

## SPA

### Thermal Zone

(sauna, herbal sauna & steam bath)

- One-off visit 23.47 lv/12.00 €
- One-off visit (children 3-14y) 11.73 lv/6.00 €
- 10 visits 185.80 lv/95.00 €
- 15 visits 234.70 lv/120.00 €
- 20 visits 273.82 lv/140.00 €

### Swimming Pool & Jacuzzi

- One-off visit 23.47 lv/12.00 €
- One-off visit (children 3-14y) 11.73 lv/6.00 €
- 10 visits 185.80 lv/95.00 €
- 15 visits 234.70 lv/120.00 €
- 20 visits 273.82 lv/140.00 €

### Salt room

- One-off visit - 40 min 23.47 lv/12.00 €
- One-off visit (children 3-14y) 11.73 lv/6.00 €
- 10 visits 185.80 lv/95.00 €
- 15 visits 234.70 lv/120.00 €
- 20 visits 273.82 lv/140.00 €

### Fitness

- One-off training 9.78 lv/5.00 €
- 10 visits 76.28 lv/39.00 €
- 1 Month 68.45 lv/35.00 €
- 3 Months 176.02 lv/90.00 €
- 6 Months 324.67 lv/166.00 €
- 12 Months 580.88 lv/297.00 €

### Spa card

(fitness, swimming pool and thermal zone)

- daily spa card 37.16 lv/19.00 €
- daily spa card (for two) 68.45 lv/35.00 €
- daily spa card (children 3-14y) 21.51 lv/11.00 €
- monthly spa card (mon-fri) 215.14 lv/110.00 €
- monthly spa card (mon-sun) 283.60 lv/145.00 €
- annual spa card 2550.40 lv/1304.00 €

\* Towel rental 2.00 €

(1 towel included. There is a charge on extra towels)

