




RUSKOVETS
RESORT


Onsen
SPA CENTER

WHY ONSEN?

Onsen means "hot spring" and originates from ancient Japan, where numerous hot springs arose as a result of active volcanic activity.

The proprietary mineral spring of the Ruskovets thermal resort combined with Japanese massage techniques and rituals and the use of 100% natural essential oils determine the exceptional healing and restorative power of the spa procedures offered in the complex.

Ruskovets Onsen Spa Features:

- Each selected line of products must have high-quality natural ingredients, proven effectiveness and lasting results;
- Approach to our guests is always individual, with care and balance between health and the desired effect.
- Basic spa massages



BASIC SPA MASSAGES

AROMATHERAPY TANDEKI (delight)

Full body massage customized to indulge your senses. Choose a combination of pure therapeutic grade aromatherapy, which will boost blood circulation, improve muscle and skin conditions, influence your mood and calm the mind.

Duration: 50 min. | 65 min.

PARTIAL MASSAGES

Choose between face and scalp massage, back and shoulders or legs with properties of Swedish massage.

Duration: 20 min.

REFLEXOTHERAPY

A natural way to detoxify by stimulating and treating specific pressure points on feet responding to organs in human body. This therapy also stimulates energy flow in human body, improves nervous and circulatory system as well as aiming proper organ functioning.

Duration: 20 min.

WELLNESS SPA THERAPY

MYOFASCIAL RELEASE

In result of toxins built, fascia is losing its elasticity in area of muscles which are not active. In result fascia get tight around the muscles and knots formation provoke pain. When released and improved it give a light feeling and pain relief. After treatment like this, silver water and boosting herbal tea provided help to get rid of released toxins faster

Duration: 50 min.

LYMPH DRAINAGE IN HYDRO MASSAGE MAGNESIUM TUB

Slow lymph circulation is one of the main reason for swelling and water retention. With intense lymph drainage in magnesium mineral hydro massage bath with successive water jets in 3 zones will benefit your immune system, reduce water retention and will settle down the stressed body. Silver water and immune boosting tea are complimentary with this treatment.

Duration: 25 min.



DETOXIFICATION THERAPY

This treatment with green Rodopian clay will pull the toxins, dead cells, bacteria and heavy metals away with a magnet power. Known from times of ancient civilizations properties of the mountain clay activate cells biochemical reactions while enrich with important minerals. This therapy include green Rodopian clay mask and specific serial bath that boost the effect of the mask, refreshing detox tea and antibacterial silver water, leaving your body and skin purified and rejuvenated.

Duration: 30 min.

ON YOU AIIRO MASSAGE

A specific massage tailored to your needs using specialized techniques which increase muscle blood supply, stimulate lymph and improve fascia, ease muscle stiffness and tension, whilst also inducing a state of therapeutic relaxation and stress relief.

This therapeutic massage uses dynamic blends of essential oils to suit your individual needs.

Duration: 50 min. | 70 min.

IKIKAERU (set up) THERAPEUTIC MASSAGE

Remedial massage, combining techniques that aid relieving muscle inflammation and pain. Focused on proper recovery of muscles will prevent chronic fatigue and will recover your body

Duration: 45 min. | 80 min.

SPA FACIAL TREATMENTS WITH NATURA BISSE

THE O2 RELAX

Purity, brightening, balance. This refreshing and purifying anti-age therapy will brighten the skin and restore its health look. The pure oxygen have properties of restoring cellular functions, when releases O2 molecules in your skin, that gives the cells energy and eliminates the toxins stored in the pores. This will revive your skin and maintain healthy look.

Duration: 50 min.

C+C THE CITRUS ESSENCE

Revive, boost, firm. This rich on antioxidant therapy restore the vitality of sun light damage and minimize premature aging signs. With 100% pure vitamin C, will stimulate collagen production and firm the skin for a luminous and young looking skin.

Duration: 50 min.

NATURA BISSE DEFINITION TREATMENTS INCLUDING:

Yokoso(welcome) ritual, double cleaning, steam, scrub, defining and relaxing facial massage, scalp and neck massage, customized mask, serum, eye cream, customized face cream.

SIGNATURE SPA FACIALS BY COLLAGENA

COLLAGENA®
So pure. So smart. So safe.

3D THERAPY WITH BOTOX AND FILLER EFFECT

Sculpting intensive therapy, restoring face contour, reducing wrinkles with new generation natural **Linefill** filler and plant extract **gatuline Expression**, with instant non-invasive botox effect. In result your skin is hydrated and the boost cellular production of collagen and elastin fibers..

Duration: 50 min.

