



# *Country Spa*

HEALTH & BEAUTY



# WELCOME TO COUNTRY SPA HEALTH & BEAUTY !



At Country Spa Health & Beauty we offer a holistic approach where our specialists work to remove any obstacles standing in the way of achieving a state of peace, relaxation, vitality and balance by harmonizing all physical, emotional, mental and spiritual planes.

Nowadays, the connection between physical and emotional disorders being recognized, people are increasingly looking for holistic approaches due to the advantages and surprising results.

Our mission is to generate moments filled with tranquility and joy, offering our customers the gift of physical and emotional balance. We aim to help our guests welcome mindfulness into their lives and enjoy a general state of wellbeing.

Such bliss can be achieved through the relaxation and beauty spa treatments we offer, through yoga classes, various physical activities, meditation practice, workshops on specific topics, complementary alternative therapies to maximize personal benefits as well as guidance towards healthy nutrition.







# THE STORY OF THE DANDELION

*In the morning... The sun rises triumphantly over the lake. Its rays embrace the field and the trees and it gives the flowers the strength to rise and smile. But, the biggest smile is that of a dandelion.*

*The story goes that God sent an angel to all the plants to ask them what they wanted to look like. But the dandelion didn't know how she wanted to be, and the angel gave her one more day to think. That day, the dandelion, praying, looked up at the sun and instantly wanted to look just the same, to be yellow and beautiful. Then she saw the moon and changed her mind.*

*She wanted to look like the moon, to be white and round and beautiful. Then she also saw the stars and liked those too. When the angel came, she did not know what to say. Her desire was to be like the sun, like the moon, like the stars. But God understood her wish. That is why the dandelion is at first yellow like the sun, then white and round like the moon, and scatters in the air just like the stars in the sky under the gentle blow of a breeze.*

*The most beautiful lesson from the Dandelion is the power to let oneself be carried by the flow of Nature...*

*Let yourself be carried away by the intuition that brought you to us!*

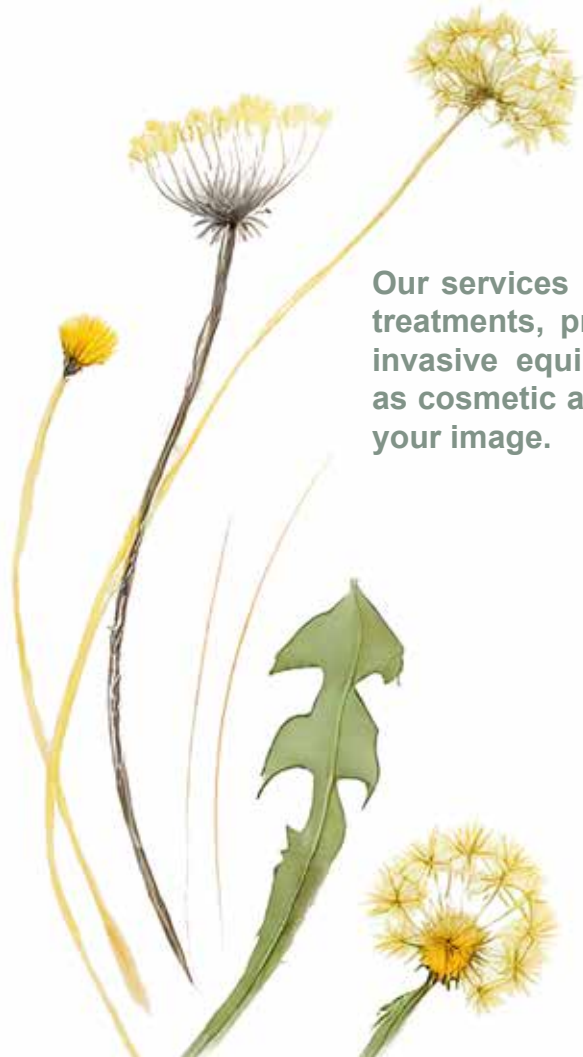
*We will do everything to make sure you have a wonderful experience.*

**Country Spa is this place under the sun, surrounded by nature, bathed in the rays of the moon and lit by the stars of the night. It is the place where you can want more and your desire is fulfilled.**

**It's the refuge you need.**

## A VISIT TO COUNTRY SPA,

You will be pampered and all your senses will be stimulated in a lovely decor, surrounded by amazing aromas. We use Ayurvedic products tailored to your mind and body's needs and serve best herbal infusions meant to soothe and invigorate.



