



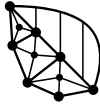
OUR PHILOSOPHY

Our philosophy consists in being true to the holistic concept of wellness through return to the origins of pure spa – water, which is the well of health, life, beauty and soothing of senses.

This is why we use manual techniques in all treatments and combine them with elements of modern balneology. We use the highest quality cosmetic products, which contain natural ingredients and are created in line with the sustainable development philosophy.

WellU philosophy stems from the cult of health, beauty and high quality of life. It primarily focuses on reversing the course of the biological clock using Larens cosmetics and Nutrivi supplements. Thanks to many years of work developed by Professor Andrzej Frydrychowski, the author of the bioactive collagen extraction method, we have an effective formula of youth, freshness and health.

Welcome to the revolutionary world without a scalpel



LARENS

NATURE AND SCIENCE

LARENS – MORE THAN CARE

Larens, together with Larens Professional Line, is a specialistic brand that offers skincare cosmeceuticals for face and body. It offers innovative products which, considering their use of ingredients, the production technology and the spectre of effects are a truly revolutionary combination of the achievements of science and the brilliance of nature. Their formulas are created in WellU laboratories under the supervision of WellU Scientific Council's scientists and Scientific Partners.

BIOPEPTIDE COMPLEX

The bioactive complex patented by WellU, containing a valuable combination of oligopeptides and polypeptides, has an invaluable effect on the condition of the skin, joints, tendons, bones, and all tissues and organs which use collagen to build their structures. An effective alternative to the blade of a scalpel. It is a wise, holistic investment in beauty and health. A panacea for saggy skin lacking firmness and smoothness, brittle nails, lustreless hair, weak bones, weak joints and tendons, weakened immunity, persisting pain and recurrent inflammation.

BIO-PLACENTA

Rich in growth factors obtained from natural raw materials in a biotechnological process. It activates DNA synthesis, cells start to multiply filling in skin lesions, reducing and eliminating wrinkles. Newly formed cells and blood vessels facilitate the flow of nutrients and oxygen, significantly accelerating regeneration processes. Growth factors activate fibroblast synthesis and collagen growth, thus, improving skin elasticity and firmness. They also contribute to replacement of damaged cells with new ones. We can therefore say that our skin revives.

PHYTODERMINA LOFTING

How does it work? It contains the ingredients of all the complexes present in Bio Renew mask, providing optimal conditions for the best results. It forms a kind of film on the skin. It allows the ingredients to deeply penetrate the skin and optimize their properties. Furthermore, it modifies skin structure, fills in any defects, thanks to which it has an anti-wrinkle and smoothing effect and protects skin against harmful external factors to which skin is exposed every day. Additionally, the structure of the cyclodextrin molecule increases the solubility of the ingredients characterized by different chemical properties, allowing them to optimize their benefits and their durability in the cosmeceutical.

LIPOSOMAL COLLAGEN COMPLEX

Liposomal Collagen Complex is pure collagen contained in a lipid bilayer, reaching deep skin layers and providing natural collagen fibres and peptide fractions directly to the damaged skin structures, rebuilding them from the inside.



significant wrinkle
reduction

skin saturation with
collagen

lifting effect

ultra-moisturising effect

skin protection and
reinforcement effect



FACE TREATMENTS

THE SECRET OF ETERNAL YOUTH

Treatment time: 70 min | Price: PLN 450

Effect: rejuvenation | regeneration

Youthful appearance and smooth, supple skin are the greatest dream of each person. A ritual being an alternative to collagen injections takes us to the world of the 21st century technology – a super active quartet composed of the intelligent Bio-Peptide Complex, retinol, hyaluronic acid and Regestril, bringing us closer and closer to our dream of eternal youth. Peptides have energising properties – stimulating skin cells to produce collagen and elastin. They are helpful in eliminating discolouration – brightening and evening the skin tone. Their effect in cosmetology is elastic body, filling in of defects and unevenness, as well as preventing skin flabbiness. The ordered structure of nano and hexagonal water is the essence of moisturising and daily care thanks to its capacity to penetrate into every skin cell, even the damaged ones. It is an intensive moisturiser, stimulates regeneration of damaged structures, strengthens natural defence mechanisms and soothes irritation.

