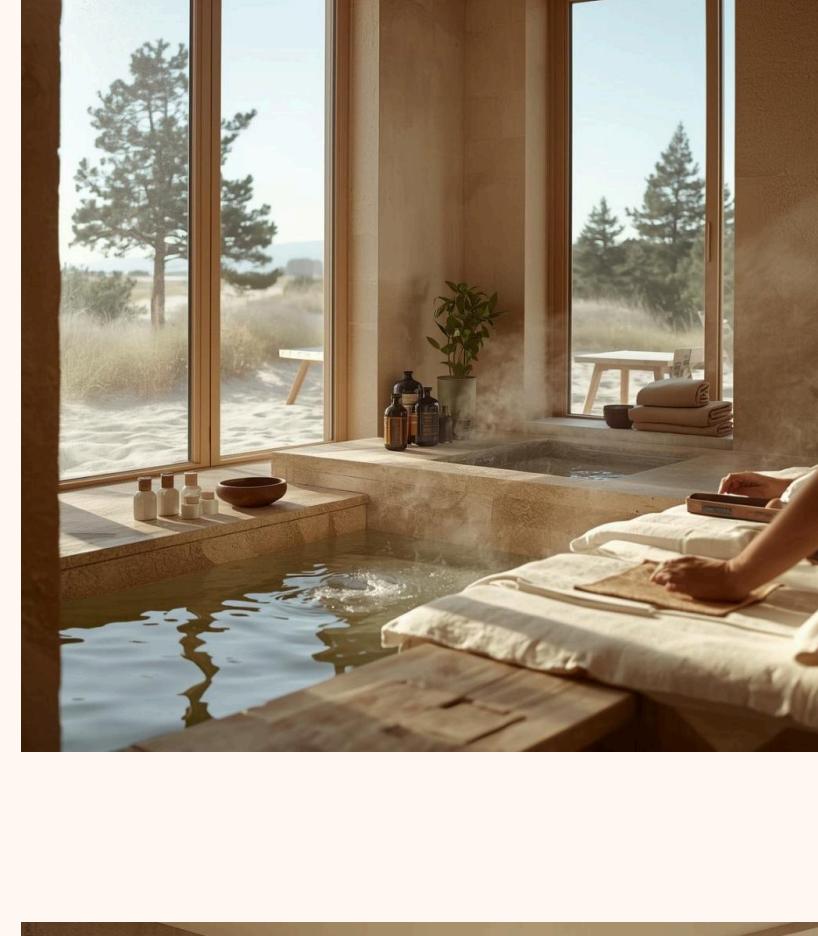


HOME PAGE > ROOMS > TREATMENTS

Wellness & SPA

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

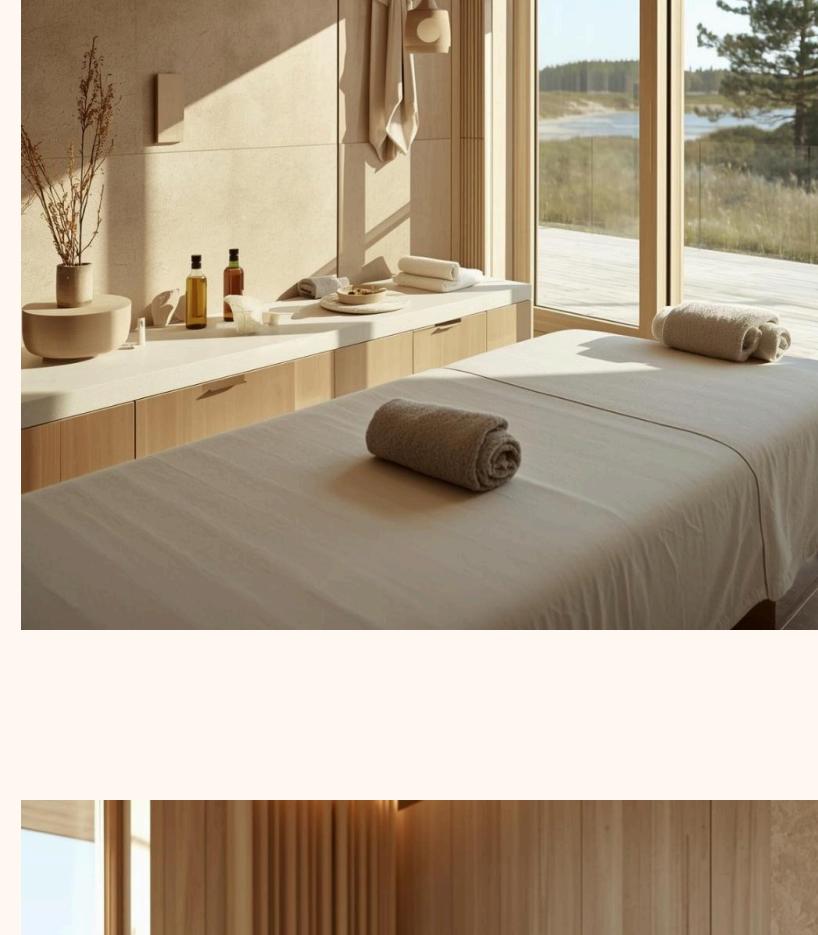
1 Guest

Body Ritual

90 min.

