



**DAY  
SPA**

**TREATMENT  
PRICE LIST**

**GUINOT**  
INSTITUT • PARIS

## Welcome to Vierumäki Day Spa

We want to make your stay unforgettable.  
Here is a checklist for your spa visit.



Please arrive at least 15 minutes before the treatment is scheduled to begin. You will have time to get ready and relax in the lounge before your treatment.



Please put your phone on silent when you arrive at the Day Spa.



If you wish to use the sauna, please do so before your treatment. The products we use will continue to influence your skin after the treatment.



There is a free service of flavoured water, tea and snacks in the lounge. You can also treat yourself to a small bottle of sparkling wine.



Put on a bath robe and slippers. You can leave your clothes in a locker in the locker room.



If you use contact lenses, please remove them before the treatment.



The spa therapist will come and fetch you from the lounge and explain the phases of the treatment to you beforehand.



At the beginning of facial treatments, a skin-care beauty consultation is performed. Enjoy your treatment. You can make requests related to the phases of the treatment to the spa therapist.



You should reserve time to relax in the lounge after the treatment, and you can also make product purchases there. Remember to drink plenty of water after the treatment.



Enjoy your Day Spa experience!



Treatments suitable for children are marked in the price list with a separate *Also for Children* label. A parent should be present during the treatment.

**PLEASE NOTE:** When booking a treatment, please make sure to let us know if you have any relevant medical conditions or allergies or if you are pregnant or taking any medication.

If you are unable to attend your treatment, please cancel it by at least the day before. If the cancellation is made on the same day, we will charge 50% of the treatment price. If a booked treatment is not used and no advance notice of cancellation is given, we will charge for the treatment in full. Show your Owner card to get a 10% discount for treatments.

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## GUINOT SPECIAL FACIAL TREATMENTS

The Guinot treatment methods and unique active compounds reward loyal users with spectacular results. Our special treatments and skin care products rise to the challenges presented by time and delight quality-conscious customers year after year. The specially trained Guinot beautician serves as your personal advisor, helping you determine your skin care objectives in a beauty consultation. All Guinot treatments are also excellent for men!



A CLEAN, MOISTURISED AND  
CALM COMPLEXION  
**HYDRADERMIE YOUTH**

60 min

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A diverse facial treatment enhanced by the Hydraderm Cellular Energy device. The products used for the treatment are selected to match your skin type. The treatment includes initial cleansing, exfoliation, deep absorption of a special treatment gel, oxygen therapy, a massage and a mask and is completed with lotions.

€110

A FIRM, YOUTHFUL COMPLEXION  
**HYDRADERMIE LIFT**

60 min

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A firming and lifting facial treatment enhanced by the muscle-stimulating function of the Hydraderm Cellular Energy device. The treatment uses reviving, renewing and firming products. The treatment includes initial cleansing, exfoliation, activation of lymph circulation, stimulation of facial muscles and a massage and is completed with lotions. A non-invasive alternative to cosmetic surgery!

€110

A CLEAN, MOISTURISED, FIRM AND  
YOUTHFUL COMPLEXION

### HYDRADERMIE LIFT DELUXE

105 min

The complete facial that combines all the diverse functions of the Hydra-derm Cellular Energy device. Hydra-derm Lift Deluxe is the queen of all facials. The treatment includes the Hydradermie Youth and Hydradermie Lift treatments and special ampoules.

€147

A CLEAN AND FRESH COMPLEXION

### HYDRACLEAN

30 min

A cleansing treatment and targets the sweat and sebaceous glands, removing excess sebum from the skin. The treatment includes initial cleansing, a ThermoClean heat treatment and a massage and is completed with lotions.

€48

ELASTIC AND IMMEDIATELY  
BRIGHTER COMPLEXION

### DÉTOXYGÈNE

60 min

This cleansing, brightening and oxygenating facial is suitable for everyone. The treatment will leave your skin softer, more elastic and cleansed of air pollution and toxins. The treatment includes initial cleansing, exfoliation, a cleansing clay mask and a massage that enhances the oxygen supply and is completed with lotions.

€98



SMOOTH, GLOWING,  
YOUNGER-LOOKING SKIN

### AGE SUMMUM

60 min

This effectively smoothing vitamin C treatment will make your complexion radiate infinite beauty. The secret ingredients to this beauty treatment are an anti-ageing massage and a unique serum mask. The treatment includes a powerful exfoliation, a vitamin C serum, an anti-ageing massage and a serum mask and is completed with lotions.