\* bathrobe rental 3.00 €

## MASSAGES AND BODY TREATMENTS

### Osteopathy

60 min | 115.39 lv/59.00 €

Benefits: removes pain, improves posture, muscle relaxation

### Classic back massage

30 min | 56.72 lv/29.00 €

Benefits: improves blood circulation, improves posture, muscle relaxation

**Classic massage** 60 min | 88.01 lv/45.00 €

Benefits: improves blood circulation, improves posture, muscle relaxation

**Therapeutic Massage** 60 min | 95.84 lv/49.00 €

Benefits: reduces muscle tension, relieves stress and anxiety

**Sports Massage** 60 min | 95.84 lv/49.00 €

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

**Deep Tissue Massage** 60 min | 95.84 lv/49.00 €

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

**Aromatherapy** 60 min | 95.84 lv/49.00 €

Benefits: relieves stress, boosts energy, supports skin health

**Hot Stone Massage** 60 min | 95.84 lv/49.00 €

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

**Lymphatic drainage massage** 30 min | 56.72 lv/29.00 €

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

**Pressotherapy** 30 min | 44.98 lv/23.00 €

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

**Reflexology** 30 min | 54.76 lv/28.00 €

Benefits: stimulates nerve function, increases energy, boosts circulation

**Anti-cellulite massage** 60 min | 95.84 lv/49.00 €

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

**Package 5 x Massages\*** 5 x 60 min | 381.39 lv/195.00 €

**Package 5 x Osteopathic Treatments\*** 5 x 60 min | 488.96 lv/250.00 €

**Package 10 x Pressotherapy procedures\*** 10 x 30 min | 350.09 lv/179.00 €

\*Within 60 days of the first therapy

## SPA THERAPIES

**Signature Fruit therapy "Ability Spa"** 60 min | 107.57 lv/55.00 €

Benefits: cleanse, tone, and nourish your skin

**Therapy "Fitness Nuts"** 60 min | 95.84 lv/49.00 €

Benefits: exfoliates, smooths, and moisturizes the skin

**Therapy "Coffee Time"** 60 min | 95.84 lv/49.00 €

Benefits: removes dead skin, moisturizes and invigorates

**Therapy "Chocolate Dream"** 60 min | 95.84 lv/49.00 €

Benefits: soothes, moisturizes and nourishes your skin

**Therapy "Sea Kissed"** 60 min | 95.84 lv/49.00 €

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

## SPA RITUALS

**Hamмам / Turkish bath** 45 min | 107.57 lv/55.00 €

Benefits: exfoliates dead skin cells, detoxifies the body

**Therapy "Pomorie"** 45 min | 107.57 lv/55.00 €

Benefits: detoxifies the skin, improves blood circulation

## BEAUTY TREATMENTS

**Aroma facial massage** 30 min | 66.50 lv/34.00 €

Benefits: increases circulation and improves elasticity

**Imperial facial massage** 30 min | 66.50 lv/34.00 €

Benefits: promotes healthy skin tone, rejuvenation and reduces wrinkles

**Beauty Queen facial massage** 60 min | 115.39 lv/59.00 €

Benefits: promotes healthy skin tone, increases circulation and improves elasticity

**Eyebrow shaping** 15.65 lv/8.00 €

**Eyebrow tinting** 15.65 lv/8.00 €

**Microblading** 180 min | 350.09 lv/179.00 €

## FACIAL TREATMENTS

**Manual facial cleansing** 60 min | 78.23 lv/40.00 €

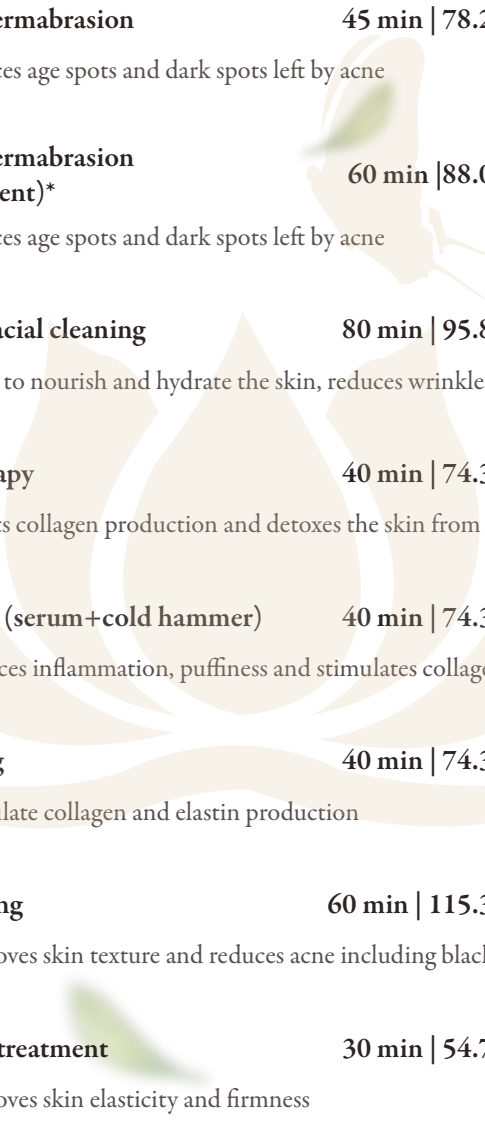
Benefits: rejuvenates the skin leaving it fresh and renewed

**Ultrasonic facial cleansing + serum** 50 min | 78.23 lv/40.00 €

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

**Ultrasonic facial cleansing (includes neck and décolleté) + serum** 50 min | 88.01 lv/45.00 €

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

- 
- Hydrodermabrasion** 60 min | 78.23 lv/40.00 €  
Benefits: removes dead cells and hydrates the skin
- Hydrodermabrasion (includes neck and décolleté)** 70 min | 86.06 lv/44.00 €  
Benefits: removes dead cells and hydrates the skin
- Hydrodermabrasion (back treatment)\*** 60 min | 95.84 lv/49.00 €  
Benefits: removes dead cells and hydrates the skin
- Diamond Dermabrasion** 45 min | 78.23 lv/40.00 €  
Benefits: reduces age spots and dark spots left by acne
- Diamond Dermabrasion (back treatment)\*** 60 min | 88.01 lv/45.00 €  
Benefits: reduces age spots and dark spots left by acne
- Combined facial cleaning** 80 min | 95.84 lv/49.00 €  
Benefits: helps to nourish and hydrate the skin, reduces wrinkles
- Oxygen therapy** 40 min | 74.32 lv/38.00 €  
Benefits: boosts collagen production and detoxes the skin from congestion
- Cryotherapy (serum+cold hammer)** 40 min | 74.32 lv/38.00 €  
Benefits: reduces inflammation, puffiness and stimulates collagen production
- RF Biolifting** 40 min | 74.32 lv/38.00 €  
Benefits: stimulate collagen and elastin production
- Microneedling** 60 min | 115.39 lv/59.00 €  
Benefits: improves skin texture and reduces acne including blackheads
- Eye contour treatment** 30 min | 54.76 lv/28.00 €  
Benefits: improves skin elasticity and firmness
- Acne treatment** 50 min | 95.84 lv/49.00 €  
Benefits: helps clearout blackheads and removes dead skin from blocked pores
- Non-invasive Mesotherapy** 40 min | 95.84 lv/49.00 €  
Benefits: stimulates elastin and collagen to restores suppleness on the face
- Chemical peeling with mono acid** 50 min | 88.01 lv/45.00 €  
Benefits: exfoliates dry skin, deeply cleanses the pores

