

MASSAGE FOR YOUR HEALTH

Classic massage	60 min 47€ 90 min 60€
A full body massage to improve circulation, to relieve tense muscles, health.	to alleviate pain and to improve general
Deep tissue SPORTS massage	
A therapeutic and powerful massage for the entire body or specific ar activity. The massage penetrates deeply into the muscles and connect effectively releases tension throughout the body and improves ease of	tive tissues, improves circulation,
Back, neck and shoulder massage	30 min 35 €
A therapeutic massage to promote blood circulation, to relieve muscle being.	e tension and pain and to improve well-
Foot massage	30 min 35 €
A foot massage to relieve pain and to promote relaxation and general	health throughout the entire body.
Head massage	
A relaxing head, neck and shoulder area massage to reduce stress, to muscles.	improve circulation and to relax tense
Body peeling + massage	70 min 60 €

ANTI-STRESS MASSAGE THERAPIES

Facial massage 30 min 35 €

A relaxing facial massage to stimulate the skin's natural regeneration processes and to activate the metabolism of skin cells and their microcirculation. The oils used in the massage significantly improve the skin by moisturising, nourishing and restoring skin elasticity.

The procedure includes: skin cleansing, facial and upper chest massage.

AROMA therapy massage 60 min 55 € | 90 min 70 €

A relaxing full body aromatherapy massage with a blend of herbal and essential oils to improve the skin by moisturising, nourishing and restoring skin elasticity.

Volcanic rock massage 45 min 50 € | 80 min 65 €

A deep-heating massage with hot volcanic rocks for the back or entire body. The massage relieves tension and pain from the muscles and joints, offers both physical and emotional relaxation while improving well-being and the body's general physical and emotional state.

Aromatic natural chocolate massage and wrap 60 min 70 €

A complete anti-stress procedure that significantly improves the condition of the skin while creating genuine pleasure as a result of the chocolate aroma and the endorphins it releases.

The procedure includes: a massage and body wrap.

HEALING HERBAL COMPRESS MASSAGE THERAPY

Warming and healing herbal massage 60 min 80 €

A warming massage that produces beneficial effects to a person's bioenergetic field. The massage is administered with the hands and natural herbal compresses. Each compress, or eco-bag, is created by a professional SPA specialist at Lielupe. They are created solely from eco-friendly ingredients – natural Latvian linen, cereals, buckwheat, Baltic Sea salt and powerful, energy-laden plants. The massage reduces stress, frees the body of toxins, significantly reduces muscle tension, improves circulation and promotes lymph drainage.

Your choice of herbal compress massages*:

LATVIAN HERBAL COMPRESS MASSAGE, a classic herbal compress massage LATVIAN PEPPERMINT COMPRESS MASSAGE, a refreshing peppermint compress massage ORGANGE-GRAPEFRUIT COMPRESS MASSAGE, energising compress massage LAVANDER COMPRESS MASSAGE, energising compress massage

RELAXING SPA RITUALS

Grapefruit DETOX AROMA ritual 60 min 60 €

The antioxidants and vitamin C contained in grapefruits improve the immune system and skin tone. moisturising and rejuvenating the skin after a long winter, while removing toxins from the body and alleviating mental fatigue. Its essential oils are among the most potent antidepressants.

The procedure includes: grapefruit body peeling and a full-body aromatherapy massage.

^{*} or a custom blend of essential oils, agreed upon with the SPA specialist before the procedure.

Exclusive lilac AROMA ritual 120 min 90 €

An aroma ritual that moisturises, nourishes and rejuvenates the skin and promotes cell regeneration. The ritual lends a healthy glow to the skin as well as a sophisticated aroma.

The procedure includes: lilac peeling and massage with a massage mask, body wrap, facial and head massage and a visit to the salt room (45 min.) to strengthen the respiratory and immune systems.

Lavander ritual for complete relaxation 120 min 90 €

An aromatherapy SPA ritual for the face and body. The ritual balances your emotions, alleviates stress, tension and headaches, promotes a good night's sleep, reduces high blood pressure and prevents respiratory problems. You'll gain firm, moisturised and nourished skin and will feel the effects of the aromatherapy well after the procedure has been completed.

The procedure includes: body peeling, full-body massage, facial cleansing, facial and upper chest massage and a visit to the salt room (45 min.) to strengthen the respiratory and immune systems.

