



Spa Offer

beauty



Massage

OUT OF THE NEED TO RELAX
WARM STONE
TOUCH OF WARMTH
AROMATHERAPY MASSAGE
MASSAGE WITH HOT CHOCOLATE
KARITE JOURNEY

Out of the need to relax

An original body massage made on the basis of aromatic oil, deeply relaxes, removes fatigue, eliminates stress and balances energy. The elements of reflexotherapy applied during hand and foot massage stimulate the body to self-regenerate, while nourishing oil also moisturizes the skin and provides a sense of relief.

260 PLN / 90 MINUTES

Warm stone

Body massage with the use of hot volcanic stones. Deeply relaxes, reduces muscle tension, restores internal balance and harmony. The pleasant warmth of stones balances the flow of energy and improves circulation.

190 PLN / 60 MINUTES 100 PLN / 30 MINUTES

Touch of warmth

Massage made with warm oil from a pre-heated candle. It relaxes and reduces muscle tension and thanks to the richness of nutrients it leaves the skin velvety smooth and moisturized.

180 PLN / 60 MINUTES 100 PLN / 30 MINUTES

Aromatherapy massage

A unique massage made with the use of essential oils, which combines their extraordinary properties with the unique magic of touch. It soothes all sorts of ailments, releases the body from tension and stress, providing deep relaxation. Aromatherapy oils which are rich in healing.

260 PLN / 75 MINUTES

Massage with hot chocolate

Massage based on hot chocolate and natural coconut oil. Revitalizes, improves skin firmness and elasticity. The zinc, calcium and magnesium contained in chocolate prevent the aging of the skin, giving it a beautiful and healthy look.

190 PLN / 50 MINUTES

Karite journey

Relaxing massage based on nutritious karite butter. It has a nourishing and soothing effect, protects the skin against UV rays, revitalizes and stimulates blood circulation. It provides soothing senses and relaxes perfectly.

160 PLN / 60 MINUTES 100 PLN / 30 MINUTES

Oriental Massage

Abhyanga

One of the basic treatments in Ayurvedic medicine, based on warming the whole body with warm sesame oil. Slow and deep movements used in the massage streamline the flow of energy and bring about a pleasant relaxation. Abhyanga eliminates stress, symptoms of fatigue, insomnia and warms up the muscles and tones the skin.

240 PLN / 60 MINUTES

320 PLN / 90 MINUTES

Shirodhara

One of the most important ayurvedic spa therapies, called the "act of youth and longevity", consisting in the massage of the forehead and exactly the "third eye" chakra with the help of a stream of warm sesame oil. The massage is combined with a manual massage of the head, face, neckline and neck. The treatment is a deep mystical experience, it counteracts insomnia, relieves migraine headaches and has a beneficial effect on the nervous system. It is intended primarily for people in need of relaxation and who experiencing lack of Energy.

230 PLN / 45 MINUTES

Udvartana

Ayurvedic powder and oil body peeling based on a mixture of cereals, groats and herbs combined with ayurvedic oil. The treatment supports the fight against cellulite and fat tissue, detoxifies, firms and significantly smoothes the skin.

260 PLN / 60 MINUTES

ABHYANGA
SHIRODHARA
UDVARTANAY
A JOURNEY INTO THE WORLD
OF TIBET



A journey into the world of Tibet

Sound massage performed using unique Tibetan bowls. A deeply relaxing treatment. The pleasant vibration of the bowls flows through the tissues, stimulates vibrations of every cell of the body. Massage releases stress and tension. The combination of auditory sensations and vibrations brings the body and mind into a state of deep relaxation and allows you to experience a moment of total relaxation.

180 PLN / 60 MINUTES

Body treatments

A sapphire gemo-thermal

A mineralizing ritual that perfectly eliminates signs of fatigue. The ritual begins with a salt peeling of the whole body with thermal water from the Salies de Bearn spring, famous for its high mineral content, with a mud-cake applied to the body in a heated Thermal SPA device, which increases the absorption of active ingredients and a relaxing massage based on a floral and fruit composition. 290 PLN / 90 MINUTES

Mud gem-thermal

Mineralizing anti-fatigue ritual consisting of a complete salt peel with thermal water from the Salies de Bearn spring, famous for its high mineral content, with a mud-cake applied to the body in a heated Thermal SPA device, which increases the absorption of active ingredients and a relaxing massage based on a floral and fruit composition. 290 PLN / 90 MINUTES

Slim Drone Anti-cellulite tightening treatment

Thanks to its strong lipolytic effect, it helps reduce tissue accumulation fat in the skin. It reduces inflammation and rebuilds tissues, which improves skin tone, firmness and elasticity. 280 PLN / 75 MINUTES

