

WELCOME TO SALT CREEK SPA

A visit to Salt Creek Spa is an experience that benefits both body and soul!

We could not have asked for a more magical location, right beside the sea, and one that provides a fantastic backdrop for our equally fantastic Spa.

Here you will find our heated swimming pool, shallow pool, jacuzzi and sauna. If you need to cool off, our facilities also include a cold plunge pool.

Outside we have four heated springs, two on either side of the large pool house. Also outside, with its own path down to the sea, you will find our fabulous dry sauna, offering an incredible view out over the rolling waves.

On the upper floor, there are two relaxation rooms with large, comfortable beds, where you can enjoy a period of relaxation and reflection. The lighter Seaview room provides an incredible view of the Baltic Sea, while Fireview offers the chance to enjoy its centrepiece – a large open fireplace with a crackling fire.

Leave everyday life behind in the car park and let us take care of you!

OUR FACIAL TREATMENTS

These include cleansing, exfoliation, and a gentle facial and scalp massage. We can tailor treatments and products to suit your needs.

EXPERT CARE | SEK 795

A classic facial treatment lasting 50 min
A superactive facial treatment tailored entirely to your needs. This is more of a deep cleanse using a mask treatment to help clear pores.

GLORIOUS SKIN LIFTING | SEK 1,095

An anti-ageing treatment lasting 80 min
Our most luxurious facial treatment that nourishes your skin, leaving it firmer and radiant. The powerful results are achieved using, among other techniques, double peeling combined with vitamin C and a peel-off mask. This treatment also includes eyebrow shaping.

ACTIVE PEEL | SEK 445 / SEK 795 / SEK 1,095

A chemical AHA/PHA peel lasting 25, 50 or 80 min
The treatment features Bioline Primaluce's active products that target impurities, acne, fine lines and pigmentation and give skin renewed radiance. A 25-minute treatment is a quick fix and can be used as a regular treatment, while a 50-minute treatment also includes a facial massage and mask. An 80-minute treatment is available for anyone who also wants to add a steam treatment to help clear pores.

RECOVER TOUCH | SEK 495

A gentler facial treatment lasting 25 min
A shorter treatment packed with moisture, vitamins and antioxidants. A boost for your skin.

BEAUTY TOUCH | SEK 795

A comforting facial treatment combined with gentle massage and lasting 50 min
Here our focus is solely on wellbeing, with a facial treatment that moisturises and nourishes your skin, combined with a gentle neck and back massage.

OUR BODY TREATMENTS

We tailor both treatments and products to reflect your needs.

DETOXIFYING SLIMMING | SEK 1,095

Detoxifying clay wrap with algae lasting 80 min
A detoxifying body wrap using thermal water from Pisa. 95 % natural ingredients, including brown algae and iodine, which together have a cleansing and slimming effect – perfect if you are also trying to lose weight. Unfortunately, this treatment is not suitable for pregnant women or anyone with thyroid problems.

AROMASOUL SCRUB | SEK 795 / SEK 1,095

Body exfoliation lasting 50 or 80 min
A reinvigorating body exfoliation treatment that makes your skin glow. Choose between a 50-minute and an 80-minute treatment, depending on how long a massage you want. Each treatment session begins with you choosing your favourite essential oil from our extensive selection for use during the massage.

TRANQUILLITY RITUAL

| AN ABSOLUTE MUST |

Our signature treatment lasting 80 min
SEK 1,095 KR

A complete package specially designed to indulge and pamper you!

A unique facial and body treatment using wonderfully aromatic products that have an immensely relaxing effect on body and soul. Includes body exfoliation and a wrap using fragrant tranquillity oil. Once the wrap is applied, you can enjoy a gentle facial treatment, including a mask. The treatment ends with an uplifting full-body relaxation massage.

If you are pregnant, we use our organic Sacred Nature series.

OUR VARIOUS MASSAGE OPTIONS

RELAXING MASSAGE

A relaxation massage with warm oils
Gentle and relaxing strokes are used during this treatment. For anyone requiring a period of relaxation to help de-stress. Includes face, scalp and feet.

BACK, NECK, SHOULDERS & BACK LEGS | SEK 445, 25 MIN

FULL BODY | SEK 795, 50 MIN

CLASSIC MASSAGE

A tailored massage
A firm and invigorating massage that alternates between gentle and firm pressure. We focus more on particular problem areas and tender points.

