



Up The River
HEALING SPA

English

A healing place – between gardens and waters

A complete wellness space in the Danube Delta, with gardens and waters all around the spa, Up the River draws its energy from the unaltered soul of the old Dobrogea



An oasis of holistic therapies for spirit, body and mind, up the river spa brings together ancient healing rituals from all over the world, to awake consciousness and to ensure wellness.

5 treatment rooms ● 1 couples treatment room, overseeing the Danube
ILA luxury organic products ● Relaxation room with hydromassage on the deck ● SPA boutique ● Infinity pool on the Danube's ridge ● 2 gazebos for outdoor massage ● DETOX center ● Pool and indoor thermal area ● Fitness studio



Organic luxury- ila products and therapies

ILA therapies create an oasis where to reconnect with inner peace and joy, offering rituals beyond the regular spa experience. We are in great company, the ILA products and therapies are present only at the very best wellness centers in the world: Ananda in the Himalayas, the Four Seasons or Ritz.

ILA experience fusions modern techniques with Ayurvedic and Asian traditions for deep levels of emotional and spiritual relaxation, through mind, body and senses- from marma point meridians healing therapies and tapping, Tibetan rituals, aura and space purification with Palo Santo to luxurious organic products.

Our Asian therapists ensure linearity by having a profound cultural understanding of these rituals.

Wellbeing Massages

UP THE RIVER SIGNATURE RITUALS	5
AYURVEDIC EXPERIENCES.....	9
MASSAGES FOR WELLBEING STATE.....	13
THERAPEUTICAL MASSAGES.....	17
TREATMENTS FOR MEN	21
FACIAL TREATMENTS.....	25
WELL BALANCED BODY.....	30
BEAUTY.....	32
KIDS THERAPIES.....	33
SPA AL-FRESCO.....	35
BATHS & INFUSIONS.....	37
PREGNANCY TREATMENTS.....	39
IN-ROOM SPA EXPERIENCES.....	41





Up The River Signature Rituals

We have created some special treatments for the Up the River Spa guests, by blending together therapeutical grade essential oils, extracts of rare herbs and natural ingredients for energy and relaxation.

We consider that ancient civilisations have a deep understanding of how the body should be treated as it is in great need for restoring in these hasty modern times.

Aromatherapy and the ancient Science of Ayurveda are united in a beautiful array of SPA rituals.

SATTVA INTUITIVE MASSAGE **50 MINUTES OR 1h 15 MINUTES**

240 RON | 360 RON

Asian energising massage.

*optionally, it includes a scalp massage for the 1h 15 mins variant.

This invigorating massage encompasses circular movements, pressure through gliding, frictions, marma therapy, light stretching. The skin is warmed, muscles are relaxed.

KU-NYE TIBETAN RITUAL **1h 45 MINUTES**

550 RON

Body scrub, Ku Nye, aromatic poultices massage, Ku Nye facial treatment
This Tibetan Ritual balances the five elements to restore a harmonious flow of energy and vitality.

Treatment starts with a Himalayan crystals scrub in order to purify and stimulate the nervous system. A blend of five essential oils work together to stabilise the five sensory organs. Tibetan cupping, kneading and acupressure techniques help release physical and mental tension, whilst warm crystals and poultices bring harmony.

A strengthening Ku Nye Face therapy and an invigorating head massage brings nourishment and regeneration from the tips of the toes, to the crown of the head.

INNER PEACE ZEN CEREMONY

550 RON

1h 45 MINUTES

(Body exfoliation, full body massage, yoga facial)

This exceptional therapy will greatly improve the aspect of your skin from head to toe. The ritual starts with an aromatic scrub in order to leave the skin smooth and supple. Then, a golden mist of precious oils is applied in a massage meant to nourish and illuminate the skin.

At the end, the yoga facial eliminates impurities and brings back the face's natural glow.