LARENS FOR MEN

Treatment time: 60 min | Price: PLN 380

Effect: hydration | cleansing

Comprehensive treatment developed especially for the demanding male skin, in particular, tired skin lacking firmness. The ectoine and Bio-Peptide Complex contained in the treatment support the protective barrier functions of the skin, the algae mask will soothe any irritation, and a relaxing face massage will eliminate tension and make you feel relaxed. After the treatment, your skin will be deeply cleansed, regenerated and hydrated.

WE RECOMMEND

BIO RENEW LARENS PRO LIFT

Treatment time: 70 min | Price: PLN 480

Effect: rejuvenation | hydration

BIO Renew Larens Pro Lift treatment is a comprehensive face ritual using the innovative BIO Renew PRO Tissue Face Mask, which contains highly concentrated active ingredients: a complex of bioactive growth factors from plant placenta – BIO-Placenta, regenerating fish collagen peptides in the Bio-Peptide Complex and oligosaccharides having a lifting effect in the form of Phytodermina Lifting®. Spectacular effects, such as hydration, greatly improved firmness, reduction of wrinkles, improvement of face oval and skin tone evening, are visible immediately treatment. What is more, the effects are progressive – they become stronger after several days. Renew Larens Pro Lift delights with its effectiveness and is a perfect alternative to invasive lifting treatments.

AN AWARD-WINNING PRODUCT



FACE TREATMENTS

THE POWER OF HYDRATION

Treatment time: 60 min | Price: PLN 420

Effect: regeneration | deep hydration

Ultra-moisturising treatment with a complex of natural fish collagen peptides and a set of active ingredients acting in synergy with an algae mask will result in immediate and long-term skin hydration. A specially developed face, neck and neckline massage will provide your skin with firmness and vitality. Dedicated to each skin type, especially dry, sensitive and atopic skin.

MYOPLASTIC FACIAL MASSAGE

Treatment time: 60 min | Price: PLN 400

is an intensive technique for improving the muscular condition of the face, neck and shoulders. This massage effectively corrects age-related changes, restores skin tone, reduces wrinkles, lifts the oval of the face and slows down the ageing process, improves circulation and tissue nutrition. Thanks to deep kneading, a lifting effect, smoothing of wrinkles, improvement of skin tone are quickly achieved.

ANTI-AGEING MASSAGE

Treatment time: 35 min | Price: PLN 190

Effect: improvement of face muscle condition | relaxation

It is a perfect way to maintain a youthful appearance. By using the method of pressuring, strong rubbing and patting, this massage significantly improves muscle and face skin firmness. Anti-ageing massage is not recommended for people with couperose skin.



FACE TREATMENTS BY SKEYNDOR

FACE TREATMENTS BY SKEYNDOR

CORRECTIVE SKEYNDOR

Treatment time: 70 min | Price: PLN 500

ANTI-AGING TREATMENT WITH A BOTOX-LIKE EFFECT

A treatment alternative to aesthetic medicine. It owes its effectiveness to the action of peptides and filling and deeply moisturising substances. The treatment results in an immediate improvement of facial contours, an increase in skin elasticity and a marked reduction in wrinkles. The treatment is dedicated to all skin types, especially recommended for people over 30.

