



SIGNATURE MESSAGES

SPA VILNIUS classic massage

SPA VILNIUS masters have been improving the technique of therapeutic classic massage by Karolis Dineika. Our new attitude is based on the time-tested traditions and our experience and knowledge about centuries-old massage therapy. SPA VILNIUS classic massage is a personalised massage ritual, restoring the harmony of body and soul, connecting therapeutic characteristics of the traditional classic massage and stimulating five senses at the same time. Natural fragrance of nature, carefully chosen melodies, warm surrounding and pure water will help you to escape from daily noise.

The clients say that the holistic ritual of SPA VILNIUS classic massage restores balance between body and soul, ensures a subtle feeling of comfort and blessing. Delicately touching five physical senses and using them to fulfil spiritual ones, a person feels complete harmony, ensuring clear thoughts, body rest and peace for soul.

Signature massage „Sonata of the sun“

In response to fear, anxiety, stress or work on the computer, the shoulders become tight/stiff, the person loses heart and takes a dim view of the world. One of the three bones in the shoulder girdle is the clavicle, which derives from Latin word *clavicula*, i. e. a „small key“. The massage is designed to „unlock“ the tight muscles of the shoulder girdle and back, to set tired arms „loose“, to pamper eyes with a soothing camomile pad, to rebalance the soul and the body, and to lift your spirits. Author – massage master Liucija Peciukevičienė.

THERAPEUTIC & RELAXING MESSAGES

Massage therapy has benefits for many medical conditions, it restores or normalises impaired body functions and is a perfect wellness and preventive treatment.

Massage with honey

It is a perfect way to treat spine, joints and lungs. Honey inhibits inflammation and its symptoms, soothes pain, maintains muscle tone, stimulates immune system. The skin becomes clear, soft, smooth and supple.

Classic face massage

The massage efficiently improves blood circulation and lymph flow, promotes muscle tone, smooths wrinkles, reduces stress, strain, headaches and improves emotional and physical well-being. It restores suppleness and firmness of the skin making it look healthy again.

Hemolymphatic drainage massage

After the hemolymphatic drainage massage immunity boosts, excess liquids is stimulated, puffiness is reduced, liquid stasis in tissues and muscles is removed. Metabolism and blood stream is increased.

Swedish massage

The aim of this massage is to relax tense muscles, reduce their tiredness and to improve a person's efficiency, to increase oxygen flow into blood and to release toxins in muscles.

Face chiromassage

It is a preventive therapeutic massage of the face, neck and chest areas. It stimulates the main body systems responsible for healthy and good appearance. Relaxes the nervous system and boosts stress. Skin benefits: removes the horny layer, accelerates new cell production and promotes skin elasticity. Vascular and lymphatic system benefits: restores a healthy colour of the skin, decreases swelling and removes accumulated toxins. Muscular system benefits: increases or reduces the muscular tone, as necessary, prevents new wrinkles and reduces the depth of the existing wrinkles.

Body chiromassage

A gentle, yet highly effective technique. Each customer is offered customised massage elements, which efficiently affect the muscles, joints, vascular and nervous systems. It helps reduce tiredness, tension and languidness in the muscles. Stimulates the regenerative processes in the tissues. This type of massage is recommended for persons suffering from cellulite, osteochondrosis and arthritis.

Neurosedative massage

The massage helps eliminate emotional and psychological stress and its consequences. It restores the spiritual balance and internal harmony by addressing the underlying cause of imbalance. The massage technique is based on a structure of continuous lines, homogeneous movements, and a

sustained rhythm. Such delicate, monotonous, slow-changing sensations give a feeling of maximum relaxation and improve the functional status of the person. The massage helps reduce psychoemotional distress and increase body resistance to stresses. It strengthens the immune system, effectively eliminates fatigue, and predisposes to fully-functional mental and physical activity.

ESPA THERAPEUTIC MASSAGES

A unique personal consultation giving a personalised introduction to aromatic blends is followed by a whole body massage using aromatherapy ESPA Body Oil of your choice to help detox, de-stress, relax the muscles, strengthen your immune system, invigorate, tone or nourish your skin.

