

THE  
MARIA  
SPA









## The Maria Spa

Welcome to The Maria Spa, a serene sanctuary in the heart of Helsinki. Disconnect from the outside world and embrace complete relaxation of mind and body. Our ultra-luxurious spa journey captures the essence of Nordic wellness traditions for an authentic and incomparable Finnish spa experience. Immerse yourself in the oasis and opulence that is The Maria Spa.

Rejuvenating and restorative, the luxurious treatments at The Maria Spa, in Helsinki city centre, offer an elevated state of health and wellness with curated treatments for a personalised experience. Our treatments blend timeless French beauty techniques with Nordic expertise and active, natural ingredients. All treatments include access to the spa area. The Spa Shop offers a wide selection of exclusive beauty and wellness products. We approach wellness holistically, providing fitness and wellbeing services and using technology to enhance effectiveness. Our expert coaches also support your personal goals with guided nutrition, sleep and recovery improvement.

#### AVAILABLE AT THE MARIA SPA:

- Traditional Finnish sauna
- Steam room
- Cold plunge pool
- Jacuzzi
- Experience pool
- Cold bucket shower
- Atrium Bar and Relax area with accompaniments
- Daybeds
- Fountain
- Fireplace
- Spa shop with beauty and well-being products

*Experience Luxurious Treatments  
and Holistic Wellness in The Maria Spa*

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## The Maria Spa Signature Treatments

Our signature treatments aspire to offer unique wellness experiences showcasing the therapeutic and holistic treasures of our pristine Finnish nature. You will be immersed in the purity and nourishing density of our exclusive signature products personally crafted for The Maria Spa by the renowned Finnish skincare house, Niki Newd, a pioneer of the “fresh skin care” concept. All our holistic experiences are personally tailored for each guest.



## FACIAL

### - NORDIC VITALITY WITH MARIA TOUCH

*Illuminating, hydrating, anti-age++*

One-of-a-kind treatment that combines the holistic healing and therapeutic power of our pristine Northern environment. The experience begins with a Nordic herbal foot bath, leading to a uniquely crafted full facial. In our signature treatments, we utilise ecologically harvested botanicals and freshly blended products, enhancing the potency of nutrients inspired by the beauty of Finnish nature.

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60 min

179 €

## BODY & MIND

### - ARCTIC HEALING WITH MARIA TOUCH

*Full-body dry brushing and massage, paired with an indulgent facial treatment*

A unique full-body experience designed to guarantee complete relaxation. The treatment commences with a Nordic herbal foot bath, followed by a dry body brushing session to stimulate blood circulation. Next, revel in a warm herbal oil massage to release muscular tension through slow, soothing movements. Simultaneously, your skin is treated to a nourishing and moisturising facial featuring carefully selected natural ingredients – a perfect exploration of rejuvenation and well-being.

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90 min

259 €

## MASSAGE - LUMINIZER

*Neck, shoulder, face and head*

A holistic experience utilising classical massage techniques combined with the freshness of skincare oil sourced from Finnish nature. This specialised treatment places emphasis on the neck, shoulders, face, and head, providing not only relaxation but also leaving your skin with a radiant and revitalised glow.

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45 min

149 €





## Facial Treatments

Biologique Recherche's methodology is based on over forty-five years of experience using unique, exclusive treatment protocols personalised to suit each Skin Instant®. Suitable for both men and women, the methodology encompasses three fundamental stages:

### 1. ASSESSMENT STAGE

A Biologique Recherche skin expert will start by undertaking a detailed diagnosis of your skin. Using the Skin Instant® Lab, supplemented by the VisioLab® and a detailed questionnaire, they will define your individual Skin Instant®. This assessment then enables them to recommend a personalised beauty treatment.

### 2. INITIALIZATION STAGE

The treatment protocol begins with preparing your epidermis, which acts as a shield to protect from external aggressions. This rigorous ritual will prepare your skin to receive the benefits of your treatment, through:

- Thorough cleansing of your skin, including a facial massage.
- Exfoliation of your skin with our iconic Lotion P50, followed by a face mask.

