

## SPA

### Thermal Zone

(sauna, herbal sauna & steam bath)

- One-Off Visit 18 lv
- 10 Visits 150 lv
- 15 Visits 200 lv
- 20 Visits 240 lv

### Swimming Pool & Jacuzzi

- One-Off Visit 18 lv
- 10 Visits 150 lv
- 15 Visits 200 lv
- 20 Visits 240 lv

### Salt Room

- One-Off Visit 18 lv
- 10 Visits 150 lv
- 15 Visits 200 lv
- 20 Visits 240 lv

### Fitness

- One-Off Training 7 lv
- 1 Month 60 lv
- 3 Months 160 lv
- 6 Months 300 lv
- 12 Months 540 lv

### Spa Card

(fitness, swimming pool and thermal zone)

- Daily Spa Card 30 lv
- Monthly Spa Card (Mon-Fri) 180 lv
- Monthly Spa Card (Mon-Sun) 250 lv
- Annual Spa Card 2300 lv

## MASSAGES AND BODY TREATMENTS

### Osteopathy

60 min | 100 lv

Benefits: removes pain, improves posture, muscle relaxation

### Classic back massage

30 min | 50 lv

Benefits: improves blood circulation, improves posture, muscle relaxation

### Classic massage

60 min | 85 lv

Benefits: improves blood circulation, improves posture, muscle relaxation

**Therapeutic Massage** 60 min | 90 lv

Benefits: reduces muscle tension, relieves stress and anxiety

**Deep Tissue Massage** 60 min | 90 lv

Benefits: relieves pain and stiffness, improves circulation, restores range of motion

**Sports Massage** 60 min | 90 lv

Benefits: reduces muscle spasms, improves range of motion and muscle flexibility

**Aromatherapy** 60 min | 90 lv

Benefits: relieves stress, boosts energy, supports skin health

**Hot Stone Massage** 60 min | 90 lv

Benefits: removes pain, increases energy levels, improves blood circulation

**Lymphatic drainage massage** 30 min | 50 lv

Benefits: improves lymph circulation, breaks down cellulite and fat cells, gives skin a glow

**Pressotherapy** 30 min | 40 lv

Benefits: improves lymph circulation, relieves stress and muscle pain, breaks down cellulite and fat cells

**Reflexology** 30 min | 50 lv

Benefits: stimulates nerve function, increases energy, boosts circulation

**Anti-cellulite massage** 60 min | 90 lv

Benefits: improves lymph circulation, accelerates metabolism, reduces the appearance of cellulite

