innovative technologies in cosmetic products. Comfort Zone provides comprehensive effects on the body and allows achieving visible results after just one procedure.

60 min 77€* / 82€**

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ULTRA GLOW

Instant lifting and rejuvenation

Exclusive ARCHI-LIFT™ technology restores the skin's structure, enriches it, and enhances its elasticity. Special lifting massage techniques lift the facial contours, firm, and smooth the neck and décolletage skin. The procedure promotes regeneration and strengthens tissues, restoring skin tone and elasticity.

HYDRA GLOW

Refreshing unisex procedure for instant radiance, hydration, and skin toning

Using extraordinary massage with cryo rollers, the product penetrates deep into the tissue layers and boosts the production of natural hyaluronic acid. Natural oils, organic complexes, and vitamins instantly rejuvenate cells, providing deep hydration, toning, and a healthy appearance to the skin.

RECOVER TOUCH

Multivitamin, restorative, and antioxidant care

Comfort touch massage activates components such as goji berry oil, tomato peel extract and hyaluronic acid, which soothe and protect the skin from adverse environmental and climatic factors. Skin tissues receive richer nourishment, become more oxygenated, and the skin recovers more easily, gaining a healthy glow and excellent protection against the harmful effects of free radicals.



EXPRESS FACIAL TREATMENT

! Recommended
age group

APPARATUS FACIAL TREATMENT

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

INSTANT SHINE

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

INSTANT MOISTURIZATION

Creates a reserve of moisture in the skin, enriches it with oxygen, improves skin elasticity, fullness, smoothness and, as a result, prolongs youth.

FACE MASSAGE GUA SHA

Gua Sha is a technique known in traditional Chinese medicine. It is used to stimulate points and meridians on the face, improving blood and lymph circulation. This massage promotes the activation of cellular processes, helps to combat puffiness, smooth fine wrinkles, and gives the skin a radiant and healthy appearance. A gentle yet deep massage is performed using a Gua Sha plate made of natural stone.

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.

STARVAC FACIAL MASSAGE

The massage is aimed at lifting the skin, lymphatic drainage, reducing puffiness, and improving blood circulation. After the massage, the process of collagen production begins, the skin tone improves, the facial contour becomes more defined, and wrinkles are smoothed out. Starvac facial massage is currently the safest and most painless method of skin rejuvenation.

16+ 45 min
52€* / 57€**

16+ 45 min
52€* / 57€**

45 min
52€* / 57€**

60 min
52€* / 57€**

45 min
52€* / 57€**



WAXING SERVICES

FOR WOMEN

Underarms	20 €
Forearms	23 €
Entire length of the arms	29 €
Legs below the knees	25 €
Entire length of the legs	40 €
Classic bikini	35 €
Brazilian bikini	49 €

FOR MEN

Underarms	25 €
Stomach	25 €
Chest	30 €
Back	40 €

SALT ROOM VISIT

SINGLE VISIT

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

MONTHLY MEMBERSHIP (10 visits)

Adults	80 €
Children*	60 €

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



