



HOT SPRINGS

Medical & Spa Hotel



Medical & Spa

MENU



HEALING THERMAL WATER

A true natural treasure with unique qualities and vital healing properties. This completely pure, warm, silky soft mineral water at HOT SPRINGS boosts the effects of all treatments

UNWIND & RELAX

Healing therapies, revitalizing massages and rituals bound together for a full SPA and WELLNESS experience at any time of the year

HEALTH & BEAUTY

The perfect combination between medical expertise, modern equipment and personal care is our holistic approach to achieve optimal health and natural beauty

Welcome to
HOT SPRINGS



Thermal AQUATHERAPIES

TANGENTOR MASSAGE

| underwater jet massage
performed by kinesiologist

Highly effective method for relaxing muscle tension and speeding up recovery following intense sports or injuries. Therapeutic tangentor massage boosts metabolism and contributes to body detoxification

20 min — 60 BGN | 30.68 €

CLEOPATRA'S MILKY BATH

| active hydrotherapy with milky texture

Beautifying hydrotherapy well-known for preserving the youthful look of the skin. Restores the upper layer, giving it silky softness

25 min — 35 BGN | 17.90 €

SEA LAGOON

| microalgae and
Monoi de Tahiti bath

Relaxing hydrotherapy with irresistible fresh aroma that nourishes, softens and hydrates the skin. Gives the feeling of complete restoration of body and soul

25 min — 35 BGN | 17.90 €

PEARL BATH

| whirlpool hydromassage

Provides a relaxing water-based and air zone massage for the whole body. Combined with the specific restorative effects of mineral water, it eases stress, boosts immunity and improves overall muscle tone

20 min — 25 BGN | 12.78 €

Regenerating FACE CARE

HYALU-PROCOLLAGEN

| cosmetic filler for wrinkles reduction and face rejuvenation

Thanks to a powerful combination of three types of hyaluronic acid and marine collagen, this highly effective therapy noticeably reduces wrinkles. Using specific cosmetic massage rollers, the therapy boosts regeneration and revitalizes the skin

60 min — 155 BGN | 79.25 €

SPIRULINE BOOST

| detox therapy for preventing
the first signs of wrinkles

Fights the first signs of aging related to modern life – pollution, tiredness, stress. Thanks to the fresh peel-off mask with spirulina and marine magnesium, facial skin is detoxified and fine wrinkles are reduced, leaving a radiant complexion

60 min — 145 BGN | 74.14 €

SILICON

| face-lift program

Visibly improves the appearance of fine lines and wrinkles. Gives the face a healthy shine and sculpts its contours, while firming and smoothing the skin. This gentle massage combines two professional masks:

- hyaluronic – for smoothing out wrinkles around the eyes and forehead
- cryolipolysis with marine silicium – for sculpting and lifting facial contours

75 min — 165 BGN | 84.36 €



SHINE AND RADIANT COMPLEXION

| illuminating facial therapy

Includes exfoliation with enzyme peeling, a botox effect mask and concentrated serum for an absolute shine. The therapy gently and effectively stimulates the natural process of skin detoxification. Revives shine, removes signs of fatigue and lights up the face

30 min — 50 BGN | 25.56 €

PURIFICATION RITUAL

| vitalising facial therapy

Combines gentle facial and neckline cleansing with relaxing massage and a rejuvenating mask adapted to your skin type. Reduces imperfections while restoring healthy tone and shine

45 min — 85 BGN | 43.46 €

HEART OF THE OCEAN

| hydrating facial ritual

Combines the hydration of seawater with the detoxifying effects of microelements and sea salt for restoring facial shine. Begins with full cleansing, exfoliation and manual massage. The special alginate mask with active hydrating serum saturates the skin with active sea ingredients, making it smooth, elastic and luminous

60 min — 105 BGN | 53.68 €



Relaxing

BODY RITUALS

THE MAGIC OF INDIA

| soft body exfoliation with a melting peel

Fine combination of Indian red seaweeds, ayurvedic massage oils, ginger, sugar and sea salts – for soft, nourished and detoxified skin. Purification ritual with abrasive components, suitable even for sensitive skin. Helps restore healthy, shiny skin and reduces imperfections