Salt & oil scrub

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. During the consultation, you can choose from a selection of scrubs: ESPA Relaxing Salt Scrub, ESPA Detoxifying Salt Scrub or ESPA Invigorating Salt Scrub.

Exfoliating body polish

Skin brushing and full body exfoliation with ESPA Exfoliating Body Polish nourish your skin and leave it soft, supple and refreshed, while the exclusive aromatherapy blend brings relaxation and lifts your spirits.

Face & head massage

Effective facial skin cells regenerating treatment. Three techniques (muscle stimulating, acupressure and lymphodrainage) are used to promote metabolism while performing this facial massage. Besides, the treatment involves tension reducing head massage with pink clay and scalp nourishing mask.

Aromatherapy head, neck & shoulder massage

A customised selection of essential oils works through olfactory centres and the skin to help achieve the desired result of the treatment and bring deep body relaxation.

Aromatherapy massage

Essential oils, personally chosen for you, working through the respiratory system and skin help to achieve a desirable result of the treatment.

Hot stone aromatherapy massage

As a complement to traditional full body massage techniques, hot volcanic basalt stones help deep muscle tension melt away when their warmth penetrates deeply into your body to relieve stress and pain and restore emotional and mental balance.

Hot stone deep muscle massage

A therapeutic full body massage using aromatherapy oils and hot volcanic stones to relieve deep muscle tension through rhythmical massage movements. The heat deeply penetrates into your muscles to help stimulate the blood circulation, relieve pains, and leave your body feeling light and relaxed.

Balinese massage

This massage uses long, warming strokes to encourage complete calm and wellbeing. Gently heated aromatherapy oils are poured onto the

centre of the body and massaged into the skin using stretching and sweeping movements for deep relaxation. Hot volcanic stones are used to tailor the massage pressure to your needs and release tension. This soothing and indulgent massage leaves your mind, body and spirit soothed and relaxed. Includes: Balinese massage to back, legs, arms, abdomen, neck/shoulder massage.

BODY SHAPING MASSAGES

Anti-cellulite massage

It helps to treat cellulite. The amount of accumulated toxins and water is reduced in the sebaceous layer. The treatment helps the body to recover its resilience, to stay slim and healthy, the amount of accumulated fat is reduced, skin becomes more resilient, supple.

Body firming massage

Biologically active substances are released in treated tissues. As a result, skin renewal processes are improved and dead cells are removed. Besides, the activity of sweat and sebaceous glands is stimulated, skin and hypodermic layer elasticity, resilience and metabolism are improved; muscle tone, efficiency, stamina, joint mobility and ligament elasticity boost; lymphatic circulation is stimulated; wellbeing and mood are improved.

Slimming massage for legs & hips

70 % of the total treatment time is dedicated to special movements targeted at the subcutaneous fatty tissue. The massage includes two stages: the first stage is dedicated to soften the subcutaneous fat, while the second stage is intended to remove excessive water from the body. Strong massage movements reach the deep muscle layers. This massage stimulates the dissimilation processes in the body and removes excess liquids leading to reduced swelling, relieved stasis of fluids in tissues and muscles, and improved oxygenation of the tissues.

HAMMAM MASSAGES

To enhance your SPA experience and achieve best results, we highly recommend visiting our Hammam prior to your treatment.

Kese peeling

Massage and steam room. A treatment technique from the Far East that helps to remove dead cells of skin epidermis. Indulge yourself in a relaxing steam room experience before the treatment. Kesebody peeling is performed on a marble plinth (Hammam). The treatment is based on various massage movements followed by oil application. The peeling leaves your skin velvety soft and clean. Keseis a Hammam exfoliating mitt.

Soapy massage & steam room

Your whole body will be covered with lather of soap and massaged. The treatment leaves the skin glowing and velvety soft. Arabic soapy massage is a unique, efficient and delightful experience in the cloud of weightless foam. Strong, yet not painful massage is followed by a warm embracing wrap „new skin“.

Japanese massage „Shiatsu“

The massage boosts blood circulation, metabolism and overall sense of wellbeing and mood; regulates endocrine activity; soothes pains, muscle tone, nervous tension and fatigue; increases efficiency.

