

AQUAHOUSE

THERMAL & BEACH



SPA MENU

SPA ETIQUETTE

BOOK IN ADVANCE

- » Booking your appointment in advance guarantees that you will get the requested treatment on time.
- » Please when you book your appointment, inform us in case you have: high blood pressure, health issues or if you are pregnant.
- » Please inform us in advance if you prefer a woman or a man as your therapist.

ATTEND ON TIME

- » To fully enjoy your therapy, please attend 10 min. before the appointment. In case of delay, this will reduce time and procedure efficiency. Your session must end on time so as not to inconvenience the next guest.
- » The therapy session begins at the time of your appointment and ends when you leave the treatment room. The time spent showering in the treatment room is considered part of the session.

SHARE YOUR WISHES

»The communication with the therapist is important. You can discuss with him/her all the aspects of your program, including light, sound and temperature of the room.

LET US KNOW IN A TIMELY MANNER

»Cancellation of SPA booking - sometimes it is required to cancel your booking. We from Aquahouse Thermal & Beach expect you to inform us about the cancelation in a timely manner.

THIS MENU IS FOR INFORMATIONAL PURPOSES ONLY.

» Making a prior reservation guarantees you the treatment of your choice at a time that is convenient for you. Reservations can be booked in person or by phone at

+359 52 812 812

ENJOY YOUR STAY TO THE FULLEST AND COME BACK AGAIN TO AQUAHOUSE THERMAL & BEACH



A woman with dark hair and a gold necklace is lying face down on a massage table, covered by a blue towel. A therapist in a dark purple uniform is performing a massage on her upper back. The setting is a spa with a wooden wall, a potted plant, and a white sink in the foreground.

THERAPEUTIC AND RELAXING MASSAGES

CLASSIC MASSAGE

Classic massage is a proven therapy for overall relaxation and muscle comfort. It involves classic massage techniques that promote blood circulation, release accumulated tension and contribute to a sense of lightness and balance in the body.

The procedure is suitable both for maintaining overall tone and as part of a recovery regimen.

AROMA MASSAGE

Aroma massage is a therapy for the body and senses that combines massage techniques with aromatic essential oils. The procedure is performed on the entire body, including the feet, with the aromas and rhythmic movements promoting relaxation, reducing tension and creating a sense of balance and harmony.

Depending on the choice of essential oils, the massage can have a toning or relaxing effect, tailored to the individual needs of the client.

25 min	30,00 € 58.67 BGN
50 min	55,00 € 107.57 BGN

RELAX MASSAGE WITH SCENTED CANDLE

The relax massage is a gentle therapy aimed at deep relaxation of the body and calming of the mind. It is performed with a warm aromatic massage candle, whose velvety texture and delicate aroma envelop the skin, promoting relaxation and a feeling of comfort and calm.

The procedure includes treatment of the entire body, head and feet and is suitable for conditions of stress, tension, fatigue and headaches, as well as for clients seeking complete sensory relaxation.

procedure for one	
60 min	69,00 € 134.95 BGN
procedure for two	
60 min	129,00 € 252.30 BGN

HOT STONE MASSAGE

Hot stone massage is a therapy inspired by ancient practices, which uses heated volcanic stones in combination with massage techniques. The heat and natural energy of the stones create a feeling of balance between the body and nature, penetrating deeply, relaxing the muscles and helping to release accumulated tension.

The procedure promotes deep relaxation and harmony and is suitable for stress, muscle fatigue and the need for recovery.

procedure for one	
70 min	74,00 € 144.73 BGN
procedure for two	
70 min	143,00 € 279.68 BGN

BALI MASSAGE

Bali massage is a traditional Eastern therapy combining massage techniques involving pressure, stretching and the application of warm herbal bags. The heat and aromas of the herbs penetrate the muscles, promoting deep relaxation, blood circulation and oxygen enrichment.

The procedure creates a feeling of complete relaxation of the body and mind and is suitable for fatigue, stress and accumulated tension. Sesame oil, rich in antioxidants, is used.

