



L I G H T H O U S E
S P A

MENU

THE ETERNAL SEA OF WELL BEING



A SEA OF WELL BEING GENTLY CARESSING THE SHORES OF YOUR SOUL

Welcome to our eternal sea of well being which gently caresses the shores of your soul. Let us shed some light and guide you through our exquisite collection of multi-sensory experiences that we'll make you undergo a sublime metamorphosis to a better and healthier version of "you". Each experience is inspired by our innate connection with the sea, which somehow lives in every one of us. Its beauty is pure emotion that speaks to our spirit, filling our hearts with hope, happiness and absolute serenity. Just like our therapists' caring touch and savoir -faire are meant to make you feel good, look good and be good. There is a mystery about the sea – its divine music fills our souls, while its healing powers sooth our senses. Lighthouse Spa continues the wonderful work of nature, while advancing a complex approach on wellness – we mix ancient traditions with innovative therapies, scientifically proven high quality products, fitness, and nutrition. All our holistic and integrative experiences are meant to revive your body, and make stress and pain melt away, while you regain your sense of connection with the universe. Everything is expertly designed to efficiently nurture your personal needs and desires. In the end, you will freely and happily swim through the sea of life.

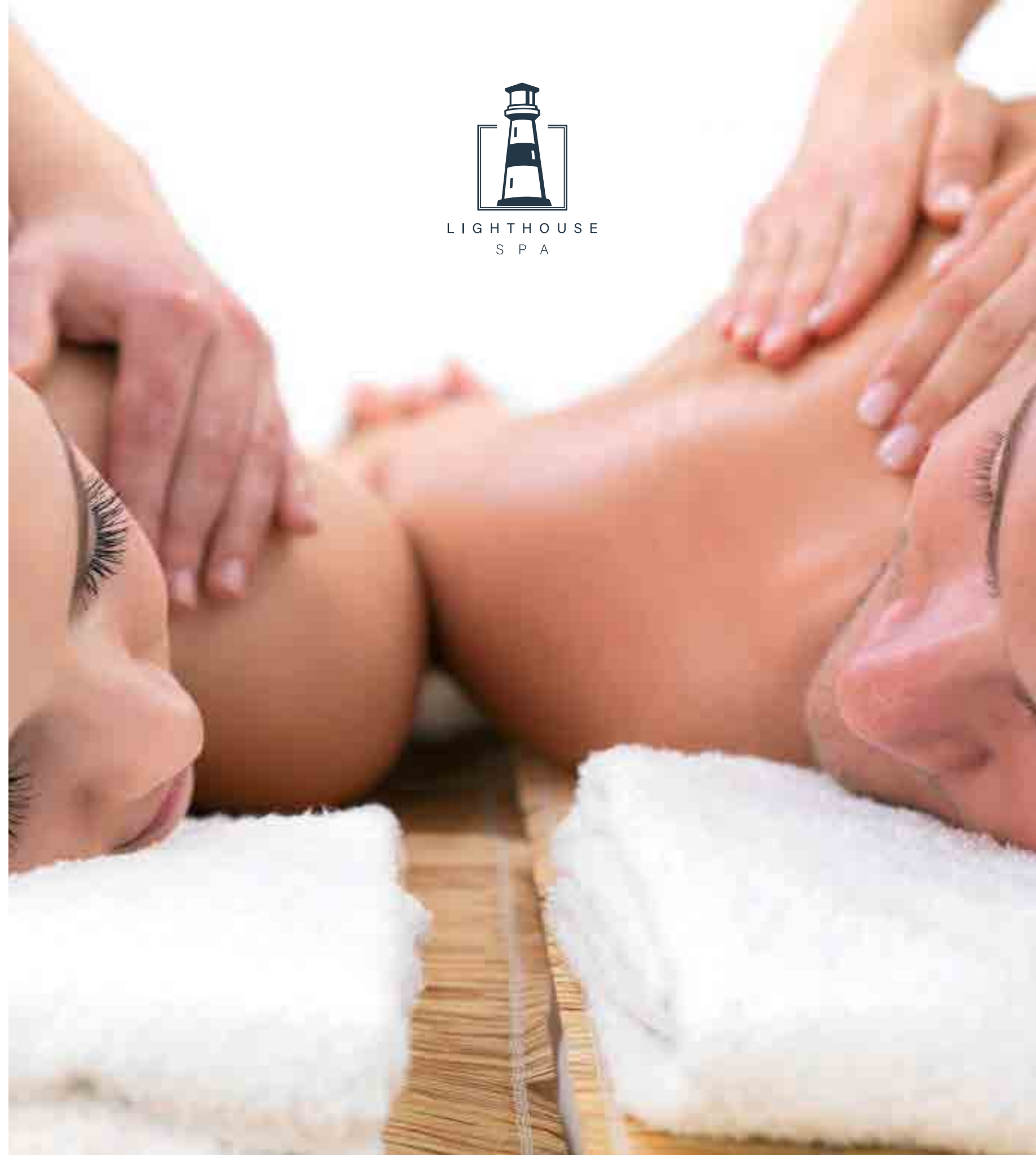
Luxury Spa Experience with SPA MEMBERSHIP - UNLIMITED MASSAGES with 50% discount

