



# SPA & WELLNESS

VILNIUS GRAND RESORT

## THE V SPA & WELLNESS CENTER SERVICES MENU



The V SPA & Wellness Center offers exceptionally tailored SPA treatments that truly address your unique concerns and health-related needs. Just tell our experts how you want to feel when you leave us and they will recommend the treatments, specially tailored for you.

The finest possible products, the magic healing hands of our therapists together with ancient wisdom of treatments create synergy to purify, balance and revitalise your Body, Mind and Soul.

**SPA AND BEAUTY TREATMENTS, VITALITY POOL AREA,  
AQUA POOL, FITNESS & GYM, BEAUTY SALON**

10:00 am – 10:00 pm daily

Please place your reservation directly with our friendly Spa staff or from your room by dialing  
Ext.: 7377 or Tel.: +370 527 39777

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**GEMOLOGY**  
COSMETICS · PARIS

# SIGNATURE SENSORIAL JOURNEYS

GEMOLOGY  
COSMETICS · PARIS

For complete synergy and transformation of your feeling unique we are welcoming you to the world of Gemology. The treatments will be performed with precious and semi-precious stones. Using exclusive formulated products containing precious mineral traces, while lying atop a state-of-the-art bed of warmed quartz sand, draped with cozy linens. The healing powers of the quartz combined with the warmth of the bed, coupled with the calming practice of massage in serene environment, transform you to a place quite unlike any other to fortify, reassure and restore the body-mind balance.

## GEMSTONE SANCTUARY

SINGLE	90 MIN - 90€ / 120 MIN - 120€
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An exquisite nourishing and protective ritual, which begins with body polish to deeply exfoliate and revitalise the skin, continues with a holistic cocooning to restore energy levels, and concluding in a luxurious, embracing body massage with gem stones.

## MAGIC MOMENTS INDULGENCE

SINGLE	90 MIN - 90€ / 120 MIN - 120€
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De-stressing, relaxing and mesmerizing ritual with beautiful textures, luxury scent and indulgent approach. This journey begins with precious minerals caressing top-to-toe massage and provides profound nourishment, improving circulation and oxygenation of face and body.

## FIVE ELEMENTS LONGEVITY

SINGLE	90 MIN - 90€ / 120 MIN - 120€
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We offer you the gift of longevity, provided by powerful mineral ingredients, targeted the primary causes of accelerated aging in the body. The signature treatment actively corrects visible imperfections, whilst prevents further damage. A complete face and body treatment includes dynamic gem stone massage technique to stimulate energy flow, bestows health and vitality to tissues immediately resulting in a vibrant skin.





## SIGNATURE FACIAL EXPERT CARE



For complete synergy and transformation of your feeling to the unique sensory, we are welcoming you to the unique world of Gemology. The treatments will be performed with precious and semi-precious stone, using exclusive formulated products containing precious minerals traces, while lying atop a state-of-the-art bed of warmed quartz sand, draped with cozy linens. The healing powers of the quartz combined with the warmth of the bed, coupled with the calming practice of massage in serene environment, will transform you to a place quite unlike any other.

### MAN HARMONY FACIAL

60 MIN - 60€ / 90 MIN - 90€

A deep cleansing and exfoliating facial for the modern men's needs. Specially designed to treat male skin, this treatment begins with a relaxing mineral therapy back massage to ease stress and reduce tension in the mind and body. It balances the skin's natural oils, restores the skin's elasticity and minimises fine lines. A relaxing face gem stone massage will work on your muscles leaving you looking fresh and revitalised.

### WELLNESS INFINITY FACIAL

60 MIN - 60€ / 90 MIN - 90€

The timeless gem precious care will deliver you a breathtaking experience with rejuvenating and moisturising effect of powdered minerals. Your skin after treatment is visibly relaxed and radiant, the facial contour becomes smoother and the age signs are softened.



# HOLISTIC HEALING THERAPIES



## THAI MASSAGE

60 MIN - 60€ / 90 MIN - 80€

A unique and powerful massage therapy, which combines acupressure, gentle stretching and applied passive yoga. The Thai massage is more rigorous and energising than most massages. It reduces stress, improves blood circulation, enhances energy and flexibility and yet centralises body and mind.

