

REZYDENCJA



GUBAŁÓWKA

SPA *menu*



Discover relaxation [at a high level]*

* at 1126 m.a.s.l. and above...



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body treatments

Perfect massages and rituals – relaxing and soothing.
Relaxation and regeneration of the whole body guaranteed.
Let yourself be pampered!

RITUAL FROM BANGALORE IN INDIA - ENERGY

Treatment based on traditional Indian Ayurveda, known as the 'science of longevity'. All treatment stages focus on muscle tension. Deep, rhythmic massage and controlled breathing help to achieve the state of total relaxation. Blend of plant oils used in the ritual has nourishing and healing properties and envelops the body in the gentle aroma of cardamom and vanilla. The aromatic scrub contains precious and rare spices, a dash of sea salt and almond powder which removes dead skin. Cinnamon and vanilla oil revitalise the body and restore skin glow.

Duration: 80 min

Price: 430 PLN

TAHITI POLYNESIAN ISLANDS RITUAL - REGENERATION

Treatment inspired by the methods used by Polynesian Islands healers. Taitian Monoi Oil - the extraordinary sacred oil of Polynesia and Noni, also known as the 'universal remedy of the ancients', are particularly known for their protective and healing properties. The positive effect is provided by orange, white ylang ylang flowers and vanilla fragrance composition. The subtle body scrub is a gentle exfoliating paste that cleanses the skin, leaving it fragrant, smoothed and even-toned.

Duration: 80 min

Price: 430 PLN

THE NORTH AFRICAN RITUAL - CLEANSING

For over 2,000 years, women in the Middle and Near East have been developing beauty recipes, passing them from generation to generation - from mother to daughter. The ritual leaves the skin smooth and refreshed. At the heart of the treatment is massage based on argan oil, which is an antioxidant and has great restorative properties. This procedure eliminates toxins and muscle pain, nourishes the skin very deeply, regenerates it and leaves it silky smooth. The massage is preceded by a scrub and then Rassoul clay is applied. Scrubbing with Beldi black soap and kassa glove - in the Orient tradition, black soap plays the major role - it cleanses, purifies, helps remove toxins; it is made from 100% extra virgin olive oil, and contains cinnamon, eucalyptus and cedar.

Duration: 105 min

Price: 520 PLN

DEEP RELAXING SHEA BUTTER MASSAGE

The massage is especially recommended for people in need of deep stress relief and relaxation. The Shea butter massage provides a long-lasting moisturizing effect and renewal of the lipid layer – even for very dry skin. The long-lasting attractive balm fragrances affect the skin in an aromatherapeutic and relaxing manner. It is recommended especially for dry and mature skin which requires regeneration.

Duration: 60 / 90 min

Price: 290 / 400 PLN

DEEP RELAXING MASSAGE WITH HOT STONES ON NATURAL OIL

Relaxing aromatherapy therapy which is a combination of traditional massage techniques and hot basalt stone therapy. It reduces muscle tension and relaxes the whole body, it also has a relaxing effect and psychological tension reducing effect. The massage is performed with natural plants oil, which improves the elasticity skin. Natural antioxidants contained in the oil protect the skin against premature aging, protect against moisture loss and provide protection against external factors. The treatment ends with delicate head massage.

Duration: 60 / 90 min

Price: 340 / 450 PLN

RELAXING MASSAGE WITH NATURAL OIL

A calming, ritualistic, perfectly relaxing body massage. It cleanses the body, restores the natural harmony of the body, provides deep relaxation, eliminates stress and negative emotions, and restores the energy balance of the whole body. Natural oil perfectly moisturizes the skin, makes it firm and elastic, softens and regenerates; It does not clog pores and does not cause irritation, and it has a pleasant texture and is quickly absorbed. It has a soothing and anti-inflammatory effect, and also slows down the aging process.

Duration: 60 / 90 min

Price: 290 / 400 PLN

CLASSIC MASSAGE

This massage is the most frequently chosen form that allows you to alleviate the effects of stress and nervous tension. It activates the activity of the lymphatic and circulatory systems, thanks to which oxygen and nutrients reach the body in greater amounts. It improves the mobility of joints and also affects the muscles: it increases their flexibility, thanks to which they work better and are also better supplied with blood.

Duration: 30 / 60 / 90 min

Price: 160 / 280 / 400 PLN

CLASSIC MASSAGE WITH PEELING

The massage is preceded by a full body peeling, which perfectly exfoliates dead epidermis, improves microcirculation and skin breathing.

Duration: 90 min

Price: 430 PLN

SELF-DEVELOPED BODY MASSAGE

This massage is individually adapted to the individuals deep tissue work with elements of classical massage. The deep work provides intense relaxation, reduces pain and has a beneficial effect on the clients range of mobility. This massage allows the body and mind to regenerate, inducing a state of complete relaxation.

Duration: 30 / 45 / 60 min

Price: 180 / 260 / 330 PLN

SPORTS MASSAGE

An intensive and energetic massage dedicated to those who train and need/seek stronger stimulation. Improves blood circulation and raises the temperature of the massaged area. It has strong regenerative properties and is an integral part of biological regeneration.