BACK, NECK & SHOULDERS | SEK 495, 25 MIN
FULL BODY | SEK 845, 50 MIN

DEEP TISSUE MASSAGE

A deep massage for anyone who is used to this type of massage
Here, we get down into deeper tissue to release muscle knots and tension.

BACK, NECK & SHOULDERS | SEK 545, 25 MIN
FULL BODY | SEK 895, 50 MIN

HOT STONE | SEK 795

A relaxing full-body massage using hot volcanic stones and lasting 45 min
A thoroughly relaxing massage where hot volcanic stones relieve and soften muscles.

HOT STONE + DEEP TISSUE MASSAGE | SEK 845

...in combination with a deep tissue massage and lasting 45 min
A deep tissue massage where firm pressure is combined with hot volcanic stones. All the focus is on the back of the body.

*CUPPING | SEK 495, 25 MIN

Massage using specially designed cups
A massage that stimulates the flow of blood, increases circulation and works on connective tissue. An effective treatment for cellulite and tension. There is a good likelihood that you will develop large marks after the treatment that may be visible for a few days.

**CUPPING + DEEP TISSUE MASSAGE | SEK 845, 50 MIN*
... in combination with deep tissue massage.

*TUINA

Chinese therapeutic massage in combination with acupressure.

BACK, NECK & SHOULDERS | SEK 495, 25 MIN
FULL BODY | SEK 845, 50 MIN

*ACUPUNCTURE | SEK 495, 25 MIN

A form of Chinese medicine dating back thousands of years that tackles pain and illness.

**Please note that only a few of our therapists offer this type of treatment.*

Appointments are subject to availability.

...and a little extra pampering...

EYELASH & EYEBROW COLOUR *(includes eyebrow shaping)* | SEK 345, 25 MIN
SHAPING AND COLOURING OF EYEBROWS ONLY | SEK 295, 25 MIN
EYELASH COLOUR | SEK 295, 25 MIN
EYEBROW SHAPING | SEK 225, 15 MIN

FEET | SEK 445, 25 MIN

Pamper your feet with a reviving foot treatment. To help you unwind, we start with a pleasant scalp massage. Then all the focus turns to your feet and legs. Exfoliation, a wrap and finally an invigorating foot and leg massage.

WAXING

Waxing with roll-on wax.
Remember that you must have hair growth of at least ½ cm for the best results.

HALF LEG | SEK 445, 25 MIN

FULL LEG INCL. BIKINI | SEK 785, 50 MIN

BIKINI OR UNDERARM | SEK 345, 25 MIN

BACK | SEK 445, 45 MIN

LIP OR CHIN | SEK 295, 15 MIN

XTREME LASHES | SEK 1,495

Lash extension | New set approx 180 min
Eyelash extension using Xtreme Lashes. An exclusive and luxurious semi-permanent lash extension treatment that both looks and feels natural. Important to remember: avoid using oily products (which dissolve glue) and do not get your lashes wet for at least three hours afterwards. Please do not wear mascara and preferably remove all make-up from around the eyes. Refill after four weeks counts as a brand new set.

Refill

Within 2-3 weeks | approx. 90 min, SEK 895

Within 4 weeks | approx. 120 min, SEK 1,095

Lash removal | SEK 295

EVERYDAY MAKE-UP | SEK 595, 45 MIN

Please arrive for your appointment without make-up on.



THE CREEK EXPERIENCE | 120 MIN, SEK 695

Imagine two hours of complete relaxation in an environment inspired by a tropical rainforest, where the four elements of earth, air, water and fire all feature prominently. Leave everyday life outside and step into peace and tranquillity

As soon as you enter the water and start to make your way slowly around the pool, you are enveloped in a gentle mist. Once your body is cocooned in warmth, it is time to begin the adventure, by treating your tired feet to some TLC. Salt from the Dead Sea softens your feet as you apply a refreshing face mask.

You are now ready to perform our various sauna rituals! Heat combined with cold has a rehydrating and stimulating effect. In our somewhat simplified version of a Turkish hammam, you soap and scrub your body while relaxing on warm stone benches. You will feel clean and completely relaxed. Next is our Rasul ritual with its special mineral-rich Moroccan clay wrap, which when combined with steam maximises the body's ability to absorb the minerals in the clay. Once the clay has dried, it is time for a hot shower. Conclude your spa ritual by applying rehydrating organic jojoba oil, which absorbs as you pass through our warm air shower.

