



# Spa Hotel Rauhalahdi

## Spa and treatment facilities

Price list 2009

*Enjoy the lovely warmth of the spa, even when it's freezing cold outside! Time will fly in the spa's ten pools. You can soak in the hot pool, lounge in the Jacuzzi or keep fit in the swimming lane. Children will have great fun in their own pools and be thrilled by the waterslide. For an even more invigorating experience, try out the heated outdoor pool or the indoor cold pool. The pool bar serves refreshing drinks and hamburgers. The Club Sauna offers the opportunity for sauna-bathing in privacy. The spa is open daily at 9-22, on Thursdays 9-21.*

*The treatment facilities are open Mon - Fri, 9.00-20.00 and Sat 9.00- 16.00, all baths are available daily. Prices are inclusive of VAT. Treatments should be booked in advance at the Spa reception, tel: +358-30 608 3180, e-mail: kylpyla@rauhalahdi.fi. We reserve the right to make any changes. Cancellations for treatments require at least 24 hrs notice. For same day cancellations, 50% of the treatment cost will be charged. Treatments that are not cancelled will be charged at the full price.*

### Pool section prices

#### Spa admission

Adults 12 € for 2 hours  
Children 4-14 yrs 6 € for 2 hours  
Family admission (2+2) 30 € for 2 hours

Schoolchildren, students, pensioners, unemployed persons 10 € for 2 hours.  
Hotel / hostel / apartment residents have free use of spa during the stay.

#### Special offer prices Mon-Thurs 9-16.00

Adults 9 € for 2 hours  
Children 4-14 yrs 5 € for 2 hours  
Family admission (2+2) 25 € for 2 hours

These prices are not valid in weeks 1, 2, 8, 9, 10, 41, 42, 43, 53 nor 1.6.-13.8.2009.

#### Day in the Spa

Adults 24 €  
Children 5-14 yrs 12 €  
The Day in the Spa includes admission to the spa and a buffet lunch or dinner.

#### Club Sauna with a sauna lounge

The Club Sauna is available for private booking for groups of up to 20 persons and also has a lounge suitable for meetings and dining.

Price: 80 € for 2 hours + admission to the spa 12 € per person (for non-residents).  
Subsequent hours at 50 € each.



## Spa treatments

**Herb bubble bath** 20 min. 19 €

Try a calming, invigorating, toning, cellulite reducing, or a deluxe romantic bath, the choice is yours.

**Salt bath** 20 min 19 €

This Dead Sea salt bath helps to rid the body of excess fluid, as well as purifying and exfoliating the skin.

**Seaweed bath** 30 min. 22 €

Helps to eliminate waste products and tone the skin.

**Cleopatra Rose spa bath** 20 min. 25 €

Revitalizing and luxurious 'rose dream' bath. Moisturises the skin.

**Peat foot soak** 20 min. 19 €

Feet are soaked in a tub of peat for 20 minutes. Beneficial for skin problems and stimulates blood circulation. Brings relief to cold feet etc.

**Paraffin hand treatment** 20 min. 19 €

A heat treatment to help soften the hands.



### Beauty Peat treatment evening in the Spa every Thursday 20-22.00

Discover the rejuvenating properties of peat. Peat treatments are beneficial for skin complaints and the metabolism, as well as improving blood circulation. Price 25 € / person, resident hotel guests 20 € / person. Thursday beauty peat treatment programme: 20-21.00 use of the spa facilities, 21.00 peat treatment in the steam sauna. Please book in advance.

### Private group peat treatment

Private group treatments can also be booked in the Spa starting from 21.00 (not Thursdays). Price 260 € for up to 10 persons, 20 € / each extra person. Maximum of 20 persons.

### Private group honey sauna

Honey contains enzymes that protect and treat the skin, as well as plant acids and ingredients to promote muscle recovery. Sauna honey exfoliates, improves blood circulation and leaves the skin glowing. Aching muscles can also be massaged with sauna honey. Rub the honey onto the whole body and let it take effect in the gentle heat. The honey crystals will melt and the sugar will start to absorb fluid and with it impurities from the perspiring skin. The skin will be cleansed efficiently. When the honey has taken effect, rinse the honey off under a warm shower.

Honey sauna 8-12 persons 250 € / 2 hrs, includes spa, resident hotel guests 150 € / 8-12 persons.



## Massages

Massages can be designed to suit your personal requirements.

