

# BEAUTY & WELLNESS

Tallink Spa & Conference Hotel | Sadama 11a, 10111 Tallinn, Estonia

CLUB ONE  
-10%

A spa holiday brings out the shine in everyone! Enjoy beauty and wellness treatments under the guidance of our experienced and skilled experts and make your stay as relaxing as possible! We believe here you will find exactly what you need.

## BODY TREATMENTS

Deluxe back exfoliation	15 min	19 €
Deluxe body exfoliation	25 min	41 €
Classic massage (back/feet/head)	20 min	36 €
A la carte massage	50 min	69 €
	70 min	93 €
<b>Aroma massage</b> Aroma massage combines the healing touch of a massage with the therapeutic effect of essential oils from plants	50 min	65 €
<b>Slimming body massage</b> The treatment stimulates the metabolism, helps to remove toxins from the body and reduces cellulite	20 min	37 €
	50 min	65 €
<b>Chocolate massage</b> Chocolate triggers the release of feel-good hormones! A relaxing chocolate massage relieves stress and has a calming effect. The massage moisturises and nourishes the skin and improves metabolism	20 min	37 €
	50 min	65 €
<b>Deep moisturising massage with shea butter</b> Effectively moisturising and nourishing body massage with shea butter	20 min	39 €
	50 min	69 €
<b>Lymphatic massage to boost metabolism</b> The gentle massage stimulates lymph flow and helps remove toxins from the body, relaxes and relieves muscle tension, and has a positive effect in case of swelling, circulatory and metabolic disorders	50 min	65 €
<b>Foot sole massage</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 less stress and sleep better	30 min	47 €
<b>Treatment for tired feet</b> Exfoliation, a relaxing massage and a mask for tired and swollen feet. The treatment improves circulation and reduces swelling. Pedicure is not included	40 min	52 €

<b>Body massage with magnesium oil</b>	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 10 times faster, helping to alleviate several health issues. On top of that, magnesium makes the skin nicely soft and silky	50 min	69 €
<b>Soothing spa body treatment</b>	70 min	85 €
Uplifting and mood-enhancing massage treatment with Aromatique essential oils and Mary Cohr body wrap		
<b>Relaxing back and foot massage with a warming buckwheat pad</b>	45 min	59 €
A pleasantly balancing massage that soothes, warms, and relaxes muscles		
<b>Relaxing back and head massage with a warming buckwheat pad</b>	30 min	47 €
A pleasantly warming, soothing, and balancing treatment for the body and mind		
<b>Japanese Hanakasumi + foot sole massage</b>	70 min	95 €
The regenerating and nourishing body ritual is inspired by Japanese traditions. At the beginning of the treatment, a cherry blossom and rice exfoliator is applied to the whole body and then removed with soft scrubbing towels. Then follows a full body massage with shea butter		
<b>Thai massage</b>	50 min	74 €
A special massage consisting of stretching techniques conducted on a special mat		
<b>Hawaiian Lomi Lomi massage</b>	65 min	91 €
The deeply relaxing Lomi-Lomi massage, originating from the ancient temples of Hawaii, is one of the most mystical forms of massage, offering rejuvenation on physical, emotional, and mental levels. This massage facilitates the free flow of energy throughout the body, aiding in self-healing and instilling a sense of being immersed in love. Additionally, it is highly beneficial for weight loss		
<b>Indian facial and head massage</b>	20 min	47 €
The Indian head massage helps to relax muscles and tension, accelerates metabolism, removes toxins from tissues, improves sleep and concentration. For better relaxation, a head massage is combined with facial massage and a moisturising face mask		
<b>Indian body massage</b>	50 min	69 €
The massage, which boosts the lymphatic system and circulation, results in enhanced metabolism and faster removal of toxins from the body. The massage also improves circulation, calms the nervous system and stimulates tissues. In addition to the relaxing effect, the Abhyanga massage is highly suitable for dry and very dry skin		
<b>Indian body massage + facial and head massage</b>	80 min	99 €
<b>Signature Body Care Delicious Shea</b>	70 min	105 €
This sumptuous body treatment combines a full-body exfoliation with a relaxing massage. The treatment features the exclusive Sothys oriental fragrance soft exfoliator, enriched with essential oils of cinnamon, ginger, nutmeg, orange, and mandarin. This gentle exfoliator not only smooths the skin but also leaves it with a delicate and enchanting fragrance. The treatment culminates with the application of deeply moisturising and nourishing shea butter, leaving your skin radiant and rejuvenated		

## SOTHYS FACIAL TREATMENTS

### Intensive moisturising facial treatment with hyaluronic acid

This innovative moisturising treatment program represents the new generation of skincare. It begins with thorough surface cleansing and exfoliation, setting the stage for the dual-mask application. First, an effective mask is applied to instantly replenish the skin's hydration levels. This is followed by a gel mask designed to sustain the moisture balance within the epidermis. The treatment's efficacy is significantly enhanced by the use of Digi-Esthétique massage techniques and a specialised cream that fortifies the skin's defensive barrier and combats free radicals

50 min 99 €  
70 min 109 €

### Oxygen-enriching seasonal facial treatment

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

40 min 68 €

### Special treatment for sensitive skin

Versatile treatment, where impurities are removed from the skin (tea tree oil), while the exfoliation makes the facial skin beautiful and bright (salicylic acid). The treatment includes mechanical cleansing. Results in healthy and clean skin.

