

HERCULUM SPA

Your wellness voyage



Our special

Spa ritual to open you for love and joy

AFRODITA It's me Lei 259

Spa circuit that includes Aphrodite Herb Mix Sauna 45 min

Massage with honey 75 min

Aphrodite, the goddess of love and beauty, she knew the art of seduction and her mix herb recipes have been passed down to us until today. We created a sauna with Aphrodite herbs, where you are invited to begin your journey to the eternal youth of the soul and the joy of living the present.

*The **Basil** - "the herb of kings", with a deeply masculine, fresh, and delightful aroma, and her faithful mate, the **Sage**, with her deeply feminine and passionate fragrance, come to the aid of those who do not have time to love.*

***Rosemary**, the elixir of youth, brings energy and optimism.*

Thyme mulled wine was one of the most powerful potions of Aphrodite. The aphrodisiac power of thyme was so recognized in the Middle Ages, that the monks in monasteries were not allowed to grow it in the gardens.

Mint, the herb of the brain, was a nymph who sublimates her fragrance till nowadays and tells the story of a divine but unthinkable love.

Lavender, the patron herb of couples, it cleanses and clears the whole being.

The aroma of **Marjoram** is due to the fact that Aphrodite has crossed her fingers over the herb. The young girls that put a strain of marjoram under the pillow would be visited by Aphrodite in their dreams and she would whisper the name of their future husband.

Melissa is also a gift from Aphrodite, that makes you a master of seduction, just like her.

After the experience in the warm aromatic sauna, it is essential that you cool down and relax. You could repeat the session or choose another warm facility in the spa circuit, going sequential between cold and warm. Remember to drink enough water. Then prepare yourself for a treatment meant to the gods. The massage with honey is a true beauty bath. Breathe slowly and set your body and mind to relax. Fully taste the moment!

We use natural honey from local sources, to which we add few drops of orange, lemon, and juniper essential oils. The honey is applied as a cream and the massage is performed with a special technique, through controlled motions, until the honey becomes sticky and then it is removed. The specific movements activate the nervous centres in the vital organs, stimulate the organism, unlock the lymphatic system, and increase the blood flow. The honey feeds the skin protecting it and makes it more clean, bright, and beautiful.

The massage brings a profound peace, and you will feel like a modern Aphrodite, truly connected to your femininity and fully aware that your life goal is happiness.



Our special

Eau thermale Herculane

HERCULE, It's me Lei 259

Thermal mineral bath 45 min

Energetic massage 75 min

Hercules himself stopped on River Cerna' s shore, a left tributary of the river Danube, in his expedition to find The Golden Wool. Being tired, he regained his vigor bathing in the spring water, at the urge of a native woman. The legend persists until today, as the miraculous thermal mineral waters of Băile Herculane Spa resort, the oldest in South-eastern Europe, continue to give uniqueness to the place, and the air here is so pure and comparable to the air in Swiss Alps.

The ritual begins with a bath in the thermal mineral water pool. You are encouraged to move your joints easily and slowly in the warm water. All the muscles relax deeply, a pleasant warmth will spread throughout every fibre and the heart will start beating faster. When leaving the bath, cool down if you feel the need, splashing your face with cold water or drinking a glass of water. You will then be invited to lie down and you will be carefully wrapped with a soft wool blanket over your fluffy gown. Breathe deeply and slowly, your heart will calm down and the rhythm will return to normal, while the detox process will continue. After you rest, a cooling shower will awaken you from dreams and you will feel infinitely calm.



Then let you go for an energetic massage with one of our experts. This type of massage works deep into the muscles, but at the same time with the energy flows of the body to bring them back into balance. The masseur works intuitively using various techniques, according to your body needs. You will become fully aware of the tensions in your body, but gradually, also of the stress relief that occurs. It relaxes both the body and mind, and once the energy begins to flow again, you will feel completely renewed and with a boost of vitality, ready to accomplish all the tasks of a modern Hercules.

