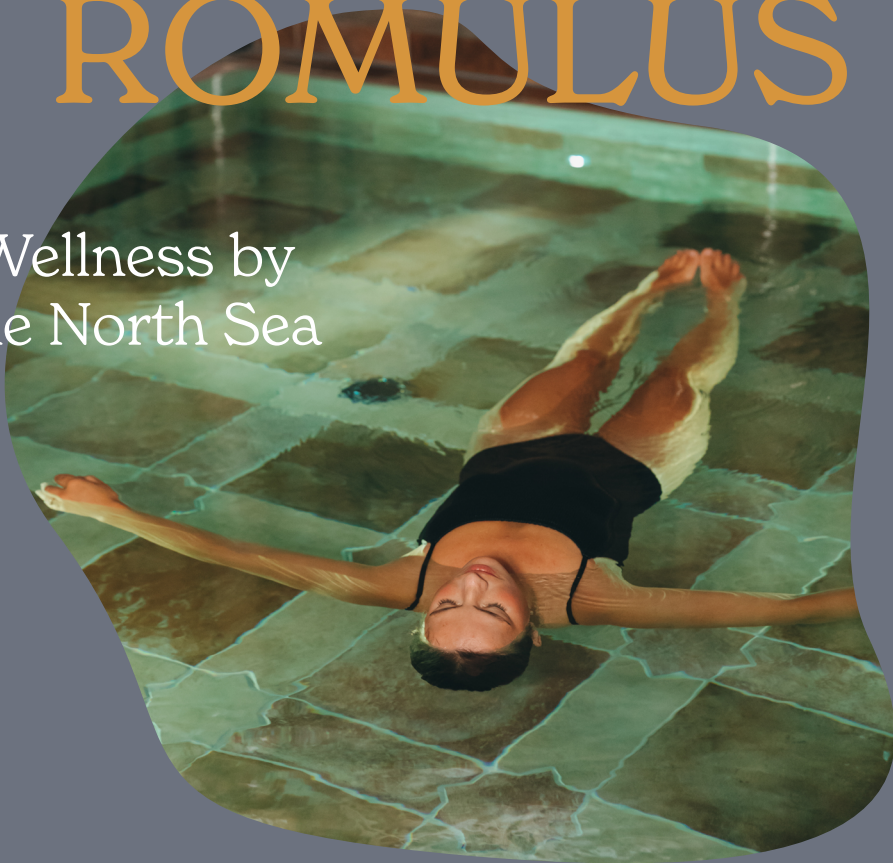


ROMULUS

Wellness by
the North Sea



#romulus

romulus.dk



Put on your swimwear, bathrobe, and bath sandals, and step into another world. A visit to Romulus - spa & wellness is like a journey back to historical Rome.

The lighting, raw cobblestone walls, fountains, thermal baths, steam baths, sauna, and trickling water bring a completely natural calm to body and mind. In Romulus, it is allowed to indulge oneself - just as it was done in the Roman baths.

Facilities

- 4 thermal baths: 28, 34, 36, and 38° Celsius
- Coldwater bath
- Sauna
- Steam baths
- Steam sauna
- Rest area and water massage
- Fresh fruit, juice, water, coffee, tea, and hot cocoa ad libitum
- Outdoor pool
- Floating pool
- Sensory sauna and sauna infusion

Check our website/activity booking for sauna infusion timings.

To complete the experience, we recommend a treatment that will give you a sense of well-being and renewed energy.

PRE-BOOKING OF TREATMENT

Online booking at skallerup.dk or phone +45 9924 8345.

Keep an eye on the wellness section on our website www.skallerup.dk or our Facebook page. Offers and events are presented here.

NOTE: Admission to Romulus cannot be pre-booked. Waiting time may occur. If you have booked a treatment or a spa or wellness stay, there is no waiting time. Age limit: minimum 16 years.

Opening hours

Every day 9.00 am - 6.00 pm
Evening arrangement* 6.00 pm - 9.00 pm

*) Wednesdays during the period: 3/1 to 7/2 and 28/2 to 20/3 2024. Pre-booking is necessary.

Gift Card

Delight someone you care about with a gift card for Romulus. It can be ordered on skallerup.dk.

Entrance Prices

Resident Guests

Every day DKK 200

Non-Resident Guests

Monday - Thursday DKK 400

Friday - Sunday DKK 500



Facial treatments

Japanese lifting

50 min.

Japanese lifting is a firming and relaxing facial treatment using special Japanese techniques such as acupressure, facial reflexology, and lymphatic drainage.

