

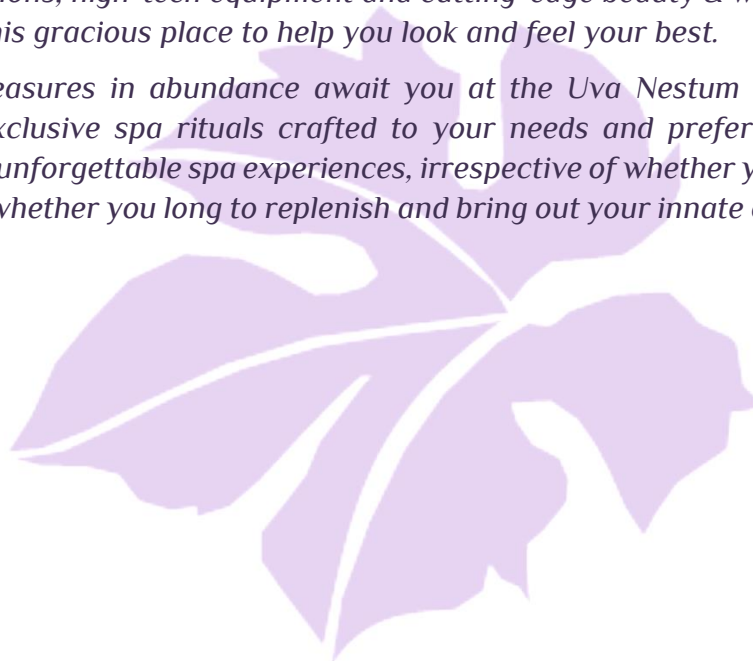
## SPA MENU

### Let the Harmony of Uva Nestum Wine & SPA Relax You Completely

*Inspired by the ancient magic of wine and the miraculous power of Nature, the Uva Nestum Wine & SPA Complex combines the very best of advanced technologies with the region of Nevrokop's innate hospitality. The Complex provides all the comforts of home with the activities and ultimate relaxation of a holiday away to let you fully enjoy the restorative power of harmony and wellbeing.*

*Designed as a haven from the stress and hectic pace of modern lifestyle, the Uva Nestum Wine & SPA Centre gives you a chance to get out of the fast lane and rediscover the more natural, focused and peaceful rhythm of life. A special selection of wine & spa therapies, ancient spa traditions, high-tech equipment and cutting-edge beauty & wellness techniques join together at this gracious place to help you look and feel your best.*

*Harmony and pleasures in abundance await you at the Uva Nestum Wine & SPA. We guarantee you exclusive spa rituals crafted to your needs and preferences, top-quality service and truly unforgettable spa experiences, irrespective of whether you need to unwind and de-stress or whether you long to replenish and bring out your innate charm and beauty.*



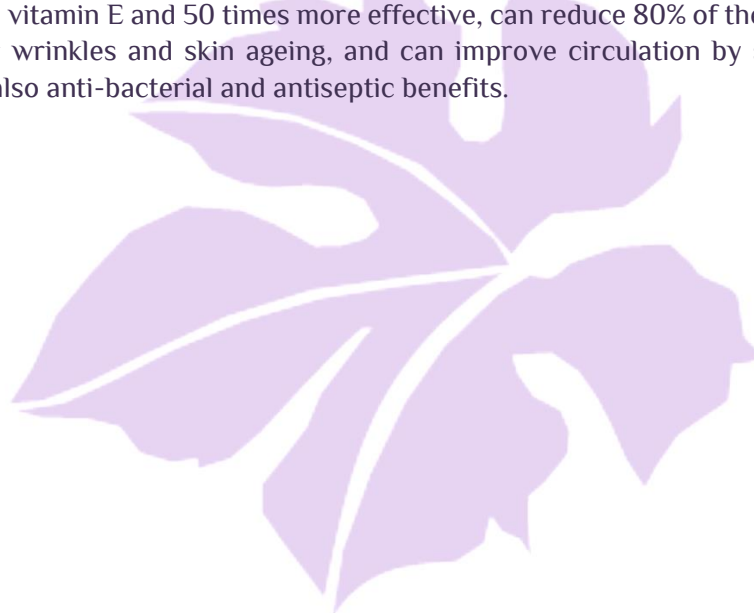
## BODY MESSAGES AND THERAPIES

### Vinotherapy

Vinotherapy offers spa treatments, boasting the health benefits of wine by-products such as organic grape extracts, seeds, skins and stems, micronized yeasts and grape essential oils, etc.

The origins of vinotherapy can be traced back to France in the early 1970s when pharmacologist Joseph Vercauteron discovered that grapes were rich in polyphenols and had beneficial effect on skin. Since then, in addition to drinking a glass of wine for heart health, wine therapy has become a hot trend in the spa industry.

Polyphenols are a major contributor to the benefits of Vinotherapy. They are a powerful antioxidant which acts as a free radical scavenger – defending the skin, promoting tissue elasticity and creating a more youthful appearance. Vinotherapy has also been shown to stimulate collagen synthesis while supporting capillary health. Wine by-products soothe the skin and possess anti-inflammation properties. Vinotherapy can accelerate wound healing and even stimulate new cell growth. According to Lynn Curry, senior vice president of Natural Resources Spa Consulting, polyphenols are 10 000 times stronger than vitamin E and 50 times more effective, can reduce 80% of the free radicals which are responsible for wrinkles and skin ageing, and can improve circulation by strengthening blood vessels. There are also anti-bacterial and antiseptic benefits.



## We have placed our trust in the Anne Sémonin Skincare Line

Anne Sémonin Paris is a premium skincare company, symbolizing beauty, wellbeing and luxury. Founded in 1985, the French company is widely recognized as one of the pioneers in promoting natural ingredients and essential oils in skin care. Developed after many years of research and clinical trials, Anne Sémonin Paris Skincare Line is highly precise, innovative and gentle to the skin.

### **Anne Sémonin Paris Anti-Stress Massage**

The anti-stress massage is a relaxing ritual, combining a manual full-body massage, invigorating reflex therapy and calming skull massage. Anne Sémonin Paris Natural Body Oil, infused with essential oils that dramatically enhance the Swedish Massage efficiency, improving circulation, relieving stress, muscle tension and pain, speeding up toxin removal and boosting the immune system.