30 min — 65 BGN | 33.23 €

EXOTIC ISLAND

| exfoliating body care with
vanilla scent and tiara

Soft body polishing with a fine combination of coconut shells and white sands from Bora Bora mixed with nourishing exotic oils. Helps release toxins from the body and improves energy levels. Therapy for pure, soft, elastic and luminous skin

30 min — 60 BGN | 30.68 €

CHOCOLATE THERAPY

| regenerative combination of
peeling, massage and a body mask

Therapy for health, youth and beauty. Starts with energizing chocolate body peeling for pure and smooth skin. Continues with chocolate massage, which enhances collagen activity and stimulates endorphin generation. Finishes with hydrating chocolate body mask, nourishing the skin giving it a young, shiny and radiant look

70 min — 130 BGN | 66.47 €

INDOCEANE

| a four-step spa ritual –
exfoliation, aquatherapy, massage and whole-body mask

Deep cleansing combination of Marma therapy for balancing energy levels, an effervescent bath for whole body hydration and exfoliation with sea salt, sugar and ginger. Finishes with ayurvedic massage using aromatic sesame oil with coriander, cypress, sage and sandalwood for healing key energy zones

90 min — 140 BGN | 71.58 €

POLYNESIA

| exclusive ritual with exfoliation, hydrotherapy, massage and mask

Relaxing spa combination of detox exfoliation with Bora Bora white sands, sea salts and coconut shells. Continues with a Sea Lagoon whirlpool bath for remineralization of the whole body, followed by a Lomi Lomi and a warm sand massage to balance energy levels. Finishes with application of nourishing oils with golden bits for radiant, velvety skin

90 min — 130 BGN | 66.47 €



Sports

MASSAGES

DEEP-TISSUE

| with pressure techniques targeting the deepest muscle layers

A series of concentrated massage techniques, which target the muscles inner layers. Relieves stiffness and tension in the musculoskeletal system. Accelerates blood circulation and metabolism. Aimed at the deep layers of muscle and connective tissue, significantly reduces sharp and chronic pains. Very effective method for recovery and injury prevention

50 min — 125 BGN | 63.91 €

THERAPEUTIC

| relaxing massage, relieving pain, and improving general physical condition

Classical therapeutic massage is an effective method for improving physical and mental condition. It achieves pain relief, improved blood circulation, and relaxation.

It is suitable for people with chronic problems, as well as for prevention and general improvement of health:

partial 20 min — 50 BGN | 25.56 €

full body 40 min — 100 BGN | 51.13 €

full body 60 min — 120 BGN | 61.36 €

SPORTS RECOVERY

| combination of intensive massage techniques

Highly effective therapeutic method to prepare the body for intensive sports as well as aid recovery and improve training quality. Increases blood circulation and metabolism and reduces muscle tension. Restores the locomotor system and significantly improves motion range and flexibility

25 min — 60 BGN | 30.68 €

All sports massages are performed by a qualified therapist

Traditional

MASSAGES

SWEDISH

| classic massage

Combination of diverse massage techniques to eliminate fatigue and chronic pain in the back and lower back to improve blood circulation and lymphatic drainage for overall body balance

full body

50 min — 115 BGN | 58.80 €

back, neck and shoulders

20 min — 50 BGN | 25.56 €

back and legs

30 min — 55 BGN | 28.12 €

ALOE VERA

| hydrating massage with aloe vera extract

With an anti-allergic, revitalizing and refreshing effect, anti-inflammatory, anti-viral and natural antibiotic effects. Recommended after sun exposure and suitable even for the most sensitive skin

45 min — 80 BGN | 40.90 €

RELAXING

| anti-stress massage

Includes ayurvedic techniques for regulating and restoring energy levels. Neutralizes stress, boosts immune system, stabilizes metabolic processes and accelerates recovery

50 min — 90 BGN | 46.02 €

AROMA

| relaxing therapy with essential oils

Whole body revitalizing therapy that brings harmony to emotional, physical and spiritual health. Tones, hydrates the skin and has a strong detoxifying effect. Reduces stress and boosts the immune system

50 min — 110 BGN | 56.24 €

KIDS' MASSAGE

| light and toning chocolate massage

Delicate full body massage specially devised for young spa enthusiasts. Improves muscle tone, boosts skin hydration, reduces back pain and strengthens immunity

