

Welcome to Pädaste SPA

THE SANCTUARY OF SIX SENSES

Welcome to Pädaste and its renewed holistic Boutique Spa, where an extraordinary journey into yourself awaits. An experience designed to enrapture every facet of your being. Our commitment lies in curating a holistic sanctuary, in the Pädaste tradition of hospitality, ensuring that each moment resonates with the symphony of your senses crafting an immersive experience that nurtures your body, mind, and soul.

SEE – *Marvel at the breathtaking vistas and untouched landscapes as nature weaves its tapestry around you. Wander through authentically restored manor grounds, where historical allure blends seamlessly with modern design, adorned with intricate Muhu patterns and captivating original artworks that stir the soul and create a setting of genuine hospitality in our tradition of Simple Luxury.*

HEAR – *Enjoy the healing power of near total silence. From there dwell into a modest and curated symphony of sounds, from nature's gentle melodies, to carefully selected harmonies that serenade your senses.*

TASTE – *Indulge in fine gastronomic enjoyment where our internationally acclaimed and Michelin rated Nordic Island's Cuisine meets the world's most critical standards. Or enjoy a simple lunch at the Pädaste Yacht Club.*

TOUCH – *Savor the touch of simple luxury with natural textures and materials unique to our hotel and spa. Feel the texture of bedding and natural fabrics of exquisite quality, an indulgence found nowhere else in Estonia.*

SMELL – *Awaken your senses to the symphony of nature's scents – the mossy forest paths, the breeze over the meadows, the flowering kitchen garden, all with their subtle scent. The aroma of freshly baked delights from our manor's bakery, the inviting fragrance of crackling fireplaces, the delicate essence of natural candles, and our exclusive range of body care products.*

FEEL – *When every sense is ignited to its fullest, you'll encounter an awakening – an unveiling of your true essence, immersed in tranquility. Here, your presence is felt, harmonized in a symphony of sensations that lead you to your most serene self.*

Step into our Natural-SPA realm, rooted in centuries-old Estonian herbal traditions, merging seamlessly with state-of-the-art spa technology. Our commitment to purity ensures that all ingredients are organic, sourced from the pristine nature of Muhu and surrounding Islands, meticulously prepared in our spa kitchen to offer you treatments enriched with pure, natural goodness.

Your journey at Pädaste Spa is a journey, harmonizing all six senses, unveiling an unforgettable odyssey of relaxation and complete rejuvenation. Unwind yourself and enjoy the calm, nature and soul that Pädaste is known for...

New and Monthly Changing Treatments

Light and Sound Therapy 69 €

*A new and innovative treatment, soothing and meditative. Special **Neurovisor** LED goggles combined with binaural beats music create an amazingly relaxing journey into your consciousness. The Light and Sound Therapy helps to relieve stress, calm your mind, and obtain better information from the surrounding world. Approximate Time: 30 minutes.*

This month's special offer 75 €

Indulge your face, body, and senses with a vitamin-rich treatment. Each month, our Pädaste Spa therapists create a unique facial or body treatment to bring you closer to nature. All ingredients used in this treatment are freshly harvested from the Pädaste garden, forest, or the fields of Muhu. For more detailed information about this special offer, please contact our spa therapist or Guest Relations Manager. Duration: 30 minutes.

Healing Sound Therapy 70 € (as group therapy €35 per person, minimum 2 participants)

A sound therapy with Tibetan singing bowls, bells and gongs takes you into the holistic journey through the healing frequencies of soundscapes, helps to relieve stress, calming your mind, and brings focus on your inner peace. Approximate Time: 50 minutes.



SPA Programs

We have assembled a selection of treatments in a harmonious way, in order to please your body and mind. Your treatments will be scheduled allowing ample time for relaxation in between. Our SPA therapist will gladly consult you and make alternative proposals based on your personal preferences as well.

Peel & Nourish, half day 203 €

An intensive and relaxing sequence of treatments that do good to body and mind.