**All Body:  
90 min – BGN 169**

### **Anne Sémonin Paris Natural Body Oil Massage**

Focusing on stress relief and muscle tension elimination, Anne Sémonin Paris Massage is a truly unwinding and de-stressing experience. The active essential oil compounds effectively hydrate and nourish the skin, delivering softness, vibrancy and radiance.

**All Body:  
55 min – BGN 110  
Per Body Area:  
25 min – BGN 82**

### **Anne Sémonin Paris Natural Body Oil Sculp, Neck and Shoulder Massage**

This massage deals with the hairy part of the head, neck, shoulders and shoulder blades, melting away tension and anxiety, loosening muscles, easing stress-related knots and improving neck mobility. The bodywork affects the treated area through the reflex arcs in order to promote pain relief, relaxation and invigoration. An extremely beneficial and profound effect on headache and fatigue, as well as on stiffness and pain in the back, neck and shoulders.

**15 min – BGN 45**

### **Anne Sémonin Paris Natural Body Oil Foot Reflex Massage**

Applying alternating and firm pressure to specific reflex points in the feet, the ritual brings about psychological and physiological normalization of the total body. The massage improves metabolic activity of the whole constitution, restores balance in physical functions, increases relaxation and enhances the general state of physical health and emotional wellbeing.

**25 min – BGN 66**

### **Anne Sémonin Paris Relaxing Face & Neckline Therapy**

Focusing on the face and neckline and acting simultaneously as a de-stressing therapy and a truly effective anti-ageing ritual, the gentle manual massage optimizes microcirculation and lymphatic drainage to instantly deliver relaxation, freshness and vibrancy.

**20 min – BGN 59**

### **Anne Sémonin Paris Red Grape Extract Barrel Bath**

**30 min – BGN 65**

A perfect enhancement to the Uva Nestum Wine & SPA Menu and a great therapy all on its own, this splendid vinotherapy ritual awaits you in our signature Barrel Bath Room. You will enjoy a fragrant Barrel Bath soak in Anne Sémonin Paris Red Grape Extract, featuring powerful antioxidant grape juice extract, enriched with essential oils and glycerin. A relaxing and invigorating experience, leaving a marvelous sensation of freshness and wellbeing.

### **Anne Sémonin Paris Vinotherapy Massage**

**60 min – BGN 99**

Restore harmony to your body and mind as you enjoy this pleasantly relaxing body therapy, including a de-stressing and fragrant Barrel Bath soak in Anne Sémonin Paris Red Grape Extract and a relaxing full-body massage. Focusing on stress alleviation, body balance and emotional wellbeing, the ritual owes its remarkable restorative power to the synergies between de-stressing massage techniques and the beneficial effects of Anne Sémonin Paris Natural Body Oil, infused with essential oils.

### **Anne Sémonin Paris Relaxing Body Therapy**

**90 min – BGN 159**

Treat yourself to this luxurious ceremony with the power of invigorating therapy and the gentle care of spa massage. The therapy involves delicate exfoliation with pure grapeseed powder Body Scrub. Unwinding massage, performed with Mint Essential Oil-rich Detoxifying Body Oil is followed by Red Grape Extract Body Mask. Grapeseed, Sunflower, Sweet Almond, Avocado, Mint and Red Grape Essential Oils protect and hydrate the skin whilst delivering to the skin highly concentrated vitamins, fatty acids and antioxidants, stimulating collagen synthesis and boosting regeneration. The Hydrating Body Lotion, rich in moisturizing and moisture retaining combination of soybean oil, Kandelia candel wax and remineralizing seaweeds provides a luxurious end to the ceremony, leaving the skin smooth, perfectly hydrated and rejuvenated.

### **Honey Glow Body Pampering**

**60 min – BGN 115**

Receive the beautifying benefits of mineral salts, essential oils and honey with this incredibly pleasurable Honey Glow Body Pampering, specially designed for deep skin detox and nourishment, along with instant revitalization and radiance boost.

Following the relaxation massage, a Honey Body Wrap is applied, renowned for its remarkable detoxifying and rejuvenating power. Rich in biologically active antioxidants and essential nutrients, the therapeutic honey absorbs toxins and works miracles on your skin, finishing the experience with a contrast shower to promote energy, invigoration and mood enhancement.

### **Anne Sémonin Paris Exfoliating Antioxidant Therapy**

**60 min – BGN 115**

Enhanced with antioxidant-rich essential oils, Grapeseed Body Scrub is designed to act as gentle sugar scrub while detoxifying and invigorating the whole constitution. Sunflower, Sweet Almond, Mint and Eucalyptus Essential Oils in Detoxifying Body Oil boost circulation and give immediate alleviation for muscle pain, spasms and cramps; promote perspiration and help water and toxins drain from the body; protect against free radicals and infections and boost the immune system.

Due to the great restorative and invigorating power, the therapy is highly recommended after intense physical exercise and workouts.

### **Full-Body Lymphatic Drainage Massage**

**40 min – BGN 92**

The manual Lymphatic Drainage Massage is a form of specialized massage that gently assists the lymphatic system in maintaining the body's fluid balance, blood circulation and immune mechanisms.

The light rhythmic movements stimulate the lymphatic system, allowing lymph to move easily around the body, removing waste and toxins from the bodily tissues. The specific gentle massage technique is effective for pain relief, digestive problems, hormonal imbalance, skin conditions, allergies, headaches, detoxification, general stress reduction, skin care and rejuvenation.

Lymphatic Drainage's focus on detox and purification revitalizes your energy and brings about a complete sense of relaxation and invigoration.

### **Deep Tissue Full-Body Massage**

**40 min – BGN 119**

Deep Tissue Full-Body Massage is a type of firm manipulative bodywork that uses specific massage techniques to release deep layers of tissue, including major muscle groups, tendons and fascia: the protective layer of connective tissue that surrounds muscles, bones and joints.

Compared to Swedish massage or relaxation massage, Deep Tissue Full-Body Massage is firmer and uses more pressure. Our well-trained therapist, however, work very slowly and within your tolerance to stretch muscle layers without causing pain or damage.