**Our services include signature rituals, facial and body treatments, procedures with state-of-the-art minimally invasive equipment, complementary facilities as well as cosmetic and beauty treatments designed to perfect your image.**

## A SENSORY JOURNEY





# DANDELION SIGNATURE RITUAL

This ritual begins with the removal of make-up and skin cleansing, followed by exfoliation and facial massage. Your face is pampered by applying a relaxing mask, chosen according to your skin type.

The ceremony continues with a body scrub for a clean and velvety skin, followed by a detoxifying and slimming wrap and a nourishing massage of the whole body with dandelion oil.

At the end, we invite you to enjoy a dandelion tea, in the area dedicated to relaxation.

## Facial Massage

✂ Make-up removal, exfoliation, facial massage & mask • 30 min

## Body Massage

✂ Scrub & refreshing shower • 20 min

✂ Wrapping • 40 min

✂ Massage with dandelion oil • 70 min

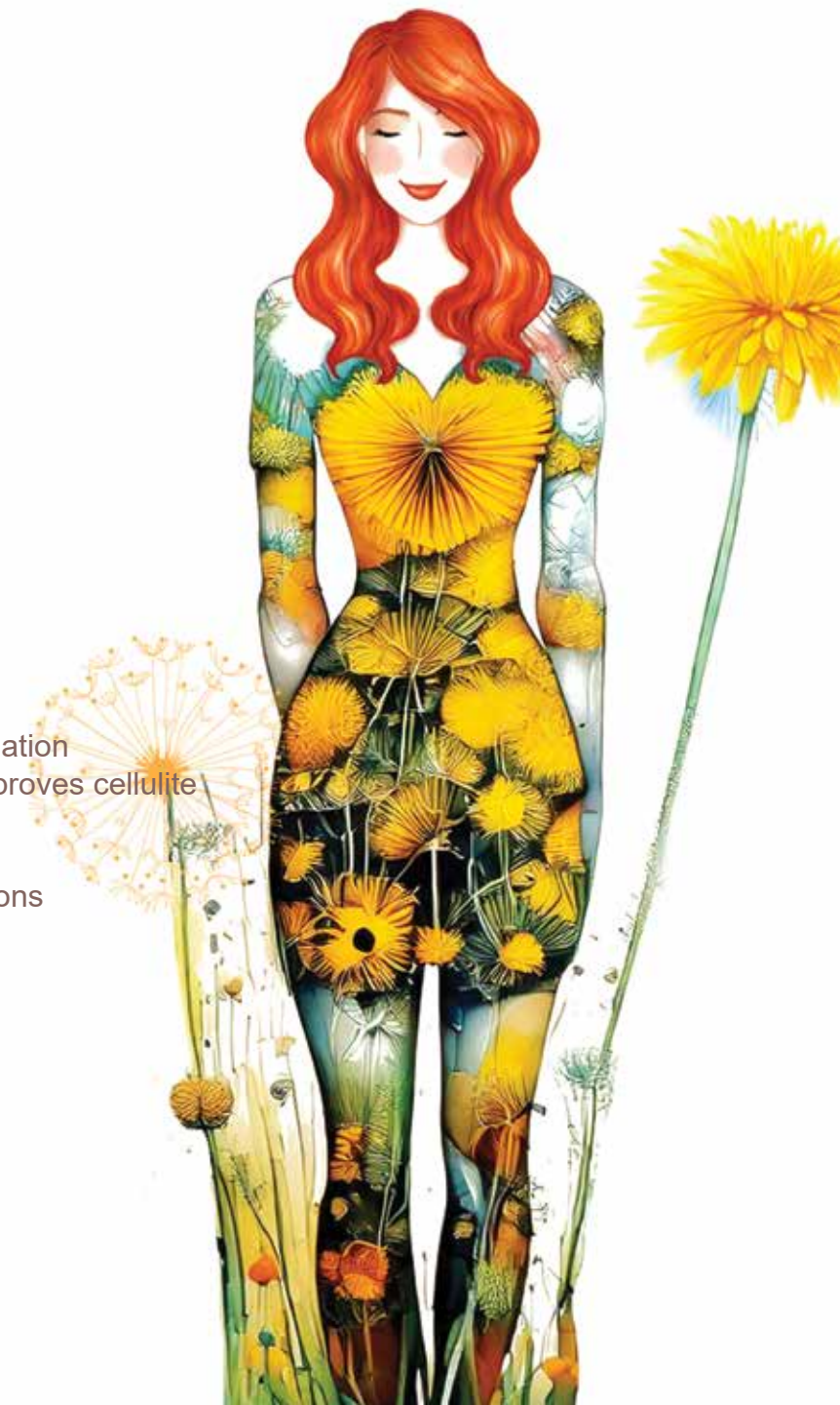
## THE DANDELION INSPIRES US AND WE LOVE IT...