- *Body peeling ritual with local scrub: Pädaste Power of Nature or Juniper Body Scrub*
- *Rest & relax*
- *Body & Soul, Traditional Swedish Massage, with goat milk butter cream*
- *Tea service - Enjoy a pot of local herbal tea while relaxing on your water-bed or being served on the sauna terrace.*

Anti Cellulite Treatment, half day 299 €

A powerful combination of anti cellulite treatments that support each other's performance, with detoxifying and lipolytic action. Ideal for all types of cellulite.

- Herbal Steam Sauna for 30 minutes
- Rest & relax
- Peeling, Draining & Slimming Thermal Wrap
- Rest & relax
- Anti Cellulite Massage for targeted area
- Tea service - Enjoy a pot of local herbal tea while relaxing on your waterbed

A Men's Treat, half day 308 €

A powerful combination of treatments to detoxify and relax, enjoyed by women as well.

- Herbal Steam Sauna with local herbs and essential oils for 30 minutes
- Rest & relax
- Muhu Hay Body Wrap
- Rest & relax
- Body & Soul, Traditional Swedish Massage, with goat milk butter cream
- Tea service - Enjoy a pot of local herbal tea while relaxing on the waterbed or on the terrace

The Ultimate Skin Treatment, full day 567 € (price pp)

A great way to spend your day, giving the very best to your skin.

The day begins with a mild body scrub that will help your skin to exfoliate. The following aloe vera & cucumber body wrap hydrates and refreshes your skin. A healing hot spring will be the culmination of your relaxation process. Your abundant SPA day will continue with Body & Soul massage with goat milk butter cream followed by a rejuvenating face massage with Muhu honey.

- Oatmeal & Yoghurt Body Scrub
- Aloe Vera & Cucumber Wrap
- Light lunch (not included)
- Healing hot spring
- Rest & relax
- Body & Soul Massage with goat milk butter cream
- Rejuvenating Face Massage with Muhu Honey
- Tea service - Enjoy a pot of local herbal tea while relaxing on your waterbed

Individual Treatments at Pädaste SPA



Relax & Unwind for your feet

Local Sea Mud Footbath and Massage* 78 €

Refreshing foot bath with juniper, peppermint, lavender or comfrey. The revitalizing footbath is followed by a relaxing foot massage. Approximate Time: 30 minutes.

Invigorating Juniper - Nettle Footbath and Massage* 78 €

Great after a day of nature walks, sightseeing or travel.

Approximate Time: 30 minutes.



Massage

Warm Lava Stone Massage*

Relaxing and warming massage therapy with natural stones. Muhu is a stony island. Many stones and boulders have moved south with the continental ice along glaciers from the Nordic regions, and Muhu has the highest concentration of healing stones in Estonia. The effect of lava stones on the body is warming and healing.

75 minutes 156 €

Massage with Fresh Herbal Oil from Pädaste Garden*

Aromatic relaxing massage with oil made from fresh herbs picked from the Pädaste garden. Marigold, rosemary, sage, lavender.

60 minutes 120 €

90 minutes 168 €

Pädaste Honey Massage*

Exclusive therapy with golden Pädaste honey from our own bees accelerates blood flow and lymphatic drainage, improves the look of your skin, removes residues, provides energy, rejuvenates, improves the immune system and provides extra energy. Warm honey is applied all over the body location by location, and is spread with different massage techniques, then "clapped" for best effect and finally cleansed with a moist towel, area by area before you rest for a warming aftereffect. Special attention to the back (+30 min) relieves muscle stress and back pains.

60 minutes 127 €

(For a 30 minutes back-rub extension add 73 €)

Body & Soul - Massage with Grapeseed Oil

Let us coax the weight of the world from your shoulders, back, hands, arms and feet as you unwind. Based on the classical Swedish massage. With your choice of pure essential oils.

60 minutes 107 €

90 minutes 156 €

Body & Soul - Massage with Goat Milk Butter Crème*

Based on the classical Swedish massage, with goat milk butter crème.

60 minutes 120 €

90 minutes 168 €

Partial Body Massage with Warm Oil 79 €

A ½ hour massage, recommended if you like us to concentrate on a particular area of your body.

