

KATARZYNA HOTEL



Wellness Center







WELCOME TO OUR OASIS FOR THE SOUL AND BODY

We invite you to relax and escape the hustle and bustle of everyday life. Indulge in tranquility and blissful pleasure. Enjoy the surrounding nature and immerse yourself in timelessness.

Our Wellness Center features a sauna, steam bath, hammam, relaxation area, outdoor infinity pool, and indoor swimming pool with jacuzzi, from which the panoramic windows reveal fabulous views.

The sun's rays reflect in the water, and in the evening, the sunset transforms the space into pure magic. Those of you who need to restore your body and balance can leave yourselves in the expert hands of our experienced therapists. They will make sure you feel special from the first to the last moment.

There are two massage rooms and another room for wine therapies.

Let us take care of you!





LE MAGNIFIQUE

Le Magnifique is actually the "Magnificent" therapy that will captivate you and leave deep and pleasant memories in your mind. This ritual is divine care for your senses. This therapy regenerates and rejuvenates, and our products will pamper you with their wonderful textures, carefully selected ingredients, and incredible aromas.

THE THERAPY INCLUDES:

- Peeling with green white grape scrub. Active ingredients such as shea butter, chamomile flower extract, grapevine leaf extract, and vitamin E will soften, moisturize, and improve the appearance and natural radiance of the skin. (10 min.)
 - White grape shower oil
 - Milk bath – with dry milk for the bath and white grapes. It moisturizes the skin, makes it elastic and silky soft, and relaxes the soul and body. (30 min)
 - Relaxing aromatic massage with massage oil and a complex of carefully selected essential oils will make you feel reborn, forget your worries, and relax completely. (50 min)
-

PRODUCTS USED:

- Body scrub with white grape extract
- Shower gel with white grape extract
- Body mask with collagen and white grape extract
- Powdered milk for bath with white grape extract
- Massage oil with white grape extract

DURATION: 1 hour and 30 minutes

PRICE: 102.26 €





LE VOYAGE

A therapy with invigorating massage and aromatic essential oils that will take you on a journey into the world of pleasure, far away from everyday life. Le Voyage restores the radiance and softness of the skin, recharges with energy and brings a feeling of harmony, freshness and inner balance.

THE THERAPY INCLUDES:

- Detoxifying and brightening mask for body and face. Gently removes toxins and creates a protective water film on the skin (10 min.)
 - Shower for complete relaxation with red grape extract. Prepares the body for the next stages of the therapy.
 - Flower bath with red grape extract. Relaxes, hydrates, and nourishes the skin, creating a feeling of softness and freshness. (30 min.)
 - Massage with cream containing red grape extract. Protects the skin from the harmful effects of the environment and restores the balance of the skin microflora. (50 min.)
 - Elegant facial massage, the finishing touch that will give you complete relaxation and a feeling of completeness. (30 min.)
-

PRODUCTS USED:

- Detoxifying mask with red grape extract and mask for a glowing face
- Shower gel with red grape extract
- Flower bath with red grape extract
- Restorative massage cream with red grape extract

TIME: 1 hour and 30 minutes

PRICE: 102.26 EUR



LE ROUGE / LE BLANC

This luxurious wine ritual is inspired by ancient traditions and combines the benefits of grapes and wine to rejuvenate and relax the body and spirit.

Detoxification and toning of the skin, rejuvenation and anti-aging effects, protection of the skin from aging, and deep relaxation are just some of the benefits of the wine ritual.

THE THERAPY INCLUDES:

The procedure begins with a warm welcome and a glass of high-quality red wine LE ROUGE or white wine LE BLANC

Flower bath (30 minutes):

- Flower bath with red or white grape extract.
- Application of a collagen face mask with red or white grape extract.

Grape peeling (20 minutes):

- The body is gently exfoliated with a peeling enriched with grape and grape seed extract.
- Grape seeds are rich in antioxidants that help fight free radicals and promote skin regeneration.
- The scrub is applied with gentle, circular movements that stimulate blood circulation.

Aromatic finish with white or red grape shower oil.

PRODUCTS USED FOR LE ROUGE:

- Detoxifying mask with red grape extract
- Shower oil with red grape extract
- Flower bath with red grape extract
- Restorative cream with red grape extract

PRODUCTS USED FOR LE BLANC:

- Detoxifying mask with white grape extract
- Shower oil with white grape extract
- Flower bath with white grape extract
- Restorative cream with white grape extract

DURATION: 50 minutes

PRICE: 40.99 €



RELAXING MASSAGE

Treat yourself to a deeply relaxing experience that restores balance and boosts your energy and mood.