POWER C+

Treatment time: 70 min | Price: PLN 480

BRIGHTENING TREATMENT WITH PURE VITAMIN C

A brightening Power C+ therapy, based on a patented, long-lasting form of vitamin C. The cosmetics used in the treatment, have been enriched with the antioxidant properties of pomegranate extract and acai fruit, as well as ellagic and phytic acids. Power C+ is a professional treatment with triple antioxidant power. The effective cocktail of active ingredients counteracts skin dryness, brightens discolouration, increases elasticity, reduces dark circles under the eyes and adds radiance and vitality. It provides brighter, revitalised and visibly younger-looking skin. The treatment has won an award in the Beauty Premium competition.



DIEGO DALLA PALMA TREATMENTS

DIEGO DALLA PALMA TREATMENTS

FACIAL TREATMENTS

HA HERO

Treatment time: 60 min | Price: PLN 440

a unique treatment providing multi-level hydration and strong skin firming. It contains a calibrated complex of 4 different types of hyaluronic acid and copper tripeptide, which surpasses vitamin C and retinol with its effectiveness in stimulating collagen. The treatment is enriched with a relaxing cryomassage with glass beads.

ICON TIME

Treatment time: 60 min | Price: PLN 490

a luxurious thickening and firming treatment. The gold collagenin, silver micro dust and platinum matrix contained in the treatment strongly stimulate the activity of fibroblasts for the production of new collagen and elastin ensuring the remodelling of the entire supporting structure of the skin. The treatment is enriched with a unique gold facial mask.

SENSITIVE

Treatment time: 60 min | Price: PLN 400

An innovative and ultra-effective line, tailored to sensitive skin or skin sensitised by external factors (climate, drug therapies, pollution, unsuitable diet). Visibly reduces persistent or temporary redness thanks to the powerful neuropeptide ProSENS and ectoin.

BODY TREATMENTS

DREAM OF EMOTIONS

Treatment time: 60 min | Price: PLN 400

is a revolution in the approach to beauty, which takes the form of a sensual journey, its aim being to regenerate not only the surface of the skin but to delight the senses. The ritual begins with a multi-functional exfoliation with a harmonious combination of salt and sugar, which removes dead cells, stimulates circulation and drainage, preserving the balance of the skin's microflora, additionally enhancing cell regeneration and ensuring optimal levels of hydration. The treatment culminates with a choice of one of two aromatic body oils.



BODY TREATMENTS AND CEREMONIES

BODY TREATMENTS AND CEREMONIES

ALGAE-BASED ANTI-CELLULITE FIRING CEREMONY

Treatment time: 90 min | Price: PLN 450

A marine solution to improve your figure and reduce cellulite. This treatment with a strong effect is targeted to reduce all levels of cellulite, break up adipose tissue, accelerate its removal and prevent its further accumulation. Active Fucus algae-based preparations used in the treatment stimulate microcirculation, facilitate accelerating metabolism in the adipose tissue, enhance draining properties, provide skin with oxygen and energy, and improve skin tone and firmness.

CHOCOLATE PLEASURE A'LA BIAŁY KAMIEN

Treatment time including massage: 80 min | Price: PLN 450

It is a relaxing and aromatic ritual for the body with the use of warm, liquid chocolate. It has an aphrodisiac effect, stimulating the production of endorphins, which are the hormones of happiness and satisfaction. Pouring hot chocolate on the body and a relaxing full body massage preceded by a sugar scrub with cacao seeds will soothe your senses and energise you. Your skin will become smooth, shiny and supple.

BIO-PEPTIDE CEREMONY

Treatment time including massage: 90 min. | Price: PLN 450

Balanced beauty and youthfulness and the guaranteed feeling of comfort will create an entirely new awareness of your own body. Bio-Peptide Ceremony will make you feel great in your own skin. Thanks to the content of Bio-Peptide Complex and natural collagen, your skin will become instantly strengthened and smooth. This treatment has been enriched with the revolutionary substance – Regestril, the effectiveness of which in eliminating skin unevenness has been scientifically proven. It has great effects in reducing stretch marks and effectively prevents the appearance of new ones. Additionally, the content of allantoin, shea butter, hyaluronic acid, vitamin E and avocado oil slows down the skin ageing process, protects it against negative effects of free radicals, maintaining youthful appearance and healthy skin tone for longer.

