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THE BEST TIME TO RELAX IS WHEN THERE IS NO TIME...

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SPA MENU

Crystal clear mountain air, beautiful scenery, healing mineral water, natural SPA products, innovative technologies and professional care!

This is Katarino SPA Hotel – the place for relaxation and harmony, attaining complete rest, where body can enjoy and soul be in harmony!



FULL BODY MASSAGES

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	CLASSIC MASSAGE Full body massage with moderate pressure to relax the muscles and eliminate the accumulated fatigue.	50 min / BGN 110
	DEEP TISSUE MASSAGE Full body massage with more pressure and various massage techniques that relax the muscles in depth.	45 min / BGN 120
•	RELAXING AROMA MASSAGE WITH 100% NATURAL ESSENTIAL HERBAL OILS / OF YOUR CHOICE/ Gentle full body relaxing massage to reduce stress and mental fatigue, with a combination of pure essential herbal oils according to your needs.	50 min / BGN 110
	NOURISHING BIO OIL MASSAGE OF YOUR CHOICE (COCOA, SHEA KARITE OR COCONUT) Full body massage with moderate pressure and deep nourishing treatment with natural BIO butter oils.	50 min / BGN 110
	VOLCANIC STONES MASSAGE Full body massage with hot volcanic stones and natural essential oils to improve the body's energy balance. It reduces stress and mental fatigue.	50 min / BGN 115
	ANTI-CELLULITE MASSAGE Problem areas massage with specific massage techniques and use of special anti-cellulite and sculpting massage oil.	40 min / BGN 95
	PREGNANCY MASSAGE A gentle massage to relax the back muscles and reduce the feeling of heaviness in the limbs in combination with pure herbal oils.	45 min / BGN 100



MIX MASSAGES

55 min / BGN 120 BACK, SCALP MASSAGE, FACIAL MASSAGE 55 min / BGN 120 BACK, SCALP MASSAGE, FEET REFLEX MASSAGE BACK, FEET REFLEX 55 min / BGN 120 MASSAGE, FACIAL MASSAGE 55 min / BGN 120 TIRED LEGS, FEET **REFLEX MASSAGE, SCALP** MASSAGE 55 min / BGN 120 TIRED LEGS, FACIAL MASSAGE, SCALP MASSAGE 55 min / BGN 120 TIRED LEGS, FACIAL MASSAGE, FEET REFLEX MASSAGE



AYURVEDIC MASSAGE -ABHYANGA

Relaxing massage with hot sesame oil in combination with steam bath. It reduces fatigue and nourishes the tissues, improves sleep, tones muscles, strengthens immunity as well as bones and relieves tension.

AYURVEDIC POWDER MASSAGE

Detoxifying massage with warmed sesame oil and herbal peeling aimed at cleansing the skin. It improves blood circulation and it is good for bone and joint problems.

RELAXING MASSAGE WITH BAMBOO STICKS

The massage helps to eliminate cellulite, intellectual and physical fatigue, nourishes the skin, tissues and cells, speeds up metabolism / promotes weight loss / and improves energy balance.

NEW! Va - Ya MASSAGE

Va - Ya massage combines Eastern and Western massage techniques such as acupressure, stretching and oily medical massage. This therapy has a beneficial effect on blockages, muscle imbalance, stimulates lymphatic and energy flow.