...Because it is the source of a variety of nutrients, and its leaves and root contain vitamins such as A, C, K and B, and minerals – magnesium, zinc, potassium, iron, calcium and choline. The various parts of the plant have a long history as a phyto-therapeutic remedy. People from the areas where this plant grows naturally have been using it for medicinal purposes for a very long time. (including the territory of Romania).

The signature ritual with dandelion 160 min 580 lei

## The beneficial effects of dandelion:

- ✂ Relieves bone and muscle pain
- ✂ Deeply relaxes breast tissue
- ✂ It has an analgesic effect
- ✂ It strengthens immunity
- ✂ Helps blood and lymphatic circulation
- ✂ Removes water from tissue / improves cellulite
- ✂ Supports anti-acne treatments
- ✂ It has an anti-aging effect
- ✂ Treats and prevents skin conditions
- ✂ Treats stings and burns
- ✂ Helps with hair care



# BODY THERAPIES

## LAKSHMI RITUALS

### Slimming ritual

90 min

350 lei

Treatment with thermal effect against cellulite characterized by "pillows" of fat, located mainly on the hips, thighs, inner part of the knees and abdomen.

### Detox Ritual

90 min

350 lei

Intensive drainage, detoxification and slimming treatment, specially designed to reduce the effects of cellulite characterized by edema and retention of toxins. It is recommended for those who suffer from edema, swelling, cellulite present especially in the front and outer parts of the legs, swollen ankles and heavy legs, visible capillaries.

### Therapeutic Ritual

75 min

350 lei

Intensive treatment for back ailments, inspired by the Ayurvedic tradition, which restores mental and physical well-being by activating the metabolism. It supports the recovery of muscle tone, soothing and healing of rheumatic problems.

It has a beneficial effect on the spine, that part of the body that gives us support and balance, and sometimes reminds us of its presence with persistent pain that reduces our energy and mobility.

