



## 5 Star Baltic Spa offer, (*Valid: until the 30<sup>th</sup> April 10*) (Jurmala, Latvia).

Being in an idyllic location set directly on the beach and only a 25 minute taxi ride from lively Riga the capital of Latvia makes this the ideal escape that you've been dreaming about all year!

Book a 2 night spa break for only **£179** per person. Stay for a 3<sup>rd</sup> night for only **£20 extra per person.**

**Please call or email Baltic holidays to book this special offer**  
**Tel: 0161 860 5248**  
[info@balticholidays.com](mailto:info@balticholidays.com) or directly to [heidi@balticholidays.com](mailto:heidi@balticholidays.com)

Your hotel has 165 comfortable sea or garden view guest rooms and 2 garden house apartments. But in the largest certified SPA centre in the Baltic States with more than 400 different treatments you will definitely find the recipe of beauty and health.

### Restaurants & Bars

- Caviar Club\_European cuisine restaurant - refined dishes, elegant interior, live music & sea views.
- "il Sole" restaurant with a cosy interior in Mediterranean style with beautiful sea-view, invites You to experience the magic of Italian cuisine and atmosphere!
- The Lobby bar is a place where you can start a beautiful morning with a cup of flavoured coffee and to end an evening accompanied by the remarkable piano music.
- "Kalian bar" in the very heart of the five-star Hotel has incredible oriental atmosphere! Every Friday and Saturday You can see the luxurious belly dance show "Karinedance" – graceful, full of surprises performance on stage.
- SPA cafe "Garden of angels"

### Offer includes:

- 2 nights in a standard double/twin or triple room (larger rooms on request) in Coral 4\* section.
- Breakfast
- Airport transfers – You will be greeted on arrival at Riga airport and looked after until you are dropped off at the airport before checking in for your flight home.
- 30 min spinal massage
- 30 min facial
- Manicure or visit to the Flamingo and Country Yard
- Entry into the 25m swimming pool with sea water, sauna and gym.

### Your standard room includes:

- Double bed / two single beds
- Bathroom

- Balcony
- Mini bar/ refrigerator
- TV and cable TV
- Hairdryer
- Anticlerical pillows and blankets
- High speed Wi-Fi
- Air conditioning
- Comfortable working place and desk
- Individual safe
- Telephone
- CD and DVD player upon request
- Iron and ironing – board upon request
- Bathrobe and slippers upon request
- Additional bed upon request

### **Upgrade to a superior room - Amber 5\* section £15 per night per room.**

- Double bed / two single beds
- Bathroom
- Balcony
- Mini bar
- TV and cable TV
- Hairdryer
- Anticlerical pillows and blankets
- High speed Wi-Fi
- Air conditioner
- Comfortable working place and desk
- Individual safe
- Telephone
- CD and DVD player upon request
- Iron and ironing – board upon request
- Bathrobe and slippers upon request
- Additional bed upon request

### **Offer Excludes:**

- Flights (*If you prefer we can book your flight for you*)

### **Extras treatments you can book:**

#### **SPA centre**

Jurmala is famous for its many centuries old healing traditions. Because of sulphuretted hydrogen springs and mud, for which the resort city Kemer is especially famous for, people called Jurmala - paradise on Earth.

In the XIX century, getting to know about the healing qualities of Kemer's mud and its springs, Russian Tsar Nickolay I established the first health-resort, where not only the Tsar's family members, but also millions of holiday-makers from around the world arrived to revitalize their health.

The creation of the Hotel & SPA-centre was based on the traditions of mud treatments and healing springs perfected down through the centuries, as well as the newest achievements of the SPA-industry, combined with the experience of the leading world medical establishments, aesthetic medicine and the knowledge of highly proficient therapists.

The certification issued by the Ministry of Health of the Republic of Latvia along with admission to the Russian association of specialists of restorative medicine, confirms complete professionalism.

Professional skills of the SPA centre team, modern technologies in combination with the latest achievements in cosmetology will

guarantee Your well-groomed and attractive appearance – that cocktail dress that's one size smaller, will fit perfectly again in only couple of days, bones will retrieve flexibility again and Your body will be filled with new energy, strength and health.

Sometimes only an instance separates you from that feeling of perfection!

Working hours:

SPA centre: every day from 8:00 a.m. till 10:00 p.m.

SPA centre 3rd floor: every day from 8:30 a.m. till 9:30 p.m.

**SPA programs** Spa-programs combine several treatments. All the treatments complement each other, that is why a more deep effect on organism is achieved.

As a rule, such programs include skin purification and nourishing treatments, massage, water treatments, as well as facial cosmetic treatments.

The programs are elaborated for achievement of the desired effect – relaxing and stimulating, skin nourishing and figure correcting. “Baltic Beach Hotel” SPA-centre offers a great variety of complex solutions for satisfaction of all of our clients’ needs.

## **Relaxing**

### **"Arctic"**

The program begins with body peeling with cream, containing luffa fibres, which relieves muscular tension being the consequence of the stress and stimulates skin microcirculation. Further the body is processed with a mask rich with mineral substances on the basis of seaweeds, possessing refreshing effect and diminishing heavy feet feeling. At the end of this treatment, the cosmetic body massage with the use of refreshing lotion is performed. It nourishes and smoothes your skin.

Price: 64 GBP

## **For body contours correction**

### **"Rest by the sea"**

Performed at the beginning of SPA-ritual peeling with the use of cream, containing sea salt, prepares your body for underwater massage, enriching the organism with necessary mineral substances. Further the problem body areas are processed with a mask which promotes body detoxification improves skin structure and helps in a fight against cellulite.

Price: 64 GBP

### **"Prestige"**

At the beginning of this special SPA-ritual the underwater massage takes place, which due to favourable action of the used seaweeds promotes detoxification of the whole body. This effect is intensified by body wrapping in the foil. Concurrent to the organism purification process the reflex feet massage is performed, this is instrumental in improvement of the functioning of all the internal organs and systems of the organism. The last stage of the treatment is a cosmetic massage with the use of body shape correcting cream “Body Contouring”.

Price: 64 GBP

### **"Prestige Delux"**

Four treatment stages are combined in the unique program, giving the unforgettable feeling of internal harmony. The underwater massage included in the program promotes detoxification of the organism, the effect of the treatment is intensified by body wrapping in the foil. Concurrent to the organism purification process the light feet massage is performed, this is instrumental in improvement of the functioning of all the internal organs and systems of the organism. The last stage of the program is a cosmetic massage with the use of body shape correcting cream “Body Contouring” and stimulating Sharko shower or the seaweeds-base mask.

Price: 64 GBP

### **"Gernetic Aqua"**

A SPA-program, consisting of the body peeling, underwater massage, mask and cosmetic massage helps to fight against cellulite and improves metabolism. The body becomes slender and bounce.

Price: 79 GBP

### **"Chocolate glazing"**

At the beginning of the chocolate ritual your skin is cleaned by means of peeling, containing cacao beans and sea salt, which improves metabolism in cells and accelerates fat splitting. Further the underwater massage with addition of “Laktisimo” powder is performed and a chocolate mask is put on. At the end of this program the cosmetic body massage is performed with the use of

lotion, containing jojoba and cacao butter, which softens your skin and improves its structure, giving the refined aroma.  
Price: 57 GBP

### **Skin nourishing**

#### **"Alpine clay"**

Performed at the beginning of this treatment peeling-massage with poppy pips not only purifies your skin from the dead cells but also prepares it to further treatment, accelerating the nutritive absorption of the skin. The further applied mask, containing rich in minerals alpine clay and goat's milk, accelerates the process of organism purification from slags and toxins. At the end of this treatment, the SPA-massage with lotion, containing goat's milk, is performed. It nourishes skin and restores its elasticity.  
Price: 50 GBP

#### **"Alpine red roses"**

Performed at the beginning of this treatment peeling-massage with rose petals purifies your skin from the dead cells, accelerating the nutritive absorption of the skin. The further applied mask, containing rose petals and goat's milk, softens your skin and smoothes fine lines. At the end of this treatment, the SPA-massage with lotion, containing goat's milk, is performed. It improves skin structure and makes your skin velvety smooth.  
Price: 50 GBP

### **Rejuvenating and skin nourishing programs**

#### **"Queen's gold"**

At the beginning of this ritual skin is cleaned with golden powder and luffa fibres containing peeling cream that not only releases your skin from the dead cells but also gives it golden brilliance. The treatment continues with relaxing underwater massage with addition of milk proteins, collagen and golden powder, followed by body wrapping with a mask, containing multivitamin complex. The last stage of the treatment is a cosmetic body massage with a lotion, containing golden powder.  
Price: 72 GBP

#### **"Red wine"**

The first stage of the winy therapy ritual is body peeling, containing red grape, lotus flowers and sea salt. This peeling effectively removes dead cells, slows the skin ageing processes and enriches it with vital mineral substances. The treatment continues with underwater massage with addition of dry wine, which restores and revives your skin. Body wrapping with a mask, containing grape seeds powder, makes skin more firm, provides active protection of cells and is instrumental in the long-term skin rejuvenation. At the end of this program the cosmetic body massage is performed with the use of lotion, containing the gold and copper pigments, giving the skin radiance and velvety structure.  
Price: 64 GBP

#### **"Sunny orange"**

At the beginning of the relaxing SPA-ritual your skin is softly purified by means of body peeling, containing orange-peel juice, litchi seeds and sea salt, after which the skin becomes silky soft and acquires tender orange aroma. The treatment continues with relaxing underwater massage and body shape correcting jelly-like body mask "Marocco", which intensively moisturizes skin and gives it silky tenderness. Applied at the end of the treatment lotion for body will refresh your skin and improve your mood.  
Price: 64 GBP

#### **"Cranberry"**

At the beginning of the treatment the skin is cleaned with stimulating shower jelly with cranberry extract as one of its components; this extract effectively relieves you from stress being the consequence of skin oxidation and removes skin contamination. The next stage of this treatment is peeling, containing particles of the dried cranberry, which not only releases your skin from dead cells but also operate as an antioxidant, making your skin silky smooth and even. At the end of the program the relaxing underwater massage is performed and a mask, effectively helping to fight with skin ageing is put.  
Price: 64 GBP

#### **"Green tea"**

SPA-ritual "Green tea" is an insuperable tool in a fight against skin ageing. Peeling cream, containing fruit acid, not only purifies skin from the dead cells but also improves its structure. Underwater massage and body wrapping with a self-heating mask with green tea powder make your skin more elastic and body completely relaxed. Applied at the end of the treatment lotion, possessing stimulating and reviving effect, moisturizes and protects your skin from the harmful influence of environment.  
Price: 64 GBP

### **"Aqua Sea Treasures"**

Underwater massage with sea water performed at the beginning of the treatment enriches your organism with all the necessary mineral substances, simultaneously improving metabolism and blood circulation in tissues. The treatment is continued with mask being put on your body by means of smooth circular movements. This mask contains seaweeds, the action of which is intensified by the body wrapping. The last stage of the treatment is a cosmetic body massage with the skin moisturizing lotion. The treatment helps effectively fight against cellulite, improves metabolism and is instrumental in detoxification of the organism.  
Price: 64 GBP

## **Beauty salon**

"Baltic Beach Hotel" beauty salon's specialists' knowledge in combination with the newest achievements in cosmetology will be the guarantors of your well-groomed and attractive appearance. Only individually evaluating the state of skin, hairs and nails of every client, the certificated specialist can recommend the most suitable complex of cosmetic treatments and course of treatment for achievement of the set aims - to help to return the lost skin elasticity, recommend the proper cosmetics range for dry or problematic skin care, to liquidate the visual skin defects and cure the extended problems of skin, hairs and nails. Professional make-up artists, hairdressers, manicure and pedicure specialists of our SPA-centre will put the last accent in wonderful changes of your appearance.

