

# BODY CARE

We offer Sothys and Germaine de Capuccini Spa Marine treatments, which are world-renowned and designed to offer your skin unprecedented enjoyment and long-lasting beauty. Enjoy our spa treatments and feel good – Saaremaa's best masseurs and masseuses will wait on you.

## **Sothys:**

### **Slimming massage 60 min. 500.-**

(Cellulite slimming massage with essential citrus oils and plant extracts)

### **Peace of mind massage 60 min. 500.-**

(A special relaxing Sothys massage with orange and marjoram oils. A true moment of relaxation)

### **Invigorating Sothys exfoliant 30 min. 250.-**

(Exfoliation with sea salt with essential citrus oils. Stimulating moments guaranteed)

### **Altar of slimness 90 min 900.-**

(Exfoliant with sea salt and essential citrus oils and a wrap consisting of dry extracts of green tea and red wine. Massage with essential citrus oils)

## **Germaine de Capuccini Spa Marine:**

### **Deluxe chocolate body wrap 60 min. 550.-**

### **Deluxe chocolate body wrap with peeling 90 min. 660.-**

(Improves the silhouette, reduces cellulite, has a stimulating effect in creating endorphins, resulting in a better mood with a beneficial effect on the fat burning process)

### **Deluxe coffee body wrap 60 min. 500.-**

### **Deluxe coffee body wrap with peeling 90 min. 660.-**

(Firms and trims the body, flushes excess fluids from areas such as the abdomen, thighs and buttocks)

### **Self-warming mud body wrap 30 min. 350.-**

(Eases and treats muscle pain, returns muscles to normal after a workout, speed up the body's recovery process. Ideal after back and full body massage)

### **Exotic East 45 min. 350.-**

(Exotic, rich and moisturizing peeling with ginger, cardamom, cinnamon and rice and sesame oil.

### **Relaxing silk wrap 50 min. 500.-**

Resilient, strong and moisturized skin

### **Exotic Ceylon 60 min. 500.-**

Massage with snail-shells

### **Multi-sensual Odyssieia 70 min. 700.-**

Exotic body-peeling with different kind of spices and with silk body wrap

## Massages

**Johan's classical massage 60 min. 420.-**

**Relaxing body massage 30 min. 230.-**

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**Lava Stone massage 75 min. 750.-**

(Relaxing and mood enhancing massage. The combination of stones and skin generates and conveys heat. Energy harnessed from the sun eases muscle strain and dilates the blood vessels, normalizes the digestive system and metabolism and adrenal system. The heat makes energy channels open as well, releasing energy blocks; it acts as a tonic on the whole body and energy levels stabilize.)

**Honey massage 60 min. 590.-**

(Honey is originally from Saaremaa)

Originates in Asia. Helps relieve anemia, sciatica. Prevents spinal problems, fights cellulite, also good for spinal mobility as the bioactive properties of honey have an effect on cartilage and flush out toxins and contaminated energy. Has a good effect on the digestive system, makes the skin soft and silky.

## CARE THROUGH WATER

**Sothys:**

**Sea salt bath 20 minutes 160.-**

**Slimming bath 20 minutes 250.-**

**Aromatic baths 20 minutes 200.-**

(reduces stress, moisturizes and nourishes the skin)

**Germaine de Capuccini Spa Marine:**

**Cleopatra milk bath 20 minutes 250.-**

Rejuvenative, moisturizes and nourishes the skin, reduces stress

**Deluxe red wine bath 20 minutes 250.-**

Keeps the skin youthful, elastic. Firms and shapes the body, slows premature ageing, reduces stress

## Face and Neck

### **Sothys freshening care 60 minutes 400.-**

(This refreshing care brings back the shine to a tired face. The skin is cleansed thoroughly and stimulated with massage. At the same time, powerful plant-based agents moisturize and tone the face)

### **Sothys moisturizing care 60 minutes 400.-**

(A complete treatment for skin that thirsts after moisture and freshness. After deep cleaning and nourishing massage the skin is saturated with moisture)

### **Sothys care for problem skin 75 minutes 500.-**

(Multifaceted care for problem skin: removes impurities from skin and exfoliates the facial skin, making it attractive and radiant. The result: healthy and clean skin)

### **Sothys eye care 40 minutes 300.-**

### **together with base care 75 minutes 600.-**

(This eye care smoothes fine lines and reduces swelling and lightens dark rings around the eye. Special products are made especially for toning and freshening the skin around the eye. The result: rested eyes and a fresh complexion. Improves the entire complexion together with facial base treatment.

### **Sothys deluxe moisturizing care 75 minutes 800.-**

(A effective moisturization treatment. At the beginning of the treatment the skin is exfoliated with sugar crystals in biometric balsam. The skin is then moistened with an effective serum and a foamy snow masque is placed on the face. Before the masque, self-heating pillows are placed under the back for relaxation and support. The treatment ends with the application of a suitable protective facial cream.

### **Sothys men's facial care 60 minutes 600.-**

(An effectively relaxing and deep cleaning care designed especially for men ends with a calming and softening rubber mask)

## Pedicure

### **Sothys treatment for ravishing feet 50 min. 250.-**

Exfoliation with sea salts, followed by a paradisiacal massage and freshening wrap. Nail polishing if desired.

### **Spa pedicure 60 min. 400.-**

## **Hair Care**

**Skin intensive care 45 min. 300.-**

**Short hair care 60 min. 400.-**

**Half long hair care 60 min. 450.-**

**Long hair care 90 min. 500.-**

## **NUOVOLA BED**

The innovative Nuovola wave system gives body and soul the gift of total relaxation. Its special nature allows you to forget all about the feeling of gravity, giving you the gentle caress of a tropical sea. The special chromotherapy of alternating colours can be perceived with eyes closed as well, ensuring deep relaxation. Especially beneficial in case of fatigue and insomnia (0.5 hour of the Nuovola procedure equals 8 hours of sleep), for relieving back problems and muscle strain. In Estonia, Nuovola beds are rare, which is why we recommend trying on at Johan Spa Hotel. We believe it is a unique experience (feeling like you are in the womb again) and one you will not soon forget.

**Nuovola therapy 30 min. 260.-**

## **EASYTHERM**

Easytherm bed was designed by Europe's best Spa specialists for steam saunas, seaweed and mud wraps, hay therapy, aromatherapy, salt and hydro therapy. The treatment offers relaxation and other benefits, and works on the entire body. Easytherm is the only such apparatus in Estonia and thus it is worth trying during your stay at Johan Spa Hotel. For example, hay therapy promotes natural drainage in the body, it has a liberating, detoxifying and energizing effect. Hay has anti-inflammatory and remineralizing properties, and thus it is suitable for bone and joint diseases and muscle strain. Since the hay comes into contact with moisture in the preheating phase, it is no longer an allergen, as dry hay is.

**Easytherm therapy 300.-**