



GRAND HOTEL

POMORIE

• MEDICAL SPA •

# Spa menu



# The key to Health

Unique for our country is the indoor salt swimming pool with water from the Pomorie spring. This water springs from a depth of 70 meters, which determines its purity and mineral composition. It is many times saltier than sea salt and has a strong anti-inflammatory and analgesic effect. Improves metabolism throughout the body. According to the physicochemical analysis, the water has a high mineralization (56428.8 mg/l) and belongs to the strong mineralized waters. It has a temperature of 35° C and an alkaline reaction (pH 7.8). It is characterized as sodium chloride sulfate (15254.8 – 25829.4 – 8443.7 mg / l), containing metasilicic acid and fluorine.

## Mud treatment

The mud procedures applied in Grand Hotel Pomorie have strong anti-inflammatory and analgesic effects, it also improves the metabolism in the whole organism. They are suitable for the treatment of pain in the knees, hips, lower back and spine. One of the unique features of the mud from the salty lake in Pomorie is the extremely positive effect that it has on the reproductive system of the human body and treatment of infertility.

## Lye treatment

The Black Sea lye is the end product of salt production in Pomorie. It is obtained from the rapa (lake water) of the salty lakes in Pomorie and Burgas after the evaporation of the water in the salt pans and the crystallization of the salt. The unique healing lye properties are due to its rich mineral and organic composition. In terms of content of biologically active substances, it contains all ingredients of the sea water and rapeseed, but in much higher concentrations. It is similar in composition to the mud solution, due to which it has effects similar to the healing mud. It contains calcium, sodium, magnesium, chlorine, bromine, sulfates, bicarbonates and others predominates.

## Physiotherapy

The physiotherapy sector is located on the second level of the Medical SPA center in Grand Hotel Pomorie. Several rooms are equipped with high-frequency and low-frequency currents, magnetophoresis, cryophoresis and thermophoresis, laser and others are applied. These medical procedures have a strong anti-inflammatory and analgesic effect.

## Kinesitherapy

We offer the preparation of an individual program for physical therapy, analytical gymnastics and specialized therapeutic gymnastics with mechanotherapy as treatment of diseases on the musculo-skeletal system such as coxarthrosis, discopathy, disc herniation and others.

We offer treatment and prevention of over 45 types of diseases of:



Musculo-skeletal system



Peripheral nervous system



Female and male reproductive systems



Respiratory system



Skin diseases



Improves metabolism in the human body

# Balneology and Rehabilitation

*Every guest of Grand Hotel Pomorie who wants treatment undergoes a medical examination and an individual treatment program is developed depending on the situation.*

Consultation with doctor	30.00 lv
Physical examination by a doctor	50.00 lv

## Lye and Mud treatment

Mud bath		
– Whole body	20 min	35.00 lv
Mud application		
– Whole body	20 min	40.00 lv
Partial mud application		
– One zone	20 min	30.00 lv
– Two zones	20 min	40.00 lv
Lye compress		
– One zone	20 min	30.00 lv
– Extra-zone	20 min	20.00 lv

## Physiotherapy

Low/high frequency currents, ultrasound, magnet, inhalation	20 min	20.00 lv
Magnetophoresis/Laser	20 min	30.00 lv
PUVA therapy	20 min	40.00 lv
Gunaphoresis body treatment	20 min	50.00 lv
Gunaphoresis facial treatment	20 min	60.00 lv

## Kinesitherapy and rehabilitation

Individual therapeutic gymnastics in a salon		
30 min	50.00 lv	
		60 min
		95.00 lv

\* Group gymnastics

*For more information, please contact the SPA reception or follow our SPA news.*

# Medical 5-day packages

*Grand Hotel Pomorie recommends that the treatment procedures to last at least five days in order to achieve a satisfactory result.*

## **Lye treatment + Mud treatment** 300.00 lv

*Consultation with doctor, Lye compress on one problem area – 5 procedures, Mud bath (mud application) – 5 procedures*

## **Lye treatment + Mud treatment + Physiotherapy** 390.00 lv

*Consultation with doctor, Lye compress on one problem area – 5 procedures, Mud bath (mud application) – 5 procedures, Physiotherapy – 5 procedures (low/high frequency currents, ultrasound, magnet, inhalation)*

## **Lye treatment or Mud treatment + Physiotherapy** 240.00 lv

*Consultation with doctor, Lye treatment or Mud treatment – 5 procedures, Physiotherapy – 5 procedures*

## **Magnetophoresis/Laser** 150.00 lv

*5 procedures as prescribed by a doctor*

## **Gunaphoresis body therapy** 240.00 lv

*5 procedures as prescribed by a doctor*

## **Gunaphoresis facial therapy** 280.00 lv

*5 procedures as prescribed by a doctor*

## **Healing massages + Mud treatment** 460.00 lv

*Consultation with doctor, 5 healing partial massages, mud bath (mud application) – 5 procedures*

