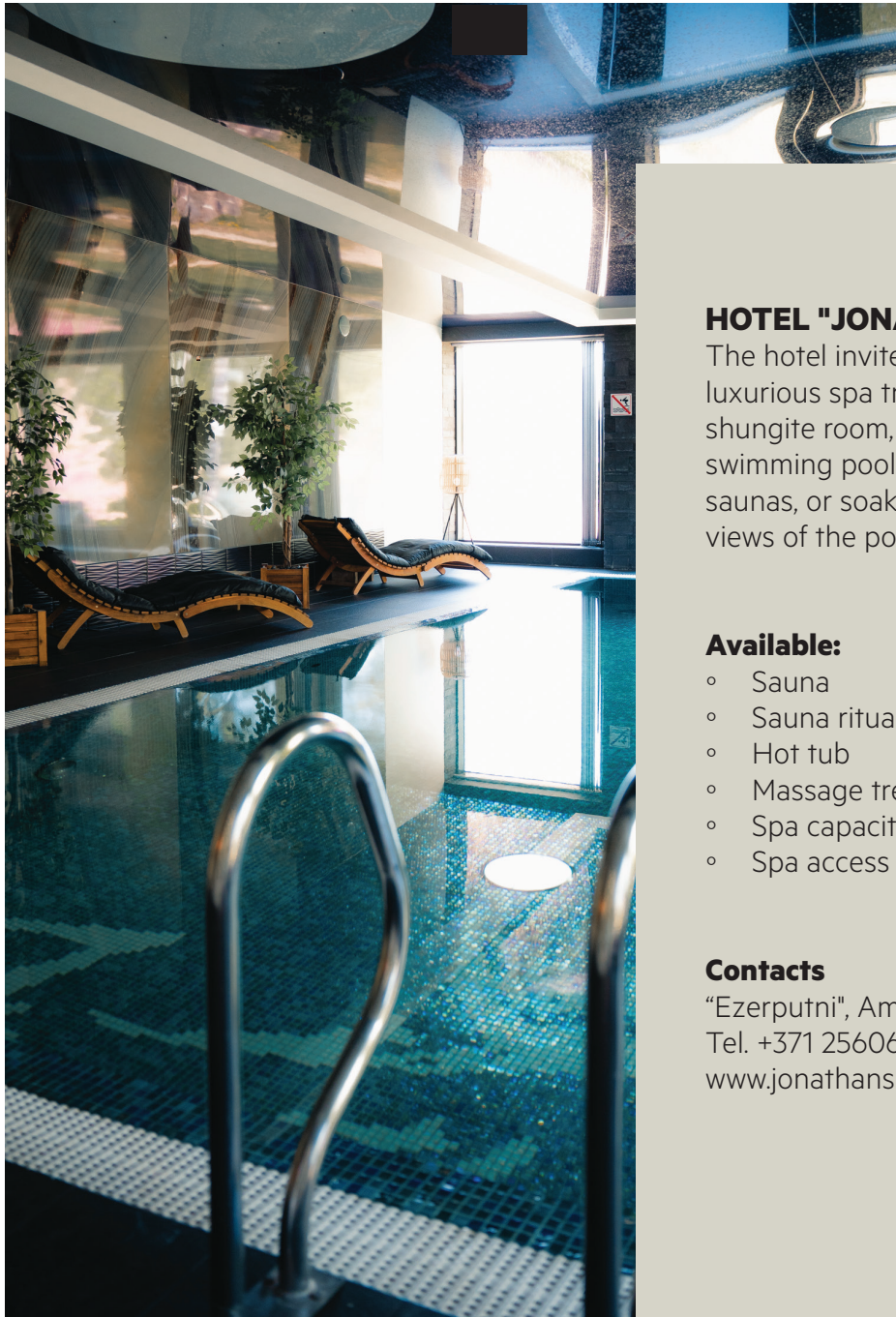


DISCONNECT TO RECONNECT

Sauna & Spa Experience in Cēsis Region



HOTEL "JONATHAN SPA ESTATE"

The hotel invites you to unwind with a range of luxurious spa treatments, relax in our calming shungite room, or take a dip in the chlorine-free swimming pool. Warm up in the Turkish and Finnish saunas, or soak in the hot tub while enjoying serene views of the pond.