## **Facial care treatments**

### **For relaxation**

#### **Mask "Collagen Chitosan"**

This mask is instrumental in the cicatrization of small scars and strengthening of the walls of blood vessels. As a result the facial skin resilience and its ability to maintain the necessary moisture level are restored.  
Price: 15 GBP

#### **Facial skin care mask "Antistress"**

This mask is foreseen for the suffering from the negative influence of the environment, stress and overfatigue skin of any type. The treatment enriches skin with necessary vitamins and mineral substances and eliminates fatigue. As a result of the treatment the metabolic processes in cells are normalized, mimic wrinkles and punches under the eyes are diminished. After this mask your skin becomes radiant and healthy-looking.  
Price: 15 GBP

#### **Mask "Collagen Vitamin C + Green Tea"**

A mask with an antioxidizing protective effect and vitamin C calms your skin and strengthens the walls of capillaries, as well as stimulates the formation of collagen.  
Price: 15 GBP

## **Moisturizing treatments**

#### **"Spirulina Green Mask"**

A multifunction mask with a modelling effect that calms and moistens the facial skin. As a result of the treatment the skin is purified from slags and toxins, the skin cells regeneration process is stimulated.  
Price: 15 GBP

#### **Moisturizing treatment "Gernetic"**

A treatment for the dry facial skin moistening. After cleaning, toning and peeling of the facial skin, the active complex of floral acids, facial skin activity regulating cream and calming and moisturizing creamlike mask are applied.  
Price: 72 GBP

#### **"Tsukika" – water oasis**

The intensive treatment for the moistening of the facial, neck and décolleté area skin. It helps to save youth of your skin and recover its tone; as a result the skin looks healthy and radiant.  
Price: 65 GBP

## **Cleansing treatments**

#### **Mask "Green Apple"**

A mask for the deep facial skin purification. Tender peeling with the extract of green apple's skin carefully smoothes and purifies your skin, moisturizing it and stimulating the natural regeneration processes. The effect is intensified by the relaxing cosmetic facial and décolleté area massage.

Price: 22 GBP

### **Mask "Sea Herbal Beauty"**

The treatment is elaborated for the soft cleaning and toning of the skin. The refreshing mask in combination with a cosmetic facial massage calms the sensible skin and activates its natural microcirculation.

Price: 30 GBP

### **"Collagen Ginkgo Biloba"**

A toning mask which is used as an antioxidant protects your skin from premature ageing. This treatment strengthens the walls of the blood vessels and capillaries, moisturizes the facial skin and enriches it with oxygen.

Price: 15 GBP

### **"Comodex"**

The curative treatment is foreseen for a deep facial skin purification, improvement of its structure and colour. Your skin acquires a healthy appearance and velvety texture. This treatment ideally fits for the problematic, irritated and especially sensible facial skin care

Price: 36 GBP

### **Fluoroxxygen "C"**

The facial skin care complex, consisting of seven stages, deeply purifies and calms your skin, diminishing the appearance of pigment spots. The treatment tones the skin, restores and enriches it with mineral substances and antioxidants. As a result of the treatment the PH level is stabilized and the absorption of vitamin C is improved.

Price: 64 GBP

### **Additional treatment "Bio Phyto Peeling"**

The refreshing treatment is intended for the tired, prematurely ageing, problematic (acne, post-acne) and couperosed facial skin care and elimination of its aesthetic problems. The antibacterial peeling-mask deeply purifies pores, narrows extended capillaries and stops the exfoliation. As a result of the treatment your skin is enriched with vitamins and oxygen. This peeling-mask intensifies the effect of other beauty aids, presenting the feeling of cleanness and freshness.

Price: 26 GBP

## **Nourishing treatments**

### **Mask "Touch of the Sun"**

The treatment for the especially sensible and irritated by the sun skin care. The tender facial massage and nourishing vitamin mask with camomile extract moisturize and calm the irritated skin.

Price: 22 GBP

### **Mask "Vanilla" for face and neck skin treatment**

A mask with the pleasant vanilla aroma is foreseen for the dry and normal facial and décolleté area skin care. The treatment enriches the skin with necessary nutritives, A, C and E vitamins, normalizes metabolism in cells and enhances the skin elasticity. Ivy, mallow and vanilla extracts being the component of the mask calm and tone the facial skin.

Price: 36 GBP

### **"Collagen Mask Vitamin C"**

The especially effective mask with vitamin C for dry, sensitive and fading facial skin care moisturizes and nourishes your skin, protecting it from the harmful influence of the environment.

Price: 15 GBP

### **Refreshing mask for facial skin care**

A mask for dry and tired facial skin care that moistens and nourishes your skin. As a result of the treatment the moisture level in the epidermis increases and your skin becomes healthy-looking.

Price: 36 GBP

### **Facial skin modeling, nourishing and regenerating treatment**

The treatment is elaborated for the nourishing, regeneration, strengthening and toning of the facial skin. As a result of the treatment your skin looks younger; its natural radiance is restored. It is recommended to complement this treatment with any collagen mask or immediate benefit ampoule.

Price: 43 GBP

### **Nourishing facial skin care treatment "Gernetic"**

The facial skin care treatment consists of skin purification and toning. In order to intensify the effect the active serum of floral acids, facial skin activity regulating cream and nourishing mask "Vegetable" are applied.  
Price: 72 GBP

### **Rejuvenating treatments**

#### **"Myrtilla Red Mask"**

A modeling mask containing blackberry extract effectively calms and smoothes the facial skin.

Price: 15 GBP

#### **Mask "Acerola Vitamin C"**

This is a multifunction and modeling vitamin mask, possessing antioxidizing effect that protects the skin from the premature ageing.

Price: 15 GBP

#### **Mask "Instant radiance"**

In order to achieve the instant lifting effect, after the skin purification the modeling gypseous mask based on the mineral substances, quick action serum and eye skin care masksmoothing the fine lines around eyes are applied.

The treatment is recommended for women and men older than 40 years.

Price: 64 GBP

#### **"Collagen Elastin"**

The elastin as one of the mask complements not only improves the elasticity and structure of the skin but also strengthens its bounce, stabilizing the moisture level.

Price: 15 GBP

#### **Plastifying masks "Janssen"**

Masks, developed according to an exclusive formula and containing fruit enzymes, microelements, seaweeds and vitamin C, provide the best facial skin care.

Price: 15 GBP

#### **Modelling mask for breast**

The mask on the basis of seaweeds used in this treatment strengthens and tones your skin, giving it elasticity, as well as improves the form of the breast.

Price: 29 GBP

#### **Facial skin lifting and moistening**

This treatment with collagen masks both moisturize skin and prevent its premature ageing. It is recommended to complement this treatment with any plastifying mask or immediate benefit ampoule.

Price: 50 GBP

#### **"Forever Young"**

This treatment consists of the facial skin peeling and the application of three different masks, namely: on the basis of milk whey, egg and moisturizing mask. These masks rejuvenate skin and prevent its ageing. This treatment is recommended for the neck and décolleté area.

Price: 64 GBP

#### **Facial treatment "Silk"**

An eight-stage complex is a SOS aid for suffering from the stress skin that restores and regenerates the skin after sun burn, chemotherapy, rapid weight loss and pregnancy.

As a result the facial skin is purified and moistened, getting all the necessary vitamins and mineral substances. Silk proteins actively strengthen and smooth your skin making it flourishing.

Price: 64 GBP

#### **Facial treatment "Wish" after 40**

A unique ritual for your face, consisting of several stages, purifies, nourishes and enriches the skin with oxygen and necessary microelements. After this treatment the facial, eyelid and neck skin is intensively moistened during 8 hours. After this treatment the wrinkles are diminished, the skin around eyes and on the neck is smoothed.

Price: 72 GBP

#### **Nourishing treatment "Anti – age" – lifting for women after 40**

After clearing, toning and peeling of the facial skin, the cells and capillaries' activity stimulating active concentrate "Mito", several nourishing and smoothing creams and butter with softening effect are applied. The treatment is continued with the application of a moistening creamlike facial mask and skin around eyes care mask that smooth fine lines and eliminate slight swelling. In order to intensify the effect of the treatment the facial skin activity regulating cream and solid mask on the basis of mineral substances are

applied at the final stage. After this treatment your skin looks rested and flourishing.

Price: 72 GBP

### **Nourishing treatment "Anti - age Extra Gemetic" – lifting for women after 40**

After clearing, toning and peeling of the facial skin with the lotion, containing floral acid, blood circulation is improved, thus intensifying efficiency of the treatment. After clearing, the cells and capillaries' activity stimulating concentrate "Mito", several nourishing and smoothing creams and butter with softening effect are applied. The treatment is continued with the application of a moistening creamlike facial mask and skin around eyes care mask that smooth fine lines and eliminate slight swelling. In order to intensify the effect of the treatment the facial skin activity regulating cream and solid mask on the basis of mineral substances are applied at the final stage. After this treatment your skin does not look fading anymore, but vice versa – flourishing.

Price: 86 GBP

### **Treatment "Anti – age" – lifting for men after 40**

The treatment for facial skin cleaning, moistening and smoothing of fine lines, after which a modern man will look well-groomed and lifeful.

Price: 79 GBP

### **"Embellir"**

The treatment detains skin ageing and restores its youth and radiance, directly influencing cells at the gene level.

The treatment is suitable for the problematic and oily facial skin.

Price: 128 GBP

### **"Saranari"**

The treatment generously moistens and restores skin elasticity, eliminating the negative consequences of ultraviolet rays influence. As a result your skin is healthy and in full radiance of beauty.

This treatment is suitable for the facial skin care for people older than 40 years.

Price: 114 GBP

### **Massage for face, collar zone and décolleté area**

This massage diminishes wrinkles, improves blood circulation and the tone of the face. It is possible to get more effective result performing this massage before the application of a lifting mask.

Price: 22 GBP

## **Skin around eyes care**

### **Skin around eyes care treatment**

The treatment eliminates slight swelling and effectively smoothes fine lines.

Price: 22 GBP

### **"Oriza Yellow Mask Eye Contour"**

The especially moistening lifting mask for the sensible skin around the eyes care smoothes wrinkles, diminishes slight swelling and regenerates the skin.

Price: 15 GBP

### **"Eye de Mer Blue Mask"**

A calming and modelling mask with seaweeds and salts nourishes skin and increases the level of humidity in it. As a result of the treatment the skin is purified from slags and toxins, the skin cells regeneration process is stimulated.

Price: 15 GBP

## **Immediate benefit ampoules**

Ampoules for skin care are recommended as an addition to any of afore-mentioned treatments. Ampoules application diminishes signs of ageing, helps to eliminate consequences of the negative stress, environment and sun influence. As a result of treatment the natural shining skin colour and young appearance are restored.

It is possible to use up to 3 ampoules during one treatment.

### **"Antistress"**

An ampoule with active substances for sensible, irritated or suffering from the negative sun influence skin.

Price: 5 GBP

### **"Anticouperose"**

An ampoule with active substances for couperosed facial skin care that strengthens capillaries and regulates blood circulation. This treatment calms and refreshes facial skin.

Price: 5 GBP

### **"Oxygen Revital"**

An ampoule with active substances for fading facial skin with signs of ageing care that improves skin colour and elasticity. The treatment is instrumental in the formation of collagen and elastin, preventing the appearance of new wrinkles.

Price: 5 GBP

### **"Ache – Control"**

An ampoule for oily and problematic facial skin that normalizes the formation of the sebum layer. This treatment prevents redness, calms and softens your skin.

Price: 5 GBP

### **"Botomax"**

A regenerating concentrate is an excellent alternative to the injections. This concentrate smoothes your skin in the blink of an eye. It restores the elasticity of skin, mimic lines become less noticeable, and wrinkles diminish. The serum considerably slows skin ageing processes and helps to eliminate skin problems being the consequence of violations of the hormonal equilibrium.

Price: 15 GBP

### **"Repair Fluid"**

An ampoule for fading facial skin with expressed signs of ageing care that smoothes wrinkles, stimulates cells renewal and regeneration. The treatment improves skin colour and appearance as well as protects it from the negative influence of free radicals.

Price: 5 GBP

### **"Hydro Chitosan"**

An ampoule for the intensive moistening of dry and very dry facial skin, that increases skin elasticity and smoothes wrinkles, improving the appearance of skin.

Price: 5 GBP

### **"Lifting Effect"**

An ampoule with an immediate lifting effect that purifies restores and softens facial skin. This treatment not only smoothes wrinkles and improves the structure of the skin but also helps to eliminate pigment spots.

Price: 5 GBP

### **"Caviar Extract"**

An ampoule for sensible, dry and fading facial skin care that stimulates natural protective properties of the skin. The treatment regenerates, mineralizes and moistens facial skin, protecting it from the harmful influence of free radicals and ultraviolet rays.

