

# RUNO SPA



	MA-PE	LA-SU
<b>FACIAL TREATMENTS</b>		
<b>EXPRESS GLOW FACIAL 30 MIN</b> A half-hour brightening beauty moment for the face. Including initial cleansing, exfoliation, brightening mask (enjoy a relaxing head massage during the mask), serum, and protective cream	61 €	68 €
<b>RELAX RITUALS FACIAL 60 MIN</b> The Relax Rituals facial treatment is suitable for all skin types. At the beginning of the treatment, the cosmetologist analyzes the skin and selects the products to be used. The treatment includes initial cleansing, exfoliation, rejuvenating facial massage, neck-shoulder décolleté massage using Hot Stones lava stones, mask, serum, and protective creams. Enjoy a relaxing scalp massage during the mask.	95 €	105 €
<b>RELAX LUXORIOUS FACIAL 90 MIN</b> The Relax Rituals luxurious facial treatment is for those who seek effectiveness and a longer relaxation moment. Special lift and pro-age products are used in the treatment. It includes initial cleansing, double exfoliation (product-based according to skin type + ultrasonic exfoliation), lifting facial massage, luxurious mask, serum absorption with ultrasound, eyebrow shaping, and protective creams. Enjoy a relaxing neck-shoulder décolleté massage with Hot Stones lava stones during the mask. The treatment ends with a relaxing head massage.	120 €	134 €
<b>EYEBROW TIDYING IN CONJUNCTION WITH FACIAL TREATMENT</b>	20 €	20 €
<b>EYEBROW TINTING, INCLUDING SHAPING</b>	31 €	35 €
<b>EYELASH AND EYEBROW TINTING</b>	45 €	50 €
<b><u>MASSAGE TREATMENTS</u></b>		
Come with a loved one or friend! All massage treatments are also available as Duo. Duo supplement €30 (€15/person)		
<b>MASSAGE</b> 30 min	61 €	68 €
60 min	82 €	92 €
A classic massage relaxes the mind and body, increases muscle metabolism, and alleviates pain caused by muscle tension. The massage is performed with varying techniques, listening to the client's wishes and needs. Sports massage is the application of classic massage to the needs of an active person. Massage and passive stretching expedite recovery, eliminate muscle and fascial tensions, and increase muscle flexibility and joint mobility. Classic and sports massage are provided by trained massage therapists approved by the National Supervisory Authority for Welfare and Health.		
<b>RELAXED MIND MASSAGE 30 MIN</b>	61 €	68 €
Head massage is a relaxing experience that combines treatment of the head and neck-shoulder décolleté area. The treatment includes elements of Indian head massage adapted to the massage movements of the Relax Rituals treatment world. The treatment is performed lying on the back.		
<b>WHISPER OF STONES MASSAGE 90mn</b>	129 €	145 €
A relaxing experience from head to toe based on classical hot stone massage. The soft hot stones enhance the deeply relaxing effect of gentle massage movements. At the end of the treatment, enjoy a relaxing head massage		
<b>WHISPER OF STONES MASSAGE 60mn</b>	99 €	110 €
A relaxing experience from head to toe based on classical hot stone massage.		

The soft hot stones enhance the deeply relaxing effect of gentle massage movements.  
At the end of the treatment, enjoy a relaxing head massage

**HARMONY AROMATIC MASSAGE 60 min** 89 € 104 €  
The essential oils in a relaxing aromatherapy massage vary according to the seasons.  
Aromatherapy massage calms both body and mind, with long, gentle massage movements  
allowing the beneficial essential oils to soothe our minds and bodies.

**RELAX RITUALS MASSAGE 75mn** 99 € 110 €  
The Relax Rituals massage is a relaxing massage that also addresses meridian points.  
Meridians are based on Chinese medicine from thousands of years ago. The massage  
combines relaxing holistic massage movements with pressure points that balance the body,  
calming the vagus nerve as well. After the treatment, you feel grounded and relaxed.

**RELAXATION FOR HEAD AND FEET 60 min** 85 € 100 €  
The treatment begins with a head massage (30 min), which includes treatment of  
the head and neck-shoulder décolleté area. Then, the feet are massaged from the  
knees down (30 min). Both the foot and head massages utilize relaxing and energy-stimulating  
points and movements.

## SPA PACKAGES

Come with a loved one or friend! Most packages are available as Duo. Duo supplement €30 (€15/person)

**MOTHER TO BE 60mn** 89 € 104 €  
Pampering for the expectant mother. The treatment begins with facial skincare. The skin is  
gently exfoliated and brightened with a luminous face mask. Next, the hands and arms are  
exfoliated and massaged with moisturizing lotion. Finally, we move to the feet, which often  
need relief during pregnancy. A salt scrub enhances fluid drainage, and a relaxing foot massage  
relieves the feeling of excess weight in the feet.

**HARMONY FOR THE BODY AND SOUL** 189 € 205 €  
The treatment begins with energy cleansing and grounding deep breathing to balance the vagus nerve.  
Next, Harmony massage relaxes the muscles and calms the mind. After the massage, an individualized  
facial treatment addresses the specific needs of different areas of the skin with targeted effectiveness.  
The Harmony treatment package is the perfect answer to comprehensive relaxation and skin well-being.

## MAKEUP

**Light Quick Makeup 35 min** 61 € 68 €  
incl. foundation and light eye OR lip makeup

**Day Makeup 45 min** 69 € 77 €  
incl. foundation, eyes, lips, and eyebrows

**Party/Photoshoot Makeup 75 min** 90 € 100 €  
beautiful and durable party makeup

**Wedding Makeup 75 min + trial makeup 75 min** 175 € 175 €  
Freshly beautiful, long-lasting bridal makeup highlighting the bride's own facial features, incl. trial makeup.

Reservations for treatments must be made by 4:00 p.m. the previous day. Reservations from Relax Center's sales service. Facial and body  
treatments can also be performed as Duo treatments in a shared space, Duo treatment inquiries by email. There is an additional charge of  
€15/person for Duo treatments. Relax Center sales service: 040 662 8520 / [runo@relaxcenter.fi](mailto:runo@relaxcenter.fi) (Mon-Fri 9 am-4.30 pm)

NEW!

## DORN TERAPIA

Manual, holistic treatment method used to correct spinal and joint misalignments. Correction occurs in dynamic movement without excessive force. The treatment can also be used for clients who have undergone joint replacement surgery. Tension in muscles can be reduced during movement, allowing joint treatment without counter-tension. The therapy also addresses the nervous system and muscles and provides self-care instructions and nutritional advice. Acupressure, dry cupping, as well as a 10-minute consultation and analysis of diagnoses are also included in the treatment. The treatment is holistic.

120 €

120€

Reservations for Dorn therapy can be made by calling +358 41 36 24 828 or by email at [kapahede@gmail.com](mailto:kapahede@gmail.com).