HYDRATING THERAPY WITH COLLAGEN AND HYALURON ACID

Specially crafted to bring 8 hrs hydration suitable for every skin type including very sensitive skin and problematic skin. By virtue of active ingredients such as Bulgarian patent Collagen hydrolysate, liposomes, Vitamins C+E and hyaluronic acid your skin is refreshed, nourished and deeply hydrated with instant results even after first treatment.

Duration: 50 min.

AGE DEFYING THERAPY

Intensive therapy focused on improving structure of dry and tired skin. With patent anti-age complex increases hydration levels by attracting and holding water reserves for optimal skin water balance. With active ingredients such as Collagen hydrolysate, Vitamin E, and Organic Bulgarian Rose oil, this treatment recover, revive and improve skin elasticity while boost collagen fibers production.

Duration: 50 min.



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PROBLEMATIC SKIN BALANCE THERAPY

Treatment focused to sooth oily, problematic or congested skin. Purify and sooth skin imperfections this therapy with active bio collagen, propolis and tea tree to balance sebum secretion, minimize pores and reduce acne.

Duration: 50 min.

ENERGY THERAPY WITH VITAMINS, ANTIOXIDANTS AND MANGO EXTRACT

Antioxidant refreshing therapy suitable even for most sensitive and problematic skin. With mango extract, collagen and omega 3, 6, 9 enrich the skin with vitamins, calm and perfect the tan while ensure the necessary hydration.

Duration: 50 min.

DEEP CLEANSING AND CALMING THERAPY

Great for deep cleaning, calming and softening without drying skin. With organic Salixin, black cumin oil, collagen and zing regulating pH and skin microflora. This facial treatment have antibacterial and sebum-regulated properties.

Duration: 50 min.

SIGNATURE SPA FACIALS BY COLLAGENA

COLLAGENA®
So pure. So smart. So safe.

FULL RECOVERY THERAPY

Revitalizing therapy ensure deep hydration, nourishing, filler and anti-age effect. Powerful peptides complex in combination with collagen hydrolysate and important natural fats regenerate and leave skin bright and healthy looking.

Duration: 50 min.



A woman is lying on her side, receiving a massage. Her eyes are closed, and she has a peaceful expression. Her hands are resting under her chin. A large pink and white lily flower is in the foreground. In the background, there is a soft, out-of-focus light that looks like steam or a light mist. The overall atmosphere is relaxing and serene.

OnSEN
SPA CENTER

ONSE SPA RITUALS



PIRIN'S TREASURES

Includes:

- Vitality feet treatment
- Dry body brushing
- Uplifting full body massage
- Tired eyes treatment
- Nourishing scalp and head treatment
- A glass of white wine or herbal tea

Inspired by pure air of Pirin mountain, this ritual combines foot care, dry body exfoliation with bamboo brush, recharging full body massage followed by rejuvenating eye therapy, nourishing hair mask and scalp massage which will take body, mind and soul into a meditative state. Finally refresh and enjoy a glass of white wine or a herbal tea

Duration: 80 min.

AROMA INDULGENCE

Includes:

- Yokoso (welcome) ritual
- Aromatherapy Tandeki (indulgence)
- Express facial therapy
- Herbal tea

Awake your senses with this relaxing and pampering journey. Experience a comforting warm towel infused with essential oils, aroma massage to loosen muscle tension and relax your body, followed by refreshing express with customized face mask. Enjoy a refreshing tea after this complete relaxation and you mind rest a little bit longer.

Duration: 80 min.





ONSE SPA RITUALS

REVALIZING LEG RITUAL

Includes:

- Yokoso (welcome) ritual
- Green Rhodope clay (legs only)
- Back and leg massage
- Scalp massage
- Herbal tea

Relax and enjoy a soothing massage that drains, relieves and improves circulation, removes and relieves stiffness, stress and irritations caused by the demands of modern living. A warm compress applied on legs in combination with healing properties of green mountain clay mask will aid lighter feeling.

This therapy is ideal for those who suffer from water retention (including pregnant ladies).

Duration: 60 min.

AFTER SKI RECOVERY

Includes:

- Yokoso (welcome) ritual
- Dry exfoliation
- Soothing foot mask
- Airo massage (deep tissue)
- Herbal tea

Recharge and recover your body and mind with this ritual. Full body exfoliation using a body brush, followed by a calming legs mask and a deep tissue massage with special blend of oils that will reduce pain and inflammations and will prepare your body for new ski adventure.

Duration: 70 min.

ONSE SPA RITUALS

RITUAL PIRIN MOUNTAIN

Includes:

- Vibrant Leg Therapy
- Back massage
- Scalp massage
- Herbal tea

This ritual has a revitalizing effect. It will transport you to a wonderful mountain atmosphere with clean air saturated with oxygen. Enjoy a foot exfoliation and a warm towel with essential oils, a back massage and a final relaxing scalp massage.