45 min / BGN 99

55 min / BGN 115

50 min / BGN 110

60 min / BGN 140



PARTIAL BODY MASSAGES

BACK MASSAGE Neck, shoulders and back massage for muscle relaxation and elimination of accumulated fatigue.	25 min / BGN 70
TIRED LEGS Antipruritic, lymphatic draining foot massage in combination with detoxifying essential oils.	25 min / BGN 70
FEET REFLEX MASSAGE Therapeutic massage by pressing zones and points of the soles, which reduces tension and improves the function of organs and systems in the body.	25 min / BGN 70
YOGA STRETCHING MASSAGE Recreational, post-sport massage that includes yoga and tai massage.	25 min / BGN 75
FACIAL MASSAGE It stimulates blood circulation, saturates the skin with oxygen, leading to enhanced metabolic processes and skin regeneration.	20 min / BGN 65
SCALP MASSAGE It stimulates the blood vessels and soothes the tension in the muscles of the head.	20 min / BGN 60
CUPPING THERAPY ON THE BACK Cupping glasses release muscle adhesions, soft tissues are being relaxed, which boosts the cleansing of toxins. The therapy stimulates the lymphatic system and speeds up the healing process.	30 min / BGN 85
MASSAGE FOR CHILDREN	
(For children under 14 the massages are performed in the presence of a parent)	
CHOCOLATE MASSAGE "MILKY WAY" Full body massage for child muscles toning along with the sweet aroma of BIO cocoa butter combined with a pleasant surprise and a wide kid's smile.	30 min / BGN 70
COCONUT MASSAGE Partial back and legs massage with BIO coconut oil, combined with a pleasant surprise and a wide kid's smile.	15 min / BGN 60

ENJOY THE SPA MOMENTS!

ANTISTRESS THERAPY WITH BENEFICIAL EFFECT ON MUSCLES

FLOTATION BATH

Magnesium sulphate flotation bath - powerful anti-stress effect and pleasure of weightless floating.

SPA RITUALS

SPA RITUAL RECHARGE Combination of steam bath, oriental peeling "Kese", nourishing full body massage and moisturizing face mask.

SPA RITUAL ANTISTRESS Combination of aroma bath with healing mineral water, nourishing full body massage and moisturizing face mask.

SPA RITUAL EXOTIC DELIGHT It includes coconut peeling and a full body massage with organic coconut oil.

SPA RITUAL CHOCOLATE TEMPTATION

It includes organic chocolate peeling and full body nourishing cocoa massage. It has a strong detoxifying effect and the skin becomes soft and supple. 40 min / BGN 100 25 min / BGN 80

90 min / BGN 160

90 min / BGN 160

80 min / BGN 150

80 min / BGN 150



SPA RITUAL ORINETAL FAIRY-TALE

An enchanting and exotic experience with authentic oriental peeling "Kese" followed by a relaxing aromatic foam massage with natural soap. It ends with a clay mask on the whole body, rich in minerals.

90 min / BGN 165

90 min / BGN 165

90 min / BGN 270

COUPLES RELAX RITUAL

NOURISHING RITUAL

and nourishing full body massage.

a massage and face mask for her and a head and feet massage for him, relaxation in a warm gemstone room and a finishing ritual with serving a relaxing drink.

Nourishing honey and coffee peeling, nourishing mask with essential oils

ORIENTAL PEELING WITH FOAM MASSAGE

Wonderful oriental therapy in combination with an individual steam bath to open the pores. This is followed by exfoliation with a silk glove to remove dead cells. The ritual ends with a classic massage with aromatic natural soap foam that improves blood circulation and relaxes the muscles.

CLEOPATRA'S SECRETS

An ancient ritual that will bring you to Egypt. It starts with dipping in a warm bath of honey and milk. Then a gentle removal of dead cells with a brown sugar scrub follows. Finally, your skin is nourished by a mask enriched with natural essential oils.

PRECIOUS STONES THERAPY

Energizing therapy with precious stones, colours and aromas to improve the energy balance of the body. It neutralizes the negative vibrations. If you need some experience for all the senses, do not miss this unique energizing therapy.

55 min / BGN 125

90 min / BGN 125

30 min / BGN 50

A unique combination that includes: a relaxing aroma massage for both,

LOVE YOURSELF!

STAY POSITIVE!



DETOX BODY THERAPIES WITH NATURAL INGREDIENTS

PEELING WITH NATURAL INGREDIENTS AND OILS

30 min / BGN 70

Detox, relax, energy / of your choice/ Full body exfoliation for healthy and radiant skin with HONEY AND COFFEE, BROWN SUGAR OR HERBS mixed with Pure Essential Herbal Oils.