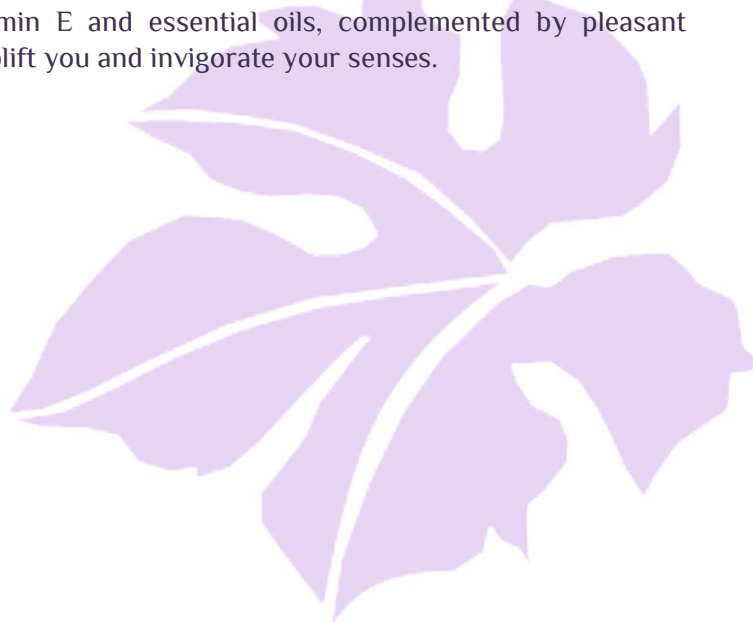
The massage focuses on the major muscle groups along with joints and tendons that are susceptible to straining or injuries. The primary goal of Deep Tissue Massage is to reduce pain and discomfort whilst improving the body's ability to heal itself. The therapy is effective with chronic degenerative and inflammatory musculoskeletal disorders, overuse soft tissue injuries as well as posttraumatic and postoperative conditions. The benefits of massage include releasing chronic muscle tension and lowering cramps and spasms, rehabilitating injured muscles and alleviating pain-dominant conditions, regulating blood pressure, treating anxiety and improving athletic recovery and performance.

### **BABOR SPA Energizing Full-Body Ritual**

**75 min – BGN 159**

The luxurious BABOR SPA body care range incorporates exclusive active ingredients of natural origin and feel-good fragrances, skillfully recreated in high-performance body care formulas and signature spa rituals. BABOR SPA Energizing Full-Body Ritual is a powerful combination of body peel and full-body massage that provides moisture, strength and rejuvenation, supports skin's natural protective barrier and ensures an overall de-stress effect, invigoration and wellbeing.

The Ritual begins with Energizing Massage & Bath Oil application, followed by the administration of Cleansing Enzyme Cleanser + Energizing Elixir to gently exfoliate the body and leave the skin soft and refreshed. Following the radiance boosting exfoliation, a full-body massage is performed to ensure energy, strength and revitalization. Providing the best massage properties, Energizing Massage & Bath Oil effectively nourishes the skin, bringing elasticity, vibrancy and illumination. Focusing on invigoration and body balance, the massage owes its remarkable restorative power to the interaction of powerful energy boosting massage techniques and skin rejuvenating Vitamin E and essential oils, complemented by pleasant fragrances that uplift you and invigorate your senses.



## **Salt Floatation**

Floatation is both an amazing experience and a therapy with scientifically proven restorative and curative power. The phenomenon is essentially a state of deep relaxation, achieved by means of a Floatation Chamber, specially designed to block out all external distractions such as sound, sight, tactile sensations and gravity. The solution in the Chamber contains a high concentration of Epsom salt (magnesium sulphate). The supersaturated solution creates an environment similar to that of the Dead Sea, letting you float effortlessly. Outside distractions fade away, you feel like you are floating in space, and your mind drifts into a state of deep relaxation.

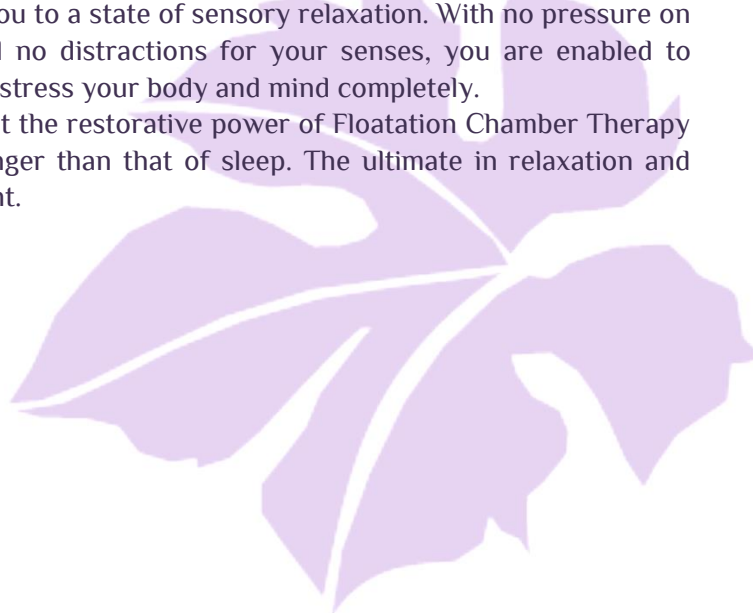
Numerous studies have shown that Floatation reduces stress and anxiety, regulates blood pressure, alleviates pain and muscle tension. The regular application of Floatation calms the body's overly stimulated systems, restoring its chemical and metabolic balance.

### **Floatation Chamber therapy**

**40 min – BGN 75**

The Floatation Chamber Therapy is appreciated for its curative and restorative effects. Screening all the external stimuli, the Floatation Chamber brings you to a state of sensory relaxation. With no pressure on your muscles and no distractions for your senses, you are enabled to switch off and de-stress your body and mind completely.

It is suggested that the restorative power of Floatation Chamber Therapy is 4-5 times stronger than that of sleep. The ultimate in relaxation and stress management.



