



# 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 / 66 EUR / BGN 129,08

## DEEP TISSUE MASSAGE

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

45 min / 79 EUR / BGN 151,51

## 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 / 64 EUR / BGN 125,17

## NOURISHING BIO OIL MASSAGE

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

50 min / 66 EUR / BGN 129,08

## 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 / 71 EUR / BGN 138,86

## ANTI-CELLULITE MASSAGE

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

40 min / 56 EUR / BGN 109,53

## 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 / 49 EUR / BGN 95,84

## 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 / 87 EUR / BGN 170,16



# PARTIAL BODY MASSAGES

## BACK MASSAGE

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

25 min / 43 EUR / BGN 84,10

## TIRED LEGS

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

25 min / 43 EUR / BGN 84,10

## 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 / 40 EUR / BGN 78,23

## FACIAL MASSAGE

It stimulates blood circulation, saturates the skin with oxygen, leading to enhanced metabolic processes and skin regeneration.

20 min / 36 EUR / BGN 70,41

## SCALP MASSAGE

It stimulates the blood vessels and soothes the tension in the muscles of the head.

20 min / 35 EUR / BGN 68,45

## MIX MASSAGE

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

55 min / 72 EUR / BGN 140,82

## 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 / 49 EUR / BGN 95,84

# 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 / 43 EUR / BGN 84,10

## COCONUT MASSAGE

Partial back and legs massage with BIO coconut oil, combined with a pleasant surprise and a wide kid's smile.

15 min / 36 EUR / BGN 70,41

A close-up, low-angle shot of a person's back and shoulder area during a massage. The person is lying face down, and a massage therapist's hands are visible, applying pressure to the back. The person's skin is glistening with massage oil. The background is blurred, showing a spa interior with warm lighting and a stone wall.

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 / 56 EUR / BGN 109,53  
25 min / 46 EUR / BGN 89,97

# SPA RITUALS

## SPA RITUAL RECHARGE

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

90 min / 97 EUR / BGN 182,72

## SPA RITUAL "KATARINO"

A delightful combination of a honey and milk bath, gentle exfoliation with a soft peeling treatment, and a relaxing aroma massage with bamboo sticks.

90 min / 100 EUR / BGN 195,58

## SPA RITUAL "IMMUNITY"

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

80 min / 100 EUR / BGN 195,58

## 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 / 92 EUR / BGN 179,94

### FIERY IMPERIAL RITUAL

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

55 min / 89 EUR / BGN 174,07

### NOURISHING RITUAL

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

90 min / 97 EUR / BGN 189,72

### 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 / 148 EUR / BGN 289,46

### 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 / 74 EUR / BGN 144,73

### 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 / 28 EUR / BGN 54,76



LOVE YOURSELF!

STAY POSITIVE!



## DETOX BODY THERAPIES WITH NATURAL INGREDIENTS

### BODY SCRUB WITH NATURAL INGREDIENTS & OILS

Choose your experience: Detox, Relax, Energize

A rejuvenating full-body exfoliation with natural scrubs and essential oils, tailored to your needs. Leaves your skin smooth, glowing, and revitalized.

*Ask the SPA receptionist for available options.*

30 min / 39 EUR / BGN 76,28

### NATURAL NOURISHING MASK AND ESSENTIAL OILS WRAPS

30 min / 36 EUR / BGN 70,41

### SERIAL BATH

A body application with mineral-rich clay in a warm Serail bath.

30 min / 39 EUR / BGN 76,28

## HYDROTHERAPY FOR BODY WITH MINERAL WATER

### AROMATIC BATH WITH ESSENTIAL OILS

30 min / 33 EUR / BGN 64,54

### AROMA BATH WITH ESSENTIAL OILS

30 min / 39 EUR / BGN 76,28

### CLEOPATRA'S BATH WITH HONEY AND MILK

30 min / 39 EUR / BGN 76,28



# 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 / 92 EUR / BGN 179,94  
90 min / 112 EUR / BGN 219,05

## 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 / 102 EUR / BGN 199,49  
90 min / 130 EUR / BGN 254,26

## 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 / 95 EUR / BGN 185,80  
90 min / 130 EUR / BGN 254,26



## COSMETIC FACIAL THERAPIES

### PEELING THERAPY WITH ALGAE EXTRACTS AND AHAS

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

30 min / 43 EUR / BGN 84,10

### EYE CONTOUR THERAPY WITH HYALURONIC ACID

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.

30 min / 43 EUR / BGN 84,10

### HYDRATING RITUAL „HEART OF THE OCEAN”

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.

60 min / 66 EUR / BGN 129,08

### CLEANSING RITUAL FOR OILY SKIN

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.

60 min / 66 EUR / BGN 129,08

### SPIRULINE BOOST

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.

60 min / 72 EUR / BGN 140,82

### HYALU-PROCOLLAGEN PROGRAM

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.

60 min / 82 EUR / BGN 160,38

### SILICIUM LIFT PROGRAM

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.

60 min / 92 EUR / BGN 179,94

### LUXURY RITUAL EXCEPTION MARINE - „EXCEPTIONAL CARE”

60 min / 92 EUR / BGN 179,94

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

### /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.

50 min / 79 EUR / BGN 154,51

## LUXURIOUS LIFTING TREATMENT

### /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.

50 min / 79 EUR / BGN 154,51

## LUXURIOUS HYDRATING & ANTI-WRINKLETREATMENT

### /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.

45 min / 74 EUR / BGN 144,73

## DETOXIFYING & OXYGENATING FACIAL TREATMENT

### /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.

50 min / 74 EUR/ BGN 144,73



**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.**



# 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.

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.

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;



KATARINO  
SPA HOTEL





## 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

## **Katarino SPA Hotel \*\*\*\***

 Bulgaria  
Destination Razlog and Bansko

 Reception: +359 893 08 89 80  
For reservations: +359 893 08 89 83, +359 893 08 89 84

 e-mail: [reservation@hotelkatarino.com](mailto:reservation@hotelkatarino.com)

 [www.hotelkatarino.com](http://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