

## *Welcome to Pädaste SPA*

*The experience offered at Pädaste SPA is based on harmony and revitalization of all six senses in the understanding that our well - being is complete only; if all our senses get positive stimulation, rest and relaxation.*

*Relaxation and well being based on local -and often century's old- Estonian herbal traditions, befit the unspoiled beauty and harmony of Muhu Island. At Pädaste SPA there is no place for global brands.*

*Treatments marked with \* are especially noteworthy, as they are based on Muhu herbal traditions. All oils, crèmes and skin - spreads used in our SPA are daily fresh prepared; we only use pure & natural ingredients of the highest quality.*

*It is our pride to make you enjoy a harmonious and relaxing time in the personal ambience of our SPA. Our professional therapists will go to great length to make your stay into an exceptional experience.*

*Our extensive SPA menu will help you to make your choice. Be it a single treatment, a half - day package or a complete 3 - day SPA program. Our SPA therapist is available to give a personal consult, to help you choose the treatment most suitable to you.*

*Unwind yourself and enjoy the calm, nature and soul that Pädaste is known for...*



## **SPA Programs**

*We have assembled a selection of treatments in a harmonious way, in order to please your body and mind. Your treatments will be scheduled allowing ample time for relaxation in between. Our SPA therapist will gladly consult you and make alternative proposals based on your personal preferences as well.*

### **Peel & Nourish, half day 94 €**

*An intensive and relaxing sequence of treatments that does good to body and mind.*

- *Scandinavian salt body scrub*
- *Rest & relax*
- *Body & Soul, Traditional Swedish massage, with goat milk butter crème*

### **A Men's Treat, half day 133 €**

*A powerful combination of treatments to detoxify and relax, enjoyed by women as well.*

- *Herbal Steam Bath with essential oils*
- *Rest & relax*
- *Muhu hay bath*
- *Rest & relax*
- *Body & Soul, Traditional Swedish massage, with goat milk butter crème*

### **A Romantic Evening for Two at the Bay 155 € (price pp)**

*A very romantic way to conclude your day on Muhu. For you and your partner to enjoy in comfort and privacy.*

- *Calming neck-wrap and -massage*
- *Romantic Seawater hot tub, with a bottle of Gonet Medeville Champagne (1/2 pp)*
- *After - treatment goat milk butter crème nourishing*
- *Private candlelight gourmet dinner under the stars at the bay or in our Cinema Paradiso (dinner not included)*





***The Ultimate Skin Treatment, full day*** 149 € (price pp)

*A great way to spend your day, giving the very best to your skin. After a bath in the hot tub at the bay with its spectacular setting in nature, an intensive body scrub will help your skin to exfoliate. The goat milk butter crème has a nourishing effect on your skin.*

*In the afternoon an aloe vera & cucumber wrap followed by a traditional Swedish massage will round off your treatments for the day.*

- Seawater hot tub at the bay
- Rest & relax
- Oatmeal & yoghurt scrub
- After - treatment full body goat milk butter crème nourishing
- Light lunch (not included)
- Aloe vera & cucumber wrap
- Rest & relax
- Body & Soul, Traditional Swedish massage with essential oils

***Pädaste Romance for Two, full day*** 232 € (price pp)

*We have created a truly romantic setting for a day at the SPA. For you and your partner to enjoy in comfort and privacy.*

- Early morning steam to wake up the senses
- Fruits of the vine wrap
- After - treatment goat milk crème nourishing
- Glass of Chardonnay, rest & relax
- Rest & relax
- Classical Swedish, partial body massage, with your choice of pure essential oils
- Romantic Seawater hot tub, with a bottle of Gonet Medeville Champagne (1/2 pp)
- Private candlelight gourmet dinner under the stars at the bay or in our Cinema Paradiso with a private movie viewing (dinner not included)

***Ultimate Spa, 3 days***

***Including accommodation for 3 nights at Pädaste Manor***

High Season 845 € Low Season 634 € (price pp)

Accommodation in a Junior Suite. Single occupancy supplement 507 €.

- 3 nights' accommodation in Junior Suite in the Carriage House
- 3 three - course Table d'Hote dinners
- 1 two - course lunch
- Spa voucher in the value of 300 € per guest - make your own choice of treatments



## *Individual Treatments at Pädaste SPA*



### *Relax & Unwind*

***Relaxing herbal Footbath and Massage\**** 33 €

*Great after a day of nature walks, sightseeing or travel*

*Approximate Time: 30 minutes.*

***Refreshing Quick Fit, a back massage with essential oil of pure mint*** 33 €

*Takes the tensions away from back and shoulder muscles*

*Approximate Time: 30 minutes.*



### *Massage*

***Body & Soul - Essential Oils*** 54 €

*Let us coax the weight of the world from your shoulders, back, hands, arms and feet as you unwind. Based on the classical Swedish massage. With your choice of pure essential oils. Approximate Time: 60 minutes.*

***Body & Soul - Goat Milk Butter\**** 63 €

*Based on the classical Swedish massage, with goat milk butter crème. Approximate Time: 60 minutes.*

***Partial Body Massage*** 35 €

*A ½ hour massage, recommended if you like us to concentrate on a particular area of your body. Based on the classical Swedish massage. With your choice of pure essential oils. Approximate Time: 30 minutes.*





## Cleansing

### Scrubs

*A full body scrub is an ideal start to prepare your body for a subsequent body treatment; your skin will be cleansed and physically stimulated.*

**Scandinavian Salt body scrub** 53 €

*A cleansing scrub based on a fine Scandinavian salt preparation. Approximate Time: 30 minutes.*

**Peppermint Energy scrub\*** 53 €

*Scrub based on mint grown in the Manor garden. Energizing and vitalizing! Approximate Time: 30 minutes.*