Available:

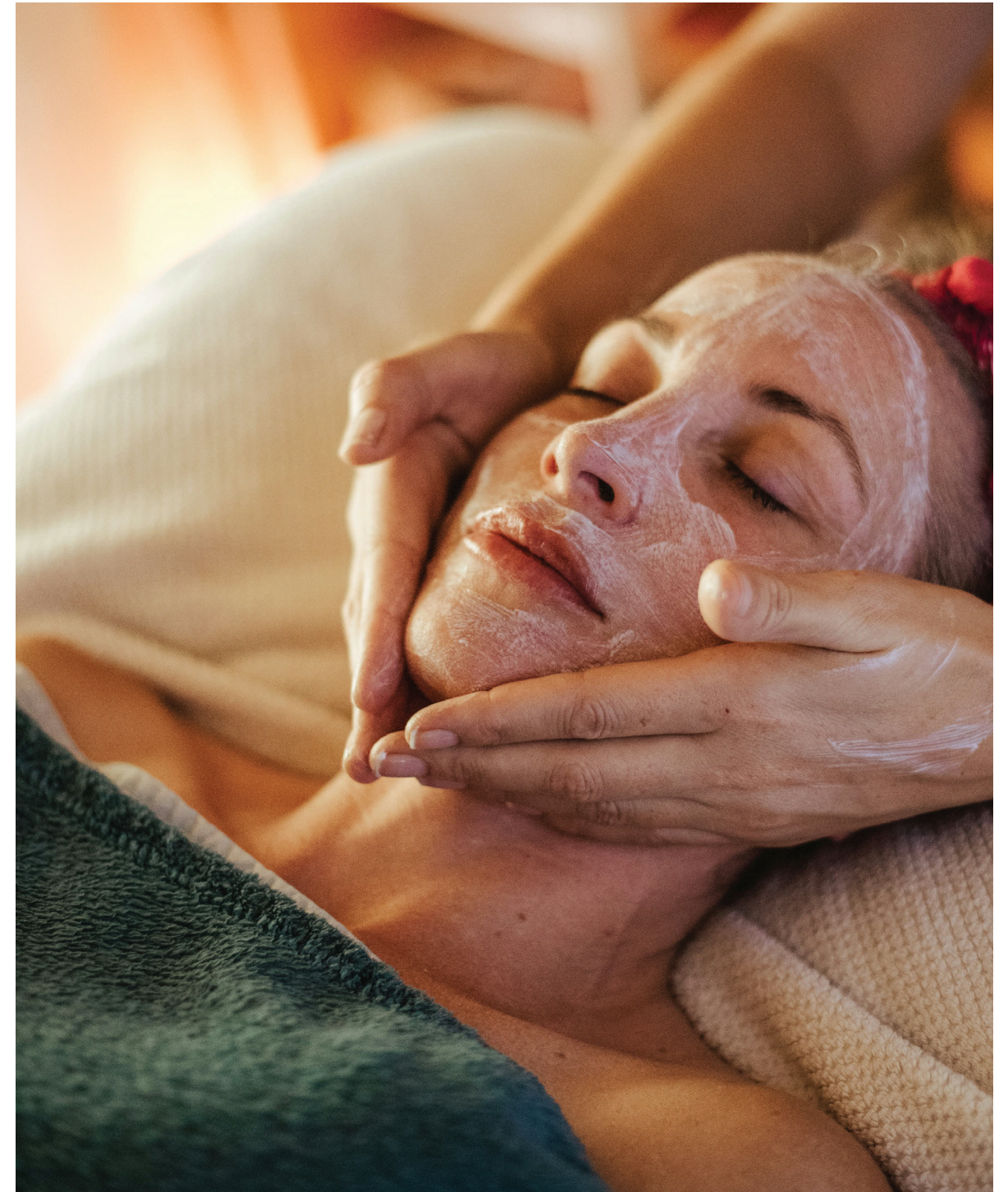
- Sauna
- Sauna rituals with a sauna master
- Hot tub
- Massage treatments
- Spa capacity: up to **15 guests**
- Spa access available for non-overnight guests

Contacts

"Ezerputni", Amatciems, Drabešu pag.

Tel. +371 25606066

www.jonathanspahotel.com





SENSATION SAUNA IN KĀRĻI

Sensation Sauna at Kārļi specializes in a variety of sauna rituals helping to relax and heal both body and mind. The gentle vibrations of the Sensation drums release tension and help you open up to your senses. Soft herbal whisks warm the body, while a plant and salt scrub purifies the skin. Immersing yourself in the pond washes away all excess stress. Resting outdoors on a hay mattress under a warm blanket lets you feel as light as a butterfly preparing for its first flight.

Available:

- Sauna
- Sauna rituals with a sauna master
- Massage treatments
- Spa capacity: up to **6 guests**
- Spa access available for non-overnight guests

Contacts

Kalna Vērši 4, Drabešu pag.

