

LE SPA

IF YOU

BELIEVE that you deserve the best...

DESIRE first-class service
and impeccable professionalism...

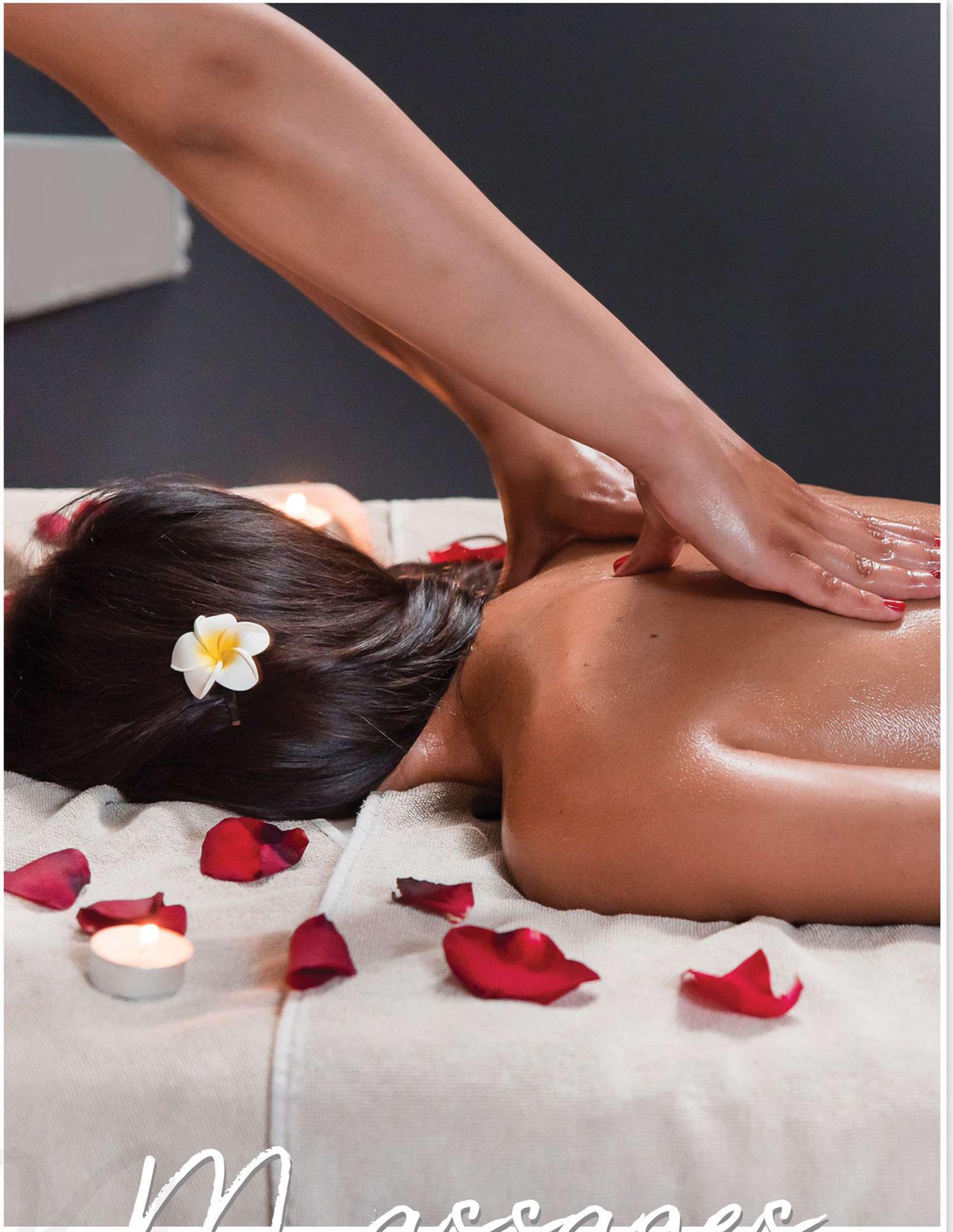
WANT to be charmed by a wide variety of
classical, exotic and signature massages,
spa therapies and rituals...

PREFER luxurious ambiance which combines
stylish design, high functionality and
comfort...

