



DEAR GUESTS

ALL TREATMENTS ARE AVAILABLE UPON PRIOR RESERVATION AT
THE SPA & WELLNESS RECEPTION

SPA & WELLNESS AREA IS OPEN EVERY DAY FROM

8:00AM TO 10:00PM

MASSAGES AND COSMETIC TREATMENTS ARE AVAILABLE FROM

12:00AM TO 10:00PM

HYDRATING – NOURISHING TREATMENT**140 PLN / 50 min**

The therapy designated for all types of skin, especially to dehydrated and strongly dry skin. Active gel, rich in phytonutrients vegetable ingredients, deeply moisturizes the skin and reduces shallow wrinkles. Facial massage cream contains nutritional unsaturated fatty acids from saffron, as well as extracts of mallow and ivy.

CLEANSING TREATMENT**140 PLN / 50 min**

MediBac therapy is the first professional treatment designed for skin care and treatment of adults with acne. Each product within the MediBac system contains a unique composition of substances with purifying, soothing and regenerating effect, in order to most effectively struggle with acne while preventing premature aging of the skin.

CLEANSING TREATMENT WITH MANUAL CLEARANCE**160 PLN / 75 min**

Traditional facial cleansing. The therapy is designated for oily skin, prone to impurities and acne skin.

ULTRA CALMING TREATMENT FOR COUPEROSE SKIN**140 PLN / 50 min**

Soothing and moisturizing treatment which helps to reduce the burning, redness and irritation of the skin. The therapy contains unique ULTRA CALMING complex combined with leaves of aloe vera. It supports the processes of reconstruction of the skin and strongly calms the skin.

BIO SURFACE PEEL**180 PLN / 50 min**

Exfoliating therapy based on lactic and malic acid. It is a 4-step treatment, strongly exfoliating and providing immediate effect! Highly active mixture of hydroxyacids enhances the exfoliation process. It contains 18% lactic acid and 2% salicylic acid. The basis of the whole treatment is the phytic acid and an extract from sugar cane.

ENRICHED REGENERATING TREATMENT**240 PLN / 75 min**

The therapy designated for mature skin 50+, requiring intensive care. Rich mask containing high concentrations of vitamins A, C, E and F helps to repair skin damage related to its aging. The treatment strengthens the natural defences, stimulates tissue regeneration, actively firms and toughens.

OVAL FACE IMPROVING LUXURY TREATMENT**350 PLN / 90 min**

As the name suggests, excellent treatment that improves the oval of the face, tightens skin and improves flexibility. The aim of this therapy is to renew the surface of the skin, to smooth wrinkles and to improve tissue voltage as well as to correct facial contours. The richness of highly moisturizing and nourishing substances contained in the ending treatment preparations, makes the skin smooth and silky, while protecting it from the harmful effects of the environment.

MICRODERMABRASION**160 PLN / 75 min**

Microdermabrasion is an exfoliating treatment. It is based on softening and then exfoliation of subsequent epidermis layers. It is based on removing the upper part of the so-called the stratum corneum by crystals hitting the skin with a very high speed. Microdermabrasion cleanses the skin and keeps it perfectly smooth.

BRUSHING**50 PLN / 25 min**

Brushing is both cleansing and massage, with electric brush. This is a beneficial method for sallow and pale complexion, conducted with a brush (various sizes), connected to a special apparatus. The treatment should not be performed on sensitive and thin skin, dilated blood vessels, acute acne as well as on skin with inflammation or disease.

The secret of our SPA lies in the unique combination of the best products, their application techniques and friendly therapist relations with clients.

BRUSHING + ALGAE MASK

100 PLN / 30 min

Brushing combined with algae mask, suitably matched to skin needs.

ULTRASOUNDS

140 PLN / 50 min

Ultrasounds penetrate deep into the skin, stimulates the cells work, which have a beneficial effect on the blood circulation in the body.

The penetration of ultrasounds into the skin causes massage of the inner layers and stimulates natural collagen activity. Using ultrasounds provides a very visible results, therefore in cosmetics they have become very popular and ultrasonic treatment is one of the basic procedures of the best beauty salons and spas.

CAVITATION PEELING

140 PLN / 50 min

This treatment is a modern method used for painless and deep skin cleaning, an alternative to the traditional method of manually face cleaning. Removal of impurities and dead skin cells occurs in a safe manner. This procedure is performed by using a device generating ultrasound waves, which after pointing to wet skin, have the effect of cavitation. The main effect of cavitation peeling is: getting refreshed and purified skin. A micro massage caused by vibrations of ultrasonic waves oxygenates, moisturizes and rejuvenates the skin. Additional advantages are: smoothing of wrinkles and gentle face massage.

SMOOTHING SALTS THERAPY / PEELING

120 PLN / 30 min

SMOOTHING SALTS THERAPY / PEELING + COMPRESS/

160 PLN / 60 min

Smoothing salts therapy remineralises, softens and nourishes the skin giving it bright and healthy appearance. Mineral salts from the Dead Sea and seaweed cleanse while enzymes dissolve calloused, rough skin. Natural oils and plant extracts stimulate the senses simultaneously improving skin condition. Intensively nourishing and hydrating compress will comfort even the most demanding skin. Recommended for all skin types except sensitive.

