
Este
FITNESS & SPA


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ESTE FITNESS & SPA
THE MAGIC OF SPA!

The Este Fitness & Spa is a luxury SPA offering complete services related to wellness, beauty and proper physical fitness.

In a refined atmosphere, combining stylish design, high functionality and comfort, the complex visitors have the opportunity to enjoy a wide range of classic, exotic and author massages, SPA treatments and rituals, fitness, yoga and Pilates.

The Este Fitness & Spa trademark is a symbol of first class service and impeccable professionalism, meeting the highest world standards. A team of highly skilled therapists, massage therapists and instructors, including native representatives of the exotic culture of Bali takes care of the comfort of the visitors.

The high class of the services offered at the SPA are guaranteed by carefully selected high-tech devices and equipment and premium cosmetic products from leading world manufacturers.

The centre is located on two floors with a total area of 1 600 sq. m. The interior design is entirely consistent with the statutory requirements for space division, safety and functionality. The Este Fitness & Spa features an indoor swimming pool, 16-person Jacuzzi, hamam, sauna, steam bath, plunge pool, single and double massage rooms, relax area, VIP massage room, beauty salon, studio for yoga and Pilates, fitness centre, relax area, a protein bar, fresh juice bar, SPA shop and Reception.

Those who wish to enjoy 5-star SPA experience in complete privacy and luxury the Este Fitness & Spa offers spacious VIP suite with separate hamam and exclusive amenities and extras.

Individual approach is our way to show respect to our clients, to make them feel special, and respond to all their wishes and expectations. In order to meet their various needs with due care and attention, we offer standard and specially designed individual packages, programs, gift vouchers and VIP cards.

Its location is an additional advantage of the Este Fitness & Spa. The centre is located in the prestigious Iztok quarter, in the Este Home & Spa residential complex - winner of the „Building of the Year“ for 2011 in the category for „Residential buildings and complexes.“ The Iztok quarter is one of the most peaceful and green neighbourhood of the capital, it is 10 minutes away from the city centre, the airport and the Vitosha mountain and it is also adjacent to key city arteries and the subway station. All this makes the SPA a desirable and accessible destination for our constant visitors and for tourists from the country and abroad.

The Este Fitness & Spa may be your place to escape the monotony and hectic pace of urban life. Pamper your body, wake up your senses, feel the MAGIC OF SPA!

It is recommended that each massage is preceded by peeling (cleaning) treatment in the Turkish bath (hamam). In the Este Fitness & Spa you can choose from a wide range of possibilities:

Peeling „Kese“ 40 min | **69 €**

The Oriental peeling „Kese“ is a traditional Eastern treatment to clean the whole body by using a special exfoliating glove (kese), made of silk, loofah, viscose or fibres of date palm. The exfoliation with kese removes dead cells, stimulates the „breathing“ of the skin and improves circulation. It is performed when the body is warm and following a steam bath resulting in a clean, silky soft and supple skin. Traditionally, the treatment ends with washing of the hair and the body.

PEELINGS

Natural product peelings 45 min | **69 €**

- Peeling with coffee
- Lavender peeling
- Boreh peeling
- Peeling with green tea
- Coconut peeling
- Alqvimia peeling with salts from Dead Sea **69 €**

MASKS

(in addition to each treatment in the hamam)

- Face peeling **49 €**
- Face mask **59 €**
- Hair mask **59 €**
- Body mask **99 €**
- Alqvimia mask for body with seaplants **89 €**




HAMAM

Head massage 30 min | **69 €**

Scalp massage, with massage techniques with different pressure dynamics and deep impact. Improves blood circulation, stimulates nutrition and hair growth, and relieves headaches.

Anti-stress massage 60 min | **89 €**
90 min | **129 €**
4 hands 45 min | **139 €**

Relaxing massage that relieves the body from everyday stress and helps restore emotional balance. Slow movements are applied to relax the muscles and improve circulation. A lasting feeling of comfort and inner peace.

Anti-stress massage
in the Turkish bath with foam,
clay or algae 45 min | **99 €**
60 min | **129 €**

Brief peeling of the whole body and anti-stress massage in the Turkish bath 75 min | **139 €**

Aromatherapy 75 min | **139 €**
90 min | **149 €**

Detox, anti-stress or energizing combination of flavours. Massage that awakens the senses to the smell and touch, combining relaxing massage techniques and individually selected aromatic oils. It relaxes the body, leaving a sense of inner balance and satisfaction.




MASSAGES

Manual lymphatic drainage

60 min | **99 €**
90 min | **129 €**

Gentle massage with application of a specific technique of delicate pressure on the relevant parts of the body. It improves the functioning of the lymphatic system, helps the process of toxin removal, reduces cellulite deposits, and boosts the immune system.

Manual lymphatic drainage
with BR draining effect essential oils

60 min | **119 €**
90 min | **159 €**

Deep tissue massage

60 min | **119 €**
90 min | **169 €**

Deep massage, which relieves pain in the muscles and tissues, relaxes the body, and relieves tension. A significant reduction is achieved for conditions of chronic stress by slow specific techniques affecting the tissues in depth. You feel powerful and energized.

