Welcome to the Therma Vitae Health Resort, an elegant and sociable place to relax, rejuvenate and rebalance your mind, body and soul!

This blessed with a prime location, mild climate, fresh air and crystal clear thermal water piece of heaven is the perfect place for those, who cherish relaxation, good health and life's pleasures. At the Therma Vitae Health Resort you can have your dream holiday, enjoy your favourite recreations and experience all the beneficial effects of the Therma Vitae's Spa & Wellness facilities.

The Spa & Healthcare Zone features a Consulting Room and state-of-the-art facilities which allow you to have hydrotherapy, kinesitherapy, physiotherapy, rehabilitation and massage sessions on the premises, provided by a team of trained, highly qualified Spa & Healthcare professionals. We offer a range of varied and invigorating healthcare and skincare treatments, that have been specifically developed to leave you healthier and more enriched than when you arrived.



Water Cure Sector (Hydrotherapy and Balneotherapy)

The Water Cure features Hydrotherapy, Underwater Massage, Hydrokinesiotherapy. In the Spa Zone you can also enjoy a number of irresistible Spa facilities, such as: a Traditional Finnish Sauna, a Steam Bath, Tropical Rain and Polar Mist Shower Rooms, a Thermal Water Pool and a cozy Relaxation Spot.

Sports Hall (Kinesitherapy Room)

The Therma Vitae's trained kinesitherapists can help you improve your health through different exercise modalities. Individual and group therapeutic gymnastic courses are carried out, as well as corrective gymnastic courses for children and kinesitherapy courses/sessions as a part of the therapeutic treatment or prevention of various musculoskeletal system diseases (locomotor disorders) and diseases of the central and the peripheral nervous system.

Massage Parlours

Reinvigorate your body and mind in the Therma Vitae's Massage Parlours – the space, reserved for tranquility and blissful relaxation. We offer a range of massage modalities and treatments, including therapeutic massage types, energizing and relaxing massage bodywork, aromatherapy and skincare body treatments.



Spa Price List

1. Honey Detoxification Massage

The significant health benefits of Honey Detox Massage are based on the interaction between the human skin and the biologically active and nourishing components of pure honey, assisted by the powerful stress-relieving effect of the reflex therapy. This Bodywork is a very efficient and complete detoxification method, in which the antibacterial and antiseptic properties of honey, combined with Body Reflexology approach, results in the "pumping" of toxins out of the body. Besides absorbing the toxins, honey also deeply nourishes the skin; it contains valuable antioxidants, enzymes, amino acids, vitamins and minerals, which work miracles on your skin and in your body.

The effect of the Honey Detox Massage can be felt almost immediately, after just a single procedure. It stimulates the blood and lymph flow, improves the thermal regulation of the skin and thus its overall state, assists the body in losing weight and reducing cellulite, and has a positive effect on the entire nervous system.

Full body, 55 min – EUR 62.00

Part-body, 30 min – EUR 36.00



2. Aromatherapy Massage

On its own, the benefits of massage are many. Massage helps improve circulation to the massaged area and to stimulate muscles. It can significantly reduce stress, headaches, cramps and spasms, and ease tension. Massage is also said to improve the immune system by stimulating the limbic system and the release of toxins. But when combined with Aromatherapy, massage takes on a remarkable synergy, that dramatically enhances the massage session. The chemical composition and aroma of Essential Oils can provide valuable psychological and physical therapeutic benefits. Essential Oils are often used by diluting them with a Carrier Oil. Carrier Oils, also known as Vegetable Oils, are rich in Omega-3 and Omega-6 Essential Fatty Acids (EFAs), extremely necessary for human functions and healthy, youthful skin. Vegetable Butters, such as Cocoa Butter, Shea Butter, et cetera, are recognized for their ability to moisture and nourish the skin deeply within.

Olive Verde Aromatherapy Massage

Olive Verde Aromatherapy Massage takes its freshness from the magnificent Mediterranean area. Green aromatic notes combine with moisturizing cold extracted Olive Oil for great benefits to the skin.

55 min – EUR 62.00

Red Berries Aromatherapy Massage

Aromatherapy Massage with a sweet, fruity aroma of wild berries and Grapeseed Carrier Oil, rich in Linoleic acid, an Omega-6 EFAs, essential for the deep skin nourishment.

