

SPA MENU

SPA PLEASURES

SiluettiSpa is a sanctuary for your mind and body in the buzzing heart of Helsinki. In our beautiful and peaceful settings you can forget your busy day-to-day life and concentrate on the essential – your own well-being. In these hectic modern times, we tend to underestimate the importance of rest and tranquility. This is why we at SiluettiSpa wish to offer you the gift of serenity. Our treatments are designed to fulfill your every need, whether that be the sensation of total relaxation or revitalization and vigor. Our purifying and balancing treatments soothe your mind as well as your body and guide you towards your inner strength. By lifting your spirit, enhancing your natural beauty and reviving you, we wish to help you face the challenges of modern life.

SPA MENU

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SILUETTISPA TIME

2 h time – 1 treatment

The perfect spa experience. You have the opportunity to enjoy a luxurious and relaxing spa bath and change in privacy in your own peaceful treatment room. Our specialists will help you choose just the right treatments from our extensive selection to meet your specific needs and mood. Your senses will cherish the memory of the treatment and with the advice provided you can revive the sensation at home whenever you wish to.

We serve a light lunch for guests who wish to stay for four hours or more.*

SILUETTISPA HAMMAM SUITE

3 h Time = 2 Treatments

1–2 persons

The ultimate spa experience for luxurious moments. Experience a memorable journey into well-being and inner harmony in peaceful solitude or with someone special. In the elegant SiluettiSpa Hammam suite you can change in privacy and indulge in blissful treatments tailored to meet your specific needs. You can also benefit from close consultation with our specialists, experience a sophisticated steam sauna and lifestyle-shower as well as relax in the luxury of spa baths, together or separately.

We serve a light lunch for guests who wish to stay for four hours or more.**

* Minimum reservation time 2 hours, maximum reservation time 8 hours

** Minimum reservation time 3 hours, maximum reservation time 8 hours

EXCLUSIVE SWISS SPA EXPERIENCE - A UNIQUE COLLECTION OF SPA TREATMENTS

State-of-the-art cosmetic technology combined with sensual pleasures and well-being for your mind and body. The combination of luxurious, pure ingredients and beautiful rituals make these treatments indulging as well as effective, in one word – art.

Hydra Vitality Swiss Facial

– vitality enhancing facial

90 min

This facial attacks signs of aging by increasing moisture absorption and adds vitality effectively. Relaxing essential oil massage ritual soothes the muscles. Enzyme peel brightens the complexion and a lymphatic facial massage with hydrating serum smoothes fine lines and adds a healthy glow. A refreshing double massage technique increases moisture in skin's deeper levels. The treatment is completed with a moisture-boosting mask which contains rejuvenating rose essential oil. The treatment is carried out in a spa suite.

Renewing Swiss Facial

– A replenishing anti-aging facial treatment

90 min

The treatment begins with a back massage using delicate rose oil. After cleansing, the skin in the face and décolleté area is massaged gently. Luxurious creams replenish the skin while spring water revitalizes. This indulging anti-aging treatment fades signs of aging and gives you an attractive youthful glow.

Pure Swiss Energy Facial

– An illuminating anti-aging facial treatment

90 min

This treatment is like a fresh breeze from the Alps. After a relaxing massage, your face is gently cleansed and exfoliated. Warm towels caress you before a replenishing facial mask is applied. Enjoy a hand, neck and head massage while the effective mask re-illuminates dull skin. The carefully chosen ingredients in the luxurious creams leave your skin refreshed and radiant. The power serum gives a final touch to your youthfully attractive appearance.

SILUETTISPA ENERGY – Energizing treatments

The recipe to our invigorating body and facial treatments is just the right combination of nature's most exquisite ingredients and the wisdom of ancient treatment methods. Let us fill your mind and body with vitality and energy and enjoy the effective results.

Thai Foot Massage

– Balancing foot massage

50 min

The traditional Thai foot massage has a holistic effect on the body: the pressure applied to the feet in reflexology-massage balances the whole body, while the relaxing stretches energize and stimulate. The treatment cleanses the body, promotes blood circulation as well as relieves stress and insomnia. The treatment is carried out by our professional Thai massage therapist in the Spa Salon.

Oriental Head Massage

– Relaxing head massage

50 min

This relaxing massage for the head, neck and shoulders is ideal for relieving head-aches, stress and insomnia. The treatment can be carried out with or without aromatic oil - according to your wishes, and it can also be combined with our other massage treatments. The treatment is carried out by our professional massage therapist in the elegant Spa Suite.

