

WELCOME TO SALT CREEK SPA

*Sense the peace, leave stress behind
and let us take care of you.*

*Just sink into our beautiful sofas
and have a snack or lunch in the café.*

*Spoil yourself with a luxurious treatment
from one of our skilled therapists.*

Join us here on the beach.

Bonus card
For each treatment
or product over SEK 500,
we give you a stamp.
When you've collected 12 stamps you
get a bonus of SEK 500 to use
for a treatment or product.
Ask reception for details.
The bonus card is non-transferrable.

FACE

Recover touch - antioxidant vitamin treatment

A wonderful, relaxing facial treatment that recharges your skin with lots of fruit, vitamins and antioxidants from goji berries, while at the same time letting the skin relax from the stress of everyday life. Cleansing, peeling, massage and final application of cream.
25 mins, SEK 445

Classic face essential - classic facial treatment

Does your skin need moisturising, extra nutrition or in-depth cleansing? We use active products to customise a facial treatment according to how you feel about your skin and what it needs right now. Cleansing, skin analysis, peeling, steam, pore emptying, facial massage, face mask and final application of cream.
50 mins, SEK 795

Sacred nature

- classic organic facial treatment
Enjoy an organic facial treatment that protects and provides nutrition, using eco-certified products that contain Burito oil from "the tree of life" with essential fatty acids. A natural facial treatment that suits all skin types, even the most sensitive - leaving your skin soft and with improved tone. Cleansing, skin analysis, peeling, pore emptying, facial massage, face mask and final application of cream from sacred nature.
50 mins, SEK 795

Aromatic beauty touch - anti-stress facial treatment

Experience aromatherapy at its best! Exclusive essential oils from iris, rose and lilac add lots of moisture to your skin together with an amazing lustre, as the skin's ability to absorb oxygen is enhanced. Total well-being! Back massage, peeling, facial massage and face mask.
50 mins, SEK 795

Glorious skin

- anti-ageing, lifting facial treatment

An effective lifting treatment that produces immediate results - you will see your skin taking on a new lustre, enhanced tone and firmness. This exclusive anti-ageing treatment ends with a lifting mask containing peptides and algae for both face and eyes. The perfect Cinderella treatment before that special evening! Cleansing, skin analysis, peeling with AHA/vitamin C, steam, pore emptying, eyebrow plucking, facial massage, special mask, eye mask and final application of cream.
80 mins SEK 1,095

Glorious skin - express facial treatment

A short anti-ageing treatment to quickly freshen up your skin and make your eyes shine. The unique special mask for the face and eyes eases lines, softens bags and has a lifting effect. Cleansing, special mask, eye mask and final application of cream.
25 mins SEK 555

Chrono reverser

- AHA/vitamin C facial treatment

Your skin will be clean and fresh thanks to this mild, peeling facial treatment that contains an active combination of AHA acids and vitamin C to make your skin shine while at the same time wrinkles and lines are smoothed out. Suitable for all skin types! Cleansing, skin analysis, peeling with AHA/vitamin C, facial massage, face mask and final application of cream.
50 mins, SEK 795

Man Space - facial treatment for men

Man Space has been created specially for men and their own unique skin. These products contain glacier water from Zermatt to provide moisture and energy, combined with calming ingredients to soothe irritation and rawness after shaving. Cleansing, skin analysis, peeling, steam, pore emptying, facial massage, face mask and final application of cream.
50 mins, SEK 795

Omnilux light therapy

We are all affected by light - just think how well you feel on hot, sunny day compared with those cold winter nights. Omnilux is a revolution in the field of light therapy, as it stimulates the skin's deeper layers without harming or irritating the upper layers. These methods join forces with the body's own processes and aim to counteract the effects of the ageing of the cells. Omnilux is not sunlight and contains no harmful UV rays. Omnilux reinforces the body's own defences against ageing. After treatment, your skin feels fresher and clearer.

Omnilux

Short facial treatment with Omnilux light therapy. Cleansing, moisture serum, hand massage and final application of cream.
25 mins, SEK 445

Classic face essential

+ Omnilux light therapy

Our classic facial treatment combined with Omnilux light therapy, which enhances the effect of the active, customised products used in the treatment. Cleansing, skin analysis, Omnilux light therapy, peeling, steam, pore emptying, facial massage, face mask and final application of cream.
80 mins SEK 1,095

AHA/PHA treatments

Do you have blemishes or blackheads? Would you like a refreshing treatment that offers extra cleansing and leaves you with a smoother skin? If so, a Bioline Primalucce AHA/PHA treatment is just what your skin needs.