60 min	79,00 €
	154.51 BGN

THAI MASSAGE

Thai massage is a traditional therapy (passive yoga) that combines elements of stretching, pressure and mobilization of the body by working on the energy meridians and muscle areas to improve flexibility, release tension and restore natural energy balance.

The procedure is suitable for clients who are looking for an active massage with a deep effect on the body and a feeling of lightness and mobility.

60 min	84,00 €
	164.29 BGN
90 min	125,00 €
	244.48 BGN



SPORTS DEEP TISSUE MASSAGE

Sports massage is an intensive massage therapy aimed at actively strained muscles. It is performed using deeper and more dynamic techniques that aid recovery, improve muscle tone and reduce tension after physical exertion. The procedure uses a special oil enriched with natural oils of mint, camphor, rosemary and lavender, which accelerates muscle recovery.

It is suitable for both active athletes and clients with increased muscle tension who need more targeted and effective work on the body.

30 min	42,00 € 82.14 BGN
55 min	75,00 € 146.69 BGN

HEALING MASSAGE

Healing massage is an individually tailored therapy that uses specialized massage techniques tailored to the client's condition, needs and complaints. The procedure is performed with magnesium oil and is aimed at relieving muscle discomfort, stiffness and functional tension in the body.

The massage is suitable for chronic conditions, neck and shoulder pain, inflammatory processes, plexitis, migraine conditions and muscle cramps.

It is recommended to combine it with physiotherapy at the discretion and recommendation of a therapist.

40 min	55,00 € 107.57 BGN
60 min	79,00 € 154.51 BGN

THERAPEUTIC MASSAGE

Therapeutic deep tissue massage is a targeted massage therapy focused on working the deep layers of the muscles. It is applied to one area and is designed to relieve muscle pain, tension and inflammation, as well as to aid recovery after physical exertion.

The procedure is performed with a cooling or warming gel with analgesic and anti-inflammatory action, selected at the therapist's discretion according to the individual needs of the client.

30 min	45,00 € 88,01 BGN
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ANTI-STRESS HEAD THERAPY

Head massage is a relaxing therapy aimed at stimulating blood circulation, relaxing the scalp and calming the nervous system. Gentle and rhythmic techniques help release stress and create a feeling of lightness and calm.

The procedure is suitable for headaches, fatigue and psycho-emotional tension and can be applied both independently and as an addition to other massage therapies.

20 min	27,00 € 52.81 BGN
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REFLEXOLOGY

Reflexology is a therapy based on Eastern massage techniques, in which biologically active points on the feet, connected to various organs and systems in the body, are treated. Stimulating these points removes blockages and restores harmony in all body systems.

The procedure is suitable for conditions of stress, frequent headaches, fatigue, sleep problems, functional discomfort and as part of a comprehensive wellness or recovery program.

REHABILITATION THERAPY WITH CUPPING
(CUPPING THERAPY)

Restorative therapy with cupping, also known as "cupping" or "vacuum therapy," is a method of local tissue manipulation by creating a vacuum with special cups. The procedure aids blood circulation, stimulates lymphatic drainage and helps release muscle tension and fascial restrictions.

After the therapy, temporary reddish to purple circles may remain on the skin, which are not painful and gradually fade away.

25 min	39,00 € 76.28 BGN
50 min	75,00 € 146.69 BGN

LYMPHATIC DRAINAGE

Lymphatic drainage is a specialized therapy aimed at activating lymphatic circulation and supporting the physiological drainage processes in the body. It is performed through light, rhythmic and controlled movements that stimulate lymph flow, improve tissue metabolism and help reduce fluid retention.

The procedure is suitable for edema, heaviness, impaired circulation, trauma and after surgical interventions as recommended by a doctor.