Thai Ritual for All Senses Treatment

– Reviving herbal treatment

60 min

A traditional Thai massage with aromatic oils, warm herbal compresses and Thai stretching. This treatment is designed to activate the metabolism and release muscular tension. Enjoy the long lasting sensation of well being all over your body.

SiluettiSpa Energy Massage

– Invigorating aromatherapy massage

75 min

Energizing, light massage with body scrub. This classic massage is based on the unique qualities of the aromatic massage oil. Grape fruit invigorates you and rosemary stimulates blood circulation and soothes muscular pain. This treatment relaxes your body but inspires your mind. The treatment is carried out in an atmospheric spa suite by beauty therapist.

SILUETTISPA PURE – Purifying treatments

Our purifying treatments for the face and body are based on nature's pure and refreshing ingredients and a profound understanding of how the body functions. By stimulating your skin and activating your lymphatic and blood circulation we wish to lift your spirit and inspire your mind.

Fresh 'n Firm SeaSalt Body Scrub

– Invigorating body scrub 30 min

Natural beauty with pure sea salt. In this scrub, the salt grains gently exfoliate and detox the skin, and help the skin to regenerate. Tropical fruits add their unique qualities to the blissful moment: choose mango-passion fruit for replenishment or papaya-pineapple for vitality. Your skin will feel as soft as silk and your mind inspired. The treatment is carried out in the elegant Spa Suite and it is available when combined with other treatments.

Pure Body Polish

– Purifying body peel 30 min

This refreshing treatment purifies the skin and stimulates metabolism. The round jojoba grains gently exfoliate and cleanse the skin, while lemon, sage and rosemary spice up the indulging experience. The treatment is ideal for delicate skin: it removes effectively impurities from the back and décolleté area, while leaving a velvety touch on the skin. The treatment is available only when combined with other treatments and it is carried out in the elegant Spa Suite.

Pure Seaweed Bath

– Purifying Seaweed Bath 20 min

Experience seaweed's soothing qualities in a revitalizing and purifying bath. Laminaria seaweed moisturizes and strengthens the skin, bladder wrack stimulates metabolism and spirulina revitalizes skin's own functions while moisturizing it. This enjoyable treatment is spiced with pine needle oil, which helps to release muscular tension and stimulate skin. This treatment is available only when combined with another treatment.

Thai Foot Massage

– Balancing foot massage 50 min

The traditional Thai foot massage has a holistic effect on the body: the pressure applied to the feet in reflexology-massage balances the whole body, while the relaxing stretches energize and stimulate. The treatment cleanses the body, promotes blood circulation as well as relieves stress and insomnia. The treatment is carried out by our professional Thai massage therapist in the Spa Salon.

SiluettiSpa Pure Massage

– Purifying aromatherapy massage 75 min

This aromatic treatment purifies your body and inspires your spirit. Safflower and grape-seed oil sooth your skin, while grape fruit, lemon and mandarin revitalize you. Light massage and body scrub improve lymphatic circulation, stimulates your body and brings serenity. The treatment is carried out in an atmospheric spa suite by beauty therapist.

SILUETTISPA RELAX – Relaxing treatments

Our relaxing spa treatments are based on the noted qualities of aromatic oils and the wisdom derived from the ancient techniques of balancing the mind and body. We tailor each treatment to meet your specific needs so that you can enjoy the experience of total relaxation.

Loving Lavender Bath

– Relaxing bath 20 min

This indulging bath is spiced with essential oils, lavender and orange tree leaves to moisturize your skin, relax your body and bring serenity. Experience a truly holistic pleasure. This treatment is available only when combined with another treatment.

Oriental Head Massage

– Relaxing head massage 50 min

This relaxing massage for the head, neck and shoulders is ideal for relieving head-aches, stress and insomnia. The treatment can be carried out with or without aromatic oil - according to your wishes, and it can also be combined with our other massage treatments. The treatment is carried out by our professional massage therapist in the elegant Spa Suite.

SiluettiSpa Relax Massage

– Relaxing aromatherapy massage 75 min

This massage with a fortifying blend of eucalyptus, camphor oil and menthol oil recharge your muscles. It relieves muscular tension, stimulates blood circulation and clears your respiratory system as well as your mind. Soothing body scrub completes the sensation of well-being. The treatment is carried out in an atmospheric spa suite by beauty therapist.