Duration: 30 / 60 min

Price: 190 / 340 zł

SPINAL MASSAGE

Backache is one of the most common ailments in society. This is mainly due to the way we live. Long sitting positions, stress, and no time for physical activity. The massage is recommended for people suffering from back pain (stiff neck, shoulder blade, pain in the sacrum area).

Duration: 30 min

Price: 170 PLN

FOOT MASSAGE

An injection of health and pleasure after a tiring, active day. It brings a feeling of lightness. The vessels are better supplied with blood, which stimulates the nerves on the sole of the foot and has a positive effect on the entire body.

Duration: 30 min

Price: 160 PLN

FOOT PEELING MASSAGE

A blissful moment of relaxation, but also intensive care, hydration and regeneration of the skin of the feet. During this treatment, receptors that response of biological regeneration will be stimulated. After the treatment, your feet will be velvety and soft to the touch. You will feel lightness freshness and relaxation.

Duration: 30 min

Price: 200 PLN / 150 PLN - additionally with the massage

BODY PEELINGS

This treatment not only smoothes the body, but also has a refreshing and cleansing effect, as it deeply cleanses the pores. Thanks to the appropriate active ingredients, it effectively removes dead epidermal cells and ensures an optimal level of hydration. It stimulates blood circulation in blood vessels and improves oxygenation of each cell. It works great before any full body massage.

Duration: 30 min

Price: 200 PLN / 150 PLN - additionally with the massage

SELF-DEVELOPED FACE AND HEAD MASSAGE

Relaxing face, neck, upper chest and head massage. Strongly stimulates circulation and reduces puffiness. Smoothes and firms up the skin. Performed with cosmetics tailored especially to your skin type.

Duration: 30 min

Price: 160 PLN

KOBIDO - FACIAL MASSAGE

Ritual of beauties, youthfulness and relaxation. It's a deep tissue stimulation and intense lymphatic drainage. Fast and intensive hand movements are interspersed with gentle, slow stroking gestures and steady patting. The effects of the kobido massage are very impressive and noticeable after first treatment. Muscles become relaxed and devoid of tension, and the skin firm and smooth, additionally gains a healthy color full of natural glow and vigor. The treatment is recommended for women and men in all ages.

Duration: 70 min

Price: 390 PLN



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facial treatments

For facial treatments, we use Skeyndor cosmetics, which ensure the highest quality and safety of use. After consultation, our professionals will choose the best treatment for you.

CORRECTIVE BOTOX LIKE THERAPY

The Botox Like therapy offers an alternative to aesthetic medicine. The abundance of stimulating peptides, filling and deeply moisturising substances ensures immediate facial contours improvement, as well as a significant elasticity increase. In addition, the face will be cleansed through a cavitation peeling, which involves cleansing the skin through ultrasound. Ultrasonic vibrations will be used, enriched with micromassage, improve microcirculation and oxygenate the skin. Cavitation peel is a painless treatment and is also suitable for people who have sensitive skin and cannot use manual cleansing. It is perfect as a preparation for the treatment.

Duration: 90 min

Price: 550 PLN

ETERNAL- STEM CELLS IN ANTI-AGE THERAPY

Intensive anti-ageing care inspired by the latest research in genetic engineering. Supplied with liposomes, stem cells from the Swiss apple tree Uttwiler Spatlauber provide immediate skin renewal and regeneration. The additions of silicon, hyaluronic acid and peptides help to restore skin density and deep hydration. Ideal as a banquet treatment.

Duration: 90 min

Price: 430 PLN

POWER OXYGEN DETOXIFYING AND OXYGENATING TREATMENT

It is perfect for people with skin that lacks radiance due to daily stress and high exposure to urban pollution. It provides excellent skin oxygenation, acts as an antioxidant and detoxifier, and strengthens the skin's natural protective barriers.

Duration: 60 min

Price: 350 PLN

POWER C - INTENSIVE BRIGHTENING THERAPY

This treatment benefits from the intensive effect of 15% vitamin C and 6% of the punica extract. It is best for photoaging, grey, neglected and smoker's skin. It brightens, seals widened capillaries and enhances new collagen production, having anti-aging effect. During the mask a facial massage with jade gua shua stones is performed, which stimulates circulation, reduces puffiness, dark circles under eyes, wrinkles and gently tightens the skin and restores its radiance.

Duration: 60 min

Price: 350 PLN

EXPRESS FACIAL CARE

Rejuvenates and moisturizes the fatigued facial skin. Perfect for all skin types, adding glow and firmness to it.

Duration: 35 min

Price: 250 PLN

CAVITATION PEEL

Is a skin cleansing procedure by an ultrasonic peeling. In addition to exfoliation, ultrasonic vibrations, enriched with micro massage, improve microcirculation and oxygenate the skin. Cavitation peel is a painless procedure and is also intended for people with sensitive skin and cannot use manual cleansing. It works great as a preparation for treatments.

Duration: 20 min

Price: 150 PLN / 100 PLN - cavitation peel during facial treatment

Time to relax...

#gubaOFFka



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BOOK

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