SEEK an atmosphere which will make you
forget today's hectic pace of life and
will make your break unforgettable,

THEN WE WELCOME YOU TO ARTE SPA

ARTE SPA



Massages

⌚ 50MIN	CLASSICAL MASSAGE
	💰 56 EUR / 109.65 BGN
Relaxes and tones the body, improves the circulation, stimulates the immune system.	
<i>Duration: 25 MIN / 36 EUR / 70.49 BGN</i>	

⌚ 50MIN	HEALING MASSAGE
	💰 66 EUR / 129.23 BGN
The accent is on problematic zones; it successfully deals with feeling discomfort and stiffness.	
<i>Duration: 25 MIN / 41 EUR / 80.28 BGN</i>	



⌚ 50MIN	ANTI-STRESS MASSAGE WITH A SCENTED CANDLE
	💰 61 EUR / 119.44 BGN
Anti-stress massage with a scented candle with the penetrating aroma of Bulgarian herbs to fortify the immune system and to promote good mood. The candle has hydrating and nourishing effect on the skin.	
#bulgarianherbs #scentedcandle	



⌚ 55MIN	ARTE AROMA MASSAGE
	💰 66 EUR / 129.23 BGN
A relaxing massage with essential aroma oils for the whole body.	
#relaxingmassage #aromamassage #aromaoils	

⌚ 50MIN

LYMPHATIC DRAINAGE MASSAGE

💰 66 EUR / 129.23 BGN

It stimulates the lymph flow and improves the blood circulation.

Duration: 30 MIN / 46 EUR / 90.07 BGN

⌚ 55MIN

MAGNESIUM OIL MASSAGE

💰 72 EUR / 140.98 BGN

A combination of healing massage with the beneficial effect of magnesium.



⌚ 45MIN

PRENATAL MASSAGE

💰 56 EUR / 109.65 BGN

A gentle massage for future moms, suited to the specific changes in the female body during the most radiant period of a woman's life.

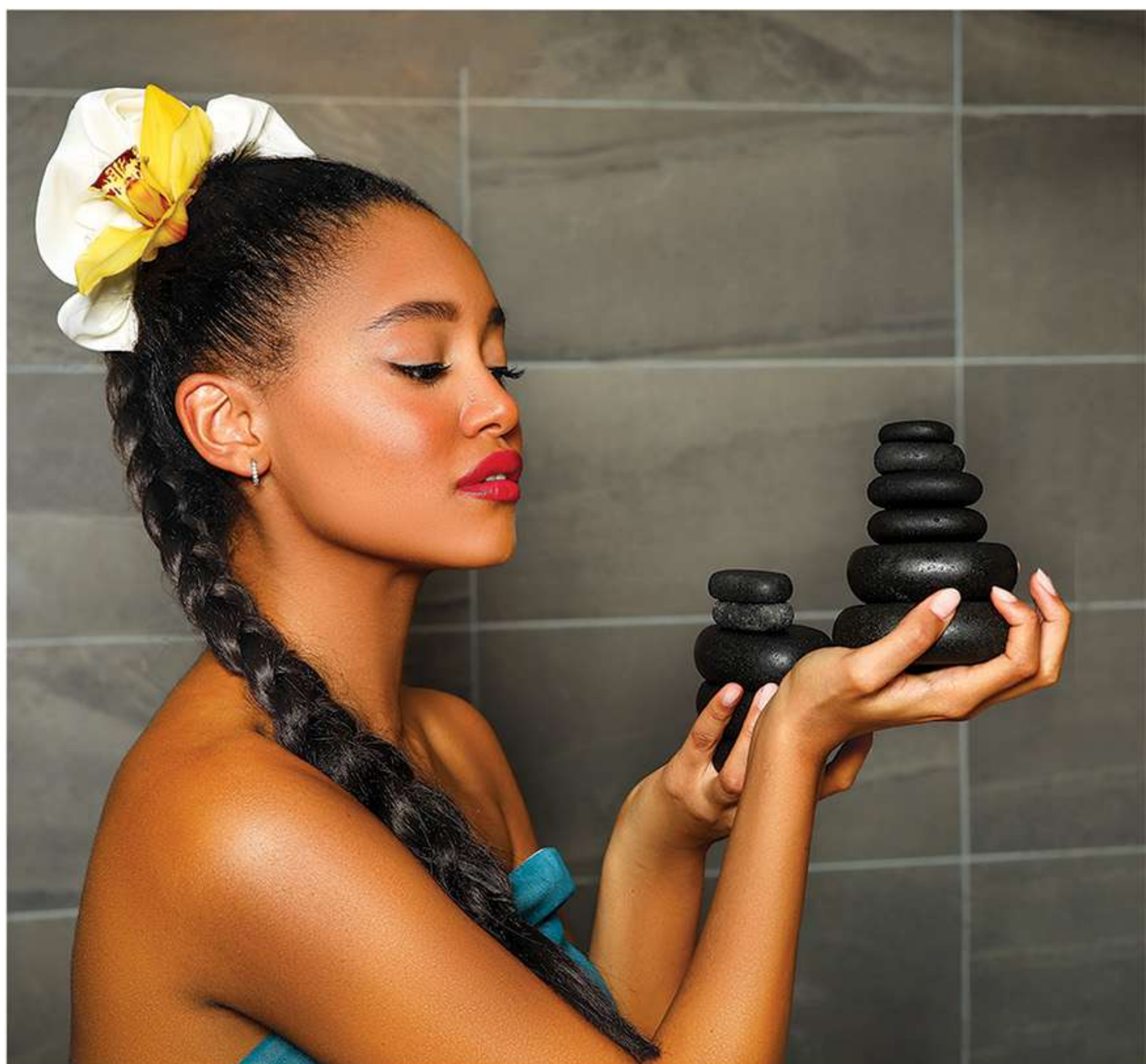
#lymphaticdrainage #gentlemassage

⌚ 50MIN

HOT STONE THERAPY

💰 66 EUR / 129.23 BGN

The goal is to achieve a balance between the energy of the human body and the energy of nature.