## **Healing massage package** 410.00 lv

*5 healing full massages*

*5 healing partial massages* 290.00 lv



# *Spa therapy*



*Dear guests, if you wish to book a massage, please contact the SPA reception first. We will help you in the selection and recommend you the most suitable procedure for you.*

*In case you decide to cancel your reservation, we would like to inform you that you can do this not later than 2 hours before the beginning of the procedure that you have chosen.*

*The appropriate clothing for massages is a swimsuit or underwear. It is recommended to use the bath robe from the room.*

*Thank you for your understanding and we wish you moments of pleasure and joy!*

# Massages

## Classical massage

30 min | 50.00 lv

*Widely known as Swedish massage. Relaxes and tones the body, stimulates the immune system and relieves muscle tension.*

50 min | 80.00 lv

## Healing massage with magnesium oil

30 min | 70.00 lv

*Medical massage is a deep tissue massage, with the help of which various problems of the musculoskeletal system are overcome. The combination with magnesium is good for reducing pain and sleepiness*

50 min | 100.00 lv

## Pomorie massage with lye

30 min | 55.00 lv

*Relaxing massage that relieves the body of daily stress and tension on it. Relaxes muscles and improves blood circulation.*

50 min | 85.00 lv

## Aroma therapy RELAX

40 min | 60.00 lv

*Anti-stress massage that awakens the senses of aroma and touch, combining relaxing massage techniques and individually selected aroma oil. Relaxes the body, leaving a feeling of inner balance and satisfaction.*

60 min | 90.00 lv

## Reflexology

*Acupressure of the feet or head with a therapeutic effect to improve blood circulation, accelerate the process of detoxification and to reduce stress and tension.*

30 min | 55.00 lv

## Massage "Children's Delight"

*Specially developed massage in accordance with the child's psyche and body. It is performed on children up to 12 years old.*

30 min | 55.00 lv

## "He and She" Massage

*Romantic relaxing massage for two, which creates good memories with your favorite person... for harmony and joy. At the end of the massage, a plate of fresh fruit, wine and refreshing drinks is served to the clients.*

60 min | 180.00 lv

## SHIATSU massage

*An ancient Japanese body massage technique with pressure on key points, in which the goal leads to deep muscle relaxation and increased flexibility. The massage also achieves a healing effect associated with activating the immune system, regulating blood pressure, stimulating your body's self-defense forces.*

60 min | 140.00 lv

## Thai massage

*The philosophy of Thai massage is that health depends on the optimal balance between body, mind and spirit. Through various techniques of stretching and pressure on certain points of the body, its need for movement is satisfied, energy channels are released and the accumulated tension is removed. It is performed on a special mattress and the client is dressed in special pajamas.*

60 min | 160.00 lv

# Peels

*\* We recommend that the body be pre-warmed and steamed, and the result is clean, silky soft and elastic skin.*

## **Organic exfoliation**

**30 min | 65.00 lv**

*Cleansing therapy, including a foot bath, exfoliating the whole body with a peeling of your choice and applying a moisturizing product.*

## **Hamam – Oriental peeling**

**40 min | 100.00 lv**

*The traditional peeling with "Kese" is performed with the help of a silk glove, which will perfectly clean the skin of the body. Removing dead cells stimulates the "breathing" of the skin and improves blood circulation.*

*The therapy ends with a gentle foam massage with natural soap.*

## **Hamam ritual GRAND**

**80 min | 160.00 lv**

*This ritual gives an incredible symbiosis between tradition and modern skin care. Including peeling with a "Bag", washing massage with natural soap foam and aromatherapy massage, which soothes the skin and makes it silky soft.*

# Water therapies

## **Underwater jet massage**

**30 min | 70.00 lv**

*Underwater massage is one of those pleasant procedures during which we can relax while are successfully strengthening our body. In a tangential bath, a massage with water pressure is performed by a therapist in combination with hydrotherapy.*

## **Hydrotherapy with magnesium**

**30 min | 80.00 lv**

**3 procedures | 200.00 lv**

*Underwater jet massage in a combined bath of salts and minerals, which contributes to the rapid absorption of magnesium by the body.*

*The therapy will calm the mind, erase pain and predispose to restful sleep.*



# *Anti-cellulite therapies*

## **Massage with Laminaria**

**70 min | 130.00 lv**

**3 procedures | 300.00 lv**

*Laminaria are hand-collected algae that are the best therapy for tired and withered skin. These luxurious organic algae detoxify, hydrate, tighten and soften the skin. The therapy combines anti-cellulite massage, reflexology and application.*

