







FACIAL ESTHETICS

Intraceuticals - Hyperbaric Oxygen Technology Revive, Replenish, Protect your skin with Intraceuticals.

Experience the benefits of an Intraceuticals Infusion, the beauty infusion enjoyed by the Hollywood elite. Used by Celebrities, Dermatologists, Plastic Surgeons and high profile spas all over the world. In just one treatment, your skin will look and feel years younger. Your face will be smooth and clarified, nourished and hydrated. Skin appears rejuvenated, radiant and fresh.

An Intraceuticals Rejuvenate Infusion harnesses three elements to achieve instant and dramatic results:

- Oxygen under light pressure aids delivery of age defying actives to the deeper layers of the skin at the same time as cooling and calming the skin.
- Unique Rejuvenate Serum contains lightweight Hyaluronic Acid and a powerful combination of vitamins and antioxidants. The Hyaluronic Acid helps to instantly hydrate the skin resulting in increased firmness, reduced fine lines and wrinkles, improved facial contours and overall radiance.
- Treatment Support Products provide essential layers to seal in and supplement skin nutrients for maximum synergistic effect and longer lasting results.

Session _____ EUR 100/120
Pack (6 sessions and 4 products) _____ EUR 700/840

Three-polar radiofrequency - facial treatments

The elastic fibers of the skin, collagen and elastin are produced by fibroblasts. As they are heated, they contract and collagen strands are pulled closer resulting in immediately tightened skin. The deep heating effect in turn accelerates the fat cell metabolism to augment collagen regeneration over the full treatment course. **The desired result: tighter, younger looking skin immediately and long-term skin remodeling.**

Session _____ EUR 100
Promotion _____ EUR 80

Esthetic mesotherapy

Mesotherapy is a medical speciality using painless microinjections of vitamins, herbs, homeopathic remedies and pharmaceuticals in specific formulations. Mesotherapy can be applied to a multitude of different conditions, both medical and cosmetic.

Benefits: radiant, glowing, youthful skin - smoothing of superficial wrinkles.

Facial mesotherapy _____ EUR 100

Ice Mask

10 minutes Anti-Aging Treatment!

This treatment acts in ten minutes only. Ice Mask generates an immediate blush effect, stimulating and revitalizing the area of the cheekbone and forehead and giving an aspect obviously younger to the face. The instant effect is the aspect thinner, more hydrated and revitalized of the skin. The long term main effects of the mask are: re-making and strengthening of the tissue structures, stimulation of the collagen production, improvement of the blood circulation within the treated area, deeper hydration of the skin. Main ingredients: C vitamin, aloe-vera, hydrating agents, mint.

Session _____ RON 80
18 masks package _____ RON 850





BODY RESHAPING

Power Plate

Power-Plate – the device involving a revolution in the industry of beauty, sports and wellness.

The accelerated training was developed to balance the lack of gravity in space, Power-Plate being the result of the optimization of this principle. Without using additional weights applied on the locomotor device, the Power Plate team of experts developed training programmes allowing to any one to improve his/her look, health, physical and mental status.

Session of 30 minutes	_____	RON 70
1 month subscription 10 sessions	_____	RON 500
2 months subscription 20 sessions	_____	RON 850
4 months subscription 50 sessions	_____	RON 2000
9 months subscription 100 sessions	_____	RON 3850

Three-polar radiofrequency

Assures body remodeling, face firm modeling, firm aspect of the skin, mitigation of wrinkles, cellulite, deposited fat and circumference.

Three-polar radiofrequency is the most advanced method for the treatment of esthetic issues related to body remodeling and face re-delineation. The three-polar current warms selectively the adipose cells, simultaneously both in deep and superficial layers. After such a treatment, the fat is released in liquid status and the collagen contracts. The skin gets almost its initial aspect, obtaining firmness and being hydrated and the circumference is reduced within the areas treated. The results are immediate and visible after the first treatment - the skin is softer, firmer and with a better texture on its entire surface.