30 min	41,00 € 80.19 BGN
60 min	75,00 € 146.69 BGN

PRESSOTHERAPY

Pressotherapy is a non-invasive procedure that stimulates lymphatic and venous circulation through controlled, rhythmic air pressure. The procedure helps eliminate fluid retention, improves tissue metabolism and creates a feeling of lightness and comfort in the body.

The treatment is suitable for edema, fatigue and heaviness in the limbs and is recommended both on its own and as a supplement to massage and detox programs.

30 min	30,00 € 58.67 BGN
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ANTI-CELLULITE MASSAGE

Anti-cellulite massage is an intensive therapy aimed at improving microcirculation and blood circulation in areas affected by cellulite. Specialized massage techniques help activate local metabolism, affect fat deposits and improve tissue tone and skin elasticity, promoting a more even appearance.

The procedure is recommended in a series and in combination with pressotherapy to achieve optimal effect and lasting results.

30 min 44,00 €
86.06 BGN

MASSAGE FOR PREGNANT WOMEN

Massage for pregnant women is a gentle and safe therapy, specially adapted to the needs of expectant mothers. The procedure is performed using gentle techniques aimed at promoting relaxation and relieving muscle discomfort during pregnancy.

A prior consultation with your doctor is recommended to confirm that the procedure is suitable for your specific case.

30 min 44,00 €
86.06 BGN

Massage "Mom and Me"

The gentle children's massage is a full-body massage designed for children aged 5 to 13, performed with gentle techniques appropriate for their age. The massage for adults is a classic partial massage, focused on an area of your choice.

Both procedures are performed simultaneously in one environment, creating a feeling of calm and shared time together.

PERSONALIZED MASSAGE

A personalized massage is an individually tailored therapy, adapted entirely to the needs, preferences and condition of the client. The procedure includes work on areas of your choice, with the techniques and intensity determined after a brief consultation and at the professional discretion of the therapist.

The massage allows for a combination of different approaches to relieve tension and muscle discomfort and achieve optimal balance and comfort for the body.

25 min 60,00 €
 117.35 BGN

Children's massage
25 min 30,00 €
 58.67 BGN

70 min 95,00 €
 185.80 BGN





SPA RITUALS

HYDRO-MARIN DETOX THERAPY with Dr. Spiller

Hydro-Marin detox therapy is a comprehensive SPA ritual with a hydrating and refreshing effect, which includes peeling, an intensive marine mask and a finishing treatment with lotion from Dr. Spiller's Hydro-Marin line. The formulas, rich in marine extracts and minerals, support detoxification processes and activate cell metabolism.

The peeling prepares the skin, the mask provides deep hydration and freshness, and the finishing lotion strengthens the skin barrier and leaves the skin soft, supple and radiant.

The therapy is suitable for skin in need of hydration, cleansing and renewal.

60 min 71,00 €
138.86 BGN

MANARU THERAPY with Dr. Spiller

Manaru therapy is a luxurious nourishing SPA ritual for the body, inspired by exotic island care rituals. The procedure includes a body scrub that gently exfoliates the skin, followed by a relaxing massage with rich formulas containing Monoi de Tahiti – a combination of coconut oil and tiare flowers.

The therapy deeply nourishes the skin, improves its softness and elasticity, and creates a sensation of sensual warmth, relaxation and comfort.

70 min 78,00 €
152.55 BGN





RAHIMA SPA RITUAL with Dr. Spiller

The Rahima SPA ritual is a deeply relaxing and sensual body ritual that combines a hydromassage bath and a subsequent massage with products from Dr. Spiller's Rahima line. The warm water and hydromassage effect prepare the body for massage, helping to relax the muscles and creating a feeling of comfort and lightness.

The ritual continues with a relaxing massage that envelops the body with rich textures and a gentle, exotic aroma inspired by Africa. The therapy creates a feeling of deep calm, sensory pleasure and complete relaxation.

70 min 78,00 €
152.55 BGN

WINE BEAUTY THERAPY with wine and grape extracts

Wine Beauty is a luxurious spa ritual for the body, inspired by the power of wine and grape extracts, known for their antioxidant properties. The therapy includes a relaxing bath, followed by a body scrub and a finishing massage with Bulgarian wine cosmetics.

