

## *Welcome to Pädaste SPA*

Welcome to Pädaste and its renewed Spa, where an extraordinary journey awaits. An experience designed to enrapture every facet of your being. Our commitment lies in curating a holistic sanctuary, in the Pädaste tradition of hospitality, ensuring that each moment resonates with the symphony of your senses crafting an immersive experience that nurtures your body, mind, and soul.

*SEE* – Marvel at the breathtaking vistas and untouched landscapes as nature weaves its tapestry around you. Wander through authentically restored manor grounds, where historical allure blends seamlessly with modern design, adorned with intricate Muhu patterns and captivating original artworks that stir the soul and create a setting of genuine hospitality in our tradition of Simple Luxury.

*LISTEN* – Enjoy the healing power of near total silence. From there dwell into a modest and curated symphony of sounds, from nature's gentle melodies, carefully selected harmonies that serenade your senses.

*TASTE* – Indulge in fine gastronomic enjoyments where our internationally acclaimed and Michelin rated Nordic Island's Cuisine meets the world's most critical standards. Or enjoy a simple lunch at the Pädaste Yacht Club.

*TOUCH* – Savor the touch of simple luxury with natural textures and materials unique to our hotel and spa. Feel the texture of bedding and natural fabrics of exquisite quality, an indulgence found nowhere else in Estonia.

*SMELL* – Awaken your senses to the symphony of nature's scents – the mossy forest paths, the breeze over the meadows, the flowering kitchen garden, all have their subtle scent. The aroma of freshly baked delights from our manor's bakery, the inviting fragrance of crackling fireplaces, the delicate essence of natural candles, and our exclusive range of body care products.

*FEEL* – When every sense is ignited to its fullest, you'll encounter an awakening—an unveiling of your true essence, immersed in tranquility. It's here that your presence is felt, harmonized in a symphony of sensations that lead you to your most serene self.

Step into our Natural-SPA realm, rooted in centuries-old Estonian herbal traditions, merging seamlessly with state-of-the-art spa technology. Our commitment to purity ensures that all ingredients are organic, sourced from the pristine nature of Muhu Island, meticulously prepared in our spa kitchen to offer you treatments enriched with pure, natural goodness.

Your journey at Pädaste Spa is a journey, harmonizing all six senses, unveiling an unforgettable odyssey of relaxation and complete rejuvenation.

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



### *New and Monthly Changing Treatments*

#### ***Light and Sound Therapy*** 89 €

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*** 95 €

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*** 203 €

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*** 299 €

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

- Herbal Steam Saun for 30 minutes
- 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*** 308 €

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

- Herbal Steam Sauna with local herbs and essential oils for 30 minutes
- 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*** 567 € (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

***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 kaolin 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 & Baths - Private Sessions - Exclusively Yours***

***Herbal Steam Sauna 40°C*** 95 €

Up to 2 guests; additional guests with a maximum of 4 persons – 10 € per guest  
Time: 60 minutes

Enjoy our private Herbal Steam Sauna as a relaxing preparation before a body treatment or conclusion of Pädaste Smoke Sauna or Muhu Wood-burning Sauna. You can choose from a variety of pure natural aromatic essential oils.

***Selection of aromatic essential oils:***

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

Use of the Nordic Cold Tub and lounge chairs on the Spa Terrace is complimentary when booking the Herbal Steam Sauna.

The Herbal Steam Sauna is bookable daily between 12.00 and 19.00. Should you wish to book the sauna outside the opening hours, a surcharge applies. Please inquire about the pricing and availability.

### ***Salt Crystal Sauna 50°C 95 €***

Up to 2 guests; additional guests with a maximum of 4 persons – 10 € per guest  
Time: 60 minutes

Within the tranquil confines of Pädaste Spa lies the Salt Crystal Sauna. This sauna blends tradition with innovation, embracing a special Estonian-designed oven that ingeniously incorporates salt crystals, ensuring an even distribution of enriched air throughout the small cave sauna.

The Salt Crystal Sauna creates an atmosphere of serene equilibrium and gentle steam that tenderly softens the body. The salt crystals within the sauna not only improve breathing and lung conditions but also support the respiratory system, promoting a deep sense of relaxation.

With the option to introduce various aromas and gentle sounds of nature, your senses are treated to a symphony of tranquility.

Use of the Nordic Cold Tub and lounge chairs on the Spa Terrace is complimentary when booking the Herbal Steam Sauna.

The Salt Crystal Sauna is bookable daily between 12.00 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 80°C 140 €***

Up to 2 guests; additional guests with a maximum of 6 persons – 30 € per guest  
Time: 60 minutes, extra 30 minutes with price 40 €

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. The Birch whisk is stimulating and mild, its alkalinity soothes the skin. Relax afterwards on the Spa Terrace.