BODY SCRUB "LOTUS" DIY

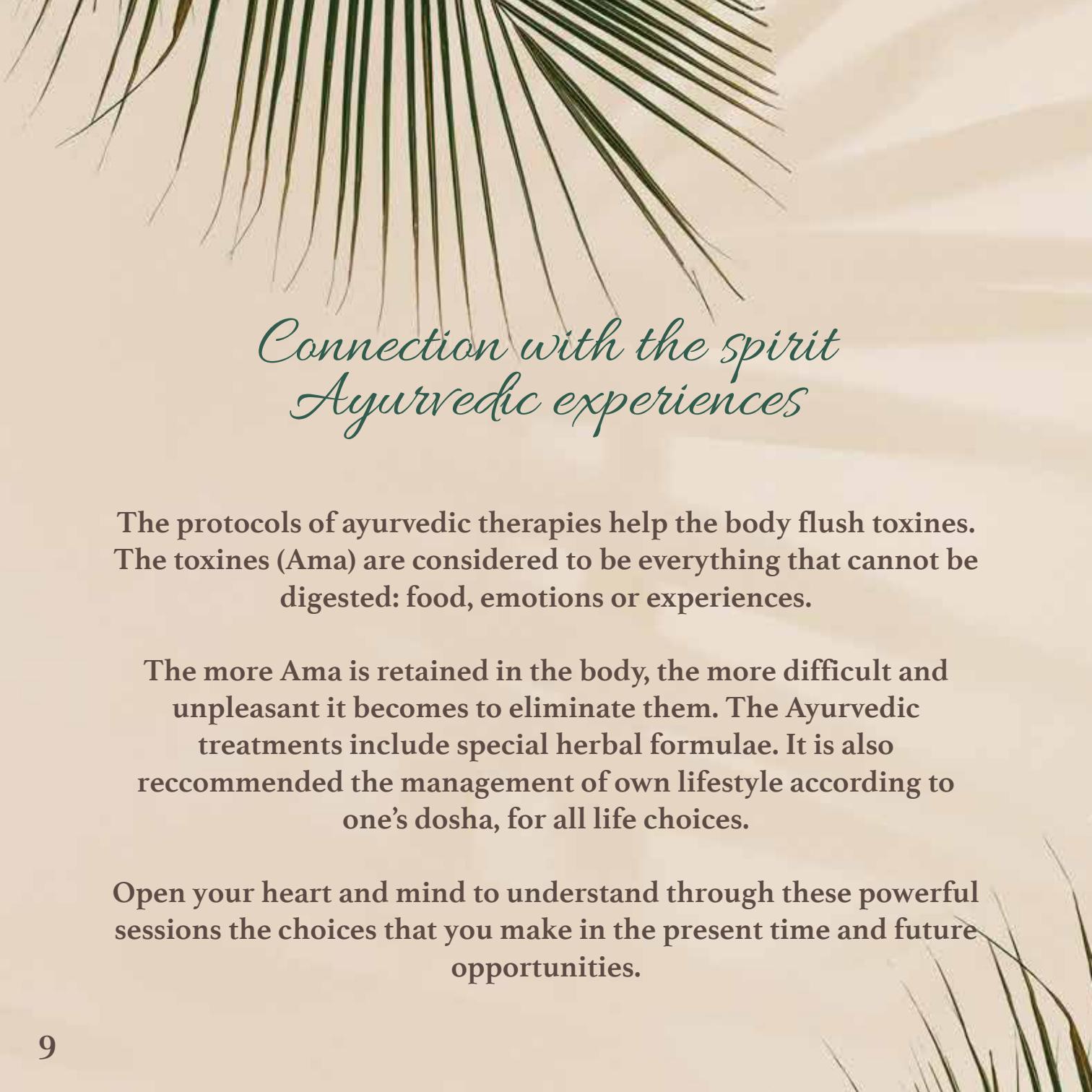
150 RON

25 MINUTES

(gourmande body scrub of your choice from the Up the River Scrub Bar, a Spa d'Or concept)

We invite you to create your own custom ritual which matches your mood. Choose intuitively from the orchid, Damascena roses, aromatic herbs and salts the one that speaks to you.





