



Wellness
Treatments & Therapies

THERME
BUCUREȘTI

Wellness
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Instant wellness

We have gathered ingredients and rituals from across the world and of all times to create dedicated therapies and programmes for modern day problems.

Thousands of ingredients carefully chosen to make you relax and find your inner balance with rituals and therapies perfected across hundreds of years so you can enjoy the here and now.

Disconnect to connect to what really matters.

Discover timeless benefits to modern day problems and celebrate the **#instantwellness** experience.

Ingredients

Wood

Bamboo sticks / Cedar / Oak / Katrafay / Apple / Brazil Nut

Minerals

Marble / Volcanic Stones / Shungite / Magnesium Oil / Sea Calcium / Sodium / Clay

Plants

Hemp / Asian Centella / Fericina / Lufa Aegyptica / Arbutin / Coffee Arabica / Oat Extract Hyaluronic Acid / Patchouli / Coconut / Almond Oil / Jojoba Oil / Papaya





Therapeutical Massages

Massages Aimed at Relaxation and Recovery

Different techniques used by massage therapists depending on the specific of each type of massage chosen to harmonise the entire body resulting in a versatile range of medical benefits.



The Overall Therapeutic Massage

A Therapeutic Massage for an Overall Tonus

Relax your entire body during a special massage especially designed to help you unwind and relieve muscle fatigue. With a slight antalgic effect, this type of massage helps with the physical recovery following bad posture, sudden wrong movements and exhaustion. Prepare yourself for a set of energetic and wide moves applied by the therapist to improve local blood flow.



Duration: 60 min. / Price: 170 lei



The Bamboo Massage

A Pure Delight for Your Skin using Bamboo Sticks

This treatment is recommended for skin rejuvenation and smoothness. The Silicon from the Bamboo stick used during the massage session helps improve skin texture, appearance, elasticity and firmness. The technique used by the therapist makes use of pressure-puncture elements for maximum muscle tonus balance and a recovery effect.



Traditional
Massage



Bamboo
Sticks

Duration: 60 min. / Price: 220 lei



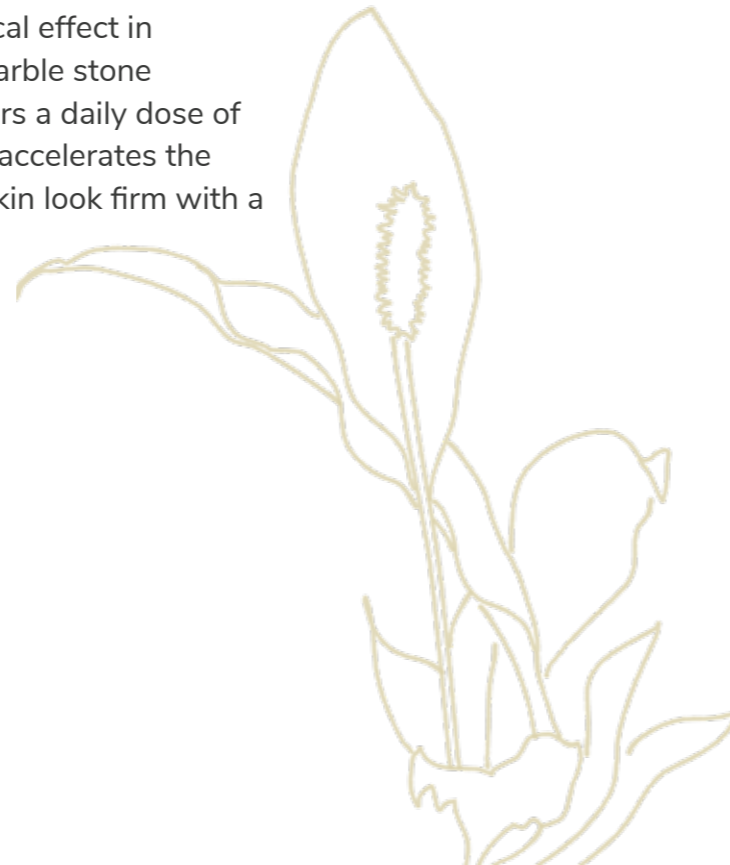
The Marble Massage

A Detox Massage with Marble Stones

This massage rejuvenates and has a therapeutical effect in reducing muscle and joint soreness. The cold marble stone massage improves the immune system and offers a daily dose of energy. The technique used during this session accelerates the detox process of the organism and helps your skin look firm with a rejuvenated and a younger appearance.



