

## WELCOME



At The Spa Esperanza, we believe true well-being and beauty arise from harmony between body, mind, and nature. Self-care is not a luxury, but a mindful step toward balance and renewal.

The rhythm of modern life often disconnects us from our natural flow, leading to fatigue, emotional tension, and energy imbalance. Our treatments restore that inner harmony through a holistic blend of hydrotherapy, advanced technology, and deep relaxation.

Each ritual is designed to detoxify, replenish energy, and awaken inner vitality. Inspired by the elements – water, air, and earth – we offer you a natural path to restoration.

At The Spa Esperanza, care is a quiet practice of reconnection.  
A moment to slow down. To feel whole again.

## OPENING HOURS

09:30-20:30  
17:00-20:30 (adults only)

## CONTACTS

[spa@esperanzaresort.it](mailto:spa@esperanzaresort.it)  
+370 660 06688

## SPA ETIQUETTE

**To ensure your comfort and help you fully enjoy your experience, we kindly ask you to familiarize yourself with the following guidelines:**

### **Reservations**

We recommend booking your treatments in advance to secure your preferred time. For guests not staying at the resort, a prepayment may be required to confirm your booking.

### **Cancellations**

To cancel or reschedule, please notify us at least 12 hours in advance. Cancellations made less than 12 hours before the appointment will be charged in full.

### **Arrival**

We invite you to arrive 10–15 minutes prior to your appointment to allow time to unwind and prepare for your treatment. Please inform us in advance of late arrivals. We will do our best to accommodate the full duration of your session, although it may be shortened to respect subsequent appointments.

### **Attire & Belongings**

For your convenience, a robe, slippers, towels, and all essential accessories will be provided. Personal lockers are available for safekeeping. We kindly ask that you remove any jewelry during treatments and refrain from leaving valuables unattended.

### **Conduct**

The SPA Esperanza is a place of peace and relaxation. Please speak softly and respect the tranquil atmosphere. Kindly switch off or silence all electronic devices. Smoking and the consumption of alcohol are strictly prohibited.

### **Health & Wellness**

Please inform us of any chronic conditions, allergies, or other medical complications at the time of booking. Some treatments may not be suitable during pregnancy – please consult with our team.

### **Age Policy**

Treatments are available for guests aged 14 and above. Guests under 12 are welcome in the spa area until 17:00 and only when accompanied by an adult.

### **Liability**

The SPA Esperanza is not responsible for lost or damaged personal belongings. We are also not liable for injuries resulting from disregard of safety protocols by guests.

## DAY SPA

The Spa Esperanza is open to both resort guests and day visitors.

Day guests enjoy access to our full range of facilities, including the pool, thermal and hydrotherapy zones, relaxation areas, the gym and the changing rooms – with prior reservation.

### ADULTS

Ages 13 and above

120 min

100 eur

### CHILDREN

Ages 5 – 12

120 min

50 eur

### FAMILY PASS

2 adults & 2 children (ages 5-12)

120 min

270 eur

### CHILDREN

Ages 0 – 4

Free of charge

Visitors who book treatments valued at €135 or more receive one hour of complimentary access to the spa facilities.

## PURIFICATION



**Clarity. Balance. Lightness.** The fast pace of modern life, paired with stress and environmental strain, can weigh heavily on the body. Tension, fatigue, and inflammation are gentle signals that it is time to reset. At The Spa Esperanza, our purification rituals are designed to release what no longer serves you by gently detoxifying the body, restoring inner balance, and inviting a renewed sense of clarity and lightness.

**WARMTH OF  
THE EAST  
RITUAL**

Body Treatment

**60 min**

**120 eur**

Surrender to the healing traditions of the East in this immersive ritual inspired by the ancient hammam. Performed within a state-of-the-art spa capsule, this immersive ritual blends the purifying elements of steam and heat with thermotherapy, aromatherapy, and chromotherapy to provide deep cleansing, muscle relaxation, and total sensory renewal – reminiscent of a journey through a Turkish bath. The ritual concludes with a Vichy shower that reawakens the senses and leaves both body and mind refreshed.