Duration: 50 min.





ONSE SPA RITUALS

C+C FULL CITRIC RECOVERY

Yokoso (welcome) ritual

- Private steam room
- C+C vitamin scrub
- C+C soufflé body mask
- Hydro massage bath
- Aromatherapy massage with Natura Bisse vitamin butter
- C+C antioxidant facial
- Citrus infused drink

This incredible ritual assuring full recovery of face and body starting with steam bath session opening pores and preparing your body for uplifting vitamin exfoliation in combination with antioxidant citrus body mask washed in hydro massage mineral bath and refreshing citrus infused drink. Massage with rich in vitamins butter and full antioxidant facial will leave skin silk soft and give instant effect and leave you renewed.

Duration: 120 min.

PREGNANCY SPA TREATMENTS

NIMPU (LIFE-BEARING) MASSAGE

A calming and soothing full body massage for mothers to be that helps improve skin elasticity, increase energy levels, alleviate discomfort and increases circulation.

Duration: 50 min.

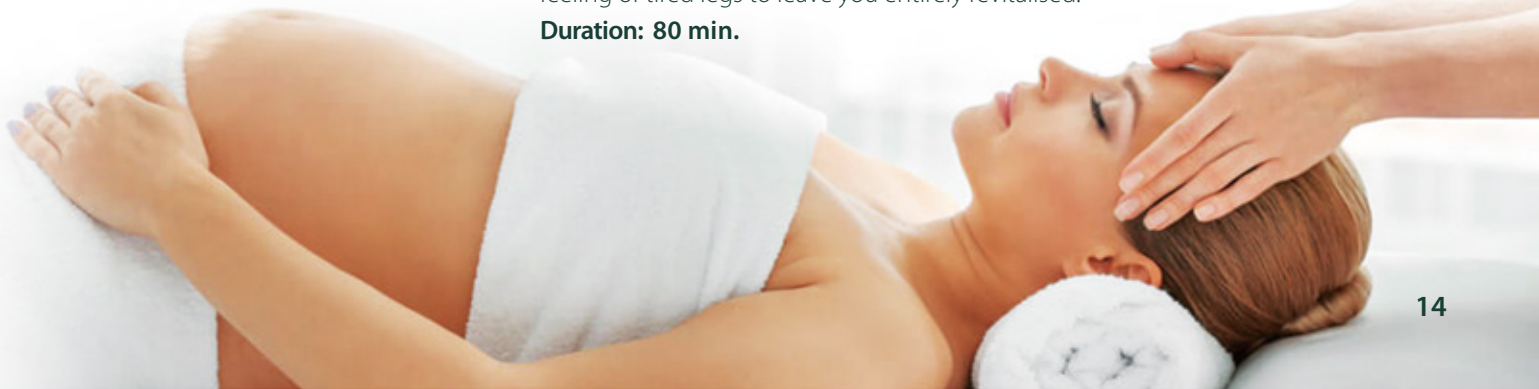
MOM-TO-BE RELAXATION

Include:

- Yokoso (welcome) ritual
- Nimpu(pregnancy)massage
- Quick O2 relaxation by Natura Bisse
- Scalp massage
- Herbal tea

Your preferences for comfort are paramount in this combined personalised express facial and full body massage, which is tailored entirely for you with pillow support and positioning to ensure complete relaxation. The massage begins with nourishing oils, then a warm towel cleanse and exfoliation prepares your face for the nourishing mask. This mask is allowed to work while your hands, feet & arms are gently massaged. Finally, a cooling leg massage relieves swelling and eases away the feeling of tired legs to leave you entirely revitalised.

Duration: 80 min.



COUPLE'S PACKAGES

On You REN'AI (romance)

Our signature On You double experience is a combination of relaxing or uplifting massage and of signature blend of your choice to bring balance and release muscle tension.

