



## WELLBEING OR WELLNESS NEAR RIGA

Wellbeing or wellness means a "physical and mental well-being, healthiness which is deliberately created by a special set of services". Wellbeing as a concept of holistic health originated USA in the 1950s of the 20th century, as doctors used the English words well-being, fitness and happiness. It is represented by concerns about one's physical health and mental well-being, beauty care and the quest for personality growth typical of post-modern times: meditation, spiritual practice, yoga, etc. Pieriga municipalities have a wide offer of tourism products in this area of recreation, which has developed according to the demand of the local community. However the quality of the performed services and their convenient accessibility allow it to be offered even to international clients.

- ✓ Dynamic peace outside the hustle and bustle of the city to strengthen the physical and mental well-being
- ✓ Easy reach, in order to quickly take care of your health and beauty
- ✓ Demanding attitude of clients in Pieriga has increased the quality of services
- ✓ The special entrepreneurial spirit of Pieriga has given impetus to many new solutions

### Bath rituals

<i>Location</i>	<i>Address</i>
Olitas sauna	Daugmale, Ķekavas nov.
Zvejnieka sauna	Daugavas iela 1C, Mārupe, Mārupes nov.
Dālderu sauna	Dālderi, Salas pag., Babītes nov.
"Bejas" large and small sauna	Bejas, Mārupes nov.
Klīves sauna	Zalzelti, Valgundes pag., Jelgavas nov.
Branguļi, guest house	Branguļi, Valgundes pag., Jelgavas nov.
Galzemji, guest house	Galzemji, Jaunsvirlaukas pag., Jelgavas nov.
Vīksnas	Vīksnas, Cenu pag., Ozolnieku nov.
Ķekaviņas Līču sauna	Ķekaviņas līči, Ķekavas nov.
Svelmes krievu sauna	Svelmes, Katlakalns, Ķekavas nov.
Daugmales multi functional centre, sauna and pools	Skolas nami, Daugmale, Ķekavas nov.

## Medical procedures and health care

<i>Location</i>	<i>Address</i>
<i>Good Life Clinic</i>	Rīgas iela 22, Babītes pag., Babītes nov.
"Veselības centrs 4" affiliate at <i>Valdlauči</i>	Meistarū iela 43, Ērgļi-1, Ķekavas nov.
<i>Medsport</i> physiotherapy center	Lielā iela 19, Mārupes nov.
Health centre "Nika"	Lielā iela 19, Mārupes nov.
"OlainMed" health centre	Veselības iela 5, Olaine, Olaines nov.
Kalnciems Health and Social Care Center	Lielupes 27, Kalnciems, Jelgavas nov.
Gunta Ozoliņa doctor's rehabilitation practice	Lielā iela 19 - 11a, Mārupe, Mārupes nov.
Lindas Lediņas physiotherapy practice	Rīgas iela 22, Ķekava, Ķekavas nov.
Mārupe dental clinic	Mazā Spulgu iela 2, Mārupe, Mārupes nov.
"Reagēns LTD" dental clinic	Zemgales iela 4a, Olaine, Olaines nov.
<i>GS Optika</i>	Sēļu iela 12, Mārupes pag., Mārupes nov.

## Massage and beauty services

<i>Location</i>	<i>Address</i>
Physiotherapy center "Nika"	Lielā iela 19-11A, Mārupe, Mārupes nov.
"Studio Figura" fitness massage	29a Daugavas iela, Mārupe, Mārupes nov.
<i>Berezovsky and partners rehabilitation</i>	Meistarū iela 43, Valdlauči, Ķekavas nov.
<i>Figura Line</i> salon	Jūrmalas iela 14, Piņķi, Babītes nov.
<i>Pie savejiem</i> salon	Rožu iela 6, Babīte, Babītes nov.
<i>House of Hair</i>	Daugavas iela 4, Mārupe, Mārupes nov.
<i>Aneira</i>	Daugavas iela 27, Mārupe, Mārupes nov.
<i>Beauty Station</i>	Bebru iela 11, Mārupe, Mārupes nov.
<i>Salons Zeltrīti</i>	Zeltrītu iela 14, Mārupe, Mārupes nov.
<i>Kristy style</i> salon	Svirlaukas iela 22, Stalģene, Jelgavas nov.
<i>Lady Chic</i> salon	Jūrmalas iela 14, Piņķi, Babītes nov.
<i>Caitlin</i> salon	Zaļā iela 5, Titurga, Ķekavas nov.
<i>Kate</i> salon	Valdlauči 4, Valdlauči, Ķekavas nov.
<i>Libelle</i> salon	Rīgas iela 22a, Ķekava, Ķekavas nov.
<i>Mākoņkalna SPA paradīze</i>	Zvaigžņu iela 15, Rāmava, Ķekavas nov.
<i>Skaistuma essence</i>	Nākotnes iela 2, Ķekava, Ķekavas nov.
<i>Skaistumkopšanas salons Roze</i>	Plāvniekkalna 7, Katlakalns, Ķekavas nov.
<i>Natali.4</i> salon	Zeiferta iela 5, Olaine, Olaines nov.
<i>Stils</i> salon	Zeiferta iela 22, Olaine, Olaines nov.
<i>Alankors</i> health and beauty products (wholesale)	Ozolkalni 2, Mārupes nov.

## Spiritual practice, yoga

<i>Location</i>	<i>Address</i>
<i>Joga Marupe</i>	Zeltrītu iela 26, Mārupe, Mārupes nov.
<i>ONE Drop Dzen</i> meditation and yoga center	Jūrmalas iela 13c, Piņķi, Babītes nov.
Latvian Yoga KPM Federation	Jelgavas iela 4A - 23, Līvbērze, Jelgavas nov.
<i>Mārupes Kosmoss</i> studio	Rudzrogu iela 1, Mārupe, Mārupes nov.

