

SPA MENU

MASSAGE COLLECTION

RELAXING MASSAGE

30 min/60 min · 275/450 LEI

Inspired by the classic Swedish Massage, it combines relaxation and stretching techniques, with a moderate pressure and intensity, aiming to relax the muscles but also the mind. It releases muscle tension, improves circulation and promotes a general well-being.

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DEEP TISSUE MASSAGE

30 min/60 min · 300/500 LEI

It is a personalized massage that combines relaxation and therapeutic techniques, applied deeper into the muscles, aiming to relax, de-tension, de-contract, release toxins from the muscles and improve blood and oxygen circulation. It is recommended in acute and chronic pain, muscle contractions, muscle soreness.

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HOT STONES MASSAGE

90 min · 550 LEI

It is a relaxing massage performed using heated volcanic rocks, aiming to release muscle tension and induce a state of calm. It generates relaxation, energy balancing and the release of toxins. It is recommended for stressed people, who suffer from insomnia, pain and muscle tension.

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SCULPTING MASSAGE

30 min/60 min · 275/450 LEI

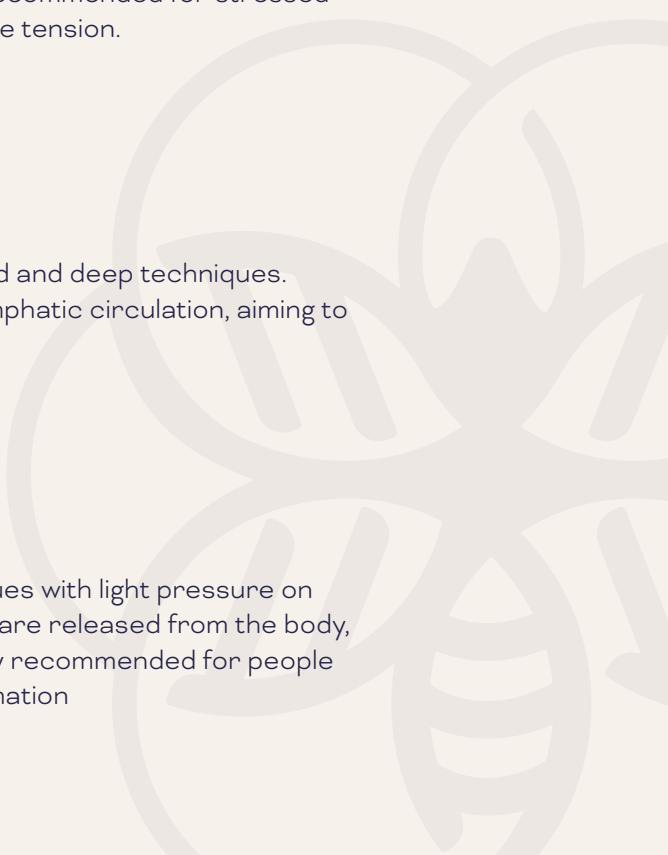
It is a tonic massage, which consist in accelerated and deep techniques. These techniques help to stimulate blood and lymphatic circulation, aiming to reduce the unpleasant appearance of cellulite.

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MANUAL LYMPHATIC DRAINAGE

90 min · 475 LEI

It is a massage that combines relaxation techniques with light pressure on the lymph nodes. By stimulating the lymph, toxins are released from the body, thus improving the immune system. It is especially recommended for people suffering from water retention or various inflammation



PREGNANCY MASSAGE

60 min · 450 LEI

A massage consisting in gentle techniques, with moderate pressure, with the aim of relaxing, de-tensioning, improving blood and lymphatic circulation. It is recommended after the first trimester of pregnancy.

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REFLEXOLOGY

30 min/60 min · 250/400 LEI

It is a massage inspired by alternative medicine, in which pressure is applied to specific points on the sole of the feet. Each reflex point corresponds to an organ or area of the body. Reflexology helps to normalize body functions by eliminating toxins and improving blood circulation. It is recommended in imbalances that have caused functional and organic disorders.

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EXPRESS ANTI-STRESS MASSAGE

30 min · 275 LEI

It is a relaxation massage of the tensest areas of the body (head, neck and shoulders), which helps release stress. It is especially recommended for people who spend a lot of time at the office, who suffer from migraines, sleep disorders and anxiety.

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STRETCHING MASSAGE

75 min · 525 LEI

It is a massage performed on the floor, on a special mattress and does not require cream/oil, the client being advised to wear loose and elastic clothes. Combines kneading, acupressure and stretching techniques. It reduces pain, releases tension from the joints, improves flexibility and energizes the whole body.



BODY TREATMENTS

ORIENTAL SENSATIONS TREATMENT

60 min · 475 LEI

An exceptional protocol inspired by ancestral oriental rituals. This treatment uses a syrup to prepare the body for exfoliation with a specific Sothys accessory, then body shaping is done to deeply nourish and condition the skin, giving you the ultimate relaxing experience. The sensory identity is rendered by amber and myrrh, warm amber notes with a woody base.

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HANAKASUMI RITUAL

60 min · 475 LEI

Hanakasumi is derived from the Japanese bathing ritual ceremony. It involves a double exfoliation (manual and with gloves), a manual shaping of the legs and body for a rejuvenating and nourishing ritual with ethereal notes. The sensory identity is rendered by cherry blossom and lotus, floral, musky and powdery notes.