### 3. TREATMENT STAGE

Products containing the highest concentrations of active ingredients are applied to "re-condition" the epidermis, helping activate its capacity for auto-regeneration:

- A tailor-made cocktail of precisely targeted, authentic serums is applied by the Biologique Recherche expert.
- The treatment and finishing stage fixes and optimizes the beauty treatment's efficacy through the use of botanical and marine biological active ingredients, creams and finishing serums to suit your skin type and its needs. These active ingredients work progressively to improve your skin's elasticity, tightening and defining your face's natural contours.







## SKIN INSTANT® LAB

### *Skin analysis*

The Skin Instant® Lab consists of five sensors (measuring hydration, trans-epidermal water loss, elasticity, pigmentation and sebum levels) linked to a computer with an exclusive diagnostic analysis software program developed by Biologique Recherche. Based on our expert's dermo-cosmetic analysis and objective measurements, the Skin Instant® Lab retrieves data from our knowledge bank to come up with a selection of products and treatments perfectly matching to your Skin Instant® needs.

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20 min (Including the Biologique Recherche facials) 50 €

## SOIN BOOSTER VIP O2

### *For brighter skin*

A treatment to detoxify and stimulate the epidermis and reoxygenate skin tissue, for dull Skin Instants® choked by urban pollution. Your complexion is incredibly revitalised, skin is more luminous and radiant.

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60 min 219 €

## SOIN SECONDE PEAU

### *Remodelling face*

A world first in professional aesthetic, this regenerating and lifting treatment features an electrospun mask with 80 % of pharmaceutical-grade hyaluronic acid and is designed for altered Skin Instants®.

We recommend 3 sessions at 1-week intervals, followed by one session every three months.

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60 / 90 / 120 min 219 / 299 / 369 €

## SOIN RESTRUCTURANT ET LISSANT

### *Revitalising facial for plumped-up skin*

A skin reconditioning and plumping treatment, suitable for all Skin Instants®. The skin of your face, neck and décolleté is hydrated, smoothed and regenerated.

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60 min 219 €

## NANO LIFT PRO FACIAL

### *Firming facial treatment*

Combining the technology of the Nano Lift Pro device and the potent, organic Green Beauty products by Julie Lindh, this rejuvenating facial treatment stimulates collagen production in deeper skin layers, encouraging a youthful complexion.

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60 min 239 €





## Body Treatments

Biologique Recherche's body care treatments combine products and procedures that are developed with the same expertise and focus on personalisation as our face care treatments. The body care treatments detoxify, re-shape and tone the body to help restore a more balanced silhouette, smooth skin, light legs and toned buttocks.

### PRÉPARATION EPIDERMIQUE

*For smoother, more hydrated skin*

An exfoliating and regenerating treatment. It leaves your skin softer, more even and hydrated.

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45 min

139 €

### SOIN MINCEUR AUX ALGUES

*To detoxing your body*

A purifying and detoxifying treatment. It helps eliminate toxins and improves micro-circulation.

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90 min

219 €

### SOIN LIFT CORPS

*For a toned and sculpted body*

A firming and toning treatment that leaves you with a refined skin texture and resculpted body.

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90 min

219 €







## Massage Techniques

Unique massages by our highly-experienced massage therapists for ultimate relaxation.

### HOLISTIC CUSTOMIZED BODY MASSAGE

Utilising their intuition and a variety of diverse techniques, our spa therapists will customise this therapeutic massage to meet each guest's specific needs. This unique experience involves a blend of warm oils and carefully curated techniques. We encourage you to communicate your needs and preferences so that your therapist can determine the most suitable course of treatment. Options may include deep tissue massage, pregnancy massage, relaxing slow movement massage and pressure points massage with mobility.

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50 / 80 min

159 / 209 €

### MODELING DRAINAGE TREATMENTS

Lymphatic drainage massage is a specialised technique to reduce swelling caused by fluid buildup. Metabolism-boosting and energising, this massage is performed by hand and with Maderotherapy wooden tools. Some of the benefits associated with lymphatic drainage massage include diminished swelling and inflammation, improved immune system function and relaxation, providing stress relief along with overall health benefits.