Connection with the spirit Ayurvedic experiences

The protocols of ayurvedic therapies help the body flush toxins. The toxins (Ama) are considered to be everything that cannot be digested: food, emotions or experiences.

The more Ama is retained in the body, the more difficult and unpleasant it becomes to eliminate them. The Ayurvedic treatments include special herbal formulae. It is also recommended the management of own lifestyle according to one's dosha, for all life choices.

Open your heart and mind to understand through these powerful sessions the choices that you make in the present time and future opportunities.

'PRAYER OF THE EARTH' RITUAL

550 RON

1h 45 MINUTES

Pachamama Ritual

(welcome ceremony, Sound Healing, Palo Santo fumigations, body exfoliation, body massage)

Out with the negative, in with the positive.

The Pachamama I Prayer of the Earth Ritual draws its seva from the Earth Offering to the Soul, a very spiritual ILA ceremony, in order to keep the body rooted and to transmit inner peace to the *psyche*.

Calm and profound, this treatment combines a n aromatic feet washing ritual , Muladhara chakra cleansing with frankincense and palo santo smoke, crystal singing bowls and a slow earthy massage with vetiver, patchouli and jatamansi oils, to calm the mind and create profound stillness.

DANCE OF HEALING WATERS

550 RON

1h 45 MINUTES

**available seasonally

(body exfoliation, aromatic bath, massage)

To truly 'let go', this is the treatment for you. This deep lymphatic scrub stimulates the sacral chakra, located in the lower abdomen and is associated with emotional balance, desire and pleasure. The ritual is complete with a flowing massage and chakra-warming with nourishing oils of jasmine, rose geranium and patchouli. This blessing helps you find a healthy balance in life.

“SMILING HEART OFFERING” CEREMONY

550 RON

1h 45 MINUTES

(welcome ceremony, body exfoliation, aromatic poultices therapy, Basti-oil retaining compress, massage)

This ritual comes from the pure mountains of the Himalaya. Achieve delicate balance in your heart chakra which is vital for your circulatory system, heart and thymus gland.

Wind down with a Himalayan salt and poppy seed body scrub, followed by a gentle Anahata (heart) massage with warmed Himalayana salt poultices, and a heart *basti* of warmed rose oil and poppy seed which is poured and retained over the heart.

“SACRED LOVE” COUPLES RITUAL

900 RON

1h 45 MINUTES

(body exfoliation, full body massage, reconnecting ceremony)

Perfect for couples, this intimate treatment ritual uses the trinity of three exquisite oils- rose (love), orange blossom (bliss) and jasmine (for stimulating the flow of love), to promote reconnection on a physical, emotional and spiritual level.

“FEMININE SPIRIT” RITUAL

550 RON

1h 45 MINUTES

(welcome ceremony, massage, hot kidney packs, marma therapy)

Boost your feminine spirit with this heavenly ritual that restores reproductive energies. Feel awakened with a session that combines flowing lymphatic massage, marma therapy, kidney packs and essential oils of rose and sandalwood which nurture and uplift.

“SOUL AWAKENING” CEREMONY

550 RON

1h 45 MINUTES

Soul Awakening

(welcome ceremony, breathing techniques, full body deep tissue massage, Ajna facial)

This ritual encompasses a deep tissue massage, a beautiful face treatment and a scalp massage. It is suitable for the ones needed profound restoration, who feel that their soul and body are tired and could benefit from a restart.



Massages for a state of wellbeing

A tradition of centuries, massage has deep healing properties: it strenghtens the body, it nourishes the soul and pacifies the mind. It helps improving sleeping patterns and it brings profound relaxation into the body.

REBALANCING SATTVA MASSAGE

240 | 360 | 400 RON

50 MINUTES, 1h 15 MINUTES, *1h 15 MINUTES DUET

A unique multicultural massage that combines Balinese, Chinese and Indian massage techniques, in order to caliber energies and to eliminate tiredness from body and mind.

The movements are precise, envelopping and firm, focusing on emotional tension. Geranium, lemongrass and patchouli essential oils leave the mind and spirit bright with vitality.