SPA MEMBERSHIP

99 € / year

If you wish to take care of yourself, maintain your youthfulness, live better for as long as possible, Lighthouse Spa Wellness & Health Center offers better- aging support throughout the year.

- You will benefit from exclusive Unlimited massages in the Spa Center with 50% discount on all spa massages
- Fitness: fit test (only new membership), individual training program
- Wellness: 50% discount on use of the entire spa area with pool, jaccuzis, sauna, steam bath and relax lounge
- All offers are not transferable, not refundable and are only valid during the membership



CONTENTS

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ASIAN MASSAGE THERAPIES

Invigorating, energizing and relaxing

Asian massage relieves joint pain and promotes the energetic balance of body and mind for a better functioning of the organs.

Try traditional or synchronic Filipino massage. A total relaxation of the body, mind and soul awaits.

AYURVEDIC TREATMENTS

Ayurveda “the science of a happy and healthy life”

Ayurveda is the ancient healing art of India. Practiced for over 2000 years. It teaches that by adopting an orderly style of living and using the appropriate nutrition to prevent and treat illnesses, you can reach a state of tranquillity and fulfilment. They come with a simple set of natural health and lifestyle guidelines to embrace optimum health for mind, body & spirit.

OSTEOPATHIC TREATMENTS

Our team includes trained osteopaths and famous Austrian physician Dr. Jelle A. Zandveld, who has acquired a great many years of experience worldwide.

A holistic approach to the body, perfect knowledge of joint, muscle, visceral and cranial mobility, a keen understanding of postural habits, the ability to listen, along with considerable expertise focusing on soft, gentle techniques, provide a set of guarantees that your osteopathy session will fulfil your needs. Every session starts with an in-depth analysis in order to define and correct any imbalances in the body’s various structures. Your body will recover its suppleness, mobility, range and harmony. Aches and pains are avoided, decrease or disappear. The session may be followed by recommendations for physical activities or massages to extend positive effects hands-on care with OMT (osteopathic Manipulation Treatment) for all ages.

MUD BALNEOTHERAPY

World most effective and Natural treatment for bones and joint pains.

Let mother Earth purify you - embark on a powerful treatment of prevention, health and rejuvenation. For centuries, people have been using sea water to treat themselves and to cure various ailments. Today, the sea water, massage treatments and natural mud treatments offered here improve blood circulation, relax the muscles, combat arthritic aches and other pains, and help revitalize the body.

CLASSICAL MESSAGES

Select from a variety of deliciously therapeutic massages including classical massage, sport massage, a foot reflexology massage.

Just moments from your room, and a thousand years back in time is our authentic hammam, the Turkish bath of legends. Lie down, close your eyes and surrender to the endless sensations conjured from water, soap suds, hands and fingers - relax your soul...

ANTI AGING FACE AND BODY TREATMENTS (BEAUTY ZONE)

Indulge in a variety of facial and body treatments customized to your skin type by ELEMIS - defined by Nature, led by Science.

Let your skin shine and your body rejuvenate as you regain all the energy you need...

NAIL & HAIR CARE (BEAUTY ZONE)

Take care of every detail

A skilled team of dynamic stylists are on hand to provide professional hair care and advice with the assistance of the award winning KEUNE professional hair care range to complete the experience.