Thai foot massage

This massage balances the elements of the mind and body and stimulates the activity of internal organs. Unlike the body massage, where the masseur works with the fingers, palms, elbows, knees, and feet, the foot massage incorporates the use of hands, fingers, and a special wooden stick with a special massage oil or cream. Thai foot massage improves your blood and lymphatic circulation, encourages healing (headaches, migraine, stress, asthma, liver problems, etc.), produces psychological effects, helps improve relationship with people and family in particular, and efficiently prevents a number of illnesses and diseases.

Japanese imperial face massage „Kobido“

Neck, face and head muscles are massaged during the treatment. It enriches the flow of vital energy, skin cells are better supplied with oxygen, the skin recovers and is rejuvenated. It is effective to slow the process of aging.

Face therapy „Kobido“

During this treatment the muscles of the neck, face and scalp are massaged. A firming mask has a youthful and nourishing effect on the skin. It reduces wrinkles and shapes the face contour. While the facial mask provides a beneficial effect on your skin, enjoy a relaxing hands' massage.

AYURVEDIC MESSAGES

Ayurveda teaches that we can preserve our health by simple measures: healthy lifestyle, healthy eating, yoga, and massages. Ayurvedic massage represents an important part of ayurvedic medicine. It is designed to restore the natural balance of energy in the body and to remove toxins and slag. Ayurvedic massage works on Marmas (vital points), which are responsible for various bodily organs and systems, using natural oils that have a positive effect on the skin. It balances biological energies known as doshas: Vata (space and air), Pitta (fire and water), Kapha (water and earth). In Ayurveda, it is known that perfect health exists when the three fundamental energies are in balance. Our Ayurvedic rituals start with a soothing milk bath for feet to help you unwind and relax.

Ayurvedic traditional massage

The massage helps to relax, improves blood circulation, gives a sense of serenity, eliminates toxins from tense muscles, reduces insomnia, anxiety and stress, improves memory, refreshes, and lifts your inner energy.

Ayurvedic massage „Kerala“

A traditional Indian deep muscle massage acts favourably on your body and spirit, calms the mind, improves elasticity of muscle fibres and flexibility of joints, eliminates negative energy, increases oxygenation, relaxes the nervous system, and restores peace of mind.

Ayurvedic massage „Abjanga“

This massage cleans the body from spots and toxins, restores tissue cells, reduces headaches, joint and back pains, harmonises the activity of body systems, eliminates fatigue, anxiety, depression, melancholy, and returns physical and spiritual powers. It is also called the massage of youth, beauty and longevity.

Ayurvedic massage „Vata / Pitta / Kapha“

The massage varies depending on your dominant dosha to achieve an optimal physical, mental and spiritual health. It transports you to a state of profound inner harmony and better health.

Ayurvedic relaxing massage

The massage promotes deep relaxation and relieves tension and stress. Ideal to relax after a difficult day, to banish unwanted memories and escape from the daily routine. An effective massage to help relax body muscles, calm down, reduce stress and irritation, optimize the wellbeing and vitality, and get an energy boost.



BODY TREATMENTS

ESPA TREATMENTS

We offer a range of ESPA body treatments designed and tailored for you to experience the best physical and emotional therapeutic benefits depending on your needs.

Detox ritual

This treatment combines a foot ritual, skin brushing, a detox wrap, a relaxing scalp massage, and a full body aromatherapy massage. Application of a perfect blend of Marine Algae and ESPA Detoxifying Body Oil rich in minerals and vitamins works to help stimulate blood circulation and eliminate toxins and fluid retention. A perfect treatment to bring deep relaxation, to fight tiredness, and to leave your body feeling light and refreshed.

SPA face & body treatment

The most popular holistic ESPA treatment combining a foot ritual and a relaxing back massage using the most appropriate massage techniques along with the ESPA Body Oil; a facial according to your skin type, a relaxing scalp massage and a nourishing mask for the hair and scalp. A perfect treatment to bring deep relaxation, to care for your skin, and to restore emotional and mental balance.