25 min — 40 BGN | 20.45 €



Signature MASSAGES

ROSE OIL

full body massage with natural Bulgarian rose oil for luscious, glowing skin

Refreshes and tones the body, strengthens the nervous system and restores healthy, radiant skin appearance while giving it velvet softness. With fragrant precious rose oils known for their healing properties, the therapy gives the sense of balance of mind, body and soul. Could be performed either intensive or relaxing

50 min — 95 BGN | 48.57 €

KINGS

combines intensive Mountain massage, Head massage and Foot reflexology

Stimulates blood circulation, restores body recovery processes while clearing out toxins and boosting energy levels. Improves overall body tone, restoring the feeling of harmony and lightness

75 min — 150 BGN | 76.69 €

CLEOPATRA

rehydrating full body massage with milk and honey

Performed with specific peeling techniques for stimulating blood circulation and lymphatic flow. Removes energy blocks, strengthens the immune system, smooths and softens the skin

50 min — 95 BGN | 48.57 €

STRETCHING

complex intensive full body massage

Combines manual therapy, Shiatsu massage, passive yoga and Thai massage stretching. Stimulates body tone and removes energy blocks using deep pressure and rhythmic massage movements for full muscle relaxation. Strengthens joints and improves blood circulation

50 min — 105 BGN | 53.69 €

HOT STONE

ancient relaxing full body massage with volcanic stones

The warmth of the smooth volcanic stones placed on specific body energy points and the combination of various massage techniques allows both physiological and energy recovery. Helps relieve muscle tension, removes stress and eliminates fatigue while restoring body balance

50 min — 130 BGN | 66.47 €

CHOCOLATE

relaxing massage with natural chocolate rich in antioxidants

Deep nourishing therapy session with detoxifying effect. Moisturizing treatment that acts as an anti-depressant – stimulates all senses and generates endorphin production to combat anxiety and stress. Eliminates fatigue and regulates energy balance. Restores healthy skin appearance, nourishing it with active organic ingredients

50 min — 100 BGN | 51.13 €

COUPLES MASSAGE

Performed in a specially designed studio equipped with side-by-side massage beds

LOMI-LOMI

deep relaxing full body massage with Polynesian Monoi radiance oil

Traditional Hawaiian anti-stress therapy with strong healing and revitalizing effects. Balances body energy flows and restores vitality. Stimulates metabolism, blood and lymphatic circulation and has a strong detoxifying effect

50 min — 95 BGN | 48.57 €

PREGNANCY

individually adapted gentle back and lower back massage

Improves overall body tone and relieves pain. Provides many benefits giving a sense of wellness and a feeling of lightness. Includes various lymphatic drainage techniques and is performed while sitting or lying on your side

25 min — 40 BGN | 20.45 €





HEALTH & BEAUTY

Our comprehensive services utilize the latest medical and aesthetic equipment, specialized knowledge and techniques. At **HOT SPRINGS Medical Center**, we provide patients with customized and result-oriented treatments for health and beauty

We have developed comprehensive, up-to-date and effective **MEDICAL PROGRAMS** for PREVENTION, HEALING and RECOVERY to secure, maintain and restore the health of the **musculoskeletal system** and **peripheral nervous system**.

Our Medical center is fully equipped for classic and high-tech **PHYSIOTHERAPY**, which significantly reduces pain and discomfort in muscles and joints and speeds up recovery following injury or intense sports activities.

To improve physical strength, balance and improper posture we have expanded our range of services in the field of rehabilitation by including active **KINESITHERAPY**. It considerably reduces the time needed to achieve optimal results.

Always striving for perfection, we have selected high-tech, non-invasive **medical AESTHETICS equipment** to maintain a well-shaped and tight figure, reduce wrinkles, pigmentation and revitalize the face and body.





MEDICAL *programs*

Sedentary professions, physical exhaustion, active sports and sudden traumas, injuries often lead to:

- joint, back and lower back pain
- numbness and muscle weakness
- headaches, trouble sleeping and tension

MEDICAL programs at
HOT SPRINGS Medical Center
are a comprehensive and effective solution
to musculoskeletal system injuries and
peripheral nervous system discomfort.

To achieve optimal results, recommended
treatment duration is **5, 7 and 10 days**.

Programs include a preliminary medical exam
and 4 therapies per day:

Kinesitherapy individual session
Restorative mineral water therapy
Physiotherapy session
Medicinal mud therapy

After an initial doctor consultation and careful medical analysis all programs are tailored to personal needs and specific individual physical conditions. The healing process finishes with our recommendations how to maintain the achieved results at home

PREVENTION

strengthens back muscles,
improves improper posture
and maintains physical health
motion and balance

Recommended for people with sedentary professions who typically don't get enough exercise and who most often suffer from joint, back and lower back pain, numbness and stiffness.