Deep-tissue massage
in the Turkish bath with foam, clay or algae

45 min | **129 €**
60 min | **169 €**

Brief peeling
of the whole body and deep-tissue massage in the Turkish bath

75 min | **189 €**





Therapeutic massage

40 min | **79 €**
60 min | **109 €**
90 min | **159 €**

The therapeutic (medical) massage is a deep-tissue massage, which helps solve various problems of the musculoskeletal system. Medical techniques are used depending on the individual needs to successfully relieve conditions of discomfort and stiffness. A special oil or medical cream is applied to the treated area during the massage.

Fitness massage

40 min | **99 €**
60 min | **119 €**
90 min | **169 €**

Deep massage of the whole body, which aims to calm and rebuild muscles after physical activity and sports. Intensive deep-tissue massage techniques and stretching, consistent with the level of physical activity and individual needs are used. As a result, the body feels powerful and is prepared to cope with the next challenge.

Fitness massage
in the Turkish bath with foam, clay or algae

45 min | **129 €**
60 min | **169 €**

Brief peeling of the whole body
and fitness massage in the Turkish bath

60 min | **119 €**
90 min | **169 €**

Anti-cellulite massage

40 min | **79 €**
60 min | **119 €**

Manual treatment of zones affected or threatened by the occurrence of cellulite (orange peel) areas of the body – thighs, buttocks, hips, abdomen, and hands. It helps increase the blood flow, improves circulation, and stimulates the removal of accumulated toxins in the subcutaneous layer, excess water and fat, breaking down cellulite and fatty deposits. In combination with a healthy diet and physical activity it restores healthy and tight skin appearance, and thereby your self-confidence.
Note: Recommended package of 5 treatments.

Anti-cellulite massage
in the Turkish bath
with clay or algae

40 min | **99 €**

Brief peeling of the whole body
with coffee and anti-cellulite massage
in the Turkish bath

60 min | **149 €**

Bali massage

60 min | **99 €**
90 min | **149 €**
4 hands 60 min | **169 €**

Relaxing massage of the whole body, where various techniques are applied such as careful stretching, acupressure, reflexology and aromatherapy. Complete body energizing, increasing of blood flow and oxygen, leaving a sense of calm and ease.

Bali massage
in the Turkish bath with foam,
clay or algae

45 min | **119 €**
60 min | **149 €**





Brief peeling of the whole body
and Bali massage
in the Turkish bath — 75 min | **159 €**

Lomi Lomi massage

60 min | **99 €**
90 min | **149 €**
4 hands 60 min | **169 €**

Hawaiian massage, which embodies the belief of the ancient shamans for a strong connection between mind and body. The name comes from the Hawaiian word lomi, which means "relieve, make tender". A relaxing treatment where the therapist uses her/his hands from the fingertips to the elbow. The delicate and flowing movements resemble a dance over the body, acting not only on a physical level, but also „touching" the soul. A magic message to all senses, triggering a feeling of inner peace and harmonious unity with your surroundings.

Lomi Lomi massage
in the Turkish bath with foam,
clay or algae

45 min | **119 €**
60 min | **149 €**

Brief peeling of the whole body
and Lomi Lomi massage
in the Turkish bath — 75 min | **159 €**

Shirodhara massage — 50 min | **99 €**

Shirodhara is a massage, which has been practiced in India for over 5 000 years. The translation of the Sanskrit word shiro means ‚head' and dhara –"flow". Especially trained therapist performs the massage with warm oil on the head (in the crown area, or the „third eye" area), the neck and the shoulders, while the body is well wrapped with hot towels. This achieves the effect of complete relaxation, reduces stress and tension, and also has a favourable effect of sleep. Particularly it is suitable for people with chronic headaches.

Snehana herbal massage

50 min | **99 €**

Light, relaxing holistic massage with hot herbal bags filled with special selection of herbs and spices. Snehana is a common practice in the tradition of the most ancient healing system, Ayurveda, and the translation from Hindi means „care with love." It stimulates detoxification of the body, relieves stress and tension, clears the negative energy and significantly improves the overall emotional state.

Lava Shell massage

70 min | **139 €**

Massage, where the so-called Lava Shells are used. These are natural hot tiger-striped clam shells or handmade porcelain shells filled with biodegradable self-heating gel, containing magnesium, algae and zinc. Once activated, the shells naturally transfer heat to the body and then cool down. The massage is done on a special table with sand and during the treatment the skin is moisturized with hydrating oils. Techniques of sliding and pressure are used, depending on the individual needs which results in the relief of muscle tension and leave you with feeling refreshed and powerful.

Hot Stone Massage

60 min | **99 €**
90 min | **149 €**

A well-known massage technique having its roots in the Far East that has proved its effectiveness for millennia. This therapy uses different sizes and shapes of hot volcanic stones placed on key points on the body. The relaxing effect is due to the simultaneous action of heat emitted by the stones and the delicate massage movements. It increases the flow of energy through the body, relaxes the muscles and calms the nervous system.





Shiatsu massage

60 min | **99 €**
90 min | **149 €**

An ancient Japanese massage technique for the whole body where pressure is applied on key points located along the energy channels (meridians). The purpose is to unblock and restore the normal passage thereof, which leads to a deep relaxation of the muscles and increased flexibility. This massage also achieves a healing effects associated with the activation of the immune system, regulates the blood pressure, boosts the self-defence forces of the body.

Reflexology

40 min | **79 €**
60 min | **119 €**

Manual therapy with impact on the specific areas and points of the feet corresponding to the various internal organs and systems. The therapeutic effect is expressed in improving blood circulation, accelerating the detoxification of the body, balancing energy, reducing stress and tension.