Facial treatments collection

Eau Thermale Herculane



IVAPUR

50 min Lei 149

Fresh skin | Hydration | Remineralization

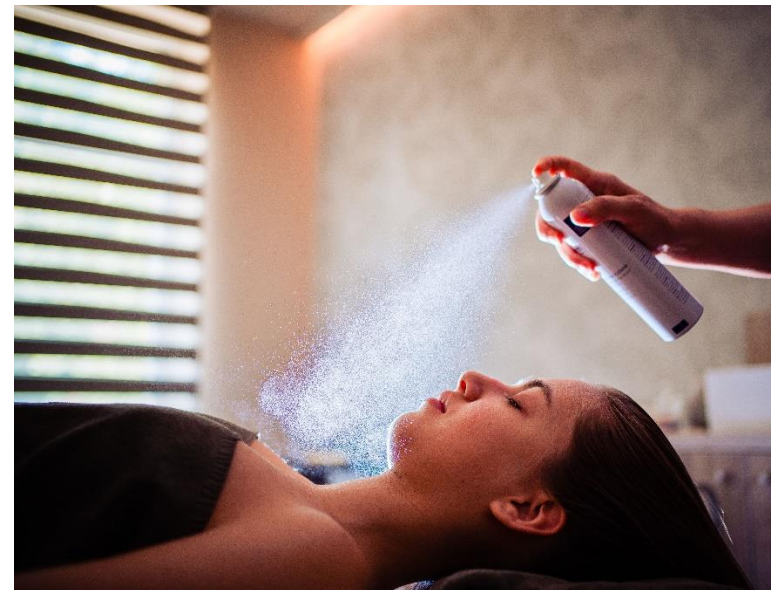
Herculane Thermal Water is the essence of our facial treatments. For the skin that lives in pollution it is the ideal treatment. Deep cleansing, but delicate with any type of skin, wild velvet extract for efficient hydration and a cooling sensation with pure water directly from nature, ensures a skin that breathes, with absolutely radiant appearance!

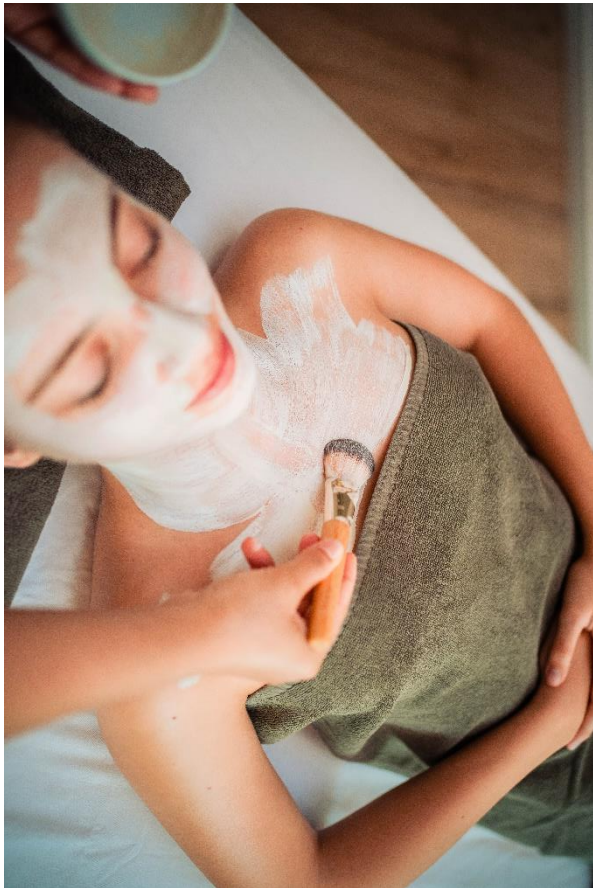
IVATHERM for him

50 min Lei 149

Soothing | Moisturizing | Repairing

Men's skin needs special care, and Herculane Thermal Water mainly treats sensitive skin, balances it and protects it against the passage of time. Essential oil of Red Juniper and Mint extract for a healthy skin. A relaxing scalp massage completes the experience!





UNA

80 min Lei 199

Anti-aging | Smoothing Lines | Redefined Face Contour

"Express your emotions, we take care of your wrinkles." UNA skin care range from Ivatherm excels in skin regeneration through a concentrated cocktail of plant stem cells and hyaluronic acid. The treatment starts with a warm aroma compress for the feet and includes a complete pampering hands treatment. The skin is revitalized, nourished, and toned.