⌚ 50MIN	SHIATSU MASSAGE
	💎 77 EUR / 150.77 BGN
It is based on an ancient Japanese technique and is beneficial for the central and peripheral nerve system.	

⌚ 50MIN	DEEP TISSUE MASSAGE
	💎 82 EUR / 160.56 BGN
An Asian sports massage.	

⌚ 40MIN	REFLEXO-THERAPY
	💎 61 EUR / 119.49 BGN
A pressure point massage which impacts on the reflex zones of the feet and the palms.	



⌚ 30MIN	CHILDREN'S MASSAGE CHOCO DREAMS
	💎 36 EUR / 70.49 BGN
With chocolate and foam in a Turkish bath: <i>Duration: 30 MIN / 41 EUR / 80.28 BGN</i>	

⌚ 55MIN	THAI MASSAGE
	💎 87 EUR / 170.35 BGN
A combination between pressure point massage and manual therapy. It is done without massage oil. Our guests wear special pyjamas.	
#pointmassage #manualtherapy	





Hamam

⌚ 30 MIN

EXOTIC PEELING

💰 41 EUR / 80.28 BGN

We exfoliate your whole body with an aroma of your choice. You can choose from the following kinds of scrub: coffee, green tea, melon, grapes, pomegranate, sea salts.



⌚ 55 MIN

ARTE SPECIAL PEELING

💰 77 EUR / 150.77 BGN

After our guest has been in the Turkish bath, we refresh and clean their skin from the dead cells with kese. The procedure continues with a 20 minutes relaxing foam massage and hair washing with gentle massage strokes. Nourishing lotion is applied to the body.