BACK, NECK AND SHOULDERS

150 RON

25 MINUTES

A short but very efficient massage that eliminates pain provoked by muscular tensions. The back and neck area us essential in coordinating movements and maintaining posture, therefore it needs therapeutical care.

AROMASTONE MASSAGE

550 RON

1h 15 MINUTES

In order to feel one with Mother Nature offer yourself a smooth hot stones massage, for tension relief. The heat in the stones gets easily into your body, opening tired muscles, fiber after fiber.

This popular massage relieves stress, detoxifies and leaves you revitalised and full of 'volcanic' energy.

'KARUNA KAYA' DEEP TISSUE MASSAGE
50 MINUTES

240 RON

This Karuna Kaya treatment — based on the Buddhist concept of compassion towards oneself — soothes the deepest layers of the muscles with our unique Vital Energy Body Oil. These are worked in with slow, strong strokes. Deep Tissue massage implies understanding the different layers of the body and the ability of working the tissues in order to relax in the most efficient way. Recommended to those with chronic muscular tension or to hardcore sports lovers.

YIN& YANG REFLEXOTHERAPY
25 MINUTES

150 RON

Deep-seated in the art of Chinese reflexology, this foot massage does more than relieve tension. By restoring the body's equilibrium of yin and yang, this encourages quicker healing and strengthens the body. Authentic to the Chinese practice, guests can even drink tea throughout the session.

BODY REFINER MASSAGE
50 MINUTES - SERIES OF 10 SESSIONS

200 | 1600 RON

This hundred years old slimming technique combines manual techniques (palper rouler, frictions, tapotament, kneading) to mobilise the fat tissue and to eliminate stagnant elements. Cellulite is visibly reduced and your silhouette is refined during the series.



MANIPURA FULL BODY MASSAGE
1h 15 MINUTES

360 RON

Calming *Anxiety release*

For digestive disorders (includes mini scrub and abdominal massage)

This warming treatment helps balance and energise the Manipura—the solar plexus (naval) chakra –the centre of fire and sun energy that ignites our health and vitality. Meaning ‘beautiful, shining jewel’ in Sanskrit, the Manipura massage uses marma therapy, lymphatic drainage and warm herbal poultices on the abdomen to relieve digestive blockages, increase blood and lymph flow, and stimulate inner vibrancy.

Therapeutical Massages



KUNDALINI BACK TREATMENT

50 MINUTES OR 1h 15 MINUTES

300 | 450 RON

(back massage, marma points therapy, chakra balancing, hot poultices, back of the legs massage)

*Optionally, it includes a Rose face massage for the 1 h 15 mins variant

Ideal for emotionally exhausted souls, this nurturing treatment has an extraordinary restorative effect on the sympathetic and parasympathetic nervous systems. Ancient marma therapy and warm herbal poultices are massaged into the back of the body, whilst sound healing and chakra balancing lift away your tension. Energy is released from the base of the spine, and the body is brought back to a state of balance.

KU-NYE AROMATIC POULTICES MASSAGE

1 h 15 MINUTES

360 RON

Reduce tensions with a series of authentic Tibetan techniques including cupping, kneading, potli acupressure with aromatic poultices; a plethora of healing methods that balance the five elements, stimulate the nervous system and energise the meridians, helping you attain mental and physical Nirvana. Harmony in execution, total restoration for the body; an extremely revitalising massage.

GINGER CUPPING MASSAGE

1h 15 MINUTES

360 RON

Discover the healing benefits of this ancient therapy. Cupping means that small glass ventouses are heated and placed on the body, creating suction at skin level. It stimulates circulation and lymphatic flux, reduces muscular pain and relieves tensions.

TIBETAN SCALP MASSAGE

25 MINUTES

150 RON

*with or without oil

A great deal of the tiredness and tension that we feel find their way up to the neck and skull; it's also the place where we store emotions, feelings and memories. This concentrated massage clarifies and energizes the mind while bringing focus. The final feeling is peace, harmony and a floating body.