## The Art of Hammam

The omnipresent spa culture is actually tens of years old, dating back to the Neolithic Age when nomadic tribes would find relief from the bitter cold by soaking in the natural hot springs. The world's earliest known public baths – built around 2500 BC – were also used as temples, since water was considered sacred and bathing and cleanliness were linked to religious beliefs. Much later, around 300 BC, the practice of public bathing was adopted by the Romans, and since then, the tradition has spread around the world, taking on various forms with differing customs and etiquette for each destination.

Hammams – the traditional steam bath of the Middle East – were likely derived in part from Roman and Byzantine baths – an export of the Roman Empire that extended to Turkey in the 7<sup>th</sup> century. Popularized around 600 AD, the Hammam was vital social institution in any Middle Eastern city for centuries, playing a central role in promoting hygiene and public health. In some regions of the Oriental world, for example in Syria, Tunisia and Morocco, the Hammam is still an integral part of community life, serving as a place for personal hygiene, relaxation and socialization.

Inspired by the concept of extreme cleanliness and sublime relaxation, the Traditional Hammam Ritual at the Uva Nestum Wine & SPA is truly amazing spa experience that cleanses and purifies mind and body, promotes inner peace, and brings about a complete sense of renewal.

The Traditional Hammam Ritual leaves your skin deeply cleansed, shiny and silky, dramatically increasing its ability to benefit from skincare products and treatments. The Uva Nestum Wine & SPA therapists will be delighted to consult and advise you on the complementary face and/or body therapies that best meet your needs and preferences.

### **Traditional Hamman Ritual**

**55 min – BGN 149**

The Traditional Hammam Ritual is associated with significant detoxifying and beautifying effects. The human skin is the major organ of elimination, and as the heat and steam open up pores and promote profuse perspiration, the eliminative, detoxifying and cleansing capacity of the skin is dramatically increased. Plus, the skin releases a considerable amount of endorphins under heat and steam stimuli, promoting an overall de-stress effect. Following the intense perspiration, a special scrubbing mitten is used to exfoliate dull skin layers and boost toxin removal. Next, your body enjoys a fragrant and relaxing foam massage, finishing the Ritual with refreshing contrast showers.

### **Oriental Exfoliation**

**45 min – BGN 99**

Following the intense perspiration, a special scrubbing mitten is used to exfoliate dull skin layers and boost toxin removal.



## Anti-Ageing ZoneR® Trilogy

In order to provide you with the most advanced technologies for precise skincare and aesthetic treatments, we have placed our trust in the preeminent Italian Panesthetic Technology Company. Since 1984, Panesthetic Technology is one of the leading companies in the beauty industry.

On the cutting edge of innovation, ZoneR Antiage Trilogy machine features three advanced technologies to combine precision with treatment customization and ensure an extremely high success rate. A truly revolutionary innovation, ZoneR Antiage Trilogy boosts immunity at the microcellular level and invokes skin's own regenerative powers to reverse the aging process and achieve a youthful look and long-term skin health:

- ❁ ZoneR Radiolift provides precise high-quality therapies to promote cellular regeneration and renewal whilst visibly lifting and plumping your skin. The therapy guarantees amazing skin rejuvenation without the intervention of plastic surgery. ZoneR Radiolift generates gentle heat in the deeper tissues, the effect of which results in improved local metabolism and increased cellular activity. The treatment encourages the growth of collagen and elastin, which is crucial to the cellular renewal, skin resurfacing and complexion illumination.
- ❁ Biostimulation for improving the skin's texture and complexion via infrared light (IR). ZoneR BioStimCell reactivates peripheral circulation and boosts cellular metabolism, which facilitates detoxification, stimulates regeneration, smooths out fine wrinkles and lines and encourages the production of antibodies.
- ❁ Needle-Free Mesotherapy to deliver essential nutrients deeply into the tissues. The ZoneR Mesoporation technology is highly effective, painless and totally safe method for providing the skin cells with carefully chosen bioactive components that address your skin's needs and whose positive cocktail effect brings to you rejuvenation and protection against free radical damage.

### **Anti-Ageing ZoneR® Trilogy**

Featuring three cutting – edge technologies in one machine, ZoneR® combines precision with treatment customization to ensure an extremely high success rate.

Anti-Ageing ZoneR® Trilogy incorporates advanced technologies to visibly lift and plump the skin while promoting cellular regeneration and renewal.

Following a complete cleansing and Electra® Radiofrequency Cream application, ZoneR® Radiolift is administered to generate gentle heat in the deeper tissues, the effect of which results in improved local metabolism and increased cellular activity. By coaxing your skin into regenerating itself, ZoneR® Radiolift encourages the growth of new collagen and elastin, which is crucial to the cellular renewal and skin resurfacing. Following the Radiolift, Ultrasonic Spatula Scrubbing is performed to achieve deep yet gentle exfoliation that smooths your skin's texture and brightens the complexion while preparing the skin to fully benefit from the ZoneR® BioStimCell effects. Biostimulation reactivates peripheral circulation and boosts cellular metabolism, which facilitates detoxification and smooths out fine wrinkles and lines.

Enhancing the facial ritual, high-performance Electra® serums – brightening, revitalizing and lifting – allow your aesthetician to customize the treatment to your skin type and concern. The serum that addresses your skin's needs is delivered deeply into the skin via the ZoneR® Mesoporation technology (needle-free mesotherapy), which is much more effective than manual application in delivering essential nutrients where they are needed. A calming Electra® mask and sunscreen cream are then applied to put the final touch to this comprehensive facial experience, ensuring your skin is soothed and well-protected.

A truly revolutionary innovation, Anti-Ageing ZoneR® Trilogy boosts immunity at the microcellular level and invokes the skin's own regenerative powers to reverse the ageing process and achieve a youthful look and long-term skin health.