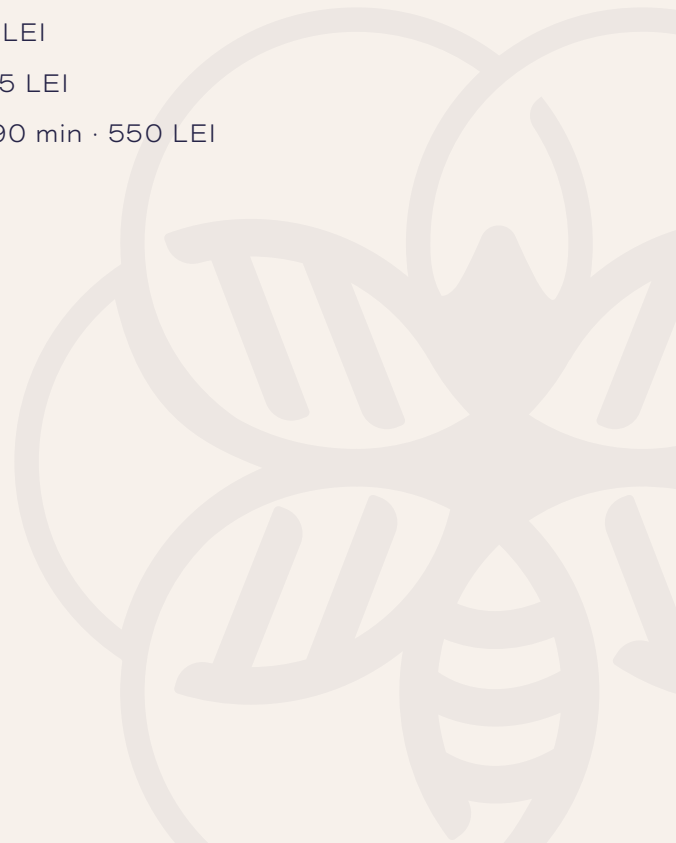
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PERSONALIZED BODY TREATMENTS

90 min · 550 LEI

In these types of treatment, adapted professional products are used: salt & sugar based scrub, modeling oil, modeling wax, modeling cream, shea butter and very moisturizing cocoon mask. It is customized with the customer's favorite flavor.

- **Exfoliation and modeling** 60 min · 450 LEI
- **Modeling and wrapping** 70 min · 475 LEI
- **Exfoliation and wrapping** 50 min · 425 LEI
- **Exfoliation, modeling and wrapping** 90 min · 550 LEI



FACIAL TREATMENTS

ORGANIC CERTIFIED RADIANCE TREATMENT

30 min · 300 LEI

An express treatment with a fresh fragrance that awakens the skin and gives it instant radiance. Sensory and efficiency define this treatment that is suitable for all skin types, even sensitive skin. After this treatment, suppleness, comfort and shine are obtained, the skin being visibly brighter.

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HYDRA HYALURONIC ACID TREATMENT

75 min · 525 LEI

This high-performance treatment combines 4 sources of Hyaluronic Acid with 2 Sothys patented actives, being suitable for all skin types. The 6-phase absolute hydration solution helps to relax, hydrate, plump and rejuvenate the skin. From the first treatment, the skin becomes hydrated, soft and radiant.

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YOUTH IT TREATMENT

75 min · 525 LEI

A specific treatment to combat the signs of aging: wrinkles and sagging skin. This ultra-sophisticated treatment combines targeted action products with exclusive application methods. It is suitable for all skin types, having immediate effects on wrinkles and skin firmness.

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CRYO EYE PROFESSIONAL TREATMENT

55 min · 400 LEI

Specially designed for the eye contour area, this professional treatment immediately reduces the visible signs of aging and the appearance of fatigue. It is a complete treatment for wrinkles, dark circles, bags under the eyes and brightness. It is suitable for people aged 25+ (as a preventive measure), for those 45+ (to correct the signs of aging), for those who want to correct imperfections, as well as for people who spend a lot of time in front of the computer, or who suffer from jet lag and sleepless nights.

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CORRECTING TREATMENT

40 min · 375 LEI

Concentrated with powerful active substances, this treatment in just 4 steps guarantees healthier, blemish-free and highly cleansed skin. Corrects skin imperfections (glow specific to oily skin, dilated pores, blackheads, pimples). Licorice extract regulates sebum production, salicylic acid regulates keratinization, and tea tree oil is a powerful antibacterial agent. Your skin will be cleaner, healthier and without imperfections.

SENSITIVE SKIN TREATMENT

50 min · 425 LEI

This treatment removes impurities and restores the skin's natural glow, relieves discomfort, helps the skin regenerate and re-densify itself, and optimizes the skin's barrier function, restoring comfort.

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DETOXIFYING AND ENERGIZING TREATMENT FOR MEN

60 min · 475 LEI

An essential treatment to stimulate and detoxify men's skin. Relaxation and efficiency. The skin is more resistant and cleaner. This treatment uses a key active ingredient selected by the Sothys Advanced Research Center: volcanic rock (rich in magnesium). In this way, a detoxified, stronger and full of energy skin is obtained.