Session	_____	EUR 100
Promotion	_____	EUR 65

Anti cellulite mesotherapy

Mesotherapy is a procedure used for weight loss and body sculpting to reduce, eliminate and contour specific undesired fat pockets. This method targets the receptors on fat cells that produce lipogenesis (fat production) and lipolysis (fat breakdown). Receptors that break down fat are known as beta receptors; those that create fat are alpha receptors. Alpha receptors are stimulated to produce fat when you ingest food containing carbohydrates, fat, amino acids, hormones or alcohol.

Mesotherapy can eliminate cellulite on the legs and buttocks, breaking down the orange-peel appearance of skin, and producing a smooth contour. The average patient eliminates all visible cellulite in 10-25 sessions. Some patients require additional treatments if their cellulite is particularly severe. On average, the patients completed their treatments in less than 10 sessions.

Anti cellulite mesotherapy	_____	EUR 100
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SPA MENU

Swedish (relaxing) massage

The term of Swedish massage refers to many techniques specially conceived to relax by applying a pressure on the muscles and by performing the massage movement on the direction of the blood flow to heart. By the Swedish massage is increased the oxygen quantity in blood and the toxins are released from the muscles. This type of massage reduces the tension in muscles by eliminating the lactic acid, the uric acid and other metabolic toxins from tissues. It improves the blood circulation without stressing supplementary the heart. It elongates the tendons and ligaments, keeping their flexibility. It stimulates the functions of the skin and nervous system, distressing meanwhile the nerves. By Swedish massage, physical and emotional stress is reduced.

Session (30 min) _____ RON 60

Session (50 min) _____ RON 100

Deep tissue massage

Deep Tissue Massage focuses its techniques on the deep muscular layers, using special rhythmic and strong movements. This massage improves our health, eliminating the dysfunctions of the organism. Not healthy alimentation, smoking, pollution, sedentariness lead to accumulation of toxins able to cause a premature aging of the organism, pains and discomfort. Using the forearm, elbow and hand, wide and continuous movements are performed, without interruptions or sudden movements. The adherence existing in muscles, tendons and ligaments may block the blood circulation, causing pain, inflammation and rigidity in movement. Deep tissue massage acts by eliminating these adherences, releasing us of pain and re-making our mobility. Being a type of massage which heals the muscle contracting forms caused by different dysfunctions of the organism, deep tissue massage is recommended to all those who has such contracting forms, locally or generalized in the entire body.

Session (60 min) _____ RON 150

Back and feet (35 min) _____ RON 90

Lomi Lomi Hawaiian Massage

Lomi Lomi is the most complex form of massage. Such a massage involves the use of a continuous energy flow generated by the fluid, continuous movements combined with movements full of warmth, relaxing for the body and the mind. At physical level, Lomi Lomi helps us to dispose of stress and tension, improves our sanguine and lymphatic flow and stimulates the exhaust of the biologic waste and toxins. Using special movements, passive mobilizations and different breathing techniques, this massage eliminates the blockage in our body and soul, bringing us the harmony of our entire being.

Session (60 min) _____ RON 150

Lymphatic drainage

The lymphatic drainage is a type of gentle massage which is intended to encourage the natural circulation of the lymph through the body. The lymph system depends on intrinsic contractions of



the smooth muscle cells in the walls of lymph vessels (peristalsis) and the movement of skeletal muscles to propel lymph through the vessels to lymph nodes and then beyond the lymph nodes to the lymph ducts which return lymph to the cardiovascular system. Manual lymph drainage uses a specific amount of pressure and rhythmic circular movements to stimulate lymph flow. Because the autonomic nervous system is affected, lymphatic work has an anti-spasmodic effect on stressed musculature, reducing chronic pain and increasing range of motion. Constipation, insomnia, lethargy, fibromyalgia and chronic fatigue symptoms can also be improved. Cosmetically, lymphatic work helps alleviate scars, burns, stretch marks, wrinkles, cellulitis and adipose tissue.

