

## *Welcome to Pädaste SPA*

*The experience offered at Pädaste SPA is based on harmony and revitalisation 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...*



### *New and Monthly Changing Treatments*

#### ***Light and Sound Therapy*** 85 €

A new and innovative treatment, soothing and meditative. Special LED goggles combined with binaural beats music create an amazingly relaxing journey into your consciousness. The Light and Sound Therapy helps to relieve stress, calm your mind, and obtain better information from the surrounding world. Approximate Time: 30 minutes.

#### ***A Small Exciting Journey Into Our Nature*** 91 €

Pamper your face and senses, soothe and moisturize to mellow the summer heat. A Small Exciting Journey Into Our Nature is a monthly changing special treatment created by our Spa therapists to bring you closer to nature. All ingredients used in these treatments are either picked from the Pädaste garden or the fields of Muhu. For more information, kindly contact Spa therapist or Guest Relations Manager. Approximate Time: 30 minutes.



### ***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*** 193 €

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*** 285 €

A powerful combination of anti cellulite treatments that support each others 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 293 €***

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 540 € (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 467 € (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 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 1337 € (price pp) Single occupancy supplement 516 €

Low Season 1234 € (price pp) Single occupancy supplement 407 €

Accommodation in a Junior Suite in the Carriage House

High Season 1414 € (price pp) Single occupancy supplement 597 €

Low Season 1292 € (price pp) Single occupancy supplement 469 €

Accommodation in a Superior Double room in the Manor House

High Season 1510 € (price pp) Single occupancy supplement 697 €

Low Season 1368 € (price pp) Single occupancy supplement 549 €

- Welcoming drink upon arrival and a selection of Pädaste Gourmet goodies in your room
- 3 nights' accommodation
- 3 four - course Table d' Hôte dinners
- 2 two - course lunch
- The Ultimate Skin Treatment at Pädaste Spa for two
- "Rise and shine" yoga style morning stretching every day at 09:00 am

### ***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 650 € (price pp) Single occupancy supplement 366 €

Low Season 570 € (price pp) Single occupancy supplement 289 €

Accommodation in a Junior Suite in the Carriage House

High Season 708 € (price pp) Single occupancy supplement 423 €

Low Season 609 € (price pp) Single occupancy supplement 330 €

Accommodation in a Superior Double room in the Manor House

High Season 776 € (price pp) Single occupancy supplement 491 €

Low Season 665 € (price pp) Single occupancy supplement 385 €

- Welcoming drink upon arrival and a selection of Pädaste Gourmet goodies in your room
- 2 nights' accommodation
- 2 four - course Table d' Hôte dinners
- 1 two - course lunch
- Pädaste Spa voucher in the value of 100 € per person to make your own choice of treatments from spa menu
- "Rise and shine" yoga style morning stretching every day at 09:00 am



### *Individual Treatments at Pädaste SPA*



#### *Relax & Unwind*

##### ***Sea Mud Footbath and Massage\**** 75 €

Refreshing foot bath with juniper, peppermint, lavender or comfrey. The revitalizing footbath is followed by a relaxing foot massage. Approximate Time: 30 minutes.

##### ***Invigorating Juniper - Nettle Footbath and Massage\**** 75 €

Great after a day of nature walks, sightseeing or travel.  
Approximate Time: 30 minutes.



#### *Massage*

##### ***Warm Stone Massage\****

Relaxing therapy with natural stones, collected from Muhu Island's shoreline. These perfectly polished stones moved their way through the glacier from the north Sweden and Finland. In the tens of thousands of years polished as smooth as silk. The warmed stones provide a revitalising and relaxing therapy.  
75 minutes 148 €

##### ***Fresh Herb Massage\****

Relaxing massage with aromatic herbs from the Pädaste garden. Our precious herbs - like marigold, rosemary, sage, lavender - have various healing effects and are grown in the nature of untouched Muhu Island. The selection of herbs is seasonal and offered according to availability.  
60 minutes 114 €  
90 minutes 160 €

##### ***Muhu Honey Massage\****

Exclusive therapy with golden Muhu honey accelerates blood flow and lymphatic drainage, improves the look of your skin, removes residues, provides energy, rejuvenates, better the immune system and provides extra energy. Warm honey is applied all over the body location by location, and is spread with different massage techniques, then "clapped" for best effect and finally cleansed with a moist towel, area by area before you rest for a warming aftereffect. Special attention to the back (+30 min) relieves muscle stress and back pains.  
60 minutes 121 €  
For a 30 minutes back-rub extension add 70 €

***Body & Soul - Massage with Grapeseed Oil***

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 102 €

90 minutes 148 €

***Body & Soul - Massage with Goat Milk Butter Crème\****

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

60 minutes 114 €

90 minutes 160 €

***Partial Body Massage 75 €***

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 75 €***

Unwind and relax with a foot massage based on zone therapy. Deep therapeutic reflexology on feet stimulates the 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.