55 min – EUR 62.00



3. Anti-Age Aromatherapy Experience

Enriched by passiflora (passion-flower) and papaya extracts, this body mask softens the skin and improves its appearance. It contains a complex of Vitamins (A, B2, B3, C, and E), and Essential Oils (Lemongrass, Vanilla, and Lavender), famous for the floral, energizing aroma and for their beneficial effects to the skin. Lavender is well-known for its calming and antibacterial properties, while Lemongrass fights against excessive perspiration, muscle aches, and oily skin. The Carrier Oils – Sweet Almond Oil and Coconut Oil are rich in Essential Fatty Acids, which significantly help nourish and improve the look and feel of the skin.

The mask acts as a nourishing yet natural skin peel, gently removing the dead skin cells and stretch marks, and minimizing the skin's imperfections. The mask works deeply within to stimulate the production of collagen and elastin, resulting in velvet smoothness and radiance. Leaves a perfect sensation of rejuvenated and toned skin.

45 min – EUR 34.00



4. Aroma Bouquet Massage And Gentle Natural Skin Peel

Aroma Bouquet combines the beneficial effects of Aromatherapy Massage and gentle Skin Peel treatment. The massage frees your body and soul from stress and fatigue, improves the overall muscle tone, and promotes a long-lasting sensation of well-being.

Lavender And Peppermint Aroma Bouquet Massage and Skin Peel

It combines a selection of natural ingredients along with Lavender & Peppermint Essential Oils, recognized for their antiseptic and balancing properties and natural relaxation as well as energy booster effects.

70 min – EUR 67.00

Almond Aroma Bouquet Massage And Skin Peel

It significantly improves skin's elasticity and prevents stretch mark appearance. This bodycare treatment assists in skin's regeneration in the case of significant weight gain or weight loss, as well as during pregnancy and after delivery healthy weight & shape gain.

70 min – EUR 67.00



5. Gourmet Chocolate Massage and Skin Peel

A tempting sweet massage, with 100% natural chocolate. Its absorption through the skin will increase endorphins, reduce sensations of stress, and perform miracles for your skin. Chocolate is rich in antioxidants and active natural substances, which detoxify, firm and tone the skin, acting both as a gentle skin peel and a deeply nourishing mask. Its intense sensory properties will boost your sense of well-being, relaxation and pleasure.

70 min – EUR 67.00



6. Chocolate Therapy for Dry/Dehydrated Skin

Treat yourself to our latest irresistible Chocolate Body Treatment. This deeply nourishing Body Mask, with consistency, texture, and flavour of a real hot chocolate, will delight all of your senses, resulting in a blissful feeling of relaxation and well-being. The Mask is rich in cocoa and Cocoa Butter, which is well recognized for its ability to keep the skin supple (to maintain the skin's natural elasticity), and to help prevent or reduce stretch marks or scars.

Rich in anti-oxidants, Cocoa Butter is a highly beneficial lipid, which will gently moisture and nourish your skin, leaving a protective barrier on it, and minimizing its imperfections. A really perfect solution for dry/dehydrated and mature skin.

45 min – EUR 39.00

7. Anti-Cellulite Massage (Over Body Parts of your Choice)

Cellulite therapy using massage is one of the best ways of cellulite reduction. You will get positive results very soon, if you couple the Cellulite Massage with good foods plus a few exercises and drinking lots of water. The whole technique involves loosening the cellulite mass so as to facilitate fat reduction and better looking skin. Not only does the Anti-Cellulite Massage help in fat burning, it also helps improve blood circulation as well as the release of toxins and debris accumulated in the area.

40 min – EUR 40.00



Healthcare Price List

1. Medical examination *

(free of charge for hotel guests)

Initial medical examination – EUR 16.00

Medical examination – EUR 8.00

2. Swedish Massage

One of the best-known and most commonly used massage techniques, Swedish Massage is a vigorous system of treatments, designed to energize the body by stimulating circulation. The many benefits of Swedish Massage include reduced muscle tension and generalized relaxation and revitalization.

In addition, the improved blood circulation speeds the healing process after injury, reduces swelling and accelerates dissolution of scar tissue adhesions (disappearance of scars around of cut or diseased area).

Full body, 55 min – EUR 57.00

Part-body, 25 min – EUR 39.00



3. Sports Massage

- Promotes flexibility to decrease risk of injury
- Improves endurance
- Reduces post-workout recovery time
- Offers balance to training regimen

Full body, 45 min – EUR 67.00

Part-body, 25 min – EUR 39.00

4. Neck and Shoulder Massage

This type of massage deals with the hairy part of the head, neck, shoulders and shoulder blades, relaxing the muscles and improving the neck's mobility. It affects the treated area through the reflex arcs, relieving the pain, relaxing and revitalizing. It helps you get rid of headache and fatigue, pain and stiffness in the back, neck, and shoulders.

