



Group services

Private Spa Room 85 € / 1.5 h

Relax Center at Haikko offers two stunning Private Spa rooms. Each room includes two treatment tables, a jacuzzi, a shower/WC, a mosaic bench, and peaceful space for movement and small group gatherings. One room is an open space (Room 1), while the other is divided by a partition wall (Room 2). The Private Spa is perfect for corporate wellness days, groups of friends, bachelor/bachelorette parties, or baby showers. You can purchase scrubs, masks, or other products from the Spa Shop to use in the room. Additionally, tailored individual treatments for groups can be arranged.

Harmony Bath - Group Sound Bowl Relaxation 60 min 30 € / person

Sound bowl massage, sound baths, and sound bowl meditation are deep relaxation methods that promote holistic well-being through the harmonizing effects of sound. When a sound bowl is played on or near the body, the vibration affects the body's approximately 100 trillion cells, providing a soothing "massage" through the water within. The session lasts a total of 75 minutes, including 60 minutes of sound bath relaxation.

Facial Beauty - Face Clinic 60 min 30 € / person

This facial rehabilitation session focuses on the body and mind, without the need for a mirror. The exercises are not about forcefully working facial muscles but rather re-establishing neural pathways and improving posture. Since emotions and experiences significantly affect the face, calming the mind is essential for successful practice. This session also promotes happiness and peace of mind in your life.

Makeup Guidance 60 min 30 € / person

During this session, a makeup artist provides personalized advice on makeup techniques, enhancing your best features, and finding suitable shades. Each participant applies makeup under guidance, ensuring everyone is ready to continue their evening—perhaps with dinner—immediately afterward. After the session, participants receive a 20% discount on makeup products.

Skincare Guidance 60 min 30 € / person

In this session, participants perform a complete skincare routine on themselves, including cleansing, exfoliation, facial massage, and a mask. The cosmetologist explains the most effective skincare routines and highlights essential ingredients to use—or avoid—in various situations. After the group session, participants receive a 20% discount on skincare products.

Lectures

60 min 300 € / group

(Lectures can also be conducted remotely via Teams, in which case the price is 230 €)

THE WELL-BEING PUZZLE

- What does a person need to thrive?
- The pillars of well-being – the effects of lifestyle, recovery, sleep, exercise, and nutrition on overall well-being
- Life cycles

MOTIVATED TO MOVE

- The impact of physical activity on physical and mental health
- "I know I should, but why don't I?"
- Finding motivation for exercise

THE GOOD AND BAD OF STRESS

- Good stress, bad stress – what is it all about?
- The importance of recovery and sleep
- How to manage stress

Treatments

Relaxed Mind Head Massage 20 min	40 €
Feet Relief Foot Massage 20 min	40 €
Express Glow Facial Massage 20 min	40 €
Neck Relief Shoulder Massage 20 min	40 €
Relaxed Mind Head & Shoulder Massage 30 min	60 €
Feet Relief Dry Brushing & Foot Massage 30 min	60 €
Express Glow Facial Treatment 30 min	60 €
Neck-Shoulder-Decolleté Relief Massage 30 min	60 €

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For group services, the minimum number of participants is 5, and depending on the service and location, the maximum is 20. Group service prices include 25.5% VAT, and the services are invoiced in advance, no later than 7 days prior to the event.



RELAX CENTER
relaxation - wellbeing - beauty