APHRODITE'S GOLD

Treatment time: 90 min | Price: PLN 450 | Treatment time: including facial care: 120 min. | Price: PLN 720

This luxurious ceremony created on the basis of gold, pearls and champagne guarantees exclusive body care. Gold microparticles will subtly sprinkle the skin of your face, providing it with a radiant glow, stimulating it to produce collagen and elastin, and will soothe any skin irritation. Delicate fruit acids contained in champagne will lightly soften your epidermis and stimulate its regeneration, while antioxidants will help to eliminate free radicals. This holistic treatment will make your body smoother, provide it with more glow, and wrap it in a sensual scent. It is a perfect proposal before important events, when an exceptional physical and mental state is required.

BODY TREATMENTS AND CEREMONIES

RASPBERRY REFRESHMENT

Treatment time: 90 min | Price: PLN 450

A slimming and anti-detox treatment with a pleasant raspberry and citrus fragrance. Anti-cellulite and silhouette shaping care – stimulates the decomposition of adipose cells and prevents the accumulation of new ones. Reduces the effects of the “orange-peel skin” and stimulates the lymph flow. Deeply cleanses the skin, has a smoothing effect, provides elasticity and has antioxidative properties.

THE GENTLEMAN'S RITUAL

Treatment time: 90 min | Price: PLN 450

The gentleman's ritual is an eco-treatment for the body with a subtle masculine fragrance note. It is exceptional thanks to the properties of hempseed oil, which is considered to be one of the best moisturising oils. It is useful in treatments for each skin types (dry, damaged, sensitive, and also mature skin). Hempseed oil cosmetics maintain skin in good condition, reducing discolouration and restoring even skin tone. A delicate formula containing select natural ingredients supports body regeneration processes.

MAGNAT- ONLY FOR MEN

Treatment time: 80 min | Price: PLN 450

A luxurious body ritual for men with a sensual fragrance note of musk and ambergris. A specially prepared scrub will cleanse the skin and prepare it for the penetration of active ingredients. The application of shea butter, soothes irritations and strongly firms the skin, while the full-body massage with sweet almond oil relieves muscle tension, increases skin elasticity and induces a state of pleasant relaxation.

ORANGE GROVE

Treatment time: 90 min | Price: PLN 450

The scrub starting the ritual contains – apart from oranges – also Sculptosane and Kalpariane brown algae, which effectively smooth the skin, block fat depositing in cells and prevent the appearance of stretch marks. Subsequently, a gel mask with an addition of panthenol, chestnut and marine collagen is applied for deep hydration and increased elasticity of the skin. The ritual is completed with a relaxing massage with citrus-scented shea butter.

BODY TREATMENTS AND CEREMONIES BY SKEYNDOR

SAPPHIRE REGENERATION TOUCH

Treatment time: 90 min | Price: PLN 490

scrub | wrap | massage

This delicate wrap with sapphire particles is a sweet caress of nature, which will fill your skin with glow and energy, deeply revitalising your body and leaving it completely relaxed. It is perfect for those who need deep regeneration.

REVITALISING POWER OF HEMATITE

Treatment time: 90 min | Price: PLN 490

scrub | wrap | massage

The re-mineralising and a strongly firming properties of hematite and organic mud extract will softly wrap your skin, leaving it silky soft and supple, ready for the massage completing this ritual. Intended for skin requiring deep hydration.

GREEN TEA DETOX FOR BODY AND SENSES

Treatment time: 90 min | Price: PLN 490

scrub | wrap | massage

This regenerating, effervescent wrap containing green tea and a combination of citrus fruit with highly purifying properties removes toxins and skin impurities. Its unexpected warming effect is a feast for the senses. Perfect for skin requiring oxidation and more vitality.