Part-body massage	20 min.	21 €
Half-body massage	40 min.	35 €
Full-body massage	60 min.	54 €
Parafango clay	20 min.	15 €

## Special Treatments

**Indian Head Massage** 30 min. 37 €

The scalp, shoulders, face and ears are massaged. An effective and deeply relaxing treatment which can give relief from headaches and stress.

**Aromatherapy massage\*** 60 min. 72 €

Essential oils are used for this soothing and effective aroma massage.

**Javanese Princess Bath\*** 105 min. 105 €

Bathe in ethereal floral water while enjoying a drink of juice or herbal tea. The skin is then washed with natural yoghurt to make it fresh and velvety soft. The bath is followed by an aromatherapy full-body massage.

**Shiatsu\*** 90 min. 92 €

Shiatsu is a gentle, whole-body treatment which uses pressure, stretching and massage techniques to stimulate the body's energy channels. Helps to relieve e.g. stress, fatigue and sleeplessness.

**Reflexology** 60 min. 72 €

Reflex points on the sole of the foot which correspond to all areas of the body, are activated by massage. Beneficial for migraine, sleeplessness and biliousness.

**Cellulite Massage\*** 45 min. 61 €

The massage with anti-cellulite oil stimulates the metabolism, thus boosting the removal of toxic waste products from the body. The treatment stimulates the lymphatic system, the blood circulation, and the function of the colon and the liver.

**Chinese acupuncture** 60 min. 62 €

Chinese acupuncture uses fine needles at specific body points to balance the body's energy flow, so that good health can be restored. The exact placement of the needles is based on a diagnosis carried out at the start of the treatment. Acupuncture is effective in treating e.g. migraine, allergies, depression, fluid retention and menopausal symptoms. It is not recommended to have a sauna or bath, go swimming or to use alcohol for the rest of the day after the treatment.

\*Please book well in advance.

## Beauty Treatments

**Pedicure** 60 min. 49 €  
Includes foot spa, hard skin removal, nail tidy and foot massage.

**Paradise pedicure** 60 min. 65 €  
Includes: foot bath, exfoliating scrub, mask, nail tidy and polish, foot massage, revitalizing gel and silky-smooth moisturizer. A luxurious and indulgent treatment for feet.

**Aroma Spa pedicure** 75 min. 65 €  
A customised treatment using aromatherapy oil. Includes: oil foot bath, aroma oil wrap for the lower leg, nail tidy, hard skin removal and aroma foot massage. The perfect treatment for restless, swollen and aching feet.

**Refreshing Foot Treatment** 30 min. 30 €  
Relief for aching, heavy and tired feet – you'll walk away with lighter steps. Treatment includes light foot and calf massage, refreshing compresses and creams.

**Manicure** 45 min. 39 €  
Includes nail filing, cuticle treatment, hand exfoliation and massage, and nail varnishing.

**Express manicure** 30 min. 30 €  
Includes nail filing and varnishing, light hand massage.

**Spa paraffin hand treatment** 30 min. 30 €  
Includes: exfoliation, moisturising, light massage and paraffin.

**Facial** 60 min. 49 €  
Treatment according to skin type.

**Deep Cleansing Facial** 75 min. 56 €  
Includes cleansing, exfoliation, deep cleansing, soothing mask and moisturiser.

**Deluxe Facial** 90 min. 68 €  
Includes cleansing, exfoliation, face, neck and shoulder massage, mask and moisturiser.

**Fresh up in a moment facial** 40 min. 39 €  
Revitalizes tired skin. Includes exfoliation, light massage, mask and daytime moisturiser.

**Peat Facial** 30 min. 30 €  
Includes exfoliation, peat mask and moisturiser

**Face massage** 30 min. 30 €  
Includes cleansing and massage.

**Thal'ion Peel-Off facial mask** 60 min. 58 €  
Includes cleansing, exfoliation, serum application, facial massage and peel-off mask.

**Hydralift** – for dehydrated skin  
**Algolift Anti-Age** – for aging skin

**Special mask treatments** 60 min. 62 €  
Includes cleansing, exfoliation, serum application, facial massage and peel-off mask.

**Reaffirming Mask** - Detoxifying, cleansing and moisturising. Especially for oily and combination skins.

**Vitamin vegetable mask** - Anti-oxidizing anti-wrinkle mask. Especially suitable for dull and tired skin.

**Sensitive Mask** - Calming, softening and moisturising treatment for sensitive skin.

**Green Tea Mask** - Nourishing and stress-reducing mask. Especially suitable for skin suffering from tiredness and the harmful effects of the environment.