Thai massage

60 min | **109 €**
90 min | **149 €**

Thai massage has been practiced and perfected for more than 2500 years. It is founded on the philosophy that health depends on the optimal balance between body, mind and spirit. Various techniques of stretching and pressure on certain points of the body satisfy the body's need of movement, releases the energy channels, and eliminates the tension.

Note: carried out on a special mattress, without aroma oils.

„Romance“ massage for two

60 min | **169 €**
90 min | **269 €**

When you are in love you dream to share every moment with your loved one so that you can relive the magic of this memory again and again ... The romantic massage for two, „Romance“, will bring new feelings in your relationship and your senses will remember for a long time the aroma of roses and cinnamon, as well of the joy of the fact that you shared this moment.

„Romance“ massage for two
in the Turkish bath with foam,
clay or algae

45 min | **199 €**
60 min | **269 €**

Brief peeling of the whole body
and massage for two
in the Turkish bath

75 min | **289 €**

Jacuzzi for two

60 min | **159 €**

Opportunity to enjoy the company of your loved one in a romantic and relaxing atmosphere. The aroma of roses, combined with stylishly served bottle of wine and fresh fruits for two complement the feeling of a special experience.





Prenatal massage

60 min | **99 €**

A gentle massage for expecting mothers, in line with the specific changes in the female body during this most important period of their lives. A combination of manual lymphatic drainage, anti-stress massage and Indian head massage applied in a convenient and painless position for the pregnant woman. The movements of the therapist are slow and smooth, without deep-tissue or powerful techniques. It improves the overall physical condition, regulates the lymphatic circulation, and stimulates the removal of excess fluid and waste products, thus avoiding the risk of swelling of the legs and the formation of cellulite.

Note: may be performed after the first trimester of a normal pregnancy.

Children's massage

40 min | **69 €**
60 min | **99 €**

Massage, where love and care go hand in hand. It is an especially designed combination of classic and medical manual techniques, consistent with the characteristics of the child psyche and body that boost immunity, improve concentration and help for painless and smooth transition through the different stages of maturation of the body.

Children's massage
in the Turkish bath with foam
or chocolate

30 min | **79 €**

Note: children aged between 5 and 16 years shall be accompanied by an adult.

AUTHOR MASSAGES

„Este Royal“ massage (4 hands)

60 min | **199 €**
90 min | **279 €**

Deep-tissue massage, performed by two therapists working in unison. Unique combination of different massage styles (deep-tissue massage, acupressure, manual therapy, reflexology, Indian head massage) which relaxes the body, balances the energy levels in different zones of influence. The mild flavour of pure Argan oil along with the gentle touch of warm towels complement the feeling of peace and serenity. The ritual ends with serving energizing fresh juice – compliment of the Este Fitness & Spa.

„Este Royal“ massage (4 hands)
in the Turkish bath with foam,
clay or algae

45 min | **209 €**
60 min | **279 €**

Brief peeling of the whole body
and „Este Royal“ massage
in the Turkish bath

75 min | **279 €**





Tonus massage

60 min | **119 €**
90 min | **179 €**

Energizing massage, combining manual therapy, using the typical classic Thai massage stretching techniques, techniques from sports massage and acupressure. It relaxes the muscles and relieves the body of the accumulated tension.

Tonus massage
in the Turkish bath with foam,
clay or algae

45min | **139 €**
60 min | **179 €**

Brief peeling of the whole body
and Tonus massage
in the Turkish bath

75 min | **189 €**

Hamam ritual

90 min | **169 €**

Oriental ritual cleansing in the hamam (Turkish bath), combining traditional techniques and modern treatment methods. It begins with heating the body which is relaxing and warming. It is followed by a refreshing cleansing of the body with silk glove (kese), soap washing with massaging movements, moisturizing body mask, washing of the hair and massaging the scalp with Argan emulsion. The ritual ends with the application of moisturizing body milk. A beautiful finale of the oriental ritual is the aromatic Turkish tea, served as a compliment from the Este Fitness & Spa.
Note: it is recommended that the hamam ritual is followed by massage depending on the individual needs of the client.

„Sea Breeze“ ritual

90 min | **219 €**

This ritual will take you to the beach to the caresses of the warm sand and the fresh sea breeze. A gentle peeling with Dead Sea salts or coconut flakes followed by a relaxing massage of the entire body with Lava Shells (or herbal massage) and a smoothing facial massage. It is performed on a special massage table with sand. After the ritual a special „Sea Breeze“ cocktail is served which adds a sense of beauty, peace and timelessness.

Give yourself to the imagination and we will take you to the island of dreams come true!

„Morocco“ ritual

120 min | **249 €**

The „Morocco“ ritual is our tempting offer to escape from monotony and immerse yourself into the mystical world of the Orient. Exfoliating ritual with „kese“ in the hamam, combining the action of various traditional products: Moroccan black soap, famous for its antimicrobial, cleaning and beautifying properties; mask with clay and liquid gold for the whole body with regenerating effect on the skin. This is followed by massage of the whole body with Argan oil (the liquid gold of Morocco) making you feel rejuvenated and inspired. The feeling of Arabian exoticism is complemented by a bouquet of fragrant aromas and traditional Moroccan tea – compliment of the Este Fitness & Spa.