Botanical spice

A unique treatment using natural ingredients contained in orange, green tea and bamboo. The treatment begins with the refreshing orange body scrub - the orange fantastically regenerates and moisturizes the skin, followed by a detoxifying and refreshing mask with green tea. Complementing the treatment is a revitalizing bamboo creme massage. The treatment removes toxins, smoothes and perfectly oxygenates the skin. It heals the senses and the body. 280 PLN / 90 MINUTES

A SAPPHIRE GEMO-THERMAL
MUD GEM-THERMAL
SLIM DRONE
BOTANICAL SPICE

Goddess Rose - ritual dedicated to pregnant women

The goddess of roses is a feast for the body and senses, which leaves a beautiful and velvety smooth skin. The treatment consists of a peeling and a mask composed of rose essence and oil composition. Dedicated to pregnant women in order to improve firmness and tension of the skin and in the fight against stretch marks. 250 PLN / 75 MINUTES

Burgundy experience

The treatment uses the beneficial effects of grape pulp and white clay. The combination of these two ingredients together with relaxation in a warm water zone on the Thermal SPA couch and nourishing balm applied at the end of the treatment gives an amazing effect of smoothing and moisturizing the skin. 180 PLN / 60 MINUTES

Silky smoothness

A salt or sugar peeling of the whole body that accelerates the cell renewal and regeneration of the epidermis. Shea butter contained in the peeling also moisturizes the skin, leaving it smooth and silk. 120 PLN / 40 MINUTES
90 PLN / 30 MINUTES (Additionally to the massage)

A male ritual of renewal

Revitalizing - cleansing the body ritual recommended for the care and renewal of male skin. Salt scrub with a light texture used for the treatment detoxifies and smoothes the skin. The perfect complement to the treatment is a full body massage with special attention to the neck muscles made on the basis of an oil composition inspiration based on noble almond oil and argan oil with the addition of musk and rosemary. 260 PLN / 75 MINUTES

GODDESS ROSE
BURGUNDY EXPERIENCE
SILKY SMOOTHNESS
A MALE RITUAL OF RENEWAL



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For two

FLORAL FRESHNESS
THERMAL RELAXATION
UNFORGETTABLE MOMENTS
ORIENTAL SENSE

Floral freshness

Bath for two based on flower concentrate. The concentrate was developed based on the essences of such flowers as: orchid, wild rose, poppy and ylang-ylang. The whole creates an unusual fragrance composition, restores the balance of the body, providing an extremely delicate and sensual bath. Flower ingredients have cleansing and drainage properties.

110 PLN / 20 MINUTES

Thermal relaxation

A relaxing, warm bath with concentrate from the thermal water of Salies de Bearn. It tones, revitalizes and rebuilds the minerals contained in the skin, giving an immediate sense of relaxation.

110 PLN / 20 MINUTES

Unforgettable moments

Sensual, relaxing and deeply relaxing massage performed with warm, aromatic wax from a special candle. It reduces muscle tension and thanks to the richness of natural nutrients it leaves the skin velvety smooth and moisturized.

340 PLN / 60 MINUTES

Oriental sense

Ritual stimulating the senses consisting of a floral relaxing bath, aromatic body peeling Indian butter with oriental spices and a special massage. The ritual allows you to regain the inner balance and harmony of your body by interacting with individual energy centers.

450 PLN / 90 MINUTES



Facial treatments

Aqua+ source of necessary hydration

The treatment restores the skin's natural water balance, offering the face instant glow and an intense feeling of freshness. Deep moisturizing complex with hyaluronic acid improves the ability to create water reserves, moisturizes while increasing elasticity and tightness of the skin.

270 PLN / 60 MINUTES

Pura+ skin balance

A treatment dedicated to the care of contaminated, mixed, oily and acne skin. Selected active ingredients used during the treatment optimize the level of sebum, eliminate the risk of bacterial growth, while giving the skin a fresh appearance and uniform color.

270 PLN / 60 MINUTES

Vita+ improvement of skin vitality

The treatment complements the lack of nutrients, strengthens the protective barrier and helps restore the hydrolipid balance. It eliminates the signs of skin aging. Complex intensively revitalizing in combination with active ingredients, acts directly on the skin's architecture, giving immediate nutrition and long-lasting protection.

270 PLN / 60 MINUTES

Desense couperose

A specialized treatment counteracting the causes of inflammation, strengthening the protective barrier of

the skin. Recommended for sensitive skin, with rosacea, prone to redness.

280 PLN / 60 MINUTES

Bioline Energy Man - Professional facial treatment for men

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Professional facial treatment for men based on beneficial ingredients that give energy and vitality to male skin. After cleansing the face peeling, an energizing, nourishing face and eye massage using mountain crystals is made. The treatment reminalises, promotes cell renewal and makes the skin elastic.