Price: 5 GBP

### **"Eye Zone Treatment"**

An ampoule for the active and concentrated skin around eyes care that smoothes wrinkles and stimulates renewal of the skin cells.

Price: 5 GBP

## **Mesotherapy**

The mesotherapy means an intradermal microinjection of active substances into problem areas. Depending on the type of the injection the microcirculation in tissues is improved, the skin is revitalized or wrinkles are diminished.

We offer the following injections:

### **"A la Sakura"**

The moistening cocktail "A la Sakura" composed of the active substances is foreseen for the elimination of signs of the premature skin ageing, smoothing and restoring your skin. A course of treatment will lead to a bright lifting effect.

Price: 128 GBP

### **"Homeopathic cocktail"**

Rich in vitamins active substances complex "Homoeopathic cocktail" is foreseen for the immunity increase of the problematic and suffering from harmful influence of the environment facial skin. After the treatment course the state and appearance of skin are improved.

Price: 72 GBP

## **Apparatus treatments**

### **Lymphatic drainage massage**

Lymphatic drainage massage improves blood circulation. It is recommended after plastic surgery or in the cases of a slight swelling under the eyes.

Price: 22 GBP

### **Vacuum and vibrovacuum massage**

This pleasant vacuum or vibrovacuum massage improves skin tone and elasticity, smoothing the visible wrinkles.

Price: 17 GBP

### **Ultrasonic facial skin peeling**

Cleaning of the epidermis and deep cleaning of pores return a healthy young look and velvety tender texture to your skin.

Price: 8 GBP

### **"Skin Test" for face**

"Skin Test" helps to determine the type of skin and individual skin needs. On the basis of this evaluation a cosmetologist picks up the most suitable cosmetic treatments and helps to choose the most proper treatment course for a client.

Price: 8 GBP

### **"D'Arsenal"**

The blue light radiation treats acne and disinfects the skin. The treatment is suitable for the oily and problematic facial skin.

Price: 8 GBP

### **Microlifting for face**

The face lifting without surgical interference diminishes visual signs of the facial skin ageing.

Price: 29 GBP

### **"Brushing"**

This treatment effectively purifies and stimulates facial skin.

Price: 6 GBP

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## **Cryoprocedures**

The cold therapy has been used medicinally from the ancient times. It is common knowledge that an ice-poultice eliminates the edema and diminishes tensions and other traumas and pain.

Nowadays cryoprocedures (from the Greek "cryo" – cold) with the use of cold nitrogen are used not only in medicine but also in cosmetology for liquidation of skin defects and improvement of its state.

Cryoprocedures are recommended as an addition to any of the basic treatments.

### **Cryomassage for face**

The cryomassage with cold nitrogen improves blood circulation, allowing skin to remain young-looking. The treatment is recommended for couperosed and problem facial skin care, diminishing scars and pigment spots, as well as after cosmetic surgery.

Price: 8 GBP

### **Liquidation of papilomas and warts**

The procedure with the use of cold nitrogen is foreseen for liquidation of papillomas and warts.

Price: 8 GBP

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## **Waxing**

Waxing of different body areas with the use of hot beeswax:

### **chin**

Price: 5 GBP

### **eyebrows**

Price: 9 GBP

### **upper lip**

Price: 5 GBP

### **underarm**

Price: 12 GBP

### **hands**

Price: 15 GBP

## legs

Price: 29 GBP

## bikini area

Price: 29 GBP

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## Manicure

### Classical manicure

The classical manicure consists of several successive stages: the shaping of nails, steaming of hands in a bath with warm and salt water and removal of cuticle by means of a special apparatus and clearing, softening and vitaminizing aids.

Price: 10 GBP

### Dry manicure

This manicure is performed in the dry environment, using a special apparatus for the filing and polishing of nails and the removal of cuticle, using disinfectant and skin softening aids instead of water.

Price: 10 GBP

### SPA-manicure

The exclusive SPA-manicure ritual includes not only hands skin and nails care (the shaping and polishing of nails, correction of cuticle, peeling, mask and massage) but also gives a client an excellent possibility to relax and get pleasant feelings.

We offer the SPA-manicure for hands and elbows.

Price: 22 GBP

### French manicure

The French manicure unites the classical manicure and special technique of lacquer application. A transparent lacquer is used as a basic nail tone, but the tip of the nail is covered with a white lacquer.

Price: 17 GBP

### Gel nails full set and prophylaxis

A professional specialist, using high quality materials, will pick up the most suitable length and design of nails exactly for you.

The master will determine time for the prophylaxis of gel nails as well.

Prophylaxis price: 36 GBP.

Price: 50 GBP

### Lacquer application and nail design

A client in accordance with his wishes chooses lacquer tone and decorating of nails (with crystals, beads etc.).

Price: 9 GBP

### Nails shaping

The shaping of nails is performed in accordance with client's wishes by means of a nail file. The polishing of nails with the use of a special apparatus is possible as well.

Price: 5 GBP

### Paraffin bath

This hand skin moisturizing and nourishing treatment improves skin structure, softens and makes your skin silky tender.

Price: 8 GBP

### Amber mittens

The hands skin restoring treatment that is based on biostimulating and ergo-harmonizing properties of amber consists of amber peeling, paraffin applications and cosmetic massage with amber cream.

Price: 36 GBP

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## Pedicure

### Classical pedicure

The classical pedicure consists of several successive stages: the shaping of nails, steaming of legs in a bath with warm and salt water, feet skin treatment by means of a special apparatus or feet razor and massage.

Price: 29 GBP

### Dry pedicure

This pedicure is performed in the dry environment by means of a special apparatus, using disinfectant and skin softening aids instead of water. The dry pedicure is recommended in the case of fungous diseases and too dry and cracked feet skin.

Price: 29 GBP

### **SPA-pedicure**

The SPA-pedicure ritual includes not only feet skin and nails care (the shaping and polishing of nails, correction of cuticle, peeling, mask and massage) but also gives a client an excellent possibility to relax and get pleasant feelings.

Price: 43 GBP

### **French pedicure**

The French pedicure unites the classical pedicure technique and special technique of lacquer application. A transparent lacquer is used as a basic nail tone, but the tip of the nail is covered with a white lacquer.

Price: 36 GBP

### **Curative pedicure**

A curative pedicure performed by a certificated specialist is foreseen for the liquidation of ingrown nails, concretion of keratoderma, liquidation of warts and callosities, as well as for the treatment of the nail fungi.

Price: 36 GBP

### **Gel nails full set and prophylaxis**

A professional specialist, using high quality materials, will pick up the most suitable length and design of nails exactly for you. The master will determine time for the prophylaxis of gel nails as well.

Prophylaxis price: 36 GBP.

Price: 50 GBP

### **Lacquer application and nail design**

A client in accordance with his wishes chooses lacquer tone and decorating of nails (with crystals, beads etc.).

Price: 9 GBP

### **Paraffin SPA-bath for feet**

This feet skin and nails moisturizing and nourishing SPA-treatment improves skin structure, softens and nourishes skin, making it silky tender.

Price: 10 GBP

### **Amber boots**

The feet skin restoring treatment that is based on biostimulating and energo-harmonizing properties of amber consists of amber peeling, paraffin applications and cosmetic massage with amber cream.

Price: 50 GBP

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## **Make-up services**

A professional artist will make your face shine, laying emphasis on its individual beauty. The make-up, chosen in accordance with the concrete features of the face, will emphasize its advantages and hide disadvantages.

We offer the followings make-up services for your beauty and well-being:

### **eye lashes colouring**

Price: 5 GBP

### **eyebrows colouring**

Price: 5 GBP

### **eyebrows correction**

Price: 8 GBP

### **day make-up**

Price: 22 GBP

### **evening make-up**

Price: 29 GBP

### **bridal make-up**

Price: 29 GBP

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## **Swimming pools & saunas**

## Water relaxation areas

Baltic Beach Hotel" SPA-centre offers a magnificent possibility to refresh your mind and body in one of the water relaxation areas. It is a wonderful possibility to rest alone, with your partner or the whole family.

You can choose additional treatments as well – to pamper yourself in a bath-house with a besom or a massage on the warm marble. The complete list of additional treatments is presented further in this booklet.

"Baltic Beach Hotel" SPA-centre offers the only in the Baltic States 25-meter swimming pool with sea water.

### **Special offers for great celebrations**

The relaxation area "Flamingo", bath complex "Country Yard", 25-meter pool with sea water and summer terrace can be united in one large, ideally suitable for pleasant rest entertaining centre. It is possible to organize superb celebrations, corporate or individual events up to 200 guests here. The professional personnel will make sure that your event is succeeded perfectly.

## "Flamingo"

### Visit per person

From Monday to Thursday

Price: 15 GBP

From Friday till Sunday and on holidays.

The price includes one treatment by choice.

Price: 36 GBP

### Visit for children

Price: 9 GBP

### **A pool with a cascade, reverse flow and massage streams**

In the pool you can relax and enjoy cascades and underwater message.

### **Jacuzzi with warm water**

The air bubbles tenderly touching your skin diminish the accumulated tension and fill your soul with joy and moments of pleasure.

### **Russian bath**

Use of besoms in the bath favorably influences your health and improves your mood, filling your body and soul with joy. But an ancient tradition – body pouring over with cold water from a wooden bail - refreshes and tones. After the bath a fragrant tea will fill you with a complete joy.

### **Turkish bath**

The Bath with white fragrant eucalyptus steam stimulates the process of health improvement and treats respiratory illnesses. The difference between this bath and the Russian one is the lower temperature and higher humidity level, that diminishes heat feeling.

### **"Fitobar"**

In our "Fitobar" you can enjoy fresh juices and fragrant taste of different types of natural tea. Here you will find everything necessary for a healthy diet and cheerful mood.

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## Bath complex "Country Yard"

### Visit per person

From Monday till Thursday

Price: 15 GBP

From Friday till Sunday and on holidays.

The price includes one treatment by choice.

Price: 36 GBP

### Visit for children

Price: 9 GBP

### **Sauna**

The sauna of the bath complex “Country Yard” provides general warming-up of the body and profound steaming, stimulating deep skin purification and excretion of the excessive liquid from the body. After the bath the skin gets the lost elasticity and becomes considerably smoother.

### **Russian bath**

“Country Yard” offers an exclusive Russian bath with a 16-ton stove from the Karelian granite. This unique stove, in contrast to electric stoves which burn oxygen, provides light steam, simultaneously saving the amount of oxygen necessary for a man.

### **Bathing apartments "4 nature elements"**

The comfortable wooden bathing apartments can fit from two to eight persons depending on the chosen treatment. The offered treatments are foreseen for the recreation and intensive body purification. The microclimate possibilities of these bathing apartments allow elaborating the most suitable exactly for you program for the achievement of the maximum desired result – beginning from the purification ritual of the Turkish bath and detoxification treatment for body care and finishing with the relaxing massages. Thanks to the special technology, it is possible to regulate temperature and humidity level in the bathing apartments depending on the treatment and chosen program.

Soft illumination and music will be the ideal addition to the bath rituals.

### **"Vichy" shower**

It is recommended to visit this shower right after steaming in a bath-house. Thanks to the dramatic body temperature changes during this treatment, headaches eliminate and feeling of weakness diminishes. The treatment possesses restorative and refreshing effect.

### **Steam capsule**

The special microclimate of the steam capsule, based on the temperature changes (the warmth of the hot steam changes into the refreshing coolness of water), increases the perspiration. The treatment is instrumental in the organism purification and the immune system strengthening. Treatments in the steam capsule diminish heavy feet feeling, relax central and peripheral nervous systems and stabilize cardiovascular system's activity.

We offer to enrich this treatment with colour therapy and different wrappings.

### **Pool with sea water and body pouring over with cold water from a wooden bail**

After the bath you will be able to revive your energy in a pool with curative sea water and enjoy an ancient tradition – body pouring over with cold water from a wooden bail, possessing refreshing and restorative effect.

### **Terrace and resting area**

In the rest area of the “Country Yard” you can revive your energy after a bath and get a charge of cheerfulness, breathing in the sea air with pine aroma.

### **Open air Jacuzzi and grill**

We offer excellent rest in an open air Jacuzzi on the summer terrace and a place for preparation of food on grill.

