Liepupe Manor SPA

Aromatic steam sauna 1 h for a couple 50 €, each additional hour 20 €.
Surcharge for additional person in the sauna - 10 €.

Special offers

For two people

LINDEN BLOSSOM RITUAL

SPA 2 h / 260 €
SPA 2 h with a room / 460 €

Relaxation in a steam bath (1 h) with medicinal herbs and salt scrub, bath in a linden blossom tub, deep tissue massage with meadow flower oil (1 h), linden blossom tea.

OAK POWER RITUAL

SPA 2 h / 260 €
SPA 2 h with a room / 460 €

Relaxation in a steam bath and a bath in a specially prepared aromatic herbal bath (1 h). Cleansing and blood circulation activating body massage with freshly prepared oak bark – cornflower mixture and sea salt scrub (20 min). Body toning and energising vibromassage with oak bark strips (10 min). Refreshing back or foot massage with aromatic body butter or oil (30 min), tea in the relaxation room.

SPA rituals

For two people

ROMANTIC ROSE EXPERIENCE

1.5 h / 260 €

Purification in a steam bath with a freshly prepared salt and rose petal scrub (30 min), back massage with rose oil (30 min), facial treatment, foot massage with nourishing and aromatic rose oil or butter (30 min) during the treatment.

OLIVE OIL SPO RITUAL

1.5 h / 260 €

The ritual uses warm olive oil rich in fatty acids and antioxidants. In addition to the effects of warm olive oil, the procedures also use special essential oil blends – sweet orange and velvet for her, basil and black pepper for him. Purification in an aromatic steam bath with a freshly prepared salt-basil and jasmine flower scrub (30 min), a warming and relaxing massage (1 h) for her and a deep tissue massage (1 h) for him.

AUTUMN TREASURE - CHESTNUT SPA

2 h / 260 €

Purification of body and soul in an aromatic steam bath and bath in a tub (1 h). Skin-renewing, immunity- and blood vessel-strengthening body massage with freshly ground chestnut and chestnut flower scrub (20 min). Body-toning vibromassage with chestnut fruit peels (10 min). Leg and foot massage with chestnut body cream to stimulate blood circulation and lymphatic drainage (30 min).

TOUCH OF MEADOW FLOWERS
2.5 h / 350 €

Relaxation in a steam bath and bathing in a therapeutic herbal decoction with medicinal herbs (1 h), purifying full body massage with a salt and chamomile flower scrub (30 min), deep tissue back massage with meadow flower oil (30 min), and face or foot massage of your choice (30 min).

LAVENDER FIELD ENCHANTMENT
2.5 h / 350 €

Relaxation in a steam bath and a bath with healing clay (1 h), cleansing full body massage with lavender flower and salt scrub (30 min), body massage with aromatic lavender oil or butter (1 h).

I AM YOURS, YOU ARE MINE... SPA RITUAL FOR THE NEW COUPLE
2.5 h / 350 €

A unifying moment together that will bring you closer, inspire and rejuvenate. Choose a floral aroma – royal rose, delicate meadow flowers, invigorating oak or healing lavender – and let us take care of your special moment! Aromatic relaxation in a steam bath and a soak in a healing water tub (1 h), a cleansing full-body massage with your choice of sea salt and flower petal scrub (30 min), a relaxing back, shoulder and head massage (30 min), finishing with a facial treatment for glowing skin or a revitalising foot massage with aromatic massage butter (30 min).
The floral aroma is tailored to the client's preferences - royal rose, delicate meadow flowers, invigorating oak or healing lavender.

THE HEALING POWER OF VIDZEME NATURE
3 h / 390 €

Relaxation in a steam bath, bath in a tub with therapeutic clay (1 h). Purifying full body massage with sea salt and herbal scrub (30 min), followed by a gentle body massage with organic honey and a mixture of healing herbs (1 h), as well as a facial treatment or foot massage (30 min) of the customer's choice.

SPA treatments

HONEY GOLDEN CARESS
1.5 h / 130 €

A gentle massage with a mixture of honey and herbs significantly improves blood circulation, cleanses the body and provides an energy boost throughout the body. At the end of the procedure, the honey is removed with warm, damp gloves, leaving the skin firm and soft.