Head massage with rosemary herbal oil, **neck and shoulder area**, or **back**. Based on the classical Swedish massage, with your choice of pure essential oils. Approximate Time: 30 minutes.

Foot Massage 79 €

Unwind and relax with a foot massage based on zone therapy. Deep therapeutic reflexology on feet stimulates the nerve fibers and internal organs. Approximate Time: 30 minutes.



Cleansing Scrubs

A full body scrub is an ideal start to prepare your body for a subsequent body treatment; your skin will be cleansed and physically stimulated.

Fresh Herbal Scrub from the garden* 95 €

Body scrub with fresh herbs and flowers from the Pädaste garden, infused with aromatic oil and sea salt. The selection of herbs is seasonal and offered according to availability. Approximate Time: 30 minutes.

Oatmeal & Yoghurt Scrub* 95 €

A mild scrub with a freshly prepared cream of oats & yoghurt. Approximate Time: 30 minutes.

Juniper Scrub* 95 €

Invigorating, healing scrub with juniper powder that helps restore the skin. Approximate Time: 30 minutes.

NB! After the scrub treatment we recommend:

After-treatment full body goat milk butter crème nourishing 66 €

The rich and healing Goat Milk Butter Crème with your favourite essential oil will nourish your body.

Approximate Time: 30 minutes.



Purifying & Detox Wraps

Muhu Hay Wrap* 127 €

A stimulating and healing wrap with the use of locally harvested hay. The fragrant hay from the meadows of Muhu is naturally rich in variety of grasses and field flowers. Locals have used the healing powers of warm hay for hundreds of years. Approximate Time: 30 minutes.

Estonian Peat Wrap* 127 €

Peat from local bogs has healing effect on chronic inflammation and is ideal for relieving pain, speeds up metabolism and removes waste from the body and gives you a relaxed overall feeling. Approximate Time: 45 minutes.

Muhu Mud Wrap* 127 €

A body treatment based on Estonia's 'Kurbad' tradition; A pleasant heat calms your body while you feel like floating. The anti - rheumatic effect of our local sea mud is well known. Approximate Time: 45 minutes.

Seaweed Wrap 127 €

The iodine, minerals and trace elements stimulate the metabolism, are helpful in the procedure of purification, detoxification and tissue firming, and generally contribute to relaxation and regeneration. The improved skin appearance after a treatment (reducing cellulite) is, of course, a special plus! Approximate Time: 45 minutes.

NB! After the wrap treatment we recommend:

After-treatment full body goat milk butter crème nourishing 66 €

The rich and healing Goat Milk Butter Crème with your favourite essential oil will nourish your body. Approximate Time: 30 minutes.



Beauty

Luxurious Hand Treatment 127 €

Our caring hand treatment will make your hands soft again, restoring the moisture balance of your skin and stimulating blood circulation. The treatment begins with a hand soak after which your nails will be filed and the skin around them will be treated. Your arms will be peeled with an aromatic scrub solution and a mask will be applied, leaving your arms soft and silky. While your hands luxuriate in the mask, you will be provided with a soothing head massage. The treatment will finish with a relaxing and moisturizing massage for your hands. Approximate Time: 90 minutes.

Wellness Foot Treatment 132 €

Banish tiredness and make them feel light again. The treatment starts with a herbal bath, and after trimming your nails a relaxing peeling will follow. The natural mask that follows has a moisturizing and cleansing effect. While your feet luxuriate in the mask, you will be provided with a soothing head massage. The treatment is concluded with a foot massage done with rich goat milk butter cream. This treatment invigorates the entire body with renewed energy. Approximate Time: 90 minutes.

Local Clay or Baltic Sea Mud Facial Mask* 95 €

Facial mask and gentle massage with clay or healing mud provide a deep purifying effect, restores and balances your skin. Approximate Time: 30 minutes.

Full Facial 151 €

One hour of complete relaxation, an enjoyable treatment to brighten and rejuvenate your facial skin including mild cleansing and exfoliating. We will massage your face with delicate aromatic oils. Your facial treatment concludes with a special nourishing mask. This superior treatment will not only help to slow down signs of premature ageing but is a caring pleasure in its own right as well. The wonderful result is assured by using the natural cosmetic line of products created in Pädaste Spa. Approximate Time: 60 minutes.