## SPECIAL FACIAL TREATMENTS

**Hydrating Facial Therapy** 70 min | 125.17 lv/64.00 €

Benefits: deep hydration, improved skin elasticity, boosts radiance

**Bio microneedling** 60 min | 166.25 lv/85.00 €

Benefits: improves skin texture and reduces acne

**Bio microneedling anti-age** 60 min | 264.03 lv/135.00 €

Benefits: softens the appearance of lines and wrinkles

**Carboxytherapy** 60 min | 115.39 lv/59.00 €

Benefits: improves the blood flow and oxygenation of the tissues

**Facial treatment with Vitamin C** 60 min | 125.17 lv/64.00 €

Benefits: improves and hydrates the skin

**Grow factor therapy** 60 min | 134.95 lv/69.00 €

Benefits: reduces acne, irons out wrinkles and fine lines

**Gold therapy** 70 min | 144.73 lv/74.00 €

Benefits: improves skin elasticity and firmness, hydrates skin

**Super Lifting Therapy** 60 min | 134.95 lv/69.00 €

Benefits: stimulates collagen production, reduces deep wrinkles, improves skin texture

## SPECIAL FACIAL TREATMENTS WITH PDT LASER

**Lift contour facial therapy** 60 min | 125.17 lv/64.00 €

Benefits: improves skin elasticity and firmness

**Anti-Aging therapy with peptides  
and hyaluronic acid** 60 min | 125.17 lv/64.00 €

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

**Revitalizing therapy** 60 min | 125.17 lv/64.00 €

Benefits: lifts and tightens the skin, boosts collagen production

**Anti-Aging eye contour therapy** 40 min | 95.84 lv/49.00 €

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

**Acne treatment** 60 min | 115.39 lv/59.00 €

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

**Despigmen** 60 min | 125.17 lv/64.00 €

Benefits: improves skin texture and reduces acne

\* 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>283.60 lv/145.00 €</b>
<b>15 Spa Visits*</b>	<b>375.52 lv/192.00 €</b>
<b>20 Spa Visits*</b>	<b>459.62 lv/235.00 €</b>
<i>(fitness, swimming pool and thermal zone)</i>	
<b>'Fitness' package</b>	<b>140.82 lv/72.00 €</b>
<i>(monthly fitness card + 5 visits thermal zone)</i>	
<b>'Health' package</b>	<b>140.82 lv/72.00 €</b>
<i>(monthly fitness card + 5 visits salt room)</i>	
<b>'Sports' package</b>	<b>293.37 lv/150.00 €</b>
<i>(monthly fitness card + 3 sports massages)</i>	
<b>'Relax' package</b>	<b>101.70 lv/52.00 €</b>
<i>(daily spa card + 60 min classic massage)</i>	
<b>'Beauty' package</b>	<b>234.70 lv/120.00 €</b>
<i>(Hamмам + Aromatherapy + Manual face cleansing)</i>	
<b>"Ability Lady" package</b>	<b>179.94 lv/92.00 €</b>
<i>Manual facial cleansing+ hot stone massage + daily spa card</i>	
<b>"Ability Gentleman" package</b>	<b>170.16 lv/87.00 €</b>
<i>Facial massage + Hamмам + daily spa card</i>	
<b>'Ability" Spa package for two</b>	<b>234.70 lv/120.00 €</b>
<i>2 x classic massage + daily spa card + salt room + bottle of wine/ champagne</i>	

\* 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.