WRAPPING IN A SPICE AND ALOE VERA GEL MASK
1 h / 100 €

During the procedure, an aloe vera spice mask is applied to the entire body, which is then wrapped in a special film and covered with warm blankets. While the mask is working, a head, face or foot massage is performed, depending on the client's preference. After the mask has taken effect, it is removed with warm gloves. At the end of the procedure, a light full-body massage with butter or body cream is performed. The procedure pleasantly cools and rejuvenates the skin – recommended after sunbathing

MUD AND JUNIPER MASK
1.5 h / 130 €

During the procedure, the body is cleansed with a triple-action scrub, then a clay and juniper oil mask is evenly applied to the body, which is then wrapped in a special film and covered with a warm blanket. While the mask is working, a head, face or foot massage is performed, depending on the client's preference. After the mask is washed off, a light full-body massage with a nourishing cream is performed. The procedure intensively cleanses, moisturises and nourishes the skin.

WRAPPING IN A REJUVENATING ALGAE MASK

1.5 h / 130 €

During the procedure, the body is cleansed with a triple-action scrub, then a natural algae mask is evenly applied to the body, which is wrapped in a special film and covered with a warm blanket. The mask has a cleansing, lipolytic and draining effect. While the mask is working, a head, face or foot massage is performed, depending on the client's preference. After washing off the mask, a light full-body massage is performed using a nourishing body cream. The procedure stimulates metabolic processes in the body, effectively cleanses the tissue environment and saturates the skin with vitamins, slowing down the ageing process.

Massages

THE MANOR'S SPECIAL DEEP TISSUE MASSAGE

1 h / 90 €

1.5 h / 120 €

The procedure is designed by combining elements of classic massage, sports massage and myofascial techniques. The deep effect of the massage is aimed at relaxing muscles and fascia, restoring their balance, improving joint mobility and ligament elasticity. Particularly suitable after physical exertion, muscle imbalance and prolonged tension.

CLASSIC BODY MASSAGE

1 h / 90 €

1.5 h /120 €

The massage activates metabolic processes, relaxes or tones muscles, restores their working capacity, and improves blood and lymph circulation. It has a beneficial effect on the skin and subcutaneous tissue, harmonises and calms the mind. The massage is performed with natural grape seed oil, to which essential oils can be added according to the client's wishes.

RELAXING BODY MASSAGE

1 h / 90 €

1.5 h /120 €

A gentle, soothing full-body massage with natural grape seed oil, to which essential oils with relaxing properties can be added. The massage reduces stress, calms the mind and relaxes the body.

NURTURING MASSAGE FOR EXPECTANT AND NEW MOTHERS

1 h / 90 €

A light, soothing massage that relieves the feeling of heaviness in the back, shoulders and legs. Helps you forget all your worries and restore your strength.

MASSAGE WITH VIDZEME COASTAL STONES

1.5 h / 120 €

Hot stone massage pleasantly relaxes tense muscles and improves blood circulation. The heat and energy stored in the seaside stones have a harmonising and cleansing effect, promoting physical and mental balance throughout the body

Complementary moment – small procedures

It is possible to order at least two small procedures in combination with each other, or as a wonderful addition to any procedure/massage.

BACK MASSAGE
30 min / 55 €

The spine is the physical and energetic axis of the human body, so its health is particularly important. Massage improves blood circulation, relaxes tense muscles, improves ligament elasticity and balances energy.

SHOULDER AND HEAD MASSAGE
30 min / 55 €

The shoulders are where stress-induced tension accumulates most, so a targeted massage of the shoulder muscles and biologically active points on the head helps to relieve tension, calm the restless mind and reduce headaches.

CLEANSING FULL BODY MASSAGE WITH SALT AND HERBAL SCRUB
30 min / 55 €

A massage with sea salt and herbal scrub, with a little grape seed oil added, gently cleanses the skin, opens the pores and activates blood circulation in the skin and subcutaneous tissue. Especially recommended before wrapping procedures.

FOOT MASSAGE
30 min / 55 €

A light and soothing foot massage that will help you get rid of the tension accumulated during the day. The effect on the biologically active points of the foot has a healing effect on the whole body.

CLEANSING FACIAL TREATMENT
30 min / 55 €

The treatment soothes the skin of the face, restoring its elasticity and radiance. The treatment includes cleansing, light exfoliation, massage, mask and cream application at the end of the treatment.

In the client's room

HERBAL BATH
25 €

An aromatic bath that reduces fatigue, heals, cleanses and rejuvenates. The bath uses a homemade herbal mixture and its decoction. After the bath, the manor's special herbal tea is served.

BEAUTY BATH
25 €

An excellent skin-nourishing bath based on the methods of the legendary Egyptian queen (milk + honey + goat's milk powder). After the bath, a glass of warm milk with honey is served.