

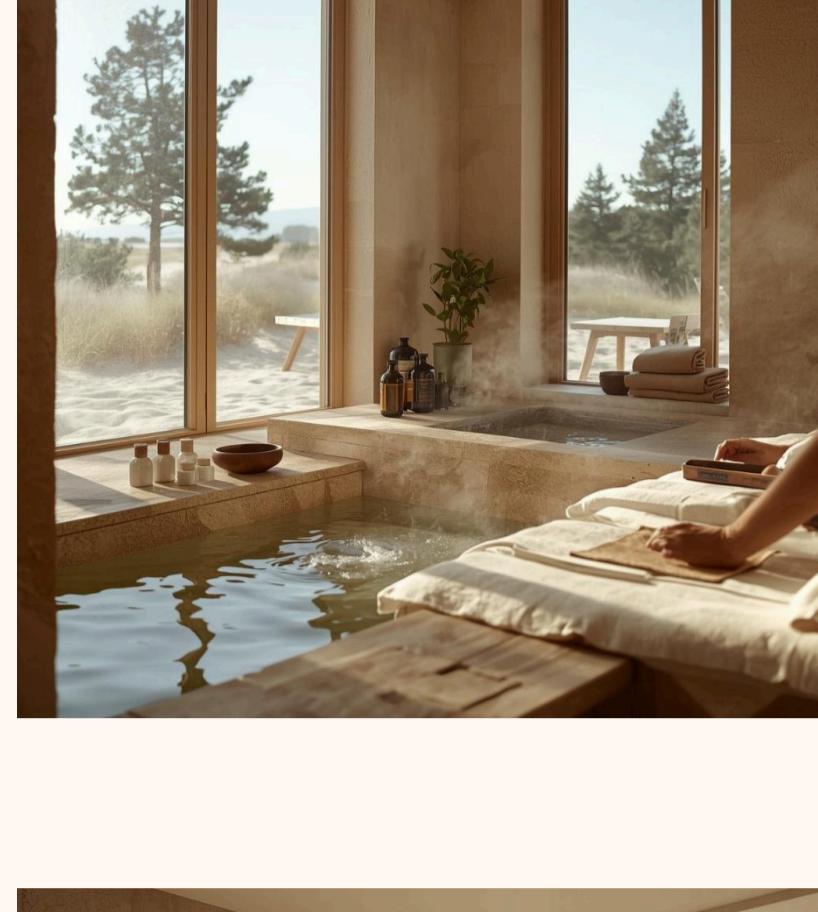


HOME PAGE &gt; ROOMS &gt; TREATMENTS

## Wellness & SPA

/ Rituals &amp; Treatments   Experiences   Special Offers

Rebalance your body and mind through calming rituals, gentle treatments and tranquil spaces crafted to restore energy and inner harmony.



### Signature Body Ritual

A slow, grounding full-body ritual using warm botanical oils.

4.8

394 Reviews

1 Guest

Body Ritual

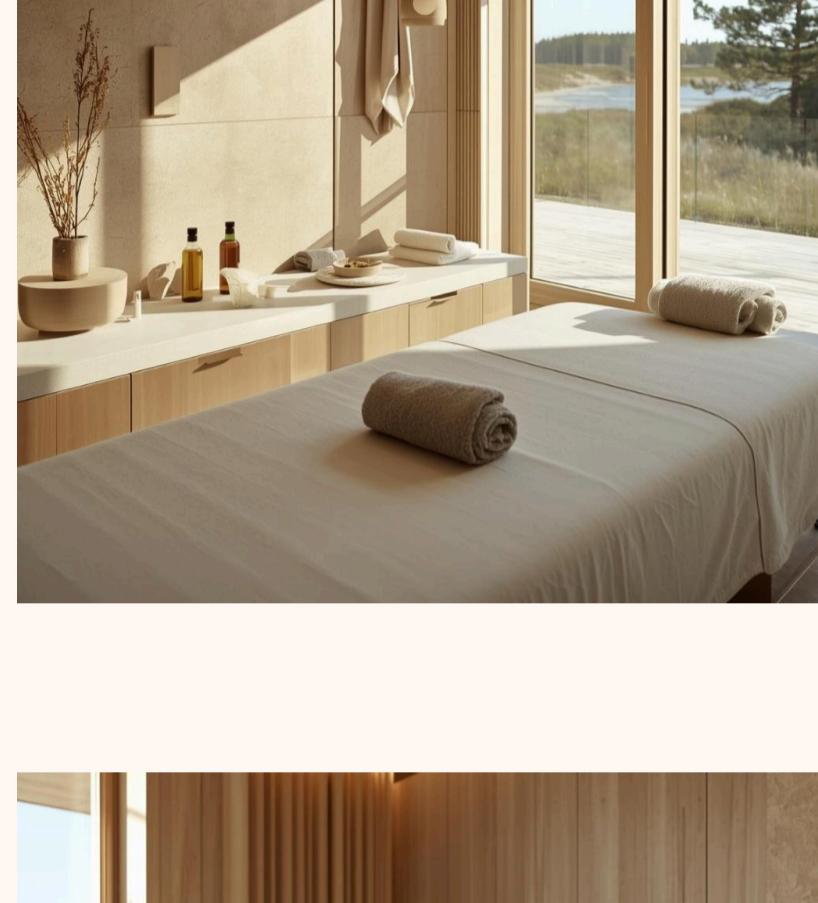
90 min.