FITNESS & WELLBEING CONCEPT

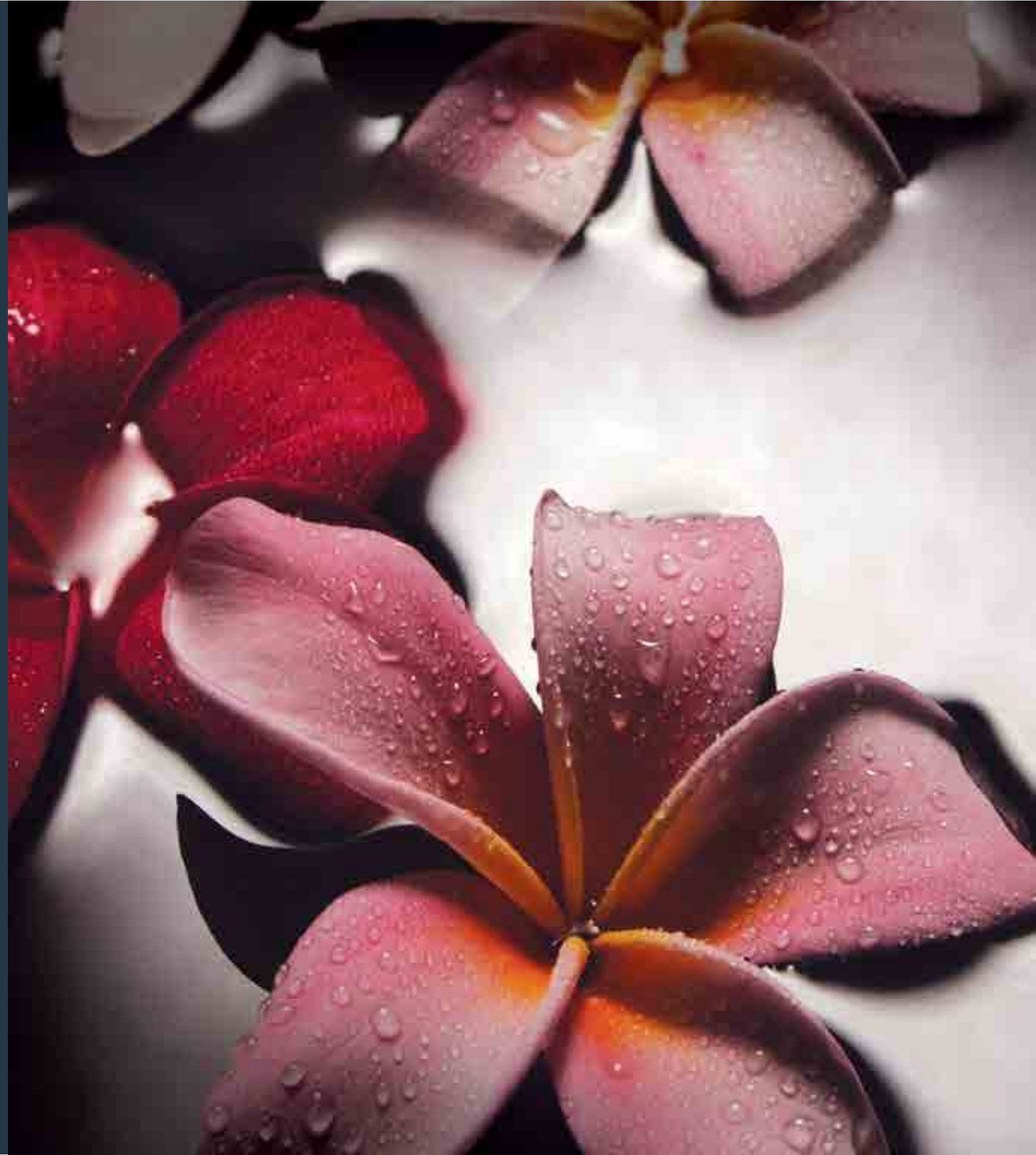
The Lighthouse Fitness Centre program features a number of unique lifestyle programmes complimented by a team of specially selected and dedicated yoga and well-being professionals

ASIAN MASSAGE THERAPIES

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INDULGE YOUR SENSES



CHIRO SIGNATURE MASSAGE

TEMPORAL JOURNEY: **50 min** **96 BGN**

The technique of chiro massage is based on the combination of a variety of Japanese and Swedish techniques allowing effective action on almost all tissues, systems and internal organs. The name of this traditional Japanese treatment means “finger pressure”. Shiatsu is performed as the guest lies on the floor in comfortable attire. A classic Swedish massage stroke technique reduces stress, increases relaxation, improves blood circulation and releases toxins from the body. The expert therapist relaxes the stressed areas of the body with his or her hands, knees and feet, removing aches and discomfort.