The Creek Experience is a round-the-world trip – inspired by a variety of spa and sauna rituals. Travel with companions in a group of no more than six people. Our fantastic hosts serve as a compass, guiding your journey – while you perform the various rituals yourself, or with the help of your 'travelling companions'. This is the perfect experience to share; with your other half, or why not with your best friends or colleagues?

Price per person SEK 695

You need only bring your swimsuit or trunks. We'll take care of the rest.

**If you only wish to enjoy The Creek Experience, please note that this does not include entry to the rest of the Spa. Please remember to book in plenty of time before arriving or your preferred date. Places tend to get booked up quickly, particularly on the weekends.*



OUR VARIOUS DAY AND EVENING SPA OPTIONS

Remember to make your reservations in plenty of time! All our day and evening spa options are subject to availability and, because of the booking situation, also to alteration – and must therefore always be booked in advance. Please also note that we have a **minimum age limit of 16 years at our SPA.**

In connection with day spa we offer **20% discount** on all our treatments.

Morning Day Spa 10:00–13:00 Tuesday – Friday, SEK 295 per person. *Entry to our spa.*

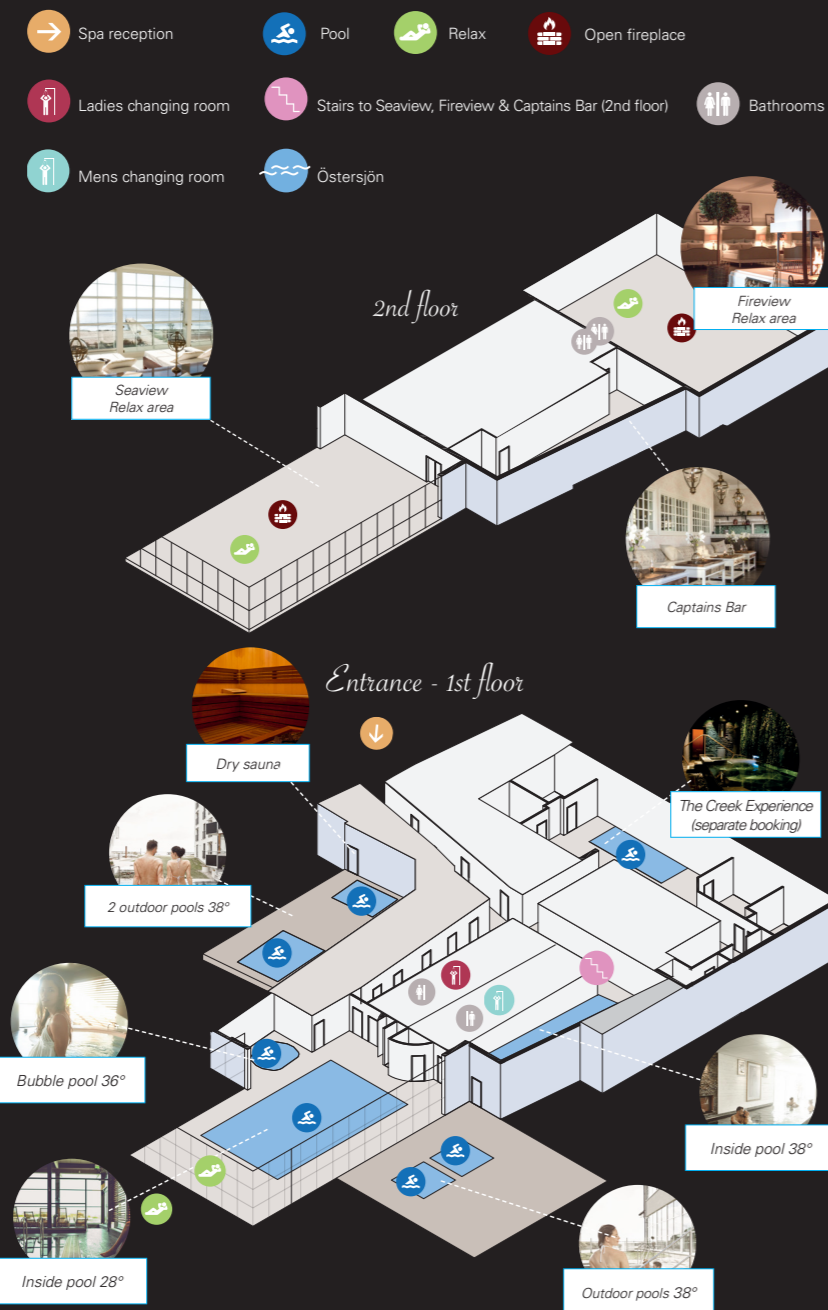
Afternoon Spa 13:00-17:00 Monday – Thursday, SEK 495 per person. *Entry to our spa*

