

# SPA MENU

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## Facial Treatments

### **Silent Flow Facial · 45 min**

*Mon-Fri €79 · Sat-Sun €89*

Let everyday life slow down and immerse yourself in 45 minutes of complete tranquility. Gentle, flowing treatment techniques and deeply hydrating products guide both skin and mind into harmonious relaxation. Your skin is left calm, balanced, and naturally radiant — while you enjoy a moment entirely your own.

### **Relax Rituals Lux Facial · 80 min**

*Mon-Fri €125 · Sat-Sun €135*

A long-lasting, deeply relaxing facial treatment where lifting and pro-age products, a double exfoliation, and facial massage care for both skin and mind. During the mask, enjoy a meltingly soft neck, shoulder, and décolleté massage with warm lava stones. Eyebrows are shaped, and the treatment concludes with a soothing scalp massage. The result is radiant, well-rested, visibly firmer skin and a complete sense of relaxation.

## Massage Treatments

All massages are also available as a Duo treatment!

DUO ADD-ON €30 (€15/person)

### **Classic / Sports Massage · 45 min**

*Mon-Fri €75 · Sat-Sun €85*

A relaxing and restorative massage that stimulates muscle metabolism and relieves tension caused by tightness. The sports massage focuses especially on the needs of active individuals, combining massage techniques with passive stretching.

### **Head & Feet Harmony · 60 min**

*Mon–Fri €99 · Sat–Sun €109*

A relaxing treatment experience from head to toe.

This massage combination begins with a soothing scalp massage (30 min), followed by a leg massage from the knees down (30 min). Both treatments use relaxing techniques and pressure-point activation to create a perfect feeling of balance and lightness.

### **Harmony Aromatic Massage · 60 min**

*Mon–Fri €99 · Sat–Sun €109*

A holistic aromatherapy massage designed to calm both body and mind. The scents of the treatment oils change with the seasons. Long, gentle massage strokes melt away tension, while essential oils support deep relaxation and overall wellbeing.

### **Relax Rituals Energy Balance Massage · 75 min**

*Mon–Fri €104 · Sat–Sun €114*

A relaxing massage combining soft, holistic movements with pressure techniques that balance the body's meridian points. Inspired by traditional Chinese meridian therapy, the treatment also helps soothe the vagus nerve. The result is a deeply relaxed body and a profound sense of inner balance.

## **Spa Packages**

*Most packages are also available as Duo treatments.*

*DUO ADD-ON €30 (€15/person)*

### **Mother to Be · 60 min**

*Mon–Fri €99 · Sat–Sun €109*

A gentle and safe pampering experience for the expecting mother. The face is exfoliated and treated with a brightening mask, while the hands are pampered with an exfoliation and massage during the mask application. The treatment concludes with a salt scrub and relaxing foot massage to lighten and refresh tired feet. The perfect package when you need comfort, relaxation, and wellbeing during pregnancy.

## Harmony for Body & Soul · 120 min

*Mon-Fri €199 · Sat-Sun €209*

A holistic two-hour treatment journey beginning with an energy cleansing ritual and grounding deep-breathing exercises. This is followed by a Harmony massage to release muscle tension, while a personalized facial treatment is tailored to your skin's individual needs.

The experience balances the nervous system, calms the mind, and leaves the body feeling light and deeply restored. The perfect choice when you seek profound recovery and a truly holistic wellbeing experience.

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*Complete your pampering experience with relaxing and luxurious spa treatments, either on your own or as a Duo treatment together. We collaborate with RELAX-Center.*

*RUNO Spa treatments can be booked by email at [runo@relaxcenter.fi](mailto:runo@relaxcenter.fi) or by phone at +358 40 662 8520. Please book your treatments no later than 24 hours before your arrival.*



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