NATURAL NOURISHING MASK AND ESSENTIAL OILS WRAPS 30 min / BGN 65 Detox, relax, energy / of your choice/ Gentle body wrap for beautiful, nourished skin with natural shea mask combined with pure essential oils.

SERIAL MUD BATH Individual application of the body in the hot serial mud bath clay rich in minerals of your choice. 30 min / BGN 65

HYDROTHERAPY FOR THE BODY WITH MINERAL WATER

AROMATIC BATH WITH THERMAL SALTS AND ESSENTIAL OILS

30 min / BGN 60

Detox, relax, energy/of your choice/ Full body relaxation in a hot mineral hydromassage tub and a specially selected combination of pure essential oils. It relaxes muscles, increases mental activity, energizes, eliminates stress.

PROFESSIONAL WHIRLPOOL BATH / TANGENTOR / WITH MINERAL WATER

CLEOPATRA'S BATH WITH GOAT'S MILK

30 min / BGN 70



30 min / BGN 85



EASTERN BODY MASSAGES

THAI MASSAGE

* * *

The traditional Thai massage has been practiced for about 2,500 years. It combines practices from Indian Ayurveda and traditional Chinese medicine. Classic massages from Thailand skillfully use yoga postures, deep massage, stretching and work on energy lines to relieve muscle tension and allow life force and energy to circulate freely in the body.

particular and purposefully selected area is treated (back and legs) the whole body is treated and special attention is paid to a selected area 60 min / BGN 155 90 min / BGN 199

YUMEIHO THERAPY

Yumeiho therapy is a therapeutic method that is based on manual actions performed on the entire human body in order to maintain or improve health. The manual therapeutic actions within the Yumeiho therapy, which are applied for the purpose of prevention or recovery, consist of:

- bone and joint healing techniques and passive joint exercises;
- acupressure and reflexology practices;
- special massage techniques and practices;
- stretching elements (extension and stretching);
- methods to restore body posture, both in static and active positions;
- exercises to improve the biomechanics of the motor apparatus, etc.

SHIATSU MASSAGE

An ancient Japanese massage technique for the whole body as pressure is applied to key points located on the energy channels (meridians). The goal is to unblock and restore their normal patency, which leads to deep muscle relaxation and increased flexibility. The massage also achieves a healing effect related to activation of the immune system, regulation of blood pressure, stimulation of the body's self-defense forces.

60 min / BGN 175 90 min / BGN 220

60 min / BGN 160 90 min / BGN 225











NEW! FILORGA PROFESSIONAL

Cryotherapy and phototherapy with LED lights for skin rejuvenation, combining medical practice and the pleasure of a true spa ritual. It uses active ingredients tailored to specific skin problems and SPA therapies, resulting in an immediate and long-lasting effect:

- peeling without exfoliation and redness
- *cryolift therapy*
- photo therapy with LED lights

The active ingredients of Hydra cryo serum, Light cryo serum, Lift cryo serum, Time cryo serum penetrate deeply thanks to the therapeutic agents used, resulting in deep cellular stimulation with lasting effect.

CRYOLED therapy gives smoothness and firmness to the facial contour, skin becomes shiny and traces of fatigue disappear. The effect is immediate and it is visible after the therapy.

How the treatment is carried out

A nozzle is placed on the skin, which causes extremely pleasant cooling to -18 C. Cellular stimulation is achieved by inserting a gel with active ingredients identical to mesotherapy in the deep layers of the skin.

Effect

A sharp temperature drop leads to a powerful contraction and dilation of blood vessels, causing a "pumping" effect. It supplies the skin with oxygen and helps to better penetrate the active ingredients. The skin is rejuvenated in depth, ensuring long-lasting effect, and all skin cell functions are powerfully stimulated:

- It enhances synthesis of collagen and elastin
- It suppresses formation of new pigment spots.
- It soothes and reduces inflammatory processes

POWERFUL LIFTING TREATMENT

Mature woman treatment whose purpose of modelling the facial oval. The treatment improves the skin elasticity, reduces wrinkles, and makes the skin firmer, thicker and more radiant.

