



BODY & SOUL

---

Spa Lounge

SPA menu



# Body & Soul Spa Lounge

## Massages

### Classic full body

A full body massage with moderate pressure, designed to relax the muscles and relieve built-up tension and fatigue

50 min. / 117 lv. / 59.82 €

### Partial / Targeted massage

Back massage or targeted massage on an area of your choice, using moderate pressure to relax the muscles

25 min. / 70 lv. / 35.79 €

### Recovery full body massage

A full body massage tailored to your individual needs, with extra attention to areas of tension or discomfort

60 min. / 137 lv. / 70.05 €

### Hot Stone massage

This treatment features the gentle use of warm —not hot—basalt stones to enhance calmness, comfort, and deep relaxation

60 min. / 155 lv. / 79.25 €

### Deep tissue massage

A full body massage using firmer pressure and diverse massage techniques designed to deeply relax the muscles

50 min. / 137 lv. / 70.05 €

### Sports massage

Full body massage with intensive techniques and/or exercises included

50 min. / 127 lv. / 64.93 €

### Honey back massage

Warm, natural honey is applied to the back using specific palm techniques that create a gentle "cupping" effect. The movements follow the direction of the lymph nodes, stimulating detoxification and enhancing the body's metabolic processes

30 min. / 87 lv. / 44.48 €

### Back, Neck and Head massage

A relaxing massage focused on the back, scalp, and neck area designed to relieve muscle tension and improve blood circulation

30 min. / 97 lv. / 49.6 €

### Anti-Cellulite massage

A massage using gentle stroking, kneading, and rhythmic techniques designed to stimulate and break up accumulated tension and deposits.

30 min. / 97 lv. / 49.6 €

# Body & Soul Spa Lounge

## Massages

### Head massage

A medium-pressure massage designed to relax the muscles and improve blood circulation

20 min. / 57 lv. / 29.14 €

### Foot reflexology

A holistic healing method applying precise physical pressure to specific reflex points on the feet, stimulating the body's natural balance and overall wellness

30 min. / 67 lv. / 34.26 €

### Prenatal massage

A gentle, relaxing massage designed to ease back tension and reduce the feeling of heaviness in the limbs during pregnancy

30 min. / 97 lv. / 49.60 €

### Children's massage (up to 12 years)

A gentle massage focusing on the back and legs to tone and relax growing muscles. Performed in the presence of a parent

30 min. / 75 lv. / 38.35 €

### Soothing Hands Therapy

A gentle lymphatic drainage massage focused on the arms to relieve tension, reduce swelling, and restore lightness

30 min. / 67 lv. / 34.26 €

### Soothing Legs Therapy

A lymphatic drainage massage focused on the legs to relieve tension, reduce swelling, and restore lightness

30 min. / 67 lv. / 34.26 €

## Special Treatments in the Turkish Hammam

### Oriental Peeling & Foam Massage

30 min. / 117 lv. / 59.82 €

### Hürrem – Ladies' Hammam

Includes 30 minutes of traditional hammam experience followed by a short rest and a 60-minute relaxing massage in a private treatment room

90 min. / 205 lv. / 104.81 €

### Sultan – Gentlemen's Hammam

Includes 30 minutes in the hammam, followed by a short rest and a 60-minute relaxing massage in a private treatment room

90 min. / 205 lv. / 104.81 €

# Body & Soul Spa Lounge

## *Premium Rituals*

### **Body & Soul Ritual**

**60 min. / 177 lv. / 90.05 €**

Anti-stress personalized body and face massage with nourishing argan oil, combined with essential oils – lavender, cedarwood, rosemary, ylang-ylang, wild orange, patchouli – carefully selected by the client in consultation with the therapist

### **Rhodope Ritual**

**60 min. / 167 lv. / 85.39 €**

A themed relaxing full-body massage using natural Rhodope herbal oil

### **Luxury Skin Renewal Ritual**

**90 min. / 187 lv. / 95.61 €**

Natural sugar and seed exfoliation followed by a nourishing massage with pure jojoba oil – for radiant, renewed skin

### **Natural Massage Candle Ritual**

**60 min. / 157 lv. / 80.27 €**

Gentle warming aromatherapy massage

### **Asian Ritual**

**60 min. / 167 lv. / 85.39 €**

Relaxing and deeply hydrating massage with pure Monoi oil, scented with exotic frangipani – a true sensory escape

### **Combined Ritual**

**90 min. / 205 lv. / 104.81 €**

A specialized treatment featuring shea butter massage oil. The ritual begins with foot reflexology, followed by lymphatic drainage, continues with a therapeutic back massage, and finishes with a relaxing head massage

### **Horizontal Shower**

**30 min. / 30 lv. / 15.34 €**

An innovative and unique massage system featuring six evenly spaced showers, designed to be used while lying down

### **Therapeutic Ritual**

**90 min. / 197 lv. / 100.72 €**

A personalized massage using bamboo and/or Gua Sha techniques – a combined method to release pain, stiffness, adhesions, and blockages. Designed to restore mobility, alleviate tension, and promote deep healing

### **Rassoul Treatment**

**30 min. / 97 lv. / 49.60 €**

A personalized steam bath combined with the application of a clay body mask. This treatment deeply cleanses and detoxifies the skin, leaving it smoother, softer, and deeply hydrated

### **VIP Jacuzzi for Two**

**60 min. / 167 lv. / 85.39 €**

A blissful experience for body and senses, enhanced with candles fresh fruit, and champagne. Perfect for a romantic and indulgent escape

**120 min. / 225 lv. / 115.04 €**

# Body & Soul Spa Lounge

## Facial Treatments

### Facial, Neck, and Décolleté Massage

45 min. / 67 lv. / 34.26 €

This treatment drains toxins, stimulates circulation and muscle tone, and oxygenates the skin. Includes cleansing, exfoliation, massage, mask, and finishing cream for a refreshed and radiant complexion

### Facial Cleansing

60 min. / 127 lv. / 64.93 €

Includes cleansing, exfoliation, preparation for extraction, manual extraction, mask, and finishing cream

### Microdermabrasion

30 min. / 67 lv. / 34.26 €

Includes cleansing, exfoliation, machine-assisted microdermabrasion, serum application, and finishing cream

### Lift Expert Therapy

60 min. / 187 lv. / 95.61 €

A high-performance anti-aging treatment using advanced technology. Includes cleansing, exfoliation, machine stimulation with a lifting anti-age serum, followed by a mask and finishing cream

### Intensive Hydration Facial

60 min. / 167 lv. / 85.39 €

This deeply moisturizing treatment includes cleansing, exfoliation, and the application of a hydrating serum using ultrasound technology, followed by a hydrating mask and finishing cream

## Body Waxing

### Women

Upper Lip	17 lv. / 8.69 €
Eyebrows	17 lv. / 8.69 €
Underarms	17 lv. / 8.69 €
Arms	40 lv. / 20.45 €
Full legs	67 lv. / 34.26 €
Half legs	35 lv. / 17.90 €
Bikini	47 lv. / 24.03 €

### Men

Back	55 lv. / 28.12 €
Arms	47 lv. / 24.03 €
Underarms	22 lv. / 11.25 €
Full legs	67 lv. / 34.26 €
Half legs	45 lv. / 23.01 €



0884587737



spaperelik@pamporovo.me





☎ 0884587737 ✉ [spaperelik@pamporovo.me](mailto:spaperelik@pamporovo.me)