Relaxation

€105

[Read More >](#)[Select Time](#)

Deep Balance Massage

A tension-releasing massage with steady, calming pressure.

4.9

506 Reviews

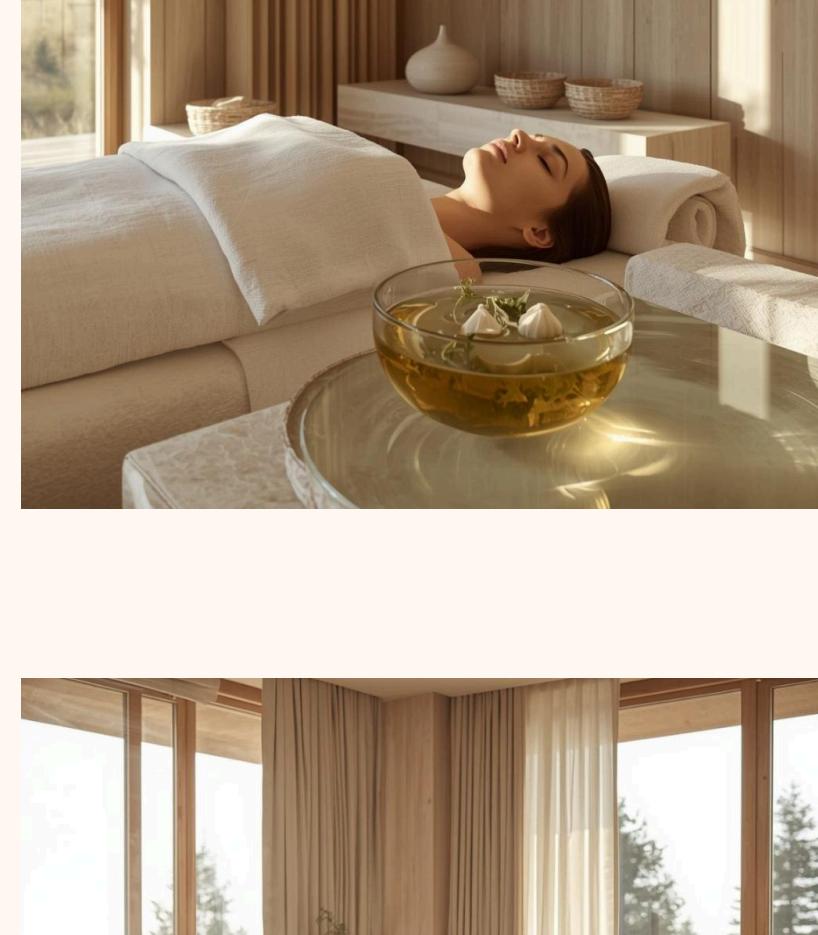
1 Guest

Massage

60 min.