INTENSIVE ANTI- WRINKLE TREATMENT

Unique treatment that improves skin hydration in depth and makes it supple and vibrant. It is suitable for dry and damaged skin.

POWERFUL MOISTURIZING TREATMENT

Cryotherapy for intensive hydration with active ingredients and long-lasting effect. Treatment dramatically improves blood circulation, resulting in the skin being supplied with oxygen, the active ingredients penetrating in depth and causing extreme hydration.

EYE TREATMENT AGAINST DARK CIRCLES AND BAGS UNDER THE EYES

This is a therapy that causes lymphatic drainage and improves blood circulation. It is effective in all problems affecting the eye contour - dark circles, eye bags and wrinkles.

60 min / BGN 130

60 min / BGN 130

60 min / BGN 129

30 min / BGN 70

60 min / BGN 115

"NEW SKIN" TREATMENT FOR RADIANT AND EVEN COMPLEXION

This is a treatment that completely rejuvenates your skin. It combines "Light Peel" and cryotherapy with powerful anti-aging agents. It is suitable for:

- Lack of radiant and even complexion
- Loss of skin elasticity
- Rough and uneven skin
- Active smokers
- Skin spots after acne
- Wrinkles

This is a luxury cryocellular therapy with bioactive ingredients. Powerfully improves blood circulation, stimulates cell renewal, regenerates and tightens.

PREMIUM THERAPY

90 min / BGN 160

Luxury Cryocellular therapy in combination with bioactive ingredients identical to medical mesotherapy. Cryotherapy provides deep penetration of bioproducts, which improves blood circulation, stimulates cell renewal and tightens the skin. The effect is visible immediately after the procedure.

"REGULATING HYPERPEGMENTED SKIN SPOTS" 50 min / BGN 105 TREATMENT

The combination of LED lights and Bright peel are intended to stimulate the production of collagen and elastin while enhancing the melanogenesis process responsible for the production of new pigment spots as well as to soothe sensitive skin.



LED TREATMENT

Light waves directed at the very core of the skin are used. They reach the mitochondria by generating ATP * energy directly used by the cells.

*Adenosine triphosphate (ATP) is a macro-energy molecule that is used for almost all metabolic cell functions and activities - protein production, membrane building, movement, division, differentiation, etc..

4 types of lights are used:

- Blue purifies the skin
- Green removes pigmentation
- Yellow soothes the skin
- Red penetrates deep into the skin and stimulates the production of collagen and elastin.

INTENSIVE HYDRATING TREATMENT

Unique treatment that improves skin hydration in depth while restoring lipids and nourishing the epidermis. Suitable for dry skin with no elasticity and shine, rough touch feeling and many fine lines due to dehydration.

FILORGA PEELING

Skin Exfoliation with SPECIALLY ADAPTED SOLUTION TO YOUR NEEDS: Peeling without exfoliation and redness. It gives shine, shrinks pores, depigments and prevents new spots.

- LIGHT PEEL Smooths out fine lines and gives shine
- TIME PEEL Smooths wrinkles and tightens face contour
- BRIGHT PEEL Removes dark spots and gives shine to the skin

60 min / BGN 110

30 min / BGN 65

35 min / BGN 75

KATARINO SPA CENTRE OFFERS INDIVIDUAL SPA PACKAGES WITH A DISCOUNT OF 10%

INCLUDING MINIMUM 5 PROCEDURES PER PERSON (massages, facial and body therapies)

The package is prepaid on the day of the first procedure.

XBODY

XBODY is an innovative method of training and rehabilitation by electro-muscular stimulation of the body (EMS). EMS is the induction of muscle contraction by electrical impulses. The principle is applicable to training, rehabilitation and beautification. The impulses are generated by an apparatus and by electrodes, acting directly on the surface of the skin, causing muscle contraction. The result is similar to the real movement of the muscles during making any physical effort.