The active ingredients from grapes help protect the skin from oxidative stress, improve tone and give a feeling of nourishment, softness and vitality. The ritual combines skin care with deep relaxation and sensory pleasure.

80 min 76,00 €
148.64 BGN

SPA ritual "BULGARIAN ROSE"

The Bulgarian Rose therapy is a gentle and nourishing SPA ritual for the body, inspired by the traditions and valuable properties of rose oil and rose water. The procedure includes body peeling followed by a relaxing massage with cosmetics enriched with Bulgarian rose extracts.

The active ingredients promote hydration, soothe the skin and improve its tone, while the delicate rose aroma creates a feeling of harmony, femininity and deep relaxation.

The ritual is suitable for clients seeking balancing care and a natural sensory experience.

DETOX THERAPY WITH NATURAL HONEY

Detox therapy with natural honey is a local body therapy in which special techniques and the use of real honey stimulate circulation and the body's natural detoxification processes.

The procedure is applied to the back area and creates a feeling of lightness and comfort. It is recommended in combination with reflexology as part of detox and recovery programs.

70 min 72,00 €
140.82 BGN

30 min 45,00 €
88.01 BGN

FULL BODY PEELING with Dr. Spiller

Full body peeling is an exfoliating procedure performed with professional cosmetics by Dr. Spiller, which gently removes dead cells, evens out the complexion and improves skin texture. The procedure prepares the skin for subsequent therapies and aids its renewal.

Peeling is suitable both as a standalone procedure and in combination with massages and spa therapies, as well as preparatory care before sunbathing.

20 min 30,00 €
58.67 BGN

PEELING AND FOAM MASSAGE (HAMAM RITUAL)

The hammam ritual combines body peeling and traditional foam massage with rich, soft foam. The procedure deeply cleanses the skin, removes dead cells and leaves it smooth and refreshed.

The warmth and enveloping foam create a feeling of cleanliness, lightness and complete relaxation.

60 min 89,00 €
174.07 BGN

BALNEOTHERAPY



MUD THERAPY

Mud therapy is an established balneotherapy procedure based on the use of therapeutic peloid mud rich in minerals and biologically active substances. During the procedure, the mud is applied locally to specific areas, where its thermal and chemical effects help relax the muscles, improve blood circulation and stimulate tissue regeneration processes.

The procedure is suitable for diseases and complaints of the musculoskeletal system, chronic inflammatory conditions and as part of treatment and rehabilitation programs.

partial	
25 min	25,00 €
	48.90 BGN
whole body	
30 min	31,00 €
	60.63 BGN

BLACK SEA MUD COMPRESSES

Compresses with Black Sea mud from Pomorie are a traditional balneotherapy procedure based on the use of natural mud with high mineralization and rich content of biologically active substances. When applied locally, the mud has a beneficial effect on muscles and joints, helps relax tissues and improves blood circulation.

The procedure is suitable for joint and muscle complaints, chronic inflammatory conditions and as part of treatment and rehabilitation programs.

one area	
20 min	19,00 €
	37.16 BGN
two areas	
20 min	25,00 €
	48.90 BGN

MINERAL WHIRLPOOL BATH

The whirlpool bath with mineral water is a balneotherapy procedure that combines the beneficial properties of mineral water with a hydromassage effect. The effect of warm water and water jets helps relax the muscles, improves blood circulation and promotes overall recovery of the body.

The procedure is suitable for muscle fatigue and tension, and as a preparatory or complementary stage to massage and physiotherapy treatments.

20 min	23,00 €
	44.98 BGN

MINERAL HYDROMASSAGE BATH WITH LYE

The hydromassage bath with mineral water and lye is a balneotherapy procedure that combines the natural properties of mineral water and lye with a hydromassage effect. The combined effect of warm water and water jets helps relax the muscles, improves blood circulation and has a beneficial effect on the musculoskeletal system.