### **Banquet hall**

Our “Country Yard” offers a spacious and comfortably furnished banquet hall for different festive celebrations and events in the blossom of friends, colleagues or acquaintances up to 50 guests. The smart planning of the hall will allow enjoying rest in the baths and pool with curative sea water, as well as reviving your energy on the summer terrace. A hall can be equipped with technical devices in accordance with your needs.

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## **Additional offers**

### **Massages**

We offer to enjoy various body and face treatments, as well as spa rituals.

### **Honey-wheat mask for body**

A nourishing honey and germinated wheat grains mask is foreseen for skin moisturizing and nourishing. As a result of the treatment your skin becomes silky, tender and elastic.

Price: 22 GBP

### **Ritual "Fire and ice"**

After steaming in a bath-house a bath-house attendant performs a massage with soap foam and bathing besoms, after which a honey-wheat mask is applied. This treatment improves skin elasticity and structure, diminishes muscular tension and purifies skin from the dead cells. During this ritual the excessive salts and alkalis leave the body.

Price: 50 GBP

### **Steaming with bathing besoms**

The intensified organism purification from slags and toxins takes place in a bath-house, blood circulation in muscular tissues increases, stimulating metabolism and oxygen delivery to the organism. The steaming with bathing besoms helps to get rid of cellulite and improve immune system.

In accordance with client's needs it is possible to choose different bathing besoms for the steaming process.

Price: 22 GBP

### **Altai massage ritual**

The massage, based on the traditions of the ancient Altaian region, possesses a special soothing effect. This treatment is performed on the warm marble, using a special fragrant soap foam and herbal whisk. During this ritual the skin pores are thoroughly and gently purified and all the body gets rid of excessive salts. The treatment is instrumental in the lymph outflow, improves skin structure and appearance, as well as relieves muscular tension.

Price: 36 GBP

### **Ritual "Russian bath"**

After steaming in the Turkish bath and relaxing in the Jacuzzi the ritual of steaming in the Russian bath-house begins. It can be complemented with the body pouring over with cold water or the refreshing shower "Vichy". Further the body massage with soap foam on warm marble is performed by means of two bathing besoms. This treatment is equivalent to the purifying body peeling. The effect is intensified by the nourishing honey and germinated wheat grains mask after which your skin becomes simply perfect! At the treatment we suggest to enjoy a fragrant herbal tea.

Price: 50 GBP

### **Ritual "Paradise Delight"**

After warming-up in the Russian bath-house a bath-house attendant performs a salt body peeling which purifies your skin from the dead cells. Then the toning shower "Vichy" is used and the repeated steaming in the Russian bath-house performed. The last stage of the treatment is a cosmetic massage and body wrapping with a nourishing mask. As a result of the treatment your skin becomes silky, tender and elastic.

Price: 50 GBP

### **Turkish bath ritual "Hammam"**

The ritual that makes the body and soul to become one single.

After warming-up in a Turkish bath a master performs soft body peeling in the special gloves on the warm marble which thoroughly purifies skin from the dead cells, making it tender and silky smooth. The pleasant peeling is followed by a massage with soap foam, which deeply purifies pores, completely relaxing the body. The treatment is completed with bathing and aromatherapy massage that improves overall health and moisturizes skin, making it more elastic.

Price: 64 GBP

### **Bathing ritual with wrapping "Bitter Chocolate"**

After warming-up in the bath-house the body peeling with a chocolate scrub is performed on a warm marble table, releasing your skin from the dead cells. The next stage of the ritual includes the relaxing massage and wrapping with hot chocolate that simultaneously nourishes your skin and helps effectively fight against cellulite, stimulating excretion of toxins from the body. Upon completion of this ritual a fragrant chocolate lotion is applied.

Price: 50 GBP

### **Massage "Pantai" with medicinal herbs of the Alpine region**

The massage "Pantai" is performed on a warm surface by means of two pindas, filled with medical herbs from the Alpine meadows, providing exotic aroma during the massage. As a result of treatment your muscles are warmed up and completely relaxed.

Price: 64 GBP

### **Swimming pool with sea water**

Swimming and water aerobics in the only in the Baltic States 25-meter swimming pool with water from the bosom of the sea will improve your physical form, giving possibility of swimming in the Baltic sea water even in winter. The constant pool water temperature is 28° C.

The swimming pool has a slide for children and three cascades for the body massage.

### **Swimming classes**

We offer swimming and diving classes for children and adults individually or in groups under the supervisors of the expert trainers.

### **Water aerobics**

Water aerobics is an ideal for fight against excessive weight and cellulite that simultaneously helps to relax. Rhythmic exercises in water represent an excellent way to burn calories. Water aerobics is especially recommended for people with spine and joint problems as well as women during pre-natal and post-natal periods.

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## Treatments

### Fangotherapy

SPA centre "Baltic Beach Hotel" offers a wide spectrum of treatment with the use of muds, the curative properties of which has been known to people during many centuries.

The SPA-centre offers not only famous curative Kemeru muds (Latvia) but also world-famous muds of the Crimea Saki mud lake and the Dead Sea muds.

High concentration of mineral substances and microorganisms in living muds provide their wide healing qualities, strengthening the immune system of a man and activating protective properties of the organism. Mud treatment is widely used for a number of dermatological and nGBPological diseases, besides it is used in gynaecology and orthopaedy.

You can choose treatment with mud applications for the whole body, for upper or lower part of the body, for problem areas or feet. We offer mud applications for children as well.

### Masks

#### Volcanic mud mask for face and neck skin treatment

Volcanic mud mask for all skin types' care contains the whole complex of mineral salts, microelements and biologically active substances improving blood circulation, tissue respiration and metabolic processes. As a result the skin resilience is restored and the skin tone is improved, your skin acquires silky feeling and healthy look.

Price: 22 GBP

#### Curative mud mask for facial treatment

The mask is suitable for sensitive, problem (acne) and dry facial skin. The Dead Sea mineral substances contained in the mask purify, nourish skin and promote its regeneration. When the mask is regularly applied the skin becomes considerably smoother and healthy.

Price: 10 GBP

#### Bath with Saki lake mud

Muds of the Crimea Saki mud lake strengthen the weakened immune system, increase body resistance to different diseases and aid recovery.

Price: 22 GBP

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### Clay treatment

Clay is an ancient therapeutic agent. It contains a great number of necessary for the organism organic and mineral substances, such as flint, nitrogen, calcium, magnesium, potassium and others.

Combination of mud application and heat treatment makes the skin purification more efficient, improving skin structure and tone. Such combination is effective for weight correction, prophylaxis and treatment of cellulite.

Clay applications help to cure joint pain and backache, skin disorders and allergy. Clay treatment has the antistress action as well.

#### Clay facial mask

Clay facial mask for all skin types deeply purifies, nourishes and tones facial skin, making it more elastic. As a result of the treatment the fine lines are smoothed, the cell activity is improved and cell repair is normalized.

We offer clay masks with different medical plants' extracts for your facial skin care.

Price: 10 GBP

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### Ozokeritotherapy

Ozokerite is a hydrocarbon wax derived from petroleum sources, it's another name is montane wax.

Ozokeritotherapy is a method of heat treatment. The main role of ozokerite as a therapeutic agent is in blood circulation and metabolism enhancement, the result of which is the pronounced resolving, anti-inflammatory and antitonic action.

Ozokeritotherapy is used for treatment of arthropathy and spine diseases, internal diseases and other inflammatory processes.

### **Treatment for problem body areas**

Applications of montane wax for problem body areas provide deep thermal effect (approximately 30-60° C), help actively fight against cellulite.

Price: 10 GBP

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### **Climatotherapy**

Mild climate and salutary air of the Gulf of Riga coast beyond the shadow of a doubt represent the direct evidence that Jurmala is the best place to improve health and gain inner harmony.

Sea air besides oxygen and ozone contains considerable amount of air ions. Continuous stay in places with clean ionized air increases performance capability and decreases oxygen deprivation in the organism.

Aerotherapy treatment offered by SPA-centre "Baltic Beach Hotel" contributes to curing of respiratory disease, dynamic diseases of the nervous system, metabolic disorders and other disturbances.

### **Oxygen cocktail**

A refreshing oxygen cocktail is especially recommended to people involved in active mental labour spending a lot of time in an office or in the closed, poorly ventilated room. This cocktail strengthens immunity, improves memory and ability to concentrate, stimulates blood circulation and its access to the skin cells, slowing ageing processes. The oxygen cocktail helps effectively fight against migraine, dizziness, headache, insomnia, amnesia and shortness of breath caused by air impurities. The oxygen cocktail strengthens heart, destresses and stabilizes nervous system

Price: 8 GBP

### **Salt room**

A visit to the unique salt room with the special microclimate is instrumental in purifying and renewal of the whole organism relieving you from the accumulated stress and fatigue. The treatment improves skin structure, stabilizes the natural metabolism and promotes organism's ability to resist different diseases.

Treatment in the salt room is recommended for respiratory illnesses (chronic cold, adenoids, and chronic pharyngitis), pulmonary diseases (bronchitis, asthma), skin diseases (eczema, psoriasis, allergic dermatitis, and nGBPodermatitis) and professional diseases. A visit to the salt room is also recommended to smokers and people workings in dusty or poorly ventilated rooms, or rooms with too dry air conditioning. We recommend children with weak immunity, suffering from diathesis, allergy, bronchial asthma and other diseases to visit this room as well.

Price: 8 GBP

### **"Reabox" – carbonate capsule**

Carbonate capsule provides the best tissue supply with the necessary amount of carbon dioxide. During this treatment the activity of heart muscles is improved and blood circulation in limbs is activated. "Reabox" – a carbonate capsule is especially recommended for people sufferings from cardiovascular diseases, stress and tension. The treatment is used for arthritis, spinal inflammation and chronic inflammatory processes.

Price: 8 GBP

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### **Hydrotherapy**

Hydrotherapy has received a special role in "Baltic Beach Hotel" SPA-centre, as exactly hydrotherapy is the heart of SPA. In fact if we translate the Latin abbreviation SPA (Sanus per Aquam) we get "Health through Water"!

In our SPA-centre we use mineral, marine and fresh water for hydrotherapy.

A great variety of hydropathic treatments allows using them not only for relaxation and aesthetic aims but also for treatment and prophylaxis of cardiovascular diseases, nGBPological, gastrointestinal and gynaecological illnesses, metabolic disturbances and several skin diseases.

In "Baltic Beach Hotel" SPA-centre we use fresh water both in the pure state and with addition of different substances (essential oils, salts, herbal and seaweed extracts), that intensifies its effect on organism and helps to attain the desired result.

**Shower**

**Underwater massage**

## **Baths**

**Body purification**

**For deep relaxation**

**Body wrapping treatment**

## **Shower**

### **Rising Shower**

The water jet massage is intended for improvement of venous return and metabolism stimulation in the small pelvis area. This treatment is recommended in case of haemorrhoids, gynaecological disturbances and sexual dysfunction.

Price: 5 GBP

### **Sharko Shower**

The restorative water jet massage of the body stimulates metabolism, blood circulation in the organism and increases overall tonicity. Relaxation treatment helps effectively fight against cellulite and improve body shape.

Sharko shower is recommended in case of physical or mental strain, as well as for treatment of the musculoskeletal system diseases.

Price: 12 GBP

### **"Vichy" Shower**

It is recommended to visit this shower right after steaming in a bath-house. Thanks to the dramatic body temperature change during this treatment, dizziness eliminates and feeling of weakness diminishes. "Vichy" Shower possesses magnificent restorative and refreshing action.

Price: 15 GBP

## **Underwater massage**

### **Classical underwater massage**

Water strong jet massage of the body stimulates metabolism and blood circulation in tissues, performing figure correction. This treatment diminishes muscular tension and increases joints flexibility.

Underwater massage helps in a fight against stress; it is used as an effective treatment of migraine and insomnia.

Price: 29 GBP

### **Underwater massage "Body Relax"**

Relaxing and calming massage with sea water will make your body feel completely relaxed and destressed; it will present you well-being.

Price: 36 GBP

### **Underwater massage "Contouring"**

The treatment for body form correction diminishes accumulation of fat in the organism, promoting its detoxification. After this type of massage your body will be relaxed and you will feel as bright as a button.

