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Hotels

Detox at Amber Spa by the Baltic Sea's shores

By Emma Lundin | 26 Jan 2010

LATVIA Head to Latvia this winter for a spa break that promises to improve your health and start the year in a good way.

The Amber SPA Boutique Hotel lies on the picturesque shores of the Baltic Sea in Jurmala, a 30-minute drive outside the Latvian capital Riga. The hotel opened last summer and is a part of the Balans International Wellness Centre - the most complete facility of its kind in the Baltic States. The spa offers a three-day Light Detox programme that includes a StarVac Vacuum body massage - which promises to improve lymph circulation and aid the removal of toxins - and other specialist therapies in combination with authentic Russian baths, walks along the white-sand beaches and personal training sessions.

The three-day programme start from 305 Latvian lats (currently £376) - based on two sharing and including treatments, food, training sessions and use of all facilities - and can be booked through info@amberspahotel.lv

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<http://ht.ly/2knWs>