DURATION Only 20 minutes are enough for intense training of the whole body.

PERSONAL TRAINER You are under the constant supervision of a professional personal trainer who will take care of your motivation and the correct performance of the exercises.

NO RISK OF INJURIES AND TRAUMAS The impulses reach the muscles directly, which protects the joints and tendons from overload, as well as decreases the risk of injuries and trauma.

REHABILITATION If you suffer from back pain due to a sedentary lifestyle or you are recovering from an injury, EMS training will help you recover faster and completely.





CRYOTHERAPY

Cryotherapy is a therapy with cold, during which the body is cooled down with gas to extremely low temperature. For a short period of time (1-3 minutes) the body is exposed to temperatures between -120 and -180°C. The feeling during the time in the cryosauna is refreshing and stimulating like a cold shower, and is brings plenty of benefits to the body.

Cryosauna procedures may contribute to positive results in the following conditions and goals:

- Recovery from sports and physical activities;
- Stimulating the metabolism and increasing weight loss;
- Elimination of swellings;
- Stimulation of the immune system;
- Psoriasis;
- Skin problems such as eczema, dermatitis or rashes;
- Anti-aging effect;
- Hormonal imbalance;
- Unpleasant symptoms of menopause;
- Balance of body temperature;
- Removal of cellulite;
- Rheumatological diseases;
- Joint and muscle pain;
- Diabetes;
- Sports injuries, sprains and others;
- Postoperative rehabilitation.

The following conditions are contradictive to whole body cryotherapy:

- Pregnancy;
- Severe hypertension (BP 180/100);
- Acute or recent myocardial infarction;
- Unstable angina pectoris;
- Arrhythmia;
- Cardiac pacemaker;
- Peripheral arterial occlusive disease;
- Venous thrombosis;
- Uncontrolled faints;
- Raynaud's syndrome;
- Fever;
- Bleeding;
- Severe anemia;
- Claustrophobia;
- Cold allergy;
- Under 18 years of age (parental consent required for treatment);
- Acute kidney and urinary tract diseases;

During each session the body releases endorphins which make you feel good and energetic. The effects of each session last at least 6-8 hours, but as any therapy, the more sessions, the better the results. We recommend during the first month the sessions to be couple of times a week, after that the therapy shall be used when needed or with a reduced schedule. The constant use of cryotherapy can prolong the benefits for a longer period of time, including relief of inflammatory processes in the organism. Patients suffering from pain will feel relief even from the first 2-3 procedures.

SPA ETIQUETI

- On the territory of the pool not allowed are children below 14 years of age without a companion.
- In the thermal area and the fitness not allowed are children below 14 years of age.
- On the territory of the SPA center not allowed are visibly drunk guests or guests under the effect of drugs or sedatives.
- The thermal area is not recommended for use by pregnant women, people having cardiovascular disease or high blood pressure.
- Mandatorily take a shower prior to using the pool and the SPA facilities.
- Enter the SPA facilities with a bathing suit and use towel for sitting.

- It is mandatory on the territory of the thermal area to turn off the sound of your telephones and mobile devices so you do not disturb the peace of other guests.
- If you need any information or wish to book an appointment for procedure, please contact SPA reception.
- If you wish to cancel a reservation for SPA procedure or shift its time, please contact SPA reception at least 2 hours in advance!
- On the territory of the pool and the thermal area not allowed is bringing food, alcohol or glass and porcelain containers.
- We kindly ask you not to wear valuables and jewelry. For your convenience and security you may leave them in the safe box of your hotel room.



Katarino SPA Hotel ****

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SPA & Wellness Center

- Opening hours: 1 Dec - 31 March: 9:00 am - 9:00 pm 1 April - 30 Nov: 8:00 am - 8:00 pm
- Booking: Direct #: +359 893 03 66 10 Internal phone # (from the rooms): 1626