Price: 36 GBP

### **Underwater massage "Detox"**

A jetted tub with addition of marine plants extracts enriches your skin with vital mineral substances, is instrumental in the body form correction and intensively detoxifies the body. This type of massage possesses magnificent restorative and relaxing action.

Price: 36 GBP

### **Underwater massage with sea water**

Recuperating treatment enriches your organism will all the necessary mineral substances and provides complete relaxation.

Price: 36 GBP

## **Baths**

**Relaxing baths**

**Stimulating and body form correcting**

## Curative baths

### Skin nourishing baths

#### Ozone bath

Ozone bath possesses relaxing action. Oxygen bubbles gently stroke your skin and penetrating through it into the organism, diminish oxygen deprivation. This bath is recommended in case of muscle hypertension, as well as cardiovascular diseases.

Price: 15 GBP

#### Pearl bath

A relaxing bath with warm sea water. Air bubbles gently stroke the skin, stimulating metabolism and diminish pain in muscles and bones.

This bath is recommended in case of dynamic diseases of the nervous system, overexertion, nGBPosis and insomnia. Pearl baths are also instrumental in treatment of the initial stage of cardiovascular system's diseases.

We offer pear bath with addition of aromatic salt.

Price: 15 GBP

#### Bath with Latvian herbs

Bath with addition of Latvian meadow flowers and herbs is an ancient method of purification of body. Pleasant and aromatic bath diminishes fatigue, calms nervous system, restores and purifies skin.

Price: 22,00 GBP

#### Honey bath

Relaxing bath with addition of buckwheat honey, olive and coconut oils contains a great number of natural micro- and macronutrient elements, vital for your organism. The treatment will fill you with pleasant emotions after a tiresome day and will make your skin velvety and smooth.

Price: 22 GBP

### Stimulating and body form correcting

#### Bath with sea water

Whirlpool bath with sea water restores and normalizes organism activity, as well as fills your body and soul with vivacity.

Price: 22 GBP

#### Bath "Detox"

Whirlpool bath with addition of seaweeds is instrumental in body detoxification, enriches skin with mineral substances, and helps in a fight against cellulite.

Price: 22 GBP

#### Bath with red wine

Bath with addition of dry red wine is a youth elixir for skin. Treatment effectively improves blood circulation and enriches your skin with all the necessary vitamins.

At the end of the treatment a glass of wine is served.

Price: 29 GBP

#### Bath "Mountain lavender"

Bath with air bubbles and addition of seaweeds and a fragrant cocktail composed of lavender flowers enriches skin with all the vital mineral substances, providing it with magnificent flavour.

Price: 22 GBP

## Curative baths

#### Bishofit bath

Bath with bishofit, a natural mineral, obtained from the Earth's deepest bosom, is recommended in case of motor disturbances, osteochondrosis, radiculitis, arthritis and arthrosis. This treatment improves cardiovascular system's activity, as well as cures nGBPosis and calms.

We offer bishofitbath with addition of eucalyptus extract or lavender flowers.

Price: 22 GBP

### **Bath with Saki lake mud**

Muds of the Crimea Saki lake strengthen the weakened immune system, increase body resistance to different diseases and aid recovery.

Price: 22 GBP

### **Bath with Saki lake salt**

Salt possesses excellent curative and antibacterial properties, providing purification of body. Salt for baths possesses potent anti-inflammatory action that effectively helps in skin treatment.

Price: 22 GBP

### **Turpentine bath**

Stimulating bath improves blood circulation in the organism, regulates metabolism and promotes organism's ability to resist different diseases.

Price: 22 GBP

### **Bath "Germetic"**

Salt bath "Germetic" makes you relaxed and destressed, as well as fills you with vivacity. The treatment helps effectively fight against cellulite, cramps and joint pain, and also relieves you from the fatigue of feet. As a result of the treatment, the activity of digestive system is improved and spasms are diminished.

Price: 29 GBP

## **Skin nourishing baths**

### **Bath with yoghurt foam**

Bath with addition of yoghurt tones, softens and nourishes skin.

Price: 22 GBP

### **Milk bath**

Relaxing bath with addition of milk, olive oil and essential oil ylang-ylang nourishes skin and prevents its ageing. As a result of treatment your skin becomes silky and tender.

Price: 22 GBP

### **Milk and Honey bath**

Bath with addition of milk, lime honey and rose oil submerges you in the magic kingdom of aromas, enriching your organism with natural vitamins and making your skin tender and fragrant.

Price: 22 GBP

## **Body purification**

### **Cleansing enema with herb water**

The treatment purifies the organism from slags and toxins, helping your figure to remain slim.

Price: 8 GBP

## **For deep relaxation**

In water we feel like flying in the air – our body is fully relaxed and peace and feeling of comfort flow into it.

Thanks to the latest technological achievements and already in Ancient Rome developed knowledge about hydrotherapy, "Baltic Beach Hotel" offers the body treatment rituals on the unique water massage table "Jurmala's waves" and in the massage bed "Weightless stage".

During the chosen treatment performed by the specialist, you enjoy the weightless stage, water massage and heat therapy without water at the same time.

### **Massage table "Jurmala's waves"**

Try to imagine that you lie on the beach sand and warm marine waves softly touch your body – it is the exact characteristics of the feelings during treatment on the massage table "Jurmala's waves". The soft massage aquatic table is unique technology allowing to enjoy soft wave massage without water. It helps to reach complete relaxation and to get rid of tension. Enjoying the soft wave body massage in combination with body wrapping or skin care treatment, you will feel harmony and equilibrium between the body and soul.

Price: 8 GBP

### **Massage bed "Weightless stage"**

This special massage aqua-bed allows to enjoy the weightless state without use of the water. The treatment rejuvenates, wakes up creative potential and energy.

On the special massage bed you will feel like walking on air, as in clouds is co – the combination of heat, water massage and weightless state relaxes muscles and favourably affects on your spine. This treatment helps to treat stress, tension, fatigue and back pain. It is also recommended for people, sufferings from sleep disturbances. It is possible to enjoy colour therapy, possessing excellent relaxing effect during this treatment.

Massage bed “Weightless stage” intensifies the effect of other SPA-programs.

Price: 22 GBP

## **Body wrapping treatment**

### **Body peeling massage**

#### **For body contours correction**

The specialists of “Baltic Beach Hotel” SPA-centre have elaborated a great number of effective treatments with the use of wrapping. They have a great number of effects – from relaxing to rejuvenating.

With the help of wrapping a man gets all the necessary vitamins and microelements that deeply penetrate into the skin, feeding and enriching the whole organism.

For achievement of maximal effect body peeling (a special treatment for your skin purification from the dead cells) is recommended before wrapping.

## **Body peeling massage**

### **Peeling with sea salt**

Body massage with cream, containing sea salt crystals, stimulates blood circulation and releases your skin from the dead cells.

After peeling massage the skin acquires velvety smoothness and becomes ready to further treatment.

Price: 36 GBP

### **SPA peeling with luffa fibres**

Creamy peeling with luffa fibres softly and effectively purifies body skin from the dead cells, making it velvety smooth. The almond extract as one of the peeling components regulates and restores skin’s moisture level.

Price: 36 GBP

### **SPA peeling with honey and almond pieces**

Peeling with the almond pieces allows performing especially soft body skin purification and massage. Honey and beeswax as components of this peeling not only smooth and nourish your skin, but also treat it.

Price: 36 GBP

## **For body contours correction**

### **Wrapping treatment for active body contours correction "Active countouring"**

This treatment is supposed for active fight against cellulite. Direct problem body areas massage is instrumental in improvement of lipolytic digestion and diminishes appearance of the new ones. Combining this treatment with a balanced diet, the got result can be saved during a long period of time.

Price: 57 GBP

### **Wrapping treatment for body form correction**

The treatment is elaborated for feminine body contours correction. The soft effect of the active substances of marine origin and heat is instrumental in absorption of natural substances and detoxification, improving excretion of fats from the body.

Price: 50 GBP

### **Detoxifying body wrapping treatment**

The treatment is elaborated for excretion of the accumulated excessive liquid and toxins from the body. The ability of marine products to get deeply into the tissues makes this treatment especially effective, stimulating excretion of the excessive liquid and toxins from the body.

Price: 50 GBP

### **Wrapping "Queen's gold"**

The royal ritual, including body peeling, wrapping and cosmetic massage, in combination with essential oils will help your body and soul to feel freedom, creating the influx of positive emotions. Your skin will recover lost elasticity and velvety texture, as well as, thanks to the golden powder used in the treatment, will get the golden radiance.

Price: 64 GBP

### **Wrapping treatment "Fire ritual"**

This treatment is supposed for effective fight against cellulite, actively affecting problem body areas. The peeling of two types prepares skin for the massage of the problem body areas and the application of three types of masks – toning, modelling and relaxing mask with chocolate.

Price: 64 GBP

### **Wrapping treatment with chocolate**

Performed at the beginning of this treatment the peeling gently purifies your skin from the dead cells and prepares it for the relaxing massage. The chocolate mask, in its turn, pampers your skin, improving overall health, but modelling jelly makes body contours more attractive.

Price: 57 GBP

### **Toning wrapping treatment**

The treatment is elaborated for body toning and refreshing. The peeling purifies your skin from the dead cells and the body massage – relieves tension. The menthol mask and restorative jelly applied at the end of this treatment improve your skin colour and refresh it.

Price: 57 GBP

### **Wrapping treatment with body form correction jelly**

The treatment with body form correcting jelly, containing vitally important mineral substances, refreshes your skin and gives it necessary elasticity.

Price: 43 GBP

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## **Massages**

Massage is one of the classical treatment and body care methods. It is recommended to get rid of stresses, the muscular tension and pain, as well as is used for cosmetic aims. By means of massage it is possible to regulate blood circulation, improve metabolism, effectively reduce weight and correct different physiological deviations.

With the use of different aromatic oils, message turns into a bouquet of pleasures and pleasant feelings.

#### **Classical massages**

#### **Exotic massages**

#### **Aromatherapy massage**

#### **Curative massages**

#### **For body contours correction**

### **Classical massages**

#### **General classical massage**

During treatment a highly skilled specialist performs massage of the whole body, exercising every muscle and stimulating activity of every organ. During the massage simultaneously with physical strain, the stress is relived and well-being returned.

Price: 36 GBP

#### **Collar zone massage**

The neck area and shoulder girdle are massaged during treatment. The massage is foreseen for diminishing of muscular tension, pain and stress. During this treatment the blood circulation in the cerebrum improves, feeling of fatigue diminishes and well-being

returns.

Price: 15 GBP

### **Lumbosacral spine massage**

The lumbus, sacrum and gluteal muscles are massaged during treatment. The massage is foreseen for diminishing of pain. During this treatment the blood circulation in all the massaged areas improves.

Price: 15 GBP

### **Back massage**

The whole back is massaged during this treatment from the neck area to the gluteal muscles (inclusive). The curative massage of the back is foreseen for improvement of blood circulation in the organism and diminishing of tension and stress.

Price: 22 GBP

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## **Exotic massages**

### **Massage "Scheherazade Tales"**

The general body massage is performed basing on the Chinese traditions of stimulation of "life points", with the use of coconut oil which nourishes your skin with all the necessary nutritives. During this treatment the acupuncture points, located on feet, face and head are intensively stimulated, that allows to get full relaxation, enjoying a harmonious equilibrium between the body and soul.

Price: 93 GBP

### **Massage with volcanic stones "Lastone"**

Massage with volcanic stones and use of natural aromatic oil regulates blood circulation in the organism, normalizes metabolism and nourishes skin with vitamins and mineral substances. This treatment possesses soothing effect, relaxes, and diminishes stress, muscular tension and joint pain. It is an effective mean in a fight against insomnia.

Price: 50 GBP

### **Reflex feet massage with volcanic stones "Lastone"**

This massage, stimulating certain acupuncture points, located on the feet by means of warm volcanic stones, allows getting full relaxation of the body and soul and to get rid of the accumulated during the working-week stress. After the treatment course the functional capacity of the organism is increased, the blood circulation improved, as well as sleep quality and nervous function.

