

# Beauty & wellness



# Body treatments

## **Tallink Hotels' signature body treatment Delicious Shea** 70 min **105 €**

The luxurious body treatment consists of a full body peeling and massage. The exclusive soft peel with oriental notes contains essential oils of cinnamon, ginger, nutmeg, orange and tangerine. Gently exfoliates and softens, leaving the skin gently scented. The wonderful effect of moisturizing and nourishing shea butter leaves the skin radiant and youthful.

## **Deluxe back exfoliation** 15 min **19 €**

A relaxing and refreshing treatment where the entire back is exfoliated using gentle massage techniques and a luxurious, mild scrub enriched with intensely moisturizing and nourishing ingredients. Your skin will feel soft, fresh, and beautifully hydrated.

## **Deluxe body exfoliation** 25 min **41 €**

A relaxing and revitalizing full-body treatment. Your entire body is exfoliated with a luxurious, gentle scrub that contains deeply moisturizing and nourishing active ingredients. Your skin will feel soft, fresh, and wonderfully hydrated – and you'll feel re-energized from head to toe!

## **Classic massage (back | legs | head)** 20 min **36 €**

Indulge in deep relaxation in the caring hands of our professional masseur! This treatment focuses on the back, legs, and head – the areas where tension most often builds up – helping you fully unwind and feel wonderfully renewed.

## **À la carte massage** 50 min **69 €**

A soothing full-body massage where you can personally choose the specific areas you would like us to focus on.

70 min **93 €**

## **Aroma massage** 50 min **65 €**

Aroma massage combines the healing touch of a massage with the therapeutic effect of essential oils from plants.

## **Slimming body massage** 50 min **65 €**

The treatment stimulates metabolism, helps to drain waste products from the body and reduces cellulite.

## **Chocolate massage** 20 min **37 €**

Chocolate triggers happiness hormones! A relaxing chocolate massage relieves stress and has a calming effect. The massage moisturizes and nourishes the skin and improves metabolism.

50 min **65 €**

## **Deep moisturizing massage with shea butter** 20 min **39 €**

Deeply moisturizing and nourishing massage with shea butter.

50 min **69 €**

**Foot sole massage** 30 min 47 €

Zone therapy affects all organs through the nervous system, improving thereby the functioning of all internal organs. After the massage your feet and the whole body will feel light, your overall wellbeing will improve, you will feel no stress and have calmer sleep.

**Body massage with magnesium oil** 20 min 39 €

Magnesium deficiency causes tiredness, foot cramps, bad sleep, headaches and high blood pressure. Scientific research has proven that magnesium is absorbed through the skin up to ten times faster, helping to alleviate several health issues. On top of that, magnesium makes the skin nicely soft and silky.

50 min 69 €

**Indian face and head massage** 20 min 47 €

The Indian head massage helps to relax muscles and tension, accelerates metabolism, removes waste from tissues, improves sleep and concentration. Includes a facial massage and a moisturizing face mask.

**Indian body massage** 50 min 69 €

The massage boosts the lymphatic system and circulation, and improves metabolism and faster drainage of waste from the body. Stimulates circulation, calms the nervous system and stimulates tissues. Highly suitable for dry and very dry skin.

**Indian body massage + face & head massage** 80 min 99 €

A long and thorough full-body treatment that combines the best elements of head, face, and body massage. This deeply relaxing and metabolism-boosting massage helps eliminate toxins from the tissues and is excellent for relieving stress, allowing you to switch off completely and simply enjoy the moment.

## Beauty treatments

**Eyelash tinting** 30 min 14 €

**Eyebrow tinting** 20 min 12 €

**Sculpting of eyebrows** 20 min 14 €

# Sothys facial treatments

**City signature facial treatment "Miracle"** 60 min **99 €**

A truly pampering and radiance-boosting treatment, perfected by the powerful effect of Vitamin C, which sweeps away signs of fatigue and dullness and leaves the skin refreshed, bright, and well-rested.

**Classical SPA facial cleansing and massage** 50 min **69 €**

Toning, exfoliation, mechanical cleansing, massage, mask and cream.

**Quick and moisturizing facial treatment** 20 min **48 €**

Toning, exfoliation, massage of the skin, mask according to the skin type, eye and facial cream.

**Oxygen-enriching seasonal facial treatment** 40 min **68 €**

A paraben-free treatment fulfills the needs of the skin according to the season. At the end of a long winter skin looks tired and needs to replenish its oxygen and vitamin levels. In the autumn skin needs more moisture and protection against low temperatures. Includes exfoliation, a mask and relaxing massage.

**Special treatment for sensitive skin** 50 min **69 €**

Versatile treatment, where impurities are removed from the skin (tea tree oil), while the exfoliation makes the facial skin beautiful and bright (salicylic acid). Includes mechanical cleansing.

**Intensive exfoliating and cleansing facial treatment** 50 min **80 €**

A skin rejuvenating treatment for all skin types. Includes exfoliation in 2 stages: microdermabrasion with the microcrystals of natural corundum and light exfoliation with acid. Then follows a balancing massage, which neutralizes the pH level of the skin and boosts the number of healthy cells. The treatment ends with a mask, which enriches the skin with oxygen.

**Intensive moisturizing facial treatment with hyaluronic acid** 50 min **99 €**

A new-generation moisturizing treatment with cleansing, exfoliation and two masks that restore and maintain the skin's moisture balance. Digi-Esthétique massage techniques and a protective cream boost the skin's defense barrier and fight free radicals.

**Refreshing special treatment for men** 40 min **71 €**

The treatment starts with a relaxing head massage followed by a deep cleansing and a face massage. A mask enriched with ginger and vitamin C provides the skin with impeccable complexion.

## Hand and foot treatments

<b>Deep moisturizing paraffin wax treatment for hands</b> Exfoliation, mask, massage, paraffin wax.	25 min	<b>23 €</b>
<b>Gel nail varnish removal</b>	25 min	<b>19 €</b>
<b>SPA pedicure</b> Softening treatment, which starts with foot exfoliation, followed by a mask, massage and application of nail polish, if wished.	55 min	<b>69 €</b>
<b>Deep moisturizing paraffin wax treatment for feet</b> Exfoliation, mask, relaxing massage, cooling paraffin wax.	25 min	<b>25 €</b>
<b>Classical pedicure</b> Treatment, application of cream.	45 min	<b>57 €</b>
<b>Pedicure for problematic feet</b> Softening treatment for foot and nail issues. Nails can be polished with a special treatment polish, if wished.	55 min	<b>72 €</b>
<b>Pedicure with gel nail varnish</b> Treatment, gel nail polish.	90 min	<b>83 €</b>
<b>Covering one nail with gel nail varnish</b>	5 min	<b>12 €</b>

## Depilation

<b>Legs</b>	25 min	<b>33 €</b>
<b>Legs and thighs</b>	45 min	<b>51 €</b>
<b>Armpits</b>	25 min	<b>17 €</b>
<b>Hands</b>	25 min	<b>29 €</b>
<b>Back</b>	25 min	<b>47 €</b>
<b>Face area</b>	20 min	<b>13 €</b>