



Menu SPA

Information and treatment booking

From a hotel room: internal 314

Hotel Reception phone number 63 212 11 71

E-mail: spa@hotelmoran.pl

We are open at

Monday - Friday: 10.00 a.m. - 6.00 p.m.

Saturday: 10.00 a.m. - 9.00 p.m.

Sunday: 10.00 a.m. - 3.00 p.m.

Pool & jacuzzi: daily 8.00 a.m. - 9.00 p.m. | **Sauna:** daily 3.00 a.m. - 9.00 p.m.

Facial beauty treatments

Mystery of Nature

About 60 minutes | Price PLN 430

A treatment using a strongly regenerating snail protein extract. Gives an extraordinary effect of a rested and brightened complexion. Improves the structure of collagen and elastin fibres, increases the synthesis of a basic protein. Noticeable difference in skin quality as soon as after the first treatment.

Sea Purifying

About 60 minutes | Price PLN 390

Thalgo Purete Marine. It is an intensive normalizing therapy intended for the care of oily, acne and mixed skin.

Treatment removes dead epidermis, unclogs pores and regulates the work of sebaceous glands, preventing the formation of blackheads and inflammation.

Blissful Alleviation

About 60 minutes | Price PLN 410

Thalgo Cold Cream Marine. Regenerating and nourishing therapy intended for capillary, thin, sensitive, prone to redness and irritation types of skin. Supports the sealing of blood vessels, alleviates irritation, and reduces skin hypersensitivity to external factors.

Facial beauty treatments

Intensive Hydration

About 60 minutes | Price PLN 410zł

Thalgo Absolute Hydration. A deeply moisturising ritual, intended for dehydrated skin types. Taken from the depths of the ocean. The Seve Bleue complex provides the cells with a wealth of marine components: micro-, macroelements, minerals and trace elements. Other active ingredients, including hyaluronic acid, provide long-lasting hydration. In addition, they stimulate the natural process of skin detoxification.

Silicium Lifting

About 60 minutes | Price PLN 510

Thalgo Silicium Marine. A luxurious rejuvenating and lifting face ritual for people after 40 years of age. Highly concentrated active ingredients: hyaluronic acid, collagen, sea silicon and red algae and the innovative Derma-Stim massage provide an immediate lifting effect. The treatment shapes the face oval, makes the skin more elastic and tightens it, reduces wrinkles, stimulates the production of collagen and elastin.

Secret o Eternal Youth

About 90 minutes | Price PLN 520

Thalgo-Lift is an intensive lifting and anti-ageing ritual that is recommended for people after 45 years of age. The treatment is based on algae hormones that inhibit the destruction of collagen, and also have an intensely nourishing and regenerating effect. A unique massage, developed in cooperation with a plastic surgeon, performed on facial muscles and a mask based on biological cellulose and hyaluronic acid provide the biological lifting effect.

Facial beauty treatments

Magic o the Look

About 60 minutes | Price PLN 310

Thalgo Eye Expert. This is the solution to problems that affect the delicate skin around the eyes – wrinkles, dark circles, swelling and dryness. The treatment formula based on collagen and hyaluronic acid reduces swelling, smooths the eye area, reduces dark circles and wrinkles, removes signs of fatigue, and illuminates the skin.

Cavitation Peeling with an Ampoule, a Mask and a Face Massage

About 60 minutes | Price PLN 360

Cavitation peeling thoroughly cleanses the skin, making it smooth and radiant. The ampoule and mask matched to a skin type meet the needs of the skin, and the face massage allows you to relax.

Man's Instinct

About 60 minutes | Price PLN 380

Protective anti-ageing ritual for men, which also deeply cleanses the skin and balances the production of sebum. Intended for all age groups and types of skin, also for men with a beard. The HYDRA-OIL BLEND complex, thanks to the natural ingredients of oils, perfectly moisturises and nourishes the skin. In the case of a beard, it allows its discipline and perfect stylisation

Body treatments

Perfect Legs

About 50 minutes | Price PLN 310

Draining and anti-swelling treatment. Delicate perlite-based peeling effectively refreshes the skin and prepares it for the application of active ingredients. Green clay contained in the mask stimulates blood and lymph circulation as well as eliminates toxins that cause swelling, a feeling of heaviness and general discomfort of the legs. The cream effectively moisturises the skin and gently cools, providing a feeling of light, rested legs.