Duration: 60 min. / Price: 220 lei



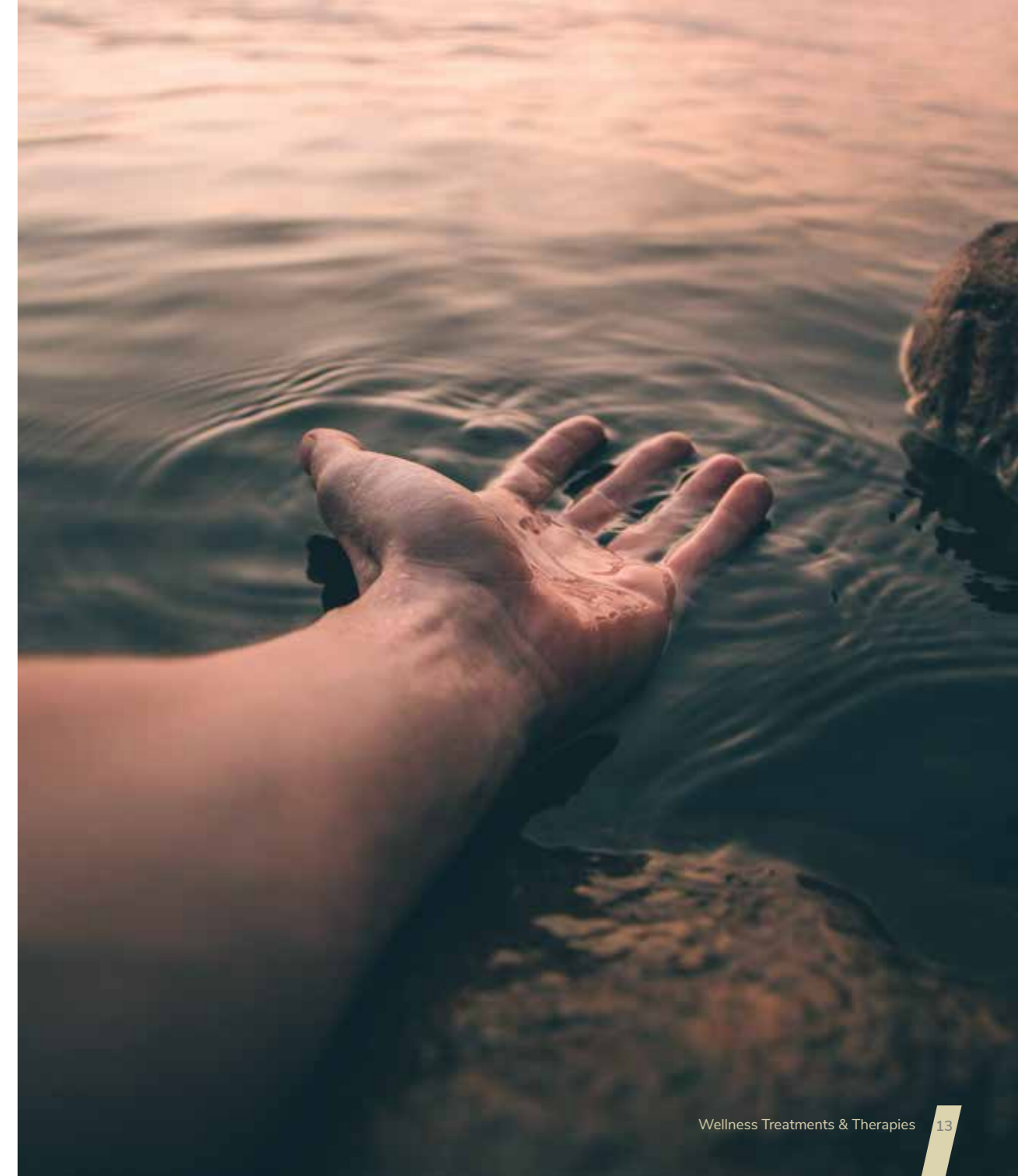
The Swedish Massage

A Relaxing and Maintenance Massage

The therapist applies a slight pressure using wide and long motions to induce an overall state of relaxation with a sedative effect. The massage is recommended both for day-to-day health maintenance but also for an overall state of balance and harmony.



Duration: 60 min. / Price: 160 lei



The Volcano Hot Stone Massage

A Recovery Massage with Volcanic Stones

Find your inner peace and harmony with the help of hot volcanic stones. This ritual is beneficial for the improvement of the overall rest and recovery capacity using ancient therapeutical techniques that improve the self-healing process of the body. The volcanic stones encapsulate a large quantity of beneficial energy transmitted by the therapist during the massage technique.



Traditional
Massage



Volcanic
Stone

Duration: 60 min. / Price: 220 lei



The Therme Signature

An Analgesic Massage with Marble and Volcanic Stones

Enhance your senses through a massage that alternates the hot and cold sensations. The heat of the volcanic stones deeply relaxes the muscles while the coldness of the marble stones invigorates the skin and reduces soreness. The massage acts like a painkiller for back pains and joint soreness and the thermal effect induces an overall regeneration and refreshing state of the body.



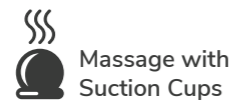
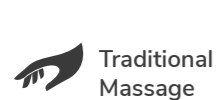
Duration: 60 min. / Price: 230 lei



The Ventosa Cupping Therapy

A Balancing Massage using Glass Suction Cups

Experience a massage inspired by the traditional Chinese therapy with excellent effects in relieving anxiety, preventing and improving colds, chronic pain and digestive problems. This massage is also recommended for professional athletes during completions and post-traumatic events to speed up the recovery process.



Duration: 60 min. / Price: 210 lei



The Apothecary Collection The Ultimate Spa Collection

Discover a special selection of massages especially designed based on the use of herbs and green aromatherapy to relieve stress, anxiety and muscle pain.

The therapist uses unique elements during this massage session that are taken from various rituals from across the globe and that have significant effects on the health and improve relaxation.



The Malagasy Massage

A Healing Massage with Katrafay Extract

Enjoy a deeply relaxing healing body therapy with the Katrafay pure extract obtained from the Madagascar original tree bark in complete synergy with the hemp seed oil and the active hemp (cannabidiol) extract.

The Katrafay oil has an aphrodisiac and invigorating effect, the hemp seed oil stimulates the skin regeneration process and its firmness while the hemp extract is a potent antioxidant that helps relieve anxiety, insomnia and headaches.



