

## \ **ESCAPE WITH US**

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

ZOMA body & soul offers a holistic approach through bespoke treatments, personalised care and great attention to detail.

We aim for our guests to leave charged with the eagerness and knowledge to continue with their wellness journey in their daily lives, and to come back again.

Terroir is the key ingredient of our signature therapies – grapes and wine, herbs and oils, miracle herbal products we have created, honey from the Estate's own beehives, healing mud from Rupite.

The therapists at ZOMA body & soul will help you choose the treatments which work best for you.



## TERROIR THERAPIES \

ZOMA body & soul terroir therapies are designed to provide our guests with an exceptional wellness experience. The treatments are focused around signature terroir therapies based on the local traditions and using products sourced from the Estate and the region.

### TERROIR HERBAL THERAPY

90 MIN.  
BGN 250/127,82 €

A holistic restorative treatment featuring alternative methods. Our own authentic oils with herbs from the Estate and the essential oil substances applied by massaging into the body and scalp have a beneficial effect on the cellular level.

The psychosomatic nature of this therapy noticeably relieves stress and discomfort. For maximum effect, essential oils are added, matched to the individual needs of each guest.

### REVITALISING GRAPE ZOMA THERAPY

90 MIN.  
BGN 230/117,60 €

An antioxidising, revialising and skin-elasticity restoring therapy to enhance your tonus. The treatment begins with a gentle grapeseed peeling, followed by a full body massage with warm grapeseed oil, rich in antioxidants, and a final gentle head massage. Plus a thematic offering to finish – a glass of Zornitza Family Estate wine.

### MUD ZOMA THERAPY

90 MIN.  
BGN 230/117,60 €

Especially developed to treat musculoskeletal disorders, dermatitis, arthritis and post-traumatic conditions. The pelotherapy begins with the application of medicinal mud from Rupite, to the whole body, followed by a massage with natural herbal oils created at the Estate.

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

## HONEY ZOMA THERAPY

90 MIN.  
BGN 230/117,60 €

A totally natural method combining the exceptional therapeutic properties of honey with the specific techniques of deep tissue healing. Honey massage is a strong tonic and roborant, it restores the body's natural ability to free itself of toxins and attacks all kinds of chronic conditions.

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## MASSAGES \

### THERAPEUTIC ZOMA MASSAGE

60 MIN.  
BGN 160/81,80 €  
90 MIN.  
BGN 210/107,37 €

A classic massage which normalises muscle tone, stimulates blood and lymphatic circulation and the metabolic processes, and relieves pain. The personalised approach guarantees improvement of the general condition and revitalisation of the system.

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### VOLCANIC STONES MASSAGE

30 MIN.  
BGN 120/61,35 €  
60 MIN.  
BGN 200/102,25 €

Warming therapy with basalt stones. Highly effective for promoting internal peace and the flow of positive energy. The warmth of the volcanic stones helps draw out the tension from the body and brings a sense of perfect health and harmony.

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## MASSAGES \

### ZOMA SURF & TURF

70 MIN.  
BGN 200/102,25 €

A deep tissue massage using the gifts of the land and the water. It begins with the application of sea lye and placing warm volcanic stones on the back. Once the body is completely relaxed, reflexotherapy is applied, plus a full body massage with herbal extracts. The massage brings lasting relief to the painful areas and restores the natural muscle tone.

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### FOOT REFLEXOTHERAPY

30 MIN.  
BGN 100/51,13 €

The traditional eastern concept of manipulating the bioactive points and thus producing an effect on the linked organs.

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### BODY PEELING

30 MIN.  
BGN 90/46,01 €

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

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### PARTIAL MASSAGE

30 MIN.  
BGN 100/51,13 €

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

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### OSTEOPATHIC TREATMENT

30 MIN.  
BGN 100/51,13 €

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## ADDITIONAL TREATMENTS \

FACIAL MASSAGE	BGN 40/20,45 €
MOXA	BGN 40/20,45 €
OSTEOPATHIC TREATMENT	BGN 50/25,56 €
SUCTION CUPS	BGN 40/20,45 €

## 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	60 MIN.
	BGN 160/81,80 €

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.

## THERAPIES WITH BIOLOGIQUE RECHERCHE PRODUCTS \

### TREATMENT FOR SENSITIVE SKIN CONDITIONS

60 MIN.  
BGN 190/97,14 €

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.

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### BOOSTER VIP O2

60 MIN.  
BGN 210/107,37 €

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.

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### SMOOTHING AND RESTRUCTURING SKINCARE

60 MIN.  
BGN 200/102,25 €

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.

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## THERAPIES WITH BIOLOGIQUE RECHERCHE PRODUCTS \

REGENERATING AND REJUVENATING TREATMENT VERNIX 60 MIN.  
BGN 240/122,71 €

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.

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FACE RESTRUCTURING TREATMENT LIFT C.V.S. 60 MIN.  
BGN 200/102,25 €

An exfoliating and lifting treatment combining toning and shaping techniques. Sculptures the contour and tightens the oval of the face.

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RESTRUCTURING TREATMENT MC110 60 MIN.  
BGN 180/92,03 €

A treatment for restoring the skin tone and the vitality of the face. The irregular profile of the epidermis is smoothed out and the facial contours are redefined. Your skin looks smoother, cleaner and younger.

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THE SECONDE PEAU TREATMENT 60 MIN.  
BGN 340/173,83 €

Regenerating, smoothing and lifting treatment. A revolutionary 3D electrospun mask made up of 80% hyaluronic acid. An excellent alternative to the injection treatments. The combination with a regenerating, smoothing and lifting serum allows to immediately erase the signs of ageing.

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## OUR SPECIALISTS \

### AROMATHERAPY MASSAGE WITH VENETSIA

60 MIN.

BGN 180/92,03 €

The application 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 and cupping therapy and reflexotherapy.

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### FACIAL TREATMENTS WITH DESSI

A top-class experience to achieve real results. 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 principles of working with the products of the French brand.

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## FACILITIES \

Working hours: Every day from 9.00 go 20.00 h

### 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.

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### TREATMENT ROOMS

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

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### RELAXING AREA

Area with comfortable beds for further relaxation with a cup of herbal tea and a book

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## FACILITIES \

### INDOOR POOL

Twenty-meter thermal water pool with relaxing areas, bar and a fireplace

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### SALT POOL

Indoor mineral for a detoxifying experience

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### JET POOL

Warm jet pool for relaxing experience

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### SAUNA AND STEAM ROOM

Infused with essential oils encouraging relaxation prior and after treatments

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### COLD WATER BUCKET

For contrast cold experience after the sauna or/and the steam bath

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### GYM

The gym, featuring high-end Technogym equipment, is open for the guests of the Estate from 09:00 until 20:00. Please note that unaccompanied children under 16 are not allowed in the gym.

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## 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.

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### 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. Treatments will begin and end on time in order not to inconvenience our next guests.

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### 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 guests with respiratory diseases and other medical condition, as well as 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

A bathrobe and slippers will be provided in your room. It is advisable to wear undergarments beneath your bathrobe. We also offer disposable undergarments for both men and women. Slippers must be worn in the wet areas at all times.

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### 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.

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### 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.

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### 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.

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## 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.

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### 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.

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### CHILDREN

Use of the spa facilities by persons under the age of 12 is not allowed. 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.

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### 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.

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## 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.

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### GRATUITIES

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

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### 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.

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