Secret o Youth

About 75 minutes | Price PLN 400

A regenerating and firming treatment for mature skin. It acts against damage caused by age and external factors. A creamy scrub gives the skin a younger look. The mask with black clay strongly regenerates, oxygenates and revitalises. The cream applied at the end deeply moisturises and restores proper tension to the skin.

Gym Efect

About 75 minutes | Price PLN 420

Highly effective modelling and anti-cellulite therapy with peeling, an ampoule stimulating the metabolism, a mask based on yellow clay and cream. A treatment created to fight with all types of cellulite and excessively accumulated fat tissue. It makes skin imperfections less visible, tightens and shapes the body.

Body treatments

Feeling of Lightness

About 75 minutes | Price PLN 380

Draining and detoxifying treatment. Creamy peeling effectively refreshes the skin and stimulates circulation. The mask based on green clay strongly stimulates the work of the circulatory and lymphatic systems, supporting the removal of toxins from the body. The cream that is applied at the end of the treatment moisturises and drains. The treatment leaves a feeling of refreshing coolness and lightness. .

Complex Feast for the Body

About 80 minutes | Price PLN 470

Multi-directional treatment with peeling, an ampoule stimulating metabolism, a mask and cream application. It allows you to combine masks and creams with different properties to satisfy all the needs of the skin during one treatment. .

Peeling Combined with a Body Massage

About 50 minutes | Price PLN 340

Aromatic, salt and oil body scrub smooths, moisturises and intensively nourishes the skin, and the nutritional Shea butter combined with the massage leaves it silky and exceptionally delicate..

Body scrubs

Salt Scrub | Chocolate with Orange

About 20 minutes/ Price PLN 230

It improves blood circulation and firms the skin. It also participates in the breakdown of accumulated fat tissue, which contributes to the reduction of cellulite. .

Salt Scrub | Mango with Calendula

About 20 minutes/ Price PLN 230

An externally used mango extract cleanses clogged skin pores and helps to get rid of skin blemishes. It deeply moisturises and nourishes the skin. .

Sugar Scrub | Magnolia

About 20 minutes/ Price PLN 230

Thanks to the content of sweet almond oil and shea butter, it perfectly soothes and moisturises the skin, mantling it with the extremely feminine scent of the magnolia flower. Perfect for dry. .

Sugar Scrub | Coffee

About 20 minutes/ Price PLN 230

Macadamia oil, coconut oil and shea butter strongly elasticise and smooth the skin. The aroma of freshly ground coffee spurs into action and puts in a perfect mood.

Body care rituals with a massage

Indoceane

About 90 minutes/ Price PLN 520

Relaxing ritual. An extraordinary journey to the land of beauty and relaxation that is inspired by the philosophy of the East. An ideal offer for stressed people. Oriental scrub perfectly cleanses the skin. Hot, oriental oils release the body and mind from strains. Silky mask regenerates and moisturises the skin.

Polynesia

About 90 minutes/ Price PLN 490

Nourishing and relaxing ritual. A sensual journey to the Polynesian Islands. Each of the islands is the next stage of deep relaxation. Vanilla peeling from the island of Tahaa provides the skin with silky smoothness. Hot stamps filled with sand from Bora Bora deeply relax. The last stage of the treatment brightens the body like the sun rays on the island of Raiatea..

Arctic

About 90 minutes/ Price PLN 490

Regenerating and refreshing ritual inspired by the power of the oceans. Thanks to the combination of the feelings of warmth and a subtle, refreshing coolness, it provides a unique sensory experience. Incredibly soft, almost fluffy scent notes of preparations used during the treatment recall powder snow, creating the perfect atmosphere for a blissful rest and relaxation.