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60 min

189 €





## Packages

Indulge in a unique experience with treatments for two  
in our exclusive shared treatment room.

### PARENT + CHILD SPA EXPERIENCE

When you want to treat your little princess or prince to a Spa moment, you can book our double room to share that special time with your cherished one. Our beauty therapist and massage therapist will provide tailored treatments based on your preferences. Treatments could include, for example, a massage, a light facial or a mini-manicure. Please note that this treatment does not include full access to the Spa area.

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50 min

259 € (for two)

### COUPLE SPA EXPERIENCE

If you and your partner are seeking a relaxing way to celebrate your love, why not indulge in a rejuvenating spa treatment or one of our romantic Spa breaks? There is no more thoughtful gift than treating the one you love to the gift of quality time together on a luxurious spa getaway. Conclude this extraordinary experience with a delightful touch with a glass of champagne awaiting you at the end of your treatment.

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60 min

329 € (for two)







## Enhancement Treatments + Spa Technology

To enhance your treatment or incorporate various effects for the face and body, choose from our additional treatments and well-being equipment to tailor a perfect experience just for you.

### FACE GYM MASSAGE TECHNIQUE

*Experience a Natural Facelift*

This uplifting and sculpting massage can be enjoyed alone or in combination with facial or body treatments. The treatment is performed by hand, Gua Sha stone or Maderotherapy wooden tools.

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30 min (Combined with a facial or a body treatment 50 €) 75 €

### LED TREATMENT FOR FACE

*Witness the Impact of Light on your Skin*

LED light therapy comprehensively treats the skin, correcting, balancing and renewing its functions. Suitable for all skin types. The treatment can be done alone or combined with another treatment.

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30 min (Combined with a facial or a body treatment 50 €) 75 €

### NANO LIFT DEVICE FOR FACE - SKIN FITNESS FACIAL

*The All-in-One Skincare Device*

A versatile device treatment for the face combining treatment modalities RF (radiofrequency) + EMS (neurostimulation) + Photon (red and blue light) + Sonic (massage).

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30 min (Combined with a facial 90 €) 125 €

### RADIOFREQUENCY FOR FACE OR BODY

*Firming treatment for the face and body*

The effectiveness of the RF treatment device is based on energy that heats all layers of the skin and enhances the formation of collagen. Skin function improves and is activated at all levels, allowing tissue to operate optimally once again. The result is a smoother, firmer and more beautiful skin.

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30 min (Only available with a facial or a body treatment) 65 €



## INFRARED SAUNA BLANKET

*An Excellent Detox Addition to Your Treatment*

The benefits of infrared are diverse and have a holistic impact on well-being. The infrared sauna bed envelops you in warmth, promoting purification through perspiration. It helps eliminate toxins from the body, fostering internal and external well-being. Experience the radiant glow that the treatment brings to your skin.

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30 min

65 €

## CLOUDBOOTS

*A True Jet Lag Cure*

Compression therapy products are designed to accelerate recovery and promote overall body well-being. The treatment is excellent for recovery, relaxation, and reducing swelling. It targets everything from toes to hips and can be programmed with six different therapeutic effects.

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30 min

(Combined with a facial 40 €) 65 €

## NEUROSONIC

*Pamper Your Nervous System*

The well-being technology of Neurosonic is based on tissue stimulation produced by low-frequency vibrations. This natural mechanism influences the body and mind through the autonomic nervous system, providing a relaxing, corrective and activating Neurosonic moment.

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30 min

(Combined with a facial 40 €) 65 €





## Finishing Touches

Perfect your spa treatment experience with our selection of beauty focused finishing touches.

### THE MARIA SPA MANICURE

A beautifying mini-manicure for hands and nails, in which the nails and cuticles are tidied, and the nails are polished.

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30 min (Combined with a facial or body treatment 50 €) 75 €

### WAXING

Face, legs or bikini wax.

