



TREATMENT MENU

FACE

ARCTIC BERRY PEEL

Facial treatment for that instant Cinderella effect

A result-oriented, three-step facial treatment, with exfoliation to emphasises new, fresh skin, an anti-aging function and gives your skin a radiant lustre. The treatment includes cleansing, effective peeling with Arctic plants and berries and AHA acids that combine to alleviate fine lines and wrinkles, renew elasticity and provide an even skin tone. Finally, a nourishing acai berry face mask is applied, full of antioxidants to make your skin glow. This treatment provides visible results, with immediately clearer, firmer skin and a beautiful lustre. Suitable for all skin types, including sensitive skin.

30 min **SEK 695, Fri-Sun SEK 795**
50 min **SEK 995, Fri-Sun SEK 1095**

MANGOSTEEN GLOW TREATMENT

Mangosteen & lactic acid treatment for radiant skin

Say goodbye to wan, tired and lifeless skin with this instant-impact treatment. The skin is cleansed with mangosteen, followed by the application of a lactic acid peel to gently exfoliate, remove dead skin cells, minimise pores, improve skin tone and provide a fantastic glow. Finally, a coconut-extract face mask is applied to fill your skin with nourishment. The result is clear, smooth, fantastically lustrous skin. Suitable for all skin types, including sensitive skin.

30 min **SEK 695, Fri-Sun SEK 795**
50 min **SEK 995, Fri-Sun SEK 1095**

LUXURY CLASSIC ECO FACIAL

Classic facial for healthy skin

A thorough, organic facial treatment that immediately cleanses your skin and leaves it with a fantastic lustre and freshness. The treatment begins with a skin analysis, after which we customise your treatment with products based on your skin's specific needs. The treatment includes a double-cleanse ritual, peel-steam-pore cleansing as required, face mask, massage serum, eye and face cream. After this treatment, your skin will radiate vitality.

We focus on one of the following, depending on your skin type:

Moisturising – *Rehydrate and soften* **Soothing** – *Relax and strengthen*

Ageless – *Minimise lines and elasticise* **Deep clean** – *Deep cleanse and balance*

Balancing – *Balance mixed skin*

60 min **SEK 795, Fri-Sun SEK 895**

CLASSIC ECO MINI SPA FACIAL

Classic mini spa facial treatment

Experience a classic spa facial with luxurious, organic products that freshen the skin while you lie back and relax. The treatment includes cleansing and peeling to remove dead skin cells and highlight fresh new skin. You can also enjoy a face massage and nourishing face mask with strawberry and rhubarb extract, rounded off with face cream adapted to your skin. A skincare experience that immediately cleanses your skin and leaves it with a fantastic lustre and freshness.

25 min **SEK 495, Fri-Sun SEK 595**

MASSAGE

CLASSIC MASSAGE

Enjoy a deep massage that relaxes tense muscles and stimulates blood circulation throughout the body, for pleasant relaxation. The pressure of the massage will be adapted to your needs and wishes. You will leave this treatment feeling fantastic and enjoying greater physical mobility. During the shorter massage (25 minutes) we will concentrate on the back and neck.

25 min **SEK 425, Fri-Sun SEK 525**

50 min **SEK 695, Fri-Sun SEK 795**

AROMA MASSAGE

A soft, restful massage with beneficial essential oils to release tension, relax muscles and stimulate blood and lymph circulation. This massage is performed with light, long, gentle and soothing movements. The beneficial essential oils interact with your sense of smell to provide a delightful feeling of wellbeing in body and soul. During the shorter massage (25 minutes) we will concentrate on the back and neck.

25 min **SEK 425, Fri-Sun SEK 525**

50 min **SEK 695, Fri-Sun SEK 795**

BODY

POLISHING BODY SUGAR SCRUB

Polishing blueberry body scrub

A relaxing organic body scrub with blueberry that will instantly hydrate your skin, leaving it silky smooth and beautiful! The blueberry scrub contains natural AHA acids and fresh berries that gently polish and deep-cleanse your skin and stimulate circulation. Dead skin cells disappear to emphasis new, soft skin.

