

# Treatments

*New!*

## FACIALS

### Touch of mist

A brightening and hydrating facial that restores the skin's natural glow. Includes exfoliation, a serum tailored to your skin type, massage and a mask | 40 min | 72€

### Forest Glow

A balancing facial that deeply cleanses and nourishes the skin according to its individual needs. Includes exfoliation, skin cleansing when needed, serum, massage and a mask | 60 min | 91€

### Radiant Moment

A relaxing facial including exfoliation, serum, massage, mask and a soothing scalp massage | 60 min | 101€

### Babbling Brook

RA deeply relaxing facial including PHA exfoliation, skin cleansing when needed, serum, massage, mask and scalp massage | 75 min | 119€

## LASHES & BROWS

### Eyelash tint

20 min | 26€

### Brow shaping & tint

20 min | 30€

### Brow & Lash tint

30 min | 46€

### Lash lift

75 min | 91€

### Brow Lift

45 min | 61€ sis. kulmien värjäyksen

### Brow & Lash Lift

105 min | 142€

## HEAD SPA

### Arctic Head Spa

A deeply relaxing treatment where warm Ayurvedic oil and a calming scalp massage help quiet the mind. The experience is completed with a luxurious Head Spa wash | 75 min | 155€

### Calm Head Spa

A soothing treatment that relieves tension and revitalises the scalp. Includes scalp exfoliation, relaxing scalp massage and a luxurious hair wash | 60 min | 130€

### Nordic Head & Face Ritual

A luxurious treatment combining a renewing facial with a deeply relaxing Head Spa experience. The facial includes exfoliation, serum and mask, leaving the skin fresh and radiant. The Head Spa includes scalp exfoliation, an intensive scalp massage and a nourishing hair mask | 90 | 173€

*Head Spa does not include blow dry*

## FOOT TREATMENTS

### Forest Glow

A complete pampering treatment for your feet. Includes a foot bath, exfoliation, callus removal, nail care, cuticle finishing and a relaxing foot massage | 60 min | 91€

### Forest Pure

A comprehensive foot treatment including a softening foot bath, exfoliation, callus removal, nail and cuticle care and finishing cream | 50 min | 77€

### Forest Moment

A light and relaxing treatment that instantly refreshes tired feet. Includes a foot bath, exfoliation and a soothing massage | 30 min | 56€

### Gel polish for toes

Light nail and cuticle care, gel polish application and finishing cream. Does not include removal of previous gel polish | 45 min | 79€

## NAILS

### Gel polish

Beautifully shaped nails finished with a long-lasting single-colour gel polish | 45 min | 56€

French manicure +10€

Removal of old polish +10€

### SPA-manicure

Includes a hand bath, nail and cuticle care, nail polish and a relaxing hand massage | 45 min | 66€

## SUGARING

### Individual areas

Brazilian (women) 82€

Brazilian maintenance 72€

*Maintenance treatment within 5 weeks of the previous visit*

Lower legs 46€

Tighs 46€

Underarms 36€

Bikini line 43€

Arms 41€

Upper lip, chin & cheeks 46€

Upper lip 26€

Lower legs, bikini line & underarms 113€

Lower legs, underarms & brazilian 143€

Day Spa is located next to the reception in the main building and is available Monday-Sunday by appointment. Opening hours & bookings: [ikaalinen.fi/day-spa](https://ikaalinen.fi/day-spa)

*Popular!*

## CLASSIC MASSAGE

VAT 0%

A personalised treatment designed to relieve muscle tension. Payment can be made with ePassi or Smartum

30 min | 49€ | 45 min | 69€ | 60 min | 89€ | 90 min | 129€

## SPA-MASSAGE

### SPA-back massage

Dry brushing for the back to stimulate the skin, followed by a relaxing back massage | 30 min | 56€

### SPA-full body massage

A soothing full-body treatment combining dry brushing and massage to restore balance and leave your body feeling light and refreshed | 60 min | 109€

### Head massage

A gentle and calming treatment that relieves tension in the head, neck and shoulders | 30 min | 56€

### Hot Stone Massage

Warm stones deeply relax the muscles, providing a calming and restorative full-body experience. The treatment area is tailored to your individual needs | 45 min | 91€ | 60 min | 111€

# Treatment Packages & Mini Spa

*Popular!*

## BODY RITUALS

### Forest Ritual

A nature-inspired treatment combining gentle facial exfoliation, massage, and a nourishing mask with full-body dry brushing and a relaxing massage for complete well-being | 75 min | 122€

### Secret Escape Ritual

The ultimate escape from everyday life. A relaxing combination of a foot treatment and facial, including a warm foot soak, exfoliation, nail care, foot massage, gentle facial exfoliation, facial massage, nourishing mask, and a soothing scalp massage | 90 min | 152€

### Harmony Ritual

UA luxurious full-body experience featuring a back exfoliation, relaxing hot stone massage, a customized Unna Nordicfacial, and a soothing foot massage. Leaves your skin glowing and your body deeply relaxed | 105 min | 162€

## DUO-TREATMENTS

### Dream Duo Ritual

A shared moment of relaxation. Enjoy a full-body dry exfoliation, relaxing massage, and soothing scalp massage together, side by side | 75 min | 240€

### Nordic Duo Ritual

A shared pampering experience combining full-body relaxation with a rejuvenating facial. Includes dry exfoliation, a relaxing back massage, gentle facial exfoliation, a hydrating serum, and soothing face and scalp massage | 75 min | 279€

## FOR KIDS

### Mini Ritual

A gentle pampering experience including a warm foot soak, nail care, and a relaxing foot massage | 30 min | 46€

### Mini Head Spa

A soothing scalp care experience including a gentle hair wash, relaxing scalp massage, nourishing hair mask, and final cleanse | 30 min | 55€

## Groups

For larger groups, corporate events, or hen parties, we tailor treatments, schedules, facilities, and therapists to suit your needs. Catering can also be arranged in our Spa Lounge. For bookings and inquiries, please contact us at [dayspa@ikaalinenSPA.fi](mailto:dayspa@ikaalinenSPA.fi).