CUSTOM SPORTS MASSAGE

50 MINUTES

240 RON

Your body is unique, such as its needs. We have created this therapeutic massage using a mix of techniques and ingredients dedicated to muscular release. Deep tissue, trigger-points (points where tension is accumulated), Swedish techniques and cross-fiber create a custom therapy. Areas with a lot of tension are treated with an antiinflammatory sports gel based on medicinal plants.







Up the River Treatments for men

We believe that in the stressful world of today, wellness is necessary both for men and for women.

Therefore, we have created a series of therapies that include only the essential rituals for men: focused results oriented towards muscles release and skin detox.



ESSENTIAL FACE TREATMENT FOR MEN
50 MINUTES

310 RON

Using ila's Glowing Radiance Collection, this men's therapy restores vitality to skin weakened by frequent shaving or exposure to the elements. A hydrating blackcurrant, honey and sandalwood exfoliator cleanses, tones and moisturises, prior to a marma point massage with anti-bacterial vetivert and healing damascena rose.

In the end, a seaweed and bio-plasma mask purifies and nourishes, leaving skin supple and strengthened.

KUNDALINI BACK RECOVERY TREATMENT

300 RON

50 MINUTES

(ILA core back massage, marma therapy, chakra balancing, warm herbal poultices, back of leg massage)

Decontracting and revitalising therapy, essential for anybody who feels the need to reset paravertebral and neck muscles. Hot aromatic poultices facilitate pore opening and releasing tension from the back area. A therapeutical massage for the back and back of legs follows.

ZEN MASTER FACE AND BODY TREATMENT

550 RON

1h 45 MINUTES

(Deep Tissue massage, yoga facial, scalp massage, cognac serving)

An extremely relaxing and energising experience, including an essential face therapy for vitality, a stress release massage and the very much loved scalp massage.

Vetiver and cedar essential oils will pleasantly 'anesthetise' the body, generating complete wellbeing that will last for hours after.





Up the River Facial Treatments

Up the River offers ILA face treatments including facials for men or immediate solutions for nourishment and luminosity.

Our therapies do not stop at obtaining a healthy clean skin but they go deeper.

We believe that a balanced and vibrant inner energy is reflected on the outside and this is why we have chosen high vibrations therapies, coming from the Tibetan culture.

ANANDA ROYAL FACE THERAPY

50 MINUTES

310 RON

For a radiant glow and indulgent nourishment.

Using ILA's Glowing Radiance collection, this divine therapy begins with an Aloe Vera and Pomegranate cleanse and a gentle Blackcurrant and Honey exfoliation to the face. This is followed by a powerful Damascene Rose Otto and Sandalwood oil Marma massage to stimulate energy to skin cells and restore natural luminance. A Green Clay mask reduces inflammation and leaves the skin glowing.

CRYSTAL HEALING FACE THERAPY

1h 15 MINUTES

400 RON

This treatment harnesses the healing vibrations of crystals to release tension and revitalise the skin. Meridian tapping and Tibetan crystal techniques balance and strengthen. A garnet face scrub protects and energises. Acupressure with hot poultices and rose quartz restores radiance, while a cooling and nourishing jade mask helps reduce the appearance of fine lines.

VISSUDHA HARMONISING RITUAL

400 RON

1h 15 MINUTES

Vishuddha means 'extremely pure'. The 16 petals of the throat chakra are reflected on the face.

Rose oil is the medium for healing and combined with ancient Marma massage and light nurturing strokes, this facial purifies and opens up the energy field of the face and neck.

It works to remove blockages and stimulate the flow of energy along the pathways of the face and prepare them to receive the prana and light.

This facial awakens the blissful higher energy in the body as well as results in beautiful and glowing skin.

KU-NYE TIBETAN FACIAL

310 RON

50 MINUTES

Ancient Tibetan oil and Organic Sea Buckthorn bestow cellular rejuvenation, improving microcirculation to the skin aiding in the anti-ageing process. The Tibetan Ku Nye facial balances our core energy.