**Oatmeal & Yoghurt scrub\*** 53 €

*A mild scrub with a freshly prepared crème of oats & yoghurt. Approximate Time: 30 minutes.*



## Purifying & Detox

**Muhu Hay bath\*** 81 €

*A stimulating and healing bath with the use of locally harvested hay. The fragrant hay from the meadows of Muhu is naturally rich in variety of grasses and field flowers. Locals have used the healing powers of warm hay for hundreds of years. Approximate Time: 30 minutes.*

**Muhu Mud wrap\*** 81 €

*A body treatment based on Estonia's 'Kurbad' tradition; A pleasant heat calms your body while your feel like floating. The anti - rheumatic effect of our local sea mud is well known. Approximate Time: 30 minutes.*

**Seaweed wrap** 81 €

*The iodine, minerals and trace elements stimulate the metabolism, are helpful in the procedure of purification, detoxification and tissue firming, and generally contribute to relaxation and regeneration. The improved skin appearance after a treatment (cellulite) is, of course, a special plus! Approximate Time: 30 minutes.*



## Nourishing & Moisturising Treatment

**Muhu Beer wrap\*** 81 €

*This treatment vigorously activates the metabolism and is therefore ideal for the entire body. Your skin will react well to this treatment, which is purifying and nourishing. You will be delighted by the smoothness of your skin. Approximate Time: 30 minutes.*

**Pumpkin Seed body wrap\*** 81 €

*Beautiful skin means a healthy skin! And what is better to maintain really beautiful skin than the products coming from nature? Select the rich Cucurbita pumpkin seed wrap with its high content of vitamine E. Strongly draining, peeling and perfectly nourishing at the same time. Approximate Time: 30 minutes.*





## **Beauty**

### **Manicure 56 €**

*Give your hands the sign of elegance that they deserve. Our caring manicure treatment will make your hands soft and pleasant again restoring the moisture balance of your skin in only a short time. Approximate Time: 60 minutes.*

### **Pedicure 70 €**

*Be good to your feet! Do away with tiredness and make them feel light again. The pedicure starts with an aromatic footbath, after trimming your feet we conclude with a massage with rich goat milk butter crème and if you wish; the sexiest red nailcoloring... (And if red is not your thing, there are other colors to choose from as well). Approximate Time: 60 minutes.*

### **Refreshing Yoghurt & Cucumber facial mask\* 54 €**

*Vitalizing and perfectly suitable for even the most delicate skin type. Approximate Time: 30 minutes.*

### **Facial 84 €**

*One hour of complete relaxation, an enjoyable treatment to brighten and rejuvenate your facial skin including mild cleansing and exfoliating. We will massage your face with delicate aromatic oils; your facial treatment concludes a special nourishing mask. This superior treatment will not only help to slow down signs of premature ageing but is a caring pleasure in its own right as well. Approximate Time: 60 minutes.*

### **The Three Graces - pedicure, manicure and facial 169 €**

*Approximate Time: 180 minutes.*

### **After - treatment full body goat milk butter crème nourishing 25 €**

*The rich and healing Goat Milk Butter Crème will nourish your body. Approximate Time: 20 minutes.*

### **After - treatment neck, scalp, temple and facial massage 25 €**

*Approximate Time: 20 minutes.*





## **Sauna's & Baths**

### **Personal Herbal Steam bath**

Enjoy our Herbal Steams as a relaxing preparation before for a body treatment or conclusion of a sauna. You have a choice of pure natural aromatic essential oils or freshly ground herbs.

Time:30 minutes.

### **With Aromatic Essential Oils 63 €**

- |              |             |              |
|--------------|-------------|--------------|
| - Mint       | - Cedarwood | - Rose       |
| - Eucalyptus | - Chamomile | - Lemongrass |

### **With Freshly ground Herbs 67 €**

- Juniper\*
- Birch leaves\*
- Eucalyptus

### **Muhu Woodburning Sauna 67 € (up to 4 guests)**

Our Muhu Sauna is wood fired and accommodates up to 4 guests in total privacy. Complimentary Salt & Muhu Honey rubs are provided. Relax afterwards on the Spa Terrace Time: 60 minutes

### **Seawater Hot Tub at the Bay 88 € (up to 6 guests)**

Take a hot bath in the pristine nature of the bay. In our Tub, the healthy and slightly saline water of Pädaste Bay is heated with a wood-burning oven to a comfortable temperature that makes bathing enjoyable even on a cold and crisp winter day. Our environmental policy does not allow for soaps or additives to be used. Time: 60 minutes.





## *Your Personal Combination*

*We suggest making your own preferred combination of individual treatments; our therapist will gladly consult you with the right choice.*

*Combine any three of the above individual treatments during a single day and enjoy a rebate of 20%.*



- *Due to the small capacity of our SPA and our desire to give you the right personal attention, we kindly ask you to book your services well in advance.*
- *Our therapist is available for a personal consultation upon arrival or at any other moment during your stay - to plan together with you the treatments that will fit you best. Our receptionist will gladly arrange an appointment with our therapist.*
- *The SPA is only a short walk from the Manor House, the Carriage House and the Private Farm House; for your convenience a bathrobe and slippers are provided in your room, alternatively you can make use of the changing facilities in our SPA.*
- *May we ask you to arrive 10 minutes before your treatment at the SPA Lobby?*
- *All bookings are final and will not be refunded. Should you wish to make changes in your schedule, we will do our best to accommodate your request but we unfortunately cannot guarantee availability.*
- *We hope for your understanding that in case of late arrival we might be obliged to shorten your treatment as not to displease other guests.*
- *Under normal circumstances our treatments do not pose any medical risk, in order to advice you well please do not hesitate to inform our therapist should you have a particular medical condition.*