



KATARINO
SPA HOTEL



SPA MENU

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





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



CLASSIC MASSAGE

Full body massage with moderate pressure to relax the muscles and eliminate the accumulated fatigue.

50 min / BGN 119

DEEP TISSUE MASSAGE

Full body massage with more pressure and various massage techniques that relax the muscles in depth.

45 min / BGN 129

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 115

NOURISHING BIO OIL MASSAGE

Full body massage with moderate pressure and deep nourishing treatment with natural BIO butter oils.

50 min / BGN 119

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 125

ANTI-CELLULITE MASSAGE

Problem areas massage with specific massage techniques and use of special anti-cellulite and sculpting massage oil.

40 min / BGN 99

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.

35 min / BGN 85

VA - YA MASSAGE

Va - Ya Massage combines Eastern and Western massage techniques such as acupressure, stretching, and oil-based therapeutic massage. This therapy has a beneficial effect on blockages and muscle imbalances and it stimulates lymphatic and energy flow.

60 min / BGN 149



PARTIAL BODY MASSES

BACK MASSAGE

Neck, shoulders and back massage for muscle relaxation and elimination of accumulated fatigue.

25 min / BGN 79

TIRED LEGS

Antipruritic, lymphatic draining foot massage in combination with detoxifying essential oils.

25 min / BGN 75

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

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

MIX MASSAGE

Massage of three areas of your choice
/BACK, LEGS, REFLEXOLOGY FOOT MASSAGE,
SCALP, FACE/

55 min / BGN 129

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 75

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 65

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.

40 min / BGN 100
25 min / BGN 80

SPA RITUALS

SPA RITUAL RECHARGE

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

90 min / BGN 170

SPA RITUAL "KATARINO"

A delightful combination of a honey and milk bath, pink sand body scrub and a relaxing aroma massage with bamboo sticks.

90 min / BGN 170

SPA RITUAL "IMMUNITY"

Includes a flotation bath combined with a deep tissue full-body massage and foot reflexology.

80 min / BGN 170

SPA RITUAL CHOCOLATE TEMPTATION

It includes sugar peeling and full body nourishing cocoa massage. It has a strong detoxifying effect and the skin becomes soft and supple.

80 min / BGN 160

FIERY IMPERIAL RITUAL

A combination of cupping therapy, fire massage and manual full-body massage.

55 min / BGN 160

NOURISHING RITUAL

Nourishing honey and coffee peeling, nourishing mask with essential oils and nourishing full body massage.

90 min / BGN 175

COUPLES' RELAXATION RITUAL

A unique experience designed for two, including: a nourishing massage with organic oil of your choice (COCONUT, COCOA, or SHEA), a facial mask for HER and a head & foot massage for HIM, followed by relaxation in a warm gemstone room and a closing ritual with a served relaxing beverage.

90 min / BGN 270

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.

55 min / BGN 125

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.

30 min / BGN 50



A serene spa room featuring a large, rectangular hot tub with a brown leather-like finish. The tub is partially covered with a white towel and decorated with dried flowers, small candles, and woven baskets. The room has a rustic yet elegant feel, with a ceiling made of horizontal wooden slats and exposed beams. The walls are a mix of smooth white paint and rough-hewn stone. In the background, a wooden cabinet holds more towels and a small plant. A mirror is visible on the stone wall, reflecting part of the room. The overall lighting is warm and inviting.

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,
PINK SAND OR SUGAR WITH COCONUT.

NATURAL NOURISHING MASK 30 min / BGN 65
AND ESSENTIAL OILS WRAPS

SERIAL BATH 30 min / BGN 70
A body application with mineral-rich clay in a warm Serail bath.

HYDROTHERAPY FOR BODY WITH MINERAL WATER

AROMATIC BATH WITH ESSENTIAL OILS 30 min / BGN 60

AROMA BATH WITH ESSENTIAL OILS 30 min / BGN 70

CLEOPATRA'S BATH WITH HONEY AND MILK 30 min / BGN 70



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)

60 min / BGN 160

the whole body is treated and special attention is paid to a selected area

90 min / BGN 200

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.

60 min / BGN 180

90 min / BGN 230

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 165

90 min / BGN 230



COSMETIC FACIAL THERAPIES

PEELING THERAPY WITH ALGAE EXTRACTS AND AHAS

30 min / BGN 75

Targeted care for deep wrinkles, pigmentation, and loss of skin elasticity.

