

# 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 €**

|  |        |             |
|--|--------|-------------|
| <b>Foot sole massage</b>   | 30 min | <b>47 €</b> |
| 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.  |        |             |
| <b>Body massage with magnesium oil</b>   | 20 min | <b>39 €</b> |
|  | 50 min | <b>69 €</b> |
| 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. |        |             |
| <b>Relaxing back and foot massage with a warming buckwheat pad</b>   | 45 min | <b>59 €</b> |
| A balancing massage that soothes, warms, and relaxes muscles.  |        |             |
| <b>Relaxing back and head massage with a warming buckwheat pad</b>   | 30 min | <b>47 €</b> |
| A warming and soothing treatment for body and mind.  |        |             |
| <b>Hawaiian Lomi-Lomi massage</b>  | 65 min | <b>91 €</b> |
| This deeply relaxing massage restores the body on physical, emotional, and mental levels. It helps energy flow freely through the body, supporting self-healing and leaving you feeling nourished and loved. Highly suitable for supporting weight loss!   |        |             |
| <b>Indian face and head massage</b>  | 20 min | <b>47 €</b> |
| 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.  |        |             |
| <b>Indian body massage</b>   | 50 min | <b>69 €</b> |
| 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.   |        |             |
| <b>Indian body massage + face and head massage</b>   | 80 min | <b>99 €</b> |
| 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.  |        |             |

## Water treatments

**Slimming and relaxing bath treatment** 20 min **27 €**

The treatment uses the bath oil of the Goddess, and a slimming essential oil, which boosts metabolism and reduces the 'orange peel' effect.

**Relaxing bath treatment with body massage or body exfoliation** 50 min **58 €**

The treatment starts with a luxurious bath treatment followed by a relaxing body massage.

**Magnesium bath to relieve muscle stress** 20 min **47 €**

Magnesium ensures muscle relaxation in the body, relieves stress and improves the quality of sleep. One of the most efficient ways to reduce magnesium deficiency is to absorb it through the skin, for which magnesium bath is perfect.

## Beauty treatments

**Eyelash tinting** 30 min **14 €**

**Eyebrow tinting** 20 min **12 €**

**Sculpting of eyebrows** 20 min **14 €**

## Sothys facial treatments

**Intensive moisturizing 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.

70 min **109 €**

**Double-active and radiance-boosting treatment** 50 min **99 €**

Treatment delivers an instant surge of energy and visible elasticity to the skin. Its dual-phase approach combines deep hydration and firming action with highly effective rejuvenating actives, restoring a radiant complexion.

**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.

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

Toning, exfoliation, mechanical cleansing, massage, mask and cream. 80 min **93 €**

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

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

**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 facial skin with impeccable complexion.

## Image Skincare facial treatments

**Striking and timeless retinol treatment** 50 min **99 €**

The striking retinol treatment revitalizes the skin, leaving it smoother, clearer, and visibly more radiant. Its deeply renewing retinol formula supports cell turnover, softens fine lines, and evens the complexion, offering a rejuvenating result that lasts.

**DERMIDA rejuvenating treatment with nano-peeling and microneedling** 50 min **130 €**

Micro-needling is one of the most effective and efficient methods of skin rejuvenation, with excellent results in tightening the skin, reducing wrinkles and smoothing the complexion. Micro-needling collagen therapy combined with nano-peeling offers fast and effective results.

## Mary Chor facial treatments

**Firming and effectively smoothing treatment** 50 min **99 €**

A skin rejuvenating treatment, suitable for all skin types.

**Rejuvenating vitamin C treatment** 50 min **99 €**

Ultra-efficient treatment for women, who wish to keep their actual age to themselves.

**Renewing treatment with the Catiovital Energy device** 50 min **81 €**

An individually adapted machine treatment, which regenerates skin cells, has deep-cleansing and beautifying effect.

**Firming treatment with the Catiovital Energy device** 50 min **92 €**

The firming treatment visibly improves muscle tone, sculpts the facial oval, visibly smooths and improves skin structure.

**Perfectly regenerating and firming treatment with Catiovital Energy device** 80 min **112 €**

Exclusive facial treatment, which has an immediate lifting effect: facial skin and neck become firm, facial lines and wrinkles are smoothed out, the skin becomes beautiful, moisturized, clean, and the complexion uniform and radiant.

**Eye contour treatment with Catiovital Energy device** 40 min **59 €**

Eyes are the mirror of the soul. The treatment will leave your eyes rested, more youthful and bright. Wrinkles will be smoothed out, dark circles under the eyes become faded and swelling reduced.

## Hand and foot treatments

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|---|--------|-------------|
| <b>SPA manicure</b><br>Exfoliation, mask, massage, treatment, hand cream, nail polish.  | 55 min | <b>52 €</b> |
| <b>Deep moisturizing paraffin wax treatment for hands</b><br>Exfoliation, mask, massage, paraffin wax.  | 25 min | <b>23 €</b> |
| <b>Manicure with gel nail varnish</b><br>Treatment, gel nail polish.  | 55 min | <b>54 €</b> |
| <b>Gel nail varnish removal</b>   | 25 min | <b>19 €</b> |
| <b>SPA pedicure</b><br>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><br>Exfoliation, mask, relaxing massage, cooling paraffin wax.                                  | 25 min | <b>25 €</b> |
| <b>Classical pedicure</b><br>Treatment, application of cream.   | 45 min | <b>57 €</b> |
| <b>Pedicure for problematic feet</b><br>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><br>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> |

# Hairdresser

|   |             |                 |
|---|-------------|-----------------|
| <b>Wash, cutting, styling</b>                     | 30-55 min   | <b>36-59 €</b>  |
| <b>Blow-dried hairstyle   hair straightening</b>  | 25-45 min   | <b>28-49 €</b>  |
| <b>Fringe cutting</b>                             | 5-15 min    | <b>13 €</b>     |
| <b>Children's haircut (up to 6 years)</b>         | 25 min      | <b>20 €</b>     |
| <b>Girls' haircut (up to 14 years)</b>            | 30-55 min   | <b>30 €</b>     |
| <b>Boys' haircut (up to 14 years)</b>             | 20-30 min   | <b>25 €</b>     |
| <b>Party hairstyle</b>                            | 30-55 min   | <b>38-59 €</b>  |
| <b>Braiding, curls, clips</b>                     | 10-55 min   | <b>21-35 €</b>  |
| <b>Hair colouring and blow-drying</b>             | 90-180 min  | <b>60-89 €</b>  |
| <b>Hair colouring, cutting and blow-drying</b>    | 120-180 min | <b>85-149 €</b> |
| <b>Hair root touch-up and blow-drying</b>         | 90-180 min  | <b>57-79 €</b>  |
| <b>Highlights and blow-dried styling</b>          | 90-180 min  | <b>60-125 €</b> |
| <b>Highlights, haircut and blow-dried styling</b> | 120-180 min | <b>85-145 €</b> |
| <b>Men's haircut, wash, styling</b>               | 30-40 min   | <b>30 €</b>     |
| <b>Men's haircut with clippers, wash, styling</b> | 20-30 min   | <b>24 €</b>     |
| <b>Neck trim</b>                                  | 10-20 min   | <b>10 €</b>     |
| <b>Style makeover</b>                             | 30-55 min   | <b>49 €</b>     |
| <b>Men's hair colouring   highlights</b>          | 90 min      | <b>57 €</b>     |