The treatment begins with a Rose Hip Scrub to exfoliate and prepare the skin for the sea buckthorn elixir. Deep lymphatic drainage and acupressure with hot stones restores a glowing radiance to the skin. A Lavender and Honey mask completes the experience.

YOGA FACIAL

250 RON

25 MINUTES

A treatment with multiple therapeutical benefits for immediate glow and a boost of energy, Thanks to the anti oxidative properties of green tea, the skin becomes bright and clear.



We want our treatment to have a long lasting impact both on the quality of your skin as well as on your mood.

Therefore, we advise you to continue with the care routine at home, too. Our therapists will advise you on the most suitable products from our carefully selected lines.



ilā™

GOLD CELLULAR
AGE-RESTORE
FACE CLEANSER
SIBBUKIA EXTRACT
SEA BUCKTHORN OIL AND
WILD-GROWN JOJOBA OIL

ilā™

GOLD CELLULAR
AGE-RESTORE
FACE TONER
LEMON EXTRACT
HYDROLYZED
HYALURONIC ACID AND
SILICA OIL

ilā™

GOLD CELLULAR
AGE-RESTORE
FACE SERUM
SIBBUKIA EXTRACT
SEA BUCKTHORN OIL AND
WILD-GROWN JOJOBA OIL

GOLD CELLULAR
AGE-RESTORE
FACE CREAM

24 CARAT GOLD DUST
GOLD-GOLD DUST AND
SIBBUKIA EXTRACT
AND SANDALWOOD OIL

ilā™

A still life composition featuring spa products. On the left, a large green monstera leaf is partially visible. In the foreground, a white ceramic bowl filled with a yellowish cream sits next to a small glass jar with a white lid, containing a yellow granular substance. These items are placed on a dark brown, textured woven basket. To the left of the basket, a wooden massage tool with orange beads is partially visible. The background is a plain, light-colored wall.

A well balanced body

Most of the time, at the spa, you will choose a massage, because it is so relaxing.

At Up the Rover Spa we have created body treatments that offer all the benefits of a massage while the skin also benefits.

If you choose to eliminate impurities, to recharge or to silken the skin, you will congratulate yourself on the choice you have made.

AROMATIC 'LOTUS' SCRUB

150 RON

25 MINUTES

An essential treatment to prepare the skin for summer or for any other therapy Dead skin is eliminated, and the skin recovers its vitality. Choose from the Up the River Scrub Bar the one which better suits your spirit.

PEARL AND JASMINE SCRUB WITH AMETHYST WRAP

450 RON

1h 15 MINUTES

(ILA core full body renewal, gel wrap application, cranial hold or facial massage, shower, full body oil/cream application)

Physical therapies come together with audial remedies for a long desired state of calm. Fatigue and energy depletion is one of the biggest afflictions plaguing today's 24/7 societies. This amazing pearl and jasmine Himalayan salt crystal scrub has the immediate effect of restoring vitality and energy levels, mental clarity, wellbeing and strength. The ensuing amethyst gel body wrap relaxes and balances the nervous system, stimulating circulation, regeneration of skin cells and cell growth.

ROSE AND ALOE SUN COOLER

350 RON

50 MINUTE

(body mist, gentle massage, body wrap)

Anti-inflammatory, repairing and soothing, this treatment is a remedy for sunburnt, dehydrated and damaged skin. It begins with a soothing mist of rose hydrolat and continues with a cooling massage using Body Cream for Glowing Radiance and rose quartz crystals to calm and soothe sunburn or sensitivity. A rose and aloe vera gel wrap is gently applied over sensitive skin, whilst rose quartz crystals, placed upon facial

31 meridians restore balance.



Beauty

SPA PEDICURE 50 MINUTES

150 RON

An extremely effective treatment to renew and smooth the hard, calloused skin of the feet, leaving feet refreshed, soft and nourished.

SPA MANICURE 50 MINUTES

110 RON

A relaxing and nourishing experience designed to leave the hands supple and good looking.