RITUALS

„Boreh“ herbal ritual

120 min | **249 €**

Boreh is the name of a traditional Balinese mix of roots, herbs and spices with healing effect for colds and flu, headaches, muscle aches and arthritis. The recipes for preparing boreh (bo ‚ready‘, rah ‚blood‘) were brought to Bali from the Indonesian island of Java early in the 13th century, and the knowledge how to revive the blood has been transmitted from one generation to another to the present. The ritual begins with a relaxing aromatic foot bath that brings the typical Asian cultural symbolism of ritual purification, followed by peeling treatment with boreh scrub body, traditional Balinese massage and boreh body mask. The ritual ends with energizing drink, served in the pleasant and relaxing atmosphere of the relax area – compliment of the Este Fitness & Spa.

„Mandi“ Balinese ritual

120 min | **279 €**

„Mandy“ is the ritual created around the ritual bathing. In Balinese mandi means ‚showering‘. The ritual is performed by specially trained therapist and is performed completely in the Turkish bath. It includes traditional washing of the feet, Balinese peeling of the whole body and relaxing Indonesian massage with foam. To achieve an overall effect on the body a rich flavour nourishing mask is applied on the body. The ritual ends with a hydrating mask for hair, massage of the head and energizing drink – compliment of the Este Fitness & Spa.

In order to meet the individual preferences of its guests we offer a choice between three different types of original Balinese peelings and masks - with green tea, coconut and lavender.




RITUALS

VIP RITUALS

„Este Royal“ Ritual

1 person 180 min | **769 €**
2 persons 180 min | **1389 €**

The designer „Este Royal“ ritual is our special offer, which will give you a sense of abundance and splendour. Treat yourself to an exciting celebration of the senses as you immerse yourself in the atmosphere of exquisite care, style, class and luxury. The ritual is held in the ONYX VIP suite and combines the classic oriental peeling with „kese“ for 4 hands, with moisturizing body mask, gentle facial peeling and „Este Royal“ 4 hands massage with Argan oil. The ritual ends with regenerating facial treatment, reflexology and bath with aromatic salts and essential oils. You feel refreshed and rejuvenated, your skin is shiny and radiant, you feel energised and confident. As a compliment from the Este Spa & Fitness at the end of the ritual you are served with an energizing drink.

„Aventurine“ romantic ritual for two

150 min | **529 €**

In the romantic atmosphere of the unique „Aventurine“ deluxe massage can share an unforgettable experience with your loved one. The ritual is carried out in our AVENTURINE VIP massage room and includes separate procedures for both partners, consistent with the needs of the female and male body. For her - 60-minute Tonus massage, followed by reflexology and moisturizing (firming) body mask of the German leading cosmetic brand Babor. For him - 60-minute „Lomi-Lomi“ massage followed by an Indian head massage and a cleansing body mask from Babor. The romantic experience is concluded with a bottle of champagne and strawberries elegantly served in the Jacuzzi for two.

„ONYX“ romantic ritual for two

210 min | **999 €**

he ritual “ONYX” is our special offer, which will create a sense of abundance and splendor for you. Give yourself an exciting holiday for the senses, immerse in the atmosphere of exquisite care, style, class and luxury. The ritual takes place in the VIP ONYX Suite and includes separate procedures for both partners, according to the needs of the female and male body. Ritual is combines peeling with natural products and a moisturizing body mask for both, followed by combination of 60-minutes “Tonus” massage and reflexology -for her, for him-60-minute Lomi-Lami massage, followed by Indian head massage.
The romantic experience ends with a bottle of champagne and exquisitely served fruits in the jacuzzi for two.




VIPRITUALS

ONYX VIP SUITE

The Este Fitness & Spa features a designer ONYX VIP suite with exclusive amenities and extras. On an area of 85 sq. m. the suite features: private hamam (Turkish bath) with 2 heated beds, 2 massage beds, a bedroom, Jacuzzi for two, a zone for Thai massage, relax area with sofas and a coffee table, TV, changing room, shower and a toilet. For the comfort of the guests there is also musical background of their choice. There is also an option for catering from the Este restaurant, located in the building of the Este Home & Spa complex.

The ONYX VIP suite is rented following a reservation:

60 min | **239 €**
120 min | **409 €**
180 min | **589 €**

There is an option that the VIP suite is used to celebrate holidays and special occasions.

The price is formed on hourly basis of the time the suite is occupied, the selected spa treatments and/or massages, catering orders.





AVENTURINE VIP MASSAGE ROOM

The Este Fitness & Spa features a VIP massage room, which provides additional comfort and luxury. On an area of 40 sq. m it features: 2 massage beds, Jacuzzi for two, relax area with sofa and a coffee table, changing room, 2 showers and a toilet. For the comfort of guests there is provided a special menu that can be ordered separately from the Este boutique restaurant, located in the building of the Este Home & Spa complex.

Jacuzzi is not inclusive in the rent price

Renting the AVANTURINE VIP massage room requires reservation:

60 min | **179 €**
120 min | **289 €**
180 min | **409 €**

BIOLOGIQUE RECHERCHE TREATMENTS:

FACE

BR - The instruments for skin diagnosis 60 min | **99 €**

This first stage of the Biologique Recherche Methodology is a unique diagnostic tool that identifies your Skin Instant©. The Skin Instant© Lab consists of 11 scientific measurement probes (hydration, insensible water loss, elasticity, pigmentation, sebumetry, pores, wrinkles, imperfections, UV pigmentation, skin tone)

BR - OXYGEN THERAPY „VIPO2“ 60 min | **139 €**

Balancing treatment aimed at achieving oxygen saturation of the epidermis and relaxation of the facial features, which makes the skin radiant and healthy.