Marrakesh Beauty Experience for Body

- Replenishing body wrap

110 min

This treatment derives from the wisdom of ancient Arabian methods. Silicon, magnesium, calcium and other treasures of the Arabian soil are the secret ingredients of this reviving and replenishing treatment. Ylang-ylang, rosewood oil and sandalwood oil offer a final touch of sensuality. To enhance your well-being, the treat is completed with an invigorating massage.

SiluettiSpa Relaxing Stones Ritual

- Relaxing hot stone massage

90 min

This relaxing massage with hot stones works deep down in your muscular tissue. Hot stones enhance the effect of the aromatic massage oil and ensure you an unforgettable sensation. Choose Dream for de-stressing and calming your mind, Inspire for serenity and joy and Romance for relaxation. This spa-treat can be shared with someone special.

SILUETTISPA BALANCE – Anti-stress treatments

SiluettiSpa anti-stress treatments for your face and body will help you forget your busy day-to-day life and give you a well deserved moment for yourself. Our treatments are designed to prevent stress and they have a long lasting effect. For best results, we recommend a course of treatments. Leave your worries behind and let yourself be indulged.

Blissfull Salt Bath

- Balancing bath for body and mind

20 min

The fine micro-minerals used in this lavish bath clarify the skin gently. The essential oils, grape fruit, mandarin, orange and lemon relieve stress and bring harmony. The treatment is carried out in the elegant Spa Suite and it is available when combined with other treatments.

SiluettiSpa Balance Massage

- Body and mind balancing aromatherapy massage

75 min

This massage sends a wave of well-being and serenity throughout your body while body scrub smoothes the skin. The combination of lavender oil, grape seed oil and safflower oil is the perfect remedy for tension and distress. The treatment is carried out in an atmospheric spa suite by beauty therapist.

Aromatic Spa Massage

- Aromatherapy massage with pure essential oils

80 min

A blissful treatment for the mind and body carried out by our professional massage therapist. The gentle full body massage soothes your body and inspires your mind. The beneficial effects of the pure essential oils are holistic and our therapist will tailor the treatment to suit your mood and to meet your specific needs. The essential oils can for example relieve stress and insomnia and they can have an uplifting or calming effect. Our selection of pure essential oils includes for example sandalwood, lavender, grapefruit, tee tree, rosemary, rose wood and mandarin. The treatment is carried out in the elegant Spa Suite.

Thai Aromatic Massage

- Aromatherapeutic Thai massage

90 min

This fabulous treatment joins the best qualities of both eastern and western treatment methods in order to create a unique experience. The treatment combines Thai yoga stretches for the deep muscles with classical massage techniques. The aromatic oils either provide harmony and serenity or lift your spirit, according to your mood and wishes. The treatment is carried out by our professional Thai massage therapist in the elegant Spa Suite.

Traditional Thai Massage

- Balancing Thai massage

90 min

Our relaxing Thai massage respects the traditional techniques that were developed thousands of years ago. The treatment combines Thai-stretching, which is ideal for relieving muscular tension, shiatsu and acupuncture, which balances the body. The treatment is extremely soothing and it relieves stress, promotes blood circulation and increases the mobility and flexibility of the body. The treatment is carried out by our professional Thai massage therapist in the elegant Spa Suite.

Traditional Indian Herbal Massage

90 min

A holistic treatment for well-being and relaxation for your mind and body by our professional massage therapist. The treatment consists of a balancing and calming full body massage, foot massage and reflexology. An Indian head massage and a facial massage can also be included, if you wish. The Indian herbal oil cherishes your senses and soothes dry and sun damaged skin effectively. The treatment is carried out in the elegant Spa Suite.

SILUETTISPA FOR GENTS

The SiluettiSpa gentlemen's treatments are designed to fulfill the lifestyle needs and expectations of modern gentlemen. Our treatments will help you to relax and unwind in the midst of your busy day-to-day life, give you a groomed and handsome appearance and offer some old world charm for the true gentleman in you.

Hot Stones for Men

– Relaxing massage with hot stones

90 min

This relaxing massage with hot stones works deep inside your muscular tissue. Hot stones enhance the effect of the aromatic massage oils, which release muscular tension, relax you and bring serenity. You can also share this blissful sensation with someone special.

Traditional Herbal Compress Massage

– Reviving herbal compress massage

90 min

A traditional Thai massage with aromatic oils, warm herbal compresses and Thai stretching. This treatment is designed to activate the metabolism and release muscular tension. Enjoy the long lasting sensation of well being all over your body.