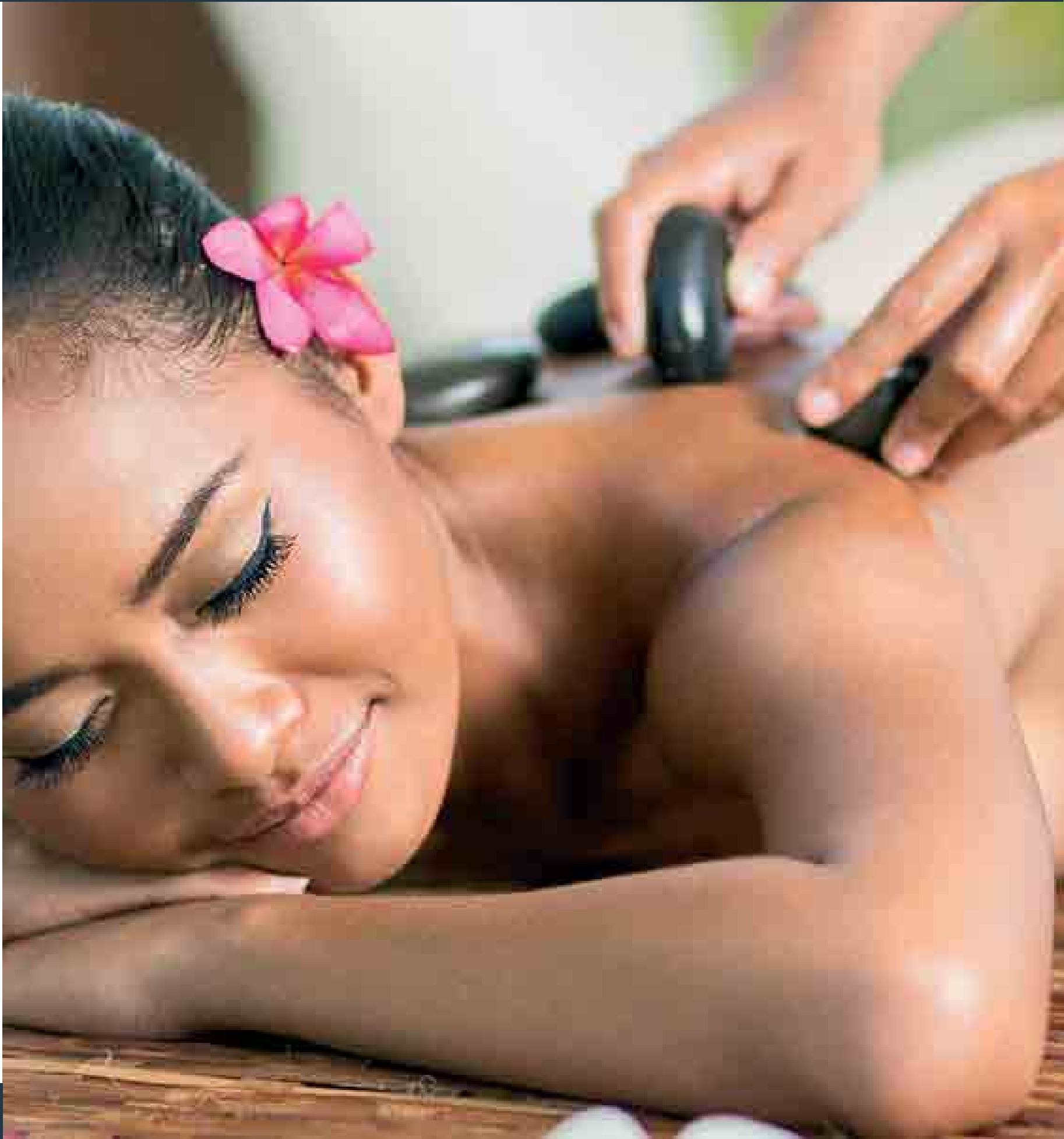
Benefits: relief from joint and muscle pain, increased blood circulation, stress and depression reduction

HILOT MASSAGE (TRADITIONAL FILIPINO MASSAGE)

TEMPORAL JOURNEY: **50 min** **96 BGN**

A traditional Hilot treatment entails deep massage with the goal relaxing the mind and healing the body. Warm banana leaf strips laced with Musclease Active Body Oil are often run over the body to clear energy blockages and contain both medicinal and herbal elements and are a natural ionizer. The massage also has an antiseptic effect and have been used to help treat illnesses from the flu to sprains and even bone dislocations.

Benefits: Balance and Harmony, De-stresses, Improved Circulation, Enhance Lifestyle



THAI FOOT

TEMPORAL JOURNEY: **30 min** **78 BGN**

Ancient Thai foot massage is a holistic healing technique that provides relaxation, balance in the body’s various systems and healthy blood circulation. It is known as a therapy to foster general good health and mental serenity. Enhanced flow of blood and nutrients tend to maintain or improve the healthy condition of the body parts, and many ailments are cured or reduced. The immune system is boosted, healing is accelerated, the body is refreshed, and the mind is cleared of stress.

