





#### FOUR SEASONS HOTEL LION PALACE ST. PETERSBURG

Luceo represents 'to be light' or 'shine' in Latin. We are committed to creating uniquely rich cultural experiences within our refuge of relaxation, allowing your true inner self to shine. Our exquisite organic products have been selected for their rare qualities with enriching scents of Neroli, Ylang Ylang, and Sandalwood. From Russian amber to pure gold signature treatments, we look to warm your soul and help you escape to a sanctuary of indulgence and royal elegance.

# SANTA MARIA NOVELLA SELECTION

Our Four Seasons' Oils were created by Santa Maria Novella and contain a mixture of selected plant oils with affinity to the skin and enriched with essences for a natural fragrance. Experience the scents of the four seasons with one of our treatments developed with the best of Florence.

## Luceo Aromatherapy Massage

*50/80 minutes*

At Luceo Spa we use Aromatherapy as an intuitive approach to obtain positive outcomes. Aromatherapy is a treatment that may help to prevent diseases by using essential oils. It can be used to reduce pain and anxiety, enhance energy and short-term memory, relaxation and hair loss prevention. This massage also balances the third chakra which is responsible for our inner power and self-esteem. This treatment uses Santa Maria Novella's Four Seasons Oils to relax and help the body to find a natural way to heal itself and improve immune response.

## Journey Through Florence Facial

*By Santa Maria Novella*

*80 minutes*

This cleansing facial is based on natural products inspired by the ancient traditions of Italian pharmacies and the renowned healing properties of plants and local flowers.

## Deep Tissue Massage

*80 minutes*

Using Santa Maria Novella's Four Seasons Oils, this massage will naturally release muscle tension. It incorporates forearm, elbow and some light stretching to ease tension from the body.

## Massage for Two

*50/80 minutes*

Enjoy a side by side Aromatherapy or Deep Tissue Massage and cheer a special and relaxing moment together. You may choose any of our selected Santa Maria Novella Oils for your treatment.

## Luxurious Journey For Two

*50/80 minutes*

Enjoy a side by side relaxing experience in our Luxury Alexandrite Suite with a massage of choice and complete privacy. This suite is outfitted with its own change room, showers and private lounge, where champagne and caviar are served to complete your journey. Journey includes a 30 minutes prior and after treatment to relax in the private lounge.

# SIGNATURE GOLD SELECTION

Our signature pampering treatments by Omorovicza infuse the healing thermal waters of Hungary with extracts of gold, a mineral which aids in the strengthening and healing of the skin. Let your soul shine and indulge yourself with these royal treatments that will sooth all your senses.

## Golden Stone Massage

*80 minutes*

A warm blend of essential oils & warm mineral stones make this body experience truly transporting. Stones are not placed on the body; they become extension of the therapist's hands to relieve muscular tension & stress.

## Royal Body Scrub

*80 minutes*

This full body scrub incorporates a combination of gold extracts and sugar to heal and revitalize the skin. Finish with the application of fragrant oil enriched with gold particles, leaving your body soothed, hydrated and glowing.

## Gold Hydrating Facial

*80 minutes*

For sensitive skin in need of special attention, this facial applies gentle ingredients to cleanse and exfoliate. A unique Hungarian facial massage gently stimulates micro-circulation whilst relieving tension. A nourishing poultice of organic oats and wheat supplies ample nourishment and moisture leaving the skin glowing and euphoric.

# AMBER SELECTION

Developed exclusively by Ila for our spa, Yantarj is the Russian name for Amber. Amber has been used for centuries to balance mind, body and spirit. It helps transmute negative energies into positive energies.



## Yantarj Body Massage

*80 minutes*

Using Yantarj oil, exclusively created for our spa, this deep tissue massage uses movements that are accompanied with tapotement and compresses. Buckwheat and juniper release and rejuvenate one's inner being and leaving you completely tranquil.

## Yantarj Rejuvenating Facial

*80 minutes*

A rejuvenating facial using an amber serum, exclusively developed for Luceo spa, rose and frankincense. This facial focus on restoring nerve pathways and positive energy flow, for pure radiant skin.

## Yantarj Wrap

*80 minutes*

This full body wrap incorporates a warm scrub of hot poppy seed, salt and amber. Applied along the meridian lines, it stimulates and rejuvenates the physical body and energy system. Following an application of frankincense rose and amber before being cocooned, this wrap deeply soothes and restores your entire body.

# MASSAGE

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## Pre-Natal Massage

*50 minutes*

For women in their second or third trimester, this gentle relief massage enhances comfort, improves circulation and promotes relaxation.

## Oriental Relax Massage

*80 minutes*

Designed to reconnect you to a place of bliss and to deeply restore the nervous system, this massage using Shiatsu based techniques and the pouring of warm oil by Ila over the chakras, balances and soothes.

## Deep Tissue Massage

*80 minutes*

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## Massage for Two

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- We recommend to enhance this journey with any of our body treatments. Additional fee applies.
- You must add more relaxation time to your journey. Additional fee applies.

