

WELCOME TO SALT CREEK SPA

Feel the tranquillity, forget the stress and let us take care of you...

A short guide to our fantastic spa treatments...

CARE

A bespoke treatment concept just for you. The therapist selects the options best suited to the needs of your skin.

SOLUTION

Active treatments for localised areas to resolve and prevent problems.

CHOICE

Your specific choice of organic treatments or anti-ageing.

WELLBEING

Delightful spa treatments that focus on well-being and relaxation. Total relaxation!

Join us here on the beach.

Bonus card

You'll receive a stamp for every treatment or product over SEK 500 that you purchase. When you've collected 12 stamps, you get a bonus of SEK 500 to spend on treatments or products. Ask reception for details. The bonus card is non-transferable.

Face

EXPERT CARE | 50 MIN SEK 795

A bespoke facial treatment adapted to your skin and your needs, regardless of whether it is in need of:

DEEP CLEANSING
MOISTURE SHOCK
SOOTHING & NOURISHMENT

A super-active bespoke treatment with powerful natural ingredients, combined with a refreshing facial massage.

ANTI-AGING SOLUTION | 50 MIN SEK 795

A bespoke anti-ageing treatment for your skin and your needs, regardless of whether it is in need of an intensive exfoliation with AHA acids or an immediate lift to minimise lines or correct deep wrinkles. Your therapist guarantees the treatment will have immediately visible results, while repairing and protecting your skin.

FOR EVERYBODY WELLBEING

A bespoke facial treatment adapted to your skin and your needs, regardless of whether it is in need of:

RECOVER TOUCH | 25 MIN SEK 445
En lättare och avslappnande behandling för ansiktet som laddar din hud med massor av fukt, vitaminer och antioxidanter.

BEAUTY TOUCH | 50 MIN SEK 795

A treatment that focusses on facial well-being, combined with a relaxing back and neck massage. The skin is loaded with a huge quantity of glorious moisture and nutrients, providing renewal and lustre to the skin.

Body

SLIMMING – CELLULITE/DETOX SOLUTION

Bespoke treatments that slim and shape problem areas, and also provide localised treatment for cellulite. A perfect complement to a healthy lifestyle, or in combination with weight loss. Choose between Detoxifying clay wraps for a total detox or Remodeller for cellulite problems.

REMODELLER | 50 MIN SEK 795
DETOXIFYING | 80 MIN SEK 1095

FIRM – TONE/ELASTICIZE SOLUTION

The perfect anti-ageing treatment to firm, tone and increase the elasticity of the skin. Choose between a bespoke body wrap with either Grotta Gusti, a creamy clay with remineralising thermal water, or Nutritional, a nutrient and moisture wrap with active ingredients that increase elasticity, renew the skin and stimulate collagen synthesis

GROTTA GUSTI | 80 MIN SEK 1095
NUTRITIONAL | 50 MIN SEK 795

AROMASOUL SCRUB WELLBEING

A unique peeling ritual that renews the skin, leaving it soft and smooth. You have a choice of essential oils to reinforce the peel and give the skin nutrition and lustre. Every journey begins when you choose your personal essential oil.

AROMASOUL SCRUB | 50 MIN SEK 795
AROMASOUL SCRUB | 80 MIN SEK 1095

ORIENTAL

- softening, calming and stress-relieving
MEDITERRANEAN

- draining, increases tone and energy
INDIAN

- heals muscles and aching joints, stimulates the circulation
ARABIAN

- strengthens and restores the skin

EXCLUSIVE LUXURY JUST FOR YOU 110 MIN SEK 1495

Do you feel that it's time to press pause and just be looked after? Then this concept is perfect for you. We'll tailor everything to your needs and desires. The treatment begins with a consultation with your choice of therapist over a light snack. Then the treatment/treatments are performed just the way you like.

When booking via telephone, we inform you about the available options from our range of treatments.

Moments of luxury...

Face & Body Massage

LONGEVITY CHOICE

A complete concept using the latest generation of advanced skincare that fights the four main causes of skin ageing: inflammation, glycation, oxidation and methylation. Choose a facial treatment or combine it with a body peel in order to actively correct the signs of ageing while protecting against future damage. They are performed using Kabat, a unique massage technique that gives the skin new energy and vitality.

SKIN REGIMEN FACE | 50 MIN SEK 795
SKIN REGIMEN BODY | 50 MIN SEK 795

ORGANIC CHOICE

A certified organic and completely natural treatment for face and body with advanced anti-ageing and cell protection that provides deep nourishment and protection to dry, sensitive skin.

SACRED NATURE FACE | 50 MIN SEK 795
SACRED NATURE BODY | 50 MIN SEK 795
SACRED NATURE FACE & BODY | 80 MIN SEK 1095

SPA RITUALS WELLBEING

Choose from a range of unique rituals that reset the body's energy and well-being.

TRANQUILITY RITUAL | 80 MIN SEK 1095
A holistic experience for the face and body that combines essential aromas and wonderful products with a massage to create a unique experience that has a deeply relaxing effect on both body and mind.

Massage

RELAXING MASSAGE CARE

A gentle, stress-relieving massage that allows your body and muscles to relax.

BACK & LEG BACKSIDE | 25 MIN SEK 445
FULL BODY | 50 MIN SEK 795

CLASSIC CARE CARE

A deep treatment that soothes at the same time as the lava stones have a relaxing and draining effect. Choose between full body with relaxing massage and only hot stones or combine hot stones with deep tissue that focusses on the back, neck and shoulders.