### **Intense Lifting Facial**

**90 min – BGN 180**

The therapy begins with a complete Babor skincare cleansing to let your skin breathe, detoxify, improve its vitality and thus get ready to fully benefit from the innovative Zoner Radiolift and its remarkable cellular regeneration and renewal. Babor Cleansing Enzyme Peeling is then performed to provide deep yet gentle exfoliation that smooths your skin's texture and brightens the complexion whilst encouraging the skin into regenerating itself and correcting its imperfections. Enhancing the facial ritual, a precise pressure point massage is performed to boost microcirculation and lymphatic drainage, preparing the skin for the powerful impact of advanced lifting beauty formulas. The application of HSR Extra Firming Mask nourishes and locks in moisture to visibly firm the skin and boost its vitality. A high-performance Babor lifting formula is then applied to ensure a long-term boost of collagen synthesis, followed by a refined hyperbaric oxygen therapy which instantly rejuvenates your skin whilst facilitating the absorption of lifting formulas' active compound. Following the natural oxygenation, a face cream is applied to ensure longer protection, illumination and a youthful look.

### **HSR Babor Mesoporation**

**30 min – BGN 75**

Featuring the advanced ZoneR® Mesoporation and a customized application of Babor beauty formulas, this skincare ritual lets you pamper yourself with an express facial boost, tailored to your skin's concerns and your personal preferences.

The ritual begins with a complete cleansing, followed by the customized application of innovative Babor ampule: brightening, revitalizing or lifting. The serum that addresses your skin's needs is delivered deeply into the tissues via the ZoneR® Mesoporation technology (needle-free mesotherapy), which is much more effective than manual application in delivering essential nutrients where they are needed. A calming musk and sunscreen cream are finally applied to provide balance, harmony and protection.

### **ZoneR® Radiolift Facial**

**30 min – BGN 85**

On the cutting edge of innovation, ZoneR® Radiolift guarantees precise high-quality face therapies to promote cellular regeneration and renewal whilst visibly lifting and plumping your skin. The therapy is fast, noninvasive and painless, with visible results from the 1st session and remarkable long-term lifting effects.

Following a complete cleansing and cream application, ZoneR® Radiolift is administered to generate gentle heat in the deeper tissues, the effect of which results in improved local metabolism and increased cellular activity. By coaxing your skin into regenerating itself, the therapy encourages the growth of new collagen and elastin, which is crucial to the cellular turnover and renewal. Following the Radiolift, Ultrasonic Skin Spatula Resurfacing is performed to achieve deep yet gentle exfoliation thereby smoothing the structure, brightening the complexion and increasing the ability of your skin to fully benefit from the products you prefer for your daily skincare routine.

### **4-Session ZoneR® Radiolift Facial Course**

**BGN 240**

### **Part-Body ZoneR® Radiolift**

**30 min – BGN 74**

Part-Body ZoneR® Radiolift brings to you skin rejuvenation through activation of the natural potential for cell renewal whilst resculpting your body through effective break down of the fat deposits, resistant to physical exercise and calorie-controlled diets.

Following cleansing and special contact gel application, ZoneR Radiolift is administered to the body area of your choice to generate gentle heat in the deeper tissues, the effect of which results in improved local metabolism and increased cellular activity. By coaxing your skin into regenerating itself, ZoneR Part-Body Radiolift encourages the growth of new collagen and elastin, which is crucial to the cellular renewal and skin resurfacing. Optimizing circulation and lymphatic drainage, the therapy restores your skin's firmness and elasticity, activating also the lipolysis processes (the breakdown of fat deposits) to resculpt your body for a remarkable trimmer look and a significant lifting and revitalizing effect.

## LPG Endermologie®

The Uva Nestum Wine & SPA has been equipped with the latest generation LPG® CELLU M6 Machine, featuring the most advanced LPG Endermologie® technologies for precise face and body therapies. On the cutting edge of innovation, LPG® CELLU M6 guarantees high-quality Lipomassage™ and Endermolift™ treatments that respect your skin and achieve excellent results.

LPG Systems is a leading innovative French company that has dedicated its scientific research to transforming the connective tissue by boosting the body's natural potential for rejuvenation and weight loss. Endermologie® - the science created by LPG® in 1986 – has been given worldwide recognition for its patented method of cellular activation through mechanical stimulation: the 1st 100% natural, non-invasive and non-aggressive anti-aging and anti-cellulite technology that has a scientifically proven high success rate.

### LPG® Lipomassage™ Total Care

Lipomassage™ Total Care is a mechanical anti-cellulite and body-resculpting massage, performed via the high-tech LPG® CELLU M6 Machine.

A major advantage of Lipomassage™ is its ability to target and treat the problem areas only. The mechanical stimulation improves circulation and boosts draining, smooths cellulite, reduces the orange-peel effect and resculpts the body by effectively breaking down the fat deposits that are resistant to physical exercise and calorie-controlled diets.

A 100% natural, non-invasive and painless anti-cellulite therapy, with noticeable results after the 6th session, and visible anti-cellulite effect after the course of 10/15 sessions.

**All Body:**

**50 min – BGN 85**

**Per Body Area:**

**30 min – BGN 65**



<b>10-Session LPG® Lipomassage™ Total Care Course All Body</b>	<b>BGN 690</b>
<b>10-Session LPG® Lipomassage™ Total Care Course Per Body Area</b>	<b>BGN 500</b>
<b>Endermowear Bodysuit</b>	<b>BGN 42</b>
<b>Single-Day Endermowear Bodysuit Rental</b>	<b>BGN 10</b>

## FACE THERAPIES

### **LPG® Endermolift™ Detox**

25 min – BGN 45

Your skin will fall in love with this enjoyable facial, able within 25 minutes only to give you clearer and younger looking skin. Doctor Babor Cleanformance provide gentle cleansing and skin balancing, thus helping the skin fully benefit from the LPG® Endermolift Detox session. The massage speeds up circulation and toxin release, clears up complexion and evens out tone, bringing immediate freshness and comfort to the skin.

### **LPG® Endermolift™ Total Eyes**

25 min – BGN 40

Intended for the thinner and more delicate skin around your eyes, this lifting treatment gives the eye area a significant boost, bringing to the face a more relaxed and youthful look. Including the Doctor Babor Cleanformance skin cleansing and the LPG® Endermolift Total Eyes programme, the therapy encourages microcirculation and lymphatic drainage, resulting in puffiness & dark circle reduction and eye bag elimination. It strengthens and tightens up the skin, visibly minimizing fine wrinkles around the eyes.

