

# SPA MENU

“YOU’RE JUST  
A MASSAGE AWAY FROM  
GOOD MOOD”



# THE 5 ELEMENTS SPA VOYAGE

A 5-stops therapeutic voyage inspired by the 5 elements in nature: water, fire, air, earth, and ether. Set off on a journey that will renew your inner self by sensing the vigor of each element embodied in the aqua and thermal area..

*The sense of weightlessness*

## WATER

- Sunlight swimming pool with salt water
- Hydromassage hot tubs
- One-of-a-kind marine salt bath
- Relaxing steam bath
- Adventure showers
- Energizing "Path of Health"
- Aroma foot bath
- Refreshing ice fountain
- Contrast showers

*The floating sensation*

## AIR

- Lounge with floating beds and uplifting views
- Tepidarium area with mountain view

Up to 3 hours journey  
€ 49/98,84 BGN

*The Illuminating spirits*

## FIRE

- Soothing infrared sauna
- Panorama Finnish sauna

*The sense of stability and strength*

## EARTH

- Healing herbal sauna

*The sense of calm and tranquility*

## ETHER (SPACE)

- 3500 sq. m natural lighted serene sanctuary
- Sweeping views over the park and Vitosha

12 visits within 3 months  
€ 490/958,29 BGN

*Enrich your voyage and discover the wonders of halotherapy*

## SALT ROOM THERAPY

A natural remedy with inhaling pharmaceutical-grade dry salt in a comfortable, controlled environment.

40 min.

€ 10/19,55 BGN

10 visits within 2 months

€ 75/146,69 BGN



OUR THERAPISTS RECOMMEND

## HOLISTIC MASSAGE MILLENNIUM

This deep tissue massage is a whole journey. Powered by the healing floral essences of Dr. Bach it takes you to a new world of sensations and relaxation, leaving your body and soul rejuvenated and stress-free.

80 min.  
€ 140/273,82 BGN

## BULGARIAN ROSE MASSAGE

The Bulgarian Rose Massage balances the body, harmonizes the mind and the spirit. The massage techniques will touch even the most sensitive points of your body and will eliminate the stress and fatigue. The skin is soothed, hydrated, and refreshed, thanks to the healing properties of the Damascena rose oil.

60 min.  
€ 87/170,16 BGN

## ANTI-STRESS MASSAGE WITH WARM OIL

It reduces stress, relieves accumulated tension in the body, improves blood circulation, soothes the nervous system, and enhances sleep quality.

60 min.  
€ 87/170,16 BGN

## ROYAL MASSAGE MILLENNIUM

Healing massage that combines a variety of massage techniques: Thai, Shiatsu, Classic, Lomi-Lomi, Ayurveda, and others.

80 min.  
€ 148/289,46 BGN

# KOBIDO FACIAL MASSAGE

THE ROAD TO HARMONY  
AND BEAUTY

Japanese lifting massage. An alternative for the invasive treatments in aesthetic medicine. It works on the deep layers of the skin and relaxes the muscles and tension within them, leading to a reduction in the visibility of fine lines and wrinkles.

50 min.  
€ 95/185,80 BGN

# CLASSICAL MASSAGE

This massage is an excellent method for enhancing overall well-being and deeply relaxing the body. It boosts the immune system and alleviates muscle tension.

20 min. € 50/97,79 BGN    40 min. € 65/127,13 BGN    60 min. € 87/170,16 BGN

## BECAUSE YOU DESERVE MORE!

*The more you relax, the greater the reward!*

Get a package of 5 massages and we will give you:

- **Face or foot massage 20 min.**

Get a package of 10 massages and we will give you:

- **Body massage 60 min.**

# “DEEP RELIEF” MASSAGE

This deep tissue massage is an effective way to emphasize on certain “stiff spots” in your body. It is perfect for relieving tension and helping with muscle injuries, such as back sprain. It is also an ideal post-workout treatment.

40 min. € 75/146,69 BGN    60 min. € 90/176,02 BGN

# “ANGEL FEET” REFLEXOLOGY MASSAGE

Reflexology is a complementary health therapy based on the idea that different areas of the feet correspond to specific areas of the body. It helps relieve fatigue, anxiety, insomnia and generally promotes overall wellbeing.