Tel. +371 29456485

www.visit.cesis.lv/en/place/sensation-sauna-karli



GUEST HOUSE "VIRGABAĻI"

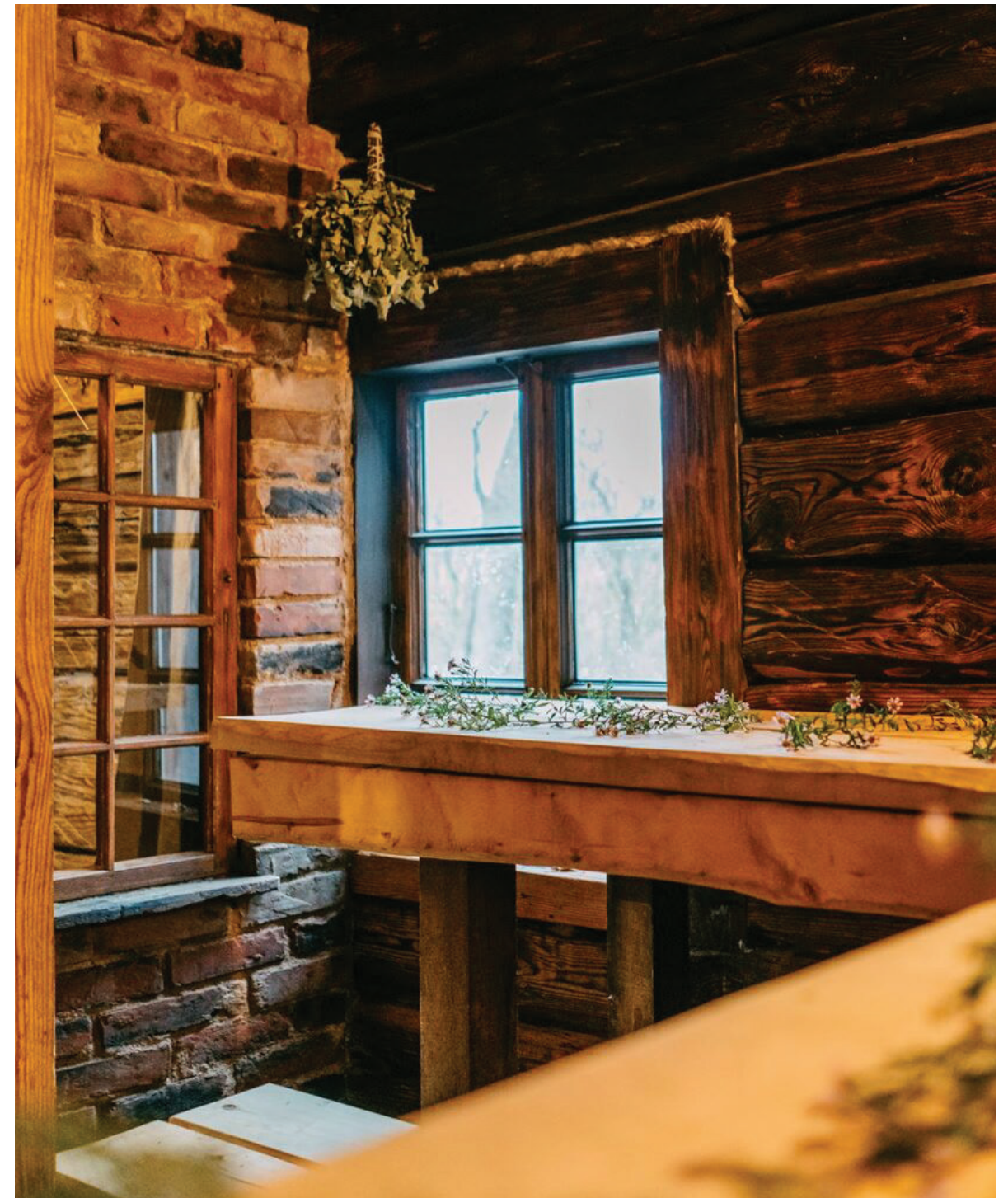
The sauna ritual begins with an introductory talk, followed by a foot bath where your feet are warmed among flowers and natural treats. Once the heat opens your pores, they are cleansed with herbal scrubs and nourished with honey, followed by sauna whisking accompanied by the meditative sounds of the Jew's harp. Finally, refresh yourself in winter in an ice hole or in summer in an open pond. This is followed by relaxation, wrapped in warm blankets like a little bundle, fully present with yourself and nature. The experience concludes with the comforting warmth of Latvian herbal teas, picked from nearby meadows.