50 min 69 €

### Intensive exfoliating and cleansing facial treatment

A skin rejuvenating treatment specially developed by beauty experts, suitable for all skin types. The treatment includes exfoliation in two stages: first, microdermabrasion with natural corundum microcrystals, followed by a gentle exfoliation with acid. This is then followed by a relaxing massage using a balancing balm, which neutralises the skin's pH level and boosts the number of healthy cells. The treatment concludes with a mask that enriches the skin with oxygen

50 min 80 €

### Treatment for eye area

An ideal treatment for radiant eyes – it effectively reduces under-eye dark circles, puffiness, and wrinkles. The treatment is also perfectly suited for clients with sensitive eyes and those who wear contact lenses

40 min 57 €

### Treatment for eye area + treatment for neck and décolletage

50 min 110 €

### Classical SPA facial cleansing and massage

Facial skin toning, exfoliation, mechanical cleansing, massage, mask and cream

50 min 69 €  
80 min 93 €

### Quick and moisturising facial treatment

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

20 min 48 €

### Refreshing special treatment for men

Men's facial treatment for removal of toxins and stress relief. 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.

40 min 71 €

## IMAGE SKINCARE FACIAL TREATMENTS

<b>Deep moisturising treatment for red, dry and combination skin</b> Enzymatic peeling with vitamin C, papaya, and pineapple enzymes is ideal for all skin types, particularly excelling with dry, red, sensitive, and post-microdermabrasion skin. Our Signature Facelift enzyme peel features Asiatic pennywort stem cell extracts, which firm the skin, diminish redness, and fortify capillary walls. Highly recommended for any skin type that needs rejuvenation and refreshment	50 min	97 €
<b>Complexion smoothing treatment for dull and pigmented skin</b> An enzymatic treatment specifically designed for pigmented, uneven, and photo-damaged skin. Ideal for reducing pigmentation, this treatment also aids in smoothing the appearance of acne and other scars while brightening the complexion	50 min	84 €
<b>DERMIDA rejuvenating treatment with nano-peeling and microneedling</b> 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 through deep treatment, resulting in a fresh and youthful complexion	50 min	130 €

## MARY COHR FACIAL TREATMENTS

<b>Beauté Aromatique facial treatment “Glowing skin with youthful radiance”</b> This unique facial treatment is grounded in aromatherapy techniques. Utilizing the natural active ingredients found in aromatic essential oils, combined with specialised massage techniques, it leaves the skin looking beautiful and radiant. Suitable for all ages and skin types, this treatment is a universal solution for rejuvenating the skin	50 min	71 €
<b>Age Firming Treatment „Tighten your skin and reduce wrinkles without beauty shots”</b> A skin rejuvenating treatment, suitable for all skin types	50 min	99 €
<b>Age Signs Reverse Treatment „Erase traces of years from the face”</b> Ultra-efficient treatment for women, who wish to keep their actual age to themselves	50 min	99 €
<b>Regenerative treatment with Catiovital Energy tool</b> An individually adapted machine treatment, which regenerates skin cells, has a deep-cleansing and beautifying effect	50 min	81 €
<b>Exclusive firming facial treatment with Catiovital Energy tool</b> The firming machine for face and neck visibly improves muscle tone, “sculpts” the facial oval, visibly smooths all fine deep lines and improves skin structure	50 min	92 €
<b>Perfectly regenerating and firming treatment with Catiovital Energy tool</b> Exclusive facial treatment, which offers an overall solution for the skin. The treatment has an immediate lifting effect: facial skin and neck become firm, facial lines and wrinkles are smoothed out, the skin becomes beautiful, moisturised, clean, and the complexion uniform and radiant	80 min	112 €
<b>Eye contour treatment with Catiovital Energy tool</b> Eyes are the mirror of the soul. The special treatment of the eye area will leave your eyes rested, more youthful and bright. It effectively reduces under-eye dark circles, puffiness, and wrinkles	40 min	59 €

## BEAUTY TREATMENTS

Eyelash tinting	30 min	14 €
Eye brow tinting	20 min	12 €
Sculpting of eyebrows	20 min	14 €

## WATER TREATMENTS

<b>Slimming or relaxing bath treatment</b> The treatment includes a luxurious bath oil, and a relaxing essential oil or a slimming essential oil, which boosts metabolism and reduces the 'orange peel' effect	20 min	27 €
<b>Relaxing bath treatment with body massage or body exfoliation</b> The treatment starts with a luxurious bath treatment followed by a relaxing body massage or exfoliation	50 min	58 €
<b>Magnesium bath to relieve muscle stress</b> 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 the magnesium bath is perfect	20 min	47 €

## HAND AND FOOT TREATMENTS

<b>SPA manicure</b> Exfoliation, mask, massage, treatment, hand cream, nail polish	55 min	52 €
<b>Deep moisturising paraffin wax treatment for hands</b> Exfoliation, mask, relaxing massage, cooling paraffin wax	25 min	23 €
<b>Manicure with gel nail varnish</b> Treatment, gel nail polish	55 min	54 €
<b>Gel nail varnish removal</b>	25 min	19 €
<b>SPA pedicure</b> A softening treatment, beginning with foot exfoliation, followed by a mask, a massage and application of nail polish, if wished	55 min	69 €
<b>Deep moisturising paraffin wax treatment for feet</b> Exfoliation, mask, relaxing massage, cooling paraffin wax	25 min	25 €
<b>Classical pedicure</b> Treatment, application of cream	45 min	57 €
<b>Pedicure for problematic feet</b> Softening treatment for foot and nail issues. Nails may be polished with a special treatment polish, if wished	55 min	72 €
<b>Pedicure with gel nail varnish</b> Treatment, gel nail polish	90 min	83 €
<b>Covering one nail with gel nail varnish</b>	5 min	12 €

## DEPILATION

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

## HAIRDRESSER

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

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Payments for treatments are made at the time of booking. We look forward to seeing you on time, preferably 5 minutes in advance. In case of delay or no-show, we will not be able to refund the deposit. We reserve the right to change the price list.