20 min.  
€ 50/97,79 BGN

## ANTI-CELLULITE MASSAGE

This therapeutic massage is aimed at stimulating the body's lymphatic system and helps to visibly reduce the appearance of cellulite.

40 min.  
€ 70/136,91 BGN

## THAI MASSAGE

Inspired by traditional Thai techniques, this massage helps to release deep tissue tension in particularly tight areas in the back and shoulders. Reach your inner harmony and bring your body, mind, and soul in one.

60 min.  
€ 95/185,80 BGN

## HOT VOLCANIC STONE MASSAGE

A combination of a relaxing massage and body warming with a soothing and relaxing effect. It relieves stress, helps with insomnia, improves blood circulation, and will recharge you with new energy.

60 min.  
€ 90/176,02 BGN

## “COCO DREAMS” KIDS MASSAGE

A combination specifically created for children's needs with extra love and care. The coconut oil improves concentration, has a relaxing effect, and strengthens the immune system. It gently nourishes and moisturizes the skin.

20 min.  
€ 50/97,79 BGN

40 min.  
€ 65/127,13 BGN

# SIGNATURE HEALING

## MASSAGE ENERGY VIBRATIONAL MASSAGE

Combinations of classical and asian techniques, warming the body with volcanic stones and reflexotherapy techniques.

60 min.

€ 125/244,48 BGN

## SPORTS MASSAGE

Deep tissue massage using classical techniques, treating the stressed and affected groups of muscles and joints as a result of the training activity.

40 min.

€ 75/146,69 BGN

### FINISHING TOUCHES:

*Add extra pleasure and enhance your massage:*

- Radiant face massage 10 min - € 25/48,90 BGN
- Anti-stress foot massage 10 min. - € 25/48,90 BGN
- Nourishing body oil by Anne Semonin or Forlle'd/- € 10/19,56 BGN



# FACIAL

OUR THERAPISTS RECOMMEND

## PLATINUM ANTI-AGE SIGNATURE

Millennium Spa & Wellness exclusive therapy by Forlle'd. This unique, luxurious anti-age therapy is using low-molecular weight ionized platinum which provides exceptional antioxidant protection. It provides the necessary lifting, moisturizing and restores the elasticity and firmness of the skin.

60 min.  
€ 135/264,03 BGN

## BIOFILLER BY FORLLE'D

This unique treatment provides excellent lifting and anti - wrinkle effect. With an individual approach to personal skin and molecular ingredients it provides an instant lifting effect and it will leave your skin revitalized, firm, smooth, and glowing.

60 min.  
€ 130/254,26 BGN

## INTENSIVE HYDRATION

BY FORLLE'D

This treatment deeply hydrates the layers of the skin, restores its mineral balance and immunity, and considerably improves skin tan. A complete course ensures long-lasting lifting, eliminates mimic wrinkles, and considerably reduces under-eye puffiness.

60 min.  
€ 125/244,48 BGN  
👶 Suitable for women over 12 weeks pregnant

# EXPRESS ILLUMINATING THERAPY

BY FORLLE'D

Give yourself an express glowing skin with this nourishing therapy. The molecular ingredients will deeply hydrate your skin and refresh your complexion immediately.

30 min.

€ 75/146,69 BGN

# TAILOR MADE THERAPY

BY ANNE SEMONIN

Because your skin is unique this phyto-aromatic treatment combines serums, masks, and specially selected mineral complexes to address its special needs. The products used in this therapy are selected individually for every guest before the treatment.

60 min.

€ 125/244,48 BGN

# STUNNING EXPRESS GLOW

BY ANNE SEMONIN

For instant hydration and radiance with a cryotherapeutic effect. Perfect for those short on time but seeking flawless results!

30 min.

€ 75/146,69 BGN



# GOLD SERIES FACE & BODY

## GOLDEN MASSAGE - FULL BODY

WITH GOLDEN BALM BY ANNE SEMONIN

Simultaneously polishes and hydrates the skin, improves blood circulation, counteracts fluid stagnation in the body, reduces tension and muscle pain.

60 min.