€105



#### REFRESHED AND RADIANT SKIN

### HYDRA PEELING

60 min

A unique skin renewing special facial. It is suitable for all skin types and offers a softer alternative for medical exfoliating treatments. The treatment reduces the signs of ageing, brightens skin tone and reduces hyperpigmentation. The treatment includes initial cleansing, facial exfoliation, firming facial massage and a mask and is completed with lotions.

€98

#### A FIRMER AND MORE YOUTHFUL COMPLEXION

### LIFT SUMMUM

60 min

A comprehensive firming facial treatment for the face, neck and décolleté. The specialties of the treatment are a double exfoliation, a highly activating and lifting massage and a precision product for wrinkles. The treatment includes cleansing, microparticle exfoliation, fruit acid exfoliation, a firming massage serum, a wrinkle smoothing topical treatment, a firming gauze mask for the face, a smoothing mask for the décolleté and is completed with lotions.

€105

#### CLEAN, LIGHT, BALANCED AND HEALTHY SKIN

### PURETE FACIAL TREATMENT

60 min

This treatment effectively balances and cleanses the skin, leaving it with a matte surface and even tone. The treatment begins with a warming enzymatic exfoliation and continues with a highly cleansing mask. The treatment includes skin cleansing.

€89

#### YOUNG AND FIRM SKIN AROUND THE EYES

### EYE LIFT TREATMENT

45 min

Guinot's revamped treatment for the skin around the eyes now gives even more lift, thanks to the LIFT section done with the Hydraderm Cellular Energy device. After the treatment, the skin is firm, lifted and youthful. The treatment includes an initial cleansing, a special massage, a muscle simulation using a skin care device, a gauze mask and is completed with a lotion.

€65

*Eye Lift can be combined with all facials and permanent lash and eyebrows tints about 30 min €41*

#### SOFT, REFRESHED SKIN

### HOLIDAY CLUB SIGNATURE FACIAL

45 min

This classic facial addresses the customer's individual needs. The treatment includes a welcome massage, an initial cleansing, an exfoliation, a massage and a mask and is completed with lotions

€79

#### INSTANTLY BRIGHTER SKIN

### HOLIDAY CLUB FRESH UP

30 min

This individual facial includes a welcome massage, initial cleansing, exfoliation and a mask and is completed with lotions.

€44

*Mechanical skin cleansing can be included in all facials about 30 min €35*



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## BODY TREATMENTS

A SENSE OF RELAXATION AND A SILKY  
SMOOTH, MOISTURISED COMPLEXION

### MIRIFIC – RELAXING BODY TREATMENTS

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The Mirific body treatment is a relaxing, empowering body treatment with both conditioning and wonderfully scented anti-ageing oils. The treatment options are an exfoliating treatment that leaves the skin silky smooth or a massage treatment that relieves muscle and nervous tension, or a combination of both. The treatments promote overall well-being and relaxation, and after treatment your skin will be vibrant and soft. Mirific is a true self-care treatment!

#### MIRIFIC GOMMAGE EXFOLIATING TREATMENT

30 min

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€59

#### MIRIFIC RELAXING MASSAGE TREATMENT

60 min

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€79

#### MIRIFIC COMBINATION MASSAGE + EXFOLIATION

75 min

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€109

A SENSE OF WELL-BEING AND LIGHTNESS

### SLIM LOGIC SLIMMING CELLULITE TREATMENT

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60 min

The Slim Logic body treatment is part of Guinot's new comprehensive Slim Logic programme. The treatment enhances the breakdown of fat, removal of toxins and excess fluids. The treatment includes an activating exfoliation, a slimming massage and a fluid-eliminating mask and is completed with lotions.

€89



### PAMPERED FROM HEAD TO TOE HOLIDAY CLUB SIGNATURE FACE & BODY

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90 min

This comprehensive pampering treatment is a unique combination of a facial and body treatment. The treatment includes an initial facial cleansing, a face and body exfoliation and a massage with essential oils and a facial mask and is completed with lotions.

€138

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## MANICURES AND PEDICURES

*We also provide massage treatments for two in a shared room with your spouse or friend!*

### COMPLETE PEDICURE

#### LCN PEDIC

60 min

Put some spring in your step! Enjoy an effective pedicure performed by a professional. The treatment includes a foot bath, callus removal, nail and cuticle care and a massage and is completed with lotions. Your feet will feel refreshed and light after the treatment.

€69

### QUICK PEDICURE

#### LCN QUICK

30 min

Quick pedicure. The treatment includes a foot bath and your choice of either nail trimming or callus removal. The treatment is completed with a conditioning foot lotion.