### **LPG® Endermolift™ Eyes & Lips**

15 min – BGN 30

Combining the Doctor Babor Cleanformance skin cleansing with the LPG® Endermolift Eyes & Lips Therapy, this express treatment works on the areas around eyes and lips, focusing primarily on fine wrinkles around the eyes and marionette lines down the side of the mouth. Optimizing microcirculation and lymphatic drainage in the treated areas, the therapy effectively counteracts the signs of ageing for a fresh-faced look.

### **LPG® Endermolift™ Glow**

20 min – BGN 40

Treat yourself to this delightful facial, working effectively to give you the perfect glowing skin that helps you see and truly appreciate the greatness of your face. Combining the Doctor Babor Cleanformance skin cleansing with the LPG® Endermolift Glow Treatment the therapy restores vitality and works as a radiance booster to bring to your skin a healthier complexion and an instant and natural illumination.

### **LPG® Endermolift™ Neckline & Bust**

30 min – BGN 50

Intended for the neckline & bust area, this LPG® Endermolift programme restores your skin's density, firmness and elasticity, providing a significant lifting and revitalizing effect.

### **Anti - Aging LPG® Endermolift™ Replumping Treatment**

35 min – BGN 70

Look and feel your best with this age-correcting face & neck session that includes the Doctor Babor Cleanformance skin cleansing and the LPG® Endermolift Replumping Treatment. LPG® Endermolift Replumping therapy is specially designed to restore skin density for a natural plumping effect. It doubles the skin's self-hydration capacity, stimulates new collagen and elastin production and smooths wrinkles and fine lines. Leaves a long-lasting sensation of rejuvenated skin.

### **Anti - Aging LPG® Endermolift™ Firming Treatment**

**35 min – BGN 70**

This face & neck treatment helps you reclaim your skin's firmness and vibrancy. The therapy comprises the Doctor Babor Cleanformance skin cleansing and the LPG® Endermolift Firming Treatment, specially designed to firm the skin for a natural lifting effect. The therapy boosts hyaluronic acid synthesis and stems collagen destruction to visibly enhance firmness and elasticity and give your skin the self-defense it needs to fight damage and ageing.

### **Anti - Aging LPG® Endermolift™ Resculpting Treatment**

**35 min – BGN 70**

Should you dream of appearing slimmer from the neckline up, choose this enjoyable and highly effective face & neck treatment. The therapy begins with the Doctor Babor Cleanformance skin cleansing, followed by the LPG® Endermolift Resculpting Treatment, specially designed to activate the natural lipolysis process (the breakdown of fat deposits) and make your face and neck look younger, thinner and better shaped. The therapy effectively resculpts your face and neck, reducing the fat deposits and giving you a trimmer look. Plus, it speeds toxin elimination, tightens skin pores and provides a remarkable skin refining effect.

### **Doctor Babor Cleanformance Deep-Cleansing Facial**

**55 min – BGN 80**

Cleanformance is Doctor Babor's new skincare line, based on over 95% natural ingredients. Highly scientific and innovative, the precise beauty formulas repair, recharge and restore skin's energized, radiant appearance. Glow Starter Mask and mild 2-in-1 Clay Multi-Cleanser cleanse and refine your skin to improve breathing and tonal balance, followed by Moisture Glow Serum to provide deeply penetrating moisture for a healthy, glowing complexion. The Rich Renewal Overnight Mask instantly nourishes and rejuvenates, giving your skin the self-defense it needs to fight damage and ageing. Focusing on the most delicate skin around eyes, Awakening Eye Cream supplies moisture and combats puffiness and dark circles for a fresh and uplifted appearance. Containing light-reflecting particles and deeply-hydrating agents, Moisture Glow Cream works as a radiance booster to bring a healthier complexion and an instant and natural illumination.

### **HSR Babor Collagen Lifting Therapy**

**90 min – BGN 179**

HSR Babor Lifting is a luxurious anti-wrinkle skincare range suitable for all skin types. High-performance ingredients are perfectly combined to combat signs of ageing and ensure a healthy and youthful appearance. The highly innovative HSR Babor Lifting Facial provides lifting and anti-ageing at the highest level which makes it the ultimate solution to dull, mature or dehydrated skin.

The therapy begins with a complete Babor skincare cleansing to let your skin breathe, detoxify, improve its vitality and thus get ready to fully benefit from Rich Vitalizing Mask. As a substitute of steam, the mask opens up pores and promotes circulation, allowing Babor Cleansing Enzyme Peeling agents to penetrate deeper whilst revitalizing your face with a light peel effect, followed by the skin-brightening Ultrasonic Spatula Resurfacing. Advanced lifting beauty formulas are then applied through a series of facial pressure point massage techniques to visibly lift and plump the skin, boost elasticity and instantly restore your face's energized, radiant appearance. HSR Extra Firming Mask is finally applied to lock in moisture, increase collagen synthesis and help skin activate its natural reserves of vitality and protection.

### **Rejuvenating Oxygen & Babor® Therapy**

**60 min – BGN 105**

Achieve instant results with this innovative combination of refined hyperbaric oxygen and Babor® layering. Tailored to your skin's concerns, this non-invasive and painless facial provides intense hydration, brightening, tonal balance and firming for a dramatic improvement in lift, tone, glow and moisture.

Oxy System® performs four rejuvenating actions simultaneously, including gentle skin exfoliation, natural skin oxygenation, infusion of essential revitalizing nutrients and mechanical massage. It is a gentle and effective anti-aging solution that is suitable for all skin types.

The facial ritual begins with a complete cleansing, followed by the Oxy System® Diamond Peel Microdermabrasion. One of the latest breakthroughs in the anti-ageing field, Diamond Peel is a crystal-free, diamond-tip technology, specially designed to exfoliate dull layers of skin while stimulating new collagen production for more radiant and youthful skin. Providing life and energy to every living cell, the natural skin oxygenation instantly rejuvenates your skin. Acting also as the ultimate delivery system for taking essential nutrients deep into the skin, the oxygen therapy increases the benefits of customized Babor® ampule or serum application. Next, the Oxy System® mechanical massage contributes to natural skin rebalancing and toning, finishing the facial with a calming mask and sunscreen cream to have your skin illuminated and protected.