BR - Facial restructuring complex „LIFT C.V.S.” 60 min | **129 €**

Exfoliating and lifting treatment that combines toning and shaping techniques. Sculptures the contours and tightens the facial contours.

BR - Facial smoothing treatment „SOIN LISSANT“ 60 min | **129 €**

Immediate repair and lifting treatment for fine, sensitive and reactive skin conditions or conditions associated with time changes of the face. Your skin is hydrated, smooth and toned.





TREATMENTS

BR - Restructuring treatment "MC110"

60 min | 119 €

Fulfilling treatment for conditions of the skin without tone, normal skin, skin that is devitalized and wrinkled. The uneven epidermis micro profile is smoothed and the face shape is remodelled. Your skin looks smoother, cleaner and younger.

BR - Treatment for sensitive skin conditions „BIOSENSIBLE"

60 min | 129 €

Treatment for recovery of particularly sensitive and damaged skin conditions. Your skin is soothed and protected.

BR - Therapy for intolerant skin instants „TOLESKIN"

60 min | 179 €

It immediately calms the redness, providing a comforting and soothing effect. The skin is left healthier and stronger, able to protect itself against the external aggressions of everyday life.

BR - Treatment course for reduction and prevention of pigmentation spots "SOIN TACHES PIGMENTAIRES"

60 min | 119 €

Treatment for levelling of the complexion for the prevention and reduction of dark spots. It illuminates and brightens your complexion.

Recommended course of 3 treatments for 1 month - 289 €

BR - Balancing therapy "VIPO2" and „EXFOLIANT P50 VISAGE"

90 min | 209 €

Combination of Balancing and Exfoliating treatment aimed at achieving oxygen saturation of the epidermis and relaxation of the facial features. Treatment for levelling of the complexion for the prevention and reduction of dark spots. It illuminates and brightens your complexion.





BR - Treatment for sebum balance recovery "SEBO-REEQUILIBRANT" with the "REMODELLING FACE" device

90 min | **159 €**

Treatment for regulating sebum that cleans and tightens pores. For smooth, matte and fresh complexion.

BR - Toning and regenerating treatment "HYDRECLAT" with caviar and collagen "CAVIAR INTEGRAL"

90 min | **199 €**

The treatment is designed to take care of demanding skin conditions. Thanks to the regenerating properties of caviar your skin is smoother and firmer. Hydrating and stretching treatment that illuminates and tones the complexion and refreshes the skin. Suitable for combination skin.

BR - Treatment with algae and the "BIOVECTOR MARIN

120 min | **289 €**

Treatment, specifically designed for devitalized, tired and/or wrinkled skin, with an immediate and lasting tightening effect. Thanks to the use of marine elements, minerals and deep wrinkles are smoothed, the shape of the face is tight and the skin - toned. Recommended to combine with Remodeling Face® device.

BR - Mesotherapy with the Micro Puncture Lab device "MICRO PUNCTURE" and "COCKTAIL D'ACTIFS RÉGÉNÉRANTS"

60 min | **239 €**

Intensive treatment that helps fight the signs of premature skin aging. The combination of an active regenerating cocktail and the mesotherapy apparatus stimulates the intradermal collagen production to achieve immediate, visible results. Your epidermis is revitalized and full again.

Recommended course of 3 treatments within 1 month - 549 €

BR - "COCKTAIL D'ACTIFS RÉGÉNÉRANTS" and "REMODELING FACE®" - electroporation

60 min | **239 €**

BR - Triple lift and "REMODELING FACE®" device

105 min | **239 €**

IResculpturing treatment that combines two exfoliating, revitalizing and lifting boosters by using the Remodeling Face® device. Complex therapy for remodelling and filling the facial volume.

BR - Programme „SECOND SKIN"

60 min | **349 €**

SOIN SECONDE PEAU (Regenerating, smoothing and lifting „Second Skin "treatment) Revolutionary 3D mask of nanofibers with 80% hyaluronic acid. The actual alternative to injection procedures. The combination with regenerating, smoothing and lifting serum allows for immediate elimination of the signs of aging.

Recommended course of 3 treatments within 1 month - 879 €

BR - Programme „SECOND SKIN" with Mesotherapy "MICRO PUNCTURE LAB" device

90 min | **409 €**

Recommended course of 3 treatments within 1 month - 999 €





BR- Programme „SECOND SKIN“ with “REMODELING FACE®” - electroporation 90 min | **409 €**

BR - SIGNATURE Treatment 120 min | **289 €**

Intensive treatment, including 2 busters and 1 Modul.

BR - SIGNATURE Treatment 90 min | **229 €**

Intensive treatment, including 2 busters.

BR - SIGNATURE Treatment 90 min | **199 €**

Intensive treatment, including 1 buster and 1 Modul..

BR - SIGNATURE Treatment 90 min | **269 €**

Intensive treatment, including 1 buster and 2 Moduls.

ADDITIONAL MODULES TO BE COMBINED WITHIN YOUR TREATMENT

„Beautuful eyes" module 30 min | **79 €**

Specific treatment for the eye contour (dark circles and puffy eyes)

REMODELING FACE®
Module 30 min | **79 €**

Higher eyelids, highlighted eye shape, more prominent cheekbones, pointed chin, less visible wrinkles - these are only some of the magical effects achieved with the help of Remodeling Face®. High tech bio stimulation for personalized results. Remodeling Face® combines the power of four types of current (galvanic, with medium and high frequency and electroporation) for immediate and lasting results.