Lifting by IVATHERM

80 min Lei 199

Natural lifting | Toned Skin, rejuvenated

Ingredients that stimulate the production of collagen, elastin and hyaluronic acid, extract of brown algae and vitamin E, for a guaranteed lifting effect, smooth skin, with strongly diminished lines. Herculan Thermal Water brings the freshness and richness of minerals so beneficial to the skin. The treatment begins with a back massage for complete relaxation and recovery.

Massages at Afrodita

How would you like to feel after the massage?



MOMENTUM

50 min Lei 149

Healing | High Energy or Relaxation "ad Mediam"

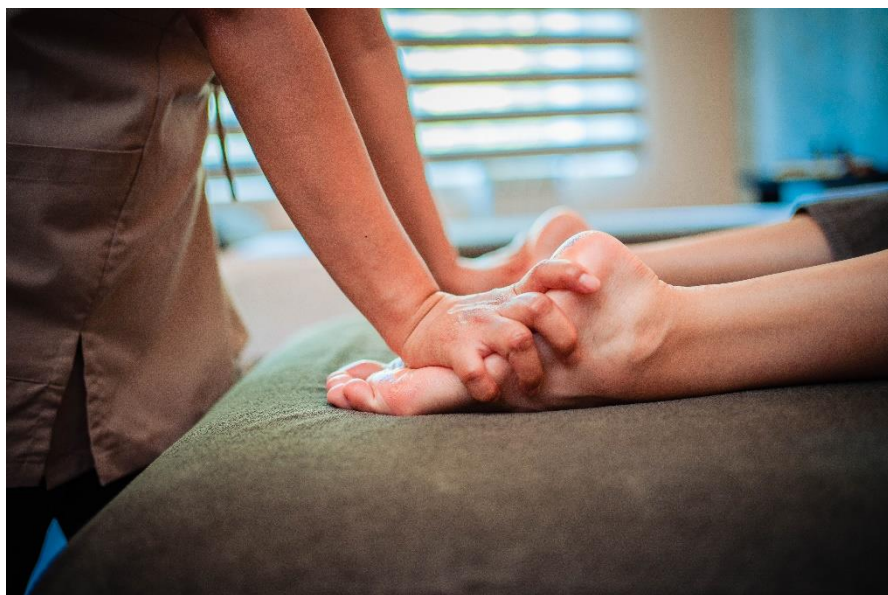
Leave the world and worries outside for just this moment dedicated to you! Talk to your therapist and choose together one of our special formulas for: relaxation, revigoration, detox or elimination of stress and pain. He will know how to adapt the techniques according to your needs and the desired result. The powerful essential oils recharge your body and relaxes your mind. May start breathing deeply three times ...

HOT STONE MASSAGE

75 min Lei 195

Deep relaxation | Elimination of Stress and Chronic Fatigue

It is perhaps the most effective spa treatment for stress reduction! It combines the therapeutic effects of deep manual massage with those of massage with heated basaltic stones and the power of essential oils. The face will be massaged alternately with hot and cold stones, a delight for all the senses. It balances the chakras and brings well-being.



BAMBOO STICKS MASSAGE

50 min Lei 149

Toning | Detoxifying | Body Shaping | for Him, too

Toning massage, which helps with detoxification, cellulite removal and body shaping. You can also opt for this massage for relaxation and to eliminate the accumulated fatigue. Our signature formulas are available for any massage.

„ON THE GO” Massage

35 min Lei 115

Partial massage | The Most Common Areas of Stress and Tension Accumulation

With so many places to visit in Herculane and the surrounding area, a partial massage is an option. Choose according to your needs: back massage, foot massage in pressure points to balance the whole body or treat insomnia and headaches with a particularly relaxing scalp massage. Flavorful aromas!

NOTE: *Apart from Hot Stone Massage all other massages are available for couples in our special couples' room. The partners may choose different massages, but these must be within the same time interval.*

Body treatments collection

For ladies and gentlemen!

IVATHERM body

50 min Lei 149

Intense Hydration | Silhouette Reshaping

A gentle exfoliation of the skin to remove impurities is followed by a massage with concentration on areas affected by cellulite or heavily dehydrated. Natural extracts from a tree growing in the Amazonian Forest, Viola Tricolor and other active ingredients ensure an infusion of nutrients, deep hydration, and firmer skin.