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30 min 35 / 65 €

### THE MARIA SPA PEDICURE

A pampering mini-pedicure for the feet, in which the feet are exfoliated, and the toenails tidied. The treatment includes either a massage or toenail polishing according to your preference.

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30 min (Combined with a facial or body treatment 50 €) 75 €

### MAKE UP

A subtle touch-up for seamlessly transitioning into your city day, post-treatment.

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45 min 85 €

### TINTING

Eyelash and eyebrow tinting along with eyebrow shaping. Eyebrow tinting.

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30 min (Combined with a facial 25 / 40 €) 39 / 65 €





## In-Room Services

Our luxury treatments from The Maria Spa are available within the private ambiance of your room or suite. Elevate your stay at The Hotel Maria by reserving a personalised spa experience for one or two guests.

### TREATMENTS

Massage for One	60min	210 €
Couples Massage	60min	380 €
Facial for One		260 €
Couples Facial		480 €

You may inquire about availability directly from The Maria Spa.

### SELF-CARE PACKAGES

#### BATH

Salt / Wildflower Bath	55 €
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#### FACIAL TREATMENTS

LED Light Therapy	95 €
Facial Mask + Skincare Travel Package	65 €

#### BODY REJUVENATION

Neurosonic Session	85 €
Cloudboots Experience	85 €
Infrared Sauna Blanket	85 €

The selection of products is available during the operating hours of the spa.

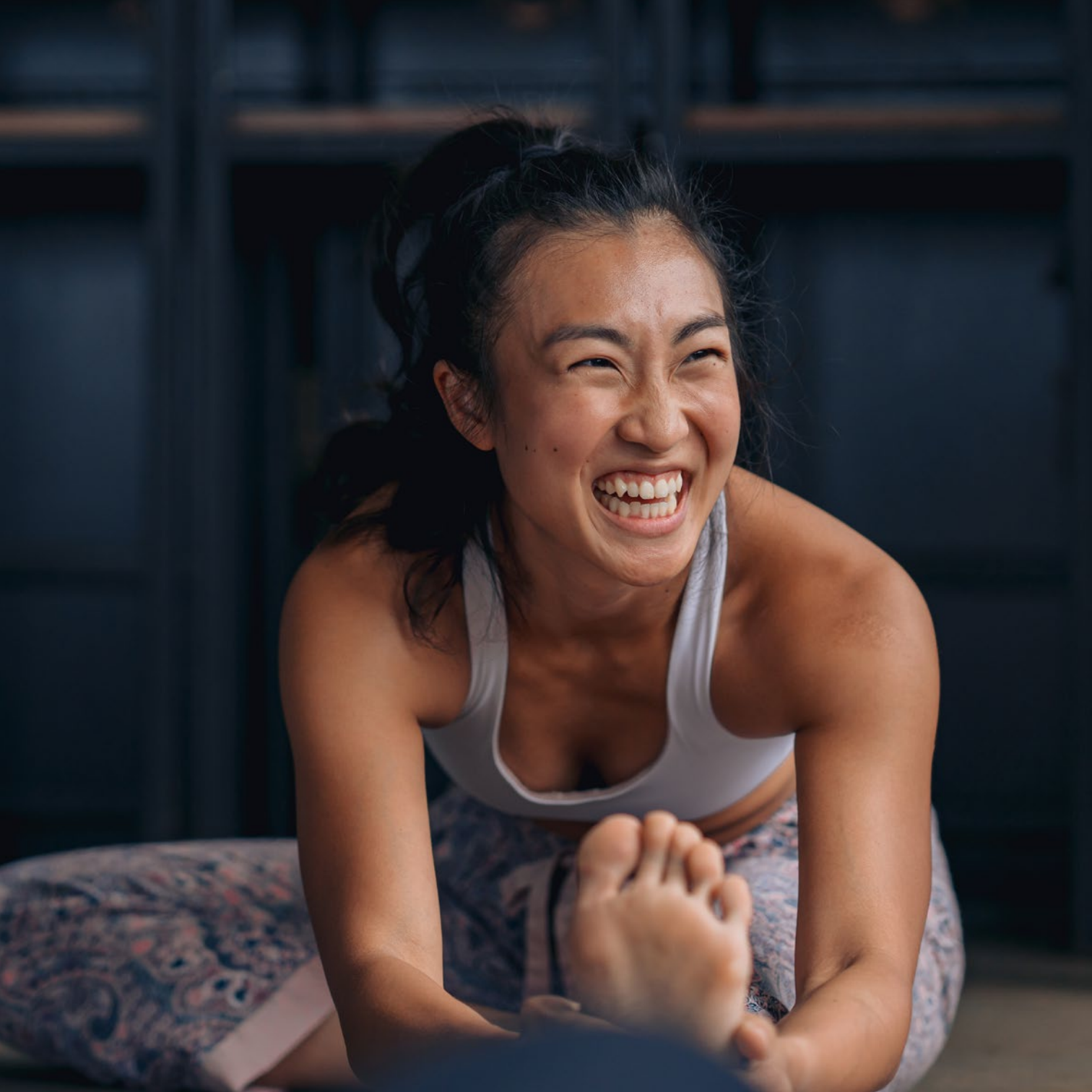
FOR INQUIRIES DIAL 1770 OR CALL +358 9 8860 0177