**#peelingkese #hairwashing
#foammassage**

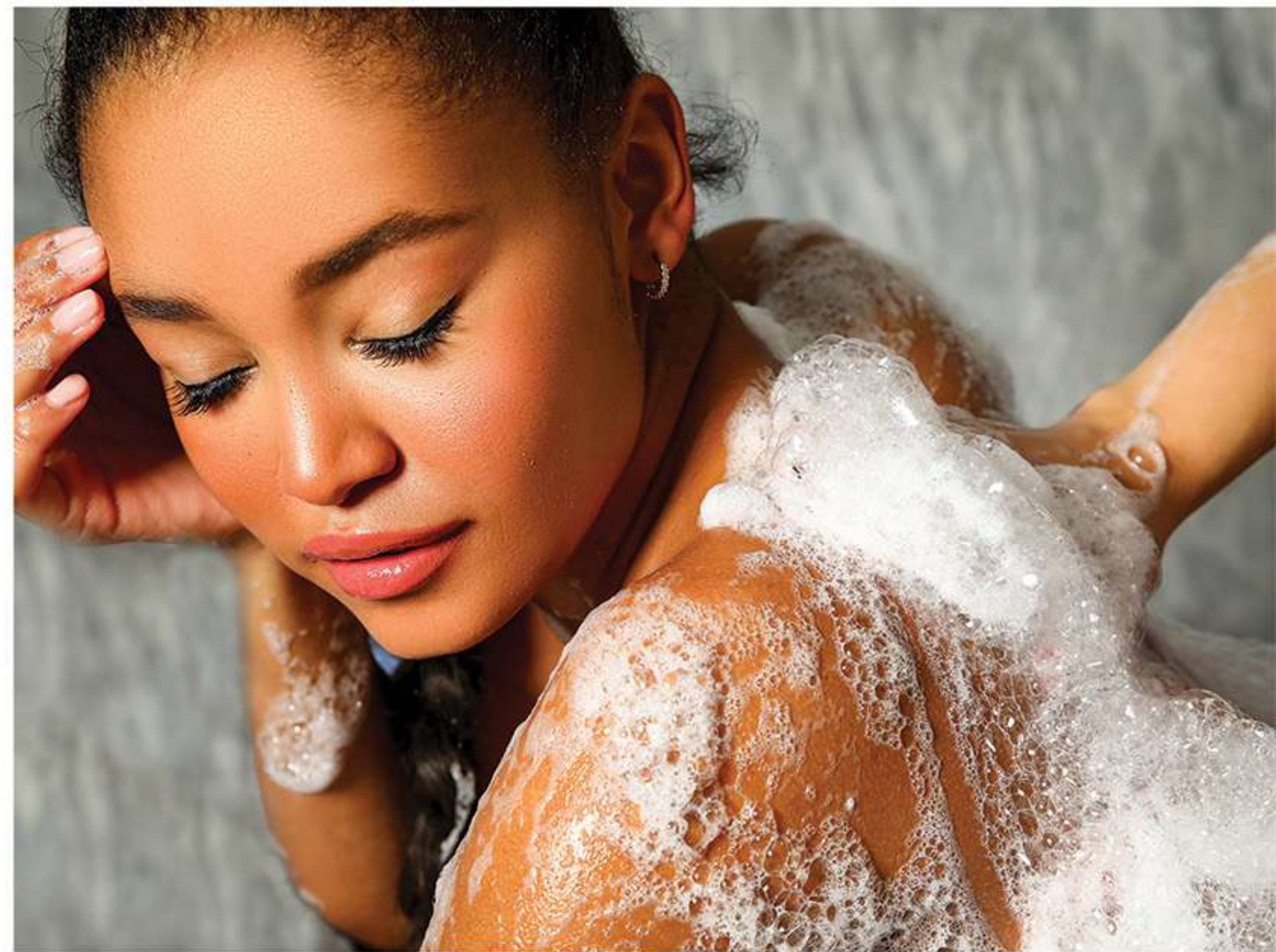
⌚ 85MIN

ARTE ROYAL

💰 87 EUR / 170.35 BGN

Deep skin cleansing therapy and energy balance repair. We start with an Oriental kessepeeling and a mud pack to rejuvenate and nourish the skin, followed by an Arte aroma massage.

#peeling #mudpack #aromamassage



⌚ 85MIN

ORIENTAL ADVENTURE

💰 97 EUR / 189.93 BGN

Deep cleansing of the whole body with a silk mitt (kese) in the Turkish bath, followed by a healing and restorative massage to invigorate the body and mind. We round it off with a head massage, promoting a feeling of revitalization.



WHAT IS A HAMMAM?

What is a hammam? – A hammam is a traditional steam bath, a symbol of the Eastern culture, the main philosophy being physical and spiritual cleansing. The hammam is a unique ritual of relaxation and detoxification of the body. This therapeutic thermal procedure increases the protective powers of the body and slows down the aging process.

#hammam



Spa Rituals

🕒 75MIN

RAHIMA – THE SCENT OF AFRICA

💎 87 EUR / 170.35 BGN

A nourishing, calming and hydrating ritual. Your skin will be transformed with a gentle peeling cleanser and an exfoliating mitt, followed by a massage with oil, enriched with valuable plant products – Moroccoargan; Marula oil, red tulip and blue lotus extract – to achieve the desired effect. The finishing touch is the application of Rahima body butter cream.

**#peeling #hydratingritual
#buttercream**

🕒 80MIN

PRETTY WOMEN

💎 92 EUR / 180.14 BGN

Give your body the gift of this cocoa, coffee and coconut ritual. The triple combination renders the skin even more glowing and silky smooth. The body is cleansed with coffee and coconut peeling in the Turkish bath; followed by a nourishing mask with cocoa and coffee. We finish it off with a relaxing oil massage.

#pointmassage #manualtherapy



🕒 75MIN

LUXURY THERAPY FOR MEN

💰 97 EUR / 183.93 BGN

A completely personalised ritual for the modern man, which is a combination of a sports massage, foot reflexology and head massage. Get ready to pamper your body and soul.