In this treatment, your facial muscles are loosened and stimulated—a procedure that gives your skin a new glow and a natural facelift.

- Cleansing
- Japanese lifting massage
- Eye and face cream

DKK 745

Anti-stress facial treatment

50 min.

Indulge yourself with a high-quality facial treatment that revitalizes your skin.

- Massage
- Cleansing, exfoliation, and mask tailored to your skin type
- Choose between deep cleansing and lifting facial massage

DKK 745

Advanced facial treatment

80 min.

A deep facial treatment with intensive skincare. The cosmetologist focuses on preventive and nurturing treatment tailored to your skin type.

- Skin analysis
- Cleansing, facial exfoliation
- Deep cleansing as needed
- Brow shaping
- Fruit acid peel or enzyme peel
- Facial massage with nourishing oil
- Special mask
- Serum and cream

DKK 1.045

Facial package including foot massage

for two people

50 min.

Enjoy a relaxing facial package including a foot massage. A calm and cozy treatment for two.

- Cleansing/exfoliation
- Mask
- Facial massage
- Foot massage

per person DKK 445

Professional shaving

50 min.

Enjoy a traditional shaving experience with foam, a razor, and warm scented towels. Pure nostalgia for men seeking a close shave.

- Exfoliation and facial cleansing
- Shaving and trimming
- Neck and shoulder massage
- Facial massage

DKK 745

Facial package

25 min.

Give your face a well-deserved break with a package tailored to your skin type.

- Cleansing
- Peeling mask
- Facial massage

DKK 445

Shaping and coloring of eyelashes and eyebrows

25 min.

- Brow shaping with wax/tweezers
- Brow and lash tinting

DKK 445



Body Treatments

Roman energy treatment

50 min.

Experience renewed energy in this fragrant body treatment with marigold and honey. The skin is left hydrated and soft.

- Body scrub with creamy apricot kernel scrub
- Relaxing massage in softening marigold oil

DKK 745

Augustus relaxation treatment

80 min.

Aromatic scents influence the body and mind through the skin and sense of smell. In this treatment, you are pampered with soothing and moisturizing chamomile products from Kerstin Florian.

- Gentle body scrub
- Relaxing massage in oil and lotion
- Facial treatment (cleansing, mask, and massage)

DKK 1.045

All treatments at Romulus are performed by therapists trained in physiotherapeutic massage.

Lavender dream

80 min.

Relax and drift away to french lavender fields. Inhale the scent and enjoy the soothing power as the sensory therapist brings peace and balance to your body.

- Eucalyptus scrub for the entire body
- Relaxation massage of the body and scalp with warm lavender oil
- Stimulating foot massage

DKK 1.045

Gua Sha lifting treatment

110 min.

Gua Sha is an ancient massage technique where connective tissue is stimulated with a smooth crystal stone. Gua Sha massage is fantastic for tightening the skin and giving it a natural glow. At the same time, waste products in the skin are reduced, and blood circulation increases, reducing pain and tension. The treatment is combined with a relaxing massage in warm neroli oil.

- Salt scrub with eucalyptus and neroli
- Full-body and facial massage in warm neroli oil with Gua Sha stone
- Relaxing scalp massage
- Concluding foot massage

DKK 1.345

Claudius clay wrap

1 person 50 min. / 2 persons 80 min.

This natural clay is highly mineral-rich and effective in relieving sore muscles and stiff joints. The clay provides deep cleansing and exfoliation for the skin.

- Muscle-relaxing clay wrap
- Facial mask and facial massage
- Application of soothing body lotion

DKK 745 per person

DKK 1.400 for 2 persons

Thalasso detox treatment

110 min.

Here, the natural and healing properties of the sea are utilized. Using products such as salts and blue-green spirulina algae, the immune system is strengthened, and the skin receives a nourishing boost. An ultimate treatment for tired and exhausted skin.

- Circulation-promoting dry brushing
- Salt bath
- Warm body wrap with spirulina algae
- Facial treatment with algae mask and facial massage
- Moisturizing application of mineral cream and ginger oil
- Choose between reflexology or deep tissue body massage

DKK 1.345

Magnesium treatment

110 min.

Magnesium has a regulating and constructive impact on the body. Absorbed best through the skin, magnesium promotes energy levels, sleep, and circulation — indispensable for your well-being.

- Lymphatic-draining dry brushing for the entire body
- Warm mineral bath
- Therapeutic massage using magnesium lotion and oil
- Relaxing foot massage
- Facial, ear, and scalp massage

DKK 1.345

Most of our treatments are also available as couples' treatments in the same room. If you wish to have a couples' treatment, please specify this when booking.