# MASSAGE

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## Tibetan 'Ku Nye' Massage

*80 minutes*

Honoring and respecting ancient Tibetan traditions of healing, restoring, harmonizing and strengthening the body's natural flow of energy, this massage uses a variety of traditional techniques such as cupping, acupuncture, kneading, hot stones and poultices. Natural blends of organic essential oils by Ila, infused with wild herbs purify the five elements of the body, stimulating the lymphatic system and energizing the body's meridian system.

## Deep Tissue Massage With Poultices

*50/80 minutes*

Using Santa Maria Novella's Four Seasons Oils, this massage will naturally release muscle tension. It incorporates forearm, elbow and some light stretching to ease tension from the body. Vetiver oil is also known as the 'oil of tranquility' because of its calming properties. This massage uses blended deep tissue techniques in combination with warmed vetiver oil by Ila. This noble service aids with mental and physical exhaustion, sore muscles and balancing the hormonal system.

## St. Petersburg Reflexology

*50 minutes*

This treatment begins with a stimulating warm foot scrub of fresh vetiver and cedarwood; your feet are gently buffed and hydrated. Afterwards, a refreshing 30 minute session of reflexology relieves tired soles and soothes tension.

## Stress-relieving Neck & Back Massage

*30 minutes*

Using a unique blend of jasmine, patchouli and cardamom, this massage restores and replenishes the nervous system.

## In Room Massage

*50/80 minutes*



# TREATMENT ENHANCEMENTS

The perfect addition to any of one of our luxury treatments.

## Scalp & Head Massage

A delightful addition, this enchanting add on begins with acupressure that release fatigue and tension from neck and head whilst at the same time nourishing the hair with vital minerals and oils. A massage on the scalp is followed with a bio energy mud application

## Eye Treatment

Remove puffiness and dark circles with the application of arnica and vitamin K. Cooling dermaglobes sooth and relax the contour of the eye creating brighter refreshed eyes.

## Hand and Feet Paraffin Hydration

To be added to any treatment, these paraffin gloves will delivery a deep hydration to your hands and feet with a touch of aromatherapy and massage.

## Hand Rejuvenator

After a relaxing scrub of the hands, enjoy a soothing and blissful rose balm marma massage which works to restore the natural energy of the body. An application of a hydrating mask restores silky smoothness to the hands. This exceptional treatment promises to release stress and tension from your hands while making them noticeably younger looking.

## Foot Recovery

Begin this enhancement foot recovery with lemongrass and vetivert scrub to soothe tired feet. Marma massage techniques and vital energy oil caress and soothe. Your feet are deeply nourished with the application of an energizing foot mask leaving your soles ready to rule the greatest of kingdoms.

# BODY TREATMENT

## Vetivert Body Scrub

*50 minutes*

Sea salt scrub combined with vetivert and cedar wood energizes exhausted muscles. The warmed salt repairs skin and promises to revive and stimulates one's stamina.

## Natural Anti-Cellulite & Detoxifying Scrub

*50 minutes*

Using the natural ionizing properties of salt crystals from the Baltic Sea, this full body scrub by Ila is perfect for the treatment of cellulite, stress and exhaustion. The salt crystal stimulates circulation and toxin elimination while cleansing and strengthening your bio-energy fields leaving your mind, body and spirit uplifted.

## Bio-Energy Body Wrap

*80 minutes*

Enjoy a natural mud wrap by Ila, designed to draw toxins out from deep within your cells. Powerful and revitalizing for both the skin and lymphatic system, this wrap promotes profound healing of the entire body. It has a base of Italian green mineral clay which has been sun dried. It is mixed with nutrient rich in argan oil and Himalayan Sole which is high in negative ions which gives energy and cleanse the energy body.

# SKIN CARE

## Journey Through Florence Facial

*By Santa Maria Novella*

*80 minutes*

This cleansing facial is based on natural products inspired by the ancient traditions of Italian pharmacies and the renowned healing properties of plants and local flowers.

## “Peter the Great” Facial

*50 minutes*

This facial designed by Omorovicza begins with a cleansing and exfoliation, using lightly scented natural products. A mineral-rich Hungarian thermal mud mask draws out impurities, cleanses deeply and nourishes the skin. A unique Hungarian facial massage soothes the skin whilst stimulating micro circulation and a scalp and shoulder massage relieves tension and stress.

## Warm Rose Quartz Facial

*80 minutes*

This facial by Ila is recommended for reviving tired, dull skin and plumping fine lines. The treatment begins with a garnet facial scrub, rose-cream and jade face mask, and concludes with a warmed facial massage using natural rose quartz wands. Muscles will relax and stress lines naturally dissolve. Excellent for all skin types.

## Deep Cleansing Facial

*100 minutes*

Mineral-rich Hungarian moor mud draws out impurities and nourishes the skin. The application of the mud mask follows a thorough cleansing and exfoliation using rosemary and pineapple extracts which treat sensitive skin and reduce the size of pores. This treatment by Omorovicza includes a unique Hungarian facial massage while hands are exfoliated and massaged. This facial is certain to give the face a fresh glow. Excellent for all skin types.