Combines healing massages, regenerative physiotherapy and motion-based kinesitherapy suitable for people of all ages who wish to improve their quality of life. The PREVENTION program is an effective method to stop pain and discomfort from becoming chronic.

HEALING

significantly reduces recovery time,
limits sudden or chronic pains and
eliminates discomfort such as
numbness and stiffness

Designed for people with musculoskeletal injuries caused by breakages and sprains, chronic pains and swelling of the joints, muscles and tendons, and those with peripheral nervous system discomfort.

The program includes medical physiotherapy treatments, kinesitherapy massages and hydro or mud treatments. To achieve optimal healing results our medical specialists may substitute some of the program treatments with therapies more appropriate to the specific condition

RECOVERY

innovative rehabilitation after intense physical
activity or musculoskeletal system injuries
and peripheral nervous system conditions

Significantly reduces recovery time after intense physical activity or surgical interventions. Positively affects pain, swelling and limited mobility following breakages or sprains. Helps physical health restoration.

Combines various therapeutic massages performed by a physical therapist, high-tech physiotherapy sessions, mud therapies and relaxing hydro massage baths with medicinal thermal water. The program is the modern way to restore physical health and balance



Ministry of
Health

**HOT SPRINGS Medical Center is officially accredited
by the Bulgarian Ministry of Health**

Classic

PHYSIOTHERAPY



LOW POWER LASER

Effectively reduces pain and inflammation. Stimulates and enhances cell function. Increases immunity and promotes natural regenerative processes

25 BGN | 12.78 €

UHF

Ultra-high frequency currents generate endogenous heat in the tissue to accelerate cellular metabolic reactions. Has an anaesthetic, spasmolytic and anti-inflammatory effect

25 BGN | 12.78 €

ELECTROSTIMULATION

Pleasant therapeutic treatment for relieving pain, improving circulation and enhancing muscle tone. Promotes physical activity

25 BGN | 12.78 €

DIADYNAMIC THERAPY

Electrotherapy with strong anaesthetic and vasodilatory effects. Improves blood flow and enhances tissue metabolism

18 BGN | 9.20 €

INTERFERENTIAL CURRENT THERAPY

Electrotherapeutic treatment that speeds up recovery from injury or trauma, reduces pain and swelling. Helps peripheral nerves regeneration

18 BGN | 9.20 €

INTERVAC

Anti-swelling combination of vacuum therapy with interferential currents. Stimulates vein and lymph circulation, and boosts the neuromuscular system

25 BGN | 12.78 €

All therapies are performed by qualified physical specialists

ULTRASOUND

Non-invasive therapy using micro-vibrations. Physiological method with anaesthetic and anti-swelling effect to accelerate cell recovery process

18 BGN | 9.20 €

INFRARED AND QUARTZ LAMPS

Light-based therapies with strong anti-bacterial effect. Both enhance the body's defence by boosting the immune system

20 BGN | 10.23 €

MAGNETIC THERAPY

With anti-inflammatory, analgesic and vasodilatory effect. Relieves pain from injury, stimulates and improves tissue trophicity and regeneration

20 BGN | 10.23 €

INHALATION

Effective therapy with focused inhalation of vapours to strengthen the respiratory system. Medically proven method for treating colds, sinusitis and migraines

25 BGN | 12.78 €

IONOPHORESIS

A delicate electrical stimulation to administer medication or cosmetic products through the skin. Improves blood flow and enhances tissue trophicity

20 BGN | 10.23 €

CRYOTHERAPY

Intensive low-temperature treatment used to achieve an anti-inflammatory, anti-swelling and healing effect on injuries and sprains

30 BGN | 15.34 €

MUD THERAPY

Thermal peloid therapy with curative mud from Baikal Lake

partial applications 20 min — 35 BGN | 17.90 €
full body applications 35 min — 50 BGN | 25.56 €

Rich in organic active ingredients the healing mud has thermal and chemical medicinal effects. It strengthens the immune system and improves blood perfusion and metabolism. The mud therapy detoxifies the body and makes the skin velvety soft

High-tech PHYSIOTHERAPY

HIGH INTENSITY LASER THERAPY

| effectively treats muscle injuries,
contusions, back and lower back pain

Non-invasive treatment with the power of laser light. Highly effective, anti-inflammatory and analgesic therapy. Reduces back and lower back pain, stimulates body collagen synthesis and significantly speeds up wound healing process after surgical procedures and injuries.