Massage

Therapeutic massage

Body massage is a must if you have a busy lifestyle. It can eliminate toxins in muscles and tissues, increase blood circulation, and alleviate muscle tension.

Full-body 50/80 min. DKK 745 / 1.045

Partial-body 25 min. DKK 445

Stress relief massage

50/80 min.

Relaxing body massage with an extended scalp massage, incorporating relaxation techniques from craniosacral therapy.

DKK 745 / 1.045

Hot stone massage

50 min.

Massage with hot lava stones and warm oil is a unique mindfulness experience. A thoroughly sensory and stress-relieving massage for the body and face.

DKK 745

Scalp massage

25 min.

Tensions in the scalp can cause pain in the head and neck, as well as disrupt your thought process. Loosen the muscles and enjoy the pleasant, relaxing effect.

DKK 445

Bamboo massage

50 min.

Deep tissue massage with bamboo and ginger oil. Massage with heated bamboo sticks is an ancient traditional Asian massage form. The technique is highly effective, providing the therapist with the best conditions to reach deep into muscles and connective tissue.

DKK 745

Pregnant

We do not perform body treatments and reflexology during the first 12 weeks of pregnancy.

Prenatal massage

50 min.

Relaxing prenatal massage that alleviates sore muscles in the neck, back, lower back, and legs. Therapists at Romulus are specially trained to provide prenatal massage.

DKK 745

We also recommend facial treatments, body scrub, foot care, professional foot treatment, and reflexology. When booking, please inform us that you are pregnant. It is not recommended to use the 38-degree pool.

All massage treatments are individual, in consultation with a trained therapist in physiotherapeutic massage.

We recommend adding a body scrub before all massage treatments.

Additional cost **DKK 445**



Groups

2 - 14 persons

Mud bath

6-8 persons

In this spa experience, you will be pampered with the mineral-rich mud that leaves the skin silky smooth. The therapist will guide you through:

- Application of a mud mask for the face
- Relaxing steam bath, where the body is coated in mud
- Washing off the mud with scrub gloves

DKK 200 per person

Facial mask and scrub

4-12 persons

Get rid of dead skin cells for a clean and soft body feel. The therapist will guide you through:

- Application of a mud mask for the face
- Relaxing steam bath
- Body peeling
- Washing off the body with scrub gloves

DKK 100 per person

Feet

Professional foot treatment

50 min.

Your feet carry you throughout your entire life, which is why it's natural to provide them with good and professional care.

- Foot bath
- Clipping and filing of nails
- Removal of calluses and cuticles
- Treatment of any corns and plantar warts
- Massage with moisturizing cream
- Application of optional nail polish or oil (Requires non-polished nails).

DKK 745

Roman foot deluxe treatment

25 min. 2-8 persons

This delightful treatment provides you with total well-being from head to toe. A perfect and cozy experience for 2 or more people together as a group.

- Foot bath
- Exfoliation and massage of feet
- Hand and scalp massage

DKK 445 pr. person

Reflexology

25 / 50 min.

Reflexology brings the body into balance and has a positive effect on issues such as respiratory problems, digestive issues, and allergies.

DKK 445 / 745





Worth knowing

Cancellation of treatment:

Must be done at least 2 days before the scheduled treatment. In case of later cancellation or no-show, 50% of the treatment price will be charged.

Catering:

It is possible to purchase a light salad buffet as well as beer, wine, water, and juice.

During our treatments, we use a special towel technique, so you never have to feel undressed.

If you are taking medication, have heart problems, issues with blood pressure, are allergic, or pregnant, please inform the staff at Romulus before the treatment and before visiting the thermal baths.

We advise against taking painkillers or alcohol in connection with the treatment. During treatment, please refrain from wearing jewelry, watches, and the like. It is a good idea to avoid shaving your legs, etc., before a treatment. Men are requested to shave before a facial treatment. If you have booked a treatment, please arrive 15 minutes before the agreed-upon time.

NOTE: If you are undergoing chemotherapy, unfortunately, we cannot offer treatments at Romulus.

All prices are valid from January 1, 2024.



Skallerup



Skallerup Seaside Resort is located five kilometers north of Lønstrup in beautiful surroundings, directly overlooking the North Sea.

We are a holiday center with 292 holiday homes and a central area featuring a water park, swimming pool, fitness center, Roman bath, sports facilities, activity workshop, play center, bowling, restaurants, supermarket, equestrian center, and more. Learn more at www.skallerup.dk.

Nordre Klitvej 21 • Lønstrup • DK - 9800 Hjørring • Tlf. +45 9924 8400 • skallerup.dk