### **Anne Sémonin Paris Deeply Hydrating Facial**

**60 min – BGN 115**

Anne Sémonin Paris Deeply Hydrating Facial is a real treat for dry, sensitive, dehydrated or tired skin that needs intense hydration and nourishing.

Applied through energizing drainage massage, Anne Sémonin Soothing Complex revitalizes tired and dehydrated skin, followed by Botanical Toner, infused with deionized water and hazelnut concentrate to deliver valuable bioactive compounds and provide revitalization in depth. Deep Moisture Mask, containing Aloe Vera, Brown Seaweed Extract and Seaberry Oil regenerates the natural hydrolipidic layer of the skin, thereby maintaining its elasticity and moisture.

### **Anne Sémonin Paris Revitalizing Crio Therapy**

**55 min – BGN 140**

Anne Sémonin Paris Skincare Line boasts innovative approach and precision, natural ingredients, skin-gentle and high-performance cosmetic products. The Anne Sémonin spa rituals are particularly suitable for professional anti-ageing face & neckline skin care. To guarantee best results, facials are customized to suit your skin's specificities and needs. We choose the most appropriate for your skin combination of products to help you look and feel your best.

The facial begins with cleansing and toning, followed by gentle Exfoliating Mask application. The energizing face and neckline drainage massage contributes to complete absorption of essential oils and microelements, thereby helping your skin fully benefit from the Cream Mask, infused with seaweed extracts and natural oils. While your face enjoys the mask, hand or sculp massage is performed to promote unwinding and relaxation.

Combining highly effective Anne Sémonin beauty formulas with gentle skin care, the facial soothes fine lines and wrinkles, plumps and revitalizes the skin, bringing vitality and natural glow.

### **Anne Sémonin Paris Brightening Facial**

**60 min – BGN 115**

Enjoy a facial, specially designed to even out tone and restore natural skin glow. Cosmetic products with plant extracts, herbs, vitamins and minerals actively reduce pigmentation and brighten the face for a healthier complexion and a fresh-faced look.

Following the face cleansing, a gentle Exfoliating Mask with natural fatty acids is applied to boost the cellular activity and turnover. Serum for intense regeneration and hydration and Brightening Serum, applied through drainage massage, reduce imperfections, diminish pigmentation, even out tone and illuminate the skin. Super Active Contour Serum tones the delicate areas around eyes and lips while soothing fine lines and wrinkles. This innovative and highly effective beauty formula is enriched with antioxidants and moisturizing marine compounds to provide protection and give you the perfect glowing skin.

### **Anne Sémonin Paris Refined Eye Care**

**45 min – BGN 90**

Specially designed to revitalize and nourish the delicate skin around eyes, Anne Sémonin Paris Refined Eye Care combines innovative beauty formulas with energizing drainage massage. Sequentially applied products prepare your skin for the dramatically transforming Detoxifying Mask with crio effects that stimulates toxin release, regenerates mature skin and soothes fine lines and wrinkles. The combination of specific massage techniques, mask and serums eliminates puffiness under eyes and visibly reduces dark circles and eye bags.

A gentle and refined eye care that hydrates, soothes, plumps, illuminates and perfects the delicate eye area for a more relaxed and youthful look.

### **4-Session Anne Sémonin Paris Refined Eye Care Course**

**BGN 280**

### **Anne Sémonin Paris Express Facial**

**30 min – BGN 65**

This incredible vinotherapy facial for express revitalization and nourishing begins with a customized face cleansing and refreshing. The Exfoliating Mask is then applied, enriched with Red Seaweeds for skin-gentle scrubbing and Kaolin Clay for skin smoothing and mattifying. Applied through facial pressure point massage, the Soothing Complex evens out tone and relaxes face muscles. This innovative beauty formula, infused with natural Castor Oil, Oregano, Lemon Peel, Garden Tea and Chamomile Essential Oils soothes and hydrates the skin, boosts microcirculation and tones blood vessels.

### **Oxy System® Diamond Peel Microdermabrasion**

**40 min – BGN 65**

One of the latest breakthroughs in the anti-ageing field, Oxy System® Diamond Peel Microdermabrasion is a diamond-tip technology, specially designed to polish the skin whilst stimulating the cellular turnover and renewal.

Like standard microdermabrasion, Diamond Peel exfoliates the top layer of dead cells to leave your skin fresh and radiant. Diamond Peel Microdermabrasion, however, replaces the high-speed flow of aluminium oxide crystals with a diamond-tip wand, and thereby makes the therapy more precise and easier to control. The diamond chips provide ultra-gentle skin exfoliation with no signs of irritation or other skin freak-outs. This means that the delicate eye and lip areas can be abraded easily and more accurately.

The most significant benefit you gain from Oxy System® Diamond Peel Microdermabrasion is the marked improvement of your skin's texture and appearance. Eliminating the superficial layer of dead cells, the therapy encourages the cellular activity and the production of new collagen, thereby providing elasticity and firmness and preventing the formation of fine lines and wrinkles. The Oxy System® Diamond Peel Microdermabrasion also minimizes the appearance of acne scars, stretch marks, age marks and pigmentation; removes the blackheads, tightens the pores and prevents skin from being oily. Clearing up complexion and evening out tone, the ritual instantly brings to your face freshness and radiance.

## ADDITIONAL SERVICES

✿ Scalp massage	15 min – BGN 30
✿ Oxygen	10 min – BGN 15
✿ Babor ampoule	BGN 20
✿ Eyebrow shaping	BGN 15

## Wax Treatments

✿ Full Leg	BGN 30
✿ Lower Leg	BGN 20
✿ Hollywood Intimate	BGN 30
✿ Full Arm	BGN 20
✿ Underarm	BGN 15
✿ Upper Lip	BGN 10



## FITNESS EQUIPMENT

- ✿ Hyperextension Bench
- ✿ Squat Station
- ✿ Flat Bench (Utility Bench)
- ✿ DLAT-SF Body-Solid Pro-Dual Lat & Mid Row Machine
- ✿ DLEC-SF Body-Solid Pro-Dual Leg Extension & Curl Machine
- ✿ Reverse Hyper Extension
- ✿ Abdominal Bench
- ✿ Treadmill
- ✿ Cross Trainer
- ✿ Barbell Rack
- ✿ Dumbbell Rack
- ✿ Accessories

## SPA RELAX AREA

The Uva Nestum Wine & SPA has been specially designed as an oasis of serenity, comfort and pleasure to let its Guests relieve the pressures of their workday lives and achieve a healthful sense of balance and innate harmony.