Rejuvenating Face Massage with Pädaste Honey* 83 €

A powerful and highly effective facial to boost cell regeneration. The treatment is tonifying and firming, also cleanses, nourishes and lifts the skin. This treatment is not recommended for highly sensitive or rosacea-prone skin! Approximate Time: 30 minutes.

After-treatment full body goat milk butter crème nourishing 66 €

The rich and healing Goat Milk Butter Crème will nourish your body. Approximate Time: 30 minutes.



Saunas & Baths - Private Sessions - Exclusively Yours

***Private herbal Steam Sauna 40°C 95 €
(Including shared Healing Spring 150 €)***

*Up to 2 guests; additional guests with a maximum of 4 persons – 10 € per guest
Time: 60 minutes*

Enjoy our private Herbal Steam Sauna as a relaxing preparation before a body treatment or as a conclusion of Pädaste Smoke Sauna or Muhu Wood-burning Sauna. You can choose from a variety of pure natural aromatic essential oils.

Selection of aromatic essential oils or whisks for the saunas:

- | | | |
|---------------------|----------------------|---------------------|
| <i>- Mint</i> | <i>- Birch whisk</i> | <i>- Lavender</i> |
| <i>- Eucalyptus</i> | <i>- Juniper</i> | <i>- Lemongrass</i> |

Shared use of the Nordic Cold Tub and lounge chairs on the Spa Terrace is complimentary when booking the Herbal Steam Sauna.

The Herbal Steam Sauna is bookable daily between 12.00 and 19.00. Should you wish to book the sauna outside the opening hours, a surcharge applies. Please inquire about the pricing and availability.

***Private Salt Crystal Sauna 55°C 95 €
(Including shared Healing Spring 150 €)***

*Up to 2 guests; additional guests with a maximum of 4 persons – 10 € per guest
Time: 60 minutes*

Within the tranquil confines of Pädaste Spa lies the Salt Crystal Sauna. This sauna blends tradition with innovation, embracing a special Estonian-designed oven that ingeniously incorporates salt crystals, ensuring an even distribution of enriched air throughout the small cave sauna.

The Salt Crystal Sauna creates an atmosphere of serene equilibrium and gentle steam that tenderly softens the body. The salt crystals within the sauna not only improve breathing and lung conditions but also support the respiratory system, promoting a deep sense of relaxation. With the option to introduce various aromas and gentle sounds of nature, your senses are treated to a symphony of tranquility.

Shared use of the Nordic Cold Tub and lounge chairs on the Spa Terrace is complimentary when booking the Herbal Steam Sauna.

The Salt Crystal Sauna is bookable daily between 12.00 and 19.00. Should you wish to book the sauna outside the opening hours, a surcharge applies. Please inquire about the pricing and availability.



Private Muhu Wood-burning Sauna 80°C 140 €
(Including shared Healing Spring 195 €)

Up to 2 guests; additional guests with a maximum of 6 persons – 30 € per guest
Time: 60 minutes, extra 30 minutes are priced at 40 €

Our Muhu Sauna is wood-fired and accommodates up to 6 guests in total privacy. Complimentary Salt & Muhu Honey rubs are provided. Additionally you can add a whisk for gentle beating and exfoliating your body. Occasionally dip the whisk in the hot water and swirl it over the stove. The whisk becomes warm and the fragrance of the essential oils becomes more intense. Relax afterwards on the Spa Terrace.

Includes a **Birch whisk**. Birch is stimulating and mild, it's alkalinity soothes the skin and helps to improve blood circulation.

Choice of additional sauna whisks

- **Juniper whisk 16 €**

Juniper helps to improve blood circulation and get rid of muscle tension. Occasionally dip the whisk in water and swirl it over the stove - the whisk becomes warm and the fragrance of the juniper essential oils becomes more intense.

- **Seasonal herbal whisk 16 €**

According to the season, we prepare fresh whisks from the Pädaste forest. Fresh whisks soothe the nervous system and help recover from stress or illnesses. They restore energy and prolong life.