#### ***Choice of Sauna whisks***

##### ***- Juniper whisk 16 €***

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

##### ***- Eucalyptus whisk 16 €***

Eucalyptus is an excellent natural inhaler. The harsh cooling aroma of eucalyptus mobilizes nervous system and helps to recover from stress or disease. It boosts energy for increased life expectancy.

Use of the Nordic Cold Tub and lounge chairs on the Spa Terrace is complimentary when booking the Muhu Wood-burning Sauna.

The Muhu Wood-burning Sauna is bookable daily between 12.00 and 19.00. Should you wish to book the sauna outside the opening hours, a surcharge applies. Please inquire about the pricing and availability.



***Pädaste Smoke Sauna 60°C inclusive of ritual ceremony 450 €***

Up to 5 guests

Time: 60 – 120 minutes

Step into a centuries-old ritual reimagined at the Pädaste Smoke Sauna, a sanctuary that pays homage to the rich heritage of Muhu's sauna tradition. Guided by a knowledgeable host, this experience transcends time, inviting you on a captivating journey through history and tradition.

This modern interpretation of the ancient smoke sauna is a marvel to behold. Specially selected Nordic fire-rocks are heated for four hours over open alder wood flames, infusing the air with a distinctive essence. As the steam gracefully emanates from the natural spring water or herbal infusion, it brings to life a symphony of natural elements.

Opt for a whisking ceremony under the guidance of your host – a ritual that imparts a sense of bliss and deep relaxation. Additionally, you can choose to immerse yourself in an enchanting experience as you may hear the rhythmic shamanic drums and ancient healing mantras performed by the therapist. Allow these captivating sounds to transport you into a profound healing state of both body and mind.

With a gentle temperature of 60 °C and heightened humidity, this sanctuary offers an intimate setting to spend an hour, or two, for up to five people.

Emerge from this serene experience feeling renewed, as the whispers of ancient tradition and the rejuvenating power of nature's elements intertwine, leaving you in a state of tranquil rejuvenation.

The Pädaste Smoke Sauna starts at 16:00 and must be reserved at least 24 hours ahead.

***Healing Hot Spring 38°C 195 €***

Up to 2 guests; additional guests with a maximum of 6 persons – 30 € per guest

Time: 60 minutes

Nestled within the embrace of the spa lies the Solar-Powered Healing Hot Spring, a haven where the sun's energy breathes life into an ancient wellness tradition.

Envision a small pool, gently cradled in the heart of Pädaste's pristine park, harnessing the radiant power of the sun to infuse our healing waters with warmth and vitality. The water, maintained at blissful constant 38°C, invites you to immerse yourself in its rejuvenating embrace.

This spring water, drawn from our deep well, is a testament to purity, enriched with minerals that invigorate and restore. Here, no harmful chlorine disrupts nature's balance; instead, the water is delicately cleansed using natural sea salt, further enriched with minerals, and purified by a special frequency light, a truly unique concept in Estonia.

As sunlight dances upon the surface, it catalyzes a metamorphosis within the waters, transforming them into a natural elixir, brimming with revitalizing energy. Immerse yourself in these rejuvenating waters, feeling the subtle embrace of nature's healing touch.

Use of the Nordic Cold Tub and lounge chairs on the Spa Terrace is complimentary when booking the

*Healing Hot Spring.* The Healing Hot Spring is bookable daily between 12.00 and 19.00 and must be reserved at least 24 hours ahead. Should you wish to book the Healing Hot Spring 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

Time: 60 minutes

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.

The Seawater Hot Tub is bookable daily between 12.00 and 19.00 and must be reserved at least 24 hours ahead. Should you wish to book the Seawater Hot Tub outside the opening hours, a surcharge applies. Please inquire about the pricing and availability.

NB! After the sauna or bath 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.

***Sauna & Hot Spring Private Circuit – Combination of Sauna Pleasures***

460 € (instead of 525 € when enjoyed separately)

Up to 2 guests; additional guest with a maximum of 6 persons – 40 € per guest

Time: 60 minutes

Enjoy the variation of the Herbal Steam Sauna, the Salt Crystal Sauna, the Muhu Wood-burning Sauna, and the Hot Spring for a Sauna & Bath Circuit in complete privacy.

The Sauna & Hot Spring Private Circuit is bookable daily between 12.00 and 19.00 and must be reserved at least 24 hours ahead. Should you wish to book the Sauna & Hot Spring Private Circuit outside the opening hours, a surcharge applies. Please inquire about the pricing and availability.



***Saunas & Baths - Public Session***

***Sauna & Hot Spring Circuit – Combination of Sauna Pleasures***

150 € per person (minimum requirement is 2 persons in your reservation)

Time: Daily 9:30-11:30

Enjoy the variation of the Herbal Steam Sauna, the Salt Crystal Sauna, the Muhu Wood-burning Sauna, and the Hot Spring for a Sauna & Bath Circuit together with fellow guests of Pädaste Manor.

The Sauna & Hot Spring Public Session must be reserved at least 24 hours ahead



### *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.*