Body wrap

This personalized body wrap is a tailor-made experience designed to help stimulate the blood circulation and eliminate toxins and fluid retention. Following skin brushing, a complete body wrap of Marine Algae combined with ESPA Detoxifying Body Oil is applied. Your skin will feel nourished and hydrated and the mind left totally relaxed after a soothing scalp massage and a nourishing mask for the hair and scalp ESPA Pink Hair & Scalp Mud.

Lift & firm hip & thigh treatment

A highly effective treatment to target cellulite, fluid retention and uneven skin texture. The treatment starts with skin brushing and exfoliation using a blend of sea salt and essential oils to leave your skin smooth, nourished, and prepared for a better absorption of products. The exfoliation is followed by a combined hip, thigh and stomach massage with ESPA Detoxifying Body Oil to boost the circulatory system, remove toxins and fluid retention from problem areas, help diminish cellulite and firm and tone the skin tissues. Finally, richly hydrating ESPA Smooth & Firm Body Butter is applied on your skin to restore its suppleness.

Pre-natal treatment

A deeply nourishing body treatment designed to target areas prone to stress and tension during pregnancy. Gentle back exfoliation uses a blend

of Hydrating Cleansing Milk and Body Smoothing Shower Gel to leave a clarifying, soothing and hydrating sensation. Drift into a state of complete tranquillity, relax, and recover your energy levels with a body massage tailored to your specific needs using a blend of Nourishing Body Oil and Smooth and Firm Body Butter, to regenerate, nourish and refine skin texture, restore the skin's suppleness and firmness and help reduce the appearance of stretch marks. A course of 6 treatments is recommended following the first trimester of pregnancy.



FACIALS

ESPA TREATMENTS

Our facials begin with a thorough consultation, a ritual of introduction to aromatic blends and an in-depth skin analysis using SkinVision™ technology to identify skin conditions, dermal contamination and the depth of wrinkles. Your facial is specifically tailored for you to include cleansing, exfoliation, steam and extraction where necessary, and a treatment of three massage techniques (stimulation, acupuncture, and lymphatic drainage), a mask, a scalp massage and a nourishing mask for the hair and scalp ESPA Pink Hair & Scalp Mud, followed by an intensive serum. Finally, skincare products are chosen according to your individual needs to achieve the best possible results.

Skin radiance facial

This revitalising facial treatment helps refresh tired skin, giving a noticeably brighter and naturally radiant appearance. A special application of ESPA Skin Radiance Moisturiser rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet helps to smooth, reduce irregular pigmentation and brighten the skin to deliver instant results.

Re-hydrator facial

An intensive and regenerating facial for dehydrated skin leaving it supple and nourished. Gentle cleansing and exfoliation help the skin absorb replenishing face treatment oils and masks to deeply moisturise and soothe the complexion. This rehydrating facial leaves your skin smooth and feeling rejuvenated.

De-sensitiser facial

A comforting facial for sensitive skins prone to redness and irritation, leaving skin calmed and nourished. De-sensitising natural plant extracts and calming aromatherapy oils such as Chamomile and Benzoin are used to gently cleanse, nourish and hydrate fragile skin. This soothing facial helps to reduce skin sensitivity leaving skin calmed, nourished and comfortable.

Skin purifying facial

Ideal for oily, congested and problematic skin, or those suffering with hormonal imbalance. This deep cleansing facial helps to regulate oil secretions and refine open pores. Essential Tea Tree and White Thyme oils, which are naturally decongesting and anti-inflammatory, are used to soothe and calm the skin, encouraging a more balanced and clearer complexion.

Facial for men

A highly effective treatment to target men's skin problems provides deep cleansing, smoothing and regulates dermal functions. The ingredients of the instant facial mask Dual-Action Shavemud nourishes the skin and leaves it supple, brighter and perfectly clean.

Age-defyer facial

A luxurious and regenerating facial for maturing skin to help minimize lines and wrinkles around the eyes, neck, lips and jawline to help combat the signs of ageing. This treatment visibly improves the appearance of the skin by using special agedefying massage techniques and a selection of age-defying products to replenish and revitalise the skin, leaving your complexion toned, radiant and rejuvenated.

