



ESPA
R I G A

TREATMENT MENU



ESPA RĪGA

ESPA Riga offers exclusive five-star Spa services in the heart of the city with luxurious interior design, various heat and water facilities including 18 metres long indoor swimming pool, relaxation areas, Fitness studio, Manicure and Pedicure studio, beautiful treatment rooms and Spa Café. Experience a wide range of innovative and effective ESPA treatments with unique natural skin care products. Enjoy your perfect treatment using the award-winning skincare range by ESPA. These natural and uniquely formulated products combine optimal levels of active ingredients that work in harmony with you and your skin. The knowledge and training behind ESPA treatment concepts and ESPA products ensure an exceptional guest experience that offers attentive and individualised service.

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SPA TREATMENTS

Up to an hour prior to the scheduled treatment time you are welcome to relax in the exclusive Thermal Suite including saunas, steam rooms and the only heated open-air Vitality pool in Riga. After the treatment, you will have the opportunity to relax in our Relaxation room enjoying herbal teas and healthy treats.

* The minimum age requirement for access in the spa and to experience treatments is 16 years.

ESPA SIGNATURE TREATMENTS

AMBER CRYSTAL TREATMENT

120 minutes

A perfect treatment to relieve deep-seated tension and muscular stress using precious and healing Latvian Amber Crystals.

The treatment begins with a foot ritual, skin exfoliation and an ESPA facial cleanse. Vital energy points and Chakras are then massaged with an individually tailored blend of oils and precious Amber stones to help release deep-seated tension and restore energy to the body. A de-stressing and deeply soothing scalp massage concludes this treatment to re-balance your mind and body.

BALTIC BODY TREATMENT

120 minutes

A specialised body treatment that combines a detoxifying wrap and advanced body massage to tone and firm the skin. At first circulation is stimulated through body exfoliation using warm and iced mitts, a body wrap is then applied to address problem areas prone to cellulite, fluid retention and uneven skin texture. Lastly, a lymphatic drainage massage is performed to help the body eliminate toxins, tone the skin and revitalise the mind. To maximise visible results, it is recommended to have a course of treatments.

MINDFULNESS RITUAL

120 minutes

Mindfulness Ritual is a clarifying experience, focusing on both mind and body to help reduce stress and 'be more in the present'. At the beginning the therapist skilfully guides you through breathing and visualisation techniques to help focus the mind on the present. The metamorphic zones on the feet are then massaged to help rebalance and ground, before a soothing, deeply therapeutic massage is continued up through the body to promote positivity to the mind, face massage with Poulitces and lymph drainage with warm rose quartz crystals finishing with a re-energising scalp massage. Includes: Breathing and visualisation techniques, massage on the metamorphic zones of the feet, full body massage, face massage with poulitces and lymph drainage with warm rose quartz crystals, scalp massage.

ESPA ADVANCED TREATMENTS

RESTORATIVE BODY RITUAL

120 minutes

A deeply relaxing and nourishing ritual to soothe both mind and body. A salt and oil body scrub begin the treatment and is followed by a deeply nourishing body wrap using Marine Algae or Marine Mud, whilst an acupressure facial massage helps replenish and renew the skin. A full body massage completes this ritual leaving your skin smooth and your body relaxed.

BACK, FACE AND SCALP TREATMENT WITH HOT STONES

120 minutes

This treatment targets the classic areas of stress from headaches, neck pain and shoulder tension and the effect these have on the skin. The treatment begins with a cleansing back exfoliation, followed by a relaxing back massage using hot volcanic stones and aromatic oils to melt away the tension. A personalised ESPA Facial tailored to your skincare needs with a stress relieving scalp massage and application of warm paraffin mask to hands and feet completes this treatment.

STRESSBUSTER

80 minutes

Ideal for those suffering from stress related tension in the back, neck and shoulders. A back massage as well as a scalp massage is performed to release all tension from your body. A deeply relaxing soothing eye treatment, and a delicate facial cleanse will continue the treatment. Hand massage end the treatment to ensure both mind and body feel revitalised, refreshed and de-stressed.