DRAINING POWER OF ICEBERG

Treatment time: 80 min | Price: PLN 350

wrap | massage

This cold leg wrap containing iceberg water and peppermint in combination with feet massage re-activates and stimulates the entire body. It improves circulation and has strong draining properties, bringing a strong feeling of relief, especially in people with tired legs. If you feel that your legs are "heavy and tired", then this ritual is for you.



MASSAGE ZONE

MASSAGE ZONE BY SKEYNDOR

SALT SCRUB

Treatment time: 70 min | Price: PLN 360

This deeply regenerating and energising peeling treatment in combination with a relaxation massage uses the mineralising power of thermal minerals and salts to eliminate dead cells and impurities with an exceptional note of freshness. Very effective in revitalising dry or very dry skin.

ORANGE AND APRICOT SCRUB

Treatment time: 70 min | Price: PLN 360

This scrub combined with a massage has anti-oxidising and regenerating properties thanks to the exceptional properties of vitamin-rich oranges and apricots. Discover the true glow of your skin thanks to nourishing active ingredients enfolded in an exceptional fragrance. Perfect for all skin types.

CHARCOAL SCRUB

Treatment time: 70 min | Price: PLN 360

Free yourself of toxins thanks to a treatment based on organic mud, charcoal and volcanic sand, which in combination with a massage, purifies, smooths and intensively re-mineralises the skin. Intended for people living in the city and who need additional detox for smooth and even skin.

SESAME SCRUB WITH AVOCADO

Treatment time: 70 min | Price: PLN 360

Feel the creaminess of avocado wrapping your entire body with nourishment, delicacy and softness. A peeling treatment with sesame particles in combination with a care massage gently eliminate dead cells. It is appropriate especially for delicate and sensitive skin with a tendency to drying. Recommended for pregnant women.

ARABIAN OASIS – RELAXATION MASSAGE

Treatment time: 70 min | Price: PLN 310

This luxurious massage combines a number of exceptional techniques inspired by different cultures of the Arab world for deep relaxation and a sense of well-being from heads to toes. Enjoy the magical texture of the malachite balm wrapping your skin and get the spectacular feeling of stress relief and muscle relaxation.

MEDITERRANEAN ORIGINS – STRESS RELIEF CANDLE MASSAGE

Treatment time: 60 min | Price: PLN 310

This therapy inspired by the Mediterranean Sea is a combination of the East and the West, merging Swedish and Turkish massage techniques. Immerse yourself in a luxurious atmosphere where the warm candle oil with an exceptional orange scent melts on your skin. Discover the true art of body relaxation.

DEEP PACIFIC – RELAXATION MASSAGE

Treatment time: 60 min | Price: PLN 310

A soothing massage combining facial reflexology and different ancient techniques, which will caress your body with various intensity, from medium to very gentle pressure. Enjoy the relaxing properties of hempseed balm, ease your tension and wake your deepest feelings to re-connect with your roots.

MASSAGE ZONE

CLASSIC MASSAGE

Treatment time: 25 min | Price: PLN 150 | Treatment time: 50 min | Price: PLN 280

The purpose of the techniques used in massage is to relax soft tissues, reduce muscle tensions, and improve blood and lymph flow. It helps to regenerate tissues and improves metabolism.

RELAXATION MASSAGE WITH AROMATHERAPY

Treatment time: 25 min | Price: PLN 150 | Treatment time: 50 min | Price: PLN 280

It is relaxation massage with aromatic oils or butters, which takes you to the world of exceptional sensations. It makes you feel relaxed and improves your mood. This calm, rhythmical massage eliminates stress and related ailments, such as headache, back pain, impaired concentration or general body fatigue.

AUTHOR'S MASSAGE

Treatment time: 25 min | Price: PLN 160 | Treatment time: 50 min | Price: PLN 300

Unique manual techniques applied during the massage supplemented with the beneficial effect of aromatherapy oils, combined with the gentle heat of volcanic stones and enriched with draining massage moves using the Chinese bubble will help you to achieve deep relaxation and stress relief.