**#pointmassage #manualtherapy
#massageforhim**



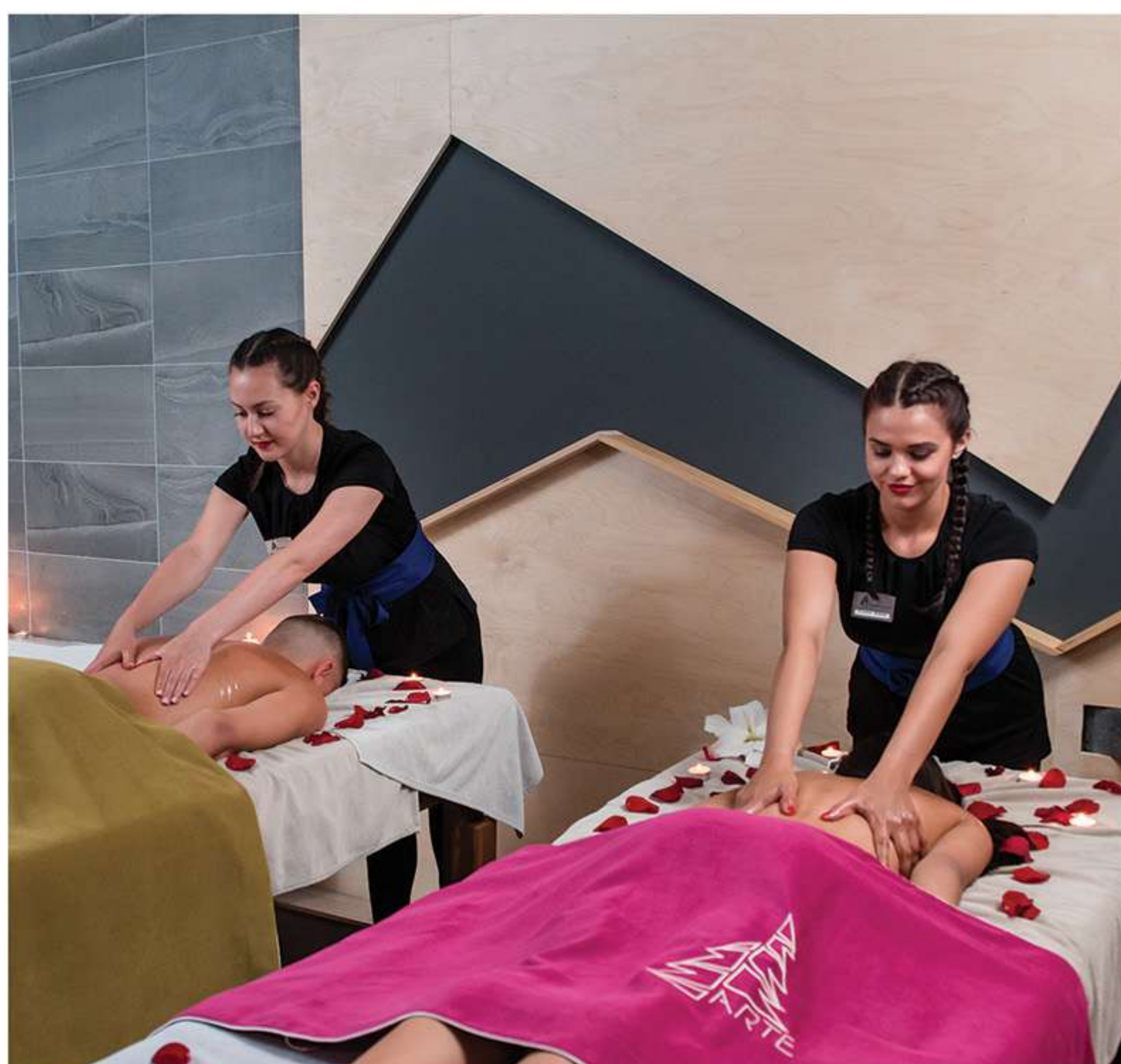
🕒 110MIN

BEAUTIFUL AND BALANCED

💰 107 EUR / 209.51 BGN

Amber is a unique beauty and youth elixir. The rich content of succinic acid makes it a powerful antioxidant and fortifies the immune system. The procedure includes a fine amber particle peeling; body pack, acupressure of the feet and head; an overall massage with amber and argan oil; followed by gentle application of golden cream.

**#peeling #bodypack #pointmassage
#headmassage #overallmassage**



🕒 150MIN

HARMONY FOR TWO

💰 225 EUR / 440.56 BGN

A romantic ritual for a couple which will take your love to a higher level. It includes: a romantic bath for two with salts and fresh leaves; an exotic body peeling; a face pack and a body pack; an acupressure massage of the face and the head; a relaxing massage with aromatherapy oils and foot reflexology. This ritual is pure luxury for the senses and magic comfort for the body.