### 30MIN REFRESH & RENEW TREATMENTS AT THE MARIA SPA

If your time is limited yet you would like to feel refreshed and radiant, we have a selection of 30-minute treatments available at The Maria Spa, exclusively for hotel guests during the morning, from 9.00 until 12.00.

Face Gym massage technique	30 min	75 €
LED Treatment for face	30 min	75 €
Nano Lift Device for face – Skin Fitness Facial	30 min	75 €
Infrared Sauna Blanket	30 min	65 €
Cloudboots	30 min	65 €
Neurosonic	30 min	65 €
The Maria Spa manicure	30 min	75 €
The Maria Spa pedicure	30 min	75 €
Tinting	30 min	65 €
Waxing	30 min	35 € / 65 €

You may inquire about availability directly from The Maria Spa.





## Add-ons & Wellness Concierge

At your request, we would be delighted to arrange additional services for your special occasion, or allow our Wellness Concierge to meet your personalised health and wellbeing needs.

### ADDITIONAL SERVICES FOR SPECIAL OCCASIONS

- Make-up for a celebration
- Hairstyle for a celebration
- Self-tanning
- Nail extensions

Please contact our Spa Reception for booking.

### WELLNESS CONCIERGE SERVICES

While The Hotel Maria is an oasis of delight for you to indulge in decadence and pleasure, our Wellness Concierge is available to support your health and wellbeing ensuring your stay at The Hotel Maria is re-energising and rejuvenating.

Healthy menu planning for your stay 350 € / person

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Personal Trainer session 1h / 120 €

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Beauty Consultation 30 min / 80 €

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Consultation with a Health Coach 1h / 120 €

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Personalized Wellness weekend planned for your stay 500 €

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Bookings must be done two days prior the arrival. Contact [wellness@hotelmaria.fi](mailto:wellness@hotelmaria.fi) to book. Cancellations done 24 hours prior the event.



## Spa Reminders

### HOURS OF OPERATION

SPA RECEPTION  
Monday to Sunday 07.00 - 21.00

POOL, JACUZZI, SAUNA, ATRIUM  
AND CHANGING ROOMS  
Monday to Sunday 07.00 - 21.00

TREATMENTS AVAILABLE  
Monday - Saturday 09.00 - 19.00  
Sunday 09.00 - 15.00

### APPOINTMENTS

We advise that you book your Spa access and treatment in advance to ensure that your preferred time and service are available. Spa stays are 1,5 hour / visit (69€ if not included in the hotel room or treatment). When booking the treatment, access to the Spa is included in the treatment price. 30-minute treatments can be booked as add-ons to another treatment. However, the hotel guests can book exclusively a separate 30-minute treatment during the morning time (9:00-12:00).