## BALINESE MASSAGE

60 MIN - 60€ / 90 MIN - 80€

One of the traditional Indonesian therapies, a Balinese massage is perfect for soothing damaged tissue and relieving strained muscles and joints. Since this type of massage works the deep tissues of the body and boosts circulation, joining acupressure and reflexology, it will be a highly effective treatment for sports injuries. This also aims to aid in certain ailments like migraines, muscle pains, joint pains, sleep disorders, anxiety, stress, depression as well as allergies and breathing conditions like asthma.

## HERBAL BALL MASSAGE

60 MIN - 65€ / 90 MIN - 95€

Based on the holistic principles, this treatment provides a deeply soothing experience. Warm aromatic oils are drizzled on the body and massaged into the skin with steamed herbal bags, made of a blend of many different medicinal herbs and spices, each with their own unique properties. The firm soothing-strokes technique helps to calm nerves and redirects vital energy, eases the aching muscles and joints, builds up the body tissues and improves overall well-being. To make this treatment complete, you will finish off with soft lymphatic drainage to detoxify, balance energies and enhance your relaxation.

## BAMBOO MASSAGE

60 MIN - 60€ / 90 MIN - 80€

Bamboo massage incorporates bamboo stalks of different lengths and diameters to provide deep-tissue work. The massage promotes circulation, sensory nerve perception, and lymphatic drainage, as well as providing a deep sense of relaxation and well-being. In addition, using the bamboo sticks helps to reduce stress and strain.





## HOLISTIC BACK, NECK, FACE &

### SCALP TREATMENT

60 MIN - 60€ / 90 MIN - 80€

120 MIN - 105€

This treatment combines deep cleansing exfoliation and a back massage with a truly holistic facial prescribed to suit your skin's specific condition and needs. An Oriental head massage helps clear the mind, calm the spirit and ease tensions.

### FOOT REFLEXOLOGY

40 MIN - 40€

Reflexology is a therapeutic pressure point foot massage which involves gentle stimulation of acupressure points in the feet that have direct connections to various organs and glands. Energizing these points has a releasing effect on the body which also helps to cleanse the lymphatic system. It is an amazing treatment, which can be used for the correction & prevention of ill health. Your experience will start with renewal foot scrub to smooth and increase skin elasticity.

### HANDS REFLEXOLOGY

40 MIN - 40€

Various reflex points around our hands correlate to different body parts and organs. Applying a massage technique that puts pressure to stimulating these points will aid to relieve stress, tension and imbalances of the body. A pure holistic and effective therapy is recommended to eradicate various health issues. Indulgent hands exfoliation for immediate and progressive skin renewal will be an overture to your healing and pampering experience.

### EAR CANDLES

30 MIN - 20€

Ear Candling procedure works similar to a subtle vacuum and allows the body to naturally cleanse the ear of wax and debris in an effortless, non-invasive way. This procedure can be used, as a method for cleansing the ear canal and sinuses. It may improve the clarity of hearing, sight, smell, touch, and taste.





# AYURVEDIC RETREAT

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**Recipes specially created by Dr. Deepa Apte of Ayurveda Pura London**

## **Ayurveda Pura® Signature ABHYANGA** **Full body massage**

60 MIN - 65€ / 90 MIN - 95€

This is a relaxing whole-body massage that can help to improve lymph flow, stimulate the immune system, detoxify, strengthen and revitalise the entire nervous system. Warm herb-infused oils are used in the classical Ayurvedic massage treatment that can help to cleanse all the channels. This treatment is suitable for any body type.

## **Ayurveda Pura® Signature MARMA ABHYANGA** **Full body energy point massage**

90 MIN - 95€

This is a revitalizing and detoxifying massage of the Marma (Energy) points which can help to stimulate the circulatory, immune and nervous systems. The aim of this Signature massage treatment is to work with all the energy points on the body where energy may be blocked, which results in a feeling of lightness and clarity.

## **Ayurveda Pura® Signature MUKHA ABHYANGA** **Face massage**

75 MIN - 75€

A super method of keeping away wrinkles. This massage relaxes the face muscles and stimulates the micro-circulation and the lymph flow, thereby promoting the regeneration of healthy, younger looking skin. It also activates the natural metabolism of the skin tissue and improves muscle tone, thereby improving the skin's natural capacity to retain moisture.



## Recipes specially created by Dr. Deepa Apte of Ayurveda Pura London

### **Ayurveda Pura® Signature UDVARTANA** **Full body herbal scrub massage**

60 MIN - 75€

Finely ground Ayurvedic herbs and exotic sandalwood powder are mixed with precious Ayurvedic oils and gently massaged into the skin. This can help in the stimulation of the energy flow in the body, detoxification and nourishment of body tissues. It can also help to activate the skin's natural metabolism, resulting in improvement of lymph flow and can help towards weight loss.