### 108 Marma Points Ritual

150 min

550 lei

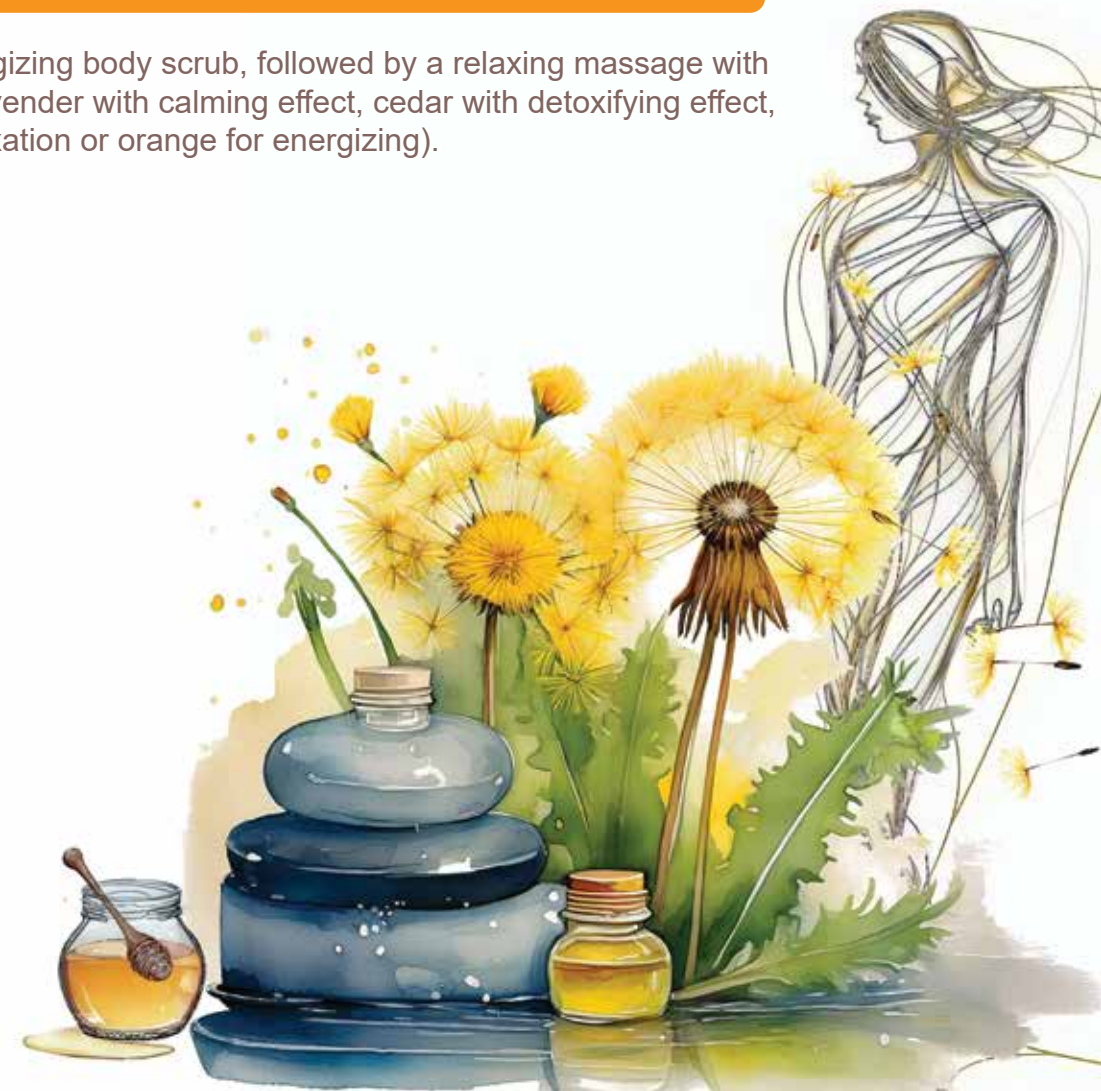
Ayurvedic medicine has been and remains a source of health and beauty. By working on the body's vital points, the **Marma Points Ritual** provides extraordinary benefits both physically and mentally.

### Aroma Escapade

90 min

400 lei

You will have an energizing body scrub, followed by a relaxing massage with aromatherapy oils (lavender with calming effect, cedar with detoxifying effect, jasmine for deep relaxation or orange for energizing).





SOTHYS BODY TREATMENTS

Oriental Sensations	90 min	420 lei
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An exceptional protocol inspired by ancient oriental rituals: we prepare the body for exfoliation with a specific Sothys syrup and accessory, then, during the body shaping treatment, the skin is deeply nourished, and its texture improves whilst you are enjoying a perfect relaxing experience.

Hanakasumi	90 min	380 lei
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A unique protocol, inspired by Japanese tradition, **Hanakasumi** is derived from the ceremony of the Japanese bathing ritual. It involves a double exfoliation, with bare hands, then with special gloves and a foot and body remodeling massage.

Organics	90 min	350 lei
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An ideal moment of relaxation, built by **Sothys** together with our therapist. A combination of aromas, body treatments of exfoliation, wrapping and massage, designed to transport you into a dimension of total relaxation.



YOUNG LIVING THERAPIES

Raindrop Therapy	75 min	500 lei
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**Raindrop** combines several massage techniques with essential oils that give the body a state of well-being and balance. It also supports the body's systems, both physically and emotionally.