Benefits: Improves circulation, Improves lymphatic drainage, Reduces stiffness, Increases range of motion

LA STONE THERAPY

TEMPORAL JOURNEY: **80 min** **156 BGN**

La Stone therapy, also known as hot and cold stone therapy, is a type of massage that uses smooth, heated and cooled stones to relieve stiffness and soreness, and to restore energy to aching muscles and joints. The cold feel refreshing on your warmed skin and have a beneficial effect on the body. Alternating hot with cold stimulates the circulatory and lymphatic systems, helps detoxify the body.

Benefits: Removes pain, Increases energy levels, Improves lymph circulation



AYURVEDIC TREATMENTS

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WORLD BEST DETOX PROGRAM



SHIRODHARA

TEMPORAL JOURNEY: **50 min** **235 BGN**

Hot Ayurvedic oil is poured in a slow and expertly controlled manner over the “Ajna” (third eye) chakra and then over the “Sahasrara” (crown) chakra to create a relaxing and calming effect. The unique Ayurvedic oil benefits the central nervous system, eliminates symptoms of stress and treats insomnia and headaches.

Benefits: increasing energy, improve healing, treat insomnia, treat hair loss

ABHIYANGA

TEMPORAL JOURNEY: **50 min** **156 BGN**

Performed as hot Ayurvedic oil is poured slowly over whole body, this traditional massage stimulates the body’s energy channels, enhancing blood circulation and energy flow. The massage also strengthens your immune system and helps to remove the toxins. It is an exceptional way to relax the body, the mind and the soul.

Benefits: Imparts softness, Decreases the effects of aging, Bestows good vision, Nourishes the body and skin, Increases longevity, Benefits sleep patterns, Strengthens the body’s tolerance.

ABHIYANGA SYNCHRONIC (FOUR HANDS)

TEMPORAL JOURNEY: **50 min** **215 BGN**

This synchronous, four-hand massage rebalances your energy circulation, encourages deep relaxation, energizes the body, calms the soul and supports the body’s internal equilibrium.

Increases longevity, Benefits skin, Strengthens the body’s tolerance.



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OSTEOPATHY and GOLF

Improve your swing, reduce the risk of low back pain, learn effective warm-up techniques and conditioning exercises that will improve the consistency of your game as well as the length and power of your drive. OSTEOPATHY is the ultimate conditioning exercise programme for Golf.

Inversion & Therapeutic Treatment

TEMPORAL JOURNEY: **50 min** **137 BGN**

Back to golf with A few minutes inversion therapy combined with therapeutic massage. Due to the excessive pressure on the lumbar area, this type of therapy is suitable for golfers. A few minutes inversion therapy combined with therapeutic massage relieves lower back pain, eases stress, improves joint health and increase flexibility. Hanging Upside Down for a few minutes increases the separation between the vertebrae; this allows for absorption of moisture into the soft tissue of the discs, increasing the nutrient content as well as plumping the discs for better shock absorption and flexibility. It stimulates the synovial fluid that nourishes the cartilage and enhances flexibility. Muscles are gently stretched as circulation is increased, helping to reduce tension.

Benefits: relieves lower back pain, increase flexibility, improves joint health



MUD BALNEOTHERAPY

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Let mother Earth purify you - embark on a powerful treatment of prevention, health and rejuvenation. For centuries, people have been using sea water to treat themselves and to cure various ailments. Today, the sea water, massage treatments and natural mud treatments offered here improve blood circulation, relax the muscles, combat arthritic aches and other pains, and help revitalize the body.

WORLD MOST EFFECTIVE AND NATURAL TREATMENT FOR BONES AND JOINT PAINS



Total body Mud Treatments

The most effective and natural treatment for bone and joint pains. The complete treatment requires a minimum 12 sessions can be full-body or partial (performed only on limited areas like the neck, back, joints) and is developed in 4 phases: mud therapy, balneotherapy, reaction and massage.

Mud balneology treatment

TEMPORAL JOURNEY: **80 min** **166 BGN**

Combining mineral mud with a luxury jet tub and therapeutic massage, this treatment is ideal to reduce rheumatic and arthritic pain. It alleviates aches, improves mobility and improves circulation in joints and muscles. The mineral-rich mud also boosts beauty and detoxifies.

Benefits: Activating anti stress hormones: cortisol and beta-endorphins, Promoting vitality and energy, Fostering wellbeing.



CLASSICAL MESSAGES

Select from a variety of deliciously therapeutic massages including classical massage, sport massage, a foot reflexology massage.