### LOCATION

The Maria Spa is located within the hotel's inner courtyard in the East building on Level -1, accessible via the West building. The Hotel Maria team will be delighted to guide you to the spa.

### ARRIVAL

For hotel guests, we kindly request that you arrive at the spa reception in your bathrobe at least 15 minutes before your scheduled treatment. This early arrival ensures you have ample time to immerse yourself in the serene ambiance and allows us a brief consultation to understand your treatment expectations.

If you're visiting The Maria Spa exclusively, we recommend arriving one hour before your treatment to fully indulge in our spa amenities. To ensure a relaxing experience for all guests, treatments adhere strictly to their designated time slots. Complimentary bathrobes, towels and slippers are provided for your convenience during your visit. Wearing undergarments or a swimsuit beneath your bathrobe is advisable. Should you prefer, you can bring your own swimwear or purchase from our selection. Rest assured; our therapists are trained in professional draping techniques to ensure your privacy is maintained during treatments.

### SPA ENVIRONMENT

To maintain a tranquil ambiance for all guests, we kindly request that you refrain from using your mobile phone in the treatment area or reception. We strive to create a serene atmosphere, and your cooperation in keeping mobile devices on silent is appreciated. The Spa team reserves the right to deny access to individuals whose clothing or behavior may disturb the peaceful environment for other Spa clients.



## ETIQUETTE

Upon entering the Spa area, it is customary for guests to change. Please utilize the changing room facilities and take a shower before enjoying the hot and cold wet facilities. In the Spa area, kindly wear swimwear and a bathrobe when not in the changing room. For the comfort and hygiene of all guests, sitting on a towel in the sauna is mandatory.

## IN-ROOM TREATMENTS

For the convenience of our guests, in-room treatments are available for an additional charge of 45 €. Any appointment scheduled outside the regular spa opening hours can be arranged and will incur an extra charge of 45 €.

## CANCELLATION POLICY

We understand that schedules change and will do our best to meet your needs. Since your spa time is reserved specially for you, we kindly ask you to give a cancellation notice of at least 24 hours in advance so that someone else can enjoy this time. Cancellations made within 24 hours will incur 50 % charge. Cancellations within 12 hours (as well as no-shows) will be subject to the full charge of the booked treatment.

## AGE POLICY

Children (minors) can visit the Maria Spa with an accompanying parent or legal guardian for spa treatments only but are unable to stay in the spa / use the spa facilities before or after their treatments. All persons under the age of 16 are considered minors. Minors must have a parental agreement before the reservation for a spa treatment is accepted.

## SPECIAL CONSIDERATIONS

Most treatments can be adapted to accommodate pregnancy or injury. Please contact the spa with any queries and inform staff of any medical or health concerns.

## PRICING

All prices are net and include taxes and service. We accept all major credit cards, or you can charge your treatment to your room. Prices are subject to change without prior notice.

## HYDRATION FACILITIES

Please stay hydrated by drinking plenty of water and enjoying other benefits of The Maria Spa Atrium service menu. We also recommend to pay attention to the thermal facilities and certain health precautions when using the Spa area.

## VALUABLES

We advise you not to bring or carry valuables when using our spa facilities. Although we strive to take care of your property, we assume no responsibility for any loss or damage to personal items.

# THE MARIA SPA

## SPA RECEPTION (EAST BUILDING)

Monday to Sunday 07.00 - 21.00

## SPA ATRIUM LOUNGE, SAUNA, STEAM ROOM & PLUNGE POOLS

Monday to Sunday 07.00 - 21.00

Spa Atrium Bar 09.00 - 21.00

## TREATMENTS (BY RESERVATION)

Monday to Saturday 09.00 - 19.00

Sunday 09.00 - 15.00

BOOK A TREATMENT, DIAL 1770 OR CALL +358 9 8860 0177

The Hotel Maria  
Mariankatu 23 00170 Helsinki, Finland  
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THE HOTEL MARIA  
HELSINKI • FINLAND

LEGEND™

*Preferred*

HOTELS & RESORTS