

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...



Individual Treatments at Pädaste SPA



Relax & Unwind

Sea Mud Footbath and Massage* 78 €

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* 78 €

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 156 €

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 120 €

90 minutes 168 €

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, betters 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 127 €

For a 30 minutes back-rub extension add 73 €

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 107 €

90 minutes 156 €

Body & Soul - Massage with Goat Milk Butter Crème*

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

60 minutes 120 €

90 minutes 168 €

Partial Body Massage 79 €

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 79 €

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* 95 €

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* 95 €

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 kanolin clay and vitamin E. Approximate Time: 30 minutes.

Oatmeal & Yoghurt Scrub* 95 €

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

Juniper Scrub* 95 €

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 66 €

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* 127 €

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* 127 €

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* 127 €

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 127 €

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 66 €

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



Beauty

Luxurious Hand Treatment 127 €

Our caring hand treatment will make your hands soft again, restoring the moisture balance of your skin and stimulating blood circulation. The treatment begins with a hand soak after which your nails will be filed and the skin around them will be treated. Your arms will be peeled with an aromatic scrub solution and a mask will be applied, leaving your arms soft and silky. While your hands luxuriate in the mask, you will be provided with a soothing head massage. The treatment will finish with a relaxing and moisturizing massage for your hands. Approximate Time: 90 minutes.

Wellness Foot Treatment 132 €

Banish tiredness and make them feel light again. The treatment starts with a herbal bath, and after trimming your nails a relaxing peeling will follow. The natural mask that follows has a moisturizing and cleansing effect. While your feet luxuriate in the mask, you will be provided with a soothing head massage. The treatment is concluded with a foot massage done with rich goat milk butter cream. This treatment invigorates the entire body with renewed energy. Approximate Time: 90 minutes.

Sea Mud Facial Mask* 95 €

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* 95 €

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* 95 €

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

Full Facial 151 €

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* 83 €

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 – wellness foot treatment, luxurious hand treatment and full facial 369 €

Approximate Time: 4 hours.

After-treatment full body goat milk butter crème nourishing 66 €

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



Saunas & Hot Tub

Intensive Herbal Steam Sauna 95 € (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 and birch whisk are provided. Relax afterwards on the Spa Terrace. Time: 60 minutes.

Extra 30 minutes with price 40 €

Choice of Sauna whisks

- ***Juniper whisk*** 16 €

Juniper helps to improve blood circulation and get rid of muscle tension. Occasionally dip the whip in water and swirl it over the stove - the whip becomes warm and the fragrance of the juniper essential oils becomes more intense.

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 66 €

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 30€ per each person applies for all non-resident guests making use of Pädaste Spa.