REMODELING FACE® Module
- Electroporation 40 min | **89 €**

An innovative method of needleless mesotherapy.

BR- Module „BIOLOGIQUE FEERIE
- PRO-COLLAGEN" 30 min | **89 €**

For even more visible results a module with the application of pre-shaped mask with collagen adapted to the shape of your face for specific and intensive treatment can be added.

BR - „PIGM 400" Module 30 min | **89 €**

This marvelous complexion enhancer instantly makes skin more radiant and even.





BR – Module "TOLESKIN" 30 min **| 89 €**

It immediately calms the redness, providing a comforting and soothing effect. The skin is left healthier and stronger, able to protect itself against the external aggressions of everyday life.

BR – Module "VERNIX" 30 min **| 79 €**

For even more visible results a rejuvenating, strengthening and recovery face mask may be added for specific and intensive treatment.

BR – Module "PLATYSMA" 30 min **| 89 €**
BR – Module "LIFT KISS " 30 min **| 79 €**

BR- Programme „HAUTE COUTURE"

"MINI HAUTE COUTURE" - 3 months of individually prepared treatment following diagnostics of the currently skin condition.

"HAUTE COUTURE" - 6 months of planned treatment according to the Client's request and in line with the individual skin condition following a medical exam. Month 1 – preparatory phase, month 2 – induction phase, months 3-5 – activation phase, month 6 – balancing phase, report following new tests.

After four years of research Biologique Recherché created the unique program for cosmetic care, „Haute Couture", which takes place only after prior consultation and medical analysis. For more information, please contact the management team and the official representative of the program „Haute Couture".

BR - MY BEAUTY DNA

Genetic predisposition of the skin
My Beauty DNA analyzes your skin for 14 markers relating to ageing, sensitivity to sunlight and environmental factors, and your cutaneous profile.
This analysis provides an overview of your genetic predispositions, helping to better understand your skin's "inherited" needs, which are invisible to other diagnostic instruments

BODY

BR - Exfoliating treatment „New skin”

60 min | **89 €**

When freed from dead cells and impurities, the skin of your body is shiny, soft and smother and toned.

BR - Modelling treatment for the bust and the shoulders

45 min | **159 €**

Firming and toning treatment, specifically designed for the bust and shoulders.

BR - Body sculpturing „LIFT C.V.S.”

95 min | **229 €**

Hydrating and dermal protective bio reflexive massage, ideal for post weight loss program, firming and toning of the tissues, eliminating dead cells and body sculpting.

BR - Detox treatment with algae „DETOXIFIANTAUX ALGUES”

90 min | **149 €**

Exceptional treatment to restore and harmonize the silhouette, for toned, smoother and firmer skin. The combination of energizing massage with a mask of thermal algae tones and detoxifies your epidermis.

BR- Anti-cellulite and slimming treatment „MINCEUR”

90 min | **179 €**

Treatment that improves skin firmness and microcirculation. Helps eliminate toxins and water retention. The effectiveness of the therapy is multiplied by the use of slimming booster.

We recommend a therapeutic cycle of six treatments within two months - 715.30 €





THERAPY WITH EXILIS RADIO FREQUENCY TECHNOLOGY

The therapy with the EXILIS device, which uses a technology based on radio frequency waves on the different layers of the skin. The achieved effect is for breaking excess fat, smoothing and firming the skin, eliminating fine and deeper wrinkles.

FACE

1 zone | **109 €**

/Forehead, eyes, muscles, jowl face line, chin, neck, neck line/

BODY

1 zone | **109 €**

/firming,/

Knee, front thighs, thighs outside, inside thighs, love handles, breeches, abdomen, buttocks, arms

BODY

1 zone | **169 €**

/firming, reduction/

Knee, front thighs, thighs outside, inside thighs, love handles, breeches, abdomen, buttocks, arms





CLASSICAL TREATMENTS:

WAXING/EPILATION

Up to the knees	women | **39 €** men | **49 €**
Whole legs	women | **49 €** men | **59 €**
Bikini line	**29 €**
Bikini " Brasil"	**49 €**
Under arm	women | **29 €** men | **39 €**
Upper lip	**29 €**
Hands	women | **39 €** men | **49 €**
Eyebrows	**29 €**
Chest	men | **59 €**
Back	men | **59 €**

The Este Complex Fitness & Spa features a modern fitness centre, which is the only one in Bulgaria, and is fully equipped with the ARTIS Premium series of the global leader in fitness equipment - Technogym. In the gym there are the following separate areas: „Cardio“, „Upper body“, „Lower body“, „Abdominal“, area for heavy weights and for functional training.

Depending on individual preferences workouts are conducted independently or with the help of a personal trainer.