Price: 36 GBP

### **Thai massage**

Traditional Thai massage is performed through the light clothing, without application of essential oils. With the help of drawing motions a massage therapist, using both hands and feet, affects certain acupuncture points that is instrumental in becoming healthy and improvement of all the internal organs and systems of the organism. After the massage the blood circulatory system's tone and joints flexibility are substantially increased. You will feel like born again!

Price: 35 GBP

### **Egyptian massage**

The Egyptian massage is based on the emotional contact between a client and massage therapist. Knowledge about energy channels, acupuncture points and sequence of their activation are its basis. The Massage, stimulating the groups of deep muscles of hands, feet, back, neck and other parts of body, is instrumental in body's internal organs activity. As a result of this treatment muscle release is achieved, venous circulation – activated, lymphokinesis and hematogenesis – improved. The massage possesses a psychological effect, which can be soothing, relaxing and stimulant, depending on the client's needs.

Price: 43 GBP

### **Ayurvedic massage**

The Indian ayurvedic massage is performed, using a great amount of warm vegetable and especially for every individual chosen essential oil with the certain effect. By stimulating certain marma points, the body's internal organs system's activity is stimulated. The massage gives your body flexibility and strength, helps to fight with muscle and joint pain, as well as to treat bone diseases. Ayurvedic massage diminishes stress and depression, regulates breathing and blood circulation, as well as stimulates excretion of the accumulated toxins from the body. As a result of treatment your skin structure and appearance are improved.

Price: 43 GBP

### **Massage "Sanshui Aroma"**

The well-being ceremony "Sanshui Aroma" is based on the ancient traditions of the Chinese healers and newest achievements of aromatherapy. Performed at the beginning of this treatment peeling-massage purifies your skin from the dead cells. The treatment is continued with the massage by means of the warmed in the oil pandas "Sanshui", applying the aromatic oils' extract to the acupuncture points. At the end of the treatment the manual massage, possessing stabilizing action, is performed. Massage "Sanshui Aroma" will be an excellent gift for each person, who is able to value himself or herself and dreams about pleasant rest

and relaxation.

Price: 93 GBP

### **Altai massage ritual**

The massage, based on the traditions of the ancient Altaian region, possesses a special soothing effect. This treatment is performed on the warm marble, using a special fragrant soap foam and herbal besom. During this ritual your pores are gently purified and all the body gets rid of excessive salts. The treatment is instrumental in the lymph outflow; it purifies body, improves skin structure and appearance, as well as relieves muscular tension.

Price: 36 GBP

### **Ritual "Hammam"**

The ritual that makes the body and soul to become one single.

After warming-up in a Turkish bath a master performs soft body peeling in the special gloves on the warm marble which thoroughly purifies skin from the dead cells, making it tender and silky smooth. The pleasant peeling is followed by a massage with soap foam, which deeply purifies pores, completely relaxing the body. The treatment is completed with bathing and aromatherapy massage that improves overall health and moisturizes skin, making it more elastic.

Price: 64 GBP

### **Massage "Pantai" with medicinal herbs of the Alpine region**

The massage "Pantai" is performed on a warm surface by means of two pindas, filled with medical herbs from the Alpine meadows, providing exotic aroma during the massage. As a result of treatment your muscles are warmed up and completely relaxed.

Price: 64 GBP

### **SPA-massage "Mountain lavender"**

At the beginning of this ritual skin is cleaned with a peeling cream, containing sea salt and seaweeds that tone and release your skin from the dead cells. Further the treatment continues with the body massage with pindas, filled with sea salt crystals and mixture of lavender flowers, using moisturizing lotion, containing lavender flowers extract. This treatment calms, relieves muscular tension and restores the lost energy.

Price: 50 GBP

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## **Aromatherapy massage**

At the beginning of the treatment the classical body massage is performed, using natural aromatic oils with certain action – from relaxing to stimulating. Penetrating deeply into the skin, aromatic oils strengthen the immune system and improve the basic functions of the body. The effect of the treatment continues during 72 hours. Aromatherapy massage returns well-being, creating a harmonious equilibrium between the body and soul.

We suggest trying aromatherapy massage with the use of aromatic oils "Exclusive" (for women - with rose petals oil, for men - with nut-oil).

Price: 43 GBP

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## **Curative massages**

### **Reflex feet massage**

During the treatment a highly skilled specialist performs feet massage, stimulating certain reflex points, located on the feet which are related to other parts and organs of the body. This massage has positive effect on activity of the whole organism, improves metabolism, blood circulation and internal organs' activity. The treatment maximally relaxes the whole body.

For improvement of the result we suggest to perform the reflex feet massage with natural oils, oxygen peeling, self-heating seaweeds and other beauty aids.

Price: 36 GBP

### **Massage for children**

The massage for children is performed using classical methods, but it is softer and shorter, than massage for adults. A child's back is massaged during 15 minutes as well as the feet – during 15 minutes.

Price: 12 GBP

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## **For body contours correction**

### **Fitness-massage**

The massage is based on the synthesis of physical exercises and body contours' correcting treatments. The treatment is foreseen for women and men, who wish in a short-time period to get a good physical form, get rid of excessive kilograms and decrease the body capacity in problem areas.

Price: 57 GBP

### **Cosmetic massage**

Cosmetic massage takes off the effects of fatigue and muscle tension. As a result of the treatment the fat deposits and cellulite are reduced. The massage improves metabolism and stimulates the process of organism purification from slags and toxins.

Price: 43 GBP

### **Vacuum massage**

By means of a special vacuum device, affecting the problem areas of body, lymph circulation is accelerated, thus stimulating the process of organism purification from slags and toxins. This treatment course will decrease cellulite, body capacity and weight. Your skin will recover elasticity and will get smooth velviness.

Price: 36 GBP

### **Problem body areas massage**

Direct problem body areas massage is foreseen for figure correction. This treatment course decreases cellulite, making your skin firmer.

In order to intensify the treatment it is recommended to use anticellulite cream.

Price: 29 GBP

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## **Mechanical physiotherapy**

"Baltic Beach Hotel" SPA-centre specialists use the most modern physiotherapy technologies for treatment and prophylaxis. The use of physiotherapy in complex treatment or other programs allows reaching the desired result without side effects and use of medicines.

### **Press lymphatic drainage**

#### **Vacuum treatments**

#### **SPA-capsule**

#### **Mechanical massages**

#### **Curative treatments**

### **Press lymphatic drainage**

The mechanical massage of profound effect when a client is dressed in a special suit with the help of pressure of "air pillows" facilitates the detoxification of the organism, getting rid of the toxins appeared as a result of metabolism. The press lymphatic drainage treats blood circulation problems, helps to fight against cellulite and decreases fat deposits in the body problem areas. This treatment removes edema of lower limb, diminishes varicosity and heavy feet feeling.

In order to intensify the result of the treatment, a certain beauty aid that is chosen for every individual client (cream on the basis of seaweed, anticellulite mask or a beauty preparation "Sea Tonic") is applied on the problem areas.

Price: 22 GBP

### **Vacuum treatments**

#### **Vacuum massage**

By means of a special vacuum device, affecting the problem areas of body, the lymph circulation is accelerated, thus stimulating the process of organism purification from slags and toxins. Conducting the treatment course, cellulite, body capacity and weight

are reduced. Your skin becomes elastic and velvety smooth.

Price: 36 GBP

### **Vacuum-rolling massage "Starvac"**

This massage with a new generation vacuum-roller is foreseen for the solution of the aesthetic body problems.

The strong vacuum between two rollers sucks the skin of problem areas in. The fats, slags and toxins split in this way, gradually get into the lymphatic system and leave the body. As a result, the cellulite and body weight are reduced; the skin becomes considerably smoother. This treatment is effective in diminishing of pain and edema.

Price: 43 GBP

### **"LPG" treatment**

Sessions with the use of a universal apparatus "LPG", choice of the proper program and intensity of treatment improve skin elasticity and tone; diminish the subcutaneous fat layer and cellulite. This treatment ideally fits in the fight against the stretched skin, stretch marks and skin problems during the post-natal period. The got figure modelling effect is comparable to the results of a plastic operation.

Price: 36 GBP

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## **SPA-capsule**

### **SPA-capsule treatment**

This treatment is supposed for body form correction and active fight against cellulite. SPA-capsule helps people who travel a lot to easier adapt to the different time zones. This treatment also helps to decrease pain in muscles and bones, to fight against depression and increase ability of organism to resist different diseases. In the healthy environment capsule the body is simultaneously influenced by light, warmth, music, aromatherapy, ionized air and vibromassage.

Price: 22 GBP

### **SPA-capsule with wrapping**

This treatment is supposed for body form correction and active fight against cellulite of the problem areas of the body. In order to intensify the effect, it is recommended to combine SPA-capsule treatment with body wrapping, using curative clay or anticellulite cream that accelerates the process of body form correction and diminishes cellulite.

Price: 36 GBP

### **SPA-capsule with detoxifying body wrapping**

This treatment is elaborated for excretion of the excessive liquid and toxins from the body. Warm SPA-capsule environment intensifies deeper penetration of marine components of the detoxifying mask into the tissues leading to stimulated excretion of the excessive liquid and toxins from the body.

Price: 36 GBP

### **SPA-capsule with wrapping "Chocolate rainbow"**

This treatment is elaborated for body contours correction. Warm SPA-capsule environment intensifies deeper penetration of the chocolate cream into the skin. As a result the skin restores its lost elasticity, and you feel as bright as a button.

Price: 36 GBP

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## **Mechanical massages**

### **Vibratory massage**

This vibratory massage performed with the use of a special device with different caps affects the problem body areas by means of certain frequency vibrations, thus, improving blood circulation and accelerating fat splitting.

This treatment is supposed for effective fight against excess weight and cellulite. After this massage your skin becomes elastic and velvety smooth.

The vibratory massage relieves you from edema, is instrumental in synostosis and helps to fight against spinal problems. It is possible to achieve very good results after a treatment course.

It is recommended to combine the treatment with body wrapping or a mask with a certain effect in order to intensify the efficiency of the treatment.

Price: 36 GBP

### **Vibratory massage treatment "Perfect Body"**

The unique vibratory massage is ideal for the silhouette correction. Performed at the beginning of this treatment the body peeling not only purifies your skin from the dead cells, but also prepares it for the deeper effect of the vibratory massage.

This vibratory massage performed with the use of a special device with different caps affects the problem body areas by means of certain frequency vibrations, thus, improving blood circulation and stimulating metabolism by means of fat splitting acceleration.

It is recommended to combine the treatment with body wrapping and a mask with certain effect in order to intensify the efficiency of the treatment.

Price: 50 GBP

### **Liposculpture**

This treatment is elaborated for body form correction. The electromassage, applying the electrodes to the problem body areas, thus, making the musculature to compress, slits fats, diminishes the subcutaneous fat layer, stimulates lymph circulation and is instrumental in the excretion of the excessive liquid from the body.

The efficiency of the treatment is intensified by the individually selected SPA-treatment used before or after the liposculpture.

Price: 36 GBP

### **Ultrasonic anticellulite treatment**

This treatment helps in the effective fight against cellulite. Purifying tissues from harmful slags the metabolism in the skin improves, and your skin becomes smooth and firm.

The treatment can be intensified by means of the vacuum massage, Sharko shower and the underwater massage.

Price: 8 GBP

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## **Curative treatments**

### **Ionotophoresis**

A special device's application to the skin helps to stimulate and accelerate the activity of ions in the blood, thus improving body metabolism and promoting its ability to resist different diseases. The ionotophoresis improves memory and increases the ability to concentrate. This treatment helps to get rid of insomnia and depression.

Price: 4 GBP

### **Impulse therapy**

The low frequency current impulse therapy (electrostimulation, amplipuls therapy, diadynamic therapy et al.) has a strong healing and a muscle stimulating effect. By means of the physical medicine apparatus different current impulses that have a curative effect, are sent to the problem areas of the body.

The impulse therapy is recommended for healing bone and joint problems, muscular and sinew sprains as well as other traumas and injuries.

Price: 5 GBP

### **Magnetic capsule "Supera"**

The magnetic field of certain frequency (depending on the problem) is created in the special capsule. This field is instrumental in the excretion of the excessive liquid from the body, enriches body with oxygen, effectively helps to get rid of cramps and removes edema. The treatment course will help to cure hypertension, sleep disturbances and stress. After this treatment you will feel harmony and equilibrium between the body and soul.