Just moments from your room, and a thousand years back in time is our authentic hammam, the Turkish bath of legends. Lie down, close your eyes and surrender to the endless sensations conjured from water, soap suds, hands and fingers - relax your soul...

REDISCOVER YOUR FLEXIBILITY



LIGHTHOUSE SIGNATURE MASSAGE

TEMPORAL JOURNEY: **50 min** **96 BGN**

This is a muscle-relaxing and stress-relieving massage, incorporating both soft and strong techniques; the goal is to relax the tissues by massaging it.

Benefits: Improves circulation, Improves posture, Relaxes muscles.

GOLF MASSAGE

TEMPORAL JOURNEY: **50 min** **96 BGN**

Sometimes the problem in your game lays within you and not your swing! If you are serious about improving your game, our Golf Massage is the perfect solution. Our therapists will look at the key areas that aid rotation and using massage and mobilizing techniques will have you hit the ball further and easier than before. Deep tissue massage, removes the muscle and joint tension and restores muscle tone.

Benefits: Increases circulation, reduce muscle spasms, Improve range of motion and muscle flexibility

RELAXING MASSAGE

TEMPORAL JOURNEY: **50 min** **96 BGN**

This careful but intensive massage helps to relieve tension and restore your feeling of wellbeing. Using aroma oil this therapy is perfect to escape our busy life and enter total relaxation.

Benefits: De-stresses, Improved Circulation, Rejuvenation



ANTICELULITE MASSAGE

TEMPORAL JOURNEY: **50 min** **113 BGN**

This is an intensive massage for the stomach, thighs and legs. It slims down the body, eliminates excess adipose deposits, stimulates circulation, reduces water retention and relieves muscle fatigue.

Benefits: Improving circulation, Activation from the lymphatic system

AROMATHERAPY DE LUX

TEMPORAL JOURNEY: **50 min** **113 BGN**

Aromatic oil massage uses BIO ozone argan massage oils. With their unique fragrance and soft touch, the massage oil creates a comforting atmosphere in any room. The skin caring oil leaves skin silky to the touch and melts the body and the senses with pleasure.

Benefits: relaxation, soothing feeling, healing of wounds and injuries

VIP HAMMAM TREATMENT

TEMPORAL JOURNEY: **80 min** **156 BGN**

The body is heated in the steam bath and prepared for the gentle exfoliation with soft silk glove, which will completely remove the death skin cells. This is followed by aromatic foaming massage on the whole body. After eliminating the toxins you will receive anti – stress, relaxing massage with aromatic oils.

Benefits: helping blood circulation, rejuvenate your body, silk the skin





ANTI AGING FACE AND BODY TREATMENTS

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Let your skin shine and your body rejuvenate as you regain all the energy you need...

FOR BEAUTY AND SERENITY - WIPE THE YEARS FROM YOUR FACE

25
YEARS OF
EXCELLENCE

CELEBRATING
200
AWARDS



BIOTEC Triple-Tec Anti-Wrinkle Facial

Delay Surgery
100%

would delay surgery
and/or Botox following
a course of facials**

Visibly Improved
100%

As there was a dramatic
reduction in fine lines
and wrinkles**

Firmness
95%

increase of skin firmness
and elasticity after just
one treatment**

Hydrated
92%

and their skin was
more hydrated and
moisturised**

Wrinkles
68%

reduction of depth of fine
lines and wrinkles
when measured after just
one treatment**

BIOTEC Pro-Collagen Age Defy therapy

TEMPORAL JOURNEY: **50 min** **186 BGN**

Tackle the fine lines and wrinkles with the clinically proven age-defying benefits of marine-charged Padina Pavonica and Red Coral. Targeted impulses encourage optimum cellular function for nourished, younger looking skin.

Benefits: Smoothes, Nourishes, Refines

BIOTEC High Performance Skin Energizer for Men

TEMPORAL JOURNEY: **50 min** **186 BGN**

This is the hard-working facial for ageing, stressed, dehydrated skin and tired eyes. It maximizes cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst targeted scalp and foot massage deeply relax.