RESTFUL POULTICE TREATMENT

90 minutes

The poultice treatment is designed to enhance total harmony and relaxation in the mind and body. This is achieved by warmth induced by the herbal poultices, further enhanced by the calming and sedative effects of Chamomile, Lavender, and Valerian. The body is nurtured with warmth, muscle tension is eased, and the mind is free of stress, enhancing a restful night's sleep. The treatment includes a full-body massage, including a scalp massage.

ESPA BODY MESSAGES

AROMATHERAPY MASSAGE

50 minutes 80 minutes

A therapeutic and deeply relaxing full body massage, using blends of essential oils personally selected for your individual needs. 80 min massage will include a relaxing scalp massage.

ESPA SWEDISH MASSAGE

50 minutes 80 minutes

A traditional full body massage using firm pressure to encourage circulation. Strong gliding strokes and stimulating movements help soothe tired aching muscles to leave you energised and revived. 80 min massage will include a relaxing scalp massage.

RESTORATIVE MASSAGE

50 minutes 80 minutes

This massage is especially designed to reduce muscle tension and relax all your body. Incorporating the use of different massage techniques including stretching it will improve muscle elasticity and leave your body completely relaxed. 80 min massage will also include a relaxing scalp massage.

MINDFULNESS BODY MASSAGE

80 minutes

Unwind a busy mind, escape the pace of everyday life and emerge feeling focussed, with a sense of renewed positivity. This holistic, deeply relaxing and clarifying experience works on the concept of mindfulness, focusing on both mind and body to help you reduce stress and 'be more in the present'. The therapist skilfully guides you through breathing and visualisation techniques to help relax the mind and release physical or emotional anxieties. The metamorphic zones on the feet are then massaged to help rebalance and ground, before a soothing, deeply therapeutic massage is continued up through the body to promote positivity to the mind, finishing with a re-energising scalp massage.

ESPA BODY TREATMENTS

RESILIENCE TREATMENT

80 minutes

This treatment is created using the journey of the painted lady butterfly as an inspiration. She crosses continents and flies from Africa to Europe. This treatment stimulates the immune system, restores energy and balances emotions. The treatment starts with a light leg massage and acupressure foot massage to boost body's functions. The treatment continues with a specially designed relaxing back massage and is finished with a soothing head massage. All skincare products and massage techniques used in this treatment stimulate the immune system.

BODY WRAP RITUAL

80 minutes

This personalised body wrap is tailor-made experience designed to comfortably raise the temperature, nourish the skin and increase the effects and absorption of the wrap. Skin brushing and exfoliation, a complete body wrap of Algae or Marine Mud combined with essential oils is blended and applied to meet your specific needs. Skin feels nourished and hydrated, and the mind left totally relaxed after the soothing scalp massage. The ritual treatment is completed with the boutique express facial treatment.

RELAXING BACK TREATMENT

55 minutes

A relaxing massage to ease muscular tension and problematic skin on the back, neck and shoulders. The back is exfoliated with salt and oil scrub to help stimulate circulation and cell renewal. Deeply cleansing Marine Mud is applied to help purify and calm the skin. Lower legs and feet receive a therapeutic relaxing massage while the mask takes effect. Finally, soothe away the tension from the back with a calming massage.

ESPA FACIALS

FACIAL UNIQUE TO YOU

55 minutes

Why face the frustration of dehydration, damaged and dull skin tones when our uniquely personalised intensive facial includes techniques and products selected specifically to suit your individual skin needs including SkinVision™ analysis. Whether to hydrate, desensitise, brighten, lift & firm or purify, your expert therapist will choose suitable ESPA skincare products including an intensive booster serum to achieve maximum results. Includes: Deep cleansing, exfoliation, massage & mask.

ESPA NATURAL FACE LIFT

80 minutes

Designed to strengthen, tone and lift the skin, the Natural Face Lift Facial incorporates four key elements; detox, invigorate, sculpt and relax, to leave skin feeling firmer and glowing with health and energy. Stimulating Kobido-inspired massage techniques are used in the treatment to increase energy flow, while cleansing the lymphatic system to restore skin's radiance and create a natural 'face lift' effect. This complete approach to skin health comes from both inside and out, using advanced microbiome technology in the Tri-Active™ Advanced ProBiome range to deliver stronger, resilient, naturally lifted skin.