CHOCOLATE MASSAGE

Treatment time: 25 min | Price: PLN 150 | Treatment time: 50 min | Price: PLN 290

This massage session is pure relax and a caress for the senses, great mood and appetite for more. This massage eliminates stress, tension and fatigue and cares for the entire body skin – nourishes, smooths, rejuvenates it and improves its tone.

HOT STONE MASSAGE

Treatment time: 25 min | Price: PLN 150 | Treatment time: 50 min | Price: PLN 290

A deeply relaxing classic massage with the use of hot volcanic basalt stones. It provides perfect relaxation, reduces muscle tension, restores inner balance and harmony. The pleasant warmth of the stones balances the energy flow, relieves muscle tension and improves circulation.

After an unforgivable massage session, you will recover your vitality and the harmony of the body and mind.

MASSAGE FOR FUTURE MUMS

Treatment time: 50 min | Price: PLN 280

Improves your mood thanks to fluid, relaxing moves. This massage relives tensions which often accompany pregnancy, stimulates blood and lymph flow, oxygenates tissues and enhances the elimination of toxins. This massage can be performed from the second trimester of pregnancy.

THAI FEET MASSAGE

Treatment time: 50 min | Price: PLN 280

This therapeutic massage is a combination of acupressure and Ayurveda and includes, among others, massaging the sole and dorsum of the feet, toes, ankles, shins and knee area. By acting on reflexology zones, the feet massage contributes to the body detox, improves sleep, and eliminates the feeling of "heavy legs". It also affects digestive processes, the hormonal system, lymphatic glands and the central nervous system. Thai massage is preceded by a relaxing feet bath. It is especially recommended for people exposed to excessive feet load (e.g. standing work, some sport disciplines, overweight), and also after prolonged physical exertion or in body fatigue without an explicit reason.

MASSAGE FOR ACTIVE PEOPLE

Treatment time: 40 min | Price: PLN 240

Recommended especially after hiking, bicycle and ski trips in our beautiful area. Specially selected massage techniques will relax tired muscles and soothe pain, as well as accelerate tissue regeneration and elimination of lactic acid.

INDONESIAN MASSAGE

Treatment time: 60 min | Price: PLN 340

Combines Javan and Balinese techniques with elements of Ayurvedic massage. Deep manual action, acupressure and reflexotherapy are used to relax the muscles and stimulate the body to reach the state of harmony of the body, mind and soul. During the Indonesian massage, the muscle and skin tissues are deeply and strongly stimulated, thanks to which this massage is recommended especially as supplementary in treating injuries, eliminating cellulite and improving flabby skin with low elasticity. Indonesian massage also improves blood and lymph circulation. It helps the immune and nervous systems.



BATHS

MULTIVITAMIN BATH

Treatment time: 20 min | Price: PLN 120

This bath is a very pleasant vitamin “bomb” guaranteeing exceptional regeneration and revitalisation of the skin.

ALGAE BATH

Treatment time: 20 min | Price: PLN140

Bath with an addition of micronised blue algae. It provides the skin with intensive hydration, purification and firmness.

MILK BATH

Treatment time: 20 min | Price: PLN 140

Milk bath, also called “Cleopatra's Bath” is prepared on the basis of goat milk and pulverised raspberries and grapes. Goat milk contains a large number of nourishing proteins and vitamins, and thanks to triglycerides and fatty acids, it helps to maintain the right pH level of the skin and has a strong anti-bacterial effect. It has been proven that cosmetics containing goat milk are the most effective ones for dry and damaged skin (they contain a higher percentage of fat, approx. 30%) and are also appropriate for all skin types, even the most sensitive ones.

BRINE BATH

Treatment time: 20 min | Price: PLN 100

A bath performed with the use of a 3% iodine-bromine brine solution. Used mostly in musculoskeletal system disorders and skin diseases.