BACK & LEG BACKSIDE | 45 MIN SEK 495
FULL BODY | 45 MIN SEK 895

DEEP TISSUE MASSAGE SOLUTION

Firm, deep massage to stimulate blood circulation and improve muscle oxygenation, resulting in improved muscle metabolism.

BACK, NECK & SHOULDERS | 25 MIN SEK 595
BACK, NECK & SHOULDERS OR CHOICE | 50 MIN SEK 845

TUINA MASSAGE SOLUTION

A Chinese medicinal massage combining a unique massage technique with acupressure.

BACK, NECK & SHOULDERS | 25 MIN SEK 495
BACK, NECK & SHOULDERS OR CHOICE | 50 MIN SEK 845

HOT STONE CARE

A deep treatment that soothes at the same time as the lava stones have a relaxing and draining effect. Choose between full body with relaxing massage and only hot stones or combine hot stones with deep tissue that focusses on the back, neck and shoulders.

HOT STONE | 45 MIN SEK 795
HOT STONE + DEEP TISSUE | 45 MIN SEK 895

CUPPING SOLUTION

Deep tissue massage with specially designed cups. Stimulates blood flow, improves circulation and affects the connective tissues. This is also an effective treatment for cellulite and tension.

CUPPING | 25 MIN SEK 495
CUPPING + DEEP TISSUE | 50 MIN SEK 845

ACUPUNCTURE SOLUTION | 25 MIN SEK 495
Acupuncture is a Chinese medicinal art that is many thousands of years old. It is an accepted form of treatment that uses needles to treat problems such as pain and disease..

Add on

SPECIAL TOUCHES

Make your chosen treatment even more luxurious with an express treatment to give even better results in specific areas. Our add-ons can also be booked as separate treatments.

EYE ZONE REFRESH & ANTI-AGE

Three-dimensional treatment for the vulnerable area around the eyes. Reduces bags and dark rings, softens fine lines and wrinkles. If this treatment is combined with one of the FACE treatments, no additional time is added, it is simply merged into the normal time.

EYE ZONE REFRESH & ANTI-AGE | 20 MIN SEK 445
EYE ZONE REFRESH & ANTI-AGE | 0 MIN SEK 125
(combined with a FACE treatment)

HANDS & FEET

A relaxing and revitalising spa treatment for feet or hands. The circulation in legs and feet is stimulated and the hands receive nutrition and moisture.

HANDS | 25 MIN SEK 445
FEET | 25 MIN SEK 445

COLOURING

Colouring of eyelashes, eyebrows and eyebrow shaping.

LASHES & BROWS INCL. SHAPING | 25 MIN SEK 345
(add on for FACE care SEK 245)
BROWS INCL. SHAPING OR LASHES | 25 MIN SEK 295
(add on for FACE care 195 KR)
SHAPING (add on for FACE care 125 KR) | 15 MIN SEK 225

Other services

MAKE-UP | 45 MIN SEK 595

Please arrive without make-up.

WAXING

HALF LEG | 25 MIN SEK 445
FULL LEG INCL. BIKINI | 50 MIN SEK 785
BIKINI OR ARMPIT | 25 MIN SEK 345
BACK | 25 MIN SEK 445
UPPER LIP OR CHIN | 15 MIN SEK 295

TOOTH WHITENING

The Brilliant Smile clinic whitening is performed by a certified tooth whitener, the teeth are blasted, superficial discolourations are reduced and the teeth are polished and shined. Your teeth can also be sealed with NanoSeal, protecting them from discolouration for up to one year. This also allows you to eat and drink immediately after the treatment. You automatically receive a consultation when you phone to book. Touch up is a gentle method based on a course of 3–5 treatments, once or twice per week. It can also be used to improve the results of an earlier whitening treatment. The length of the treatment is discussed in the consultation when you phone to book,

BRILLIANT SMILE CLINIC WHITENING | 120 MIN SEK 2900
BRILLIANT SMILE CLINIC WHITENING INCL. NANOSEAL | 120 MIN SEK 3295
BRILLIANT SMILE TOUCH UP | 20/40 MIN SEK 395/445

XTREME LASHES | SEK 1495

Eyelash extensions med Xtreme Lashes® is an exclusive and luxurious semi-permanent eyelash extensions that looks and feels natural.

Refill

In 2 weeks SEK 495
In 3 weeks SEK 695
In 4 weeks SEK 1095
Removal of lashes SEK 295

After four weeks it counts as a new set.

THE CREEK EXPERIENCE

THE CREEK EXPERIENCE | 120 MIN SEK 695

This is a spa offering many different experiences for each one of your senses.

A tropical rainforest grounded in the four basic elements – air, fire, earth and water.

As soon as you enter, you are met by lush green walls covered in plants enclosed in a humid, warm mist, and a waterfall cascading gently down a sloping stone wall. Once the warmth has enveloped your body, it's time for your feet. Dip them in the golden mosaic bowls, where they are 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 try our Turkish sauna, hamam, where you can scrub your body with a sumptuous rose soap. All this takes place on the heated beds. The steam in the sauna is dense and you can feel a sense of peace in your heart and soul. The Rasul cleansing ritual is also available here, in which your body is covered with Moroccan clay. The steam maximises your body's ability to absorb the minerals in the clay. A hot shower rinses off the clay, and you feel refreshed deep into your pores. Then into the air shower, where hot air dries your body, leaving you strong and ready to face new adventures.

"The keyword is relaxation, something so simple that can be so hard to capture."

"It doesn't get more peaceful than this ... I lie and look out into the distance, see how the sky meets the sea at the horizon and feel the sky and sea meeting within me, along with earth and fire, creating a perfect balance in my mind. Sometimes I touch on the sensation that everything feels complete"