ACTIVE NUTRIENTS GLOW FROM WITHIN FACIAL

75 minutes

A holistic facial suitable for all skin types and ages for radiant and rejuvenated skin.

This invigorating nutrient-rich treatment embraces ESPA's holistic approach to restoring radiance, feeding your skin and your mood so your face glow with vitality.

Gua Sha is an ancient massage technique developed by traditional Chinese medicine. Dull, lethargic complexions are brightened and refreshed with the power of a sweeping Gua Sha massage which stimulates the lymphatic and circulatory systems, helping boost the flow of blood and nutrients to the skin. Concentrating on your scalp, face, neck and décolleté as well as hands & arms massage and combining exfoliation, Foreo Luna 2 Professional cleansing, and double masking to maximize results, the mind and skin feel renewed while your face has a lit-from-within luminosity.

ESPA FOR MEN

FACIAL UNIQUE TO YOU FOR MEN

55 minutes

Why face the frustration of dehydration, damaged and dull skin tones when our uniquely personalised intensive facial uses techniques and products selected specifically to suit your individual skin needs following a SkinVision™ analysis. Whether to hydrate, desensitise, brighten, lift & firm or purify, your expert therapist will choose the perfect ESPA skincare products including an intensive booster serum to achieve maximum results.

MANKIND

50 minutes

A deep, therapeutic massage focused on the back and feet. Individually chosen essential oils and aromatherapy massage techniques alleviate tension and stress stored in the scalp, shoulders and back allowing mind and body to relax and unwind. A hand massage and foot massage using pressure point techniques completes this treatment.

DEEP CLEANSING BACK TREATMENT

55 minutes

A soothing massage for muscular tension and problematic skin on the back, neck or shoulders. The back is deeply cleansed and exfoliated with the salt and oil scrub to help stimulate circulation and cell renewal, whilst an application of Marine Mud mask helps calm and soothe the skin. Lower legs and feet receive a deeply relaxing massage while the mask takes effect. Finally ease the tension from the back with a calming massage.

ESPA MATERNITY

PRE & POST NATAL TREATMENT

80 minutes

A deeply nourishing body massage designed to target areas prone to stress and tension during or after pregnancy. Gentle back exfoliation, if required, is followed by a soothing body massage specifically designed to suit your individual concerns, focusing on the areas needed to alleviate muscular aches, whilst helping to relax, restore and revitalise. Includes: Back exfoliation (if required) - body/scalp massage - this treatment is tailored to your specific needs. A course of 6 treatments is recommended following the first trimester of pregnancy.

NEW BEGINNINGS

150 minutes

Relax and enjoy this totally caring and nourishing collection of treatments to leave your skin soft and hydrated. Ritual includes - Foot ritual, Pre and Post Natal Experience, Intensive Facial and light lunch in the Spa Café. A course of 6 treatments is recommended following the first trimester of pregnancy.

ESPA RITUALS

TOTAL BALANCE

180 minutes

A calming, soothing journey designed specifically to achieve ultimate relaxation and tranquility. Ritual includes - Foot ritual, Full Body Salt and Oil Scrub, Essential Body Massage, Intensive Facial and light lunch at the Spa Café.

DETOX AND RENEW

180 minutes

An excellent way to refresh and start anew. Ritual includes - Foot ritual, Detoxify Envelopment, Detoxify Massage, Intensive Facial and light lunch at the Spa Café

COMPLEMENT YOUR TREATMENT WITH AN:

SALT AND OIL SCRUB

25 minutes

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Recommended as a preparation for the aromatherapy massage.

SENSATIONAL LEG TREATMENT

25 minutes

Achieve sensational legs with this exceptional skin softening treatment. This special treatment targets dry skin, tired feet and puffiness, to leave your skin nourished, smooth and supple.

ESPA EYE LIFT

25 minutes

Perfect for those who are concerned with signs of ageing around the eyes. An effective firming and hydrating treatment, helping to reduce the appearance of fine lines and relieve tension from eye-strain and computer headaches. Includes: A cleanse, exfoliation, massage and application of our Lift & Firm Intensive Eye Serum.

* Complementary treatments are available only with standard Spa treatments' reservation.

BAZNĪCAS 4A, RĪGA | T +371 6771 5222
WWW.ESPARIGA.COM |  