By deep tissue bio stimulation, this unique therapeutic method is both safe and efficient, used for rapid cellular regeneration

5-10 min — 45 BGN | 23.01 €

GAME READY

| sports-related injuries recovery

Patented technology that combines cryotherapy with intermittent compression to speed up recovery process after injury or surgical interventions. Well known in the sports world Game Ready therapy reduces swelling, pain and muscle spasms. A revolutionary combination of cryo- and compression therapies to stimulate natural body healing processes

15 min — 40 BGN | 20.45 €

Highly effective solution to eliminate:

- back and lower back pain
- muscle weakness and stiffness
- sports-related traumas
- physical injuries

SHOCKWAVE THERAPY

| Local therapy for the elimination
of chronic pain

Shock waves are used, directed at the painful area, which helps regenerate and form new blood vessels in the treated area. The device has different transmitters for:

- treatment of the fascia (muscle sheath)
- treatment of trigger points
- SPINE ACTOR for the muscles around the spine
- V-ACTOR - Vibration/anti-cellulite

10-15 мин. — 60 лв | 30.68 €

WINBACK 4 – TECAR

| back and lower back pain, joint and muscle stiffness

The innovative Winback 4 – Tecar combines 3 therapies in 1 – thermal tecar therapy, electro-muscular stimulation and neural stimulation. It reaches very precisely different depths of muscles, joints and tendons and creates endogenous (internal) heat, which has an analgesic, regenerative and anti-inflammatory effect. Non-invasively relieves back and lower back pain with fast and long-lasting results.

Thanks to the precise modes of operation, it is indispensable for treatment of acute and chronic knee, elbow and shoulder pain and other small joints and muscle groups

20 min — 65 BGN | 33.23 €

LYMPHATIC DRAINAGE

| relieves peripheral swelling and heavy legs syndrome

Medically proven, highly effective and modern method for relieving discomfort known as “heavy legs syndrome”. Lymphatic drainage (also called pressotherapy) has a strong therapeutic effect. Reduces peripheral swelling and muscle pain after injury. Based on pneumatic and successive compression principle and using special applicator sleeves (with multiple overlapping chambers) for legs and body, the therapy provides a gentle massage that activates the natural lymphatic and blood circulation. Stimulates body detoxification and reduces water retention. A real feeling of lightness is experienced at the very first session.

The therapy is also known as an aesthetic treatment for reducing fat deposits and cellulite, as well as for general relaxation and prophylaxis

20 min — 50 BGN | 25.56 €

All treatments are performed by qualified therapists



Sports & KINESITHERAPY

PILATES-REFORMER

comprehensive system of exercises
with special Reformer platform

For building and toning muscles and enhancing joint stability. Series of core exercises that help increase resilience, balance and coordination, creating a strong and athletic figure. The sessions are performed with a professional trainer-kinesitherapist and are suitable for people of varying levels of physical ability who want to improve their quality of life

60 min — 50 BGN | 25.56 €

GYMNASTICS

therapeutic individual training session
performed with a kinesitherapist

30 min — 30 BGN | 15.34 €

AQUA GYMNASTICS

individual training session
45 min — 30 BGN | 15.34 €
group training session
45 min — 20 BGN | 10.23 €

At HOT SPRINGS Medical Center, we perform diagnostics and specialized kinesitherapy. All training programs are designed to allow our guests to continue practising the exercises at home

3D-MANUTHERA

multi-sectional 3D table
for passive kinesitherapy

The rotational movements of Manuthera-3D allow versatile 3-D motion to relieve back and lower back pain, muscle and joint stiffness.