Traditional
Massage

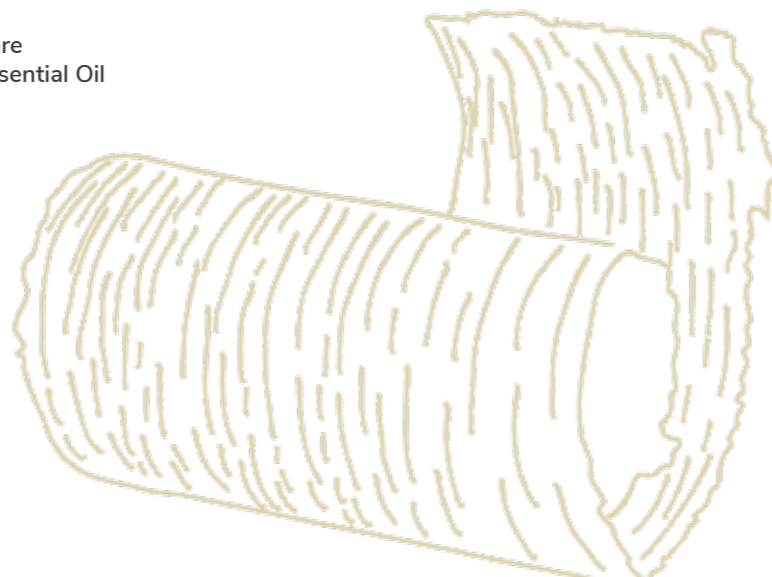


Active Hemp
Extract



Pure
Essential Oil

Duration: 60 min. / Price: 369 lei



The Siberian Cold Massage

A Sensuous Massage with Oak Tree Leaf Compressions

Enhance your senses through an experience designed to energise and heal, that combines cryotherapy with the active power of plant elements. The massage cream has an instant cooling effect that relaxes the muscles while the sweet almond oil mixed with Japanese mint helps against rheumatic pain and stimulates blood flow.

At the end of the session, the therapist applies a hot Oak Tree Leaf compression on your back. The high Tannin concentrations from the leaves have astringent, anti-inflammatory and antiseptic properties.



Traditional
Massage



Oak
Venik

Duration: 60 min. / Price: 369 lei



The Mineral Massage

A Rejuvenating Massage with Sea Elements and Semi-Precious Minerals

Discover the healing power of the Shungite, the oldest mineral in the world and the benefits of sea mineral therapy. The Concentrated Sea Calcium and Sea Magnesium Oil mixture combined with the semi-precious mineral massage improves the aspect of your skin, speeds-up healing and strengthens the immune system. Feel the vitality of the ocean through a massage inspired from the Thalassotherapy culture (Sea Therapy).



Duration: 60 min. / Price: 369 lei



Facial Treatments

Beauty treatments for a gentle care of your face skin and protection against external factors. These rituals include cleansing, purifying and hydrating steps, according to each person's specific needs and according to each face skin type.

The products used contain active natural ingredients, vitamins and minerals for visible effects even after your first visit.



X-Treme Hyaluron

The Anti-Aging Treatment with Hyaluronic Acid and Kiwicha

Stop time with the help of a treatment that visibly rejuvenates your face skin even after your first session. The Hyaluron X-Treme Infusion has a therapeutic action with an instant effect by using ingredients like Hyaluronic Acid and Kiwicha Seeds (Inca Gold) for an intense and long-lasting hydration of the skin, reducing wrinkles and stimulating the skin repair mechanisms.



Duration: 45 min. / Price: 322 lei



The Therme Signature

A deep-skin care with a complex mixture of ingredients

Find out the secret to a deep-skin care through a treatment that boosts a powerful anti-aging effect. The combination of the 7 molecule Hyaluronic Acid with crystalized sea salt, sea collagen and Acai Fruit extract act at all three skin-layers for a healthy, radiant and smooth appearance.



Duration: 45 min. / Price: 222 lei



Beauty express

An express cleansing and toning treatment that uses natural ingredients

The Express beauty treatment acts as an overall toner, deep cleanser of the pores that regenerates the skin. The Hyaluronic Acid, Ceramides, Grapefruit Seed Oil, Silk Proteins, Beeswax and Panthenol complex nourishes and revitalizes skin cells.



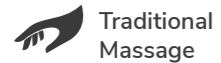
Duration: 30 min. / Price: 182 lei



Vigour Express

An active cleansing treatment with Volcanic Stone

Try out a special treatment designed for men following three simple steps: cleansing, exfoliation and hydration of the face skin. The treatment is based on natural volcanic stone elements that eliminate impurities and deeply cleanse the pores. The volcanic stone absorbs and retains dead skin cells and toxic elements through an astringent activity.