## **Gypsum wedge body modeling**

**70 min | 150.00 lv**

**3 procedures | 400.00 lv**

*Highly effective massage for weight loss, tightening and shaping the contours of the body. The problem areas are treated in a combination of anti-cellulite massage and application of a plaster wedge.*

## **Anti-cellulite massage**

**40 min | 80.00 lv**

*Manual treatment of areas affected by cellulite. Helps increase blood flow, improves microcirculation and lymph flow, stimulates the removal of accumulated subcutaneous fat, toxins and retained fluids.*



# Rituals

## SPA ritual The Wonder of the Arctic

### *The Secret of Swedish Pleasure*

90 min | 180.00 lv

*The combination of relaxing warmth and toning cold sensation stimulates blood circulation, relaxes muscles, relieves pain and tension.*

## SPA ritual Polynesia

### *Island temptation*

90 min | 180.00 lv

*Relaxing ritual, which includes a bath "Sea Lugano", exfoliation with white sand from Bora Bora, sea salts and coconut shells, massage and final application of rejuvenating oil with gold particles.*



# Rituals

## Indo-Sea SPA Ritual

### *Journey through the Orient*

90 min | 180.00 lv

*A relaxing ritual, in four cosmopolitan steps, which includes from the Mediterranean, through Egypt, India and ends in China.*

*Includes a milk bath, peeling and massage with essential oils of patchouli, cedar, sandalwood. Nourishing body mask with rice and lotus extracts.*

## SPA ritual with bio-honey and herbal peeling

75 min | 140.00 lv

*Bulgarian honey ritual in combination with a selection of aromatic herbs that exfoliate the skin and nourish it. Includes aromatherapy foot massage, rubbing with honey foam, smearing with honey mask and massage with warm tiles.*

## SPA ritual with rose petals and a bouquet of essential oils

75 min | 140.00 lv

*Relaxing SPA ritual with the incredible qualities of the fragrant Bulgarian rose. Gentle exfoliation with a high concentration of rose water and rose oil, fragrant rose mask that penetrates deeply and refreshes the skin.*

*Relaxing warm whole body massage with a special massage gel from new generation, containing petals of Bulgarian rose, rose oil and honey extract.*

## SPA ritual Ayurveda

### *The magic of India*

80 min | 130.00 lv

*Treat yourself to the magic of India. Combination between Shirodara and Abhayanga massage. Soothing warm spray of sesame oil gently spills over the "third eye", resulting the release of pressure and accumulated stress.*

## Vitamin C SPA ritual

### *Citrus shine and splendor*

75 min | 160.00 lv

*A relaxing ritual combined with antioxidant therapy, including an aromatic bath, exfoliation with citrus fruit and orange seed extracts, a brightening soufflé body mask and a relaxing massage. After this ritual, the skin is shiny and healthy, and smells amazing.*

# *Facial cosmetic procedures*

  
**BIOLOGIQUE  
RECHERCHE**  
PARIS



## *Illuminating and hydrating therapies*

**Hydrating and Revitalizing therapy according to the condition of the skin®** 60 min | 100.00 lv

*Moisturizing, firming and whitening procedure that brightens, tones the complexion and refreshes the skin.*

**Therapy “PIGM 400”** 60 min | 100.00 lv

*The formula of Masque PIGM 400 contains a high concentration of lightening active ingredients that restore skin radiance and even the complexion.*

**Regenerative therapy “Vernix”** 60 min | 150.00 lv

*Healing procedure that not only hydrates but also protects, regenerates and heals the skin.*

## *Lifting anti-aging therapies*

**Lift C.V.S** 60 min | 150.00 lv

*Comprehensive facial care that exfoliates, lifts, restructures, tightens, hydrates and protects from external aggressive factors. Recommended for normal, seborrheic, atonic and / or thick skin*

**Soin Restructurant et Lissant** 60 min | 150.00 lv

*Immediate restorative therapy for fine, sensitive, reactive skin or skin marked by age. Anti-stress procedure to reduce traces of time. Recovering after medical interventions such as dermabrasion, laser, chemical peeling.*

**Soin MC110 Restructurant** 60 min | 150.00 lv

*True restoration of facial volume; therapy adapted for weak, normal and devitalized skin. Visibly reduces unevenness on the skin surface, including fine lines. The face looks refreshed and the oval is redefined. The skin looks smoother, cleaner and younger.*

**Therapy for tired eyes with Patch Defatigants** 45 min | 70.00 lv

*An innovative solution to reduce and prevent fatigue and the signs of aging around the eyes. Instantly, the bags are reduced, the skin is smoothed, wrinkles and lines caused by dehydration are less visible.*

