

Procedures with additional prices

Treatments	Duration	Carried out	Price EEK
Aroma massage	60 min	[M, R, SV]	495 EEK
Doctor's consultation	15 min	[M, R, SV]	145 EEK
Segment massage	40 min	[SV]	395 EEK
Holter-Monitoring (24-hours examination of blood pressure)	24h	[R]	390 EEK
Chinese massage	90 min	[R]	495 EEK
Baby massage	20 min	[R]	210 EEK
HydroJet (water bed massage)	20 min	[M, R, SV]	110EEK
Mineral bath	15 min	[SV]	100 EEK
Foot sole massage with herbal pearl bath	60 min	[M, R, SV]	495 EEK
Foot massage	40 min	[R]	345 EEK
Load - EKG	45 min	[R]	405 EEK
Cupping massage	60 min	[M, R, SV]	455EEK
Manual massage	40 min	[M, R, SV]	275 EEK
Manual massage	60 min	[M, R, SV]	415 EEK
Ear suppositories	20 min/2pcs	[M, R, SV]	145 EEK
Laser therapy	2-8 min	[M, R, SV]	135 EEK

M - Spa Meri R - Spa Rüütli SV - Spa Saaremaa Valss

Treatments	Duration	Carried out	Price EEK
Lymph massage	60 min	[M, R, SV]	495EEK
Honey massage	60 min	[M, R, SV]	455EEK
Head massage	20 min	[SV]	155 EEK
Neo-Qi energy cocoon	40 min	[R]	195 EEK
Podometrics - measuring	15 min	[M]	180 EEK
Podometrics - foothold		[M]	410 EEK
Podometrics - foothold		[M]	490 EEK
Therapeutic unction	20+20 min	[M, R, SV]	235 EEK
Reflexology	60 min	[R]	495EEK
Thai foot massage	60 min	[M, R, SV]	455EEK
SHINDO (Japanese massage)	45 min	[M]	345 EEK
SPA Lavastone treatment	90 min	[M, R, SV]	625 EEK
Chocolate massage	60 min	[SV]	475EEK
SPA treatment for tired feet	40 min	[M, SV]	415EEK
Thai massage	90 min	[M, R, SV]	595 EEK
Tibetan body treatment	60 min	[M, R, SV]	495 EEK
Cellulite massage	60 min	[M, R]	495EEK
Nurses consultation	15 min	[M, R, SV]	100 EEK
Bath Atlantis	20 min	[M]	135EEK
Measuring of blood sugar or cholesterol	5 min	[M, R, SV]	70EEK
Oil dispersion bath procedure	20+20 min	[M, R, SV]	210 EEK
Pearl bath Anti-Stress	15 min	[M, R, SV]	110 EEK
Podometry		[M]	310 EEK
Pearl bath	15 min	[SV]	115 EEK
Herbal pearl bath	15 min	[SV]	110 EEK

M - Spa Meri R - Spa Rüütli SV - Spa Saaremaa Valss



Price list
for spa treatments



Saaremaa Spa Hotels
RÜÜTLI · MERI · SAAREMAA VALSS

Spa treatment services

Treatments chosen by the customer.

Treatments	Duration	Carried out	Price EEK
Pearl bath with various herb extracts	15 min	[SV, M, R]	110 EEK
Charcot` shower	10-15 min	[M, R]	125 EEK
Underwater shower massage (manual)	15 min	[SV, M, R]	145 EEK
Manual massage	20 min	[SV, M, R]	145 EEK
Paraffin-ozocerite therapy (2 sheets)	20 min	[SV, M, R]	110EEK
Paraffin gloves	15-20 min	[SV, M, R]	110 EEK
Music therapy	20 min	[R]	105 EEK
Grossing	10-20 min	[R]	110 EEK
Relaxation chamber	20-45 min	[R]	55 EEK
Salt chamber	30 min	[M, R]	55 EEK
SAD light therapy	20 min	[SV, M, R]	105 EEK
EKG	5-15 min	[SV, M, R]	110 EEK
Therapeutic gymnastics in a pool	20 min	[SV, M, R]	135 EEK
Therapeutic gymnastics in a hall	20 min	[SV, M, R]	135 EEK

Spa treatment services

Treatments determined by the doctor *

Treatments	Duration	Carried out	Price EEK
Mud bath	15 min	[SV, M]	135 EEK
Mud bath for hands and feet	15 min	[SV]	105 EEK
Various physiatric procedures	5-20 min	[SV, M, R]	105 EEK
Therapeutic gymnastics in a pool (individual)	20 min	[SV, M, R]	155 EEK
Therapeutic gymnastics in a hall (individual)	20 min	[SV, M, R]	155 EEK
Magic mud massage	60 min	[SV]	495EEK
Local cold therapy	5-20 min	[R]	105 EEK
Carbon dioxide bath	8-12 min	[SV]	125 EEK
UVB-light therapy	1-4 min	[M]	105 EEK
Whirlpool bath for feet	15 min	[SV, M]	105 EEK

* Treatment packages of at least 5 days include doctor's consultation; the aforementioned procedures are determined on course of consultation.

Day SPA Package

Includes 2-3 SPA treatments (package treatments, chosen by the customer). Use of the swimming pool, sauna, gym.

Package including 3 treatments 210 kr

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 Spa Hotel Meri, SPA reception +372 45 22 155
 Spa Hotel Saaremaa Valss, SPA reception +372 45 27 155

www.saaremaaspahotels.eu

Saaremaa Spa Hotels reserve the right to change services and prices.

The prices include VAT.