The treatment is of great benefit to people, suffering from exostoses, cervical disc hernias, neuroses and neuralgias, hypertension, disorders of hearing and balance.

15 min – EUR 24.00



5. Reflex Therapy

Based on ancient Chinese and Indian therapies, Reflex Therapy (sometimes referred to as Zone Therapy), involves manipulation of specific reflex areas in the foot, hands and ears, as well as other points on the body, that correspond to other body parts. This Bodywork uses application of pressure to these reflex zones to stimulate body organs and relieve areas of congestion, focusing mainly on the pressure points found on the feet.
Reflex Therapy works with the body's energy to stimulate self-healing and maintain balance in physical functions.

Foot Zone Therapy

Foot Zone Therapy dates back 5,000 years, but not until the 20th century, when Dr. Erdal of Norway used a form of this therapy to cure himself of paralysis, did Foot Zone Therapy get rediscovered. After more than 20 years of intensive clinical research, Erdal has codified his findings into medical science, widely respected throughout Europe. This technique is used to increase relaxation, relieve stress and tension, and ease pain. It improves the metabolic activity of the whole constitution and strengthens the general state of your health. Positive and apparent results are felt almost immediately.

25 min – EUR 34.00



6. Compression Massage (For Optimizing Blood and Lymph Circulation)

This type of compression treatment is performed by means of a Pneumatic Compression Device (special stockings, connected to a pump, that provides gentle sequential compression from the end of the extremities (legs), towards the body). Compression therapies are of great benefit to people with vein circulation and/or lymphatic drainage problems. The compression massage works by applying gentle pressure to the walls of the veins, helping them pump blood back to the heart. This pressure also prevents fluid from accumulating in the interstitial tissue. Once the blood and lymph begin to flow normally, tissue swelling, pain and leg fatigue are reduced.

In addition, the optimization of blood and lymph circulation strengthens the immune system and assists you with weight loss and cellulite reduction.

Two limbs, 20 min – EUR 18.00

One limb, 20 min – EUR 10.00



Hydrotherapy & Balneotherapy

To enhance your spa experience and eliminate the toxins from your body, we recommend that you begin with a Traditional Spa Ritual. It includes a short stay in the Finnish Sauna, the Steam Bath and the Thermal Pool. This helps to open up breathing, cleanse and detoxify the body, and warm the muscles. Following this with a refreshing activity – taking in turns Tropical Rain and Polar Mist contrast showers, is an invigorating way to bring your body temperature back to normal before your spa experience.

7. Underwater Massage

It is one of the most often used spa treatments, performed in an underwater massage bath tub. The treatment combines the curative powers of the Therma Vitae's mineral water with those of the whirling massage, using powerful jets and a hosepipe nozzle to direct the water steam at damaged or tense muscle groups. It has both mechanical and thermal effects, gently massaging and warming up the body, relaxing the muscles and stimulating the blood circulation.

The underwater massage has therapeutic effect on certain musculoskeletal and nervous system diseases, assists regeneration after injuries, stimulates the neural and metabolic system processes.

Individual, 25 min – EUR 24.00



8. Black Sea Lye Compresses

Rich in minerals and powerful bioactive compounds, Black Sea Lye boasts unique anti-inflammatory and antiseptic properties. Stimulating muscle and nerve function, the stabilized Black Sea Lye effectively alleviates joint and muscle pain, helping the immune system reactions and optimizing the regenerative processes in the tissues.

Black Sea Lye Compresses are applied over the traumatic or painful body area. Black Sea Lye is with a high concentration of magnesium as well as with a content of calcium, natrium, chromium, bromine, sulphates, hydrocarbons, organic matter and lots of microelements which penetrate the skin and have an immediate therapeutic and pain alleviating effect on the treated body area and, in addition, they also have a beneficial relaxing and invigorating impact on the entire body.

The therapy is used for treating musculoskeletal system conditions including rheumatic diseases, posttraumatic injuries such as fractures, dislocations and joint distortions as well as certain neurological disorders. Black Sea Lye Compresses are extremely effective in treating muscle and joint pain and have a beneficial impact on cold symptoms and certain skin problems.

One-body-part, 20 min – EUR 11.00

Two-body-part, 30 min – EUR 18.00



9. Peloidotherapy (Mud Therapy)

Peloidotherapy is a therapy of proven health benefits. Mud procedures affect the mechanical, thermal, chemical, pain and other receptors of your skin and provoke complex reflex reactions. The effect of the hot highly mineralized Dead Sea Therapeutic Body Mud is extremely relaxing to the muscles, reducing local swellings around joints and strengthening the anti-inflam-matory and immune processes within the body.