**LEG REVIVAL**

Body Treatment

**75 min**

**105 eur**

A restorative treatment aimed at soothing tired legs and feet. This therapy reduces swelling, boosts microcirculation, and brings a renewed sense of lightness. Active sea wraps are paired with a bioenergetic massage to encourage deep relaxation and natural healing.

**JET SCALP  
BOOST RITUAL**

Body Treatment

**30 min**

**90 eur**

An advanced scalp treatment designed to revive, nourish, and energize. Using cutting-edge Jet Peel technology, a concentrated stream of oxygen infused with active serums deeply cleanses and stimulates the scalp, enhancing circulation and supporting healthy hair growth. The ritual concludes with a relaxing head massage that eases tension and amplifies the treatment's effect. This no-rinse therapy delivers visible, immediate results –and a renewed sense of vitality.

## PURIFICATION

### MIND & BODY RESET RITUAL

Body Treatment

60 min

110 eur

This holistic treatment is designed to calm both body and mind. It begins with a mineral-rich sea salt exfoliation and a detoxifying body wrap, followed by a deeply relaxing session on a floating bed – creating a sensation of weightlessness and serenity.

### PURIFYING SEA MINERAL WRAPE

Body Treatment

45 min

80 EUR

A deeply purifying and remineralizing body wrap created from highly concentrated marine algae.

This treatment uses a blend of freeze-dried laminaria and fucus to detoxify the tissues, energize the skin, and promote natural metabolic balance. The wrap is performed on a floating bed, allowing the body to float weightlessly in gentle warmth. Suitable for all skin types, especially dull, tired, or congested skin in need of detoxification.

### JET PEEL REJUVENATION

Face Treatment

60 min

145 eur

An advanced, non-invasive treatment that revitalizes the skin with zero discomfort or downtime. Using high-velocity jets of oxygen and potent active serums, Jet Peel technology deeply exfoliates, hydrates, and renews – leaving the complexion instantly smoother, fresher, and radiant.

### OXYGEN PURITY RITUAL

Face Treatment

60 min

115 eur

The treatment includes deep cleansing, preparatory extracts, and serums tailored to your skin's condition. Bull Mask of your choice. Finishing products to enhance the detoxifying effect, even out texture, and restore a feeling of cleanliness and comfort to the skin. The result is fresh and perfectly nourished skin.

## PURIFICATION

### BOTANICAL PEEL

Face Treatment

**60 min**  
**115 eur**

A unique illuminating facial that gently removes impurities and dull surface cells to reveal renewed texture and radiant glow. Featuring the Keratolyse

Peel – rich in plant extracts that stimulate regeneration – this enzyme-powered treatment with red algae, argan oil, and vitamin C restores hydration, boosts radiance, and revitalizes the skin. Ideal for signs of photoaging and hyperpigmentation.

### ESPERANZA BIOGLOW FACIAL RITUAL

Face Treatment

**60 min**  
**135 eur**

This premium treatment blends certified organic skincare, advanced anti-age technology, and bioenergetic therapy to deliver visible facial lifting, brightening, and deep renewal. A refined fusion of enzymes, hyaluronic acid, vitamin C, peptides, and antioxidants restores radiance, firmness, and vitality – crafted for those who seek impeccable care.

### FACE ENERGY FLOW

Face Treatment

**90 min**  
**140 eur**

This bioenergetic facial massage combines gentle manual techniques with vacuum stimulation to activate lymphatic flow, release fluid retention, and boost circulation – restoring clarity, tone, and radiance to the face. From the very first session, tension melts away, the skin breathes more freely, and your natural energy begins to flow. Perfect before a special occasion or as a regular ritual to maintain sculpted contours and a luminous, healthy glow.