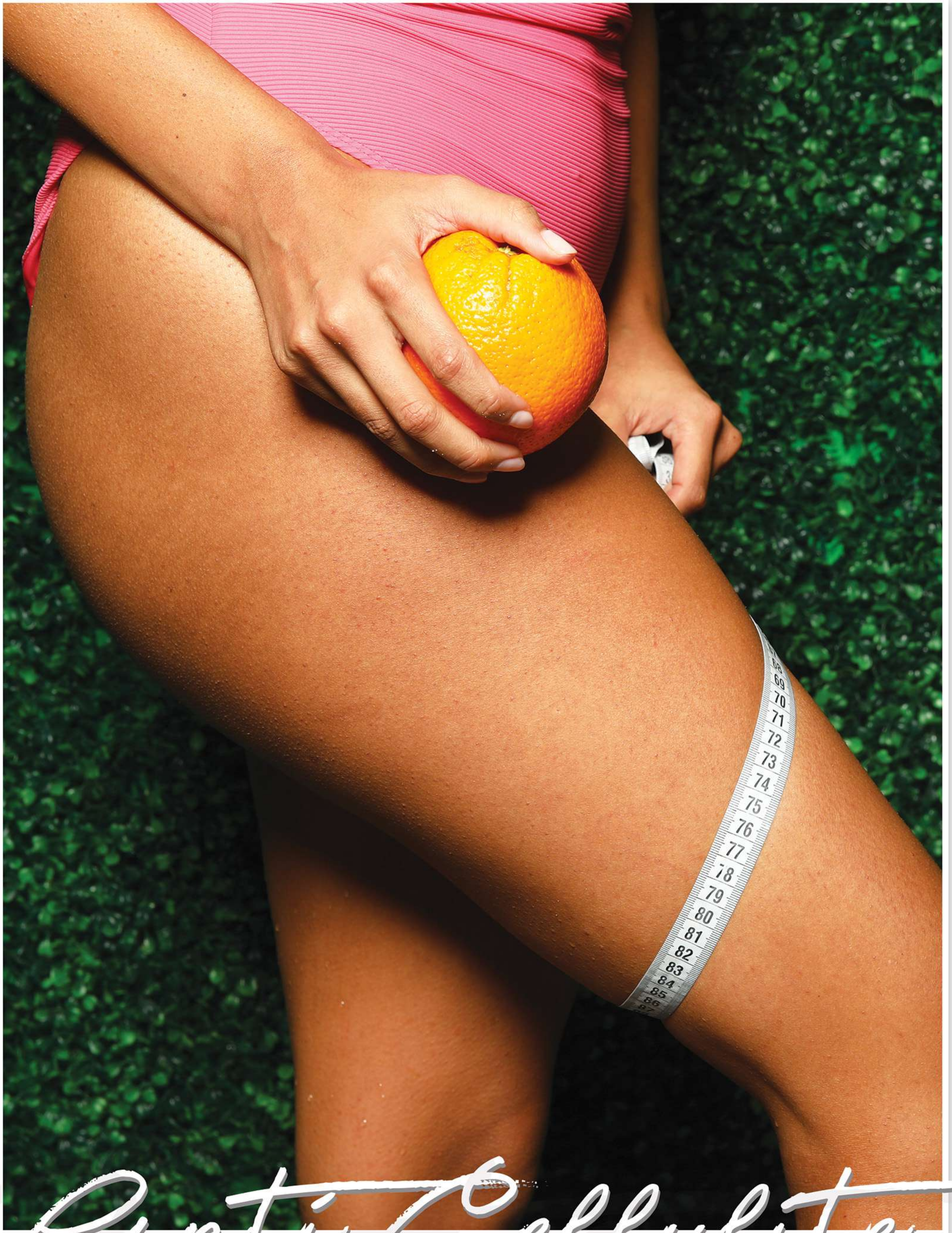
**#peeling #relaxingmassage
#harmonyfortwo #bodypack**

WHAT IS RASUL?

"Rasul" – the so-called Egyptian bliss is a steam bath with low humidity. The healing effect of the mud is felt when it is spread on the skin in the atmosphere of a healthy warm bath. In the process of drying up of the mud the body intensively releases toxins. The bath gradually fills up with steam, the mud moistures and at the end of the process it washes out. The effect of this procedure is ecologically healthy – its strengthens and revitalizes the body.