Therapy with biblical oils	60 min	480 lei
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An unforgettable experience that takes us back to the ancient times, when these special oils were used by great emperors and kings. The twelve oils used for this massage are mentioned several times in the Bible because they have very deep meanings and very beneficial effects for well-being, peace and balance.

Lymphatic drainage with essential oils	75 min	500 lei
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Lymphatic drainage massage is a form of gentle massage that stimulates the drainage of lymph nodes and the movement of lymph fluids around the body.

WELLNESS PROCEDURES

Body scrub	20 min	120 lei
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Body wrapping	45 min	150 lei
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Body radiofrequency	40/60 min	220/300 lei
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Slim oxygen vial – body treatment ( complementary to radiofrequency )		150 lei
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Dry / Wet / Emotional shower	15 min/session	60 lei
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MASSAGES

Relaxation massage	30 / 60 / 90 min	140 / 280 / 320 lei
Anti-cellulite massage	30 / 60 / 90 min	150 / 300 / 350 lei
Therapeutic massage	30 / 60 / 90 min	150 / 300 / 370 lei
Lymphatic drainage	30 / 60 / 90 min	130 / 260 / 350 lei
Balinese massage	60 / 90 / 120 min	270 / 360 / 440 lei
Candle massage	30 / 60 / 90 min	190 / 380 / 450 lei
Reflexogenic massage	30 / 60 min	120 / 200 lei
Hot stones massage	60 / 90 min	250 / 350 lei
Herbal Thai massage	60 / 90 min	300 lei / 370 lei
Sports massage	60 / 90 min	300 / 350 lei
Deep tissue	60 / 90 min	300 / 350 lei
Japanese hair massage	30 / 60 min	180 / 240 lei
Massage with honey and essential oil	60 min	350 lei
Four hands massage	60 min	580 lei
King/Queen massage ( six hands massage plus sauna )	60 min	680 lei
Lomi Lomi massage	60 min	300 lei
Prenatal massage	60 min	280 lei
Scalp massage	15 min	120 lei

MASSAGES AT THE PONTOON

Relaxation massage	30 / 60 / 90 min	150 / 300 / 400 lei
Anti-cellulite massage	60 / 90 min	350 / 450 lei
Therapeutic massage	30 / 60 / 90 min	180 / 300 / 400 lei
Lymphatic drainage	60 / 90 min	250 / 400 lei
Balinese massage	60 / 90 min	320 / 410 lei





# FACIAL TREATMENTS

## LAKSHMI TREATMENTS

Having a history of more than 30 years in the wellness and cosmetics sector, Lakshmi is the fruit of a deep passion for the ancient Eastern teaching, Ayurveda.

Lakshmi has developed an extraordinary line of cosmetics by combining Ayurvedic philosophy, naturopathy, aromatherapy with the latest knowledge, natural organic products and essential oils to restore the beauty and elasticity of the skin of all three types of constitution (dosha): **Vata, Pitta and Kapha**.



Anti-Aging	75 min	380 lei
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An **anti-aging skin treatment** with powerful natural ingredients, pure essential oils and plant extracts that stimulate the **skin's regenerative capacity**. It is the type of treatment that suits both those who have already noticed the appearance of wrinkles and those who want to prevent them.

Pitta	75 min	380 lei
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A treatment aimed at **sensitive or couperose skin**. 24 hours of continuous hydration. Tests have shown that after 30 minutes of application, skin hydration is greatly improved and irritation and congestion are reduced by 21%.

Vata	75 min	380 lei
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**Dry and lifeless skin** is the target of this type of treatment. It provides good protection against extreme weather conditions, tests showing skin hydration and softness to increase by 46% just 30 minutes after application.

Kapha	75 min	380 lei
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For oily skin and for combination skin that requires a purifying action. The skin looks smooth and healthy, with a clear and radiant appearance. **Sebum production is reduced by 58%**, the skin becoming less prone to irritation due to the antibacterial effect of the products.