## STIMULATION



**Energy. Vitality. Activation.** When the body feels drained or the spirit dulled, it may be time to reignite your inner fire. Our stimulation rituals are designed to awaken vitality, reduce stress, improve energy flow, and restore your natural rhythm. Through energizing techniques and targeted therapies, we help you reconnect with your strength – leaving you feeling renewed, uplifted, and recharged.



**LPG PERFECT  
CONTOURS  
MASSAGE**

Body Treatment

**60 min / 8 sessions  
110/770 eur**

A sculpting body treatment that redefines contours and restores skin firmness. Blending advanced LPG Alliance technology with dynamic rolling massage, this ritual stimulates lymphatic flow, reduces fluid retention, and visibly smooths the appearance of cellulite. It activates the body's natural regenerative processes, leaving the silhouette more toned and the skin visibly revitalized.

**HARMONY OF  
BODY & MIND  
BIOENERGETIC  
MASSAGE**

Body Treatment

**60 min  
110 eur**

Rooted in traditional Chinese practices, this unique massage technique works along the body's energy channels to reestablish inner harmony. By relieving blockages and tension, it harmonizes energy flow, alleviates stress, and supports both physical and emotional well-being.

**DEEP TISSUE  
MASSAGE**

Body Treatment

**60/90 min  
115/145 eur**

An intensive, performance-focused massage tailored for active lifestyles and post-exertion recovery. It targets deep muscle layers to release tension, enhance flexibility, and accelerate physical recovery. Customized techniques address your individual needs – from improving joint mobility to stimulating blood flow and restoring energy reserves.

**RELAXATION  
MASSAGE**

Body Treatment

**60/90 min**  
**105/135 eur**

A soothing full-body massage designed for those who wish to disconnect from the outside world, release emotional and physical stress, and achieve inner balance. Using enveloping strokes and aromatic oils, this massage melts away fatigue, relaxes muscles, improves sleep, and gently guides the body into a deep state of tranquility.

**WARM STONES  
MASSAGE**

Body Treatment

**60 min**  
**135 eur**

A harmonious massage performed with heated basalt stones on the quartz sand bed. The gentle warmth penetrates deep into the muscles, releasing tension and restoring energy, while the sand embraces the body with a sensation of total relaxation and serenity.

**FOREST  
SILENCE  
RITUAL**

Body Treatment

**60 min**  
**125 eur**

Immerse yourself in a sanctuary of deep stillness and natural harmony with a ritual inspired by the silence of the forest. This two-part journey begins with a fragrant aromatic bath, followed by a floating session with mask that evokes the sensation of weightlessness. The healing synergy of water, warmth, and weightlessness gently restores physical and emotional balance, melts away stress and fatigue, enhances sleep, and promotes profound muscle relaxation.

**WELCOME  
FACIAL  
RITUAL**  
Face Treatment

**45 min**  
**85 eur**

A revitalizing facial for those seeking immediate results without compromising on care. This brightening and deeply nourishing treatment includes cleansing, gentle exfoliation, massage, and potent serums to restore radiance and vitality. Ideal before a special occasion or as a midday refresh. Tailored to your skin's current needs and suitable for all skin types.

**NATURE GLOW  
CLASSIC  
MASSAGE**  
Face Treatment

**60 min**  
**90 eur**

A gentle, grounding ritual devoted to your skin and breath. Through soft, flowing movements across the face, neck, and décolleté, this classic massage relieves tension, improves microcirculation, and restores the skin's natural glow. A personalized mask and finishing care complete the experience. Nature Glow is a return to natural beauty and inner harmony through the healing power of touch.

**KOBIDO  
MASSAGE**  
Face Treatment

**90 min**  
**145 eur**

An elegant anti-aging ritual inspired by the ancient Japanese KOBIDO technique. This manual treatment blends precise facial stimulation, lymphatic drainage, and acupressure along energy meridians to firm the skin, smooth wrinkles, and restore elasticity. It enhances circulation and brings a luminous, lifted look – without the need for devices or injections. Suitable for all skin types, with technique adapted to individual needs.