Kids Therapies

**Relaxation and wellbeing are not dedicated to adults only at
Up the River Spa.**

**We have created a menu of therapies suitable to a young age
and kids' patience, so they can accompany their parents while
searching for peace, vitality and health.**



LITTLE MASSAGE
25 MINUTES

150 RON

A special moment of pleasure for children. The therapist gently manipulates the child's members and massages the body with fluid easy movements.

JUNIOR FACE TREATMENT
25 MINUTES

180 RON

With rose and honey extracts, this mini facial is created to relax while offering a special glow to the face.

*it doesn't include extractions.

LITTLE BUDDHA KIDS RITUAL
50 MINUTES

300 RON

(Junior face treatment, Little massage)

This small moment of pampering for your precious child includes a delicate massage and a face treatment created with the softest of our products.



Spa Al-Fresco

BREEZE INTUITIVE MASSAGE

240 RON

50 MINUTES

A massage in our special plant-envelopped gazebo. The rhythmical and profound movements of our therapists, the fresh and special air of the Delta, the pacifying nature, will help you regain peace of mind.

BACK, NECK AND SHOULDER MASSAGE

150 RON

25 MINUTES

A short moment of respiro in order to relax and recharge.

DEEP TISSUE MASSAGE

240 RON

50 MINUTES

A decontracting massage that addresses the deeper layers of the skin. Rebalancing aromatic oils reduce tensions and pain. The therapist will apply intense pressure and trigger-points technique in order to unblock stagnant energy. Reccommended to athletes.

A woman with long, dark, wavy hair is relaxing in a hot tub. She is wearing a white bikini top and has her eyes closed, looking upwards. She is holding a large, vibrant green leaf in her right hand. The hot tub is filled with white bubbles, and the background is filled with lush green foliage, creating a serene and natural atmosphere.

Baths and Infusions

Hydrotherapy (water therapy) is the original form of body treatment. The ancient Greeks and Romans, Japanese and Oriental culture used the healing powers of the waters for a healthy body and a calm mind.

At Up the River Spa, the natural setting inspires calm and beauty.

SERENITY
1h 15 MINUTES

360 RON

The quintessential balance for your body. Soak in our Bath Salts for Inner Peace, followed by soothing application of our Body Balm for Feeding Skin. Bliss out, and emerge with skin softened and nourished.

DREAMTIME
25 MINUTES

150 RON

Essential for those who have trouble sleeping, or those who yearn for the perfect slumber. This bath uses our sleep-inducing Dreamtime products, formulated with vetivert, jasmine and spikenard. Let it all in, and let go.

AWAKENING
25 MINUTES

150 RON

Dip into this bath for an energy boost and burst of vitality to seize the day. This combines Bath Salts for Cleansing, Body Cream for Vital Energy, and Energy Spray for An Aura of Confidence to release toxins and restore positivity throughout the body.

This bath capitalizes on the healing properties of roses and tuberoses, nourishing oils and body balm.

We recommend that you bring your swimsuit to relax without having any privacy issues.

The page features several large, vibrant green leaves with prominent veins, arranged around the central text. The leaves are positioned at the top, bottom, and sides, creating a natural, organic frame. The background is a light, neutral color, making the green leaves stand out.

Pregnancy Treatments

Delicate and calming, these therapies aim to relax the muscles of the legs and back and to reduce discomfort in pregnancy.

All for a calm state of being.

COMFORT- MOTHER-TO-BE MASSAGE

50 MINUTES

240 RON

*Suitable from the second trimester.

This gentle and caressing massage improves circulation and relaxes the muscles of the legs and back in order to ease discomfort and tensions in pregnancy. A joyful moment for a beautiful pregnancy experience.

NURTURING NEW LIFE

1h 15 MINUTES

360 RON

A restoring and pampering therapy, this full body treatment incorporates a body exfoliation followed by an aromatic oils massage for cellular renewal.



LEBADA
Detox & Energy Drink

Detox
MERIȚI SĂ TE SIMȚI BINE



Detox

A clean and light body, clear mind, regained energy.