**Package 5 x Massages\*** 5 x 60 min | 375 lv

**Package 5 x Osteopathic Treatments\*** 5 x 60 min | 400 lv

**Package 10 x Pressotherapy procedures\*** 10 x 30 min | 300 lv

\*Within 30 days of the first therapy

## SPA THERAPIES

**Signature Fruit therapy "Ability Spa"** 60 min | 95 lv

Benefits: cleanse, tone, and nourish your skin

**Therapy "Fitness Nuts"** 60 min | 90 lv

Benefits: exfoliates, smooths, and moisturizes the skin

**Therapy "Coffee Time"** 60 min | 90 lv

Benefits: removes dead skin, moisturizes and invigorates

### Therapy "Chocolate Dream"

60 min | 90 lv

Benefits: soothes, moisturizes and nourishes your skin

### Therapy "Sea Kissed"

60 min | 90 lv

Benefits: exfoliates and nourishes the skin with a soothing coconut scent

## SPA RITUALS

### Hammam / Turkish bath

45 min | 95 lv

Benefits: exfoliates dead skin cells, detoxifies the body

### Therapy "Pomorie"

45 min | 95 lv

Benefits: detoxifies the skin, improves blood circulation

## BEAUTY TREATMENTS

### Aroma facial massage

30 min | 50 lv

Benefits: increases circulation and improves elasticity

### Imperial facial massage

30 min | 60 lv

Benefits: promotes healthy skin tone, rejuvenation and reduces wrinkles

### Eyebrow shaping

10 lv

### Eyebrow tinting

10 lv

## FACIAL TREATMENTS

### Manual facial cleansing

60 min | 70 lv

Benefits: rejuvenates the skin leaving it fresh and renewed

### Ultrasonic facial cleansing + serum

40 min | 75 lv

Benefits: deep cleanses, exfoliates and improves skin texture and tone

### Ultrasonic facial cleansing (includes neck and décolleté) + serum

50 min | 85 lv

Benefits: deep cleanses, exfoliates and improves skin texture and tone

### Hydrodermabrasion

60 min | 70 lv

Benefits: removes dead cells and hydrates the skin

### Hydrodermabrasion (includes neck and décolleté)

70 min | 80 lv

Benefits: removes dead cells and hydrates the skin

### Hydrodermabrasion (back treatment)\*

60 min | 90 lv

Benefits: removes dead cells and hydrates the skin

**Diamond Dermabrasion** 45 min | 70 lv

Benefits: reduces age spots and dark spots left by acne

**Diamond Dermabrasion (back treatment)\*** 60 min | 85 lv

Benefits: reduces age spots and dark spots left by acne

**Hydrating Therapy** 50 min | 95 lv

Benefits: helps to nourish and hydrate the skin, reduces wrinkles

**Collagen therapy** 45 min | 95 lv

Benefits: improves skin elasticity and firmness

**Lifting therapy** 45 min | 95 lv

Benefits: reduces the appearance of wrinkles, improves skin laxity

**Regenerative therapy** 45 min | 95 lv

Benefits: reduces fine lines and wrinkles

**Oxygen therapy** 40 min | 70 lv

Benefits: boosts collagen production and detoxes the skin from congestion

**Cryotherapy (serum+cold hammer)** 40 min | 70 lv

Benefits: reduces inflammation, puffiness and stimulates collagen production

**RF Biolifting** 40 min | 70 lv

Benefits: stimulate collagen and elastin production

**Microneedling** 60 min | 110 lv

Benefits: improves skin texture and reduces acne including blackheads

**Eye contour treatment** 30 min | 50 lv

Benefits: improves skin elasticity and firmness

**Acne treatment** 50 min | 90 lv

Benefits: helps clearout blackheads and removes dead skin from blocked pores

**Non-invasive Mesotherapy** 40 min | 70 lv

Benefits: stimulates elastin and collagen to restores suppleness on the face

**Chemical peeling with mono acid** 50 min | 85 lv

Benefits: exfoliates dry skin, deeply cleanses the pores

## SPECIAL FACIAL TREATMENTS

### Retinol Therapy

70 min | 120 lv

Benefits: increases skin cell production, exfoliates your skin

### Bio microneedling

60 min | 160 lv

Benefits: improves skin texture and reduces acne

### Bio microneedling anti-age

60 min | 260 lv

Benefits: softens the appearance of lines and wrinkles

### Carboxytherapy

60 min | 110 lv

Benefits: improves the blood flow and oxygenation of the tissues

### HIFU treatment

60 min | 100 lv

Benefits: lifts and tightens the skin, irons out wrinkles and fine lines

## SPECIAL FACIAL TREATMENTS WITH PDT LASER

### Lift contour facial therapy

60 min | 120 lv

Benefits: improves skin elasticity and firmness

### Anti-Aging therapy with peptides and hyaluronic acid

60 min | 120 lv

Benefits: lifts and tightens the skin, irons out wrinkles and fine lines

### Revitalizing therapy

60 min | 120 lv

Benefits: lifts and tightens the skin, boosts collagen production

### Anti-Aging eye contour therapy

40 min | 90 lv

Benefits: reduces fine lines and wrinkles, improves skin elasticity and firmness

### Acne treatment

60 min | 110 lv

Benefits: helps clearout blackheads and removes dead skin from blocked pores

### Despigmen

60 min | 120 lv

Benefits: improves skin texture and reduces acn

\* We offer individual therapies based on your skin condition and your needs.

\* For maximum results we recommend at least few procedures.

\* Buy a package of 4 therapies and get 1 free.

# Spa packages

<b>10 Spa Visits*</b>	<b>220 lv</b>
<b>15 Spa Visits*</b>	<b>300 lv</b>
<b>20 Spa Visits*</b>	<b>380 lv</b>
(fitness, swimming pool and thermal zone)	
<b>'Fitness' package</b>	<b>115 lv</b>
(monthly fitness card + 5 visits thermal zone)	
<b>'Health' package</b>	<b>115 lv</b>
(monthly fitness card + 5 visits salt room)	
<b>'Sports' package</b>	<b>270 lv</b>
(monthly fitness card + 3 sports massages)	
<b>'Relax' package</b>	<b>90 lv</b>
(daily spa card + 60 min classic massage)	
<b>'Beauty' package</b>	<b>210 lv</b>
(Hamмам + Aromatherapy + Manual face cleansing)	
<b>"Ability Lady" package</b>	<b>160 lv</b>
Manual facial cleansing+ hot stone massage + daily spa card	
<b>Ability Gentleman" package</b>	<b>150 lv</b>
Facial massage + Hammam + daily spa card	
<b>'Ability" Spa package for two</b>	<b>200 lv</b>
2 x classic massage + daily spa card + salt room + bottle of wine/ champagne	

\* within 90 days of the first visit

# Gift vouchers

A selection of gift vouchers is available, offering a choice of spa sessions and specially designed packages that feature our favorite treatments.

The vouchers are valid for a period of one year and you can purchase them from spa reception.