Lifestage facial

„Don't lie about your age – let your skin do the talking“, Sue Hamsworth, ESPA founder and CEO.

Real beauty is about looking the best for the age you are today... and tomorrow. Lifestage facial is a targeted and rejuvenating facial for maturing skin to address the most visible signs of ageing and to provide visible lasting benefits. This luxurious facial incorporates special age-defying massage techniques and a technologically advanced ESPA Lifestage product range. Each cell holds numerous microspheres infused with a unique blend of 10 active ingredients, which are then released into the epidermis in stages to give lasting benefits of the products. This luxurious facial efficiently minimises fine lines and wrinkles, reduces age spots and pigmentation, boosts moisture, and stimulates skin elasticity. Recommended for those aged 45 and over.

Lift & firm facial

Focused on improving skin elasticity and tone, this efficient treatment works to stimulate fresh cell renewal. This treatment includes a unique facial massage based on four techniques (lymph drainage, acupressure, rejuvenating, and firming) and ESPA Lift & Firm products containing larch extract, which gives a lifting effect, summer snowflake bulbs, which stimulate collagen, and anise extract that acts to minimise fine lines and wrinkles.

Express facial

Your therapist will select the most suitable facial for your skin. Every ESPA personalised facial includes a consultation, SkinVision™ analysis, cleanse, exfoliation, personalised facial mask and finishes with an application of a booster serum to suit your skin.

Lift & firm eye treatment

Perfect for those who are concerned with the first signs of ageing around the eyes. An effective firming and hydrating treatment, helping to reduce the appearance of fine lines and relieve tension from eye-strain and computer headaches. Incorporating a cleanse, exfoliation, massage and application of our Lift & Firm Intensive Eye Serum.

NIMUE FACIALS

Professional Nimue treatments help improve cell proliferation and stimulate fibroblast production. They target environmentally damaged skin, hyper-pigmented skin, problematic skin and interactive skin. Potent, yet gentle and safe medi-spa treatments refine the skin texture, reduce pore size and improve elasticity, leaving the skin radiant and full of vitality. Already in the first phase, stimulation of the physiological function of the skin and cell proliferation produces an outstanding aesthetic effect and regeneration of the health of the skin. Nimue 3 Phase Skin Health Programme is designed to restore epidermis and derma. It is indicated for various Nimue skin classifications and effectively treats different targeted skin conditions.

Reinforced rejuvenation facial

Skin texture is improved, pores are reduced, protective skin function is intensified, production of ceramides and natural moisturizing factors is promoted. The skin becomes smooth, resilient, lifted, fine lines are reduced.

Active rejuvenating facial

It is active, gentle and safe skin rejuvenating treatment. Clearly visible results, reduced pores, improved skin texture and elasticity. The skin becomes radiant and viable. It is for environmentally affected, hyper pigmented and problematic skin.

Deeply cleansing facial

Comedones are removed, inflammation is reduced, skin barrier functions are restored during the treatment. Perfect results are achieved because of active substances in the complex which affect all problematic skin reasons. It is for problematic, oily and clogged skin.

Rejuvenating facial with glycolic acid

It activates cell functions and increases their resistance to environmental factors, improves skin barrier functions, encourages the collagen production and elastin fiber regeneration, reduces the appearance of time – related wrinkles. The skin becomes radiant, resilient and it glows.

Rejuvenating facial with trichloroacetic acid

The treatment promotes the renewal of cells and skin structures. Dead skin cells are removed from the surface of skin, skin rejuvenating and revival processes are promoted. The skin becomes radiant, luminous, bright and smooth. Besides, the skin gets a lifting effect.

Brightening, wrinkles reducing facial

Active substances brighten pigmentation, effectively scrub, improve skin texture, intensify protective skin functions, soothe the skin, moisturize and enhance skin texture during the treatment.

Deeply cleansing facial for oily & acne skin

Active substances help to remove the surface layer of dead cells, open clogged pores, has antibacterial and anti – inflammatory effect, soothes the skin, moisturizes, enhances the skin texture and makes it smooth

Facial for sensitive skin with enzyme scrub

Skin texture is improved, it is soothed, protective skin functions are restored, production of ceramides and natural moisturizing factors is stimulated after the treatment. Skin is moisturized, redness is reduced, skin texture is enhanced, skin becomes smooth after the treatment.