Price: 8 GBP

### **Laser therapy**

The curative anti-inflammatory and antiedema treatment, affecting problem areas by means of a laser, diminishes pain, stimulates metabolism, normalizes blood circulation, improves immunity and is instrumental in synostosis.

In order to intensify the result it is recommended to conduct a treatment course.

Price: 5 GBP

### **Thermo massage bed "Migun"**

The mechanical lymphatic drainage massage with warm nephrite stones improves blood circulation and diminishes pain.

Price: 8 GBP

### **Ultrasonic therapy**

The curative anti-inflammatory and antiedema treatment, affecting problem areas by means of the ultrasound of a certain frequency, diminishes pain and normalizes blood circulation. The ultrasonic therapy increases other treatments' efficiency.

Price: 5 GBP

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## **Romantic offers**

If you wish to fling yourself in the charming romantic atmosphere, completely relax and enjoy each other, take advantage of the special rest-rooms offered by the SPA-centre of our hotel.

### **Romantic room for a couple "Sakura"**

You will enjoy a magic atmosphere of the East in a room for relaxation and massage, decorated with tender sakura flowers! The romantic rest by candlelight, enjoying champagne in a bath with addition of yoghurt, will make your relations to come up with a bang, and the chosen by you massage simultaneously performed for both partners will present relaxation to your body and soul.

Price: 50 GBP.

### **Romantic moments in Cleopatra's empire**

Being in Cleopatra's empire, you will have unforgettable time in a room for massage and rest with the magic starry sky over your head and Nile River nearby.

You will have a unique possibility to experience the romantic moments of being together, enjoying champagne in the Jacuzzi and one of the chosen SPA-treatments, performed for both lovers simultaneously.

Price: 50 GBP.

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## **Day SPA**

The rhythm of modern life often does not enable us to rest, relax and recover our forces for the achievement of new aims. Therefore, taking care of you, "Baltic Beach Hotel" SPA-centre has elaborated a simple and time-saving solution – special programs "Day SPA" that are foreseen for achievement of certain goals and will consume only one day of your costly time. As a result you feel as bright as a button and ready to conquer new peaks.

**"Body Sculpting"**

**"Perfect Body"**

**"Nature energy"**

**"Renaissance"**

**"Health elixir"**

**"Harmony"**

**"Sun Amber"**

**"Jurmala's waves"**

**"Rest at the sea"**

**"Touch of the waves"**

### **"Body Sculpting"**

A special treatment complex for body form and relief improvement.

The offer includes:

- Swimming pool with sea water visiting;
- "Body Sculpting" training;
- Vacuum massage "Starvac" with sesame oil;
- Lunch (three-course offer);
- SPA-capsule and wrapping with cinnamon cream;
- Tea in SPA-cafe "Angel's garden";
- Liposculpture with "Gernetic" cosmetics;

- Salt room visiting;
- Walking along the shore.
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Price: 140 GBP

### **"Perfect Body"**

A special treatment complex for body form and relief improvement.

The offer includes:

- Swimming pool with sea water visiting;
- Water aerobics;
- Tea in SPA-cafe "Angel's garden";
- Vacuum massage with anticelulite wrapping "Perfect Body";
- Lunch (three-course offer);
- Salt room visiting;
- Walking along the shore.

Price: 89,00 GBP

### **"Nature energy"**

A treatment complex for body and soul filling with new energy.

The offer includes:

- Swimming pool with sea water visiting;
- Gym visiting;
- Tea in SPA-cafe "Angel's garden";
- Mud applications for the whole body "Kemer";
- Lunch (three-course offer);
- Salt room visiting;
- Walking along the shore.

Price: 70 GBP

### **"Renaissance"**

A treatment complex for body purification and recreation.

The offer includes:

- Individual yoga training;
- Tea in SPA-cafe "Angel's garden";
- SPA program with underwater massage "Green Tea";
- Lunch (three-course offer);
- Salt room visiting;
- Walking along the shore.

Price: 97 GBP

### **"Health elixir"**

A treatment complex for body purification and vacant mood.

The offer includes:

- Swimming pool with sea water visiting;
- Gym visiting;
- Tea in SPA-cafe "Angel's garden";
- Ritual "Russian bath";
- Lunch (three-course offer);
- Salt room visiting;
- Walking along the shore.

Price: 82 GBP

### **"Harmony"**

A treatment complex for inner harmony.

The offer includes:

- Rest by water in the relaxation area "Flamingo";
- Salt room visiting;
- Volcanic mud mask "Saki Lake";
- Lunch (three-course offer);
- Tea in SPA-cafe "Angel's garden";
- Walking along the shore.

Price: 50 GBP

### **"Sun Amber"**

A treatment complex of amber energy for your health and beauty.

The offer includes:

- Rest by water in the relaxation area "Flamingo";
- Tea in SPA-cafe "Angel's garden";
- Body wrapping "Amber Shine";
- Lunch (three-course offer);
- Salt room visiting;
- Walking along the shore.

Price: 84 GBP

### **"Jurmala's waves"**

Offer includes:

- Water relaxation area "Flamingo" visit or bath complex "Country Yard" visit;
- Salt cave visit;
- Dinner in Italian restaurant "il Sole" (2 dishes by choice from special menu);
- Face mask (with Saki lake mud);
- Oxygen cocktail;

Price: 40 GBP

### **"Rest at the sea"**

Offer includes:

- Water relaxation area "Flamingo" visit or bath complex "Country Yard" visit;
- Salt cave visit;
- Dinner in Italian restaurant "il Sole" (2 dishes by choice from special menu);
- Back massage with rose petals or lavender aromatic oil;
- Oxygen cocktail;

Price: 50 GBP

### **"Touch of the waves"**

Offer includes:

- Water relaxation area "Flamingo" visit or bath complex "Country Yard" visit;
- Dinner in Italian restaurant "il Sole" (2 dishes by choice from special menu);
- SPA program "Touch of the waves" :

Body peeling with sea salt "Atlantic"

Bath with yoghurt foam

Body wrapping with lavender / rose petals oil or anticelulite mask

Massage

Price: 50 GBP

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### **Sport complex**

In the up-to-date equipped sports complex with several halls intended for different sports activities, as well as the only swimming pool in the Baltic States with sea water you can improve your physical form, establish health and remove the accumulated everyday stress.

The certificated trainers, doctors and specialists of our sports complex will elaborate the most suitable exactly for you exercises program for achievement of the desired result and will take care that you are always in an excellent form!

Working hours: every day from 7:00 a.m. till 11:00 p.m.

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### **For kids**

**Family rest in "Baltic Beach Hotel" is a vacation your children will never forget!**

Are you planning a family trip at the weekend? Or do you want to spend your vacation at the shore of the Baltic Sea?

You have made a wise choice, as "Baltic Beach Hotel" is a perfect place for the rest with children. Coming out from the hotel, you at once get to a sunny beach, where children can build sandy castles or swim in sea. If the weather spoils your plans, children have a great possibility to spend joyful moments in one of the water relaxation areas in the hotel and learn to swim and dive.

While you will relax or enjoy intimacy together, your children will be able to participate in various group activities or spend time in the playground.

After a day spent together and pleasant walk in the fresh air, you will peacefully fall asleep and gain new strength for the new day. A wide range of services, offered by the hotel, will help you to spend a great family weekend at any time of the year!

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## Entertainment inside hotel

For admirers of dinner parties, the hotel offers fascinating thematic evenings – complete of gambling and surprises new-year celebrations, romantic St. Valentine days, traditional Latvian holidays and much more.

"Lobby bar" of the hotel is a great place for rest with your friends and acquaintances, enjoying piano music. In its turn the "Kalian bar" offers a unique possibility to feel the atmosphere of the oriental world, enjoying belly dance or restful water pipe smoking ritual on soft pillows. Guests are welcome to try themselves singing karaoke.

Italian cuisine restaurant "il Sole" and GBPOpean cuisine restaurant "Caviar Club" with the magic sea view will open You the doors of the world of gastronomic pleasures During the warmer period it is possible to taste grill dishes, prepared in front of the visitors at the summer terraces. Restaurants offer special menu for children.

If you are engaged and plan wedding, the creative team of the "Baltic Beach Hotel" will turn this day into a wonderful fairy-tale. We will take care of everything – beginning from delivery of invitations, composition of wedding scenario, decoration of hotel rooms, up to an unforgettable honeymoon!

"Baltic Beach Hotel" is also an ideal place for rest with children. Coming out from the hotel, you at once get to a sunny beach, where children can build sandy castles or swim in the sea. Children have a great possibility to spend joyful moments in the group classes of the sports centre and to learn to swim and dive. But, if parents decide to enjoy intimacy together and to try any of the romantic offers of the hotel, children will be able to spend time in the care of a nurse in the game room and playground for children in the hotel garden.

If you wish to feel the passion of shopping, the refined clothes and accessories shops of the hotel will definitely offer just what You were looking for! Those who are fond of art will be able to purchase works of the leading Latvian artists, and everybody will find a souvenir from Latvia in amber and souvenir shops.

"Baltic Beach Hotel" is an ideal place not only for the international conferences, banquets and party dinners but also for relaxation. After an efficient working day guests can rest in the water relaxation areas or try any of the offered bath-house rituals.

But, if you wish to experience full of harmony moments alone, SPA centre of "Baltic Beach Hotel" offers more than 400 rituals in order to pamper yourself for health and beauty. You will enjoy the paradise in the cafe "Garden of angels" and sun baths at the sea view terrace

A nice walk in the pine-wood and blooming garden with a fountain is like a magic cocktail after which You will peacefully fall asleep!

For additional information about entertainment and rest possibilities in the hotel – follow the news!

## Shops

**Feel the passion of shopping in "Baltic Beach Hotel"!**

**If you follow the tendencies of the world's fashion houses, you will find something special exactly for you in the refined clothes and accessories shops of the hotel. "Baltic Beach Hotel" offers the people admiring art to purchase works of the leading Latvian artists, and everybody will find something a souvenir from Latvia in amber and souvenir shops.**

- **"Skala Butique"**

"Skala Butique" shop offers to purchase the clothes of the world's fashion houses. Here you will find not only classic but also eccentric and showing your personality designer dresses that will allow You to be noticed.

Working hours: 11:00 a.m. - 08:00 p.m.

- **"VIP Brand"**

"VIP Brand" shop offers You to bring the joy of colours to Your life, purchasing clothes and accessories of the leading world's fashion houses showing Your personality

Working hours: 10:00 a.m. - 7:00 p.m.

- **"Dimax"**

People, who follow the fashion and like new tendencies and value classic have to visit the shop "Dimax" as it offers clock and jewellery of the leading world's producers for any taste.

Working hours: on working-days: 10:00 a.m. - 7:00 p.m. on weekend: 11:00 a.m. - 6:00 p.m.

- **"Amber room"**

In the shop "Amber room" You can purchase amber decorations, souvenirs, elements of decor and other exclusive amber products. Working hours: 10:00 a.m. - 8:00 p.m.

- **"Rīgas līnija"**

In the art gallery "Rīgas līnija" You can purchase works of the leading Latvian artists. Working hours: 11:00 a.m. - 4:00 p.m.

- **"Laiks dāvināt"**

Souvenir shop "Laiks dāvināt" offers a wide choice of gifts and souvenirs for all of the occasions. Working hours: on working-days: 10:00:00 a.m. - 8:00 p.m. on weekend: 12:00 p.m. - 8:00 p.m

## What to do in Jurmala?

Jurmala is a very lively place. Thanks to the century-old traditions of health improvement, wide range of possibilities for entertainment and rest, Jurmala has deserved to be named "the heaven on earth". Exactly here the thousands of holiday-makers come every year from around the world, to improve the health and spent complete of harmony weekends.

There are a lot of natural sites of state value in Jurmala, which you can visit on a bicycles following the bicycle routes or walking along the natural paths.

Those who like active rest can go in for sports at the beach, sail on yachts and water motor cycles, as well as enjoy riding.

Those who like music will enjoy the shows of the world level stars, but the gourmets – the refined restaurants and cosy cafes of Jurmala.

The description of the most interesting tourist attractions and excursions in Jurmala is presented for your convenience:

### **Jurmala City Museum**

Jurmala City Museum was founded in 1962 as the local history museum. The museum has almost 50 thousand exhibits in different historical and artistic collections, as well as exhibits of underwater archaeology. The works on creation of permanent historical exposition "History of Riga seashore and Kemerī resort in the 18th – 20th century" have been begun.