Relaxation

€95

[Read More >](#)[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 >](#)[Select Time](#)

Restoring Body Polish

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

4.5

277 Reviews

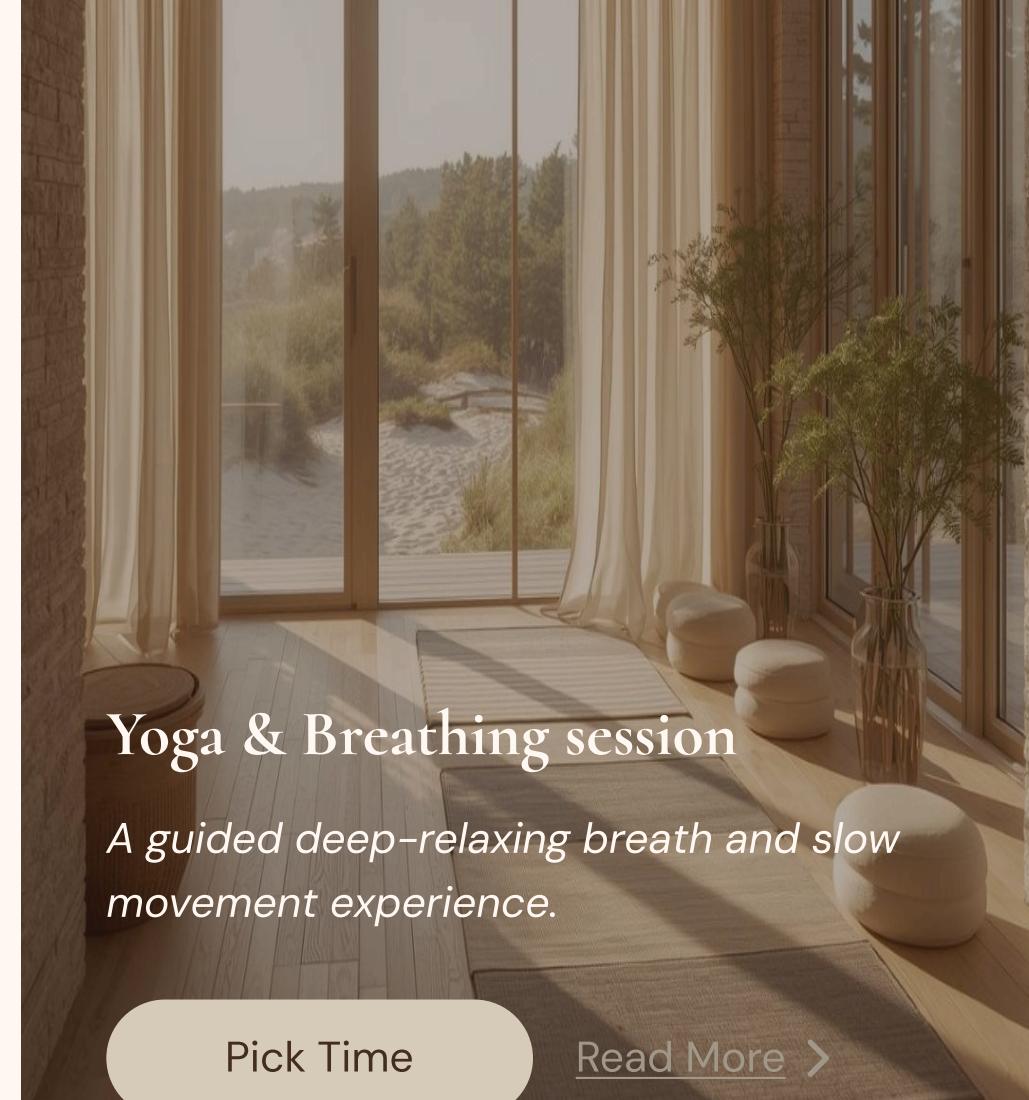
1 Guest

Exfoliation

45 min.