Bioline Primalucce 80 mins

An ultra-refreshing, cleansing facial treatment using AHA/PHA acids for skin with acne, blemishes, roughness or pigmentation, and dry skin with wrinkles and lines. The acids have an exfoliating effect and improve the skin's process of renewal.

You will have a smooth, clear skin with enhanced lustre and tone. Cleansing, skin analysis, AHA/PHA ampoule, pore emptying, serum, eyebrow plucking, facial massage, face mask and final application of cream.
80 mins SEK 1,095

Bioline Primalucce 50 mins

The same treatment as the Bioline Primalucce 80 mins, but without pore emptying and eyebrow plucking.
50 mins, SEK 795

Bioline Primalucce 25 mins

A treatment adapted for those with a lot of blackheads or blemishes, or dry, lifeless skin with wrinkles and lines. The skin is revitalised, cleaned, looks clear and takes on a fine lustre. Cleansing, AHA/PHA ampoule and final application of cream.
25 mins, SEK 445

BATH

Luxury bath

Luxurious bath for 1-4 people with wonderful aromatic fragrances from comfort zone scented candles. Sparkling wine and chocolate available for SEK 125/person.
45 mins SEK 495

BODY

Detoxifying mud - detox clay wrap

A genuine detox treatment, a wonderful clay wrap that is cleansing and produces a clean, fresh feel. Brown algae and essential oils increase microcirculation and detoxify both skin and body. If you want to feel like a new person, this is the treatment for you. This treatment includes a wonderful scrub, clay wrap and relaxation massage, as well as cleansing, peeling, clay mask and final application of facial cream.
80 mins SEK 1,095

Body strategist nutritional* - moisturising treatment

The perfect moisture wrap, providing well-being from head to toe. Fresh pumpkin cells and extract of tomato, artichoke and beet make your skin soft and silky, increase elasticity and generate a wonderful lustre.
50 mins, SEK 795

Body strategist remodeller - cellulite treatment

We customise an active, fat-burning, slimming cellulite treatment that produces results on cellulite and fluid in the body. Fatty deposits are reduced, microcirculation increases and the body becomes slimmer. For maximum effect we recommend a course of 8-10 treatments, twice a week.
50 mins, SEK 795

Aromasoul volcanic scrub

- scrub and spa massage

A body treatment that exfoliates and regenerates the skin! The peeling treatment uses a fine powder extracted from volcanic stones that are rich in silicon, an ideal mineral for making the skin smooth and even, while at the same time regenerating it. Before the peeling massage you choose an aroma from the range of aromasoul oils (Mediterranean, Oriental, Indian or Arabian)
50 mins, SEK 795

Tranquility - anti-stress treatment

Tranquility, a welcome break from our stressful everyday lives. An anti-stress treatment that affects the sense of smell and leaves you totally relaxed. The treatment includes a wonderful scrub, a relaxation massage and a Recover Touch facial treatment.
80 mins SEK 1,095

Total tranquility - anti-stress treatment

Tranquility, a welcome break from our stressful everyday lives. An anti-stress treatment that starts when you step down into a hot bath surrounded by scented candles that appeal to your sense of smell and leave you totally relaxed. The treatment includes a wonderful scrub, a relaxation massage and a Recover Touch facial treatment.
20 mins bath + 80 mins SEK 1,395
** Also recommended for pregnant women*

Lushly hand ritual*

A beneficial treatment for dry hands in need of moisture, nutrition and well-being. Scrub, moisture wrap and relaxing hand massage included.
25 mins SEK 445

Lushly foot ritual*

A beneficial treatment for feet in need of moisture, nutrition and well-being. Scrub, moisture wrap and relaxing foot massage included.
25 mins SEK 445

Recover touch + lushly hand *

Why not combine these two wonderful treatments.
50 mins, SEK 795

Recover touch + lushly foot *

Why not combine these two wonderful treatments.
50 mins, SEK 795
** Also recommended for pregnant women*

MASSAGE

Relaxation massage

A gentle, de-stressing massage that allows your body and muscles to relax. Back, neck & shoulders **25 mins SEK 445**
Full body **50 mins SEK 795**