The procedure is suitable for muscle and joint complaints, tension and as part of therapeutic and rehabilitation programs.

25 min	25,00 €
	48.90 BGN



TANGENTOR – UNDERWATER JET MASSAGE WITH MINERAL WATER

Tangentor is a balneotherapy and physiotherapy procedure in which an underwater jet of mineral water with adjustable pressure is directed at the body in a special tub. The combination of warm mineral water and massage jet helps relax the muscles, improves blood circulation and stimulates tissue regeneration processes.

The procedure is suitable for muscle tension, joint complaints, limited mobility and as part of treatment and rehabilitation programs.

25 min 30,00 €
58.67 BGN

RAHIMA BATH WITH Dr. Spiller

The Rahima bath is a relaxing hydromassage treatment that uses Dr. Spiller's special Rahima bath foam. The warm water and hydromassage effect relax the body, while the rich foam and pleasant, exotic aroma inspired by Africa create a feeling of comfort, calmness and sensory pleasure.

The treatment is suitable for relaxation, stress reduction and as a preparatory or final stage to massage and relaxation therapies.

30 min 30,00 €
58.67 BGN

SPIRULINA BIOHACKING BATH

The hydromassage bath with mineral water and spirulina is a restorative balneotherapy procedure that combines the effects of mineral water, hydromassage and the biologically active properties of spirulina—a natural microalgae rich in vitamins, minerals and antioxidants. The combined effect supports cellular metabolism, stimulates detoxification processes and creates a feeling of lightness, tone and overall restoration of the body.

The procedure fits into modern concepts of biohacking and optimization of bodily functions and is suitable as part of detox, recovery and maintenance programs.

BIOHACKING MASK WITH SPIRULINA

The biohacking mask with spirulina is an intensive nourishing and regenerating body treatment based on the action of spirulina – a natural microalgae rich in vitamins, minerals and antioxidants. The active ingredients support cell metabolism, improve skin tone and vitality and promote natural regenerative processes.

The procedure fits in with modern concepts of biohacking and skin function optimization and is suitable as a standalone therapy or as an addition to balneotherapy and recovery programs.

30 min 39,00 €
76.28 BGN

30 min 30,00 €
58.67 BGN





PHYSIOTHERAPY

Medical examination		30,00 € 58.67 BGN
Low-frequency current treatment	15 min	15,00 € 29.34 BGN
Interferential currents	15 min	15,00 € 29.34 BGN
Vacuum and electrostimulation	15 min	15,00 € 29.34 BGN
Ultrasound	8 min	15,00 € 29.34 BGN
Magnet 1 zone	15 min	12,00 € 23.47 BGN
Magnet 2 zones	25 min	19,00 € 37.16 BGN
Therapeutic gymnastics in the gym	30 min	20,00 € 39.12 BGN
Water gymnastics	20 min	15,00 € 29.34 BGN

CRYO SAUNA - 3 min. (−120°C up to −180°C)

An intensive procedure with extremely low temperatures that activates the body's natural recovery mechanisms. It stimulates blood circulation and metabolism, reduces muscle and joint pain, reduces inflammation and accelerates regeneration.

The procedure increases energy and tone, improves sleep and has a refreshing and tightening effect on the skin.

One session	39,00 € 76.28 BGN
Package of 5 procedures	166,00 € 324.67 BGN
Package of 10 procedures	293,00 € 573.06 BGN

FLOTATION CAPSULE

A deeply relaxing treatment in which the body floats effortlessly in warm water with magnesium sulfate. The state of weightlessness leads to complete relaxation of the muscles, relief of the joints and spine and deep calming of the nervous system.

The treatment aids mental and physical regeneration and improves sleep quality.

It can be applied alone or in combination with relaxing massages to enhance the overall relaxing and restorative effect.

Suitable for:

burnout, chronic fatigue, stress, insomnia, migraine.