€ 90/176,02 BGN

## GOLDEN MASSAGE - FACE, NECK AND DÉCOLLETÉ WITH GOLDEN BALM BY ANNE SEMONIN

Restores the radiance of the face! It combines modern massage techniques for facial contouring and drainage.

30 min.

€ 70/136,91 BGN

# GOLD SERIES FACE & BODY

## GOLDEN BODY RITUAL

WITH GOLDEN BALM BY ANNE SEMONIN AND  
CRYSTALLINE GOLDEN STONE.

The warm massage performed with the help of the Crystal stone promotes faster absorption of cosmetic products by the skin and increases the effectiveness of the procedure. At the same time, it induces complete psycho-emotional relaxation.

60 min.

€130/254,26 BGN

### A GOLDEN BALM WITH A HONEY TEXTURE

Latest generation super product designed for both face and body massage.

This balm has a honey-like consistency with a pearl-gold effect. Hydrates the skin, makes it silky soft and with a refined golden hue.

### CRYSTALLINE GOLDEN STONE

Inspired by the sun and its warmth, the Crystal Gold Stone represents a flat a glass sphere containing a special golden liquid that is preheated.

# BODY

## “NEW SKIN” RITUAL

BY ANNE SEMONIN

This ritual invites you to bodily well-being and awakens your senses, combining a detoxifying body scrub with relaxing massage and the application of aromatic plant oils. A unique ritual for the ultimate beauty experience!

60 min.

€ 145/283,60 BGN

## "MAXIMUM DETOX" THERAPY

BY ANNE SEMONIN

Signature therapy of Millennium Spa & Wellness Center for face and body.

This ritual is complex care for your face and body. A relaxing and detoxifying therapy that will touch even the most sensitive points of your body.

It will remove stress and fatigue, stimulate the skin to expel toxins, while at the same time thickening, toning and softening it.

80 min.

€ 199/389,21 BGN

# RELAXING MUD THERAPY

BY ANNE SEMONIN

A de-stressing full-body massage combined with self-heating mineral mud with relaxing properties to unknot muscle tension. Ideal for recovering from a long journey or intense fatigue.

60 min.

€ 130/254,26 BGN

# MAGNESIUM THERAPY

Eliminate stress, muscle aches, fatigue and sleep disturbances with a bath with magnesium salts from the Dead Sea, accompanied by a massage with magnesium oil. They help to increase energy, reduce pain, relax muscles, eliminate stress and tension.

60 min.

€ 130/254,26 BGN

# “ANGEL FEET” THERAPY

BY ANNE SEMONIN

Reflexology combined with a mask to reduce heaviness in the legs and constrict capillaries. This therapy is the perfect solution for heavy and tired legs.

40 min.

€ 100/195,58 BGN



# FOR THE GENTLEMEN

## “HIGH PERFORMANCE”

### BODY THERAPY

This massage uses warm oil and essential oils for eucalyptus, it hydrates, refreshes and calms the skin, while improving the immune system and helps with the release of stress after a long day.

60 min.  
€ 87/170,16 BGN

## MEN'S ESSENTIAL

### FACIAL THERAPY BY FORLLE'D

This treatment is especially designed to meet the needs of men's skin. It hydrates and improves metabolism of skin cells, has deep cleansing and antibacterial properties thanks to the low - molecular hyaluronic acid.

60 min.  
€ 130/254,26 BGN

## "TAILOR MADE"

### FACIAL THERAPY BY ANNE SEMONIN

Designed uniquely for men's skin this phyto - aromatic treatment combines serums, masks, and specially selected mineral complexes to effectively enrich and maintain a healthy skin.

60 min.  
€ 125/244,48 BGN

### BECAUSE WE CARE!

At the Millennium Spa & Wellness Centre, you will enjoy two rare treasures: time and care.

As a compliment to all our guests, we provide a personal wellness consultation done by our qualified therapists.



## HAMMAM RITUAL WITH SALTS AND AROMA OILS

An incredible symbiosis between traditional and modern skin care! Relax in the warm embrace of our hammam and indulge in perfect skin polishing with an aromatic scrub filled with nourishing oils.

The procedure begins with adapting the body in the hammam for 10 minutes. This is followed by exfoliation of the skin with salts and aromatic oils. The procedure ends with a scalp massage and a gentle washing of the hair and body.

