




\ escape WITH US

Lying amidst the rolling hills and vineyards of Zornitza Family Estate Relais & Châteaux, ZOMA body & soul is a relaxation sanctuary, designed in harmony with nature.

ZOMA body & soul offers a holistic approach through bespoke treatments, personalised care and great attention to detail. Our goal is for guests to leave rejuvenated and empowered with the right knowledge and tools to continue their wellness journey.

Terroir is the key ingredient in our signature therapies – grapes and wine, healing herbs and oils, olive oil, honey from the Estate's own beehives, healing mud from the extinct volcano near the village of Rupite. Our therapists will help you to choose the right treatment for your body and soul.



TERROIR THERAPIES \

ZOMA body & soul terroir therapies are tailored to provide our guests with an exceptional wellness experience. The highlight of the treatments we offer are three signature terroir therapies, based on the local traditions and using locally sourced products.

REVITALISING GRAPE ZOMA THERAPY

90 min.
BGN 230

An antioxidising, revialising and skin-elasticity restoring therapy to enhance your tonus. The procedure begins with a gentle grape-seed peeling, followed by a full-body massage with warm grape seed oil, rich in antioxidants, and a gentle head massage. The thematic finale is a glass of Zornitza Family Estate wine.

HEALING MUD ZOMA THERAPY

90 min.
BGN 230

Very beneficial for musculoskeletal disorders. The therapy starts with a full body massage with grape seed oil and a 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.

HONEY ZOMA THERAPY

90 min.
BGN 230

This signature ZOMA body therapy uses fragrant bee honey infused with the aroma and healing properties of the Estate's herbs and flowers. The expert hands of our therapists gently apply the warm honey over the body to deeply cleanse and exfoliate it, while the plethora of aromas brings peaceful bliss. The therapy strengthens the body's defences and draws the toxins out of the system.

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

MASSAGES \

THERAPEUTIC ZOMA MASSAGE

60 min.
BGN 140

The combination of our three homemade essential oil blends and the healing power of massage therapy will give you total relaxation. Thanks to their experience, our therapists will be able to adapt this treatment to your individual needs, applying the techniques which suit you best. This will guarantee a lasting normal muscle tone and will also improve your blood and lymphatic circulation.

90 min.
BGN 190

VOLCANIC STONES MASSAGE

90 min.
BGN 230

A deeply grounding and warming therapy, using basalt stones from the nearby extinct volcano, Kozhuh. Highly effective for promoting internal peace and the positive energy flow. Under the skilled hands of the therapist, the warmth of the volcanic stones helps draw out the tension from the body and brings a sense of perfect health and harmony.

ZOMA SURF & TURF

70 min.
BGN 180

An effective deep tissue massage using the gifts of the earth and the water, of the sea and the land. It begins with the application of sea lye and placing warm volcanic stones on the back. The complete relaxation of the body is followed by reflexotherapy and a full body massage with herbal extracts. The massage brings lasting relief to the painful areas and restores normal body tone.

MASSAGES \

FOOT REFLEXOLOGY

This deeply relaxing and at the same time stimulating foot treatment focuses on the reflex points of the feet. It releases tension, alleviates stress and normalises the function of the internal organs.

30 MUH.
80 AB.

BODY EXFOLIATION

A quick and effective treatment, ideal before any massage. For maximum effect, combine with a visit to the steam bath. The therapists use an antioxidant-rich, homemade exfoliant with rejuvenating grape products, which stimulates circulation and skin renewal.

30 MUH.
90 AB.

PARTIAL MASSAGE

A vigorous back, neck and shoulders massage, adapted to your individual needs. For fast body relaxation and a feeling of lightness

30 MUH.
90 AB.

THERAPIES WITH BIOLOGIQUE RECHERCHE PRODUCTS \

Biologique Recherche is a cosmetic brand which owes its worldwide reputation to its extremely effective products developed on the basis of years of experience and a clinical approach to skincare. The methodology of the brand includes using pure, concentrated active ingredients in combination with innovative and meticulous protocols and procedures. Each treatment starts with a personal skin assessment and a detailed analysis of its condition and needs.

Face treatments

HYDRATING AND REVITALISING TREATMENT

45 MIN.
BGN 100

A balancing treatment to oxygenate the epidermis and relax the face contour. It will leave your skin feeling glowing and healthy. A hydrating and tightening procedure which brightens the eyes, tones up the complexion and refreshes the face.

