

## BODY

50 minutes – 1290 SEK

80 minutes – 1690 SEK

### YOUR TIME – YOUR RESULTS

We tailor your treatment time to your individual needs for the ultimate experience and optimal results.

### SEASON'S SIGNATURE

SPARKLING Winter - 80 minutes

## SCRUBS

### INVIGORATING & SALTY - 50 MIN

Salt scrub with an energizing and refreshing sensation, finished with a warm lotion and oil massage application – leaving you feeling like new!

### CHAMOMILE REFRESHER - 50 MIN

Luxurious chamomile and fine grains that polish the skin to perfection, followed by a massage application with warm lotion and oil.

## MASSAGE

50 minutes – 1290 SEK

80 minutes – 1690 SEK

### RECOVERY - 50/80 MIN

For optimal muscle recovery using heat, magnesium, menthol, warm compresses, and an intuitively selected aromatic oil.

### MINDFULNESS - 50/80 MIN

Deep muscle massage with a focus on complete presence.

### AROMA ANTI-STRESS - 50/80 MIN

An anti-stress experience – an energy-balancing, meditative massage with the scent of neroli, warm stones, and facial acupressure.

## WRAPS

### MOOR MUD MUSCLE REPAIR - 80 MIN

Wrap treatment with warm, mineral-rich, all-natural clay. A boost for a stiff, sore, and tired body. Enjoy a scalp massage and facial acupressure. Body massage with magnesium-rich body cream and aromatic oil.

### BODY FIRMING DETOX - 80 MIN

Spirulina algae with super energy that deeply cleanses and nourishes with new vitality. Slimming massage technique and warm-cold therapy with an exclusive body serum and detoxifying aromatic oil. Perfect to book multiple sessions in a row.

## FACE

50 minutes - 1290 SEK

80 minutes - 1690 SEK

### SEASON's SIGNATURE - 80 MIN

Winter GLOW

### REPAIR & RENEW - 80 MIN

Skin longevity, beautiful aging – repairing, smoothing, and deep-cleansing. Advanced skincare with fantastic results.

### GLOW & REFRESH - 50 MIN

A cleansing boost for everyone. A favorite among men!

### GET EXTRAS FOR FREE

The 80-minute facial treatment includes lash and brow tinting if desired.

# SEASON'S SPA TOGETHER

## DUO For 2

80 minutes - 1950 SEK

### REFRESH & RECOVER - 80 MIN

Eucalyptus scrub as a refreshing start, followed by a deeply nourishing massage.

### HEAVENLY AROMA - 80 MIN

Total relaxation where you choose your own scent. Exfoliation followed by a massage application for the body, as well as facial acupressure and scalp massage while the body is gently wrapped in your chosen aromatic oil.

## HEAD SPA

### SINGLE

50 minutes - 1290 SEK

80 minutes - 1690 SEK

### TOGETHER

80 minutes - 1950 SEK

A wonderful sensation as the scalp, hair, neck, and face are treated with acupressure and massage techniques, while the hair gains new strength and vitality. Also available as a DUO treatment.

# MOTHER TO BE

50 minuter - 1290 SEK

80 minuter - 1690 SEK

## FACIAL BALANCE - 50 MIN

Facial treatment for ultimate balance and radiance.

## BODY BLISS - 80 MIN

Massage treatment with a delightful scrub on feet and legs, plus facial acupressure. Your own time to enjoy!

# FEET

80 minuter - 1290 SEK

## FEET FOREVER - 80 MIN

An indulgent escape designed for ultimate relaxation! Circulation-boosting mineral scrub, foot and lower leg massage with reflexology, and pedicure as needed.

## PEDICURE - 50 MIN

Classic pedicure including nail polish.