

Wellbeing experiences on the Lithuanian Baltic seaside



Wellbeing
tourism

For Peace of Minds
in Summer Season



Find peace of mind and soul while wandering through pine forests, seaside cliffs and sand dunes

This wellbeing route is for you who are looking for inner peace, recovery, care for your body and want to contribute to the well-being of animals, nature and the surrounding society.

On the Baltic Sea coast, you can experience beautiful and varied natural and cultural-historical places, flowering meadows, lush forests and fields, and a soul-opening coastal landscape, enjoy local food, wander on the coast and spend the night outdoors.

You can also choose to be pampered by our caring hosts and spend the night at a pleasant wellbeing accommodation while enjoying the magic of light, scents and harmony rituals.



1st Stop. Karkelbeck No. 409



Approximate time required: 4 hours

Wellbeing destination: Karklė village, Kretingalė eldership, Klaipėda District municipality, Lithuania

Address: 10 Placio Str., Karklė village, Klaipėda District municipality, 92383, Lithuania

GPS: 6189128, 316346

Wellbeing host: Aušra Mendelė

Karkelbeck No. 409 wellbeing homestead is situated on the Baltic Sea coast, next to the Olandų Kepurė cliff. Peace awaits the guests with the sea rustling through an open window, a meadow, an old forest, and healing blue clay.



Karkelbeck No. 409 offers amber and sound therapy with sounding bowls, dance movement, fractal drawing, and collecting healing herbs. Massages include amber, Ayurvedic, Shiatsu, and Baltic massage with tree sticks. Patrons enjoy a massage with warm amber bags on the warm crushed amber mattress combining it with sound therapy using sounding bowls.

2nd Stop. Spa Centre *Juodojo kranto ritualai*



Approximate time required: 2 to 3 hours

Wellbeing destination: Spa Centre *Juodojo kranto ritualai*,
Juodkrantė

Address: 14B Kalno Str., Juodkrantė, Neringa, 93102, Lithuania

GPS: 6160299, 318243

Wellbeing host: Jovita Kauneckytė-Šeškauskienė, manager

The spa centre *Juodojo Kranto Ritualai* (Black Coast Rituals) boasts outstanding innovations in wellbeing services.



The appeal of Black Coast Rituals relies on the fact that the best Lithuanian experts regularly demonstrate their professionalism there, inviting the patrons to enjoy massages, holistic rituals and beauty treatments. *Juodojo Kranto Ritualai* offers a wide range of sustainable health and holistic therapies: various massages with hot stones, sand and bundles of herbs, relaxing vibroacoustic rituals and much more.

3rd Stop. The seaside beaches of Neringa

Approximate length: 45 km

Approximate time required: from 6 hours to 2 days

Wellbeing destination: Central beaches of Juodkrantė and Nida settlements, Neringa Municipality, Lithuania

Recommended starting point: The Central Beach of Juodkrantė

GPS: 6159876, 316954

Neringa seaside resort is famous far beyond Lithuania for the Baltic Sea beaches, some of the cleanest and broadest sandy beaches in the entire Baltic Sea Region.

Not surprisingly, the beaches of Neringa are regularly listed among the world's TOP 100 best beaches by Lonely Planet, The Sunday Times, and TripAdvisor. In addition, the beaches in Neringa regularly receive international Blue Flag awards, which testify to the exceptional quality of the environment. Furthermore, Neringa enjoys the most prolonged sunshine duration in Lithuania. In Nida and other places on the beach is offered to wellbeing lovers.



4th Stop. Neringa – Lithuania's summer capital of healthy diet

Approximate duration: 2 hours at each site

Wellbeing destination: Neringa seaside resort, Lithuania

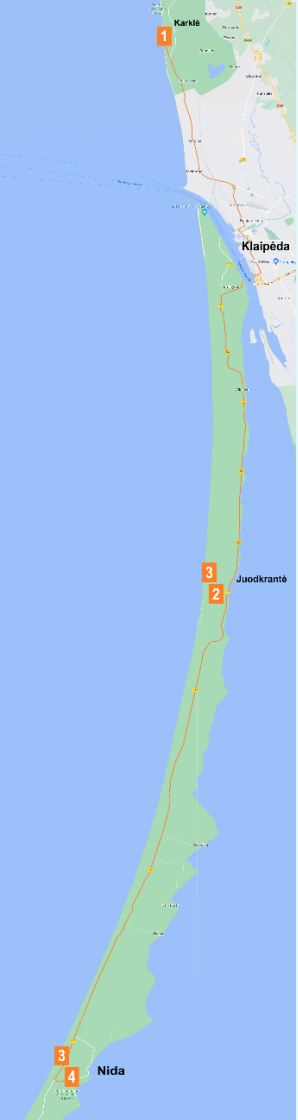
Recommended starting point: Nida Bazaar, 13 Taikos Str., Nida settlement, Neringa municipality, Lithuania

GPS: 6133794, 309716

In the summer season, demanding and affluent holidaymakers from Vilnius and other cities, who are used to a delicious and healthy diet, want to continue maintaining wellbeing habits.

Undoubtedly, there are plenty of gastronomic highlights in Neringa in the summer season, where healthy eating is promoted, and the principles of wellbeing are observed. *Nida Bazaar* is a local gastronomic summer market in Nida. where shoppers can find a variety of foods that meet the principles and criteria of wellbeing. Also, the hosts of Nida Bazaar hold yoga meditations on their premises.





1 – Stop 1. Karkelbeck No. 409

2 – Stop 2. Spa Centre *Juodojo kranto ritualai*

3 – Stop 3. The seaside beaches of Neringa

4 – Stop 4. Nida Bazaar



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