MASSAGES

Lymphatic Massage Therapy

– A treatment for activating lymphatic flow

60 min

Lymphatic massage is particularly beneficial both before and after surgery, because it increases the immune function and reduces swelling by opening the lymphatic system and thus transporting interstitial fluid from the operated area. This treatment is also recommended for those following a diet or suffering from migraines, for de-stressing and during pregnancy. It can also help with skin problems. For best results we recommend a course of treatments.

Swedish Massage

– Classic body massage

60 min/90 min

You can choose a classic full body massage carried out by an Authorized Massage Therapist or a massage that is customized to your specific problem areas such as the back and shoulder area. The relaxing and pain relieving massage reduces muscular tension and is ideal for those working in an office and thus suffering from neck and shoulder pain. This delightful treatment finishes with either a hot towel to warm or an ice gel to cool your muscles.

Sports Massage

– Powerful body massage

60 min/90 min

You can choose a powerful full body massage carried out by an Authorized Massage Therapist or a massage that is customized to your specific problem areas. This massage helps to release muscular tension and relaxes tired muscles. It is particularly suitable for treating sport injuries and when recovering from physical activity. The treatment finishes with either a hot towel to warm or an ice gel to cool your muscles.

SILUETTISPA MATERNITY TREATMENTS

In SiluettiSpa, we offer blissful moments of papering, serenity and well being for mothers to be. Our treatments are safe and they are designed with the specific needs of mothers to be in mind. A gynecological ultrasound examination can be included in the spa visit, if you wish.

SiluettiSpa Mama Massage

– Relaxing facial and body treatment for mothers to be

90 min

This facial and body treatment is designed to relax the mind as well as the body. Jojoba grains peel and cleanse the body gently while sage and lemon promote the renewal of skin cells. Calming chamomile and marigold are used in the facial peel. The treatment is concluded with a massage with replenishing oil, which includes grape seed, safflor and soothing mandarin which effectively prevents stretch marks.

Top to Toe Treatment for Mama

– Blissful pampering for mothers to be

110 min

This wonderful treatment session is the ultimate indulgence for the mothers to be. The body and facial peels purify and renew the skin. An effective body mask is applied, which contains water lily extract and amino acids to moisturize, strengthen and maintain the elasticity of the skin, while green tee promotes the lymphatic system and protects the skin. A revitalizing foot gel reduces swelling and a replenishing facial mask soothes dry skin. The gluteal muscles as well as the muscles in the lower back and feet are massaged lightly with relaxing oil. The treatment is concluded with a lavish body cream containing collagen, elastine, hyaluronic acid and a gentle breath of tropical fruits.

FOR FURTHER INFORMATION

RESERVATIONS

We wish to make your days in SiluettiSpa perfect, and therefore encourage you to reserve enough time to thoroughly enjoy your stay. Reservations and additional information: Tel. +3589 2525 4200, info@siluettispa.fi, www.siluettispa.fi

HAMMAM SUITE UPGRADE

All of the SiluettiSpa treatments can be carried out in the SiluettiSpa Hammam Suite for an additional fee of 95 €.

ARRIVAL

Please arrive 15 minutes prior to your scheduled appointment so we can ensure you have a relaxing and peaceful visit.

CANCELLING

All cancellations should be made 24 hours prior to your scheduled appointment. For late cancellations we charge a 50 % treatment fee.

GIFT VOUCHERS

Would you like to give perfect days and better tomorrows to someone special? SiluettiSpa gift voucher is valid for 6 months from the date of purchase. SiluettiSpa gift voucher is non-refundable and can not be exchanged for cash in full or part. For our gift vouchers, please inquire: info@siluettispa.fi or 09 2525 4200

SILUETTISPA ETIQUETTE

We wish to offer all our guests the possibility to relax in a serene atmosphere. Please respect the privacy of other guests and allow them a peaceful stay by switching off your cell phone during your visit.

AGE REQUIREMENT

We welcome all guests over 16 years of age. Guests under 16 years are welcome when accompanied by an adult or when agreed upon separately.

HEALTH

Please inform us about your allergies and other possible health problems so we can take them into account when planning your treatments.

PREGNANCY

We offer a selection of suitable treatments for mothers to be. Please inform us if you are pregnant so we can take it into account when planning your treatments.

GROUPS

We can provide tailored treatment packages for a variety of different groups. Please make your reservation in advance so that we can ensure your group a perfect spa experience.

**YOUR MIND AND BODY WILL CHERISH
THE SILUETTISPA EXPERIENCE.**