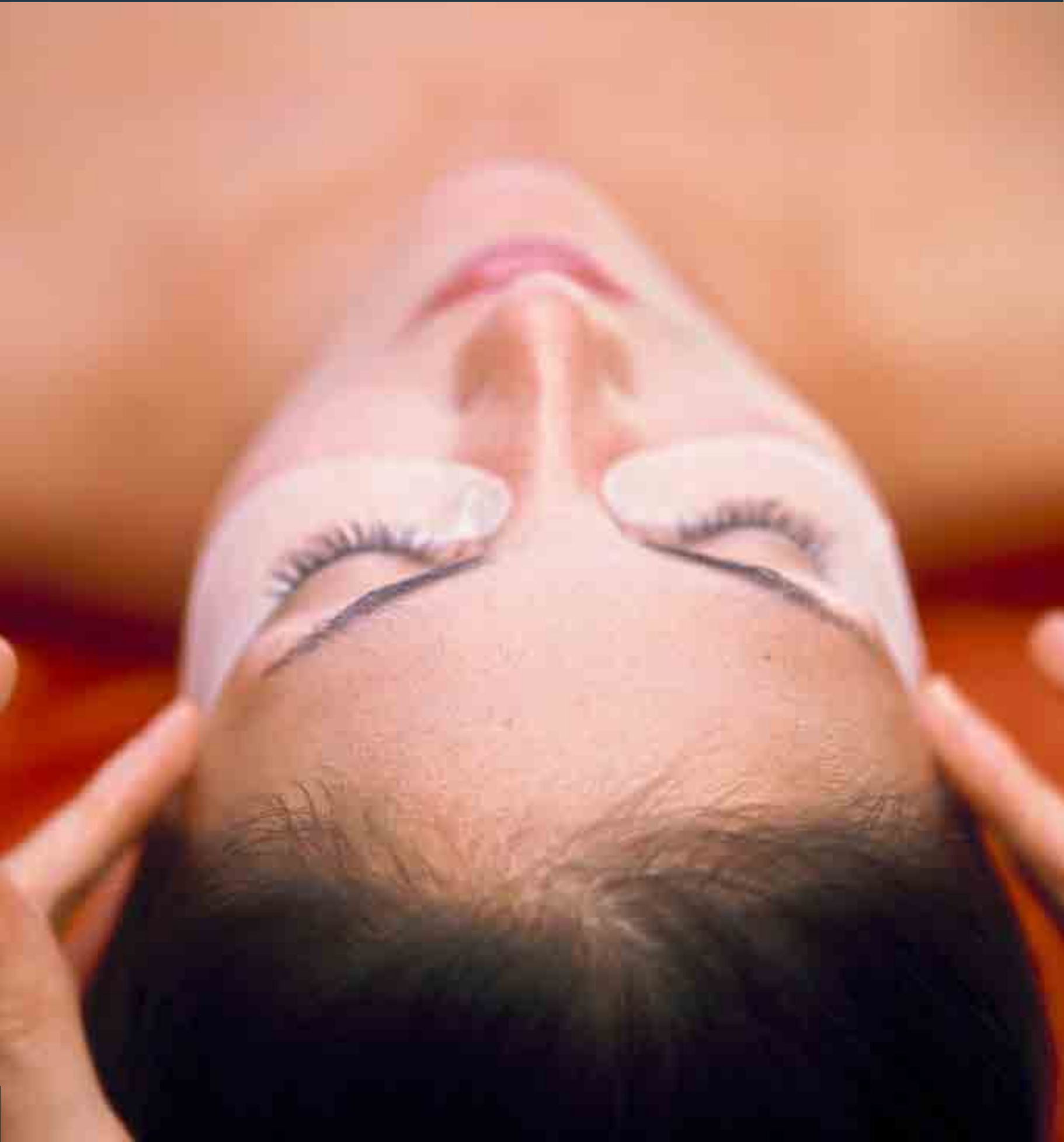
Benefits: Hydrates, Relaxes, Cleanses

BIOTEC Radiance Renew

TEMPORAL JOURNEY: **50 min** **186 BGN**

This cellular-boosting treatment targets sluggish complexions. The ultrasonic peel pumps stimulates the removal of impurities and dead skin cells, while the galvanic rejuvenating current restores moisture for instantly clearer and visibly brighter skin.

Benefits: Brightens, revitalizes, Hydrates



BIOTEC Firm-a-Lift

TEMPORAL JOURNEY: **50 min** **186 BGN**

Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting galvanic technology. The skin is visibly strengthened for a contoured complexion that is remarkably lifted.

Benefits: Lifts, Sculpts, Contours

Pro-Definition Lift & Contour therapy

TEMPORAL JOURNEY: **50 min** **186 BGN**

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

Benefits: Lifts, Contours, Sculpts

Superfood Pro-Radiance therapy

TEMPORAL JOURNEY: **50 min** **186 BGN**

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energizing, detoxifying actives. Clinically proven* to leave skin plumper, radiant and lit up with good health.

Benefits: Revitalizes, Brightens, Nourishes



Cleansing mineral salts, oil blends rich in actives and transportative aromatics are combined with an unparalleled level of expertise in massage and conditioning. For healthy, revitalized skin and deeply eased muscles.