25 min SEK 395, Fri-Sun SEK 495

BLUEBERRY BLISS

Wonderful treatment with a blueberry scrub, massage and body wrap

Like a dream trip through a forest of blueberries, this reinvigorating body treatment includes a sugar scrub, back massage and blueberry body wrap. While the body wrap rehydrates your skin, you can enjoy a relaxing facial massage. Blueberries provide the skin with a wealth of fantastic characteristics. Among other things, they contain a powerful antioxidant and the treatment will leave your skin softer, firmer and with a fantastic lustre. This irresistible treatment will relax your skin and senses.

75 min SEK 895, Fri-Sun SEK 995

TOP-TO-TOE TREATMENT

MANGO DUO BODY WRAP & ECO SPA FACIAL

Dual-effect tropical mango body wrap plus delightful spa facial.

An invigorating treatment that begins with a dual-effect, self-exfoliating mango body wrap that gently removes dead skin cells to immediately leave your skin wonderfully soft. While you enjoy the effects of the body wrap, we will pamper your face with an organic facial treatment. This includes a cleansing, lemon-souffle facial massage, effective dual-effect peeling mask and a final application of face cream. The treatment concludes with an organic body lotion to soften and optimally hydrate your skin. A wonderful spa treatment that provides you with complete relaxation and energises both your face and body. Your skin will be left radiantly beautiful as you depart this treatment with renewed energy and vitality.

90 min SEK 1195, Fri-Sun SEK 1295

PLUS TREATMENT

Only performed in combination with other treatments.

INTENSIVE EYE TREATMENT

Reinvigorating eye treatment

The eyes quickly reveal the signs of tiredness, stress and premature aging. This reinvigorating eye treatment tackles these signs, leaving the skin around the eyes refreshed and youthful with minimal lines and wrinkles and reduced swelling and dark rings. Your skin will be instantly revitalised and you will appear far more alert.

SEK 129

SOFT CITRUS LIP TREATMENT

Soft, full lips in an instant

A reinvigorating organic lemon repair treatment for fuller, softer lips. Thanks to our organic exfoliant, gentle face mask and final application of lip balm, your lips will regain their vitality as dryness and flakiness are eliminated and wrinkles minimised.

SEK 99

SILKY SPA HANDS

Soften and rejuvenate your hands

Care for your hands with our softening and rejuvenating hand treatment. Your hands will be peeled using an effective lactic acid peel to remove dry skin, followed by a massage with softening, organic apricot oil to moisturise your skin. Your hands will receive a softening, rejuvenating bamboo wrap followed by a final application of hand cream to leave them silky smooth.

SEK 129

FOOT RELAXATION

Dream away as you enjoy our relaxing foot and calf massage and softening foot wrap. You will walk away from this treatment completely relaxed on lighter, softer feet.

SEK 129

SPA RITUAL

A tray of seven wonderful organic products from Eminence Organics. Enjoy a relaxing face cleanse, peel, mask and face cream. For your body there is a scrub and moisturising cream.

SEK 195

HORIZONTAL SHOWER

In one of our treatment rooms, you can enjoy a horizontal shower from Dornbracht. The horizontal shower transports the shower experience to an entirely new dimension, with a combination of six water bars built into the shower area above the reclining area. *TIP! For complete relaxation, book a horizontal shower before your treatment.*

10 min SEK 195

The following three programmes are available:

Balancing: A mild back massage. The water massage continues with varying showers (33-38°C), beginning simultaneously with the shoulders and soles of the feet before meeting in the middle of the body. The waterflow also varies. This results in the water softly stroking the body with a delightful, balanced effect.

Energising: The cascade-like water stream makes this scenario incredibly invigorating, with water coming from various and opposite directions. Fine streams of water are followed by a drumming rain, which in turn is replaced by gentle streams in a harmonic combination and with varying temperatures (33-39°C).

De-stressing: Provides the type of complete relaxation that is only possible when lying down. Tension in the head, neck and muscles drains away completely as everyday stresses and strains are rinsed away with the water. Body and soul are noticeably reinvigorated.