Relaxation

€105

Read More &gt;

Select Time



### Deep Balance Massage

A tension-releasing massage with steady, calming pressure.

4.9

506 Reviews

1 Guest

Massage

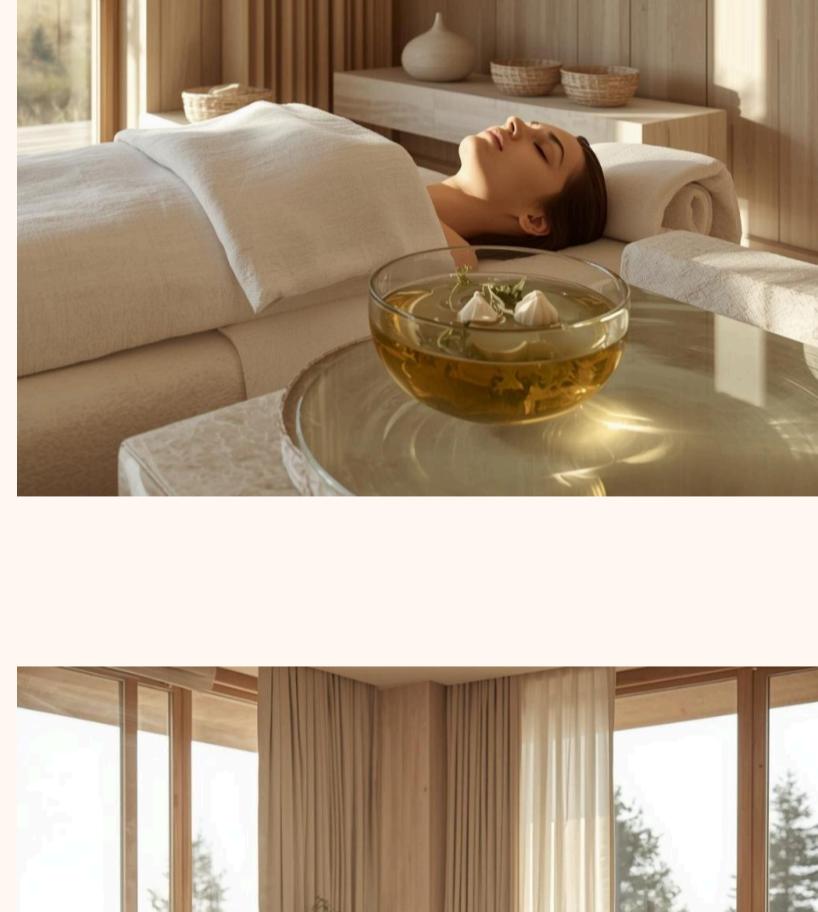
60 min.

Relaxation

€95

Read More &gt;

Select Time



### Botanical Glow Facial

A naturally rejuvenating facial with gentle plant extracts.

4.3

341 Reviews

1 Guest

Facial

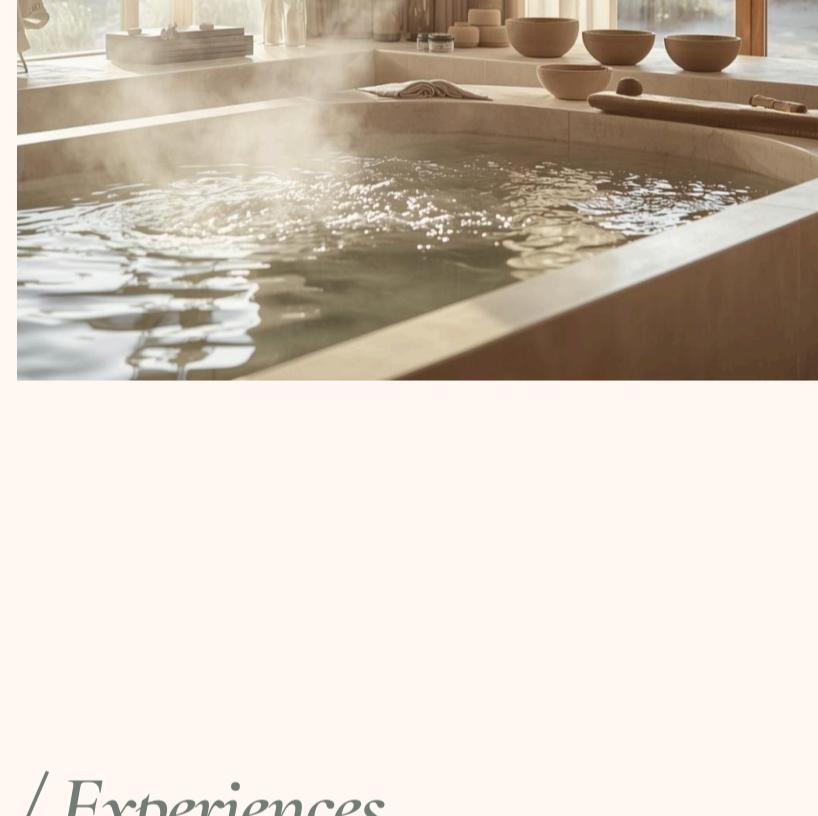
60 min.