"Resveratrox" has proven 30 times more effective than caffeine in combating cellulite and other agents strongly stimulates collagen synthesis for a guaranteed result. The skin is slightly warmed in treatment and then cooled down with miraculous splashes of Herculane Thermal Water.

PURITY in black & white

35 min Lei 115

Excellent Scrub | Purified, Balanced, Hydrated Skin

Sea salt from the island of Aphrodite and activated charcoal. Exfoliation should be the weekly care routine for healthy skin, and in the spa is the recommended treatment before any other experience. For gentlemen- "She will appreciate", so it's worth a try! To be suitable for sensitive skin, we crush the sea salt with mortar and pestle, then mix it with the black powder and a teaspoon of honey. Besides the purifying effect, the mineral richness of the sea salt ensures a beautiful and radiant skin at the end. Medicinal charcoal is a re-discovered ingredient that combats the effects of pollution, premature aging and even skin cancers. The skin is moist with Herculane Thermal Water before scrubbing. A gift for your skin!

DETOX Overwrap

50 min Lei 149

Aromatherapy to Detox

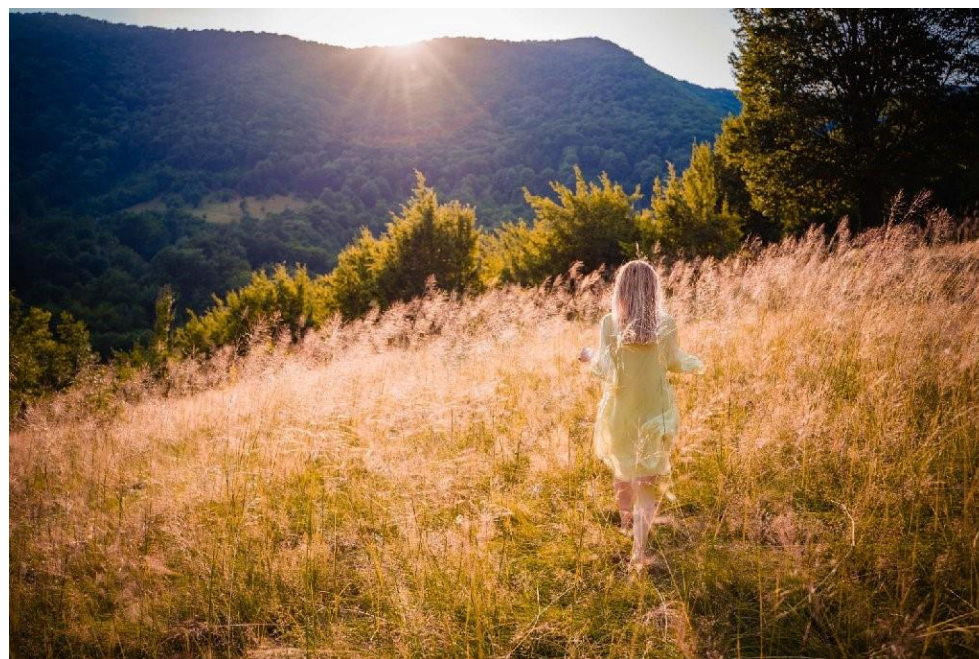
Exfoliation with activated charcoal and honey, followed by massage and wrapping in shea butter and essential oils with powerful drainage and detoxifying properties: Laurel, Pine, Basil and Rosemary. Rosemary is a health elixir appreciated since ancient times. "Laurel", worn by Roman emperors, has excellent anti-inflammatory properties. Pine is a diuretic but also an excellent sedative, and Basil is for sure the hero of many Romanian healing legends. Detoxification comes to the aid of those suffering from joint or muscular pain, as well as in case of an increased level of stress.

APHRODITE HERB MIX Overwrap

50 min Lei 149

Aphrodisiac and Healing Recipe | Aromatherapy

Exfoliation with sea salt, followed by massage and wrapping in shea butter and essential oils from Aphrodite Herbs recipe.





HERCULUM SPA

Reservations and Information

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* All prices are coted in Lei, can be changed without notification and include VAT.