TREATMENT FOR SENSITIVE SKIN CONDITIONS

60 MIN.
BGN 50

This treatment is recommended for particularly sensitive, distressed and dehydrated skin. It can be applied after prolonged sun or wind exposure and after medical aesthetic procedures – laser, IPL, dermabrasion, mesotherapy. The result is a visibly reconditioned and protected skin.

THERAPIES WITH BIOLOGIQUE RECHERCHE PRODUCTS \

BOOSTER VIP O2

60 MIN.
BGN 170

Thanks to its innovative crackling texture and its unique formula, the Booster VIP O2 is a revolution in professional facial treatments. It stimulates the epidermis and detoxifies and reoxygenates the skin. Booster VIP O2 boosts the complexion and adds brightness and radiance to the face.

SMOOTHING AND RESTRUCTURING SKINCARE

60 MIN.
BGN 150

An instantly restorative and tightening treatment for sensitised and reactive skin and for eliminating the signs of ageing. The procedure stimulates the natural protective system of the epidermis and thus helps keep the face youthful and fresh. The skin is hydrated, visibly smoother and toned, the fine lines and wrinkles disappear, the complexion is even and radiant.

REGENERATING AND REJUVENATING TREATMENT VERNIX

60 MIN.
BGN 230

The unique Crème Masque Vernix reproduces the properties and composition of the vernix (a substance containing epidermal cells and fats which forms a protective layer on the skin of the fetus in the womb). It regenerates and revitalises distressed skin and preserves and optimises its hydration. It smooths out wrinkles, restores and enhances the protective function of the epidermis. As a result, the skin becomes incredibly soft and regenerated.

THERAPIES WITH BIOLOGIQUE RECHERCHE PRODUCTS \

TREATMENT FOR TIRED EYES WITH PATCHS DEFATIGANTS

45 MIN.
BGN 80

An innovative solution to eliminate fatigue and aging signs around the eyes. The bags are removed as if with a magic wand, the skin is smooth, wrinkles and lines are less visible, the eyes are bright.

SOOTHING AND LIFTING MASSAGE WITH CRYO STICKS

30 MIN.
BGN 70

The application of cold Cryo Sticks cools down the skin and causes the blood vessels to contract. This regulates blood circulation and eliminates unwanted redness. The massage with Cryo Sticks has a draining, shrinking and tightening effect. The cold sensation is "picked up" by the skin receptors, which stimulates the nerve cells and has a lifting effect on the epidermis.

OUR SPECIALISTS \

AROMATHERAPY MASSAGE WITH VENEZIA

60 MIN.
BGN 160

The divine chemistry of essential oils achieves the optimal healing effect. The quick benefits of aromatherapy are due to the psychosomatic nature of the massage, combined with Moxa, Cupping and Reflexotherapy.

BREATHING EXERCISES WITH GANCHO

90 MIN.
BGN 80

Individual sessions and consultations – a movement class which guides the body through a series of static (deepening of the breath and release of the nervous system) and dynamic (loosening of the joints and muscles) exercises. The rehabilitation and treatment techniques Gancho uses are based on Eastern methods and philosophies.

On Saturdays and Sundays, as a compliment to the guests, he holds group classes from 8.30 am to 9.30 am, by advance booking.

FACIAL TREATMENTS WITH DESSI

The perfect products of Biologique Recherche require specially trained therapists who are familiar with their properties and can apply them in the most suitable and effective way. The skin diagnostics and the beauty treatments at ZOMA body & soul are performed by Dessi, who is certified and privy to the secrets of Biologique Recherche and the protocols involved in working with the products of the French brand.

ZOMA BODY & SOUL RECEPTION

You are invited to change into a comfortable robe and slippers available in your room. Before your treatment, take some time at the Reception to enjoy a moment to yourself. Ambient music and ZOMA body & soul scents gently introduces you to the deep relaxing experience you are about to enjoy.

TREATMENT ROOMS

Three treatment rooms, where a range of terroir therapies, face and body treatments are offered, using only the best locally sourced ingredients.

SPA ETIQUETTE \

RELAX AREA AND GYM

- \ Relaxing Area – for further relaxation with a cup of herbal tea and a book
- \ 20 m thermal water indoor pool with relaxing areas and a fireplace
- \ Pool bar
- \ Salt indoor mineral pool – for a detoxifying experience
- \ Warm jet pool – for relaxing experience
- \ Sauna and steam room –infused with essential oils encouraging relaxation prior and after treatments
- \ Cold water bucket – for contrast cold experience after the sauna or/and the steam bath
- \ Fitness center offering high-end Technogym equipment

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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SPA ETIQUETTE \

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.

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.

SPA ETIQUETTE \

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.

SPA ETIQUETTE \

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.