#rasul

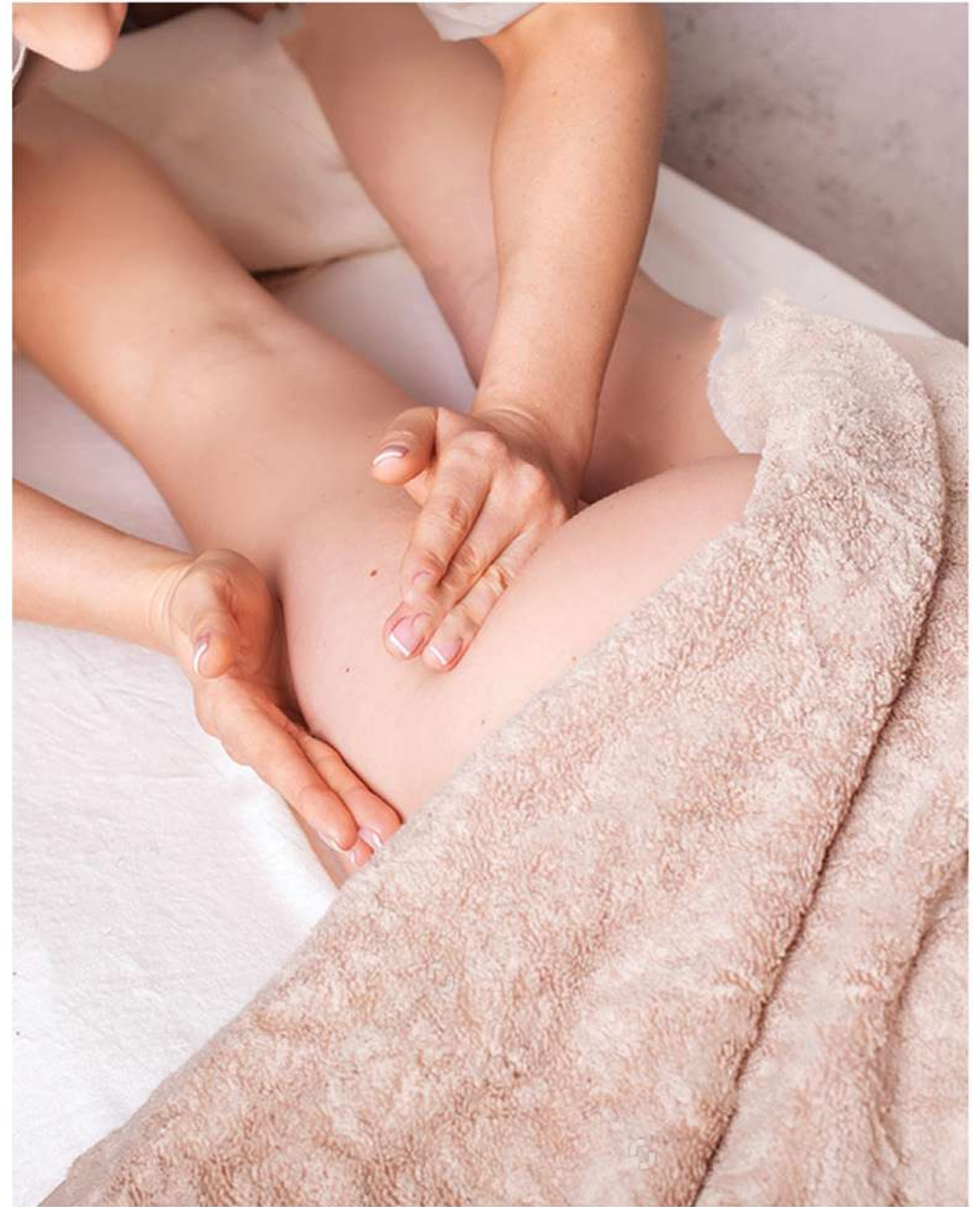




Anti Cellulite

ce

⌚ 40MIN	ANTI-CELLULITE MASSAGE
	💰 61 EUR / 119.44 BGN
<p>It helps the body get rid of the excess fluids and toxins and it regulates fat deposits, too. It restores the normal circulation of the blood and lymph.</p>	
<p>#anticellulitemassage #Lcarnitine #caffeine</p>	



⌚ 55MIN	ULTIMATE SLIM THERAPY
	💰 72 EUR / 140.98 BGN
<p>Enjoy the feeling of tight, toned and hydrated skin. The therapy includes anti-cellulite massage and seaweed body pack to fight the cellulite.</p>	



⌚ 80MIN	LIFTING BODY THERAPY
	💰 92 EUR / 180.14 BGN
<p>A combination between stimulating coffee peeling, a modelling anti-cellulite massage and a slimming effect body pack. The ingredients of caffeine, ivy, red seaweed extract; chilli seed oil; L-Carnitine and Aescin render your skin tight and silky smooth.</p>	