€40

### PAMPERING FOOT TREATMENT

#### LCN SPA FOOT

30 min

Enjoy a luxurious, pampering treatment with SPA products. In this 30-minute treatment, we focus on pampering your feet. The treatment includes a gentle sugar exfoliation of the feet and a massage with warm oil. The treatment is completed with foot lotion.

€40

### COMPLETE MANICURE

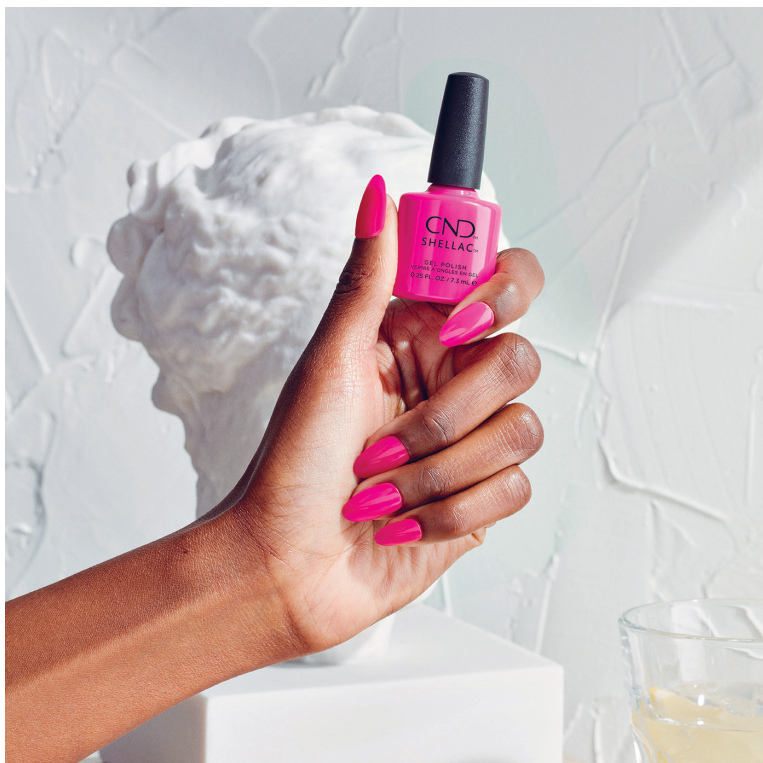
#### LCN MANIC

60 min

Give your hands the attention they deserve – have a complete manicure! The treatment includes hand exfoliation, cuticle care, nail shaping and a relaxing massage. After the treatment, you will have soft hands and beautiful nails.

€69





#### QUICK MANICURE

### LCN QUICK

30 min

Instant hand beautification. We start by exfoliating the skin, shaping the nails and applying a clear coat of nail polish. A conditioning hand cream completes the treatment.

€40

#### ENJOYMENT FOR THE HANDS

### LCN SPA HANDS

30 min

Enjoy a luxurious, pampering moment. In this treatment, we focus on pampering your hands. The treatment includes an exfoliation with a gentle sugar scrub and a massage with warm oil and is finished with an emollient hand cream.

€40



#### DURING A PEDICURE OR MANICURE

### LCN NAIL POLISH

15 min

Includes a bottle of nail polish (8 ml, worth €10).

€15

#### PERMANENT NAIL POLISH

### SHELLAC™

30 min

Includes cuticle care and nail trim.

€45

*Permanent nail polish during a pedicure or manicure, €5 discount from full price.*

### SHELLAC™ permanent nail polish removal

15 min

€20





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## MASSAGES

*We also provide massage treatments for two in a shared room with your spouse or friend!*

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### BATH WITH YOUR MESSAGE

20 min

Close your eyes for a moment before your massage and enjoy the delightful sweet scent of white lily and peach blossom – white lily soothes and peach blossom cleanses. The Ritual of Holi bath salt makes your skin silky soft.

€25

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### CLASSIC MASSAGE

In this effective massage, the area of focus is selected according to the customer's needs.