## Illuminating Facial

*80 minutes*

Designed to leave your complexion completely rejuvenated and glowing, this facial features a gentle peeling, enriched with copper for an antioxidant collagen-stimulating punch by Omorovicza. After cleansing, toning and exfoliating, a unique facial massage soothes the senses and accelerates microcirculation, while a mask of rose and peony essences plumps the epidermis to reduce the appearance of fine lines and wrinkles.

# HANDS & FEET

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## Royal Russian Manicure

*35 minutes*

This royal manicure commences with a golden micro-exfoliating treatment containing Vitamin C and a white pepper extract by Omorovicza known for stimulating micro-circulation and promoting a healthy glow. This manicure promises to eliminate dead skin cells, refine skin texture, and reduce the appearance of sun spots. Finish your service with a perfect selection of colors!

## Royal Russian Pedicure

*60 minutes*

The ultimate pedicure designed for the royal family themselves. Your pedicure begins with a golden scrub of Ylang Ylang, small gold particles, and cane sugar by Omorovicza. This luxurious pedicure includes a stimulating enzyme mask to smooth and moisturize dehydrated feet. Finish your service with a perfect selection of colors!

## Luceo Hand Care

*45 minutes*

This “bright journey” begins with an aromatic Baltic Sea salt scrub to exfoliate the hands and lower arms. Nails and cuticles are groomed to perfection before you receive a soothing rose balm marma massage followed by a hand mask which energizes and releases stress and tension from the hands. This illustrious treatment is completed with a perfect selection of colors!

## Luceo Foot Care

*75 minutes*

Transform and re-energize tired, achy feet. Beginning with a soothing footbath filled with nutrient rich salts and pure essential oils. As you sit back and relax, the skin of the feet and lower legs are softened and calluses are smoothed away with a seaweed foot scrub. Restore energy with a relaxing marma pointfoot massage using our vital energy oil to deeply hydrate and nourish skin, leaving feet smooth and balanced. Nails are shaped, cuticles conditioned, and finished with a perfect selection of colors!

# HANDS & FEET

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## Little Princess Nail Care

*30 minutes - your choice of manicure or pedicure*

Every little girl wants to be treated like a true princess. Our colorful and trendy princess nail services will leave you with a magical look - something that is sure to please any young girl.

## Shellac Manicure

*60 minutes*

Add a Shellac application to any of your manicure services. With a variety of vibrant colours, Shellac is the no-chip, long lasting manicure that is the latest breakthrough in nail technology. Guaranteed to last up to two weeks, a Shellac application offers an incredible shine and is perfect for those on busy schedules, extended holidays or any occasion that demands long-lasting colours.

# WAXING

## Facial Wax

Lip  
Chin  
Brow

## Body Wax

Underarm  
Full Leg  
Upper Leg  
Lower Leg  
Basic Bikini  
Brazilian Bikini



# SPECIALTY PACKAGES

## Celebrate the Bride

*155 minutes*

Take time out from wedding preparations to celebrate with a group of bridesmaids or your closest friends. This package includes full use of the spa facilities, as well:

- Royal Body Scrub
- Gold Hydrating Facial
- Champagne toast to the bride

## Royal Journey for Her

*250 minutes*

- Natural Anti-Cellulite & Detoxifying Scrub
- Warm Rose Quartz Facial
- Luceo Hand Care
- Luceo Foot Care
- Gift box from Santa Maria Novella

## Royal Journey for Him

*130 minutes*

- Deep Tissue Massage
- “Peter the Great” Facial
- Gift box from Santa Maria Novella

## SPA FITNESS CENTER

Personal Training available upon request

# SPA ETIQUETTE

- We recommend that you book your spa treatments in advance to guarantee your preferred dates and times.
- At time of booking, please advise the spa of your preference for a male or female therapist and all health considerations we should be aware of such as pregnancy, allergies, high blood pressure, physical ailments or disabilities.
- Please note that only facials and nail services are available for women in their first trimester.
- Our spa therapists are highly skilled and professional. You will be professionally draped at all time. We recommend that you remove all clothes for body treatments however, please feel free to wear whatever is comfortable for yourself. Disposable undergarments are available in each treatment room for your convenience.
- For the comfort and relaxation of all, cell phone use is not permitted in the spa.
- Guests of Luceo Spa must be a minimum of 16 years of age. Nail services are available for patrons under the age of 16, when accompanied by an adult.

- Luceo Spa is a non-smoking environment.
- Luceo Spa is not responsible for any lost or stolen items.
- Gift certificates are available at the spa reception.

## ARRIVAL PROCEDURES

We recommend that you arrive at Luceo Spa at least 30 minutes prior to your scheduled appointment time to enjoy use of the facilities. The spa offers a serenity pool, dry sauna, steam room and fitness center. We recommend showering prior to your service in order to receive maximum benefit from the treatment oils and creams. Please note that should you arrive late for your treatment, your treatment may be shortened with no reduction in price.

## CANCELLATION POLICY

Should you need to cancel or reschedule your appointment, we require four (4) hours advance notice in order to avoid a 100% cancellation fee.