### **Ayurveda Pura® Signature** **De-Stress™ Facial - Vata Skin Type**

75 MIN - 75€

This Signature Ayurvedic Facial involves special massage techniques and the use of herb infused oil and face masks. Not only does this facial leave your skin feeling beautifully smooth, rejuvenated and fresh, but it can help to reduce physical and mental stress. Suitable for dry, dehydrated skin; to remove fine lines and improve dull skin.

### **Ayurveda Pura® Signature** **Re-Fresh™ Facial - Pitta Skin Type**

75 MIN - 75€

This Signature Ayurvedic Facial uses special herb infused products to cool and refresh the skin. It involves stimulating massage strokes to leave your skin feeling fresher, rejuvenated and more radiant. It can help to relieve excess heat and irritability resulting in clearer and lighter skin. Suitable for sensitive, allergy prone skin; to remove redness and cool down skin.

### **Ayurveda Pura® Signature** **Re-Energise™ Facial - Kapha Skin Type**

75 MIN - 75€

This Signature Ayurvedic Facial aims for an uplifting effect which is formulated to increase circulation at skin level and includes the use of an energising herbal face mask. This facial aims towards revitalising, energising and cleansing the skin. It can help to stimulate the skin, bringing in a healthier glow and vitality. Suitable for oily, acne prone skin; to remove congestion and improve skin complexion.







## Recipes specially created by Dr. Deepa Apte of Ayurveda Pura London

### **Ayurveda Pura® Signature Re-Balance™ Facial – All Skin Types**

75 MIN - 75€

This Signature Ayurvedic Facial involves a complete skin care regime for all skin types. Using massage techniques and products with herbs suited for all skin types, the facial routine ensures that the skin is fully looked after. Using pure natural organic ingredients, this facial regime is suited for anyone wanting a unique experience of Ayurvedic Facials. Suitable for normal skin; to improve overall skin health.

### **Ayurveda Pura® Signature Anti-Aging Facial – All Skin Types**

75 MIN - 80€

This Signature Ayurvedic Facial uses classical Ayurvedic herbs and oils with special massage techniques to rejuvenate and nourish the skin. Specially prepared sandalwood and rose face mask is used to help alleviate fine lines, wrinkles and any dull appearance from the skin. Not only does this facial leave your skin feeling beautifully smooth and rejuvenated, it can also help to relax and refresh your body and mind. Suitable for mature and dehydrated skin.



# MAGNESIUM RITUALS,

## THERAPEUTIC BATH & MASSAGES

Magnesium is one of the seven macro minerals, best absorbed through the skin that is responsible for us to function normally, including regulation of over hundreds of enzymatic reactions and biochemical activities. Magnesium contributes to building strong bones, maintaining normal cardiac rhythm, supporting nerve and muscle function, promoting energy level and aiding healthy immune system. We use for our treatments two types of products.

High grade quality, purest 100% Zechstein Inside magnesium formulations by Of The Islands Elements and to elevate holistically your wellbeing through bridging together health, beauty and wellness.

### REBIRTH RITUAL

90 MIN - 90€

Multi-functional and multi-sensory exfoliation with the eco-harvested Atlantic salt will remove dead skin cells for revealing a new brighter skin. A cozy wrap will work it's magic to purify the epidermis and stimulate detoxification process. Full body massage with Pure Strength Magnesium Massage oil will support your body where needed the most. In the evening it will conclude in the most relaxing effect, promoting a deep satisfying sleep throughout the night. If you receive this therapy in the morning, your body will be supported with energy on the cellular level, leaving you feeling replenished with calm strength and renewed energy.

### IMMUNITY BOOST

60 MIN - 60€

This treatment has been specifically designed for reducing your stress level, significantly boosting immunity and stimulating production of endorphins. Invigoration Back, Neck & Shoulders massage will be followed by foot reflexology and concluded in relaxing scalp massage to ground and promote sensation of body, spirit and emotional wholeness.



# MAGNESIUM RITUALS, THERAPEUTIC BATH AND MASSAGES



Black Sea Lye – end product in salt production. It's unique as all microbiological and mineral substances of sea water are saved. The key elements contained: magnesium, calcium, sodium, chlorine, bromine, sulphates, hydrogens and many other trace elements.