**Chocolate face mask** 60 min. 65 €  
Includes: Exfoliation, massage, chocolate face mask  
Moisturises, nourishes and rejuvenates the skin effectively.

### Eye treatments

Eyelash and eyebrow tint and shaping	30 min.	25 €
- in combination with facial treatment		15 €
Eyebrow tint and shaping	20 min.	15 €
Eyebrow shaping	15 min.	12 €
Eyelash perming	30 min.	30 €
Eyelash perm + tint	60 min.	50 €
Eyelash extensions with application method	120 min.	95 €

-eyelash extensions provide length and thickness. Individual synthetic eyelashes are applied directly onto the natural eyelashes with a specialised technique.

### Make-up

Daytime make-up	30 min.	30 €
Evening make-up	45 min.	39 €
Light make-up in combination with facial	15 min.	13 €



## Children's beauty treatments

**Mini pedicure** 30 min. 25 €  
Includes footbath, nail trimming (and varnishing) and a light, relaxing foot massage.

**Mini manicure** 30 min. 25 €  
Includes nail trimming (and varnishing) and a light, relaxing hand massage.

## Body Treatments

### Salt peel-off for the whole body 45 min. 48 €

Includes: exfoliation with Dead Sea salt and light massage. Removes dead skin cells, cleanses, softens and refreshes the skin.

### Sugar exfoliating body scrub 45 min. 55 €

Includes fruit acid and sugar exfoliating scrub followed by application of body cream. Exfoliates, softens and revitalises the skin.

### Tri-Action Wrap – seaweed body treatment 60 min. 65 €

Nourishing, slimming and firming treatment. Includes exfoliation, seaweed mask and light massage with firming body lotion.

### Thali' Sens deluxe body treatment 1 h 45 min 130 €

Luxurious and exotic body treatment journeys which bring comfort to the senses, as well as cleanse, nourish and relax the body. Each treatment includes exfoliation, body mask, massage and your own perfume world.

**Orient** – Purifying ja rejuvenating treatment

**Amazon** – Invigorating treatment

**Polynesia** – Calming treatment

### Hot Wax Depilation

Half-leg wax	30 min.	27 €
Upper lip wax	15 min.	13 €

### Air Tanning

Whole-body 35 €, Half-body 20 €, Face and neck 12 €.

## Day Spa

1. Spa visit + herb bath OR peat footsoak + meal 32€
2. Facial 60 min. OR pedicure 60 min. + spa visit + meal 64 €
3. Spa day: spa visit 2 hours + meal 24 €

Mealtimes for Day Spa packages are lunch 12-14.00 or evening meal 17-19.00.



Information is subject to change.

## Hairdressing

### Haircut

Trim	20 €
Styling	30 €
Style consultation and cut	32 €
Trim / Clipper cut	15 €
Children under 12 yrs hair cut	18 €

### Highlights

Partial highlights	40 €	+ haircut 55 €
Full highlights	45 €	+ haircut 60 €
Multi-tone highlights	50 €	+ haircut 70 €

### Permanent colour

Short hair	50 €	+ haircut 64 €
Shoulder-length hair	55 €	+ haircut 68 €
Long hair	60 €	+ haircut 80 €
Root touch-up	50 €	+ haircut 64 €
Multi-tone highlights at extra cost 10 €.		
Lighter colour -5 € from above prices.		

### Hair styling

Includes wash, dry and styling.

Short hair 30 €, Shoulder-length hair 40 €,

Long hair 52 €, Party / wedding hairstyling 58 €

### Make-up

Light make-up in combination with hairdressing	12 €
Daytime make-up	22 €
Evening make-up	32 €

### Fomentation treatments (include shampooing, infusion, scalp massage and blow dry)

Short hair 29 €, Shoulder-length hair 36 €,

Long hair 47 €

### Indonesian head massage 60 min. 50 €

Includes massage (shiatsu) infusion, serum, shampooing and blow dry.

### Permanent waves

Partial perm	45 €	+ hair-cut 60 €
Short hair	50 €	+ hair-cut 65 €
Shoulder-length hair	71 €	(includes trimming)
Long hair	90 €	(includes trimming)

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