

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 148 €

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

- *Body peeling ritual with local scrub: Pädaste Power of Nature or Juniper Body Scrub*
- *Rest & relax*
- *Body & Soul, Traditional Swedish massage, with goat milk butter crème*
- *A cup of local herbal tea while relaxing on waterbed*

Anti Cellulite Treatment, half day 169 €

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 for target area*
- *A cup of local herbal tea while relaxing on waterbed*

A Men's Treat, half day 216 €

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

- *Herbal Steam Sauna with local herbs and essential oils*
- *Rest & relax*
- *Muhu hay body wrap*
- *Rest & relax*
- *Body & Soul, Traditional Swedish massage, with goat milk butter crème*
- *A cup of local herbal tea while relaxing on waterbed*

The Ultimate Skin Treatment, full day 269 € (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. Following aloe vera & cucumber body wrap hydrates and refreshes your skin. A bath in the hot tub at the bay with its spectacular setting in nature will be culmination of your relaxation process. Your abundant SPA day will continue with Body & Soul massage with goat milk butter crème followed by a rejuvenating face massage with Muhu honey.

- Oatmeal & yoghurt body scrub
- Aloe vera & cucumber wrap
- A cup of local herbal tea while relaxing on waterbed
- Light lunch (not included)
- Seawater hot tub at the bay
- Rest & relax
- Body & Soul massage with goat milk butter crème
- Rejuvenating face massage with Muhu honey
- A cup of local herbal tea while relaxing on waterbed

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 sauna to wake up the senses
- Rest & relax
- Wild rose body wrap
- Rest & relax
- Foot massage based on zone therapy
- A cup of healthy wild rose tea while relaxing on waterbed
- Romantic Seawater hot tub, with a bottle of Veuve Devaux Grand Reserve Champagne (1/2 pp)
- Body & Soul massage with goat milk butter crème
- A cup of local herbal tea while relaxing on waterbed
- Private candlelight dinner in our South Foyer with a beautiful view towards Pädaste bay (dinner not included)



Ultimate Spa, 3 nights

Including accommodation for 3 nights at Pädaste Manor

Accommodation in a Deluxe Double room in the Manor House

High Season 845 € Low Season 685 € (price pp) Single occupancy supplement 371 €

Accommodation in a Junior Suite in the Carriage House

High Season 899 € Low Season 719 € (price pp) Single occupancy supplement 443 €

Accommodation in a Superior Double room in the Manor House

High Season 975 € Low Season 775 € (price pp) Single occupancy supplement 512 €

- Welcoming drink upon arrival and a selection of Pädaste Gourmet goodies in your room
- 3 nights' accommodation
- 3 three - course Table d`Hote dinners
- 2 two - course lunch
- The Ultimate Skin Treatment at Pädaste Spa for two
- "Rise and shine" yoga with therapist

Treat Yourself Well, 2 nights

Including accommodation for 2 nights at Pädaste Manor

Accommodation in a Deluxe Double room in the Manor House

High Season 579 € Low Season 465 € (price pp) Single occupancy supplement 286 €

Accommodation in a Junior Suite in the Carriage House

High Season 625 € Low Season 500 € (price pp) Single occupancy supplement 333 €

Accommodation in a Superior Double room in the Manor House

High Season 677 € Low Season 527 € (price pp) Single occupancy supplement 385 €

- *Welcoming drink upon arrival and a selection of Pädaste Gourmet goodies in your room*
- *2 nights' accommodation*
- *2 three - course Table d'Hote dinners*
- *1 two - course lunch*
- *Pädaste Spa voucher in the value of 200 € to make your own choice of treatments from spa menu*
- *"Rise and shine" yoga with therapist*



Individual Treatments at Pädaste SPA



Relax & Unwind

Invigorating Juniper - Nettle Footbath and Massage for Legs * 49 €

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 79 €

90 minutes 119 €

Body & Soul - Goat Milk Butter Crème*

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

60 minutes 89 €

90 minutes 129 €

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.

Pädaste Power of Nature* 66 €

A cleansing scrub based on local berries. Approximate Time: 30 minutes.

Oatmeal & Yoghurt scrub* 66 €

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

Juniper scrub* 66 €

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



Purifying & Detox

Muhu Hay bath* 99 €

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* 99 €

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 99 €

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* 99 €

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 79 €

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 89 €

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* 69 €

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

Facial 109 €

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* 64 €

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 219 €
Approximate Time: 4 hours.

After - treatment full body goat milk butter crème nourishing 42 €
The rich and healing Goat Milk Butter Crème will nourish your body. Approximate Time: 20 minutes.



Baths

Juniper bath* 44 €

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* 44 €

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 44 €

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 79 €

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 89 € (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 149 € (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.