Thanks to its innovative design, Manuthera-3D enables the therapist to perform functional diagnosis and passive kinesitherapy of the musculoskeletal system and to apply a variety of healing techniques much more effectively

68 BGN | 34.77 €

X-BODY

innovative reshaping training sessions with fast
and visible results; functional analysis included

Highly effective method for building muscles and reducing thigh and waist fat by using adjustable and specially developed X-Body training suit for electrical muscle stimulation. 30 minutes are enough for an intensive and comprehensive body workout. The risk of injury, sprain or trauma is significantly reduced compared to a traditional workout. For optimal results the training sessions are performed with a professional trainer-kinesitherapist

30 min — 60 BGN | 30.68 €

Face & body

AESTHETICS

WINBACK ANTI-AGE

| non-invasive face and body therapies with the innovative WINBACK-4

Latest generation high-tech WINBACK-4 treatments – the most modern device in the field of medical aesthetics. Effectively reduces mimic wrinkles, cellulite and fat deposits. The results are visible at the very first session

Face and body treatments are extremely pleasant, without any discomfort or irritation

DERMA facial therapy

The pleasant and painless treatment removes wrinkles and rejuvenates the face. Winback-4 DERMA facial therapy effectively stimulates the production of collagen and elastin. It significantly smoothes out and reduces mimic wrinkles with visible results after the very first procedure. The therapy feels pleasant and warm and does not cause redness

25 min — 68 BGN | 39.88 €

LIPO body therapy

Anti-cellulite firming therapy with a quick and long-lasting effect. Winback-4 creates endogenous heat even in the deepest layers of fat deposits, eliminating cellulite and stubborn fat. In combination with draining massage techniques, it also helps to remove fluid retention. The therapy is painless, pleasant and there is no recovery period

30 min — 78 BGN | 34.77 €

LPG THERAPY Body

A skin-firming treatment that reduces fat deposits and smooths cellulite. Stimulates the body's natural processes through lymphatic drainage and collagen activation. Also suitable for post-pregnancy recovery

45 min — 80 BGN | 40.90 €

LPG THERAPY Face

An anti-age treatment for lifting, rejuvenation, and skin tightening. Activates lymphatic drainage, smooths wrinkles, and enhances facial contours. Skin appears more radiant, toned, and firm even after the first sessions

25 min — 70 BGN | 35.79 €

ANTI-CELLULITE MASSAGE

| manual massage therapy

Focused on fat deposit areas – butt, waist and thighs. Performed as series of specific massage techniques, the therapy is designed to reduce cellulite and subcutaneous fat. It improves microcirculation, oxygen and nutrient absorption and enhances the lymphatic flow. The anti-cellulite massage therapy also smooths and firms the skin

30 min — 55 BGN | 28.12 €

All aesthetic treatments are performed by qualified therapists

PRESSOTHERAPY

| lymphatic drainage

Known for its medical therapeutic effects in physiotherapy, lymphatic drainage is also indispensable as part of anti-cellulite programs. It helps to eliminate fat and cellulite faster. The pleasant apparatus massage boosts vein and lymph circulation. Reduces fluid retention, peripheral swelling and stimulates the cleansing of toxins. Pressotherapy also helps with weight loss and improves the body shape

20 min — 50 BGN | 25.56 €

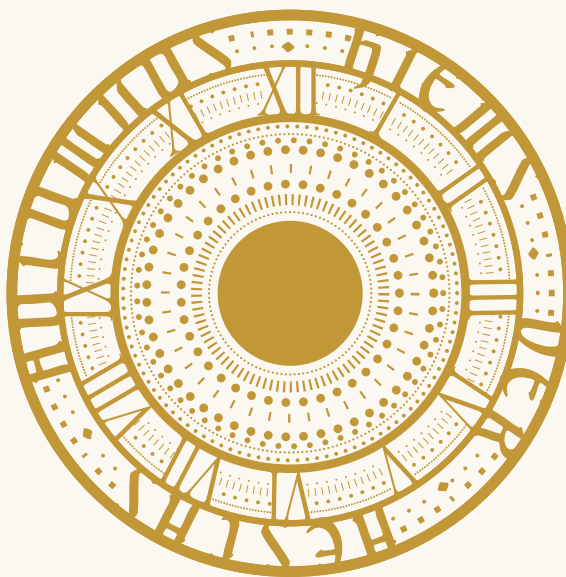




At **HOT SPRINGS**
time seems to stop to
restore the balance in
your **body, mind & soul**

We recommend booking treatments in advance at our Spa and Medical receptions

Our team will be happy to help you in choosing the most suitable
Spa, Wellness or Medical therapy for you



BANYA, Razlog

43 Vtora Str., Bulgaria

+359 888 337 337

reservations@hotsprings-spa.com