## REGENERATION



**Renewal. Rejuvenation. Harmony.** Rest is not only a pause – it is a return to balance. Our regeneration rituals are crafted to support deep renewal, nourishing the skin, calming the nervous system, and encouraging cellular repair. These treatments soothe emotional fatigue, ease stress, and awaken your natural glow, allowing you to emerge restored – in body, mind, and spirit.

**CLOUD - 9  
SLEEP**

Body Treatment

**25 min  
65 eur**

Experience a unique sensation of complete peace, as if you're lying on a soft cloud. This innovative capsule Cloud combines gentle rocking, soft light, and sound therapy, creating a feeling of weightlessness and deep relaxation. Your body releases tension, your breathing becomes more even, and your mind enters a state of silence and restoration.

**WELNAMIS  
DEEP MIND  
RESET RITUAL**

Body Treatment

**30 min  
60 eur**

Immerse yourself in a state of calm and inner clarity. Developed from clinical research into the power of sound, this cutting-edge therapy blends binaural audio stimulation, vibration, and sensory modulation. By guiding the brain into meditative states, Welnamis reduces anxiety, improves mental clarity, and helps restore emotional equilibrium.

**HEAD  
SPACE  
RITUAL**

Body Treatment

**60 min  
85 eur**

A restorative ritual designed to rebalance the scalp and strengthen the hair from root to tip. This personalized treatment begins with the application of a botanical-infused active serum-mask. A deeply relaxing head and neck massage stimulates microcirculation, soothes tension, and supports healthy hair growth. It activates skin regeneration, revitalized the follicles scalp, and strengthened hair. Followed by with gentle scalp cleansing. Suitable for all scalp and hair types.

**CIRCULIFT  
EYE CONTOUR**

Face Treatment

**30 min**

**75 eur**

An intensive treatment for the delicate eye area, offering a lifting effect and deep hydration. A potent blend of peptides and plant extracts helps reduce signs of fatigue, fine lines, puffiness, and dark circles. This rejuvenating treatment delivers both anti-aging and anti-inflammatory benefits, restoring firmness, tone, and radiance. Suitable for all skin types, including sensitive.

**GENEO  
GLOW UP**

Face Treatment

**60 min**

**130 eur**

An advanced express ritual for instant radiance. Powered by Geneo+ technology, this treatment combines oxygenation, ultrasound, and radiofrequency lifting to activate the skin's natural renewal processes. In just one session, the complexion looks fresher, firmer, and visibly more radiant. Ideal before a special event – or anytime you desire an immediate glow. Suitable for all skin types.

**BIOCALM  
RESTORATION  
RITUAL**

Face Treatment

**60 min**

**125 eur**

A restorative facial treatment crafted for sensitive, reactive skin in need of calm and care. Infused with caper bud extract, hawthorn, and prebiotics, this treatment strengthens the skin's barrier, reduces redness, and deeply hydrates. Performed with premium organic skincare and tailored to your skin's unique needs, it restores balance and leaves the complexion calm and radiant.

**DERMALUX  
PHOTOTHERAPY**

Face Treatment

**60 min**

**125 eur**

A restorative treatment that combines advanced Dermalux 3Wave technology with expert skincare to renew and illuminate the skin. Using a trio of light wavelengths – blue, red, and white – this therapy stimulates cellular regeneration, calms inflammation, and boosts natural collagen production. Suitable for all skin types, it helps reduce signs of aging, hyperpigmentation, dullness, and fatigue – revealing a brighter, healthier glow.

**BIOREPAIR  
RITUAL**

Face Treatment

**60 min**

**135 eur**

When your skin needs a break – and your soul needs care. This restorative ritual is designed for sensitive, dehydrated, and reactive skin in need of calm and replenishment. It combines microbiome-supporting therapy, botanical extracts, soothing oils, and gentle massage techniques to restore comfort, hydration, and radiance. By strengthening the skin's barrier and relieving visible signs of stress, it offers deep recovery and lasting calm.