Whole Day Spa 10:00-17:00 Monday – Friday, SEK 695 per person. *Entry to our spa*

Evening spa 18:00-23:00 Sunday – Thursday, SEK 395 per person. *Entry to our spa*

Evening spa 18:00-23:00 Friday – Saturday, SEK 495 per person. *Entry to our spa*

MAP OF THE SPA



OUR HOTEL PACKAGES WITH TREATMENTS INCLUDED

You can find more information about our various packages – as well as prices – on our website <http://www.ysb.se/erbjudanden/>. Please remember to book your preferred treatments in plenty of time before your arrival. Appointments tend to get booked up quickly, particularly on the weekends. Your booked treatment appointment will be confirmed in a separate booking confirmation from us, and is then deemed binding. Cancellations within 24 hours of the booked appointment will be charged for in full.

The Creek Experience

Enjoy a complete experience for both body and soul lasting two hours – and inspired by the four elements. In a warm tropical environment, you can try our hammam, Rasul and sauna rituals, relax by a waterfall, and much, much more.

This package also includes an overnight stay, full access to our various Spa areas, a 3-course dinner, and a fantastic breakfast.

Passion

Come visit us and we will help you to unwind and recharge. You can enjoy a wonderful 3-course dinner and a night in one of our lovely double rooms, and then in the morning help yourself to our fantastic breakfast buffet.

As the finishing touch to your stay, you can also choose to have an 80-minute treatment. Please contact us for advice on which treatment would best suit your needs.

Spa bliss

On weekdays (arriving Sunday to Thursday – during select periods of the year) we offer an add-on to our Sandshell package – one 50-minute treatment or The Creek Experience.

Here you can choose from the facial treatments Expert Care or Beauty Touch, our body scrub treatment Aromasoul Scrub, or the gentle massage treatments Relaxing Massage or Hot Stone Massage.

Sealight

As for our Seastar package – but with an optional 50-minute treatment!

OUR OTHER HOTEL PACKAGES

Sandshell

Enjoy a day's relaxation in the company of a friend or partner. Wrap yourself in our soft bathrobe and stroll down to our beautiful Spa, where you can pamper mind and body.

Includes, in addition to an overnight stay, a 3-course dinner and our fantastic breakfast buffet.

Seastar

Complete relaxation. Stay for two nights and feel yourself truly unwind. For 48 hours you can fully enjoy our beautiful Spa with sea views. Sink into our soft beds with the sea as your backdrop and lose yourself in a really good book.

Includes, in addition to accommodation, a 3-course dinner on both days and a breakfast buffet served in our beautiful Port restaurant.

Sunday bliss*

Sunday is the one day in the week when we have time to recharge and take stock. Imagine tackling a new week with undreamt-of energy and vitality... we know how it feels. It feels fantastic.

Arrive on a Sunday and enjoy a 2-course dinner, an overnight stay and a great breakfast buffet at a very advantageous price.

USEFUL INFORMATION PRIOR TO YOUR ARRIVAL

Access to the Spa as part of an overnight package is from 15:00 on the day of arrival to 14:00 on the day of departure and is included in all our packages. Remember that checkout is at 11:00. You can also attend the fitness classes that are on during your stay at the hotel. Please book any fitness classes in plenty of time by e-mailing traning@ysb.se.

Salt Creek Spa is open every day between 09:00 and 24:00. You will find a bathrobe in your room once you have checked in and towels are provided down in the Spa. Please register at the Spa reception 15 minutes before your booked treatment or if you have booked The Creek Experience.

Remember to book your treatments in plenty of time before your arrival and please let us know if you have any special requests or needs – this includes pregnancy and any medical conditions. Please consult your doctor or midwife for advice.

We do not provide treatments before week 12 or after week 36 of pregnancy. We use a special cushion for mums-to-be and you should be able to lie on your front or back (depending on the treatment) for the duration of the treatment. If you prefer a male or female therapist, please let us know at the time of booking. We have a 24-hour cancellation policy and any cancellations within 24 hours are charged for in full.

Secure lockers are provided in the changing rooms, and if you are travelling with luggage, there is a luggage room available at the hotel reception.

TREATMENTS

YSTAD *Saltsjöbad*