***Fresh Herb Scrub\* 91 €***

Body scrub with fresh herbs and flowers from the Pädaste garden, infused with aromatic oil and sea salt. The selection of herbs is seasonal and offered according to availability. Approximate Time: 30 minutes.

***Rosehip & Poppy Seed Scrub\* 91 €***

Novel body scrub with rosehip and poppy seeds - the seeds from the flower that gave Muhu its name - in an infusion of sugar, aromatic oil, white kaolin clay and vitamin E. Approximate Time: 30 minutes.

***Oatmeal & Yoghurt Scrub\* 91 €***

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

***Juniper Scrub\* 91 €***

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

NB! After the scrub treatment we recommend:

***After-treatment full body goat milk butter crème nourishing 63 €***

The rich and healing Goat Milk Butter Crème with Your favourite essential oil will nourish your body. Approximate Time: 30 minutes.



### *Purifying & Detox*

#### ***Muhu Hay Wrap\**** 121 €

A stimulating and healing wrap 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.

#### ***Peat Wrap\**** 121 €

Peat from local bogs has healing effect on chronic inflammation and is ideal for relieving pain, speeds up metabolism and removes waste from the body and gives you a relaxed overall feeling. Approximate Time: 45 minutes.

#### ***Muhu Mud Wrap\**** 121 €

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*** 121 €

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 (reducing cellulite) is, of course, a special plus! Approximate Time: 45 minutes.

NB! After the wrap treatment we recommend:

#### ***After-treatment full body goat milk butter crème nourishing*** 63 €

The rich and healing Goat Milk Butter Crème with Your favourite essential oil will nourish your body. Approximate Time: 30 minutes.



### *Beauty*

#### ***Manicure*** 121 €

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*** 125 €

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.

***Sea Mud Facial Mask\**** 91 €

Facial mask and gentle massage with local sea mud has a smoothing, softening and wonderfully moisturizing effect on your delicate facial skin. Approximate Time: 30 minutes.

***Estonian Health Peat Facial Mask\**** 91 €

Facial mask and gentle massage with Estonian health peat has a tonifying effect and supports your facial healthy complexion. Approximate Time: 30 minutes.

***Local Clay Facial Mask\**** 91 €

Facial mask and gentle massage with clay provides a deep purifying effect, restores and balances your skin. Approximate Time: 30 minutes.

***Full Facial*** 144 €

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 with 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. The wonderful result is assured by using the natural cosmetic line of products created in Pädaste Spa. Approximate Time: 60 minutes.

***Rejuvenating Face Massage with Muhu Honey\**** 79 €

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*** 345 €

Approximate Time: 4 hours.

***After-treatment full body goat milk butter crème nourishing*** 63 €

The rich and healing Goat Milk Butter Crème will nourish your body. Approximate Time: 30 minutes.



***Baths***

***Fresh Herb Bath\**** 75 €

Aromatic body bath with fresh seasonal herbs from the Pädaste estate. Seasonal herbs like lavender, green coin, bladder, lemon balm, rose petals infused with sea salt for a relaxing and cleansing effect. The selection of herbs is seasonal and offered according to availability. Approximate Time: 30 minutes.

***Juniper Bath\**** 75 €

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: 30 minutes.



***Bladderwrack Bath\**** 75 €

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: 30 minutes.

***Nourishing Goat Milk Bath with Wild Rose Petals*** 75 €

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: 30 minutes.

NB! After the bath treatment we recommend:

***After-treatment full body goat milk butter crème nourishing*** 63 €

The rich and healing Goat Milk Butter Crème with Your favourite essential oil will nourish your body. Approximate Time: 30 minutes.



***Saunas & Hot Tub***

***Intensive Herbal Steam Sauna*** 91 € (up to 2 guests)

Enjoy our private 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 bookable 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*** 120 € (up to 2 guests, extra guest 30 €)

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 bookable 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*** 195 € (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 bookable 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.

NB! After the sauna or hot tub treatment we recommend:

***After-treatment full body goat milk butter crème nourishing*** 63 €

The rich and healing Goat Milk Butter Crème with Your favourite essential oil will nourish your body.

Approximate Time: 30 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 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 advise you well please do not hesitate to inform our therapist should you have a particular medical condition.
- Pädaste Spa is exclusively reserved for resident guests. We welcome non-resident guests if our capacity allows, however priority is given to resident guests. A surcharge of 20€ per each person applies for all non-resident guests making use of Pädaste Spa.