Session (30 min)_____RON 65

Session (60 min)_____RON 120

Therapeutic Massage “Reborn”

The therapeutic massage is a manual massage combined with other recovering techniques such as: passive gymnastic and reflexotherapy elements - to treat some current affection, to assure recovering after surgery interventions or traumas; this massage has the role to keep in good function the muscular and nervous structures or the vital organs.

Session (50 min)_____RON 100

Back & shoulders massage

back & shoulders massage 30 min_____RON 60

Aromatherapy Massage

Use of oil essences (with herbal, floral and root extracts) in the skin care treatments is known as aromatherapy. Used as healing technique by Egyptians, Greeks and Romans, thousands of years ago, the aromatherapy helps the body and mind relaxation, improves the blood circulation and helps to the superficial skin lesion healing. Pine, sweet orange, grapefruit, ylang-ylang, santhal, lavender, are substances present both in massage oils and in aroma dispersers from the therapy rooms. This massage aims to relax the client by an efficient combination between a relaxation massage and aromatherapy, using oils with customized aromas.

Session (50 min)_____RON 100

Hot stone massage

The therapeutic potential of this treatment goes beyond measure. The physiological benefits of using hot stone to the body have long been scientifically and medically proven. LaStone Therapy capitalizes on these traditional practices with a current approach. Basalt stones are the medium and the hot temperatures are the message. This “vascular gymnastics” of the circulatory system assists the body in self-healing. LaStone Therapy administers this principle with unerring elegance. The stones are immersed in water and heated in an electric heating device until they are within a certain temperature range. The stones are placed at specific points on the back, in the palms of the hand, on the forehead and on the tummy. The heat warms and relaxes the muscles, which allows the therapist to apply deeper pressure, if desired. The warmth of the hot stones improves circulation and calms the nervous system. The stones are placed on points that are thought to be energy centers of the body to rebalance the body and mind.

hot stone massage 75 min _____ RON 180

Body peelings**

Session (15 min) _____ RON 60

Body wraps*

Session (45 min) _____ RON 220

Spa rituals*

Session (120 min) _____ RON 350 / 480

Dermalife-Spa Feng Shui Capsule

This is a multi-sensorial capsule combining strategic functions with body treatment techniques as: sauna, cromotherapy, IR, vibra-massage, hydrofusion, vapor, massage by vibrations, vitamin/mineral system application, aromatherapy, Deluxe Color LCD stereo Display. Dermalife Spa Feng Shui Capsule improves the metabolism and blood circulation, eliminating the fatigue sensation and giving energy to the organism. In addition, the capsule induces relaxation, delaying the aging process, cleans deeply the skin, gives it flexibility, favors the lost of weight and the body remodeling, eliminates the tensions from the body, activates the self-healing and self-protection functions of the organism, stimulates a better release of the toxins, stimulates the organs, the heart rhythm and the metabolism, reducing the cellulite

Session _____ RON 100





wellness & nutrition



WELLNESS & NUTRITION

Nutrition advisory to determine the body mass
balance_____RON 300



ALTERNATIVE MEDICINE

Colon Hydrotherapy: The Key to Good Health and Vitality!

The Colon Hydrotherapy is safe, gentle infusion of warm filtered water into the rectum using no chemicals or drugs. This is a restorative, painless procedure which is highly effective and incredibly beneficial. Colon hydrotherapy cleanses the entire colon of built up and aged waste; without causing stress to the individual. The machine features disposable components which eliminate any possible contamination, and is a purpose built closed system in which waste material is eliminated through the instrument to a drain line avoiding any offensive odor.

What are the benefits of colon hydrotherapy treatment?

Colon Hydrotherapy improves muscle tone and facilitates peristalsis movement in the bowel, which is so beneficial to the sluggish colon. This process provides relief from and prevents chronic constipation. It also helps to remove stagnant fecal matter, thus eliminating bacteria, toxins, gas, mucus, parasites, and cellular debris which allows the colon to perform its natural function of absorption more effectively.