MEMBERSHIP CARDS

YOGA/PILATES GROUP CLASSES

	90 min	60 min
1 Session	**39 €**	**29 €**
10 Sessions	**289 €**	**199 €**
20 Sessions	**499 €**	**349 €**

INDIVIDUAL CLASS FOR YOGA/PILATES

	60 min	**79 €**
	90 min	**119€**

INDIVIDUAL SWIMMING TRAINING SESSION ADD ON MEMBERSHIP CARD

1 Training session	**39 €**
10 Training sessions	**349 €**
20 Training sessions	**589 €**

INDIVIDUAL SWIMMING TRAINING SESSION FOR KIDS 5-16YEARS

1 Training session	**49 €**
10 Training sessions	**409 €**
20 Training sessions	**699 €**

PERSONAL SWIMMING TRAINING SESSION

1 Training session	60 min	**79 €**
10 Training sessions		**639 €**

INDIVIDUAL TRAINING SESSION WITH FITNESS COACH

1 Training session	**39 €**
10 Training sessions	**349 €**
20 Training sessions	**589 €**





1 VISIT

swimming pool, sauna, steam bath, fitness	69 €
swimming pool, sauna, steam bath	59 €
fitness	49 €

1 MONTH

swimming pool, sauna, steam bath, fitness	359 €
swimming pool, sauna, steam bath	339 €
fitness	289 €

4 MONTHS

swimming pool, sauna, steam bath, fitness	999 €
swimming pool, sauna, steam bath	929 €
fitness	759 €

8 MONTHS

swimming pool, sauna, steam bath, fitness	1759 €
swimming pool, sauna, steam bath	1579 €
fitness	1349 €

(1 Deferral of card use allowed for 1 month)

12 MONTHS

swimming pool, sauna, steam bath, fitness	2199 €
swimming pool, sauna, steam bath	1999 €
fitness	1799 €

(2 Deferral of card use allowed for 2 subsequent months and free parking)





YOGA AND PILATES

The Este Fitness & Spa features the ESCAPE studio for yoga, Pilates and functional training. Classes are divided according to the level of skill and depending on the personal preferences classes are held in groups or individually.

SWIMMING POOL

The guests of the Este Fitness & Spa complex may use the indoor swimming pool with dimensions of 18 x 7 x 1.50 m and water temperature of 29°C. Disinfection takes place without the use of chloride, implementing a contemporary ozone generator system. Those who wish to learn elementary swimming skills or to improve the already acquired skills can use the services of a personal trainer.
In the swimming pool area you can find sauna, steam bath and ice pool

JACUZZI

Este Fitness & Spa features with unique, 16-person Jacuzzi with 12 seats (with back water massage) and 4 benches for pearl (air) massage which is the only one in the city of Sofia. The water temperature is 36°C with filtration separate from the pool. The method used for disinfection is by an UV light and oxygen.

SPA SHOP

The Este Fitness & Spa has a SPA shop with a wide range of high quality cosmetic products of the world famous brands BIOLOGIQUE RECHERCHE and NIANCE, as well as of various swimwear and accessories, training apparel and accessories BODYISM.

CONSULTATION WITH A NUTRITIONIST

The Este Fitness & Spa provides the opportunity for individual consultation with a professional nutritionist and the preparation of individual diet plan.

GENERAL RULES OF USE OF THE ESTE FITNESS & SPA

AGE LIMIT

The following age limits apply in the Este Fitness & Spa:

- The access of children under 5 years of age is limited in the entire complex;
- Children and adolescents aged between 5 and 16 years must be accompanied by an adult;
- Children aged between 5 and 16 years are allowed to access pool and spa zone in these specific hours:

- Monday to Friday	09:00 - 14:00
- Monday and Thursday	17:00 - 19:00
- Saturday and Sunday	07:00 - 14:00

- Use of the fitness and the swimming pool - persons over 16 years of age;
- Use of the SPA - persons over 18 years of age;
- Facial therapies - persons over 16 years of age.

PRELIMINARY RESERVATION

We recommend advance booking of various treatments and therapies to ensure that the preferred day and time are free. The reservation can be made at the Reception, by telephone 02 971 22 77 and 0877 10 22 77or through the reservation form on our website: www.estespa.bg

RESERVATION CANCELLATION

Cancellation of reservations can be requested by telephone 02 971 22 77 and 0877 10 22 77 or at Reception, bearing in mind the following:

- 24 hours in advance - no financial commitment;
- 12 hours in advance – you pay 50% of the value of the reservation;
- less than 6 hours in advance - you pay 100% of the value of the reservation.

LATE OF MISSED RESERVATIONS FOR APPOINTMENTS

A delay for a reserved appointment does not reduce the amount owed or extend the time for the treatment. In case of missing an appointment on the day and time without prior request for reservation cancellation, you pay 100% of the value of the treatment.

DRESS CODE

For the safety and comfort of its guests we have the following requirements for clothing, which are consistent with the nature of the services offered:

- Swimming pool and Jacuzzi - swimsuit, peshtemal, flip-flops (or bath slippers);
- Fitness - sportswear and sports shoes;
- Yoga and Pilates - free and comfortable clothes;
- Massage or body therapy - disposable underwear provided by the therapist;
- Thai massage - special clothing provided by the therapist.

SPA ETIQUETTE

To ensure a peaceful and relaxing atmosphere, we recommend that our guests refrain from using mobile phones, and having noisy discussions.

HYGIENE

The Este Fitness & Spa observes all hygienic requirements for maintenance of the premises, facilities and equipment clean and in good condition. The methods used include wet cleaning, disinfection and sterilization.

HEALTH AND MEDICAL CONDITIONS*

Each new visitor of the Este Fitness & Spa fills in a health questionnaire, for existing health problems or any special conditions.