SKIN SURFACE RENEWING TREATMENT

140 PLN / 60 min

It provides individualized exfoliation and improving skin condition. Mild oats and rice bran create a gentle but effective exfoliation, which brightens and reduces visibility of discoloration on the skin. Recommended for very sensitive skin with the "spider veins".

THERMAL FEET TOUCH

140 PLN / 50 min

Intense smoothing and softening SPA therapy. Hydroactive mineral salts prepare the skin for professional exfoliation of dead skin cells with the use of plant enzymes, salicylic acid and rice flour. Rich compress based on active plant substances strongly softens the skin, restoring its optimum moisture level. The treatment perfectly renews the foot surface, making them soft and smooth. Additionally, a deeply relaxing massage reduces signs of tiredness and the "heavy" legs, providing the wonderful relaxation effect.

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THALGO RELAXATION BODY TREATMENTS

MARINE PRELUDE- exfoliating and remineralising

180 PLN / 60 min

This exclusive whole body scrub with the sea salt removes toxic deposits, leads to metabolic improvement as well as cellulite and fat elimination. The treatment improves skin elasticity and firmness. 100% natural marine mud compress with smoothing effect, slows the aging process of the skin and improves metabolism.

MER&SENS - exclusive treatment with the use of hot stones

220 PLN / 90 min

This treatment is composed of two stages: the peeling with a special preparation based on algae and sea salt and massage using stones with relaxing essential oil: Massage Oil with Lavender. The treatment affects the energy centres called chakras. It helps to remove tension and stress, provides calming and relaxing effect. It improves skin nutrition, increases blood flow through the muscles, facilitates the penetration of nutrients and causes the efficient elimination of waste products.

INDOCEANE- relaxing and stress relief treatment

250 PLN / 90 min

The Indoceanetreatment is a remarkable journey into the land of beauty and relaxation, where your body reaches a state of complete relax and chill out. This is a great offer for those who are stressed, need tranquillity and relaxation. The basic components of the treatment are: complex Qi-Marine (extract from brown algae UndariaPinnatifiada) and lotus, both having the unique ability of revitalization and stress reduction.

OTHER TREATMENTS

FACE, NECK AND UPPER CHEST MASSAGE	50 PLN / 20min
EYBROW HENNA	20 PLN
EYELASHES HENNA	20 PLN
REGULATION	10 PLN
WAX DEPILATION:	
WHOLE LEGS	80 PLN
CALVES	50 PLN
ARMPITS	30 PLN
ARMS	40 PLN
MOUSTACHE	10 PLN
PARAFFIN FOR HANDS	80 PLN
PEDICURE CLASSIC WITH NAIL PAINTING	140 PLN
PEDICURE CLASSIC WITH HYBRID NAIL POLISH	160 PLN
PEDICURE LUXURIOUS / CLASSIC PEDICURE WITH MASSAGE, MASK AND PEELING /	220 PLN

We provide a unique skin care program based on exclusive dermalogica cosmetics, tailored to your skin's needs.



ANTI-CELLULITE MASSAGE

70 PLN / 30 min

Anti-cellulite massage is a set of techniques, selected to improve circulation throughout the body, especially in those places where the change occurred. Massage works on the subcutaneous tissue by removing deposits of toxins and harmful metabolism products, reducing lymphatic stasis and stimulating the proper functioning of the body. After the massage the cells are better oxygenated and nourished, the skin is smoother, firmer and more elastic. Massages of this type are used for both prophylactic and therapeutic purposes.

SEA MUD MASSAGE

140 PLN / 55 min

A unique massage combining detoxifying and purifying properties of clays with intense moisturizing power of natural oils. After the massage the skin is smooth, purified and perfectly nourished.

HOT STONES MASSAGE

COMPLETE / PARTIAL

160 PLN / 80 PLN

Hot stone massage has a relaxing effect, vitalizing and healing the whole body, perfectly eliminates any tensions and muscle pains, especially after a long exercise. The combination of warm basalt stones with the appropriate techniques of relaxing massage, lymphatic massage and acupressure is beneficial for tired, stressed body and mind of contemporary man, the treatment is relaxing and regenerating the entire body and mind. The use of unique heat of stones improves circulation and metabolism as well as detoxifies the body.

HEAD MASSAGE

70 PLN / 20 min

As a massage for sore muscles, head massage is an excellent way to easily remove the tension associated with the passing day. It improves blood circulation in the head, giving you a lot of benefits if you suffer from chronic headaches. It also reduces the hair loss, by stimulating the growth of new.