EYE CONTOUR THERAPY WITH HYALURONIC ACID

30 min / BGN 75

A rejuvenating cosmetic treatment for the delicate eye area. It includes gentle cleansing, a draining massage to stimulate microcirculation, and the application of a hyaluronic acid patch mask to fill fine lines and deeper wrinkles. Suitable for all skin types and ages, this therapy helps achieve a truly radiant eye contour.

HYDRATING RITUAL „HEART OF THE OCEAN “

60 min / BGN 120

Combining the deep hydrating effect of seawater with the detoxifying action of trace elements and sea salts, this beauty therapy boosts hydration levels and restores skin's radiance. The therapy begins with a thorough cleansing of the face and neck and exfoliation, followed by a relaxing manual massage. The specific alginate mask with active moisturizing serum saturates the skin with hydrating and nourishing active ingredients of marine origin, making it smooth, elastic and dazzling.

CLEANSING RITUAL FOR OILY SKIN

60 min / BGN 120

The combination of rebalancing extracts and an alginate mask regulates fat secretion, provides a deep cleansing action and reduces inflammation, restoring the healthy and shiny appearance of the skin.

SPIRULINE BOOST

60 min / BGN 130

Detox therapy for smoothing and prevention of the first wrinkles. The first smoothing therapy that counteracts the first signs of aging associated with the urban lifestyle: pollution, fatigue, stress. Thanks to the fresh “peel-off” mask with spirulina and marine magnesium, the skin is detoxified, fine lines are smoothed, and the complexion is radiant.

HYALU-PROCOLLAGEN PROGRAM

60 min / BGN 150

Cosmetic “filler” for filling wrinkles and rejuvenating the skin. Thanks to the powerful combination of three types of hyaluronic acid and marine collagen, this highly effective therapy visibly fills wrinkles and rejuvenates the skin. A trio of cosmetic rollers, with which a specific massage is performed on wrinkles, plays the role of a “booster” for regeneration and visible transformation of the skin.

SILICIUM LIFT PROGRAM

60 min / BGN 160

The basis of the innovative therapy is a highly effective dermostimulating massage with duo fitness rollers and a specially developed two-part mask that lifts facial contours, tightens the skin and restores its natural glow and tone. The formula of all products includes a complex of algae, rich in marine silicon and fortified with vitamin C, which activates the synthesis of collagen, elastin and hyaluronic acid, restores the fresh, youthful appearance of the face.

LUXURY RITUAL EXCEPTION MARINE - „EXCEPTIONAL CARE“

60 min / BGN 165

Innovative marine “lifting” therapy that redefines the contours of the face and restores skin density thanks to the combination of the patented marine complex for skin restoration and the exclusive lifting massage..





COMPREHENSIVE LUXURIOUS REGENERATING TREATMENT

50 min / BGN 140

/Age summum/

An intensive anti-aging facial for visible skin rejuvenation. Includes exfoliation, a specific massage, a vitamin C serum, and a lifting mask with a “second skin” effect. Smooths wrinkles, lifts facial contours, and reveals a radiant glow.

LUXURIOUS LIFTING TREATMENT

50 min / BGN 140

/Lift summum/

A complete lifting therapy for the face, neck, and décolleté. Firms the skin, reshapes facial contours, and smooths the décolleté area using dual exfoliation, a specific lifting massage, cosmetic filler for wrinkle filling with hyaluronic acid, and two types of masks for the face and décolleté.

LUXURIOUS HYDRATING & ANTI-WRINKLE TREATMENT

45 min / BGN 130

/Hydra summum/

A deeply hydrating and wrinkle-filling treatment with high concentrations of hyaluronic acid and the innovative Hydralogic complex. Includes four essential steps: exfoliation, ultra-hydrating concentrate, draining and energizing massage and a specialized mask for optimal results.

DETOXIFYING & OXYGENATING FACIAL TREATMENT

50 min / BGN 130

/Detoxygen/

An exclusive facial therapy that effectively removes dead skin cells, detoxifies, and saturates the skin with oxygen. Eliminates toxins and impurities, hydrates, smooths, and provides reliable protection against environmental pollution. The result is instantly visible – clean, refreshed, velvety-soft and elastic skin with a naturally radiant glow.





