



MATCA
TRANSYLVANIAN SANCTUARY



**NATURA SPA
MENU**



RELAIS &
CHATEAUX



NATURA SPA

Surrender to serenity here.

In our SPA, our guests experience tranquility, disconnection, and the healing powers of all the natural elements with all their senses in the most astonishing view. In a place surrounded by nature, our spa offers unique experiences while enjoying a heated indoor pool and water beds, a dry sauna, wet sauna, salt room, cold plunge, jacuzzi, body therapies and a relaxation room.



SPA THERAPIES: 10:00 - 18:00

We kindly ask you to book your therapy slot in advance at the **Front Desk**, by calling **0757 575 777**, or via e-mail at **naturaspa@matcahotel.com**

MASSAGE SERVICES & RITUALS

CLASSIC MASSAGE - 60/90 minutes - 320/ 430 RON

A full body massage that uses light pressure to promote relaxation and stress relief by triggering the body's relaxation response.

DEEP TISSUE MASSAGE - 75 minutes - 380 RON

A massage that targets muscle tension and the removal of lactic acid by focusing on more localized areas, adjusted pressure, and specialized techniques with targeted attention to the back and legs. The best choice after hiking, cycling, skiing, or physical activity.

HOT STONES MASSAGE - 90 minutes - 600 RON

A massage service that promotes a sense of serenity by combining the skilled hands of our therapists with the healing properties of warm volcanic stones. A sense of well-being and serenity is guaranteed.

INSTANT SHAPING BODY RITUAL - 75 minutes - 480 RON

Specifically designed to invigorate, firm, and offer an instant lifting effect. The firming scrub will prepare your skin for an immediate smoothing effect of the slimming body serum. Your skin will be hydrated, plumped, and nourished.

TOTAL REPAIR BODY SCRUB - 100 minutes - 560 RON

With a special focus on warming and releasing tension, this body scrub will help improve your skin, improve the quality of sleep, and overall well-being. An excellent choice after long hours standing.

EXPRESS STRESS RELIEF MASSAGE - 30 minutes - 180 RON

This 30-minute treatment focuses on the back, neck, and shoulders, targeting tension and stress points to leave you feeling refreshed and revitalized. Perfect for a quick escape from daily pressures.

SCULPTING MASSAGE - 25 minutes - 170 RON

Intensive body & neck experience that targets the lack of firmness, elasticity, and uneven skin appearance. This treatment will leave your body feeling more toned, lifted, revitalized, and with a profound sensation of lightness and well-being.

MY FIRST MASSAGE - 25 minutes - 180 RON

Introducing the little one to the world of relaxation and comfort with our NATURA Spa for Kids approach. This gentle and soothing massage experience is designed exclusively for children to create a joyful connection between their senses and well-being.

SPA ETIQUETTE

The **SPA environment** is an area of tranquility and relaxation, where we are committed to providing a serene and respectful space for all our guests. To ensure a harmonious experience for everyone, we kindly request that you adhere to the following **spa etiquette guidelines**:

HEALTH CONCERNS

Please advise us of any health conditions, allergies, or injuries that could affect your treatments or use of the spa facilities.

SPA EXPERIENCE

Treat the spa as a sanctuary of relaxation. Speak softly and avoid disruptive behaviour, so as not to disturb other guests seeking tranquility.

ARRIVAL TIME

To make the most of your spa experience and support the benefits of your treatment, we request that you arrive a minimum of 15 minutes earlier to prepare for your treatment, or recommend that you arrive at least 30 minutes prior to enjoy our inviting wellness area. For your convenience, the spa will provide towels, slippers, shower caps, and all amenities required for use during your visit. During all treatments, you will be properly covered to ensure your privacy.

RELAXATION ROOMS

Please kindly refrain from using your mobile devices or cameras while using the relaxation rooms to ensure complete discretion and privacy for all our guests. Should you wish to bring your mobile device with you to the spa, we kindly ask you to always keep it on silent mode.

PREGNANCY

Please allow us to assist you in selecting suitable services for this special time. We recommend you check with your doctor before experiencing any spa services. Please be advised that all our services are only suitable after the first trimester of pregnancy.



RESERVATIONS

Advanced booking is highly advisable to ensure preferred times are available, particularly if you decide to enjoy multiple services during your stay. Bookings on a walk-in basis are possible based on availability.

MINIMUM AGE

Due to safety and security concerns, some of our areas in the spa are restricted for children under the age of 16. These areas are: Wet Sauna | Dry Sauna | Cold Plunge | Fitness Center. All children below the age of 16 will always require adult supervision.

CONSULTATION FORMS

All our services require that a consultation form is filled out before the commencement. For children between the age of 6-11, an adult must be always present inside the treatment room.

LATENESS, CHANGES AND CANCELATION

Please be aware that arriving late for a service may result in a shortage of time as a courtesy to our next guest. We kindly advise all our guests to offer us a 12-hour cancellation or amendment notice, otherwise the full amount of the service(s) will be charged.

HYGIENE AND SAFETY

For the comfort and well-being of all guests, we request that you shower before using the spa facilities such as sauna, steam room, or pool. Increased attention is required while navigating through the wet areas, we kindly ask you to hold on to handrails, not run on wet floors, and always ask for help when needed. Stay hydrated by drinking water provided by the spa to enhance the benefits of your treatments and maintain overall well-being.

GRATUITIES

Tipping is a gesture of appreciation for exceptional service. While not mandatory, it is customary to tip your therapist if you are satisfied with your experience.



**280 Balaban Street, 507025
Simon, Bran, Romania
naturaspa@matcahotel.com
matcahotel.com
+40 757 575 777**