Peloidotherapy is used to treat musculoskeletal system diseases, such as arthritis, degenerative osteoarthritis and rheumatism, as well as gynaecological and respiratory tract disorders, inflammation, neuralgia and obesity. The heat improves the blood circulation rate and the local metabolism thus assisting in eliminating cellulite and stretch marks.

Full body, 40 min – EUR 26.00

One-body-part, 20 min – EUR 13.00

Two-body-part, 30 min – EUR 21.00



10. Mathrix Rhythm Therapy (MaRhyThe)

In MaRhyThe the therapist acts from outside on the cells and their environment (i.e. the extracellular matrix) using a specially developed device (Matrixmobil). This resonator creates mechanical and magnetic vibrations in the affected region, restores rhythm back to normal and initiates self-healing process. In a very short time this leads to a normalization of metabolic processes. The result is that the affected tissue becomes relaxed and flexible for pain-free and improved mobility.

Clinical Applications

- Lymphedema (Primary and Secondary)
- Restricted Mobility
- Adhesive Capsulitis
- Postoperative and Posttraumatic Rehabilitation
- Painful Disorders
- Neuroregeneration
- Chronic Degenerative Musculoskeletal Conditions such as Rheumatism, Fibromyalgia, Osteoporosis and Osteoarthritis
- Sports Injuries
- Microcirculation Disorders in Conditions such as Throphic Ulcers, Cellulitis and Varicose Veins
- Blood Sugar and Blood Pressure Regulation

Price: 30 min – EUR 26.00

60 min – EUR 45.00



11. Gunaphoresis

Gunaphoresis is an innovative physiotherapy method for administering high-quality Guna Collage MDs by electromagnetic resonance: a phenomenon produced by simultaneously applying steady magnetic field and biophoton emission. Owing to the Gunaphoresis machine, a greater penetration of active compounds is achieved and the cellular permeability as well as the therapeutic product absorption are increased, while the injection method of applying the substance is avoided. The therapy strengthens and fortifies the collagen matrix in cartilage, tendons, muscles, ligaments, and joint capsules, and is particularly suitable for the treatment of musculoskeletal system pathologies and overuse injury prevention.

Guna Collagen MDs are an advanced and precised approach to the treatment of osteo-arthro-myo-fascial pathologies. The ampules are designed to help movement by limiting the physiological degeneration of joints and tissues, along with counteracting damage and inflammation. The local application of Guna Collage MDs replaces, strengthens, protects, and builds the histological structure of collagen fibers in cartilage, tendons, ligaments, joint capsules, and muscles. A significant achievement of modern biophysical technologies, Gunaphoresis is highly effective, well tolerated, and free of side effects. The specialized Gunaphoresis treatment improves both the quality of life and the general state of health.

One ampoule for one body area, 20 min - EUR 25.00

Two ampoules for one body area, 30 min - EUR 37.00



12. Gunaphoresis Anti - Ageing Mesotherapy

Facial The facial is an innovative and precise therapy for reversing the ageing process and boosting cellular renewal and skin resurfacing. Collagen as a main ingredient in Guna MD-Tissue ampules impacts the collagen fibers of connective tissue as a result of which the cellular regeneration and turnover are stimulated, skin structure and texture are improved and a youthful look is achieved.

Guna MD-Tissue ampules are also enriched with precious vitamins and minerals which assist in collagen delivering and stabilizing while contributing to natural skin revitalization and toning.

The presence of a specially designed small device allows for the local therapy application on delicate areas on face.

Price: One ampoule
25 min – EUR 33.00

14. Therapeutic Gymnastics

Individual session, 25 min – EUR 10.00

Group session, 25 min – EUR 7.00



PHYSIOTHERAPY	Rate per procedure
Ionophoresis	**EUR 8.00**
Diadynamic	**EUR 8.00**
TENS impulses	**EUR 8.00**
Electrical stimulation	**EUR 8.00**
Interference currents / IFC /	**EUR 8.00**
Ultrasound / US /	**EUR 8.00**
Magnetic therapy	**EUR 10.00**
Laser therapy	**EUR 10.00**
High frequency therapy	**EUR 8.00**
Light therapy	**EUR 7.00**
UV Lamp	**EUR 7.00**
Ultrasonic nebulizer	**EUR 7.00**
Box Rochelle	**EUR 10.00**
KINESIO TAPING with Kidmax	**EUR 8.00**
Physiotherapy gel – additional charge	**EUR 3.00**