**BIOLOGIQUE
RECHERCHE**

PARIS

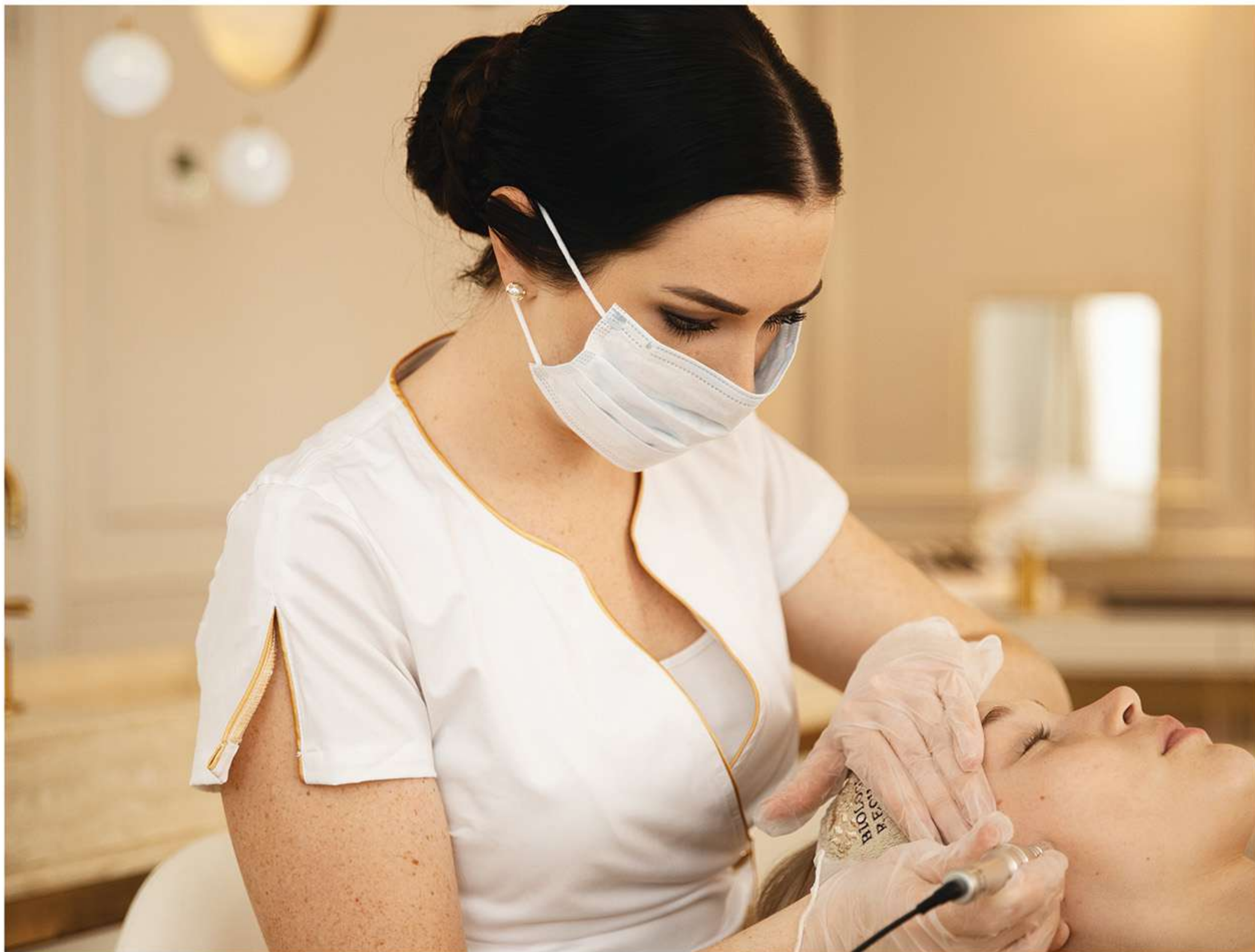
Facial

Facial



FACIAL PROCEDURES

We offer our laboratory brand and the cosmic effect to all connoisseurs of quality and beauty. We invite you to consult our specialists in the Spa centre in order to choose the correct skin care for your face.





HYDROTHERAPY

A BATH WITH:

- Herbs
- Magnesium salts
- Aromatic salts

◆ 20 MIN / 31 EUR / 60.70 BGN

HAIR REMOVAL

Eyebrows

◆ 10 EUR / 19.59 BGN

FACE PACKS AND BODY PACKS

Face pack: Of your choice depending on the condition of your skin.

◆ 20 MIN / 31 EUR / 60.70 BGN

Body pack: Of your choice depending on the effect you wish to achieve

◆ 20 MIN / 36 EUR / 70.49 BGN

Healing cream

◆ 13 EUR / 25.46 BGN

SPA ETIQUETTE

In our fitness and spa facilities only guests over 12 years of age are admitted.

It is forbidden to smoke, drink alcohol and eat in the spa centre premises.

We recommend switching your mobiles to a Silent mode or leave them in storage. In order to create an ambiance of peace and relaxation we ask you to converse quietly to match the spa atmosphere. Your valuables must be left in storage. The spa centre will not be held accountable for the loss or damage of guests' valuables.

In all common areas guests must use swimming costumes/ swimming trunks, slippers and bath robes, as well as towels in the saunas.

It is obligatory to have a shower before guests use the swimming pool; as well as in between using the thermal premises /sauna, hammam, Turkish bath/. We recommend drinking lots of fluids after the thermal procedures /sauna, hammam, Turkish bath/.

Please do not pour oils or other products in the water bucket in the sauna before having discussed this with a member of our team.

Please place all used towels in the used towels hampers.

We do not recommend using the sauna or steam bath during pregnancy; neither should it be used by people who cannot stand high temperature; people who have high blood pressure or too low blood pressure, asthma and other respiratory problems.

Arte Spa will not be held accountable for accidents or injuries as a result of violating the rules and restrictions of the spa centre. We recommend prior booking of different procedures and therapies so that we can guarantee that we can see to your needs on the day and time you prefer.

An appointment which has not been kept due to tardiness will mean shorter service or change in the procedure, without any money compensation.

CONTACTS:

0878 67 96 99

spa@artehotel.bg

www.artehotel.bg