Sacred nature organic relaxation massage

A relaxing, softening full-body massage that takes care of your skin. The 100% organic jojoba and buriti oils we use for the massage provide lots of nutrition and contain powerful antioxidants that protect the skin. Back, neck & shoulders **25 mins SEK 550**
Full body **50 mins SEK 850**

Deep tissue massage

Firm, deep massage to increase blood circulation and improve muscle oxygenation. This in turn improves the metabolism in the muscles. Back, neck & shoulders **25 mins SEK 445**
Full body **50 mins SEK 795**

Hot stone massage

The hot stone massage is a holistic treatment in which we use hot volcanic stones. The warming effect of the stones reinforces and enhances the ability of the massage to relieve tension. Full body **45 mins SEK 750**

Hot stone + deep tissue massage

Deep tissue massage interwoven with hot volcanic stones. Makes the deep tissue massage a beautiful experience. We focus here on the back and neck.
45 mins SEK 750

Tuina massage

A Chinese medical massage in which we combine a unique massage technique with acupressure. Back, neck & shoulders **25 mins SEK 445**
Full body **50 mins SEK 795**

Cupping

Deep tissue massage using specially designed cups. Cupping is an old treatment method used every day in hospitals in China. Stimulates the blood flow in stiff, tender muscles, increases circulation in the joints, stimulates the nervous system and affects connective tissue. Effective in counteracting tension.
25 mins SEK 595

Cupping + deep tissue massage

Here we combine classic massage with cupping to achieve a maximum increase in blood flow in the muscles. The treatment is also effective against cellulite, as it stimulates the connective tissue and circulation. Here we focus on the back and neck, but also adapt the massage according to personal preferences or needs.
50 mins, SEK 795

Acupuncture

Acupuncture is a Chinese form of medicine dating back thousands of years that is practised all over the world. Acupuncture is an accepted form of treatment that uses needles to counteract, among other things, pain and illness. Recommended in combination with the Tuina massage.
25 mins SEK 595

TOOTH WHITENING

Brilliant Smile clinical bleaching

Tooth whitening using the very popular Brilliant Smile method is performed by certified tooth whiteners, and takes about two hours. The teeth are blasted and surface discolouration is removed, as well as being cleaned and polished, all while you enjoy our attractive spa environment. We can also seal your teeth with NanoSeal, which protects your teeth against discolouration for up to one year, and you can eat and drink whatever you want immediately after the whitening process.

Tooth whitening **SEK 2,900**
Tooth whitening + NanoSeal **SEK 3,295**

Brilliant smile touch-up bleaching

Touch-up is a new method of bleaching from Brilliant Smile. Touch-up is a gentle method based on a course of 3-5 treatments, with 1-2 treatments a week. Your teeth are bleached gradually in an extremely mild, gentle way. There are 2 options: 20-minute bleaching for those with minor discolouration and 40-minute bleaching for those with more discolouration or wanting a greater effect. The bleaching process can be repeated every 3-6 months to maintain the results. This method is also suitable for those who have previously bleached their teeth using a different method, or for those wishing to maintain teeth that are already white to prevent discolouration due to age, tea or coffee.
SEK 395 per person
SEK 345 per person when 2 people book together.

OTHER SERVICES

Colouring

Lashes and brows, incl. shaping **SEK 345**
In connection with any facial treatment. (not recover touch & aromatic beauty touch) **SEK 195**
Eyebrows (incl. shaping) or lashes **SEK 245**
Shaping only **SEK 120**

Make-up

Everyday **30 mins SEK 300**
Special occasion **45 mins SEK 500**
Bride, incl. test make-up **SEK 795**
Come wearing no make-up.