Body care rituals with a massage

Atlantic

About 90 minutes/ Price PLN 490

Energising and moisturising ritual inspired by the diversity of beaches of the Atlantic Ocean. The peeling and mask mantle the body with extremely sensual scents of flowers and fruits. Mountain crystals restore the harmonious flow of energy in the body and deepen the feeling of relaxation..

Soothing Mantling

About 75 minutes/ Price PLN 450

Thalgo Cold Cream Marine Ritual. A soothing and highly moisturising treatment for dry and sensitive skin. It soothes the feeling of tension and restores the proper lipid level to the skin.

The marine nutrients and the soothing complex eliminate the feeling of discomfort, making the skin soft, firm, and velvety smooth again.

Gifts of the Seas

About 75 minutes/ Price PLN 460

Thalgo Marine Prelude ritual. Detoxifying and remineralising treatment.

An exclusive peeling with sea salt in combination with a Dead Sea mud wrap effectively removes toxins. It speeds up the metabolism, which leads to the reduction of cellulite and fat tissue.

It improves the firmness and elasticity of the skin, adding to its vitality.

Basic Classic Massage Partial or Whole Body

25 minutes | Price PLN 200 50 minutes | Price PLN 310

A classic massage that has a vast range of applications. It relaxes muscles, has a beneficial effect on many vital functions and regenerates the body. It reduces tension, acts as an analgesic and relaxes. While being performed using a mild oil, it can cover the whole body (50 minutes) or its part – back, legs or hands (25 minutes).

Shea Butter Massage

50 minutes | Price PLN 320 zł

A nourishing, luxurious massage using warm shea butter. Performed with the use of classic massage techniques. It leaves deeply moisturised and velvety soft skin.

Hot Candle Wax Massage

25 minutes | Price PLN 200 50 minutes | Price PLN 310

It combines classic Swedish massage techniques with the care properties of the candle based on a mixture of shea butter and avocado oil. Warm, aromatic wax provides a wealth of vitamins and nutrients. Also, it enhances the feeling of relaxation.

Classic Massages

Relaxing with Aromatherapy

25 minutes | Price PLN 200 50 minutes | Price PLN 310

Sensual massage with the use of relaxing aromatic oils. Delicate, calm massage movements perfectly relax the tensed body. It can be performed all over the body (50 minutes massage) or partially – on the back (25 minutes massage).

Facial Massage

20 minutes | Price PLN 160, and together with another massage or body treatment: PLN 110

Moisturising massage of the face, the neck and the cleavage. It prevents the formation of wrinkles and reduces existing ones. It oxygenates, nourishes and stimulates skin regeneration; perfectly relaxes.

Healing massages

Hot stones massage

50 minutes | Price PLN 340

Deeply heats, accelerates blood circulation, relaxes and has a strong regenerating effect. The treatment is recommended both to stressed people, with increased muscle tension, as well as those suffering from rheumatic, muscular and joint ailments.

Chinese Cupping (Bubble) Massage

50 minutes | Price PLN 320

This kind of massage has a wide healing and cosmetic application. It relaxes and brings relief

to excessively strained muscles. Strongly drains and supports the removal of toxins from the body. Intensively stimulates the subcutaneous tissue, reduces cellulite, firms, and models the body.

Head and Neck Massage

20 minutes | Price PLN 200

An ideal offer for people who spend long hours in a sitting position. It reduces the tension of the neck muscles and shoulder girdle, relieves headaches. Anti-stress effect.

Feet Massage

30 minutes | Price PLN 200

It relaxes the overloaded muscles and improves the circulation of the feet and the calves. Eliminates the feeling of tired, sluggish legs. Thanks to the numerous reflex points found on the feet, it has a healing effect on the whole body.

Lymphatic Drainage

50 minutes | Price PLN 350 70minutes | Price PLN 430

Healing massage of the entire body (70 min.) or legs, stomach and buttocks (50 min.) aimed at improving lymph circulation. It reduces swelling and lymphatic exudates.