## Thematic public events

Event	Location
Morning of the Big day. Solemnity ritual with folklore group <i>Rāmupe</i> .	Nēģiši, Ķekavas nov.
Latvian sauna and health festival	Glūdas pag., Nākotne, Jelgavas nov.

## Restaurants and adventures of taste

Restaurant	Address	Phone
32.augusts	Sēļu iela 12, Mārupe, Mārupes nov.	+371 29 327 272
Aiport hotel Māra	Kalnciema iela 186, Mārupes nov.	+371 67 702 718
Famillie, restorāns	Skolas iela 16, Ozolnieki, Ozolnieku nov.	+371 25 661 811
Hercogs, ģimenes restorāns	Vītiņu iela 4, Mārupe, Mārupes nov.	+371 29 106 538
Trattoria da Niko, itāļu restorāns	Daugavas iela 27, Mārupe, Mārupes nov.	+371 25 148 001
Pilots' Club, restorāns	Sky High hotel, Piestātnes iela 6, Lidosta Rīga, Mārupes nov.	+371 67667950
Grantiņi, restorāns	Grantiņi 1, Svētes pag., Jelgavas nov.	+371 28602267
Aitiņlauvas, restorāns	Aitiņlauvas, Valgundes pag., Jelgavas nov.	+371 29 160 393
Lāči	Benūžu Skaugī, Babītes pag., LV-2107	+371 66 047 555
Pūteļkrogs	Pūtelu krejotava, Zaļenieku pag., LV-3011	+371 29624817
Titurgas stāsti	Uzvaras prospekts 1C, Baloži	+371 27171815
Golf club "Viesturi" restaurant "Grill Country"	Golfs Viesturi, Mārupes novads (golfa sezonā)	+371 26 394 585

## Made in Pierīga to complement your wellness experience

Restaurant	Address	Comment
Medus lāde, shop	Rīgas iela 22a, Ķekava, Ķekavas nov.	A sympathetic shop to purchase Daugmale honey and Evija cremes
Linoteka.lv	Order through homepage Linoteka.lv	Original linen and wool products - authentic sauna robes and more.
Bath brooms	Ķekava, Ķekavas nov., T.: 29451405	Various bath brooms collected in the forests of North Vidzeme and carefully prepared for the bathhouse
Strēlnieki	Strēlnieki, Babītes nov.	Big berry cranberries and blueberries, natural berry products
<i>The Beard Cosmetics</i>	facebook.com/TheBeardCosmetics	Beard cosmetics brand
<i>Rich Lavanda</i>	www.lillaslavender.com	Scented lavender bags, candles, oil, flower water
<i>MADARA Cosmetics</i> factory tours	Zeltiņu iela 131, Mārupe	Excursion available when booked in advance

We invite you to learn about the latest special tourist attractions in Pieriga region:



- “The Musical Note” sculpture near Kekava Music School in Kekava
- Graffiti wall as a new urban object in Olaine Mežaparks (Olaine Forestpark)
- A place for annual traditional celebrations Stalgene manor park, Jelgava County
- Marupe symbolic sculpture “Four Leaf Clover” in Švarcenieki manor park
- 2 large tourism stands in Ozolnieki county Industrial village
- Onion Festival Sculpture “The Onion” in Sīpolciems, Salas Parish, one of the oldest settlements in Babīte County.
- We also invite You to visit and take a photo in panoramic outdoor photo frames installed at symbolic landscapes of Pieriga municipalities of Mārupe, Babīte, Ķekava, Ozolnieki and Jelgava.



## An example of an idea for well-being activities in Pieriga region

*A feminine self-pampering holiday in Pieriga: Marupe and Daugmale. For a lady company with a private car.*

- 8:00. An early morning yoga class “Waking Healthy” at Mārupes Kosmoss Studio, Rudzrogū Street 1, Marupe.
- Morning coffee, a croissant or a glass of wine at restaurant “32.augusts”, Sēļu Street 12, Marupe
- 11:00. A cosmetics workshop at Madara Cosmetics factory, 131 Zeltiņu Street, Marupe. (7 EUR per person)
- 12:30. Lunch at family restaurant "Hercogs", Vītiņu Street 4, Mārupe with the opportunity to buy natural products and sweet delicious eclairs for take-away at the nearby "Raunas Dārzs" bakery.
- 15:00. Photo session with horses at Katlakalns on the scenic shore of Daugava river at horse stables “Agates” or “Zirgzandales” in Mārupe County near a forest. (Photo session with horses up to 1 hour 25 EUR).
- Espresso, cappuccino or other favorite drinks at “Kalknaks”, by the motorway just by Ķekava centre - right before heading to sauna.

- 17:30 A leisurely evening with expert of sauna rituals at “Olitas pirtiņa” in Daugmale. Healthy scrubs, herbal teas and honey from Daugmales Jānis. Certified sauna specialist Olita Puriņa.

You can schedule in advance or book the night before one of quality and accessible Pieriga's manicure, pedicure or beauty salon appointments. If you don't want to rush back after ten in the evening and such a full day of relaxation, you can plan an overnight stay at a nature-friendly “Valmoniru” cottage, exotic “Zanzibāra” water houses or the luxury "Svētku pils" on the shore of the Dry Daugava opposite Dole Island.

The drive with a car is not expected to exceed 65 km.