Duration: 30 min. / Price: 169 lei

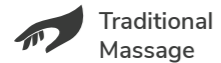


Urban Defense

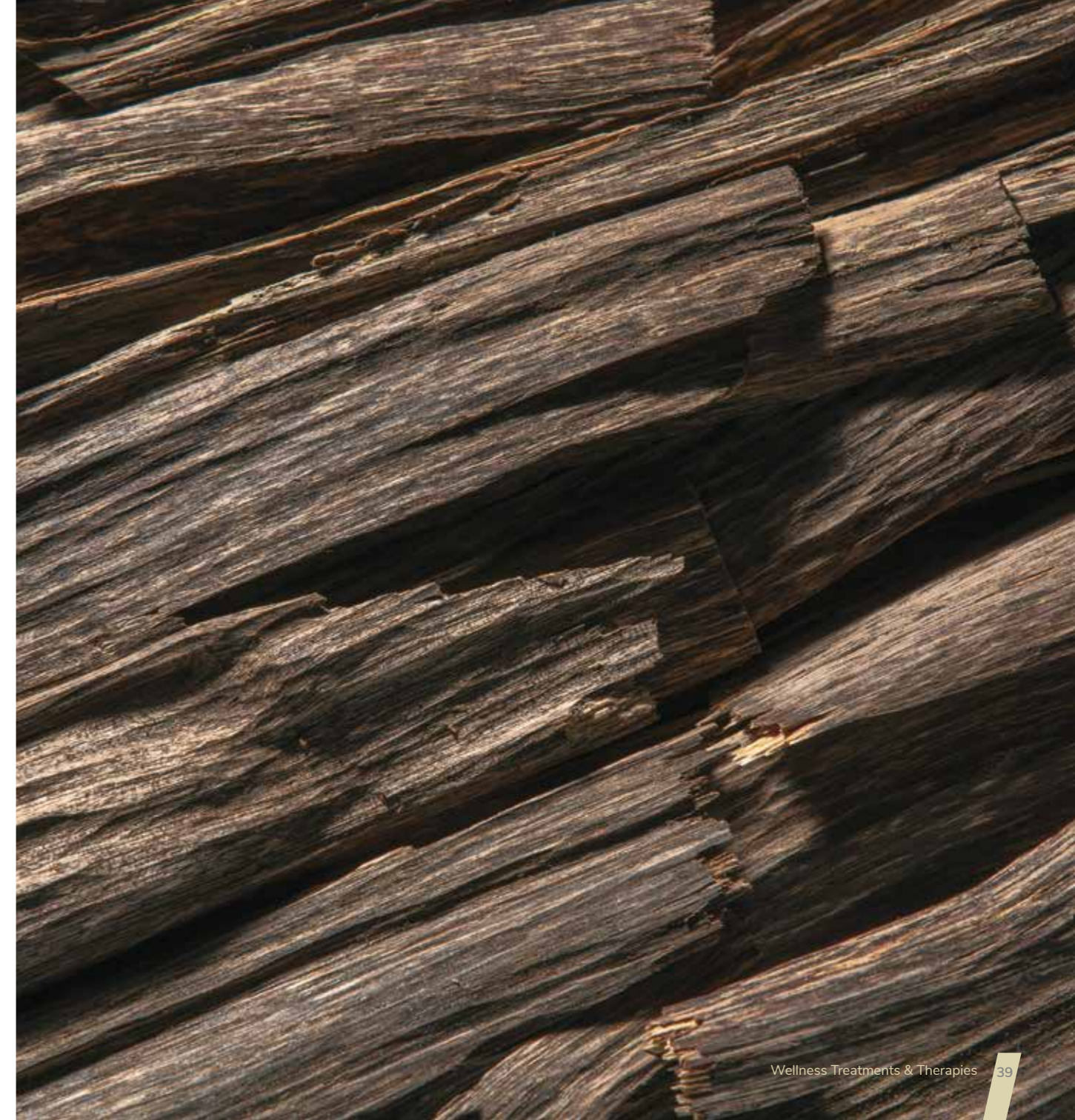
A Rejuvenating Treatment using Cedar Oil and Tonic for the Beard

Boost your face skin using a treatment designed to stimulate its natural protection against signs of old age and to improve the production of collagen.

The treatment deeply hydrates and promotes cell regeneration while the beard tonic containing Cedar Oil and Santal Wood nourishes the hair strand.



Duration: 45 min. / Price: 199 lei





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