## COMPRESS WITH BLACK SEA LYE

30 MIN - 25€

This treatment involves covering the body zones with warm Black Sea Lye compress in order to absorb the minerals and heat benefits. Therapy is suited mainly for post-traumatic conditions, circulatory problems, the musculoskeletal and respiratory system.

## BACK & NECK MASSAGE WITH BLACK SEA LYE OIL

30 MIN - 25€

Therapeutic massage with Black Sea Lye Oil has beneficial effect to many health conditions, including: rheumatism, circular issues, posttraumatic and neurological rehabilitation, arthritis, respiratory and skin issues, excess weight and cellulite.

## FULL BODY MASSAGE WITH BLACK SEA LYE OIL

60 MIN - 50€

90 MIN - 70€

Therapeutic massage with Black Sea Lye Oil has beneficial effect to many health conditions, including: rheumatism, circular issues, posttraumatic and neurological rehabilitation, arthritis, respiratory and skin issues, excess weight and cellulite.





## EXPERT MASSAGE THERAPIES



### BESPOKE

60 MIN - 55€ / 90 MIN - 80€ / 120 MIN - 105€

An Art Massage offers you individual tailor-made solution, focusing solely on your needs. Specialising in body work, pain relief, relaxation, overcoming and injury prevention, re-energising and re-balancing the mind and body with a holistic approach. Bespoke massage also is a perfect choice during the pregnancy time (from month 4) and for the kids (from 7 years old).

Kindly select the duration of your treatment from the options above.

To increase and prolong the treatments powerful effect, the Magnesium enhancement is highly recommended for additional 10€ only. For your privacy and convenience we will be happy to provide in-suit treatment. Additional 20% charge will be applied.

### HOT STONE

60 MIN - 65€ / 90 MIN - 95€

One stroke of the stones is equivalent to ten normal strokes of a massage. The warmed volcanic stones impart a deep soothing heat to sore, tired muscles and stress related tension. This holistic wellness treatment features a deluxe full body and face massage. The heat plus the active ingredients of the therapeutic oils will help to remove blockages and dissolve stress. The treatment will be finished with chakras balancing therapy and you will leave the spa feeling renewed and energised.

### DEEP TISSUE

60 MIN - 65€ / 90 MIN - 95€

Excessive physical activity can cause deep muscular and joint distress. Our Deep Tissue Massage helps to warm up and relax the muscles and improve range of motion. Enjoy before physical activity to prevent injuries and after to help the speedy recovery of strained muscles. The use of our specialised massage oil will help to warm the muscles and to releases tension.

## MATERNITY TIME

90 MIN - 90€

The ideal treatment for the special time of pregnancy as well as for the more critical times of post-pregnancy. Thanks to elasticising, nourishing and rebalancing actions of the active ingredients, skin is restored, stretch marks are attenuated and discomfort due to swelling is reduced.

## DE-STRESS BACK

40 MIN - 40€

This deep back, neck and shoulder massage is designed to relieve stiff joints and muscle fatigue. Intensive techniques to warm, manipulate and ease tense muscles by using a variety of movements, which help to reduce toxins build up in main concern areas.









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hydrafacial®



## AESTHETICS & BEAUTY THERAPY

# hydrafacial®

Hydrafacial is an advanced skin care treatment that targets fine lines and wrinkles, congested, oily and acne prone skin, rosacea and hyper pigmentation. It softens the appearance of large pores, improves skin texture and tone and helps to repair existing skin damages. For all skin types.

### HYDRAFACIAL BOOSTER

30 MIN - 60€

This treatment offers the perfect skin care solution for the time-challenged, by bathing the skin in rich antioxidants and deeply hydrating hyaluronic acid. It starts with deep cleansing and gentle exfoliation, followed by painless extractions, and ends with a burst of hydration.

### HYDRAFACIAL PERFECTION

60 MIN - 95€

A customisable, rejuvenating skin resurfacing treatment that immediately reduces the look of fine lines, wrinkles, acne, hyperpigmentation, congested pores and uneven skin tone on the face and neck. This facial also includes LED light therapy, leaving you to experience truly exquisite results.