! It is not recommended to use the sauna, steam bath or hamam when pregnant, and for people who cannot withstand high temperatures, have high blood pressure, problems with blood circulation, asthma or respiratory problems. For specific diseases or conditions it is preferable to consult with the personal (family) doctor.

PREGNANCY

The SPA offers specially designed treatments for expecting mothers.

! Massages and treatments are recommended only after the first trimester of pregnancy.

LOST OR STOLEN ITEMS

The Este Fitness & Spa is not responsible for lost or stolen personal belongings. For your security, we recommend leaving valuables for storage at the in safe at the reception.

ACCIDENTS AND/OR INJURIES

The Este Fitness & Spa is not responsible for accidents or injuries resulting from failure by the visitors to observe the rules and restrictions that are clearly defined and prominently displayed in the complex, and on the website, accessible at: www.estespa.bg

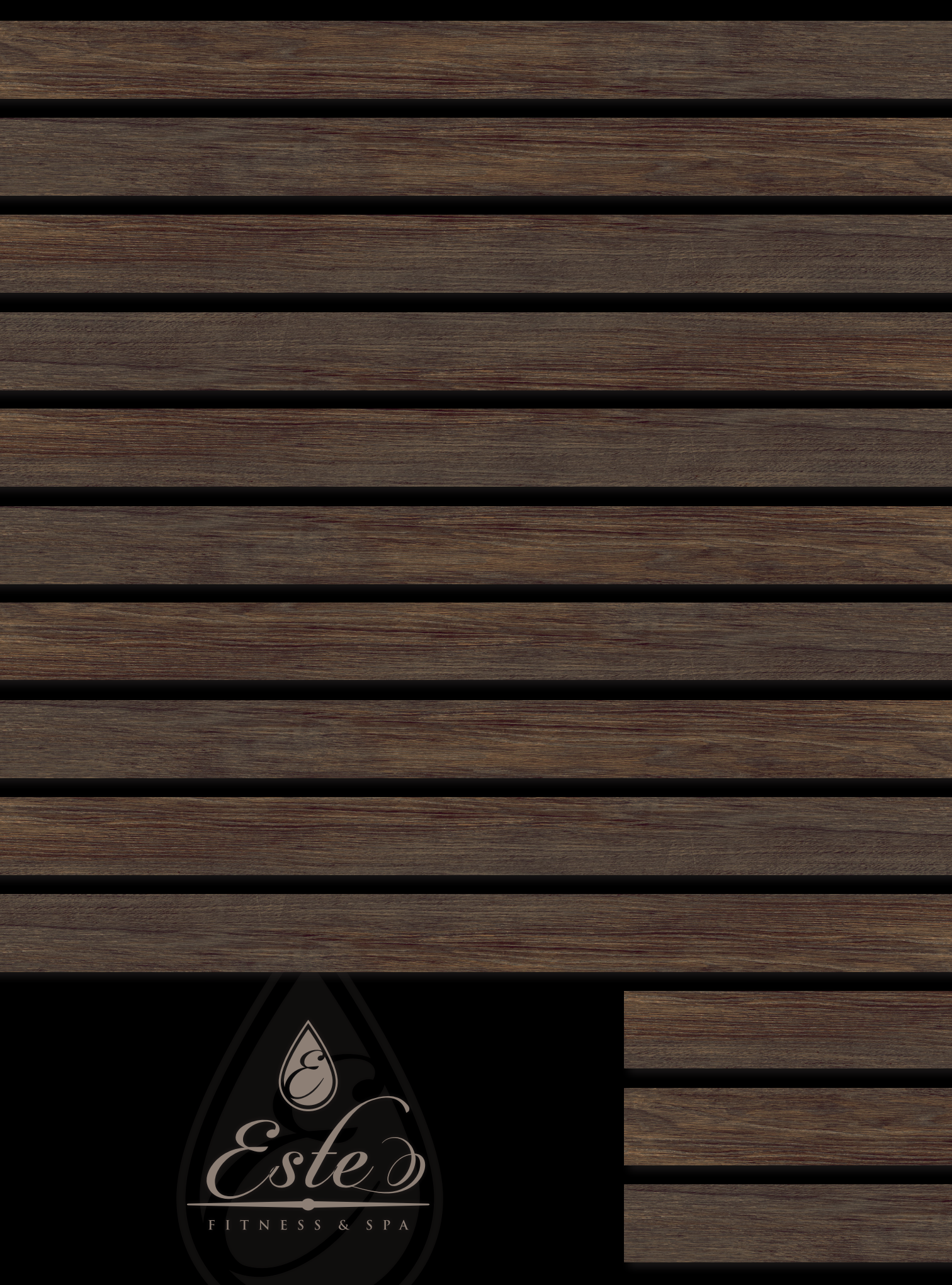
ACCESS FOR PEOPLE WITH DISABILITIES

The Este Complex Fitness & Spa is designed in accordance with the statutory requirements for accessible environment for people with disabilities, with which it contributes to improving their quality of life.

RESTRICTIONS AND PROHIBITIONS:

In order to protect the safety and health of visitors the Este Fitness & Spa implements the following prohibitions:

- Smoking is strictly prohibited in the entire complex.
- Do not use of the fitness, the swimming pool and the thermal area after consuming alcohol.
- It is prohibited to enter the premises outside the free access areas.
- It is prohibited to enter with shoes, slippers or flip-flops in the fitness centre.
- It is prohibited to enter with shoes or sneakers in the swimming pool area.


Este
FITNESS & SPA