### **Jurmala Open-Air Museum**

Jurmala Open Air Museum was created to show the life of a Latvian fishermen in the 19th and early 20th centuries with characteristic for that time buildings – old home, barn, workshop for fishing nets, smokery for fish, bath-house and other buildings. Buildings were brought to the museum from different fishing villages of Jurmala. It is possible to take part in classes of laying and tying of sailor's knots, as well as to taste local smoked fish if to make a preliminary appointment.

### **Nature Park "Ragakāja" (Horn dune)**

The general area of the natural park "Ragakāja" makes 84 hectares. The dune was created by wind and it is one of the highest dunes in Latvia, 800 m long and 100 m wide. The nature park is unique for its old pines, as some of them are even 350 years old, as well as for 5 rare types of plants and 4 protected types of birds. An eco-trail was created on the territory of the natural park and consists of 4 separate trails: "Nature trail", "Insects trail", "Pine trail" and "Plants trail".

### **Kemerī National Park – Trail of the Kemerī raised bog**

Mosses have created a thick turf bed 8 m deep, in the top part of which they continue to live and grow. All the water getting in the bog with rain and snow, does not flow away, but accumulates in the mosses. There is no "normal soil" with sand and stones in the bog. Bog is like a big ocean of mosses, where You can walk only on special paths built on moist and soft swamp. The total area of the bog makes more than 6000 ha.

### **Memorial Museum of Rainis and Aspasia**

Jurmala is a place, where the legendary Latvian poets Rainis and Aspasia lived during different periods of their life. This place played its role in their life. The Memorial Museum of Rainis and Aspasia is created in the summer residence bought by Rainis in the autumn of 1926. Poets lived here in summers from 1927 to 1929. The museum consists of a complex of buildings being a typical example of wooden architecture of that time and historical monument of state value. The summer residence of poets and

the garden cottage were built at the end of the 19th century. The nearby building was built at the beginning of the 20th century under the influence of the Jugendstil. The museum was opened in 1949, but the complex of museum expanded – in 1969.

### **"Līvu Aqua Park"**

The largest in the northern hemisphere Water Park built in the Caribbean style, offers more than 40 water attractions and types of entertainment for children and adults. Attractions work the whole year round and accessible for people with limited abilities. The Water Park offers a possibility, both to purchase and lease towels and swimming accessories.

## **Other excursions in Latvia**

**Latvia is a country where you can both to come with a group and to rest with your family. You can choose an interesting and rich plan of excursions, as well as to spend a few weeks in a quiet atmosphere in a guest house at the shore of a river or lake, far away from the city fuss.**

### **Vecrīga (Old Riga)**

The historical and geographical centre of Riga is Old Riga, located on the right bank of the river Daugava. Old Riga takes comparatively small territory inside the city walls of the 13 - 17 cent., where the unique monuments of medieval architecture are situated – St. Peter's church, Dome cathedral, Riga Castle, Melngalvju (Blackhead's) house, complex of dwellings buildings "Trīs brāļi" (Three brothers) and other historical monuments, museums and galleries.

### **St. Peter's Church**

St. Peter's Church is one of the eldest and valuable medieval monumental architectural buildings in the Baltic States. It has been first mentioned in historical documents in 1209. The modern basilica, consisting of three parts, appeared as a result of reconstructions in the 15th century.

St. Peter's Church became a kind of culture and art centre telling its visitors not only about the age-old building skills and teaching to feel the art, but also giving the knowledge of development of architecture and art in our days.

The visitors are offered a possibility to see a great panoramic view of Old Riga from its high 72 m steeple.

### **Riga Dome Cathedral**

The cornerstone of the Dome Cathedral was laid down on the 25th of July 1211 at the solemn ceremony conducted by the bishop Albert. The most rapid stage in building of the Dome Cathedral was the spring of 1215 when the first Cathedral burned inside the city walls.

One of the interior dominants of the Riga Dome Cathedral are its luxurious stained-glass windows.

The Dome organ is included in the list of the most valuable historical organs in the world and was built by the German firm "E. F. Walcker & Co" in 1883/1884.

### **Riga Castle**

Riga Castle is a residence of the President of Latvia in Riga. The Castle of the Livonian Order was built in this place in 1330 and had been destroyed during the war in 1484 and rebuilt in 1515. Since the second half of the 16th century, the castle was a residence of Polish and Swedish governors, and afterwards a residence of governor general of the Russian Empire. Since Latvia became an independent state, the Castle became a residence of the President of Latvia.

### **Melngalvju (Blackheads') House**

The Blackheads' House, at the beginning known as the New House, was built in 1334 as a place for meetings and celebrations for different public organizations of Riga. Since the 17th century it was used by the Blackheads' Society consisting of Young single foreign merchants, mainly German. One of many patrons of the society was St. Mauritius, commander of the Roman legion who was violently beheaded, that is why the image of a blackamoor's head became the sign and symbol of the society and is present on its arms. Building of the Blackheads' House is the most luxurious decoration of Riga; during centuries it was repeatedly destroyed, but from 1999 Riga is again proud of the reconstructed beauty.

### **"Three Brother" dwelling houses**

The building in Maza Pils 17 is the oldest brick dwelling house in Riga. This house was built in the 15th century, when Riga had close connections with merchants from Netherlands. During this time the northern renaissance began to influence architecture in Riga. The house is the most typical dwelling-house of the 17th century. The building master had made a difficult, fashionable façade, but the idea and details were borrowed from the engravings of the Flemish master Vredeman de Vries.

### **Latvian Ethnographic Open Air Museum**

Latvian Ethnographic Museum is one of the eldest open air museums in Europe. The museum accepted its first visitors in 1932. This museum is unique as its territory of 87 ha offers to see 118 original rural houses of Latvia, churches, manors and craftsmen

workshops of the 18th and 19th century.

### **Recreation Centre "LIDO"**

Latvian cuisine traditions and old traditions of food preparation will be glad to welcome You at the recreation centre "LIDO". Latvian environment, delicious and various dishes, live music every evening and national holidays with luxurious scenarios and concerts are the main features of the recreation centre.

### **Bakery "Lāci"**

Bakery "Lāci" offers a special program of entertainment for guests, i.e. a possibility to get acquainted with the history of bread making and participate in some of the bread making processes.

The bakery "Lāci" uses an ancient bread making style – it uses the rye-flour of different grades, the process of fermentation takes place in trugs with the real sour dough and bread is baked in the real stove with firewood.

### **Latvian castles**

Palaces and castles of Rundale, Turaida, Bauska, Jaunpils, Cesis and other Latvian cities show building traditions and artistic styles of different periods of time.

You have a possibility to visit both castles of the medieval order, which served as the fortress of Livonian order for Christianity, entering Latvia, and luxurious masterpieces of mannerism, baroque and rococo.

### **Rundale Palace**

Rundale Palace was built between 1736 - 1740 and 1763-1768 as a summer residence of Duke Ernst Johann of Courland. Rundale Palace is one of the most outstanding monuments of Baroque and Rococo art in Latvia.

### **Turaida Castle**

Turaida derived from the Liv language and means "God's garden" was mentioned first in written at the end of the 12th century in the "Chronicle of Henry of Livonia". Building of the castle's wall was begun at the place of a destroyed wooden castle of Livs in 1214. Beginning of the fortress's building is connected with arrival of Christianity to Latvia. A major monument of Turaida is its tower, which is not only the most ancient building of Turaida but also a favourite tourist attraction with a great view to the wide valley of the river Gauja and the places around it. The castle is also a witness of military history of Latvia. It saw armed conflicts between the archiepiscopacy of Riga and Livonian order. The castle was "a prize" in the battles conducted by Polish, Swedish, and Russian warriors.

### **Bauska Castle**

The Order of Livonian Knights built the fortress near the joining of the Musa and Memele rivers in about 1443. It had an unusual planning system; the gates to the castle were situated between two towers. Till the end of the 16th century a settlement was located near the castle. In 1580 - 1596 the first Duke of Curland, Gothard Kettler, rebuilt the fortress as his residence in the mannerism style.

Nowadays the castle offers its visitors to see the bulwarking around the castle built in the beginning of the 18th century, ruins of the Order's castle, as well as to visit the viewing point on the central tower of the castle.

### **Jaunpils castle**

Jaunpils castle is one of the rare medieval castles, which has magnificently has not lost its historical look. Jaunpils castle was built in 1301 as Livonian Order fortress. More than 350 years fon der Recke strain lived in the palace.

Nowadays at the palace, surrounded by water from three sides, Jaunpils social life continues to run. Together with monks, jesters, lords of manor and servants you will have a possibility to become a real medieval hero.

### **Cesis Castle**

Cesis Medieval Castle was built in the beginning of the 13th century and was one of the first forts built by the German crusaders on the territory of ancient Latvia. During centuries the complex of buildings of the castle looking like a great architectural monument has survived and now shows us the building tradition and artistic style of the "Livonian" period.

### **"White Dune" in Saulkrasti**

"White Dune" is one of the most beautiful dunes of its kind in Latvia with great view to the coast of the Baltic Sea – Vidzeme Seaside. In order to enjoy this special place, the sightseeing platform is built on the top of the dune. 3.6 km walking trail called "Sunset trail" starts from the "White Dune" and goes along the sea coast.

### **Adventure Park "Mežakaļis"**

Adventure Park "Mežakaļis" includes sporting attractions for people who like an active lifestyle. Attractions are located on the trees and consist of the special paths with barriers (the small platforms with ropes, nets, different bridges, swings, logs, ropes and

stairs between them are fastened to the live trees from 2 to 17 meters high).

#### **National Park Gauja**

The first and oldest national park of Latvia covering the area of 91 745 ha is proud of almost 900 types of plants, 149 types of birds and 48 types of mammals.

The park also has more than 500 cultural monuments of pan-Baltic importance – ancient settlements, walls of castles, churches, farmsteads, water and wind mills, and other archaeological, architectural and art monuments.

#### **Pedvale Open Air Art Museum**

The Open-Air Art Museum in Pedvale was opened by sculptor Ojars Arvids Feldbergs in 1991 near buildings of the former farmsteads Firkspedvale and Brinkpedvale on the area of 100 hectares. Now this museum is a State Historical Monument situated on the specially protected territory.

The permanent collection of the Museum includes more than 150 works of art created during symposia, workshops and pleinairs. The simple, rural accommodation is available for the artists and visitors, including a small hotel, restaurant, conference hall, and picnic areas.

#### **Munchausen's Museum**

The museum of the famous masters of fantasies Hieronymus Karl Frederick Baron von Munchausen is located in Dunte just 55 km from Riga. The permanent historical exposition "Munchausen's world" lets You meet the baron, a man who enjoyed the life, who could laugh at himself and others.

Try to reach the sea and get into the world of Munchausen's adventures. Visitors of the museum are invited for a walk by the longest in GBPOpe trail made of aspen wooden paths.

The 2nd floor of the museum welcomes the greatest in Latvia collection of waxworks "Outstanding personages in the history of Latvia".

#### **"Cinevilla" Backlot**

"Cinevilla" is the only open air film decoration in the Baltic States. The decoration is built so that it can be used and adjusted for various filming projects.

The decoration was started to build in May 2004 for the needs of the historical drama "Rīgas sargi" (Defenders of Riga). The story of the film takes place in Riga in 1919, that is why the decoration consists of historical buildings and objects, creating the sense of reality of the beginning of the 20th century.

For groups "Cinevilla" offers a possibility to change clothes and become servicemen of the beginning of the 20th century and to take a tour of a small cinema village.

#### **Former military base Karosta in Liepaja**

Karosta, as an autonomous urban area formed itself in the end of the 19th and in the beginning of 20th century. Liepaja, which at that time was part of the great Russian Empire, was known for its ice-free harbour and was chosen to be the Russian Empire Baltic Marine fleet support base. In 1890, north of Liepaja city began massive construction of fortifications and military camp that was named after Russian tsar Alexander III. The port of Alexander III was completely autonomous populated area with its own infrastructure, electricity power plant and sewage system, church and schools.

For private excursions & guide service bookings please call or email Baltic Holidays

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