Waxing

Half leg **30 mins SEK 325**
Full leg incl. bikini **60 mins SEK 625**
Bikini **15 mins SEK 300**
Underarm **30 mins SEK 300**
Back **30 mins SEK 325**
Upper lip **15 mins SEK 300**

THE CREEK EXPERIENCE

The Creek Experience is a treatment that offers a host of different experiences for all your senses. A tropical rain forest based on the four elements: air, fire, earth and water. As soon as you enter, you see dazzling green walls covered in plants enclosed in a moist, warm mist and a waterfall running gently along a sloping stone wall. Once the warmth has enveloped your body, it's the turn of your feet. Dip them in the golden mosaic bowls, where they can be soothed by foot salt from the Dead Sea. Once you have put on your face mask, the steam sauna can do its work and open your pores. Breathing and the sense of smell also have their part to play in the aroma sauna. In our dark lagoon covered with a curtain of mist, you can step slowly into the water and let it engulf your body. The

liana hang down from the walls, and you find yourself in the wonderful Amazonian lagoons. Torches generate a warm glow, so you know you're not all alone in the jungle. In the sauna area you can find our Turkish sauna, Hamam. This is where your body is soaped down, scrubbed and rinsed clean. All on heated beds. The steam in the sauna is dense, and you feel a sense of peace in both heart and soul. This is also where you find the Rasul cleansing ritual, where you cover your body in Moroccan clay and let the steam maximise the body's ability to absorb the minerals in the clay. A hot shower rinses off the clay and you feel refreshed right down into your pores. Then, into the air lock, where hot air dries your body, leaving you strong and ready to face new adventures.
120 mins SEK 595



WONDERFUL

The Creek Experience

The event of the year. That's how we see it. Let us really look after you. A total experience for all the senses, inspired by the four basic elements. In a tropical setting, you can experience the Hamam, Rasul, tropical waterfall, aromatic sauna and much, much more besides. The package also includes overnight accommodation, full access to all other parts of our spa, a 3-course dinner and an amazing breakfast.

SEK 2,015/person (Monday-Friday)

SEK 2,160/person (Saturday-Sunday)

PACKAGES FOR

Seastar

A proper relaxing break Stay for two nights and really feel your pulse calm down. Welcome package in the room. Now you can really enjoy our spa with its sea view. Lose yourself in a good book with the whole ocean as a backdrop, or immerse yourself in our pools. Also includes three-course dinner and breakfast buffet served in our restaurant.

SEK 2,875/person (valid every day)

Sealight

As for Seastar, but with any 50-minute treatment.

SEK 3,525/person (valid every day)

WELL-BEING

Sandshell

Bring along a friend and enjoy a night with us, check-in 15:00. We have comfy bathrobes and slippers for you to stroll around in. You can also take part in the various exercise and relaxation classes available. You also enjoy a three-course dinner in the evening and a wonderful breakfast buffet in the morning.

SEK 1,625/person (Monday-Friday)

SEK 1,770/person (Saturday-Sunday)

Passion

Join us and recharge your batteries, relax and enjoy. Here you'll always find peace and quiet, the sea and nature. You can go to the pool to let your body relax and recover. Enjoy a night in one of our double rooms, enjoy our fresh breakfast buffet as well as evening dinner, which is served to you. To make your stay complete, you can also enjoy a Tranquillity body treatment or a Glorious Skin facial treatment, considered to be one of the best in the market.

SEK 2,450/person (Monday-Friday)

SEK 2,595/person (Saturday-Sunday)

AND ENERGY

Sunday Treat*

We want to change the way you view this one day of the week. Imagine starting the week with unimagined strength and energy. We know how it feels: it's amazing. Spend the day with us and forget that Monday's not far away. Spoil yourself and feel your strength returning. This is why we want to offer you an extremely good price when you visit us on a Sunday.

SEK 795/person (Sunday-Monday)

All prices are for sharing a standard double room. Drinks with dinner not included.

Access to rooms is guaranteed from 15:00 and check-out is 11:00.

* Not during the summer period.

Morning spa - Access to our spa

SEK 225/person, 09.30 - 12.30 Monday - Friday

Lunch spa - Access to our spa & lunch with lighter drink

SEK 395/person, 13.00 - 18.00 Monday - Thursday

All day spa - Access to our spa, lunch with lighter drink & a 50 min treatment of your choosing or The Creek Experience

SEK 995/person, 09.30 - 18.00 Monday - Sunday

Day spa must be pre-booked on all days.

Worth bearing in mind

- Book treatments in good time. Cancellations at less than 24 hours' notice are billed in full.
- Arrive in good time. If you arrive late, the treatment time is reduced by the corresponding time.
- Report to spa reception 15 minutes before the treatment commences.
- If you are pregnant, ill, have heart problems, high blood pressure or an allergy, consult your doctor and please mention this when you book, and also to your therapist.
- We have an age limit of 16.

TREATMENTS

