

TERROIR THERAPIES \

ZOMA body & soul terroir therapies are tailored to provide our guests with an exceptional wellness experience. The heart of our treatments menu features three signature terroir therapies, reflecting the local traditions and using locally sourced products.

ZOMA GRAPE REVITALISING THERAPY

120 min.
290 BGN

Created to help and regenerate your vitality, this therapy includes full body massage with warm grape seed oil, our signature essential oil blend and hydrating honey, followed by exfoliation with rejuvenating in-house grape products, rich in antioxidants. A glass of Zornitza Family Estate wine is offered at the end of the therapy for a luxurious finish.

ZOMA HEALING MUD THERAPY

120 min.
290 BGN

This richly aromatic grounding journey starts with a full body massage with grape seed oil and selection of our signature blend, followed by an application of purifying thermal mud from Rupite. Enveloped in the nurturing richness of the Earth, the body absorbs the healing properties of the sage-infused mud. Rich body moisturiser is applied at the end to seal the nutrients.

ZOMA HONEY NOURISHING THERAPY

80 min.
190 BGN

ZOMA signature facial therapy uses only the best local ingredients and the expert hands of our therapists. It starts with a warm honey application for deep cleansing and exfoliation. Cooling yoghurt mask follows, honey and lavender mask for hydrating the skin and relaxing the mind. Anti-aging Rosehip Geranium face serum and Rose water are used throughout the treatment. Light Rosa Damascena moisturiser is applied at the end of this deeply nourishing treatment.

* All terroir therapies start with a 15 min Steam in the Relaxing Area

MASSAGES \

SWEDISH MASSAGE

60/90 min.
140/190 BGN

Combining the therapeutic properties of our three signature essential oil blends and the healing power of massage therapy, this massage will leave you deeply relaxed. Using their experience and range of diverse techniques our therapists will customise this treatment to your individual needs.

DEEP TISSUE MASSAGE

60/90 min.
140/190 BGN

A restorative full body massage that aids in releasing deeply held patterns of tension and encouraging muscles to function at full capacity. The techniques used create a prolonged state of reduced muscular tension and increase blood and lymphatic flow.

WARM STONES MASSAGE

90 min.
190 BGN

Deeply grounding and warming treatment, using basalt stones from the nearby extinct volcano – very effective in promoting internal harmony and positive energy flow. The application of warmth, combined with the therapist's healing hands is intensely relaxing and helps to draw out tension from the body, encouraging well-being.

MASSAGES \

FOOT REFLEXOLOGY

40 min.
100 BGN

This deeply relaxing and at the same time stimulating foot treatment focuses on the reflex points of the feet to break down tension, alleviate stress and normalise the function of the internal organs.

BODY EXFOLIATION

40 min.
100 BGN

Quick and effective treatment, ideal before any massage and combined with a visit to our steam room for a maximum benefit. We use our in-house blended exfoliant with rejuvenating grape products, rich in anti-oxidants to increase circulation and skin renewal.

BACK, neck and SHOULDERS Massage

30 min.
90 BGN

COUPLES Massage

60 min.
300 BGN

60 minutes treatment for couples in our double treatment room, with a choice of Swedish, Deep-Tissue and Facial Therapies. Perfect for special occasions, accompanied by a courtesy glass of sparkling wine and a sweet treat in our Relaxing Area.

DARPHIN THERAPIES \

FACE

Serene Aromatic Facial

30/60 min.
90/140 BGN

A cocooning, detoxifying treatment based on the multiple benefits of botanicals such as Vetiver. Instantly alleviates redness and discomfort, evens out the skin and leaves it serene, calm and lastingly protected.

BODY

Deep Relaxation

60/90min.
90/140 BGN

This treatment relies on a blend of nourishing aromatic oils and restorative, rhythmical techniques to gently erase deep tension, enhance oxygenation, re-energise and impart a blissful sensation of well-being.

Perfect Polish

45 min.
90 BGN

Aromatic Citrus oils combine with mineral salts to revitalise the skin, enveloping it in hydration and comfort, whilst boosting the body's natural energy. Leaving you with silky smooth polished skin.