Available:

- Sauna
- Sauna rituals with a sauna master
- Hot tub
- Spa capacity: up to **7 guests**
- Spa access available for non-overnight guests

Contacts

"Virgabaļi", Drabešu pag.
Tel. +371 27826260
www.virgabali.lv



PUBLIC BATHHOUSE “LĪGATNE”

A public bathhouse has been operating right by the river in the former Līgatne paper mill building since 1895. On Fridays, 13.00–18.00 is reserved for ladies and 18.00–22.00 for gentlemen. The bathhouse is available for private gatherings, celebrations, and group sessions throughout the week. Additionally, Family Days are held twice a month on Saturdays; visitors are encouraged to check the website beforehand to confirm the specific dates.

Available:

- Sauna
- Capacity: up to **20 guests**

Contacts

Spriņģu iela 1, Līgatne

Tel. +371 26543251

www.facebook.com/pirts.ligatne/



HOLIDAY HOUSE “CLOUDS AND CLAY LĪGATNE”

The Countryside Clay Sauna in the ceramics workshop. A place where you connect with nature - from the clay beneath your feet to the clouds above.

Available:

- Sauna
- Hot tub
- Capacity: up to **5 guests**

Contacts

”Mākoņi”, Līgatnes pag.

Tel. +371 29428404

www.facebook.com/brivdienumajamakoni/



UPES 19

Upes 19 is a campsite by the River Gauja, where a terrace on the old river branch features an traditional black sauna. The air is filled with the distinctive aroma of a traditional sauna, allowing you to experience ancient sauna traditions while remaining in a white sauna environment. After heating up, there's no need to go far to cool off - the water is right there beside you.

Available:

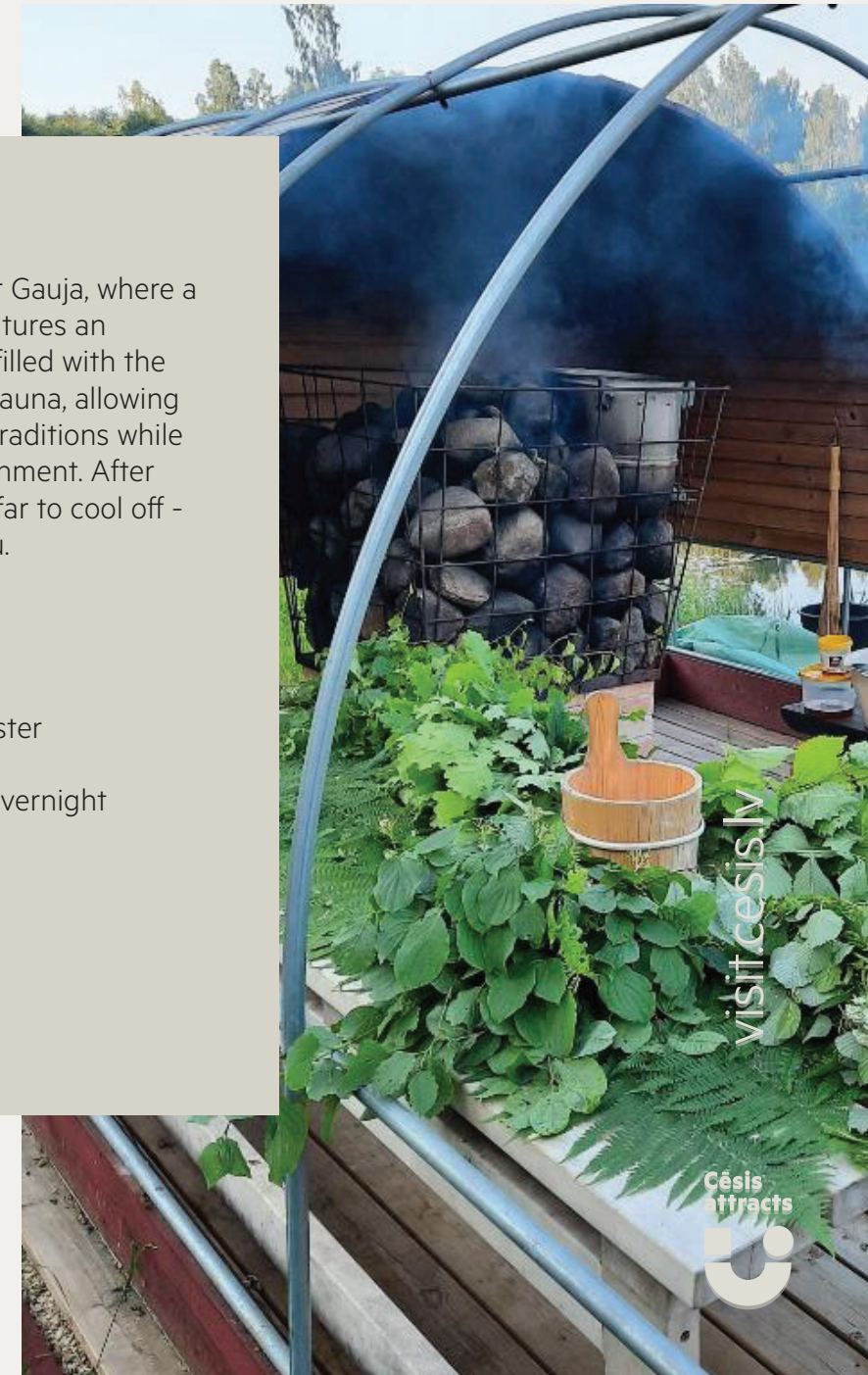
- Gypsy black sauna
- Sauna rituals with a sauna master
- Spa capacity: up to **4 guests**
- Spa access available for non-overnight guests