MASTER DETOX

Mustafa, our in-house specialist in detox programs has extensive experience in many clinics in Romania and Turkey. It will guide you in obtaining good operating parameters through juicing sessions, delicious alkaline diet and intensive detox programs.

Freed from the need to digest heavy food, the body redirects its effort and energy to other functions, you will gain a healthy routine, more discipline following a diet and sports plan.

TANITA BODY ANALYSIS

50 RON

A careful analysis of the current parameters is required before embarking on the journey to health. You will find out the body fat index, the percentage of hydration, where you are compared to the ideal parameters for your weight, age and gender.



MASTER DETOX 1 day / 5 days / 7 days / 10 days **85 | 1194 | 1166 | 3680 EUR**

You will access the best body cleansing program. Medical studies have shown that proper nutrition is the basis of a healthy system.

At fixed intervals, so as not to settle the idea of hunger, you will receive a menu consisting of fruit and vegetable juices, alkaline water, shots of electrolyte drinks, meant to recharge the body, and clear soups. The good part is that this menu is also very good in taste.

ALKALINE DIET - RAW-VEGAN

Based on a discussion with Mustafa, our specialist, you will determine the duration of this diet designed to balance the pH in the body. An unbalanced pH affects the entire well-being and health. When you eat something and digest it, your body does not absorb everything. Part of what you produce is "metabolic waste".

It has been scientifically agreed that it is important to maintain a relatively alkaline pH for the blood. The benefits associated with an alkaline diet are many: you will lose weight, increase energy levels and prevent diseases such as arthritis, osteoporosis and diabetes.





*In-room
Spa Experiences*

Available only for the guests
that stay at Lebada Hotel&Spa



LEBADA WELCOME IN-ROOM RITUAL
25 MINUTES

180 RON

Start your stay with us with a healing Up The River Spa ritual that includes a singing bowls ceremony and Palo santo smoke in order to cleanse and elevate the room's vibrations. Relax your feet in the aromatic warm water before enjoying a feet scrub and a massage with an aromatic balm which nourishes tired feet and boosts the spirit.

IN-ROOM MASSAGE
50 MINUTES OR 1h 15 MINUTES

290 | 430 RON

Our therapists may offer one of our massages in the comfort of your own room. Kindly contact the spa reception.



SPA PARTIES AND EVENTS

Up the River Spa is a space where wellness finds itself at home. You will find the perfect space to spend time with your friends and family. If it's your birthday and you want to spend it in bathrobes while enjoying our gourmet kitchen and an wonderful massage, or maybe you celebrate a business partnership with your colleagues or you would love a few happy hours with your friends or family, we can help organise your event.



GIFT CARDS AND PRESENTS

We aim to make yours and the life of the people around you more beautiful. This is why we have created the Up the River gift cards and beautiful gift boxes that may bring a perfect moment in the life of a person that you appreciate.

Spa Etiquette

In order to create the perfect atmosphere and to treat every guest with courtesy, we ask you to please respect the following rules, so your visit is always a pleasant one.

CANCELLATION POLICY

Should you wish to cancel or modify your appointment, please do so with 24 our before. Reservations and packages for groups need to be notified 4 days prior.

LATE ARRIVAL

Please arrive with enough time before starting your therapy in order to enjoy the experience. Should you be late, we will do our best in order to hounur your treatment time with us, but, unfortunately, this is not always possible.



Spa Etiquette

In order to create the perfect atmosphere and to treat every guest with courtesy, we ask you to please respect the following rules, so your visit is always a pleasant one.

YOUR HEALTH

Your health and wellness are of utmost importance. Some treatments and activities have specific counterindications. Please tell us what health issues you have in order to choose the most appropriate treatments. It is important that you give us this information on each visit.

MOBILE PHONES

We kindly ask you not to use your phones during your spa visit, in order to respect everyone's right to calm and relaxation.

PRIVATE EVENTS AND PARTIES

We have options in order to organise a series of social and corporate events. Please ask for more details at the spa desk.

ROOM: 1113

MOBILE PHONE: 0785 224 040