270 PLN / 60 MINUTES

De-ox C

A treatment based on vitamin C with antioxidant activity, preventing glycation processes and protecting the skin from visible signs of aging. Bioline De-ox C is a source of vitality and youth that effectively combats oxidative stress, prevents cell oxidation, providing skin protection against external factors. It unifies the color, moisturizes and gives the skin a radiance.

320 PLN / 60 MINUTES

Primaluce

A treatment with the use of PHA and AHA acids, recommended for the hypoxic skin with signs of aging, discoloration and imperfections. Stimulates cell renewal, normalizes and improves elasticity, leaving the skin soft, smooth and more radiant.

280 PLN / 60 MINUTES

AQUA+ SOURCE OF NECESSARY HYDRATION
PURA+ SKIN BALANCE
VITA+ IMPROVEMENT OF SKIN VITALITY
DESENSE COUPEROSE
BIOLINE ENERGIE MAN
DE-OX C
PRIMALUCE
LIFTING CODE
AN EXCLUSIVE ANTIAGING AG3
BEAUTY SECRET TREATMENT

Lifting code

Created for mature skin. The concentrated, bio-revitalizing serum used during the treatment fills wrinkles, increases the density of the skin and restores its vitality. Emulsion with a moisturizing complex introduced by means of a lifting massage improves tension and shapes the face oval. The collagen contained in the mask guarantees moisturizing and smoothing the skin.

420 PLN / 75 MINUTES

An exclusive Antiaging AG3 Beauty Secret treatment

A treatment with a global anti-aging effect based on the action of rich active ingredients such as undaria algae, bioactive peptide and tomato stem cells. The formula of the treatment has been developed in such a way as to affect the main skin imperfections associated with aging of the skin, helping to regain tension and firmness.

480 PLN / 75 MINUTES

PERFECT HYDRATION
FULL RELIEF
PERFECT CLEANSING
PERFEKTE REINIGUNG
MICRODERMABRASION
CAVITATION PEELING



Perfect hydration

An intensely moisturizing treatment, ideal for dry and dehydrated skin. It regulates the water level, moisturizes and regenerates.

170 PLN / 50 MINUTES

Full relief

The treatment is intended for sensitive, vascular skin, prone to irritation. It reduces redness, strengthens blood vessels, smoothes and protects the skin against external factors.

170 PLN / 50 MINUTES

Perfect cleansing

A creamy face peeling combined with manual cleansing and a normalizing mask. Recommended especially for contaminated, mixed and oily skin. It has an anti-inflammatory effect, reduces glistening, removes toxins and eliminates minor imperfections.

170 PLN / 60 MINUTES

Microdermabrasion

The treatment involves deep exfoliation of the epidermis. Perfectly brightens and improves skin tone. Cleans the skin and reduces the appearance of wrinkles.

150 PLN / 60 MINUTES

Cavitation peeling

Gentle exfoliation of the epidermis with ultrasounds. The treatment cleanses the skin and the mask applied at the end of the treatment provides the skin with the necessary nutrients.

120 PLN / 45 MINUTES

REVITALIZING TREATMENT
FOR THE EYES AND MOUTH AREA
BEAUTIFUL HANDS
SPA FOR THE FEET
AQUA EKSPRESS
CARBOXI EXPRESS

Revitalizing treatment for the eyes and mouth area

A treatment that improves the level of skin hydration and tension. Thanks to the content of retinol, caviar and stem cells, it acts anti-aging, reduces dark circles and puffiness under the eyes and stimulates cell renewal.

140 PLN / 30 MINUTES

110 PLN (additionally to the facial treatments)

Beautiful hands

A treatment for hands with intensely moisturizing mask and hand massage with nourishing butter. Perfectly regenerate the skin of my hands and strengthens nails. The treatment is the perfect complement to the face treatment.

60 PLN / 25 MINUTES

Spa for the feet

Foot peeling combined with massage on a smoothing cream with the addition of essential oils and high-quality skin lipids leaves the feet with a long-lasting feeling of freshness. The perfect treatment after long mountain trips.

60 PLN / 25 MINUTES

Additional treatments

Aqua Ekspress

Intensely moisturizing face treatment with regenerating effect. Perfect as a complement to body treatments.

120 PLN / 30 MINUTES

Carboxi express

Express and multi-active exfoliation on many levels of the skin. Immediate effect of oxygenation of the skin due to the content of 5 alpha-hydroxy acids strengthened with unique carboxy-therapy. Three-phase treatment, which in 30 MINUTES makes the skin extremely smooth, moisturized and radiant.