**Soothing and lifting massage with Cryo Sticks** 45 min | 70.00 lv

*The massage with Cryo Sticks has a draining, shrinking and tightening effect.*

*For better results we recommend the use of home care products!*

**Ritual of purity**  
**Cleansing the face**

60-90 min | 90.00 lv

*Basic facial procedure, which includes gentle cleansing of the skin of the face, neck and décolleté, combined with a relaxing massage and a renewing mask adapted to the skin type*

**Detox and oxygen saturation**

60 min | 100.00 lv

*Immediately after the therapy, the skin is cleansed and radiant, and the face glows. This is a cosmetic procedure for all skin types, which is recommended to start before any other therapy*

**Lift Summum**

60 min | 120.00 lv

*Expert facial therapy for tightening and lifting the skin of the face, neck and décolleté. Includes skin exfoliation, specific lifting massage, wrinkle filler and double face and décolleté mask. The face regains volume and the skin is visibly more elastic and tight.*

*High-tech equipment  
procedures*

**HYDRADERMIE “Juvenility“**

60 min | 120.00 lv

*Unique patented innovation helps fast and deep penetration of ionized active ingredients, which is the key to the exceptional efficacy of the therapy.*

**HYDRADERMIE LIFT**

60 min | 130.00 lv

*Lifting therapy that tones and tightens the skin in depth by stimulating the muscles.*

**HYDRADERMIE DE LUXE**

90 min | 160.00 lv

*High-tech facial therapy in which a combination of double ionization and lifting skin stimulation is applied. Instant result after the first therapy.*

**EYE LIFT**

30 min | 70.00 lv

*Effective eye therapy with a triple result - against wrinkles, puffiness and dark circles*

**LIFT EXPRES**

30 min | 80.00 lv

*Express lifting therapy by stimulating the muscles. Suitable for a rewarding procedure when conducting a cosmetic program.*

## **HYAULU – PROCOLLAGENE**

60 min | 120.00 lv

*Program for filling wrinkles with hyauronic acid and collagen.  
Therapy includes a drink of Collagen 10,000 units.*

## **Moisturizing ritual**

### ***Heart of the Ocean***

70 min | 100.00 lv

*Combining the deep hydrating effect of seawater with the detoxifying effect of trace elements and sea salts, this cosmetic therapy increases hydration levels and restores skin radiance.*



*Laminaria algae are hand-picked from the ocean to provide the best therapy for tired and withered skin. These luxurious organic algae detoxify, hydrate, tighten and soften the skin*

## **Facial therapy with Laminaria**

70 min | 100.00 lv

## **Eye contour therapy with whole algae**

30 min | 60.00 lv

## **Facial massage**

30 min | 60.00 lv



*For better results we recommend  
the use of home care products!*

## *Spa etiquette*

- The appropriate clothing for the territory of the SPA center consists a bathing suit, clean slippers and a swimming hat. It is recommended to use the robe from the room.

- It is advisable to avoid consuming heavy foods, alcohol or caffeine before or immediately after visiting the spa.

- To maintain an atmosphere of calm in the relaxation areas, we kindly ask you not to speak loudly in the relaxation areas.

- It is necessary to take a shower before using all water and thermal facilities.

- When visiting saunas, always place a towel on the bench you are sitting on.

- Do not use cosmetics that are not intended for the thermal area.

- Jumping and diving in water facilities is not allowed.

- It is forbidden to smoke, bring food and drinks to the spa.

- Every parent should take care of the safety and comfort of their children.

- Personal values must be kept. The spa does not take responsibility for lost or damaged personal belongings of the guests.

- The use of a sauna or steam bath during pregnancy is not recommended, as well as for people who cannot withstand high temperature with high blood pressure or too low blood pressure, asthma and other respiratory problems.

- Grand Hotel Pomorie is not responsible for accidents or injuries as a result of non-compliance with the rules and restrictions of the spa.

## **Reservations for procedures**

Advance booking guarantees that you will receive the desired procedure at a time convenient to you. You can book an appointment from SPA reception. Please inform the SPA receptionist if you suffer from certain health problems or pregnancy. If necessary, you can consult our doctor. In order to fully enjoy the therapy, it is good not to be late for the procedure and to come 10 minutes before the scheduled time. Delay in therapy would shorten the duration of the procedure and its effectiveness.

## **Gift vouchers**

All services in the spa can be purchased as a gift for your loved ones, friends and relatives for a variety of special occasions. Gift vouchers are valid for three months from the date of purchase. The mentioned procedures can be replaced by others after consultation and confirmation by the SPA administrator.

**We hope you will enjoy pleasant hours of relaxation and rest.  
Your feedback and recommendation is important to us!**

**If you need information, reservation and other questions,  
please contact the SPA Reception!**

**Working hours 8:00 – 20:00**

**Phone: +359 596 288 92**