This massage supports the body's natural regeneration processes by stimulating serotonin production and helping to restore your biological rhythm.

By focusing on the feet and specific problem areas, the massage releases the body from accumulated tension.

Careful work on the head and neck achieves a feeling of lightness, clarity, and deep inner peace.

ACTIVE INGREDIENTS:

- Grapevine extract
- Vitamin E (tocopherol)
- Vitamin B3 (niacinamide)
- Essential oil complex

PRODUCTS USED:

- Massage oil with white grape extract

DURATION AND PRICE:

- 40 min. – 51.13 €
- 60 min. – 71.58 €
- 90 min. – 97.15 €

Additional care during the massage:

Skin exfoliation and application of a body mask with a product of your choice
15 min. / 17.90 € :

- White grape scrub
- Red grape scrub
- White grape collagen mask
- Red grape detoxifying mask



AROMA MASSAGE

A gentle, rhythmic massage that releases the mind and body from tension accumulated in the back, shoulders, and arms. Suitable for chronic fatigue, stress, or insomnia, this therapy restores inner balance and a sense of calm.

The massage is performed with a detoxifying and regenerating red grape cream that soothes, nourishes, and softens the skin. Combined with aromatherapy, it helps relax the nervous system and harmonize the emotional state.

ACTIVE INGREDIENTS:

- Red vine leaf extract
- Red grape extract
- Tocopherol (vitamin E)
- Niacinamide (vitamin B3)
- Essential oils

PRODUCTS USED:

- Detoxifying and regenerating massage cream with red grapes

DURATION AND PRICE:

- 40 min. – 61.36 €
- 60 min. – 81.81 €
- 90 min. – 102.26 €

Additional care during the massage:

Skin exfoliation and application of a body mask with a product of your choice
15 min. / 17.90 € :

- White grape scrub
- Red grape scrub
- White grape collagen mask
- White grape seaweed mask
- Red grape detoxifying mask



DEEP TISSUE MASSAGE

Targeted therapy that acts deeply on the muscles and connective tissue, releasing tension and restoring a feeling of lightness and comfort.

The massage relieves pain, activates blood circulation and lymph flow, and supports the body's natural regenerative processes. We use massage oil with red grape extract – an ingredient with proven anti-inflammatory and antioxidant properties that stimulates drainage and deeply nourishes the skin. The heat generated during the massage helps improve circulation and tissue elasticity. A suitable choice for muscle fatigue, tension from a busy daily routine, and the need for physical relief.

ACTIVE INGREDIENTS:

- White clay
- Shea butter
- Grape seed oil
- Beeswax
- Chamomile flower extract

PRODUCTS USED:

- Red grape massage oil

DURATION AND PRICE:

- 40 min. – 61.36 €
- 60 min. – 86.92 €
- 90 min. – 122.71 €

Additional care during the massage:

Skin exfoliation and application of a body mask with a product of your choice
15 min. / 17.90 € :

- White grape scrub
- Red grape scrub
- White grape collagen mask
- White grape seaweed mask
- Red grape detoxifying mask



ANTISTRESS MASSAGE

A gentle, rhythmic massage focused on the areas with the most tension—the back, shoulders, and arms. It is applied to relax the muscles, relieve stress-induced spasms, and restore a feeling of lightness in the body.

We use a special massage cream with red grape extract, which has a relaxing, detoxifying, and nourishing effect. Its formula deeply hydrates the skin and gives it a silky softness. The massage helps to naturally release accumulated tension and restore inner balance. It is the ideal choice for those moments when you need complete relaxation – both for the body and the nervous system.

ACTIVE INGREDIENTS:

- Red vine leaf extract
- Red grape extract
- Vitamin E (tocopherol)
- Niacinamide (vitamin B3)
- Essential oils
- Vitamin C (ascorbic acid)

PRODUCTS USED:

- Detoxifying and regenerating massage cream with red grapes

DURATION AND PRICE:

- 40 min. – 61.36 €
- 60 min. – 81.81 €
- 90 min. – 102.26 €

Additional care during the massage:

Skin exfoliation and application of a body mask with a product of your choice

15 min. / 17.90 € :

- White grape scrub
- Red grape scrub
- White grape collagen mask
- White grape seaweed mask
- Red grape detoxifying mask



SPECIALIZED MASSES

ANTI-STRESS FACIAL MASSAGE

A gentle, relaxing massage that relieves tension in the forehead, temples, and eyes. Suitable for moments of fatigue or a busy daily routine.