Glow

€85

Read More &gt;

Select Time



### Restoring Body Polish

A smoothing exfoliation and hydration ritual for soft, renewed skin.

4.5

277 Reviews

1 Guest

Exfoliation

45 min.

Hydration

€70

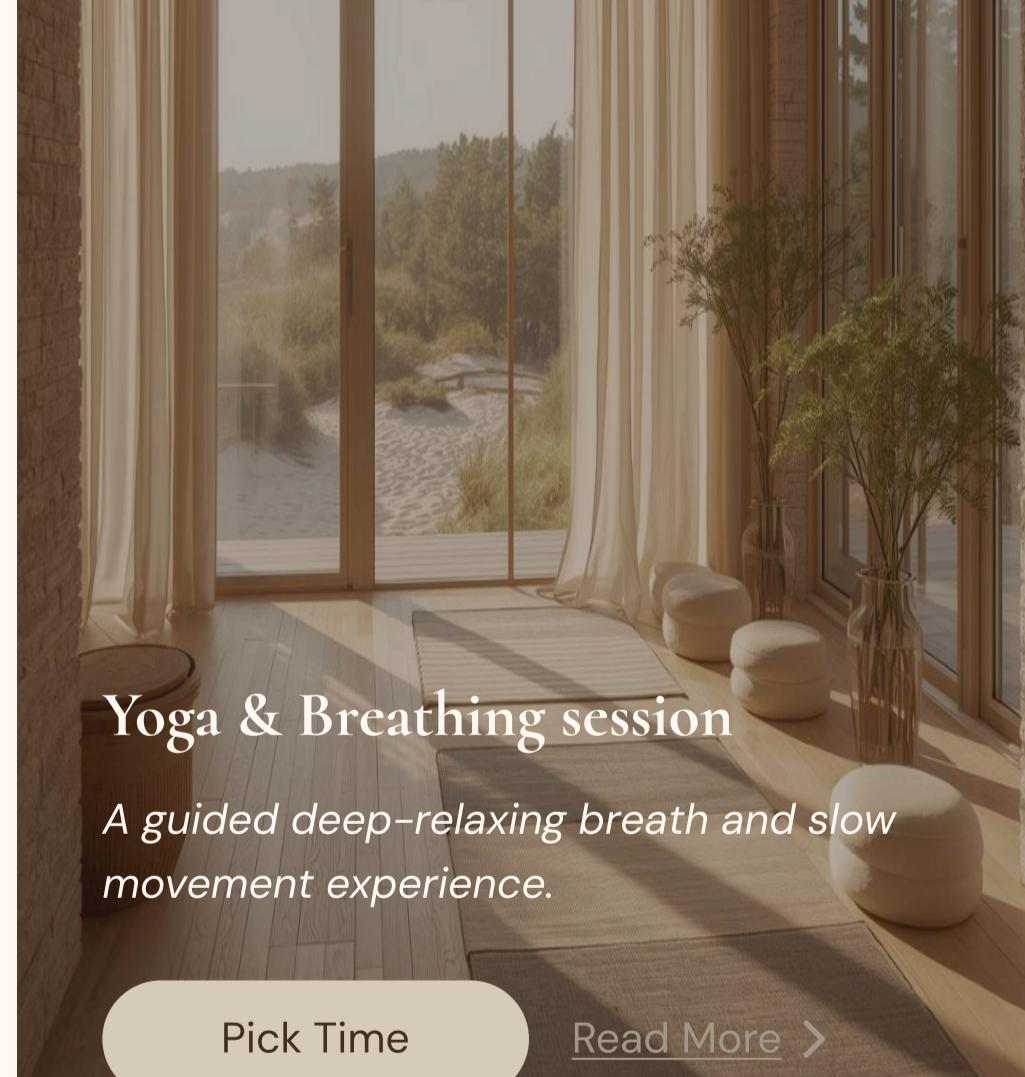
Read More &gt;

