



PADISE BOUTIQUE SPA

In our Boutique Spa we work in tandem with nature to provide you an unforgettable holistic experience. We have combined a modern science with ancient practice to align mind, body and spirit. In our treatments we are using products from exclusive luxury brand ALQVIMIA. All the products that we use are naturally- produced raw materials of the highest quality from medicinal plants.

True beauty lies in the balance between body, mind and soul

RITUALS

OF THE HERBS

Relaxing body ritual with local herbs

75/ 90 MIN 90/119EUR

NB! Longer version is with body scrub.

Hydrating and nourishing spa experience which uses locally sourced plants and herbs to induce a deep sense of relaxation. The journey starts with a herbal scrub made from silky jojoba oil, extra fine seasalt and freshly picked/dried local herbs and flowers. Afterwards, a personalized full body massage delivers a blend of nurturing oils, leaving your skin soft and rejuvenated. The ritual is completed with Alchemical Moxa treatment to increase the energy flow as well as inner and outer beauty.

QUEEN OF EGYPT

Ritual from Alqvimia

90 MIN/119EUR

You deserve to feel like a Queen. This Beauty Ritual, performed with Dead Sea Salt and Mud, with exotic fragrances with subtle nuances of rose and myrrh, will rejuvenate the skin, restoring its beauty and natural attractiveness, enhancing sensuality, self-esteem, inner strength and hormonal balance. The treatment seduces with the enigmatic aroma of the Queen of Egypt, inspired by Queen Cleopatra, one of the most fascinating women in history.

ALCHEMIC MOXA

Healing therapy from ancient China

20 MIN/30EUR

The second chakra and the hara are located in the lower abdomen area and are very important energy centers in the body: they govern creativity, emotions, sensuality, interpersonal relationships and the reproductive system.

The technique involves the stimulation of this area by means of a pure preparation of mugwort and other medicinal herbs, with the purpose of activating the inner fire, promoting blood and lymph circulation and the right flow of energy through the organism. Moxibustion increases significantly the amount of white and red blood cells as well as haemoglobin. People who suffer from constant circulation or cold feeling in the hands and feet can greatly benefit from Moxibustion. During the treatment, one can experience a pleasant sensation of warmth, well-being and confidence, and the results are manifested in an increase of energy, inner and outer Light and Beauty.

MASSAGES

DEEP WITHIN

Therapeutic deep tissue massage

1H/90 MIN 79EUR/119EUR

Essential Oils are the best allies to combat physical fatigue and muscle pain. Right from the first session, we release tension and loosen the muscles making our clients feel free. This personalized massage uses the oils from Alqvimia vitality range, enhanced by Rosemary Alcohol made according to the ancestral alchemical tradition.

HEALING WITH AROMATHERAPY

Personalized aromatherapy massage by Alqvimia

1H/90 MIN 79EUR/119EUR

We combine Essential and Vegetable Oils to make outstanding formulas. For those who want to enjoy a completely personalized moment of relaxation and well-being. To see to their needs at any given moment, this is the treatment they are looking for.

THAI HERBS

Healing massage with Thai herbal compresses

1H/89EUR

In Thai, Luk Pra Kob literally translates as “pressing herbal sphere” or herbal ball. It's also commonly referred to as an herbal compress, bundle or poultice. It dates back to 14th Century Thailand and remains an integral part of Traditional Thai Medicine today.

It's a deep heat herbal muscle treatment. The body absorbs the heat along with the organic herbs to help ease muscle aches & pains, alleviate stiff joints, stimulate circulation, increase lymphatic drainage, detoxify & release stagnant energy in the body.

TAHITIAN BREEZE

Tahitian heated stone massage

1H/79EUR

An unforgettable sensation provided by Tahitian volcanic stones. In this luxurious and relaxing deep tissue massage the heat of the stones are combined with sensual Tahitian Monoi oil. The perfect combination helps to release the tensions within the muscle tissues and rebalance the energy of the body.

CLEAR THE MIND

Relaxing head massage

DURATION 45 MIN

PRICE 69 EUR

A deeply relaxing oil-based massage of head, neck and shoulders to ease tension in the muscles and fascia of the head and upper body and induce a deep sense of calm.

RELAXED FEET

Relaxing foot massage with essential oils

45 MIN/69 EUR

Restore the body's balance and release aches and pains with this oil-based signature treatment using a fusion massage techniques on the meridian lines of the legs and zones of the feet.

FACIAL THERAPIES

FRESH COLLAGEN

Alqvimia

1H/90EUR

The ALQVIMIA Rejuvenate Facial, using the regenerative properties of Rose Damascus, Myrhh, Green algae and Dead sea mud help to reclaim your skin's youth. Not only does it feel luxurious, the treatment exfoliates, firms and improves tone and texture.

Deep cell regenerator, anti-wrinkle, moisturizing, nourishing and antioxidant. Particularly recommended for mature and oxidized skins.

PURE CALM

Alqvimia

1H/90EUR

Alqvimia soothing and moisturizing facial treatment, provides a true protection for sensitive skin. The powerful properties of lavender, verbena, Rose Damascus and Pink Algae are used to heal, hydrate and firm - restoring balance to sensitive or irritated skin, helping it to regain its youthful glow.

WELLNESS

HEALING WITH YOGA AND MEDITATION

4H/169EUR

Designed to restore emotional and hormonal balance this rejuvenating journey will relieve fatigue and replenish body and mind. The journey begins with a yoga and gentle meditation with Tibetan bowls, followed by a full body massage with ancient powerful active oils that empower and renew delivered with a fusion of therapeutic techniques to increase vital energy. The journey is completed with Alchemical Moxa treatment to promote circulation and the right flow of energy through the organism.

During the journey we serve herbal tea and you will have full access to pool, sauna, steam and jacuzzi.

DISCOVER YOGA

90 MIN/79EUR

Experience a new form of body and mind exercise, release any stress and enjoy improved flexibility and more powerful and stronger body. We have combined a session of hatha yoga and meditation with a Tibetan singing bowls. After the session you are welcome to relax and enjoy a perfect blend of herbal ta.

HEALING MEDITATION WITH SOUND THERAPY

45 MIN/59EUR

In this relaxing session we have combined meditation with sound therapy. Sound therapy meditation have many benefits. Meditating can strengthen areas of the brain associated with memory, learning, attention, and self-awareness. Over time, meditation can decrease emotional reactivity, stress, anxiety, and depression. The sound waves created by the singing bowls, and other instruments guide the mind; making it much easier to relax into a deep meditative state. These therapeutic sounds also calm the nervous system, increase circulation, reduce chronic pain, improve sleep, and reduced cortisol levels.

RESERVATIONS

Reservations can be made by calling :+3725099265 or by e-mail riin@padisemois.ee

We suggest that you schedule your appointments in advance to obtain your preferred time. Bookings can be made for every day.

ARRIVAL

We recommend that you arrive at least 10 minutes prior to your appointment time in order to relax and enjoy our facilities.

CANCELLATION POLICY

Cancellation Policy Should you wish to cancel an appointment, please let us know at least four hours beforehand or a 50 per cent cancellation fee will be charged. No-shows will be also charged at the full treatment price.