*\*With all Lakshmi facial treatments, you benefit from facial diagnosis with the camera.*

SOTHYS TREATMENTS

**Sothys** is a French brand whose development has been marked by the ability to stay true to its values while offering new solutions for preserving beauty in a changing world.

With each of its innovations, **Sothys** pursues the idea of responsible beauty that respects the skin and the environment.



Eye contour treatment	30 min	200 lei
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Complete wrinkle/dark circles/bags/brightness treatment specially created for the eye contour area.

Sothys Men Treatment	30 min	200 lei
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The ideal treatment for men's skin – for men in search of relaxation and brightness.

Seasonal Sothys Treatment	45 min	250 lei
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An original concept that combines chronobiology and amazing aromas to contribute to the luminosity of the complexion, season after season.

Organics	30 min	290 lei
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An express treatment with a fresh fragrance that awakens the skin and gives it instant radiance.

Intensive treatment 4HA	75 min	420 lei
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Complete, universal, multi-targeted treatment suitable for all skin types.



# COSMETICS

## HAIR REMOVAL WITH LYCON WAX

Containing the finest natural resins, beeswax and aromatherapy essential oils, **Lycon** delivers superior results, removing problem hair as short as 1mm, like no other wax. At the same time, the low temperature, flexibility and finesse of the wax will ensure extra comfort through a nourishing and restructuring treatment even for the most sensitive skin.

## SINGLE USE WAX HAIR REMOVAL

Single-use wax is a sterile product and provides increased safety, and the devices used are designed to optimally mold to any area of the body; performed regularly over a long period of time, the hair removal with this type of wax makes the hair become finer and sparser.

Zone	Lycon wax	Single use wax
Mustache	28 lei	18 lei
Chin	28 lei	18 lei
Calves	60 lei	35 lei
Legs ( calves and thighs )	90 lei	65 lei
Arms	50 lei	30 lei
Armpits	40 lei	18 lei
Abdomen	60 lei	18 lei
Face	50 lei	18 lei
Buttocks	40 lei	18 lei
Bikini line	50 lei	30 lei
Intimate	95 lei	35 lei
Perineum	45 lei	18 lei
Back	70 lei	18 lei

STYLING OF EYELASHES AND EYEBROWS

Eyebrow shaping ( shape )	60 lei
Eyebrow shaping ( maintaining )	40 lei
Eyebrows dyeing	40 lei
Eyelash dyeing	50 lei
Eyelash lamination	250 lei
Eyebrow lamination	200 lei
Eyelash & eyebrow lamination package	360 lei
Eyebrow shaping plus Henna dye	120 lei
Eyebrow shaping plus classic dye	90 lei
Spa eyebrow shaping ( cleanser, scrub, styling, assage, vitamin boost )	215 lei

AQUAOXYBRASION PROCEDURES

Microdermoabrasion	20 min	200 lei
Hyperbaric oxygen	20 min	220 lei
Facial radiofrequency	20 min	220 lei
Microdermoabarasion / hyperbaric oxygen package with cocktail of active substances / radiofrequency	60 min	540 lei

OTHER FACIAL PROCEDURES

LED facial mask	45 min	80 lei
Facial massage	15/30 min	100 / 120 lei
Facial massage plus Lakshmi facial mask	45 min	250 lei





# HAIRDRESSING

## OWAY

**Oway** is the first line of hair treatments made with pure, micronized hydrolyzed essential oils and biodynamically cultivated plants in Ortofficinala Km 0. We believe that using healthy, natural ingredients, rich in active substances and without chemical treatments is healthier for our body and increases the quality and well-being of life.

Rebuilding wash 110 lei

## Z-ONE CONCEPT

**Z-one Concept** is synonymous with performance, creativity and innovation developing 3 brands that meet the needs of customers interested in high quality products and services.

**Milk Shake** is the line of products with natural ingredients that offer specific solutions for all hair types.

**Simply Zen** represents a natural approach in harmony with our senses. The innovative formulas, based on plant extracts, essential oils and active ingredients, do not contain parabens or sulfites.

**No Inhibition** is the range of styling and coloring products; the most advanced technology combined with active ingredients..