30 min	40,00 € 78.23 BGN
60 min	55,00 € 107.57 BGN
60 min for two	80,00 € 156.47 BGN

FACE SPA
THERAPIES
WITH DR. SPILLER



CELLTRESOR LUXURY THERAPY

Luxury rejuvenating therapy with stem cells and the active complex Celltresor. Stimulates cell regeneration, improves skin elasticity and density and smoothes fine lines. The skin is visibly fresher, firmer and more radiant. Suitable for skin showing signs of fatigue, loss of tone and elasticity.

60 min 99,00 €
193.63 BGN

OXYGEN THERAPY

A revitalizing therapy that delivers oxygen and active ingredients deep into the skin. It stimulates microcirculation and restores the skin's freshness and natural radiance. This makes it look more vibrant, smooth and toned. The therapy is suitable for tired, stressed and dull skin.

50 min 59,00 €
115.39 BGN

COLLAGEN ANTI-AGE THERAPY

Anti-age therapy with collagen that improves skin elasticity and firmness and visibly smoothes fine lines. It promotes hydration and restores the skin's youthful and firm appearance. The face looks smoother, fresher and more vibrant. Suitable for skin with signs of aging, loss of tone and elasticity.

60 min 80,00 €
156.47 BGN

HYDRO MARINE FACIAL THERAPY

Intensive moisturizing and revitalizing therapy with marine active ingredients. Restores the skin's water balance, improves elasticity and gives a fresh and radiant appearance. The skin is smooth, soft and visibly refreshed. The therapy is suitable for dehydrated, tired and sensitive skin.

70 min 74,00 €
144.73 BGN

ALOE VERA LIFTING

Lifting and moisturizing therapy with aloe vera, which intensely soothes, refreshes and tightens the skin. It improves elasticity and tone, smoothes fine lines and gives a fresh and rejuvenated appearance. The therapy is suitable for sensitive, dehydrated and tired skin, as well as for loss of tone.

60 min 74,00 €
144.73 BGN

SILK COMPLEX THERAPY

Smoothing and nourishing therapy with silk complex, which gives velvety softness and elegant shine to the skin. It improves the texture, hydration and comfort of the skin, leaving it smooth, fresh and radiant. The therapy is suitable for dry, tired, sensitive skin with signs of aging.

60 min 87,00 €
170.16 BGN



MEDIK8 FACIAL COSMETIC PROCEDURES

CLARITY FACIAL

A cleansing and balancing therapy aimed at problem and acne-prone skin. It regulates sebum secretion, deeply cleanses the pores and soothes inflammatory processes. The skin is visibly clearer, mattified and balanced. The procedure is suitable for oily, combination and acne-prone skin.

60 min 53,00 €
103.66 BGN

DEEP HYDRATION FACIAL

An intensely hydrating and restorative treatment that deeply nourishes the skin and restores its water balance. It improves the skin's elasticity, comfort and freshness, leaving it smooth, soft and radiant. The procedure is suitable for dry, dehydrated and tired skin, as well as after exposure to aggressive external factors.

60 min 60,00 €
117.35 BGN

PLATINUM FACIAL

A luxurious anti-age treatment with powerful regenerating and brightening effects. Improves skin elasticity and density, smoothes fine lines and restores a fresh, youthful appearance. The skin is visibly firmer, smoother and more radiant. The procedure is suitable for skin with signs of aging, loss of tone and tired appearance.

60 min 68,00 €
133,00 BGN

BRIGHTENING PLATINUM FACIAL

Brightening and skin-toning treatment targeting pigmentation and uneven skin tone. It improves the radiance, freshness and clarity of the complexion, leaving the skin looking smoother and more even.

The treatment is suitable for skin with pigmentation, dullness and a tired complexion.

60 min 60,00 €
117.35 BGN

PORE REFINING FACIAL

A balancing and smoothing therapy targeting enlarged pores and uneven texture. It regulates sebum secretion, improves skin texture and gives a smoother and more matte appearance.