**COLLAGEN  
ELIXIR RITUAL**

Face Treatment

**90 min**

**175 eur**

Deep rejuvenation. Cellular renewal. Radiant skin. This premium facial is designed for mature, fatigued, or environmentally stressed skin in need of intensive care. The ritual begins with gentle cleansing and multi-step stimulation, followed by a relaxing facial massage to awaken the skin's natural regenerative functions. At its heart is a collagen-rich mask that restores elasticity, deeply hydrates, smooths fine lines, and evens skin tone. After the treatment, the complexion feels firm, fresh, and luminous, with facial contours visibly refined.

## SIGNATURE RITUALS



Signature rituals at The Spa Esperanza are thoughtfully curated journeys that unite sensory indulgence, advanced technique, and personalized care. Designed to inspire transformation, these experiences are a celebration of touch, presence, and inner renewal.



**DOPAMINE  
HAPPINESS  
RITUAL**

**120 min  
245 eur**

This joyful, multi-sensory ritual is designed to uplift the spirit and restore the body's energy. The experience begins with a gentle scrub and a nourishing wrap crafted from natural alpine ingredients. As your body rests, aromatic inhalations, a soothing head and neck massage, and a nutrient-rich face mask create waves of comfort and delight. A final foot massage completes the journey, grounding you in a state of deep happiness. Conclude with a quiet moment in the spa lounge and a cup of herbal tea.

**FUSION OF  
FEELINGS  
COUPLES'  
RITUAL**

**120 min  
340 eur**

A serene, shared journey for couples or close companions. This intimate ritual includes synchronized full-body massages – customized to your preference – followed by a head and face massage that relieves emotional tension and fosters connection. In a tranquil spa suite, you and your partner are invited to rediscover harmony through touch, warmth, and presence.

**ESPERANZA  
AQUA LUXE  
RITUAL**

**120 min  
235 eur**

A deeply revitalizing experience that cleanses, reawakens, and restores. This signature ritual begins with hydro-aromatherapy to relax the body and release tension, followed by a mineral-rich body wrap that nourishes and softens the skin. A Charcot shower stimulates circulation and supports lymphatic flow. The journey continues with a moment of stillness and a tea ritual that gently transitions body and mind. The ritual concludes with a bioenergetic massage to restore energy flow and bring lasting harmony.

SIGNATURE  
RITUALS

**FACIAL  
ALCHEMY  
RITUAL**

**90 min  
165 eur**

Ritual created for instant restoration of skin tone and natural glow. The procedure begins with gentle cleansing and enzymatic renewal, after which high-coactive serums, extracts and creams are applied to the skin, revealing its susceptibility to the main stage. Lifting mask provides the effect of a delicate lift, evens out the relief and saturates the skin with peptides and plant complexes. Finishing products create a silky finish that leaves the skin tight, fresh and visually young.

**SPA OF YOUR  
CHOICE**

**90/120 min  
170/205 eur**

Step into a world of complete personalization, where every moment of your treatment is shaped around your individual needs and desires. Together with your therapist, you will curate a bespoke journey – selecting from advanced facials, tailored massage techniques, and holistic therapies using water, heat, and scent. You choose the path to balance, we create the space for your full renewal.

**PRIVATE  
SPA – YOUR  
SANCTUARY  
OF STILLNESS**

**21:00-23:00  
1150 eur**

Immerse yourself in pure indulgence with exclusive access to the pool and thermal area in a private, tranquil setting. Surrounded by the warmth of water, fire, and delicate aromas, this experience invites deep relaxation and quiet celebration. Enjoy full private use of the spa facilities, complemented by a bottle of premium champagne and a fresh fruit platter from the lounge. Perfect for a romantic evening, a special occasion, or a deeply restorative solo escape.