The Muhu Wood-burning Sauna is bookable daily between 12.00 and 19.00. Should you wish to book the sauna outside the opening hours, a surcharge applies. Please inquire about the pricing and availability. Shared use of the Nordic Cold Tub and lounge chairs on the Spa Terrace is complimentary when booking the Herbal Steam Sauna.

Private Pädaste Smoke Sauna ritual with a saunamaster 50-60°C 450 €

Up to 5 guests Time: 2-3 hrs, after the 2 hr guided ceremony you will have your private time in the sauna.

This modern interpretation of the ancient smoke sauna is our signature therapy, a marvel to behold. Nordic fire-rocks are heated for four hours over open alder-wood flames. As the steam gracefully emanates from the natural spring water - birch infusion pored over hot rocks, it brings to life a symphony of four natural elements, while you enjoy the serene beauty of the sea view.

Our guided smoke sauna whisking ceremony imparts a sense of bliss and deep relaxation. Allow the gentle steam and birch twigs to transport you into a profound healing state of both body and mind. With a mellow temperature and high humidity, this sanctuary offers an intimate setting to embark on a two hour guided journey. Emerge from this serene experience feeling renewed, as the whispers of ancient tradition and the rejuvenating power of nature's elements intertwine, leaving you in a state of tranquility.

The Pädaste Smoke Sauna offers a two hour guided journey, for up to five people. It is available from 13:00 and must be reserved at least a day before. Includes use of the Nordic Cold tube.

Healing Hot Spring only for you 38°C 95 €

Up to 2 guests; additional guests with a maximum of 6 persons – 30 € per extra guest
Time: 60 minutes

Nestled within the nature's embrace of the renewed spa lies our Healing Hot Spring with a sea-view, a haven where the sun's energy breathes life into an ancient wellness tradition.

Envision yourself in a small pool, in the corner of Pädaste's park, harnessing the radiant power of the sun to infuse our healing waters with warmth and vitality. It is maintained all year round at blissful constant 38°C with solar energy, inviting you to immerse yourself in its rejuvenating embrace.

Our spring water is drawn from deep well in our park. Soft and enriched with minerals that invigorate and restore your body. Here, no harmful chlorine disrupts nature's balance; instead, the water is gently purified using natural sea salt and conditioned with a special frequency light, a truly unique concept in Estonia. Immerse yourself in these rejuvenating waters, feeling the subtle embrace of nature's healing touch.

Shared use of the Nordic Cold Tub and lounge chairs on the Spa Terrace is complimentary when booking the Herbal Steam Sauna. Please note, that the Healing Hot Spring when booked is only yours to use, but there may be other clients below on the Spa Terrace. Should you prefer complete seclusion, we recommend our Private Hot Tub at the Bay.

The Hot Spring is available daily between 12.00 and 19.00. Should you wish to book the Healing Hot Spring outside the opening hours, a surcharge of 30 € applies. Please inquire about the pricing and availability.

Private Seawater Hot Tub at the Bay 195 €

Up to 6 guests
Time: 60 minutes

Take a hot bath in the pristine nature of the bay. In our tub, the healthy and slightly saline water of Pädaste Bay is heated with a wood-burning oven to a comfortable temperature that makes bathing enjoyable even on a cold and crisp winter day. Our environmental policy does not allow for soaps or additives to be used.

The Seawater Hot Tub is bookable daily between 12.00 and 19.00 and must be reserved at least 24 hours ahead. Should you wish to book the Seawater Hot Tub outside the opening hours, a surcharge applies. Please inquire about the pricing and availability.

NB! After any sauna or bath treatment we recommend:

After-treatment full body goat milk butter crème nourishing 66 €

The rich and healing Goat Milk Butter Crème with Your favourite essential oil will nourish your body. Approximate Time: 30 minutes.



