



Hetken helmiä arkeen ja juhlaan

Mother Nature's Bath Treatments 30 min. 18€

1. WINTER SUN

- spices, honey, organic milk and slices of orange
- brings joy and sun to the darkness of winter, nurtures skin

2. FOREST BREEZE

- pine and spruce extracts
- re-energises, strengthens and frees your breathing
- relieves rheumatism pain

3. SWEET & SOUR

- apple juice, honey, lemon juice and thyme
- nurtures skin, refreshes

4. SEA OF SUMMER FLOWERS

- summer flowers and green leaves by the season (dried herbs in other seasons)
- nurtures, refreshes and relaxes mind and body

5. SUMMER DAY'S EVE

- pot marigold, greater plantain, green tea and honey
- soothes sunburn skin, refreshes
- please note: cool water temperature ca. 25 Celsius, bath time 15 minutes

6. SEAWIND

- sea salt and lemon oil
- soothes allergic skin and frees your breathing

7. HERBAL MAGIC

- birch leaves, common yarrow, dandelion leaves and meadowsweet leaves
- removes fluids, cleanses your system, improves stomach functions, eases pain

8. SWEAT DREAMS

- basswood flowers, camomile flowers, lemon balm, thyme
- promotes restful sleep, provides complete relaxation

Foot Baths 20 min. 12€

All the "Mother Nature's Bath Treatments" can also be done as foot baths.

Alternate Foot Bath 15–20 min. 14€

- alternating bath using both cold and warm water
- balsam for stressed lower extremities
- excellent for cold feet, improves circulation
- relieves cold and flu, eases headaches

Peat Treatments

1. WHOLE-BODY PEAT WRAP 60 min. 45e

- Relaxes your body, increases perfusion and promotes metabolic processes
- helps to treat skin problems by moisturising and regenerating the skin

2. LOCALISED PEAT WRAP FOR PROBLEM AREAS 45 min. 40e

- applied locally on specified parts of the body e.g. helps to treat skin problems, relieves arthritic and rheumatic pain, reduces cellulite

3. PEAT FACIAL MASK ca. 30 min. 28e

- improves condition of skin
- soothes and cleanses sensitive skin
- relaxing effect

4. WHOLE-BODY PEAT WRAP + MASSAGE 90 min. 68e

- warm peat wrap relaxes your body and stimulates the blood circulation
- massage after peat wrap enhances relaxation of the muscles

Pampering Treatments

PAMPERING BLUE PEARL 90 min. 79e

- This luxurious treatment begins with wild herb bath followed by birch facial scrub
- The next step is a relaxing Mother Nature's whole-body wrap with a facial mask
- Pampering is finished of with a refreshing skin tonic and a nurturing herbal cream for the whole body.
- The treatment leaves you with soft and silky skin

More information & reservations:

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