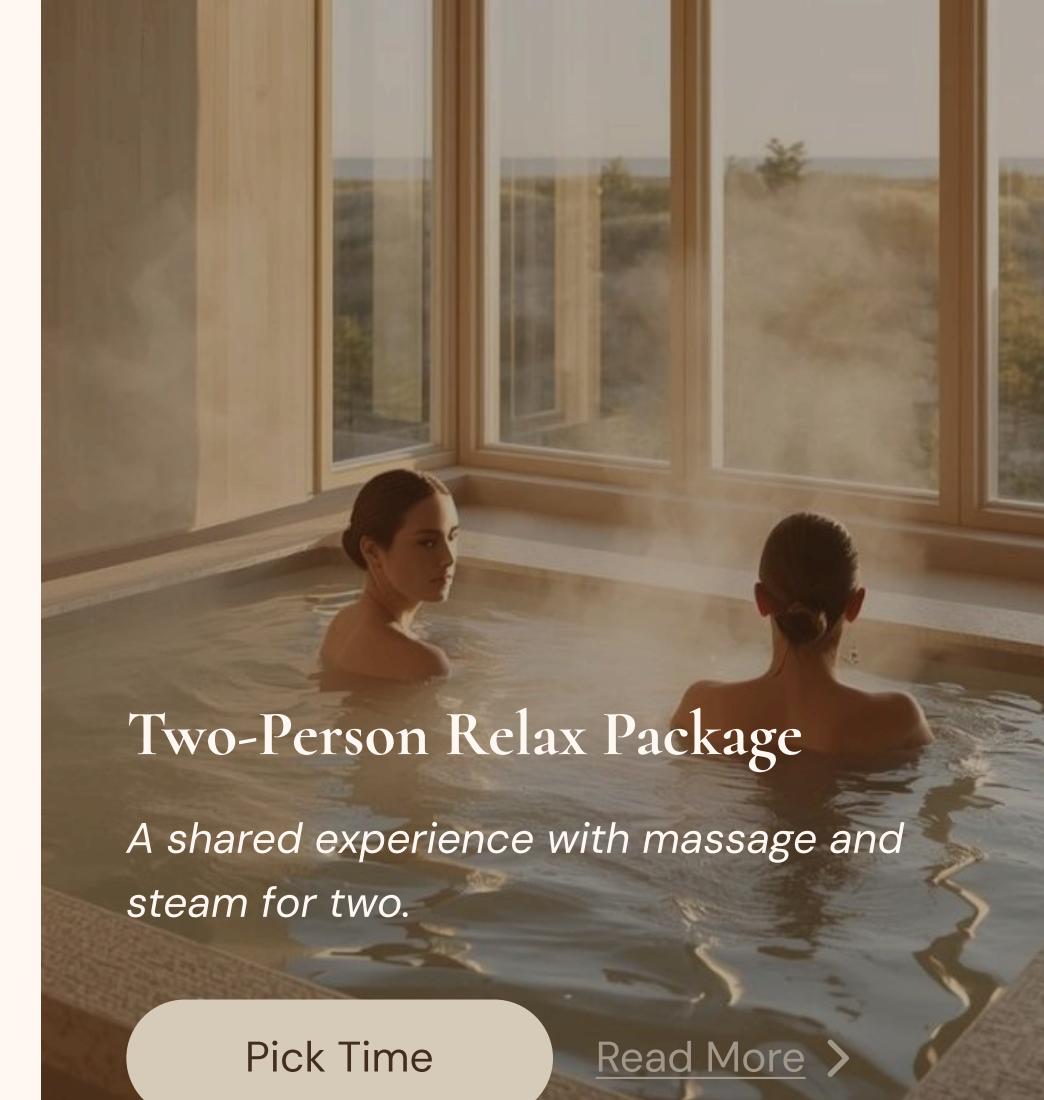
Hydration

€70

[Read More >](#)[Select Time](#)[View More >](#)[/ Experiences](#)[/ Special Offers](#)

Yoga & Breathing session

A guided deep-relaxing breath and slow movement experience.

[Pick Time](#)[Read More >](#)

Two-Person Relax Package

A shared experience with massage and steam for two.

[Pick Time](#)[Read More >](#)

AERA Retreat

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

Email

[Subscribe >](#)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 & Sleep](#)[Eat & Drink](#)[Wellness & SPA](#)[Events & Experiences](#)

Practical Info

[Location & Directions](#)[Open Hours](#)[FAQ](#)[Privacy Policy](#)[Terms & Conditions](#)