40 min.

€ 115/224,92 BGN

## HAMMAM PEELING /KESSA GLOVE/

Oriental peeling "Kese" is a traditional oriental procedure for cleaning the whole body with a special glove made of silk threads, which removes dead cells, stimulates and improves blood circulation. The procedure begins with adapting the body in the hammam for 10 minutes. This is followed by a scrubbing of the body with a bag, followed by a foam massage. The procedure ends with a gentle washing of the hair and body.

40 min.

€ 95/185,80 BGN

## HAMMAM RITUAL MILLENNIUM

INDULGE IN THE TEMPTATION CALLED HAMMAM RITUAL MILLENNIUM!

A luxurious, pampering ritual for the body and senses that will remove dead skin cells using a special silk thread glove and aromatic salts, followed by a gentle wash. To make your spa experience perfect, the ritual will continue with a massage of your choice in one of our spa therapy rooms.

the ritual includes 40 min. hammam

€ 95/185,80 BGN

add a massage of your choice from our menu 20 - 40 - 60 min.

**from € 50/97,79 BGN to € 90/176,02 BGN**



# PRIVATE SPA

COMPLETE PRIVACY WITH A BREATHTAKING VIEW...

ESCAPE THE DAILY ROUTINE AND INDULGE IN AN EXCLUSIVE SPA EXPERIENCE, COMPLETELY UNDISTURBED IN ONE OF OUR 3 LUXURIOUS PRIVATE SPA SUITES.

## DAMASCENA SPA SUITE

Your personal spa oasis of tranquility, located on 75 sq.m, inspired by the magical aroma and qualities of the Bulgarian Rose. Equipped with therapy area, steam bath, jacuzzi, bedroom and a private bathroom with a shower. Comfortable living room with mountain view, including 55" LED TV, sofa, coffee table, and complimentary water and fruit.

IDEAL FOR UP TO 4 GUESTS:

MON - THURS	<u>2h.</u> € 250/488,96 BGN	<u>4h.</u> € 300/586,75 BGN	<u>6h.</u> € 350/684,54 BGN
FRI - SUN	<u>2h.</u> € 300/586,75 BGN	<u>4h.</u> € 350/684,54 BGN	<u>6h.</u> € 400/782,33 BGN

## JASMINE SPA SUITE

Escape the crowded city, relax and leave everyday life behind in your own 95 sq. m private spa. Equipped with a therapy area, a Finnish sauna, a jacuzzi, a bedroom and a private bathroom with a shower. A comfortable living room with a panoramic view, including a 55" LED TV, sofa, coffee table, and complimentary water and fruit.

IDEAL FOR UP TO 4 GUESTS:

MON - THURS	<u>2h.</u> € 250/488,96 BGN	<u>4h.</u> € 300/586,75 BGN	<u>6h.</u> € 350/684,54 BGN
FRI - SUN	<u>2h.</u> € 300/586,75 BGN	<u>4h.</u> € 350/684,54 BGN	<u>6h.</u> € 400/782,33 BGN

# ORCHID SPA SUITE

Your personal spa experience in the heart of the city, inspired by Thai traditions, located on 115 sq.m. Equipped with a therapy area with a Thai massage bed, sauna, jacuzzi, bedroom, private bathroom with shower. Luxurious living room including 55" LED TV, sofa, coffee table, cozy fireplace, mountain view and complimentary water and fruit.

IDEAL FOR UP TO 4 GUESTS:

MON - THURS	<u>2h.</u> € 300/586,75 BGN	<u>4h.</u> € 350/684,54 BGN	<u>6h.</u> € 400/782,33 BGN
FRI - SUN	<u>2h.</u> € 350/684,54 BGN	<u>4h.</u> € 400/782,33 BGN	<u>6h.</u> € 450/880,12 BGN

Booking each spa suite gives you free access to the Thermal and Aqua areas.



# SPA EXPERIENCES

## FAMILY TIME

QUALITY TIME  
WITH THE MOST PRECIOUS PEOPLE

Damascena Spa Apartment  
or  
Jasmine Spa Apartment up to 4 hours

Salt room

Anti-stress massage for  
two adults  
40 min.

Children's massage  
"Coconut dreams" 20 min.