Hot Mineral Body Boost

TEMPORAL JOURNEY: **50 min** **176 BGN**

This powerful treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins. This is a revolutionary, minerally-charged experience of skin conditioning, metabolic balancing and energizing wellness.

Benefits: Energizes, Relaxes, Rebalances

Poultice- Powered Muscle Release

TEMPORAL JOURNEY: **50 min** **215 BGN**

Sore, aching muscles are worked away with this invigorating and deeply releasing treatment. Each area of tension is specifically targeted with the unique Amber and Quartz poultice to dissolve knots and ease tension. Completed with a restorative facial.

Benefits: Relaxes, Restores, Invigorates



Body Nectar Nourishing Wrap – Frangipani

TEMPORAL JOURNEY: **50 min** **184 BGN**

The velvety texture of the monoi oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oil do their work.

Benefits: Hydrates, Nourishes, Soothes

Intensely Cleansing Salt Scrub- Frangipani

TEMPORAL JOURNEY: **50 min** **176 BGN**

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

Benefits: Exfoliates, Cleanses, Hydrates

Thousand Flower Detox Wrap

TEMPORAL JOURNEY: **50 min** **225 BGN**

This nutrient-rich detox wrap uses the deeply nourishing Green tea balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave feeling completely reinvigorated.

Benefits: Nourishes, Restores, Cleanses



NAIL & HAIR CARE

A skilled team of dynamic stylists are on hand to provide professional hair care and advice with the assistance of the award winning KEUNE professional hair care range to complete the experience.

TAKE CARE OF EVERY DETAIL



HAIRDRESSING SALON

WOMEN'S HAIRCUT (INCL. WASHING AND DRYING)	
SHORT HAIR	55 BGN
MEDIUM HAIR	65 BGN
LONG HAIR	80 BGN
MEN'S HAIRCUT	45 BGN
CHILDREN'S HAIRCUT	35 BGN

HAIR WASHING AND STRAIGHTENING

SHORT HAIR	50 BGN
MEDIUM HAIR	60 BGN
LONG HAIR	70 BGN

COLOURING WITH BLOW DRY

SHORT HAIR	80 BGN
MEDIUM HAIR	90 BGN
LONG HAIR	120 BGN

FOIL HIGHLIGHTS

SHORT HAIR	80 BGN
MEDIUM HAIR	90 BGN
LONG HAIR	100 BGN

PERM (INCL. WASHING AND DRYING)

SHORT HAIR	55 BGN
MEDIUM HAIR	65 BGN
LONG HAIR	75 BGN
HAIRSTYLE	80 BGN
BRAID	30 BGN
BRAID (1 SMALL)	5 BGN
HAIR TREATMENT WITH BLOWDRY	90 BGN
HAIR TREATMENT	75 BGN

MANICURE AND PEDICURE

MANICURE	30 BGN
MANICURE & POLISH	40 BGN
GEL MANICURE & POLISH/SHELLAC	60 BGN
NAIL WITH BUILDING	120 BGN
NAIL ON NATURAL NAIL	100 BGN
DECORATION OF A FINGERNAIL	5 BGN
REPAIR OF A FINGERNAIL	15 BGN
PEDICURE	50 BGN
PEDICURE & POLISH	60 BGN
GEL PEDICURE & POLISH	80 BGN
GEL POLISH REMOVAL	10 BGN
PROFESSIONAL MAKEUP	75 BGN
SPA MANICURE / EXFOLIATION, MASK AND MASSAGE	50 BGN



FITNESS & WELLBEING

The Lighthouse Fitness Center program features a number of unique lifestyle programmes complimented by a team of specially selected and dedicated yoga and well-being professionals

BE KIND TO YOUR SOUL



The Yoga Program

TEMPORAL JOURNEY: **30 min** **25 BGN**

minim 4 persons

Enjoy the benefits of the featured onboard yoga programme with specifically trained teachers.

The Zumba Program

TEMPORAL JOURNEY: **50 min** **25 BGN**

minim 4 persons

Introducing the worlds hottest and most popular Latino inspired aerobic workout. Salsa, merenge, flamenco, tango and reggaeton all feature in this wild workout.

The Meditation Program

TEMPORAL JOURNEY: **30 min** **25 BGN**

minim 4 persons

Experience guided meditation sessions in a tranquil environment and feel the stress of everyday living melt away.

The Group Fitness Program

A complementary program of classes





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S P A

THE ETERNAL SEA OF WELL BEING

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