The following can be alleviated thru colon hydrotherapy: constipation, gas, bloating, yeast infections, fatigue, skin problems, parasites, bad breathing, abdominal pain, depression, allergies, sinus problems.

A colonic is an important part of any detox regimen. When combined with lifestyle changes, stress management, massage, and juicing, you will be in better health.

When combined with a changed diet, improved exercise routines – a colonic cleanse can in many cases assist with faster weight loss.

Session _____ EUR 75

Infusions _____ EUR 25





Acupuncture

Practiced for over 5000 years, acupuncture re-establishes the energetic balance of body, mind and spirit through the use of sterile, single-use, disposable needles, which are inserted at specific points on the body.

Session_____RON 120
10 sessions_____RON 1000

Reiki

A form of energy therapy, Reiki originated in Tibet and has been practiced for over 2500 years. Simply performed, direct applications of Qi are administrated, enabling greater energy flow and healing to occur.

Session_____RON 100

Acu-energetic therapy

The ultimate in stress reduction, this acupuncture session is combined with an energetic therapy treatment – Reiki. This therapy allows you to experience a sense of wonderful expansiveness and profound sense of peace and relaxation. Also available needle-free.

Session_____RON 200

Kinetotherapy

If the stress is at higher level and the stress hormones are not burn during physical activities, the pulse and blood pressure raise in arteries, causing their sickness. While the body fights to combat these effects, the walls of the arteries become worn and thinner, the blood and oxygen quantity led to the heart diminishing. Kinetotherapy – medical gymnastics assisted by the specialist in kinetotherapy is a form of physical exercise which, performed regularly, can reduce our physiological feedback to stress. By special movements made under the supervision of the therapist, this form of physical activity improves the heart status and leads to the increase of the blood quantity driven to the heart, diminishing substantially the organism vulnerability to heart diseases.

Session (50 min)_____RON 80

Fresh Start

Toxic chemicals are everywhere in our world today. They easily find their way into our bodies through the air that we breathe, the food we eat and the water we drink. We also ingest foreign chemicals if we use legal or illegal drugs and if we indulge in alcohol or tobacco. Although your body is designed to eliminate toxins, it cannot always handle the overload present in today's toxin-filled environment. Toxins not only come from external sources; they are also produced



within your body during normal metabolism. Nutritional imbalances, mineral insufficiencies and food allergies can compromise your evacuation pathways, allowing the progressive build-up of toxins to impose a significant and sometimes overwhelming toxic burden on your body.

Your body absorbs and then excretes water soluble chemicals to which it is exposed. The fat-soluble chemicals are absorbed but not excreted. Toxins accumulate in your fat cells, cell membranes and become harmful internal poisons. When your body is under stress, it releases toxic chemicals from the fat which circulates in your bloodstream, thus creating more stress and ill-health.

To purify simply means to remove the harmful toxins that are being stored in your body which, in turn, allows your body the opportunity to achieve optimum health and vitality.

The Fresh Start program is designed to support your body's purification process by improving intestinal health so that your body can clear out excess toxins and operate at its highest potential. The Fresh Start purification program is a comprehensive purification program which incorporates deep purification of the colon, small intestine and the other major organs. It really is a complete body, mind and spirit overhaul.

The program should be used by anyone who has a deep-seated desire to be well. Many people who have completed their program have reached their target weight and enjoyed more energy, clarity and vitality.

Fresh Start is a holistic therapy program aiming profound body detox, which includes: detox nutrition, colon hydrotherapy, acupuncture, Detox Green body wrap, Detox Vital massage, Reiki energetic therapy, Power Plate, detox breathing exercises.

Fresh Start 10 days program _____EUR 745

** At the reception you can consult our entire spa treatments range. We are happy to assist you in choosing the therapy which best fulfills your specific needs and desires.*

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