NASHI

**Nashi** is a 100% Italian brand that listens and responds to customer needs, with passion and efficiency. **Nashi Argan** works with the greatest respect for nature to ensure a minimal impact on the environment, thanks to recyclable materials and the entire production process that uses alternative energy sources.

Nashi lifting express vial 50 lei

WASHING AND STYLING

	O-Zone	Oway	Nashi
Washing ( short hair )	60 lei	80 lei	60 lei
Washing ( medium hair )	70 lei	90 lei	70 lei
Washing ( long hair )	80 lei	100 lei	80 lei
Washing ( long+ hair )	90 lei	110 lei	90 lei
Styling ( short hair )	70 lei	70 lei	70 lei
Styling ( medium hair )	100 lei	100 lei	100 lei
Styling ( long hair )	110 lei	110 lei	110 lei
Styling ( long+ hair )	150 lei	150 lei	150 lei

HAIR COLOUR

Services	O-Zone	Oway HColor	Oway HNectar	Nashi
50gr	80 lei	100 lei		75 lei
100gr	150 lei	190 lei		150 lei
60gr			200 lei	
Dye labour	100 lei	100 lei	100 lei	100 lei
Bleaching butter 10gr			40 lei	

HAIR CUT

Hair cut 60 lei

Shaping hair cut 100 lei

Bangs 40 lei

Kids hair cut 30 lei

STYLING

Special styling ( curlers, spiral curlers, bun ) 220 lei

Bride hairstyling / trial 400/150 lei

Hair straightening /curls/ (short/medium/long/long+) 60/80/110/150 lei

Braides 50 lei

Special braides 90 lei

Blow dry 50 lei

Styling 10 lei

HAIR COLOUR

Highlights tinfoil labor short/medium/long/long+ 130 / 160 / 200 / 230 lei

Bleaching powder ( 1 cup ) 50 lei

Milkshake cocktail – refreshing colour 80 lei





OWAY TREATMENTS ( TREATMENT AND WASH )

Detox treatment	300 lei
Reconstructive treatment	350 lei
Scalp sebum treatment	280 lei
Microstimulating treatment	300 lei
Purifying treatment	280 lei
Soothing treatment	280 lei

\*For all hair treatments you get a free diagnosis for scalp and hair with Trycho-Analyzer

Z-ONE CONCEPT TREATMENTS

Keratin reconstructive treatment 100% natural	250 lei
Keratin reconstructive treatment	120 lei
Lamination Z-One treatment medium/long hair	250/300 lei

SIMPLY ZEN RITUALS

Detox ritual ( gommage, wash, treatment and massage )	280 lei
Calming ritual ( gommage/cleansing, wash, treatment and massage )	280 lei
Stimulating, Anti Hair Loss, Densifying ritual ( gommage/cleansing, wash, treatment )	280 lei
Anti-Dandruff ritual ( gommage + wash )	280 lei
Restructuring ritual	280 lei

MANICURE & PEDICURE

Classic manicure	70 lei
Spa manicure	80 lei
Semi-permanent manicure	120 lei
Classic pedicure	80 lei
Spa pedicure	100 lei
Semi-permanent pedicure	120 lei
Gel	250 lei
Gel ( maintain )	180 lei
Protective gel on natural nail	200 lei
Apply nail polish	30 lei
Semi-permanent removal	30 lei
Apply semi-permanent nail polish	80 lei
Semi-permanent manicure with Apex	150 lei



# GENTLEMEN'S CLUB

## BARBERSHOP

Haircut	70 lei
Beard trimming	30 lei
Back of the head and sideburns trimming	30 lei
Hair dye	80 lei
Wash	40 lei
Scalp massage	50 lei

## WAXING

Arms	60 lei
Armpit	80 lei
Chest	80 lei
Legs	120 lei
Back	100 lei

## MANICURE & PEDICURE

Classic manicure	60 lei
Spa manicure	70 lei
Classic pedicure	70 lei
Spa pedicure	90 lei

## EYEBROW SHAPING

Eyebrow shaping	60 lei
Eyebrow shaping ( maintain )	40 lei







0774.037.382  
031.425.29.13



[office@countryspa.ro](mailto:office@countryspa.ro)



122, Ștefan cel Mare Street,  
Ciofliceni, Snagov