The Spa Relax Area comprises a Gym, 30-32°C Indoor Pool, 37-39°C Indoor Hot Tub, Traditional Finish Sauna, Steam Bath, Adventure Showers, Ice Fountain, Spa Bench and Relaxation & Halotherapy Salt Cave Spa. The state-of-the-art facilities provide health-conscious Guests with the perfect opportunities for sport and recreation, full rest and restoration, replenishment and revitalization.

No matter what your intention may be – to unwind and relax your body and mind, or to boost your energy and feel invigorated – the Spa Relax Area is the perfect place to take care of your physical health and emotional wellbeing.

**Single-Day Spa Relax Area Admission Fee for Adults**

**BGN 30  
for weekday**

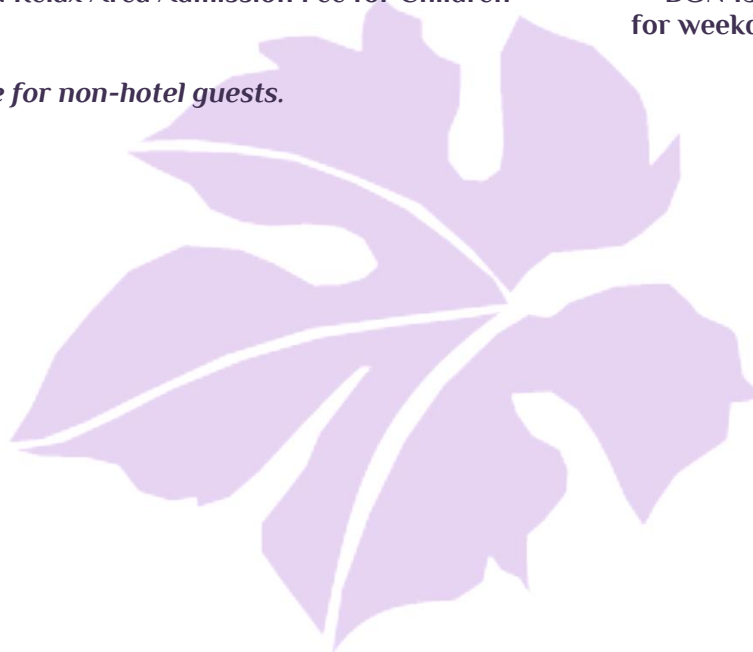
**BGN 45  
for a weekend**

**Single-Day Spa Relax Area Admission Fee for Children**

**BGN 15  
for weekday**

**BGN 20  
for a weekend**

*\*Admission fee for non-hotel guests.*



## SPA ETIQUETTE

The Uva Nestum Wine & SPA Complex provides all the comforts of home with the activities and ultimate relaxation of a holiday away to let you fully enjoy the restorative power of harmony and wellbeing.

The Spa Center Hours of Operation are 9:00 - 21:00 daily.

Guests are advised to make a booking well in advance in order to arrange a convenient time for their treatment.

You are requested to turn off your mobile phones and use no cameras at the Spa Area, since it is a place for natural connection with one's self and spa rituals require tranquility. We will appreciate it if you respect the Spa Centre Users' privacy.

Guests are requested to arrive 15 minutes prior to their appointment. Late arrivals will result in an abbreviated service in order to stick to the Spa Schedule.

Your comfort and wellbeing is our first priority. Please inform your therapist of any discomforts you feel during the treatment.

Please note that consumption of alcohol or heavy meals 2 hours prior to, during or directly after a spa treatment is not advisable.

At the time of booking your appointment, please inform us of any medical conditions or concerns that may affect your treatment selections. In case of pregnancy or suffering from hypertension, heart conditions, allergies or other medical complications, it is highly advisable to consult your physician before signing up for any spa treatment.

We request a minimum of 24 hours to cancel or change a spa reservation. Cancellations made less than 3 hours prior to the spa appointment will be charged in full.

At the Spa Centre Guests are provided with a 30-32°C Indoor Pool, 37-39°C Indoor Hot Tub, Traditional Finish Sauna, Steam Bath, Adventure Showers, Ice Fountain, Spa Bench and Relaxation & Halotherapy Salt Cave Spa.

At the Uva Nestum Wine & SPA your safety is our first priority. The Spa facilities are provided to ensure your convenience and enjoyment and their successful operation depends upon your cooperation and compliance with the following Spa Area House Rules and Requirements:

- ✿ It is forbidden to enter the Spa Area except the scheduled Hours of Operation.
- ✿ All Spa users must take a shower before going into the Pool, Hot Tub Spa, Sauna Room and Steam Bath Room.
- ✿ All Spa users must wear clean and appropriate spa and bathing attire.
- ✿ No persons under the influence of alcohol or stupeficient (drug substances) are permitted to go into the Spa Area.
- ✿ No persons with open wounds, eczema or infections are permitted to go into the Pool, Hot Tub Spa, Sauna Room and Steam Bath Room.
- ✿ Users under 16 years of age are not allowed to go into the Hot Tub Spa, Sauna Room and Steam Bath Room.
- ✿ Minors (children up to 12 years old) are allowed to enter the Spa Area only in the presence of an accompanying adult.
- ✿ Children under 12 years of age must be closely supervised in all places and at all times by a responsible adult.
- ✿ It is forbidden to bring in and consume any foodstuffs and beverages.
- ✿ It is forbidden to use glasses, glass bottles or any other glass objects.
- ✿ Smoking is prohibited throughout the Spa Area.
- ✿ No pets are allowed in the Spa Area.
- ✿ Under no circumstances should you leave your personal belongings unattended. The Complex is not responsible for any lost or stolen possessions.