Velvet Wrap

60 min.
120 BGN

This luxurious, indulgent full body wrap gives comfort from head to toe, with an opulent intensely moisturising cream mask and aromatic oils. Deeply nourishes and tones the skin, leaving it looking gorgeously refreshed and radiant.

IN-HOUSE SPECIALISTS \

Aromatherapy massage

with Venezia

60 min.
160 BGN

Through the divine chemistry of essential oils, we achieve the maximum healing effect. The quick benefits of aromatherapy are due to the psychosomatic nature of the massage, combined with Moxa, Cupping and Reflexology.

REHABILITATION, CONSULTATION and Treatment

with Gancho

60 min.
160 BGN

Highly beneficial treatment after injury or surgery for optimal rehabilitation. Gancho will identify your needs and will maximise the movement potential through a combination of exercises in order to recover, maintain and improve physical abilities in sporting or everyday activities.

BREATHING BODY MOVEMENT CLASS

with Gancho (weekends only – 8.30-9.30am)

Movement class aimed at guiding the body through series of static (deepening of the breath and release of the nervous system) and dynamic (loosening of the joints and muscles) exercises.

SPA ETIQUETTE \

APPOINTMENTS

We advise you to book your appointments prior to your arrival, so that we can best accommodate your needs and to avoid disappointment should we be fully booked.

ARRIVAL

Please arrive at the ZOMA body & soul reception at least 15 minutes prior to your appointment time. This will allow you to fill in a consultation form and to enjoy our relaxing environment. Treatments will begin and end on time in order not to inconvenience our next guest.

DURING YOUR VISIT

In order to provide a relaxing setting for all spa guests we kindly ask you:

- \ to keep your mobile devices on silent mode or better leave them in your room
 - \ smoking is not permitted on the spa premises
 - \ ZOMA body & soul team reserves the right to refuse access to anyone whose dress or behaviour may disturb or endanger other guests
 - \ pets are not allowed on the spa premises.
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WHAT TO WEAR

Robes and slippers are provided for use in your room. It is advisable to wear undergarments beneath your bathrobe. We also offer disposable undergarments for both men and women. Our therapists are trained in professional draping to cover you appropriately during treatments to maintain your privacy. Slippers must be worn in the wet areas at all times.

SPA ETIQUETTE \

VALUABLES

Lockers are provided in the changing rooms, but we advise you not to bring or wear valuables whilst using our facilities. While we endeavour to take care of your belongings we do not assume liability for any loss of or damage to personal articles.

WET AREA FACILITIES

Please remember to drink enough water when using our sauna/steam room and pay attention to the health precautions. Out of respect for all our guests, we kindly ask you to keep yourself covered with a towel in the sauna/steam room and use your bathrobe in other ZOMA body & soul areas. Swimwear is available to purchase at spa reception.

ZOMA BODY & SOUL TREATMENTS

Consultations are carried out before all treatments. Please be aware that some treatments are not suitable for certain conditions and it is in your best interest if we suggest an alternative.

SPECIAL REQUIREMENTS

Please let us know if you suffer from allergies, sensitivities, high blood pressure, diabetes, a heart condition or any other physical issues or injuries in your consultation form to allow the best possible treatment experience for you. Please notify us when making a reservation if you are pregnant and we will guide you through the treatments suitable for you.

AFTER YOUR TREATMENT

It is very important to drink plenty of water and herbal teas before and after your treatment. Take time to relax and make full use of our spa facilities as this will help ensure you experience the full benefits of your stay.

CHILDREN

Use of the spa facilities by persons under the age of 12 is not allowed at any time. Use of the indoor swimming pool is allowed with a parent present. Please be aware that there is not a permanent life guard in attendance in the pool area.

PRODUCTS

To continue your well-being regime at home, a selection of products is available for you to purchase. Please ask your therapist for recommendations.

PAYMENT

Your spa charges will be presented to you for a signature after your treatment, however payment will be done upon check out from the hotel.

GRATUITIES

Gratuities are not included in your final bill and are at your discretion.

CANCELLATION POLICY

We require reasonable notice to change or cancel your reservation. Failure to arrive for an appointment will incur the full charge of the treatment.