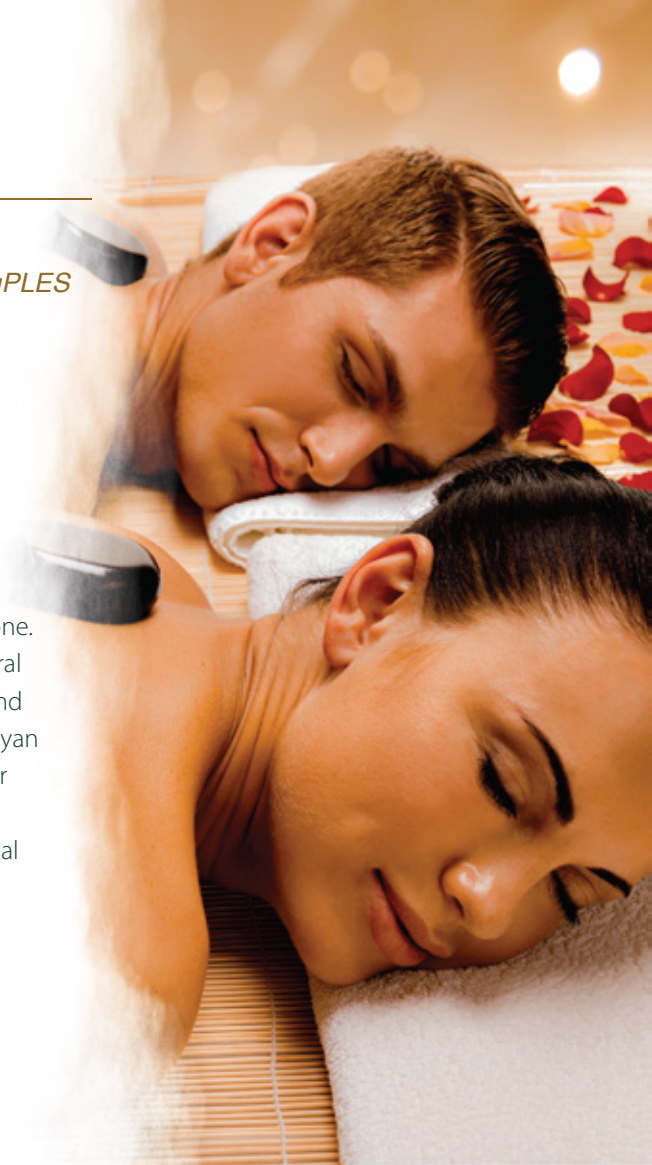
Duration: 60 min.

REveAL ONSEN'S SECRETS for COUPLES

Includes:

- Private steam room
- Hydromassage bath with aromatic salts
- Himalayan salt exfoliation
- Herbal tea and silver water

Enjoy our private VIP area for couples while sharing your Spa experience with beloved one. Steam room stimulate toxins disposal, mineral hydro massage bath relax and aid muscle and joint pain and a comfortable bed for Himalayan scrub remove gently dead cells, leaving your skin soft and improving blood circulation. A private relaxation area offers refreshing herbal tea and silver water to complete your deep relaxation. **Duration: 90 min.**



COUPLE'S PACKAGES

TOMODOMO (together) BLISS

Includes:

- Hydromassage bath
- Rasul and Serail Banyan
- Yokoso (welcome) ritual
- Aromatherapy Tandeki (delight)
- Rapid recharge with Collagena
- Scalp massage
- A glass of white wine or herbal tea

Indulge together to this Spa journey beginning with relaxing bath infused with calming aromas, then enjoy benefits of green Rodopian clay mask and warming serail room, complete your Spa experience with aromatherapy full body massage, express facial and relaxing scalp massage. Celebrate this unforgettable ritual with glass of white wine or a herbal tea.

Duration: 125 мин.

KINSEE (balance) FOR YOU AND ME

Include:

- Yokoso (welcome) ritual
- Dry body brushing
- Nourishing body mask
- Anti-stress massage
- Nourishing scalp and hair mask
- A glass of white wine or herbal tea

Balancing ritual which begin with warm feet compress, improving blood circulation dry body brushing followed by nourishing mask with wild orange, coconut and cocoa butter. Relaxing anti-stress body and scalp massage leave your body and mind rejuvenated and enriched. A glass of white wine or herbal tea are complementary to this ritual.

Duration: 100 мин.

SPA EXPERIENCE

In search of new ways to improve health and reduce stress, we are pleased to give you the opportunity to connect with nature. The swimming pool and hydro massage bath with mineral water will improve circulation and stimulate muscle tone.

Continue with Finnish sauna and salt and aroma steam bath which will help clear your respiratory tract and detox the body. Complete indulgence of the senses are outdoor mineral water jacuzzies with stunning panoramic view of Pirin mountain.

No more worries and pain, only a relaxing sensation, joy and a stronger connection with nature.

Take a step towards restoring your inner harmony, give freshness and pleasure to your body!

Reward yourself with a well-deserved rest, without care and anxiety!

Enjoy the ultimate effect in the Ruskovets Onsen Spa Center and be happy!

RESERVATION TELEPHONES; internal 505

Working hours: every day: 9:00am to 8:00pm.



RUSKOVETS

R E S O R T

Your Perfect Spa Holiday



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