The procedure is suitable for combination, oily skin and skin with enlarged pores.

60 min 60,00 €
117.35 BGN





BASIC FACIAL COSMETIC PROCEDURES

Facial cleansing	70 min	48,00 € 93.88 BGN
Ultrasonic peeling and mask	30 min	35,00 € 68.45 BGN
Ultrasound and ampoule	20 min	23,00 € 44.98 BGN
Diamond microdermabrasion	30 min	38,00 € 74.32 BGN
D'Arsonval	10 min	10,00 € 19.56 BGN
Face mask	20 min	20,00 € 39.12 BGN
Face massage	20 min	30,00 € 58.67 BGN
Face massage and mask	40 min	39,00 € 76.28 BGN
Eyebrow shaping	20 min	10,00 € 19.59 BGN
Eyebrow tinting	20 min	15,00 € 29.34 BGN



MEDICAL AND SPA PROGRAMS

TREATMENT PROGRAM - Regeneration and Mobility

For diseases of the musculoskeletal system and peripheral nervous system

Suitable for:

The program is designed for prevention, balneotherapy and rehabilitation in the following conditions:

- degenerative joint diseases;
- coxarthrosis, gonarthrosis, spondylarthrosis, generalized deforming arthrosis;
- intervertebral disc damage – discopathies and disc herniations;
- inflammatory joint diseases – mono- and polyarthrititis, periarthrititis, bursitis, insertional tendinitis;
- joint syndromes in systemic diseases;
- conditions after fractures and surgical treatment;
- recovery after arthroscopy and endoprosthesis of the hip, knee and shoulder joints.

5 days	335,00 €
	655.20 BGN
7 days	466,00 €
	911.42 BGN
10 days	634,00 €
	1 240 BGN
10 days	1197,00 €
	2 341.13 BGN

Effect:

The program has an anti-inflammatory and relaxing effect, helps reduce muscle spasm and pain and leads to increased range of motion in the joints. As a result functional recovery of the musculoskeletal system and improved quality of life are achieved.

The combination of balneotherapy with therapeutic mineral water and mud therapy with liman mud has a chondroprotective effect and contributes to long-term improvement of the musculoskeletal system.

The program includes:

- medical examination by a specialist in physical and rehabilitation medicine with the preparation of an individual treatment plan – at the beginning and at the end of the program;
- electrotherapy and/or ultrasound therapy, magnetotherapy;
- hydromassage and/or manual massage;
- compresses with mud and/or mud therapy;
- kinesitherapy in a mineral pool;
- daily access to the Thermal zone, including outdoor and indoor mineral pools, saunas, steam baths and a salt room.

The **Regeneration and Mobility** program is conducted under the guidance and methodological control of a specialist in physical and rehabilitation medicine.

SPA DETOX PROGRAM Reset & Balance

The Reset & Balance SPA Detox Program is a comprehensive restorative experience designed to gently cleanse the body, release accumulated tension and restore inner balance. The program combines selected SPA therapies, natural and biohacking procedures, balneotherapy and daily access to the Thermal zone.

Through a combination of detox therapies with marine and natural ingredients, aromatic massages, mud therapy, pressotherapy, reflexology and mineral baths, the program aids lymphatic drainage, stimulates circulation and creates a feeling of lightness, freshness and harmony. The included biohacking procedures with spirulina contribute to cell renewal and an overall feeling of tone and vitality.

Daily use of the Thermal area—with outdoor and indoor mineral pools, saunas, steam baths and a salt room—complements the detox effect and transforms the program into a complete spa experience for the body and senses.

5 days	410,00 €
	801.89 BGN
7 days	575,00 €
	1 124.60 BGN

The program is suitable for guests seeking:

- gentle and balanced purification;
- recovery and relaxation;
- detox without medical intervention;
- a feeling of care, lightness, and new energy.