€ 440/860,57 BGN

## SPA ESCAPE FOR TWO

ENJOY YOUR PERSONAL SPA OASIS IN  
THE COMPANY OF YOUR LOVED ONE  
OR A FRIEND.

Damascena Spa Apartment  
or Jasmine Spa Apartment up to  
4 hours

Spa voyage through the five  
elements of nature

Exclusive aromatherapy for two

Special compliment with wine and  
fruits

€ 455/889,90 BGN

## TAILOR MADE PACKAGE

Leave yourself in the hands of our  
SPA experts who will create an  
individual spa package fully tailored  
to your needs.

Whether you prefer a relaxed  
holistic ritual  
or an instant-result therapy, we'll  
help you create your own  
spa experience.



# SPA ETIQUETTE

FOR A MORE PLEASANT AND FULFILLING SPA EXPERIENCE...

## COME EARLY

To get the most out of your spa experience, we recommend that you arrive at least 15 minutes before your reservation. This way, you will have plenty of time to complete our "Health Status Questionnaire" before your procedure begins. Please note that late arrivals will result in reduced therapy time. To be fair to the next guest, your procedure will end compared to the original one.

## YOUR VALUABLES

Millennium Spa & Wellness Center provides individual lockers in the changing rooms. However, it is recommended that you leave your valuables in your hotel room safe if you are a hotel guest or in the spa reception safe. Millennium Spa & Wellness Center is not responsible for valuables left outside the safes, nor for unregistered visitors.

## SAVE TIME FOR YOURSELF

Advance booking is required for our spa suites and salt room. The maximum number of guests for an individual reservation is 4. If you would like to celebrate a special occasion in one of the spa suites, please contact us on tel.: + 359 2 445 70 50

## IF YOU CAN'T COME

The procedure you have chosen has been reserved especially for you. We understand that your plans can change, so you can cancel your reservation without penalty up to 6 hours before the scheduled procedure. Please note that in case of cancellation within 6 hours or no-show, Millennium Spa & Wellness Center reserves the right to charge the guest the full price of the procedure / service. A credit card will be required to guarantee all bookings.

## JUST ASK

Our team of wellness specialists is at your disposal at all times, both before and during your visit. Please inform them of any health conditions, allergies or injuries that may affect your procedure or use of the spa facilities so that they can assist you in choosing the most suitable services for you.

## TIME FOR PEACE

Spa is peace and relaxation, which is why Millennium Spa & Wellness is a noise-free zone. Please respect the peace of other guests by not talking loudly. Please refrain from using your mobile phone or use it on silent mode while enjoying the Millennium Spa & Wellness Centre.

## OUR LITTLE GUESTS

Children under 16 are not allowed in Millennium Spa & Wellness without an adult companion. Use of the water area is only permitted in the morning hours and during children's classes.

## WEAR YOUR SMILE AND...

Wear bathing suits in public areas, including the Relax Lounge, the panoramic thermal and aqua area. Millennium Spa & Wellness Center provides bathrobes, towels, slippers and disposable linen when needed.

## YOUR FURRY FRIENDS

Please note that pets are not allowed at the Millennium Spa & Wellness Centre.

## NO SMOKE

Millennium Spa & Wellness is a smoke-free environment. Smoking is absolutely prohibited!

## TASTY AND HEALTHY

Our guests can enjoy healthy food and drinks from the Urban Garden Café. No outside food or drink is allowed.

## SHARE THE LOVE

Millennium Spa & Wellness gift vouchers are the perfect gift for any occasion. You can view the possibilities at [www.grandhotelmillenniumsofia.bg](http://www.grandhotelmillenniumsofia.bg). You can buy a voucher at the spa reception or at [www.shop.ghms.bg](http://www.shop.ghms.bg)

## SLEEP AT HOME

Continue your spa experience at home with Forlle'd and Anne Semonin home care products available for purchase at the spa reception. Do not hesitate to contact our wellness team to help you choose the most suitable product for the result you want to achieve.

## HYGIENE

Please note that it is mandatory to take a shower prior to entering our Aqua and Thermal areas!



"DO MORE OF WHAT MAKES YOU HAPPY."



**MILLENNIUM**  
SPA & WELLNESS

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