### DELUXE HYDRAFACIAL

90 MIN - 140€

An invigorating treatment that includes all the luxurious essentials of the HydraFacial for your face, neck and décolleté. It begins with Lymphatic Drainage therapy to initiate the detoxification process. Then, the HydraFacial deeply cleanses, exfoliates, extracts and hydrates the skin. This treatment also includes Multi-Peptide Dermabuilder to address fine lines and wrinkles followed by LED light therapy. It includes a collagen mask.

**Add-ons to your HydraFacials - 30€ each.**

**DermaBuilder** - This uniquely formulated combination of peptides is designed to help stimulate collagen production and improve cell structure strength.

**Acid Peel** - A Glycolic and Salicylic Acid combination peel that provides the benefits of a peel with speed, comfort, and virtually no post-peel scaling.

### PACKAGE OF 3 TREATMENTS

60 MIN - 230€ (285€) / 90 MIN - 360€ (420€)

[Comfort Zone] was conceived in Parma, Italy, in 1996 as the skincare division of Davines Group, a family-owned company still in the caring hands of the Bollati Family. What began as a research laboratory and manufacturing site for the development of high-quality formulas has grown into an internationally awarded and distributed professional range of spa treatments and home care. The evolution of [comfort zone] rests in the vision and scientific background of the President Dr. Davide Bollati, pharmacist and cosmetic chemist, who has always valued extensive and constant research to support his commitment to excellence.

[Comfort Zone] select the finest natural-origin active ingredients and combine them with the most advanced high-tech molecules and carrier systems to guarantee the maximum efficacy, safety and pleasantness of our products. Brand replacing silicones with nourishing oils and butters for maximum

## GEMOLOGY

COSMETICS · PARIS

The effectiveness of GEMOLOGY products is ensured by biotechnological peptides, hyaluronic acid, plant extracts and vitamins, which are combined with minerals. Parabens, ethanol, gluten, lactose, propylene glycol are not used in cosmetic products. Cosmetics are not tested on animals. An organic preservative (Geogard) is also used.

GEMOLOGY minerals are extracted from 20 semi-precious or precious stones. Each stone contains a certain amount of mineral useful for the skin.

For example, hematite is rich in iron, smithsonite – zinc, peridot – magnesium, moonstone – silicon.

In each GEMOLOGY cosmetic product you will find at least two different stone extracts that complement each other to solve a particular skin problem.

In the GEMOLOGY concept the semi-precious and precious stones are used in three forms:

Extract;

Powder of varying fineness;

Massage stones used in facial procedures.

## hydracial

Hydracial is an advanced medical-grade skin care treatment that targets fine lines and wrinkles, congested, oily and acne prone skin, rosacea and hyper pigmentation. It softens the appearance of large pores, improves skin texture and tone, and helps to repair existing skin damages. For all skin types.

PURE STRENGTH line is based on pure 100% natural Zechstein Inside magnesium sustainably extracted in the north of the Netherlands. It is extracted by solution mining method of just water pressure from a layer of pure magnesium chloride, the remains of the largest inland body of water that ever existed. This was the ancient Zechstein Sea that existed 250 million years ago when our continents were together in one huge land mass called Pangaea. For million of years Zechstein Sea underwent intermittent flooding from the mighty Panthalassa Ocean, the ocean covering approximately 70% of earth at that time. This process of flooding and evaporation has made Zechstein Sea super salinated, then finally the water evaporated completely. As millions of years passed and Pangaea started to break up the shifting plates closed over above this ancient sea. Zechstein Sea is now an underground salt layer spanning the area currently the North Sea, Northern Europe stretching all the way to Poland.

**BLACK SEA LYE** – end product in salt production. It's unique because all microbiological and mineral substances of sea water are saved. The key elements contained: magnesium, calcium, sodium, chlorine, bromine, sulphates, hydrogens and many other trace elements.

Black Sea Lye oil has beneficial effect to many health conditions, including: rheumatism, circular issues, posttraumatic and neurological rehabilitation, arthritis, respiratory and skin issues, excess weight and cellulite. Compress with Black Sea Lye involves covering the body zones with warm Black Sea Lye compress in order to absorb the minerals and heat benefits. Therapy is suited mainly for post-traumatic conditions, circulatory problems, the musculoskeletal and respiratory system.

## **HOLISTIC ESSENTIALS – AYURVEDIC ORGANIC COSMETICS**

is Ayurveda Pura's flagship range of 100% natural, premier Spa quality beauty products. Drawing on our years of spa and skincare expertise, they are organic, SLS-free, perfume-free, parabens-free and free of animal testing. Based on the principles of Ayurveda, they are lovingly hand made in the UK. Our Ayurvedic skincare range has been created to suit everyone's Dosha (body type) accordingly.