HYDRO PEPTIDE® FACIALS

Hydro Peptide® daily care and professional products contain over 60 peptides, antioxidant rich botanical stem cells, growth factors and hyaluronic acid. Hydro Peptide® collections offer targeted customizable results-driven regimens for all skin types for superior anti-ageing results.

Anti-wrinkle facial

Peptides, growth factors and proteins lift skin and rejuvenate it. The skin becomes fresh and radiant. Anti-wrinkle peptides ensure resilience and young look.

Resurfacing facial

This treatment provides professional skin exfoliation with clear revival result without any „recovery“ period. The treatment prevents skin from external environmental factors, rejuvenates and refreshes.

Facial for acne skin

The treatment effectively exfoliates and revitalizes tired skin. A combination of acid and peptides synergistically cleans impurities, natural scrub promotes cell renewal process, restores sun-damaged skin. The skin becomes refreshed and revived.

HYDROTHERAPY & SAUNA

ESPA detoxifying bath

Perfectly cleanses the body. ESPA bath oil stimulates the immune system, reduces fluid retention, promotes toxin removal, and activates all systems of the body.

ESPA muscle relaxing bath

Warms and relax tense or sore muscles. ESPA bath oil exerts a calmative effect, relieves pains and muscle spasms. A warm and relaxing bath saturated with active ingredients helps recover after a busy day and promote the health of your body.

Gold bath

Active bath components activate free radicals, help the body to regain lost mineral substances, moisturize and refresh the skin, making it glossy and radiant. Relaxes, soothes, improves sleep quality.

Steam room

The sauna steam perfectly relaxes the body, helps to regain muscle strength, increases stamina. Besides, it eases breathing, stimulates the activity of oil-glands, improves blood circulation, so the skin becomes supple and resilient.



MANICURE & PEDICURE

ESPA manicure

Beautiful well-groomed hands say a lot about you. This hand treatment will give you a fast and lasting result to reflect your drive for beauty. The treatment includes a careful manicure, exfoliation of your hand skin, a massage with ESPA Nourishing Body Oil enriched with calendula, sweet almond extracts and Vitamin E, followed by ESPA Pink Hair & Scalp Mudmask with red clay and apricot kernel oil to leave your skin deeply nourished, soothed and velvety.

ESPA pedicure

A treatment tailored to pamper the rough cracked skin of the feet. The treatment includes a careful pedicure, exfoliation of your feet with a scrub according to your needs (Invigorating Salt & Oil Scrub, Detoxifying Salt & Oil Scrub or Relaxing Salt & Oil Scrub), a foot massage with ESPA Nourishing Body Oil enriched with calendula, sweet almond extracts and Vitamin E, and a deep nourishing mask. Professional ESPA products will leave your feet velvet soft and supple.

Manicure

It is a cosmetic beauty treatment for fingernails and hands. It includes fingernail shaping, cuticle work, hand skin and fingernail conditioning.

Pedicure

It is a cosmetic beauty treatment for feet and toenails. After your feet are soaked in warm water saturated with sea salt, dead skin cells on the bottom of the feet are removed using special razors and files, cuticles are clipped and toenails shaped.

Japanese manicure

Japanese manicure is a treatment that allows the most weakened and damaged nails to be restored completely. After several sessions the nails become firm, elastic, and smooth and acquire a healthy pink shade and a natural shine. During this treatment, a special paste rich with minerals and trace elements is rubbed into the nails. Then powder containing silica, beeswax and lanolin is applied on the paste. This powder seals the nourishing paste from external effects. Rice spatula and calf skin are used to buff the nails. As a final step you will enjoy a massage with heated Himalayan salt bags.

Shellac nails

Shellac nail polish is a new hybrid or super polish that when applied correctly lasts for at least 14. Enjoy beautiful, well-groomed and shiny fingernails coupled with conditioned hands, energy surge and good mood.