MOHITO body refreshment 60 min 60 €

A fresh and energy-filled peppermint SPA ritual for the body. A cooling aromatherapy peeling and massage will reduce fatigue and restore energy.

The procedure includes: peeling with beneficial essential peppermint oil, Latvian peppermint aromatherapy body massage and refreshing peppermint tea after the procedure.

"BORDEAUX" red wine procedure 75 min 75 €

A Bordeaux red wine procedure rich in antioxidants and vitamins with a toning effect. The procedure improves skin tone making it smooth and firm.

The procedure includes: red wine peeling, massage and body wrap.

SPA PROCEDURES FOR CHILDREN AND TEENAGERS

Special procedures designed for children using cosmetics that are not harmful to a child's health and which benefit the condition of the skin.

Relaxing body massage

3-5 years	20 min 27 €
6-10 years	30 min 27 €
11-14 years	40 min 30 €

AROMA SPA body rituals

SWEET ORANGE mask-massage	30 min 27 €
PEACH mask-massage	30 min 27 €
FULL-BODY massage with natural chocolate	30 min 30 €
Facial SPA procedure	30 min 30 €
A nurturing facial procedure including a facial cleansing, massage and creams.	

EXCLUSIVE FACIAL RITUALS WITH AN IMMEDIATE EFFECT

Unique and intense facial skin procedures – a facial lifting massage, a tightening and deeply rejuvenating seaweed mask that has an incredible effect on the face, eye and lip areas, guaranteeing an immediate effect.

A hand massage as well as an eyebrow correction and colouring are included in the ritual.

The cocoa and algae tightening mask contains a moisturising and rejuvenating active ingredient compound for dry skin with a moisturising, rejuvenating and anti-aging effect. The combination of cocoa and algae, which have regenerating qualities, nourish, moisturise, smooth and protect skin from premature aging and ensure a healthy appearance. The sweet aroma of cocoa reduces emotional stress, increases liveliness and improves the mood.

Super lifting ritual 75 min 85 €

A triple combination of algae, menthol and gingko biloba will awaken your skin. The tightening and cleansing mask with spirulina and gingko extracts moisturise, tighten, strengthen and rejuvenate the skin.

AESTHETIC FACIAL PROCEDURES

Ultrasound cleansing facial 60 min 50 €

An ultrasound deep cleansing facial. During the procedure the outermost layer of facial skin is removed improving colour, tone, cell microcirculation and the capacity to absorb active substances. The pores are cleaned, their diameter reduced and any excess skin is removed.

Fruit acid procedure 50 min 50 €

This fruit acid procedure, which peels off dead skin cells and stimulates new cell growth, is adjusted according to your skin type and condition. After the procedure, your skin becomes smoother and cleaner, pores are cleansed and reduced in size, the capacity to absorb moisture is improved, premature keratinization is prevented, the skin structure is improved, collagen synthesis is stimulated and the number of small wrinkles and lines are visibly reduced.

Skin types: problematic, sensitive, mature, pigmented.

Intensive moisturizing procedure 60 min 50 €

A facial procedure to improve the moisture level of the skin. A deep cleansing lends the skin a healthy glow making it smoother, fresher and more radiant.

A procedure that strengthens the contours of your face with a lifting effect. The procedure relaxes facial expressions making them gentler, smooths out fine lines and wrinkles and lends the skin a youthful and radiant appearance.

ANTI-AGE procedure for mature skin 75 min 70 €

A sophisticated skin care procedure for mature skin. The procedure stimulates skin density and elasticity giving it a more toned and firm appearance, ensures the required moisture level of the skin, balances the amount of lipids and visibly reduces the number of fine lines and wrinkles.

Men's skin care procedure 60 min 65 €

A skin care procedure created especially for men with an immediate effect that uses custom cosmetics chosen according to each person's individual skin type and condition. The procedure promotes cell regeneration and activates microcirculation, moisturises and tones the skin, slows aging processes, smooths out fine wrinkles and gives the skin a uniform tone.

Biorevitalization 60 min 130 €

Facial biorevitalization is a procedure during which microinjections are performed. The anti-aging effect of the procedure is aimed at tissue regeneration and reconstruction. During the procedure, dosed doses of hyaluronic acid are injected into the layers of the dermis. The active substance used in the procedure is in an unstabilized state and breaks down within a week after the procedure, forming a basic base for hyaluronate synthesis and reserve replenishment.