# PREPARING FOR YOUR SPA & WELLNESS EXPERIENCE



## ARRIVING FOR YOUR APPOINTMENT

To make the most of your spa experience, we ask you to arrive 10 minutes prior to your scheduled appointment. This will give you time to check in, get ready, enjoy your welcome drink and start your relaxation early. In the unlikely event that you are running late, we will endeavor to conduct your treatment. However, please note that we may have to shorten your treatment time.

## MEETING YOUR PERSONAL WELLNESS COUNSELOR & SPA THERAPIST

Your personal Wellness Counselor and Spa Therapist will conduct a diagnosis and consultation with you to ensure that you receive the most suitable treatment or to plan your wellness programme. Please advise if you have any health concerns or if you have any special requests or requirements. You may consult with the Therapist directly about style and depth of pressure prior to your service. Please specify Therapist gender preferences at time of booking.

## WHAT TO WEAR

For Spa treatments, we will provide you with comfortable disposable underwear, robe and slippers. You may wish to bring your swim wear to enjoy our swimming pool, sauna or steam room.

## SMOKING AND ALCOHOL

The consumption of cigarettes and alcohol is not encouraged in any Spa & Wellness environment and is not advised before any spa treatment or service.

## CLEANLINESS

Keeping our commitment to cleanliness, safety and hygiene, our equipment is sterilised and sanitised after every service and treatment.

## CHILDREN POLICY

Parents and guests with children are always welcome to Vilnius Grand Resort, however, please be kindly aware that the entire Spa & Wellness area is a whisper zone so that guests can have a quiet, relaxing and peaceful experience at this unique privacy. We kindly ask parents to supervise their children of any age while using our facilities. Minimum age for Spa Treatments is 16. Children under 16 years are not permitted



to use sauna, steam room, Jacuzzi. Children under the age of 6 allowed in the kids' pool only. Children between the age of 6 and 16 may use the Aqua pool and must be supervised at all time by responsible adult. For the safety of your children and the comfort of other guests, this policy is strictly enforced.

### ETIQUETTE

To ensure that all guests can enjoy the peace and harmony within the Spa & Wellness Center, we request that all guests keep noise level to a minimum and refrain from carrying cellular phones and other electronic devices.

### VALUABLES

We regret that we cannot be responsible for any loss or damage of personal items. Lockers in the changing area and a vanity box in the treatment room are provided for your personal belongings. However, we recommend not wear any valuables while enjoying the spa services. For the protection of your clothing, we also ask that you wear the robes provided for your convenience.

### GIFT CARDS & CERTIFICATES

Gift certificates for our Spa & Wellness services are available. For more details, please contact our Spa Receptionist or Hotel Guest Relation.

### CANCELLATION POLICY

Scheduled treatments are reserved especially for you. We require 6 hours advance notice in order to cancel or re-schedule your appointment with no charge. If your appointment is not cancelled within this notification period, your appointment is considered confirmed. Any changes or cancellations made after the 6 hour window will incur a 50% cancellation fee. Full charges will be imposed for a "no-show". Because of this policy, a valid credit card number is required at time of booking. This policy also applies to gift card and certificate holders.

### REFUND POLICY

Treatment packages are non-refundable, non-transferable and non-exchangeable. Unused products in their original packaging may be returned within 14 days for a full refund.

### PAYMENT

All major credit cards are accepted. We do not accept any personal or traveller's checks. Any gift cards, vouchers, or certificates must be mentioned at time of booking. All prices include VAT where applicable. Kindly note, the prices are subject to change without prior notice.

# THE V SPA & WELLNESS CENTRE

OPENING IN JANUARY 2020



swimming  
pool



hydromassage  
+ cascades  
+ grotto



indoor  
jacuzzi



outdoor  
jacuzzi



Finnish,  
Russian,  
steam sauna



foot reflexology  
area



Himalayan  
salt room



aromatherapy  
room



12 single  
4 couple  
treatment rooms



classical  
+ Asian  
massages



facial and body  
treatments



Ayurveda  
treatments



VIP area



fitness  
+ lifestyle  
activities



wellness bar  
+ restaurant

[www.vilniusgrandresort.com](http://www.vilniusgrandresort.com)



# SPA & WELLNESS

VILNIUS GRAND RESORT