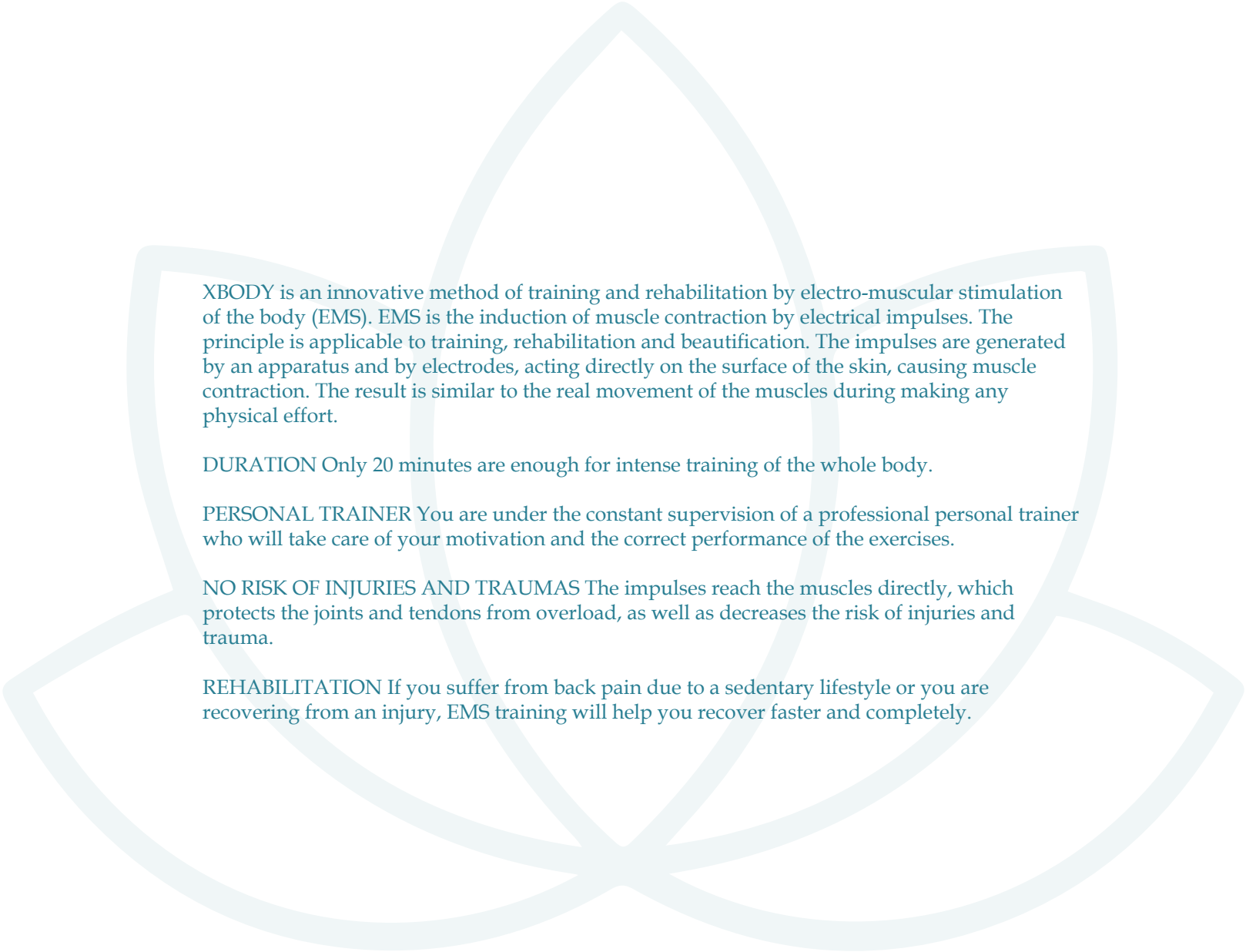
KATARINO SPA CENTRE OFFERS INDIVIDUAL SPA PACKAGES WITH A DISCOUNT OF 10%

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 it 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 contradictory 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 ETIQUETTE

- 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 ****



Bulgaria
Destination Razlog and Bansko



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e-mail: reservation@hotelkatarino.com



www.hotelkatarino.com

SPA & Wellness Center

Opening hours:
9:00 am - 9:00 pm



Booking:
Direct #: +359 893 03 66 10
Internal phone # (from the rooms): 1626