It is also used in body cosmetics, including in combating cellulite, supporting the slimming process and cleansing the body of toxins.



Kids' SPA

*At Natura Moran**** SPA, we do not forget about the youngest.
With them in mind, we have prepared the Kid's SPA offer,
where you will find proposals for gentle treatments for teenagers
and younger children.*

*A joint visit at the SPA will be a perfect variety to your rest
and a perfect idea for an interesting and unforgettable time
together with the child.*

*The treatments from the Kid;s SPA offer can be used by children over 5 years o age.
Treatments and massages take place in the presence of a parent or adult guardian o the
child..*

Kids' SPA

Chocolate Dizziness

About 25 minutes/ Price PLN 200

A gentle, 25minutes relaxing massage performer with a warm chocolate. The perfect aroma of chocolate floating in the air has a great influence on the child's well-being.

Fruit Fun

About 25 minutes/ Price PLN 190

Moisturising body massage based on cream or butter with a fruity fragrance. The subtle fragrance accompanying a gentle massage perfectly relaxes and moisturizes the skin.

Blooming Garden

About 25 minutes/ Price PLN 200

Mild, fragrant body peeling based on shea butter and sugar. A gentle massage in combination with peeling particles relaxes, refreshes and moisturizes the skin, enveloping it for a long ime with the sweet aroma of magnolia flower. Recommended for children from 10 years of age.

Teenagers Dream

About 25 minutes/ Price PLN 200

A care facial treatment tailored to the needs of young and problematic skin. It restores the skin's healty, matte appearance and improves its functioning. Recommended for children from 10 years of age.

Natura Moran SPA Regulations

1. Booking and using a treatment constitutes your acceptance of these regulations.
2. Booking treatments in advance guarantees the possibility of choosing a date convenient for you.
3. The qualified SPA personnel gives all information on the offer and advises in choosing treatments.
4. People that are not the guests of the Hotel Moran **** SPA who are willing to book treatments have to pay a deposit amounting to 50% of the chosen treatment price.
5. Arriving at the SPA reception no later than 5 minutes before the planned treatment date guarantees that the treatment will be carried out within its maximum duration.
6. Late arrival for the booked treatment results in shortening it by the delay time at its beginning - without reducing the treatment cost.
7. You have to go to the SPA wearing the bathrobe that you can find in your hotel room.
8. In the case of people not accommodated at the hotel, the SPA reception gives the bathrobe and all the needed information on preparation for the treatment.
9. You have to arrive at the SPA without any jewellery and valuable items. Otherwise, you will be asked to take off the jewellery before the treatment. The SPA is not responsible for the jewellery left in the treatment room.
10. The SPA is a silence zone. Loud talks preventing the others from resting and calming down are forbidden.
11. For the sake of your relaxation, it is also forbidden to bring mobile phones and other electronic devices for treatments.
If you bring the devices as mentioned above, you need to switch them to aeroplane mode or turn them off before entering the SPA.
12. In case of unacceptable behaviour, the therapist may stop the treatment and ask to leave the treatment room without refunding/reducing the treatment price.
13. We do understand the plans may change, that is why you can cancel the treatment without any charges no later than 2 hours before its planned beginning. Failing to cancel within the time as mentioned above or no-show constitutes the acceptance of paying 100% of the booked treatment price.
14. In the case of group bookings, no-cost cancellation of the treatment is possible no later than 24 hours before its planned beginning.
15. Outside the opening hours of the SPA, you should report cancelling the treatment at the Hotel Reception.
16. The fee for treatments is added to the hotel bill of the Guest.
17. People not accommodated at the Hotel Moran **** SPA have to pay for the booked treatment right before the treatment at the Hotel Reception.
18. You have report all the reservations on the performed treatment during its duration. After the treatment, complaints will not be considered.



Welcome!

Hotel Moran **** SPA

Ostrowo 30 | 62-430 Powidz | Greater Poland

www.hotelmoran.pl

Phone number: +48 63 212 11 71, +48 502 530 920

E-mail: moran@hotelmoran.pl