Select Time

View More ▾

/ Experiences

/ Special Offers

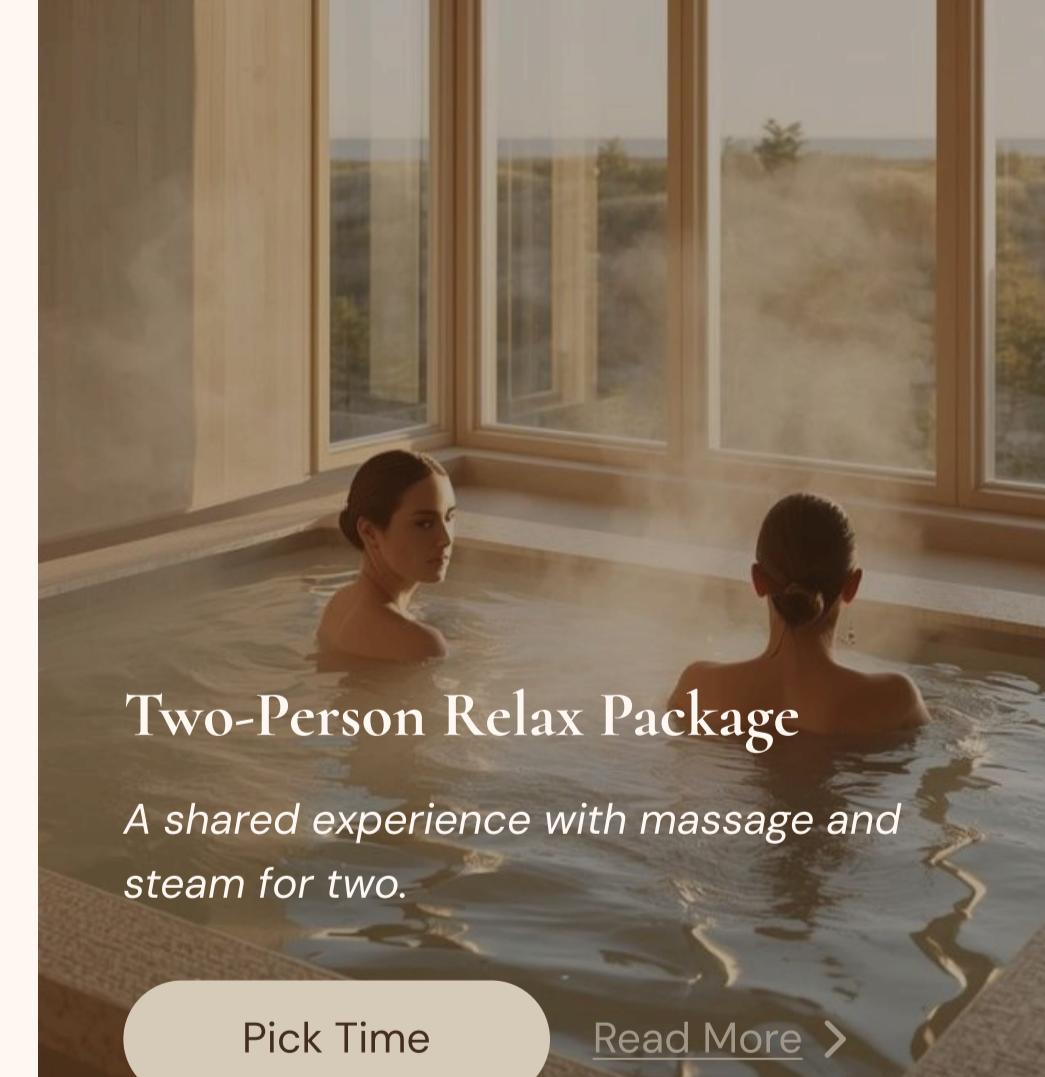


### Yoga & Breathing session

A guided deep-relaxing breath and slow movement experience.

Pick Time

Read More &gt;



### Two-Person Relax Package

A shared experience with massage and steam for two.

Pick Time

Read More &gt;

## AERA Retreat

Join our circle for serene updates & member-only offers.

Email

Subscribe &gt;

By subscribing, you agree to our [Privacy Policy](#).

### Get in Touch

Tel: +370 515 53812

info@aera.com

Miško g. 20, Nida  
Lithuania

### Discover AERA

About Us

Stay &amp; Sleep

Eat &amp; Drink

Wellness &amp; SPA

Events &amp; Experiences

### Practical Info

Location &amp; Directions

Open Hours

FAQ

Privacy Policy

Terms &amp; Conditions