The Reset & Balance SPA Detox program is available in 5 or 7-day versions, each providing consistent care, deep relaxation and time for true rejuvenation.

RELAXING SPA PROGRAM Calm & Restore

The relaxing Calm & Restore spa program is designed as a gentle escape from the stress of everyday life and an invitation to deeply relax your body and mind.

The program combines soothing spa therapies, balneotherapy procedures and massages that work harmoniously to restore inner balance and a sense of calm.

Through carefully selected relaxation massages, aromatic and classic partial massages, reflexology, mud therapy and special baths, the program helps release accumulated stress, fatigue and mental tension.

The included head and foot therapies enhance the feeling of deep relaxation and complete rest.

5 days	365,00 € 713.88 BGN
7 days	499,00 € 975.96 BGN

Effect:

The program leads to a noticeable reduction in stress, improved sleep quality and a deep sense of calm and restoration.

Daily access to the Thermal zone – with outdoor and indoor mineral pools, saunas, steam baths and a salt room – complements the relaxing effect and turns the program into a complete spa experience for the senses.

The program is suitable for guests who are looking for:

- deep relaxation and anti-stress effect;
- recovery from stress and emotional exhaustion;
- quality time for themselves;
- gentle care without a medical focus.

Calm & Restore program is available in 5 or 7-day versions, both of which provide consistent care, a peaceful atmosphere and true rejuvenation.

THALASSO MEDICAL RESTART

Thalasso Medical Restart is a treatment program that combines the factors of thalassotherapy with the methods of physical and rehabilitation medicine for the purpose of complete recovery and regeneration of the body.

The program includes:

- medical examination by a specialist in physical and rehabilitation medicine with the preparation of an individual treatment plan – at the beginning and at the end of the program;
- kinesitherapy in an outdoor or indoor pool (depending on the season);
- partial massage and/or tangenter;
- mud therapy and/or compresses with mud;
- electrotherapy with mud;
- salt room and/or sea water inhalations;
- sunbathing and sea bathing (in suitable weather conditions).

7 days 448,00 €
876.21 BGN

The treatment program is conducted under the guidance and methodological control of a specialist in physical and rehabilitation medicine.

Suitable for:

The program is intended for prevention and balneotherapy in cases of:

- arterial hypertension – in the initial phase and mild degree;
- functional problems of the respiratory system;
- diseases and conditions of the musculoskeletal system – traumatic injuries and chronic conditions.

Effect:

The thalassotherapy program supports the body's natural detoxification processes and stimulates cell regeneration. The procedures improve blood circulation, increase the regenerative potential of tissues and support collagen and elastin synthesis.

The Thalasso Medical Restart program is also suitable as a preventive measure for early and mild forms of osteochondrosis, spondylitis, arthrosis and disc disorders.

ALCOTHERAPEUTIC REGENERATION

Algotherapeutic regeneration is a treatment program based on the action of seaweed and natural thalassotherapy factors, combined with physical and rehabilitation medicine methods.

The program is aimed at restoring and improving blood circulation and overall body tone.

The program includes:

- medical examination by a specialist in physical and rehabilitation medicine with the preparation of an individual treatment plan – at the beginning and end of the program;
- kinesitherapy in a mineral pool;
- partial massage and/or tangentor;
- mud therapy and/or seaweed wraps;
- visits to the salt room;
- sunbathing and sea bathing (in suitable weather conditions).

7 days 470,00 €
919.24 BGN

The treatment program is conducted under the guidance and methodological control of a specialist in physical and rehabilitation medicine.

Suitable for:

- chronic vascular insufficiency;
- conditions associated with fluid retention and edema;
- general physical exertion and fatigue;
- improvement of overall tone and vitality.

Effect:

The Algotherapeutic Regeneration program supports peripheral blood circulation and lymphatic drainage, helps reduce swelling and has a beneficial effect on the venous system.

Sea mud and algae have analgesic and anti-inflammatory effects, improve skin elasticity and contribute to a feeling of lightness, vitality and recovery.