Hyaluronic acid injections 60 min 75 €

Hyaluronic acid injections into the skin have a higher concentration than mesotherapy injections. Hyaluronic acid is a gel-like substance with transparent and homogeneous properties. Hyaluronic acid is a substance that is a natural part of the skin and serves to maintain moisture in the tissue, slowly absorbing over time. These substances will noticeably eliminate small imperfections and signs of aging, but the skin will remain incredibly smooth.

Procedure with DERMAPEN 60 min 75 €

It is a new stage in cosmetology, which allows you to regain younger face and body skin already after the first procedure, and without a rehabilitation period. The procedure restores the level of moisture in the skin and promotes the development of new collagen and reduces wrinkles without surgical intervention.

SMAS LIFTING

1 face zone - eyes/cheeks/forehead/chin/cleavage	200 €
Whole face	0-00
Neck, cleavage	300€
Whole face, neck, cleavage	500 €

Skin tightening procedure with ultrasound without surgical intervention. A skin tightening/lifting method that restores skin muscle firmness without surgical intervention and without visible signs that the procedure has been performed.

The procedure is suitable for any area of the face and body for both women and men.

Complete facial diagnostics with the latest generation technology 40 min 70 €

BODY SKIN STRENGTHENING AND ANTI-CELLULITE PROCEDURES

Prenatal massage procedure 60 min 65 €

A gentle and stress relieving procedure for pregnant women. The procedure refreshes, prevents swelling, improves blood vessel tone and well-being in the wonderful time leading up to the big day.

The procedure includes: peeling, massage and application of cream.

Vacuum massage 45 min 45 €

Vacuum massage for problem areas. The massage activates circulation, improves the metabolism, promotes the division of fat tissues and their reduction making the skin smoother and firmer.

WAXING SERVICES

For women

Facial area	10 €
Underarms	15€
Forearms	20 €
Arms at full length	25 €

20 €
30 €
30 €
35 €
20 €
20 €
25 €
40 €
45 €

LASER HAIR REMOVAL FOR WOMEN

Face	
Whole face	50 €
Separate areas - upper lip/between the eyebrows/nose/forehead/chin/cheeks	20 €
Arms	
Underarms	50 €
Forearms	65 €
Arms at full length	100 €
Legs	
Shins and knees	95 €
Legs at full length	140 €
Fingers	15 €
Intimate area	
Bikini classic	60 €
Deep bikini + buttocks	80 €
Stomach line	15 €
Nipple area	10 €

Sets

Legs at full lenght + armpits + deep bikini + buttocks	235 €
Shins + knees + armpits + deep bikini + buttocks	180 €
Deep bikini + armpits	110 €

LASER HAIR REMOVAL FOR MEN

Face	
Whole face	150 €
Separate areas - upper lip/between the eyebrows/nose/forehead/chin/cheeks	30 €
Arms	
Underarms	50 €
Forearms	65 €
Arms at full lenght	95 €
Logo	
Legs	05.0
Shins and knees	
Legs at full lenght	140 €
Fingers	15 €
Shoulders and back	
Shoulders	70 €
Back	100 €
Lower back	50 €
All 3 areas	210 €
Intimate area	
Bikini classic	80 €
Deep bikini + buttocks	100 €
Stomach line	30 €
Nipple area	20 €

EYEBROW AND EYELASH CARE

Eyebrow correction	10 €
Eyebrow colouring	10€
Eyelash colouring	10 €

PEDICURE AND MANICURE

Dry manicure (without nail polish)	.45 min 30 €
Dry manicure includes nail shaping, cuticle care, buffing and a relaxing hand massage with cre	eam.
SPA manicure (without nail polish) This treatment includes therapeutic hand scrub, moisturizing cuticle soak and nail grooming for and lower arm massage.	
Procedure includes hard skin removal from soles, nail shaping, cuticle care, buffing and a relating massage with cream.	
SPA pedicure (without nail polish) This treatment includes foot soak, cuticle and nail grooming, skin smoothing with an exfoliating massage.	
Nail polish + 15 € / Gelish +20 €	
Paraffin bath for hands or feet Paraffin bath is a perfect treatment for hydrating dry skin.	20 min 20 €



Visas procedūras pieejamas iepriekš pierakstoties All procedures are available by prior appointment Все процедуры доступны по предварительной записи

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