BATH WITH HOPS FROM THE JIZERA MOUNTAINS

Treatment time: 20 min | Price: PLN 140

It is a fantastic way to relax after a hard day. And all this thanks to valuable ingredients obtained from hops, barley and malt. Brewer's yeast helps with acne, skin impurities, infections, and prevents oily skin. The vitamins, folic acid, niacin and biotin contained in it have a positive effect on the functioning of many organs in our body and its biochemical processes. It makes our organism more immune and stronger. Beer has a rejuvenating effect on complexion and is beneficial for the skin, hair and nails. A small quantity of beer drunk during the bath increases the effectiveness of the treatment both from the inside and on the outside.

ORIENTAL BATH

Treatment time: 20 min | Price: PLN 120

A bath with refreshing bamboo and grapefruit scented powders. It has soothing and energising properties. Perfect for tired people.



SPA KIDS

TREATMENTS CAN BE PERFORMED IN THE PRESENCE OF A PARENT

FRUITY SUPERHERO

duration of body care treatment: approx. 30 min. – price: PLN 170

duration of partial back massage: approx. 15 min. – price: PLN 120

A unique pleasure of body care with forest fruit fragrance note. This treatment smooths delicate skin and makes it more elastic, while a massage induces a positive mood.

GOLDEN PRINCESS AND PRINCE

duration of body care treatment: approx. 30 min. – price: PLN 170

duration of partial back massage: approx. 15 min. – price: PLN 120

A massage with warm oil containing gold particles, which moisturises and brightens the skin. It has a great positive effect on the child's sense of well-being. The glow of gold particles will enchant every Princess and Prince.

CHOCOLATE ADVENTURE

duration of body care treatment: approx. 30 min. – price: PLN 170

duration of partial back massage: approx. 15 min. – price: PLN 120

Body massage performed with the assistance of warm chocolate is a caress for the senses, excellent mood and appetite... for a sweet piece of chocolate. (Massage, final care).



REHABILITATION TREATMENTS

KALTENBORN AND EVJENTH ORTHOPAEDIC MANUAL THERAPY

Treatment time: 30-45 min | Price: PLN 200

Covers all diagnostic and therapeutic manual techniques for the spine and peripheral joints used to detect and treat related disorders. Thanks to professional therapists certified by the European Academy of Orthopaedic Manual Therapy and Kaltenborn-Evjenth International, we provide an effective manual therapy for all kinds of disorders of the musculoskeletal system. Manual therapy is used in treating many diseases of the musculoskeletal system, and in particular:

- spine and peripheral joints pain resulting from degenerative or post-traumatic changes,
- discopathy,
- migraine type disorders,
- numbness, tingling, sensation of pins and needles in limbs,
- lateral curvature of the spine (scoliosis),
- other orthopaedic disorders requiring rehabilitation.

BRINE BATH

Treatment time: 20 min | Price: PLN 100

A bath performed with the use of a 3% iodine-bromine brine solution. Used mostly in musculoskeletal system and skin diseases.

HYDROMASSAGE

Treatment time: 20 min | Price: PLN 90

It has a beneficial effect not only on joints, but also on the spine, muscles and skin. It soothes the nervous system, enhances well-being, eliminates tiredness and regenerates strength.

PNEUMATIC LYMPHATIC DRAINAGE

Treatment time: 30 min | Price: PLN 70

A system of pressure therapy enhancing blood and lymph circulation that stimulates the muscular system by repeated compression and stretching.

REHABILITATION TREATMENTS

MUD WRAPS

Treatment time: 20 min | Price: PLN 70

The organic acids and salts in mud provide it with anti-inflammatory, astringent, bacteriostatic and bactericidal properties. Mud is applied in the form of patches on the body parts indicated by the physician.

