

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 129 €

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*

Anti Cellulite Treatment, half day 149 €

A powerful combination of anti cellulite treatments that support each other's performance, with detoxifying and lipolytic action. Ideal for all types of cellulite.

- *Bladderwrack bath*
- *Rest & relax*
- *Peeling, draining & slimming thermal wrap*
- *Rest & relax*
- *Anti cellulite massage*

A Men's Treat, half day 189 €

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*





The Ultimate Skin Treatment, full day 219 € (price pp)

A great way to spend your day, giving the very best to your skin.

The day begins with a mild body scrub that will help your skin to exfoliate. The goat milk butter crème has a nourishing effect on your skin.

In the afternoon you will enjoy an aloe vera & cucumber wrap followed by a traditional Swedish massage. A bath in the hot tub at the bay with its spectacular setting in nature will round your treatments for the day.

- 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
- Seawater hot tub at the bay

Pädaste Romance for Two, full day 299 € (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
- Wild rose wrap
- After - treatment goat milk creme nourishing
- A cup of healthy wild rose tea, rest & relax
- Classical Swedish, partial body massage, with your choice of pure essential oils
- Romantic Seawater hot tub, with a bottle of Lallier Grande Reserve Brut Champagne (1/2 pp)
- Private candlelight dinner in our South Foyer with a beautiful view towards Pädaste bay (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 split - level 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 200 € per guest - make your own choice of treatments



Individual Treatments at Pädaste SPA



Relax & Unwind

Invigorating Juniper - Nettle Footbath and Massage for Legs * 39 €

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

Approximate Time: 30 minutes.



Massage

Body & Soul - Essential Oils

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.

60 minutes 69 €

90 minutes 109 €

Body & Soul - Goat Milk Butter Crème *

Based on the classical Swedish massage, with goat milk butter crème.

60 minutes 79 €

90 minutes 119 €

Partial Body Massage 49 €

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.

Foot Massage 49 €

Unwind and relax with the foot massage that is based on zone therapy. Deep therapeutic reflexology on feet stimulates nerve fibers and internal organs. 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 59 €

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

Oatmeal & Yoghurt scrub* 59 €

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

Juniper scrub* 59 €

Invigorating, healing scrub with juniper powder that helps restore the skin. Approximate Time: 30 minutes.



Purifying & Detox

Muhu Hay bath* 89 €

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* 89 €

A body treatment based on Estonia's 'Kurbad' tradition; A pleasant heat calms your body while you feel like floating. The anti - rheumatic effect of our local sea mud is well known. Approximate Time: 45 minutes.

Seaweed wrap 89 €

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: 45 minutes.



Nourishing & Moisturising Treatment

Muhu Beer wrap* 89 €

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: 45 minutes.





Beauty

Manicure 69 €

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: 90 minutes.

Pedicure 79 €

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: 90 minutes.

Refreshing Yoghurt & Cucumber facial mask* 59 €

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

Facial 99 €

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.

Rejuvenating Face Massage with Muhu Honey* 59 €

*A powerful and highly effective facial to boost cell regeneration. Treatment is tonifying and firming, also cleanses, nourishes and lifts the skin. Treatment is not recommended for highly sensitive or couperose skin!
Approximate Time: 30 minutes.*

The Three Graces - pedicure, manicure and facial 199 €

Approximate Time: 4 hours.

After - treatment full body goat milk butter crème nourishing 39 €

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





Baths

Juniper bath* 39 €

Invigorating bath. Junipers` essential oil has a strong anti- inflammatory and anti - bacterial effect. The bath is especially good for rheumatism and radiculopathy and different forms of skin problems. Relieves muscle tensions. Approximate Time: 20 minutes.

Bladderwrack bath* 39 €

Fucus vesiculosus or commonly known as bladderwrack grows in our own coastal waters and contains minerals that help relieve the symptoms of rheumatism, arthritis, cellulite and eczemas. The bath activates metabolism, helps with weight loss and revitalizes the skin. Approximate Time: 20 minutes.

Nourishing goat milk bath with wild rose petals 39 €

Goat milk provides the skin with important minerals such as calcium, magnesium as well as vitamins A and E. Goat`s milk bath guarantees a nourishing, softening and moisturizing effect. Approximate Time: 20 minutes.



Saunas & Baths

Personal Herbal Steam bath 69 €

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. Time: 30 minutes.

Choice of aromatic Essential Oils

- | | | |
|--------------|-----------|--------------|
| - Mint | - Birch | - Rose |
| - Eucalyptus | - Juniper | - Lemongrass |

The Steam bath is available daily between 09.30 and 19.00. Should you wish to book the sauna outside the opening hours, a surcharge applies. Please inquire about the pricing and availability.

Muhu Woodburning Sauna 79 € (up to 6 guests)

Our Muhu Sauna is wood fired and accommodates up to 6 guests in total privacy. Complimentary Salt & Muhu Honey rubs are provided. Relax afterwards on the Spa Terrace Time: 60 minutes.

The Woodburning Sauna is available daily between 09.30 and 19.00. Should you wish to book the sauna outside the opening hours, a surcharge applies. Please inquire about the pricing and availability.

Seawater Hot Tub at the Bay 139 € (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.

The Seawater Hot Tub is available daily between 12.00 and 19.00. Should you wish to book the Hot Tub outside the opening hours, a surcharge applies. Please inquire about the pricing and availability.





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 SPA is open daily between 09.30 and 19.00. Should you wish to book sauna or treatments outside the opening hours, a surcharge applies. Please inquire about the pricing and availability.*
- *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.*