- **Product:** White grape massage oil
 - **Duration:** 30 min. – 40.90 €
-

ANTI-STRESS FOOT MASSAGE

Stimulates blood circulation, relieves heaviness and fatigue in the feet. Particularly suitable after a long day of walking or standing.

- **Product:** Red grape massage oil
 - **Duration and price:** 30 min. – 40.90 €
-

ANTI-CELLULITE MASSAGE

An intensive massage that improves microcirculation, stimulates drainage, and helps smooth and tighten the skin. It is performed with active ingredients from red grapes.

- **Product:** Red grape massage oil
- **Duration and price:** 60 min. – 71.58 €



HAMMAM

The Hammam experience is deeply rooted in the traditions of some of the wisest Eastern cultures. Since ancient times, men and women have used thermal baths as a daily ritual to purify and relax the mind, body, and soul.

The word "hammam" in ancient Arabic means heat and involves several consecutive stages in which heat penetrates deep into the tissues, stimulates blood circulation, and aids overall detoxification—both on a cellular and emotional level. Treat yourself to this Eastern-inspired experience – a moment of peace, harmony, and purification in our cozy Hammam.

Duration and price: 30 min. - 76.69 EUR





SAUNA AND STEAM BATH

The sauna and steam bath offer a thermal experience that invigorates the body and relaxes the mind. The heat and humidity stimulate natural cleansing processes, activate blood circulation, and promote a feeling of lightness and freshness.

The dry heat of the sauna deeply warms the body, while the steam bath envelops the skin in softness and moisture, leaving it radiant and silky smooth. Immerse yourself in this thermal bliss and indulge in complete relaxation in our cozy thermal therapy area.





SWIMMING POOL AND JACUZZI

Our guests have access to an indoor swimming pool measuring 25 x 8 meters with a water temperature of 29°C. Disinfection is carried out by salt electrolysis – a gentle method for the skin and respiratory tract.

In close proximity, there is a spacious jacuzzi with a water temperature of 36°C. Guests can also enjoy an outdoor infinity pool measuring 8 x 15 meters with a maximum depth of 1.60 meters.

Lifeguard services are not available. Children under 16 years of age are only allowed when accompanied by an adult.



ETIQUETTE AND RULES

To ensure that all guests enjoy a truly relaxing and peaceful stay in the Wellness area, we kindly ask you to turn off your mobile phones and keep your conversations quiet.

CLOTHING

Visitors to the Wellness area must wear a bathrobe and slippers from their room. If necessary, these can be provided on site.

Disposable underwear is provided for the procedures, but you can use your own if you wish. Choose whatever you feel most comfortable with. Our therapists work discreetly and with attention to your peace of mind. Towels are provided for use in the sauna and steam bath.

Appropriate clean sports shoes must be worn in the fitness area. Towels for use on the equipment are available on site or at the reception desk.

VALUES

Lockers are provided for storing personal belongings. However, we are not responsible for any loss or damage. We recommend that you leave your valuables in the safe in your hotel room.

RESERVATION AND CANCELLATION

Treatments are offered subject to availability. We recommend that you book your treatments well in advance to ensure that your preferred time slot is available. Your selected treatments will be reserved especially for you, so please be punctual and bear in mind that each treatment is tailored to the client and you may have to wait a few minutes. If you are unable to attend your appointment, please inform a member of staff at reception as soon as possible. If you have any special preferences, allergies, or health conditions that may affect the treatment, please let us know when making your reservation.

AGE REQUIREMENTS

The minimum age for access to the procedures from our Wellness menu is 12 years. Children under 12 years of age are not allowed in the wellness area without an accompanying adult.

FOOD, ALCOHOL, AND SMOKING

Water is available for guests in the Wellness area throughout their stay. Please note that we do not serve food or drinks in this area. For the well-being of our guests, alcohol consumption is limited to certain treatments in the spa center. For your own safety, we reserve the right to refuse service to guests who are under the influence of alcohol. Please note that smoking is prohibited throughout the Wellness area.

WORKING HOURS

Sauna, steam bath, indoor and outdoor pool: 8:00 – 20:00 h

Fitness center: 8:00 – 21:00 h

KATARZYNA HOTEL



Contact us

+359(0) 37 999 009
reservations@katarzyna.bg