Saunas & Hot Spring Private Circuit – Combination of Sauna Pleasures

390 € (instead of 525 € when enjoyed separately)

Up to 2 guests; additional guest with a maximum of 6 persons – 40 € per guest

Time: 120 minutes

Enjoy the variation of the Herbal Steam Sauna, the Salt Crystal Sauna, the Muhu Wood-burning Sauna, , Healing Hot Spring and the Nordic Cold Tube for a Sauna & Bath Circuit in complete privacy.

The Sauna & Hot Spring Private Circuit is bookable daily between 12.00 and 19.00 and must be reserved at least 24 hours ahead. Should you wish to book the Sauna & Hot Spring Private Circuit outside the opening hours, a surcharge applies. Please inquire about the pricing and availability.



Saunas & Baths - Public Session

Sauna & Hot Spring Circuit, shared with other clients– Combination of Water and Sauna Pleasures

69 € per person (minimum requirement is 2 persons in your reservation)

Time: 2 hrs, available daily 10-12

Enjoy the variation of the Herbal Steam Sauna, the Salt Crystal Sauna, the Muhu Wood-burning Sauna, and the Hot Spring for a Sauna & Bath Circuit together with fellow guests of Pädaste Manor. This Circuit is complementary for the Club Level guests. The Sauna & Hot Spring Public Session must be reserved latest on the evening before.

Your Personal Treatment Combination

We suggest making your own preferred combination of individual treatments; our therapist will gladly consult you with the right choice. Combine any three of the above individual treatments during a single day and enjoy a rebate of 20%.



SPA INFORMATION AND POLICY

Reservations and Cancellations

- *Our SPA is open daily between 09.30 and 19.00. Should you wish to book a sauna or treatments outside the opening hours, a surcharge applies. Please inquire about the pricing and availability.*
- *Due to the small capacity of our SPA and our desire to give you the right personal attention, we kindly ask you to book your services well in advance.*
- *Our therapist is available for a personal consultation upon arrival or at any other moment during your stay - to plan together with you the treatments that will fit you best. Our receptionist will gladly arrange an appointment with our therapist.*
- *The SPA is only a short walk from the Manor House, the Carriage House and the Private Farm House; for your convenience, a bathrobe and slippers are provided in your room, alternatively you can make use of the changing facilities in our SPA.*
- *We kindly ask you to arrive 10 minutes before your scheduled treatment at the SPA Lobby to allow ample time to change and relax before your treatment..*
- *All bookings are final and will not be refunded. Should you wish to make changes in your schedule, we will do our best to accommodate your request but we unfortunately cannot guarantee availability.*
- *We hope for your understanding that in case of late arrival we might be obliged to shorten your treatment as not to displease other guests.*
- *Pädaste Spa is exclusively reserved for resident guests. We welcome non-resident guests if our capacity allows. A surcharge of 30€ per person a visit applies for all non-resident guests making use of Pädaste Spa.*

Spa Etiquette

- *Shared use of the Nordic Cold Tub and lounge chairs on the Spa Terrace is complimentary when booking any Sauna or Hot HealingSpring.*
- *We kindly request that mobile phones are turned off or set to silent mode to maintain a peaceful environment for all guests.*



Health Considerations

- *Under normal circumstances our treatments do not pose any medical risk, in order to advise you well please do not hesitate to inform our therapist should you have a particular medical condition.*
- *Please inform us of any health conditions, allergies, or injuries that could affect your treatment or service.*
- *We recommend that alcohol is not consumed before, during, or immediately after your spa treatments.*
- *If you are pregnant, please consult with your physician before booking any spa treatments. Our spa team is happy to advise you on suitable treatments during this special time.*

Gift Certificates

- *Gift certificates are available for purchase and can be used for all spa services and products. Please inquire at the spa reception for more details.*

Spa Attire

- *For your comfort, we provide robes, towels, and slippers. Disposable undergarments are available for body treatments if you wish. All our therapists are highly certified and we only offer professional services.*

Gratuities

- *Gratuities are not included in the treatment prices and are left to your discretion. If you would like to leave a gratuity, you may do so at the spa reception desk or on your bill upon signing.*

We hope you enjoy your time at Pädaste Spa and look forward to providing you with a relaxing and rejuvenating experience.