ULTRASOUNDS

Treatment time: 5-10 min | Price: PLN 50

Sonotherapy, i.e. treating the body with ultrasounds, is used as a therapy the purpose of which is to inhibit inflammation, reduce muscular tension, that is, among others, for analgesic and blood vessels dilation purposes.

MAGNETOTHERAPY

Treatment time: 10-15 min | Price: PLN 50

Therapy with a pulsing magnetic field is used as an analgesic, anti-inflammatory and diastolic treatment. It enables obtaining a deep effect on the body. Magnetotherapy is used in several disciplines of medicine, for example, in orthopedics and rheumatology.

ELECTROTHERAPY

Treatment time: 15-20 min | Price: PLN 50

A physical treatment field dealing with symptomatic treatment of diseases, for example, musculoskeletal system and neurological disorders, using different types of therapeutic currents. The aim of electrotherapy is to soothe pain and improve blood supply to the stimulated tissue. It accelerates the absorption of swelling and intraarticular effusions.

COMBINATION THERAPY

Treatment time: 20 min | Price: PLN 80

It is a special treatment being a combination of sonotherapy and specially selected parameters of electrotherapy. Such an impulse enables effective elimination of inflammation of the treated nerve and restoration of its physiological values. Pain caused by discopathy, overload of soft tissues or nerve inflammation is eliminated in a fast and effective way. Combined therapy is the result of our long-term experience in treating sciatica caused by different factors. The effect of combined therapy is always positive and brings a significant and fast pain relief, as well as restores the correct functions of the sciatic nerve.

LOCALISED CO2 CRYOTHERAPY

Treatment time: 3-5 min | Price: PLN 50

This treatment has primarily an analgesic and hypermic effect. Treatment indications: post-traumatic and overload conditions, acute tissue inflammation, post-traumatic swelling, rheumatoid joint inflammation, peripheral nerve neuralgia.

LASER THERAPY

Treatment time: 10 min | Price: PLN 50

The mechanism of the therapeutic effect of laser beams consists in producing vibrations of atoms in the irradiated cells and tissues. The effect is normalisation of all processes taking place in the organism. Laser therapy is widely used in sports medicine, orthopaedics, rheumatology, neurology and dermatology.

RULES AND REGULATIONS OF THE SPA

1. You are requested to arrive at the Spa's reception at least 5 minutes before the planned treatment in order to get prepared and fill in an information sheet; getting late for the treatment shall result in shortening its duration.
2. Guests with health problems (hypertension, cardiac diseases) and pregnant women should inform the Spa's reception staff before the start of the treatment.
3. If you cancel your booked treatment at least 5 hours before its planned commencement, you shall not be charged any fee.
4. If, however, the above conditions are not met, you shall be automatically charged a fee amounting to 75% of the price of the treatment you selected.
5. Guest from outside booking treatments shall be obliged to pay an advance amounting to 50% of the value of the treatment during booking.
6. Persons under the age of 18 may use the treatments exclusively with the permission of their parents or guardians.
7. Treatments forming part of packages cannot be substituted for other treatments.
8. Packages and promotions shall not be cumulative.
9. You are requested not to wear any jewellery in the Spa Zone.
10. Men planning to use the treatments are recommended to shave their face at least 12 hours before the planned visit to avoid skin irritation.
11. Women planning all body treatments should undergo depilation 24 hours before the treatment at the latest.
12. Bruises can appear after certain massages.
13. Most body treatments are performed without the clothes on. Before treatment, you will receive disposable underwear.
14. A warm shower before treatment will ensure complete relaxation and increase comfort during treatment.
15. The SPA is a zone of quiet and relaxation, and for this reason, you are requested not to use or silence your mobile phone.
16. You are requested not to consume alcohol before your treatment (we reserve the right to refuse the performance of treatment if the Guest is under the influence of alcohol, drugs or other stimulants).
17. Booking a treatment shall mean acceptance of these Rules and Regulations.