MASSAGE WITH AROMATHERAPY

COMPLETE / PARTIAL

140 PLN / 55 min 75 PLN / 25 min

Aromatherapy massage is the whole body complete massage and, or depending on treatment, the partial massage. In all cases to massage oils mixtures dissolved in natural vegetable oils are used. During the massage the most complete oil penetration into the skin and body occurs. Oils contact with the nerve endings in the skin causes the immediate nervous system response and during the treatment, the most desirable effect of patient rest and relaxation is achieved. The alignment of energy states, alleviating of tensions, pain and stress symptoms leads to the most important goal.

CLASSICAL MASSAGE

COMPLETE / PARTIAL

110 PLN / 50min 55 PLN / 25 min

Basic and main massage of the whole body or its parts, using traditional massage techniques that are the basis also in other massages. Depending on the massage techniques and purpose it can be therapeutic or relaxing. The massage is the most effective in the treatment of diseases and defects of the spine and the entire musculoskeletal system (muscles, bones, joints). Classical massage can be stimulating, while using a stronger techniques and acting on deeper tissues, or more superficial and delicate - relaxing massage.

HANDS OR FEET MASSAGE

60 PLN / 20 min

Hands massage involves massage and specific areas and points oppression. Compression therapy provides relief, relaxation of hand muscles and tendons. The treatment restores tranquillity, inner balance and well-being.

CONFERENCE MASSAGE

25 PLN / 15 min

The treatment is relaxing and stress solving massage. It helps to remove unwanted muscle tension

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CHOCOLATE MASSAGE

140 PLN / 50 min

Relaxing massage of the whole body, based on chocolate and sweet almond oil. This is a real chocolate feast. The treatment uses valuable nutritional properties of cocoa beans, which have regenerating and nourishing effect. Accompanying the massage wonderful chocolate scent, stimulates production of happiness hormones - endorphins. After the treatment the skin has chocolate fragrance, is soft and velvety. Recommended to people who are looking for relaxation and stress relief.

SWEDISH MASSAGE

130 PLN / 55 min

The massage involves interaction of the external layers of muscles and soft tissues. Its purpose is to increase the oxygen flow to the blood, to remove toxins from the muscles and to improve the flexibility of blood vessels. It has a positive effect on the skin, lymphatic system work and the work of the internal body organs. Swedish massage is recommended for insomnia, general tension and headaches. Used prophylactically as a whole body massage improves the overall physical and mental condition.

RELAXATION MASSAGE WITH LOMI LOMI ELEMENTS

140 PLN / 55 min

Massage with elements of Lomi Lomi is a great relaxing, healing and therapeutic treatment in one. It is characterized by high smoothness and harmony of movement. It is performed with a specially selected music. Respect shown to a person being massaged makes her or him feel special. The influence of this massage is not just on the physical realm, but also emotional. This treatment has soothing effect on tired muscles, release blocked emotions, gives the feeling of satisfaction.

THAI MASSAGE WITH HERBAL STAMPS

150 PLN / 55 min

This massage comes from Thailand. It is based on acupressure, and then on warm herbal stamps massage. Herbs contained into stamps have a stimulant, rejuvenating, analgesic, anti-inflammatory, antibacterial and lipolytic effect (facilitate fat burning). This massage soothes rheumatic pains, arthritis, joint and muscle pain, help with a cold, low pressure, skin diseases and diseases of internal organs. Recommended especially in winter and autumn.

CANDLE MASSAGE

180 PLN / 55 min

Massage with warm aromatic candle makes the skin moisturized, smooth and velvety to the touch. It brings relief to sensitive skin and improves its condition. Aromatic candle massage perfectly relaxes, while the heat and the rising scent of oils acts on all the senses. Additionally, it can be used in the fight against cellulite. Germ of soybean oil, coconut and beeswax contained in the candle leave the skin silky, protect against water loss and give amazing moisturizers results. Vitamin E, contained in oils from soy and coconut, used in the treatment of anti-aging, penetrates deeply into the skin, has antioxidant and firming effect as well as restores the skin elasticity and flexibility

BACK MASSAGE WITH CHINESE BUBBLE

90 PLN / 25 min

It is considered to be the best anti-cellulite massage due to the vacuum effect of the bubble. During the bubble massage, the blood vessels expand rapidly, resulting in extremely rapid excretion toxins of the muscle. It highly stimulates fibroblasts to increase production of elastin and collagen which are responsible for elasticity of the skin. Working with the bubble is preceded by a classic massage, in order to prepare the muscles.

ANTI-CELLULITE MASSAGE WITH CHINESE BUBBLE

90 PLN / 25 min

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MASSAGE WITH HONEY

200 PLN / 50 min

Manual full body relaxation massage with natural honey. Honey contains valuable B vitamins, also vitamins A, C, K. By penetrating into the epidermis, it moisturizes, regenerates and acts bactericidally. Especially recommended for dry, tired skin.

DE LA MER MASSAGE

150 PLN / 50 min

Manual massage created on the basis of techniques of the East. Sophisticated gripes effectively work on the imagination and help to move over to the sunny sea. The massage balances energy levels in the body, regulates the metabolism, improves skin elasticity and firmness.

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