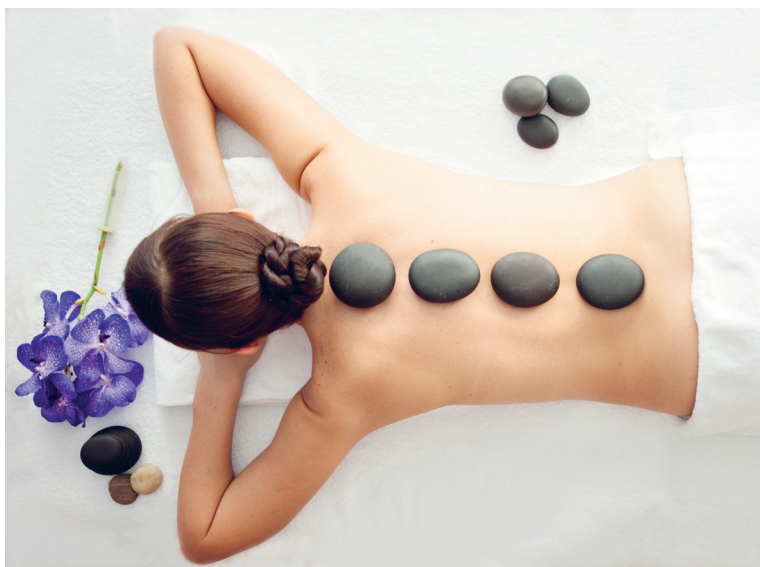
|        |        |        |        |
|--------|--------|--------|--------|
| 25 min | 50 min | 75 min | 90 min |
| €35    | €55    | €75    | €95    |

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### TREATMENT OF HEAD AREA AND BITE ISSUES

For head and neck pain, such as migraines, headaches, positional vertigo, tinnitus, toothache or visual disturbances. The treatment goes over the upper back, shoulder, neck and head areas as well as the muscles of mastication. The treatment is always planned according to the customer's needs.

|        |        |
|--------|--------|
| 25 min | 50 min |
| €35    | €55    |



### HOT STONE MASSAGE

60 min

Relaxing full-body massage with hot stones. This warming treatment releases muscle tension and reduces stress. The treatment creates a profound sense of well-being.

€85

### INDIAN HEAD MASSAGE

A simple and relaxing head area massage that releases stress and alleviates its symptoms.

25 min

€40

50 min

€65

### AROMATHERAPY MASSAGE

The massaged area and the oil are selected according to the customer's wishes and the length of the treatment.

25 min

€40

50 min

€65

75 min

€85

### SPA MASSAGE

60 min

Relaxing massage with heated oil.

€75

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## OTHER TREATMENTS

### EYEBROWS AND LASHES

#### SHAPING AND PERMANENT TINTING

|   |     |
|---|-----|
| Eyebrow shaping.....  | €20 |
| Permanent eyebrow tint + shaping                            | €20 |
| Permanent eyelash tint.....                                 | €25 |
| Permanent eyebrow and eyelash tint (includes shaping) ..... | €35 |

*Shaping and permanent tints during a facial, €5 discount from full price.*

### PERMANENT EYELASH LIFT

#### YUMI™ LASHES

Yumi™ Lashes lifts your natural lashes, giving them extra length and volume without adhesives or foreign material! The treatment result lasts for approximately 8–10 weeks.

€95

### BROW LAMINATION

#### YUMI™ BROWS

Yumi™ Brows is a new eyebrow lamination method that nourishes and moisturises eyebrows with keratin, vitamins and proteins. The brows are shaped, tinted and conditioned with a single treatment, with effects lasting 4 to 6 weeks.

€65

#### YUMI™ LASHES + YUMI™ BROWS

€135

## SUGARING

For sugaring, we use Helmi body sugar, the uniqueness of which lies in its ingredients. Helmi body sugar is natural, very soft and puts much less pressure on your skin than normal sugar, and is also suitable for sensitive skin.

We only do sugaring in our salon for female customers.

|                                     |   |
|-------------------------------------|---|
| Upper lip or chin .....             | €20                                       |
| In combination with a facial.....   | €15                                       |
| Face .....                          | €30                                       |
| In combination with a facial.....   | €25                                       |
| Armpits .....                       | €25                                       |
| Arms .....                          | €45                                       |
| Bikini line .....                   | €40                                       |
| Brazilian .....                     | €70                                       |
| Brazilian maintenance .....         | €55<br>(max. 6 weeks from previous visit) |
| Legs.....                           | €45                                       |
| Legs and thighs.....                | €75                                       |
| Armpits, legs and bikini line ..... | €90                                       |
| Armpits, legs and Brazilian .....   | €120                                      |





## A wonderful gift that revitalises the mind and body

Give a relaxing gift that is sure to make the lucky recipient feel wonderful and forget about day-to-day worries.

A gift card is an excellent present for your mother or father, a friend, or even a favourite co-worker. This present will make even the gift-giver feel good!

Holiday Club gift cards can be purchased conveniently online at [holidayclub.fi](https://holidayclub.fi), at any of our spa hotels or at the nearest R-kiosk.

*Holiday*  *Club*

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