Contacts

Upes iela 19, Cēsis

Tel. +371 29219279

<https://ej.uz/upes19sauna>



visitcesis.lv



REHABILITATION CENTRE "LĪGATNE"

Līgatne Rehabilitation Centre offers a wide range of spa and therapeutic treatments, including a sauna, mud applications, a Cleopatra bath, and more.

Available:

- Sauna
- Sauna rituals with a sauna master
- Massage treatments
- Spa access available for non-overnight guests

Contacts

Rehabilitācijas Centrs "Līgatne" Skaļupes, Līgatne

Tel. +371 64161915

www.rehcentrsligatne.lv





HOTEL "VILLA SANTA"

The hotel offers stunning views of the Gauja Valley. Spa treatments for the face and body, various massages, a sauna, and other relaxing wellness rituals.

Available:

- Sauna
- Spa rituals
- Massage treatments
- Spa capacity: up to **10 guests**
- Spa access available for non-overnight guests

Contacts

Gaujas iela 88, Cēsis
+371 64177177
www.villasanta.lv/en





NĪTAURES DZIRNAVAS

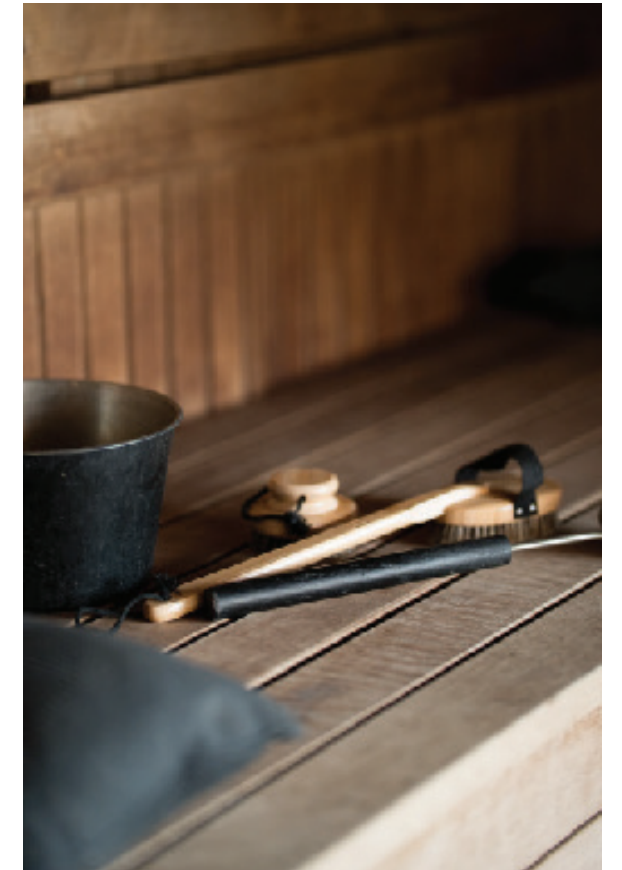
Step into history at the Nītaure Mill, where rustic charm meets modern comfort. Find your sanctuary in our historic guest house and rediscover tranquility in our lakeside sauna house.

Available:

- Sauna
- Spa rituals
- Spa capacity: up to **8 guests**
- Spa access available for non-overnight guests

Contacts

"Dzirnavas", Nītaures pag.
+371 28352982
www.nitauresdzirnavas.lv



I'll prepare the stillness - you just be! 

visit.cesis.lv