220 PLN / 45 MINUTES

HAND CARE
FOOT CARE

Hand care

Basic manicure	60 PLN / 45 MIN
Basic manicure with nail polish	85 PLN / 60 MIN
Hybrid manicure	130 PLN / 90 MIN
Hybrid removal	20 PLN/ DO 30 MIN
SPA manicure	120 PLN / 60 MIN

Foot care

Basic pedicure	110 PLN / 60 MIN
Basic pedicure with nail polish	135 PLN / 75 MIN
Hybrid pedicure	170 PLN / 90 MIN
SPA pedicure	160 PLN / 75 MIN



medicare



PHYSIOTHERAPY

Electrotherapy

Galvanic currents / interference currents / Trabert's currents / Kotz currents / Tens currents

Treatments using curative currents, which, depending on the type, are used to improve the blood circulation of stimulated tissue, relieve pain, relieve inflammation, accelerate tissue regeneration, stimulate nerves and muscles.

18 PLN / 15 MINUTES

Bioptron

Bioptron lamp therapy naturally stimulates the body's regenerative and defensive capacities. It is widely used in the treatment of rheumatic diseases, post-traumatic conditions, sinusitis and dermatological diseases.

18 PLN / 15 MINUTES

Ultrasounds

Ultrasonotherapy involves treatment with a head that emits ultrasonic waves. It has an analgesic effect, inhibits inflammation and reduces muscle tension.

18 PLN / up to 10 MINUTES

ELECTROTHERAPY
BIOPTRON
ULTRASCHALL
LASER THERAPY
LOCAL CRYOTHERAPY

Laser therapy

Stimulation of the healing processes of the body using laser radiation. It has an analgesic, antiinflammatory effect, stimulates lymphatic circulation. Used, among others in inflammation, pain of various origins, muscle dysfunctions or back pain.

18 PLN / 10 MINUTES

Local cryotherapy

A treatment consisting in local lowering of skin temperature and tissues located deeper. Used mainly during early injuries, reducing pain and swelling and anti-inflammatory effects.

18 PLN / up to 5 MINUTES

Treatments in the field of physical therapy are available only in packages or after purchasing a series of treatments. We encourage you to contact our therapists who will arrange a treatment plan for you.

BALNEOLOGY

Baths in a mud suspension

Baths in a mud suspension act as anti-inflammatory, analgesic, smooth the skin, improve the blood supply to the skin, increase immunity and cleanse the body.

45 PLN / 20 MINUTES

Mud compresses

The treatment consists in covering the disease areas with mud, containing mineral and organic components (proteins, amino acids, bitumens, humic acids). Wraps have analgesic effect, reduce muscle tone, improve blood circulation and facilitate the absorption of exudates appearing in inflammation.

40 PLN / 20 MINUTES

BATHS IN A MUD SUSPENSION
MUD COMPRESSES
BRINE BATHS

Brine baths

A healthy bath in water containing a lot of sodium ions, magnesium, manganese, bromine, calcium has a relaxing effect, improves circulation and immunity of the body and weakens pain. Isotonic and regenerating after physical exercise, supplementing mineral compounds.

45 PLN / 20 MINUTES

MASSAGE

Classic massage

Performed manually by the therapist to relax muscle tension. It supports the treatment of many diseases, relieves pain, stimulates circulation, enabling faster regeneration of the body.

full 60 MINUTES / 170 PLN

partial 30 MINUTES / 100 PLN

Mud relief

A specially prepared treatment that relaxes tension in the back muscles. The treatment relieves pain caused by bad posture, stress and physical effort. The cure starts with cleansing - oxygenating peeling of the back. The next stage is the warming mud wrap and, finally, the back massage pleców.

160 PLN / 60 MINUTES

CLASSIC MASSAGE
MUD RELIEF



Package sets

FOR PREGNANT WOMEN

- ◇ Goddess Rose-body treatment
- ◇ Perfect hydration - facial treatment
- ◇ Beautiful hands

PACKAGE PRICE 440 PLN

MOISTURIZING AND REGENERATING

- ◇ Mud Gemothermal - body treatment
- ◇ Aqua-treatment for the face
- ◇ Beautiful hands

PACKAGE PRICE 560 PLN

EXCLUSIVE

- ◇ AG3 Beauty Secret or Lifting Code - facial treatment
- ◇ Sapphire Gemothermal - body treatment
- ◇ Thermal bath

PACKAGE PRICE 740 PLN

SPA REGULATIONS

Please arrive 5 minutes before the planned treatment. Arriving late can shorten the time of the procedure. In the event of cancelling the treatment, please inform the main reception or SPA reception 5 hours before the planned treatment.

If the cancellation takes place in less than 5 hours until the planned treatment, you will be charged 40% of the price of the treatment.

The users of the treatments undertake to inform the SPA employee about the existence of pregnancy, chronic illness. We recommend that you come to the SPA without valuable items.

SPA staff are not responsible for things left in the locker room or in the office. Most body treatments are performed without clothing. Before the surgery you will receive one-time underwear. Booking of treatments is tantamount to acceptance of the regulations.



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