

Colourful SPA for children

Fruit Game full body massage with banana-melon butter	25 minutes – 100 PLN
Fruit Back back massage with banana-melon butter	15 minutes – 70 PLN
Nails for a Princess biological manicure with nails painting	up to 30 minutes – 60 PLN
Sweet Hands fruit peeling and massage with fruit cream	15 minutes – 40 PLN
Sweet Feet fruit peeling and massage with fruit cream	15 minutes – 40 PLN
Smiling Face facial massage on coconut oil	15 minutes – 40 PLN

Treatments for children from the age of 4. We request the presence of a guardian during the treatment.

Health

Shockwave Therapy Non-invasive alternative for surgeries in case of protracted illnesses of musculoskeletal system or calcification. It relieves pain, fastens healing proces and restores mobility. Optimal treatment numer: 3-4 with 4-7 days break	one body part – 100 PLN
High-energy Laser Therapy It relieves pain, stimulates metabolism, fastens healing processes and restores mobility.	one body part – 80 PLN
Magnetic Wave of Low Frequency Therapy It relieves pain, has anti-inflammatory and anti-swelling properties, regenerates soft tissues, prevents the loss of bone density, relaxes muscles	one treatment – 60 PLN
Personal Training Time just for You with our personal trainer to shape your body, improve mobility and health.	60 minutes – 120 PLN a package of 5 sessions – 450 PLN
A Dietary Consultation a discussion and correction of eating habits a program of a diet for 3 weeks	120 PLN 120 PLN
Swimming lesson	100 PLN
Therapeutic Massage Relieves stifness, tension and muscle ache. Gives feeling of comfort and relaxation	25 minutes – 140 PLN 50 minutes – 220 PLN 80 minutes – 300 PLN
Deep Tissue Massage Therapy Firm pressure and slow strokes to reach deeper layers of muscle and fascia. Helpful in chronic aches and contracted areas such as a stiff neck and upper back, low back pain, leg muscle tightness, and sore shoulders.	30 minutes - 150 PLN 60 minutes - 260 PLN
Functional Ice Massage It combines joint movement with an ice massage and muscle stretching. Recommended for muscle aches, contractures, contusions as it relieves pain and has an anti-inflammatory effect	20 minutes – 120 PLN

Hands and feet care

Classical Manicure with Nail Polishing	95 PLN
Manicure Opi Gel Colour	115 PLN
Conditioning SPA Manicure Manicure with hands scrub, nourishing hands mask and nail conditioner	125 PLN
Japanese Manicure Biological / with Cuticle Removing	90 PLN / 115 PLN
Classical Pedicure with Nail Polishing	140 PLN
Pedicure Opi Gel Colour	150 PLN
Conditioning SPA Pedicure Pedicure with feet scrub, nourishing feet mask and nail conditioner	150 PLN
Hands Care / Feet Care - salt&oil scrub and nourishing mask - nourishing gloves or socks as an addition to manicure or pedicure	80 PLN 80 PLN
Removal of Nails: Hybrid / Acrylic / Gel	40 PLN / 60 PLN
French Polishing	+ 15 PLN

Complementary cosmetology

Henna: eyebrows / eyelashes, eyebrows shaping; hair removal: moustache / chin	one part – 20 PLN
Hair removal: underarms	40 PLN
Hair removal: legs	100 PLN
Hair removal: calves / tights / hands / abdomen	one part – 50 PLN
Hair Removal: chest / back / bikini line	one part – 70 PLN

GH
GRAND HOTEL
Stamary
Wellness & Spa

S P A M E N U

Wellness & SPA & PhysioHealth

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Body massages

Massage duration:
partial massage – 25 minutes
full body massage – 50 minutes and more

Lomi Lomi 50 minutes – 250 PLN
 Hawaiian massage performed with natural coconut oil and smooth moves of a masseur. Gives energy, revitalises body and mind. 75 minutes – 350 PLN
 100 minutes – 400 PLN

World Mix Deep Relax 50 minutes – 200 PLN
 Mix of relaxing massage techniques and elements of Lomi Lomi and Ayurveda. 80 minutes – 250 PLN

Hot Basalt Stones Massage 25 minutes – 130 PLN
 Reduces stress and muscular tension thanks to the pleasant warmth. 50 minutes – 200 PLN
 80 minutes – 270 PLN

Chinese Cupping Massage 50 minutes – 220 PLN
 Anticellulite massage which improves blood and lymph circulation, also anti-pain treatment for the back. 80 minutes – 300 PLN

Relaxing Feet Massage 25 minutes – 120 PLN
 It relaxes, removes the feeling of heaviness in the legs, and has a positive influence on reflexology zones.

Shiroabyanga 25 minutes – 120 PLN
 Deeply relaxing massage, it helps to cure sleeplessness and strengthens hair follicles.

Massage of Shoulders, Neck and Head 25 minutes – 120 PLN

Warm Honey Massage 20 minutes (back) – 130 PLN
 Relieves back pain and detoxifies. 45 minutes (rear body parts) – 200 PLN
 Please remove excessive hair from the massaged body parts.

Sports massage 25 minutes – 140 PLN
 Energetic, strong massage which prepares the body to physical effort or removes fatigue after intense physical activity. 50 minutes – 220 PLN

Relaxing Massage 25 minutes – 120 PLN
 Gentle, relaxing touch removes psychic and physical tiredness. 50 minutes – 180 PLN
 80 minutes – 250 PLN

Classical Massage 25 minutes – 130 PLN
 Moderate intensity, helpful in joint pain, relaxes muscles, improves skin appearance. 50 minutes – 200 PLN
 80 minutes – 290 PLN

Choose one of our 100% natural products for your relaxing or classical massage:

aromatic oil
 grapeseed oil mixed with beneficial essential oil

shea butter
 moisturises and soothes irritations

coconut oil
 gives shine, strengthens the skin, smoothes and soothes irritations

Clarins oil surcharge: 30 PLN (partial massage)
 50 PLN (full body massage)
 Relax – moisturising and relaxing muscles or Tonic – moisturising, firming and toning, great during pregnancy

chocolate surcharge: 15 PLN (partial massage)
 20 PLN (full body massage)
 improves skin condition, reduces stress, great during pregnancy

massage candle wax surcharge: 15 PLN (partial massage)
 20 PLN (full body massage)
 smoothes, moisturises

Baths

Milk Bath 20 minutes, 1 person – 90 PLN
 nourishes and moisturises, sweet scent and foam sugar Your time

Algae Bath 20 minutes, 1 person – 80 PLN
 salt and algae detoxify, eliminate swelling and firm the skin

Brine Bath 20 minutes – 1 person – 60 PLN
 combination of bio elements and essential oils has regenerating, refreshing and antiseptic effect

Body treatments

Salt&oil Body Exfoliation 45 minutes – 200 PLN
 Intensive body exfoliation 20 minutes (before massage) – 100 PLN
 on the basis of salt from the Bochnia salt mine.

Stamary Massage with Exfoliation 50 minutes – 220 PLN
 Intensive salt scrub and relaxing massage 75 minutes – 250 PLN
 with collagen-hyaluronic deeply moisturising cream.

Detox Body 80 minutes – 280 PLN
 Anticellulite, modeling and firming treatment, 110 minutes – 360 PLN
 leaves the skin regenerated and smooth.

S.O.S. for Heavy Legs 50 minutes – 220 PLN
 Gives relief and cools down tired and swollen legs.

Acoustic Wave (Shockwave) Therapy one body part – 200 PLN
 Anticellulite, modeling and firming treatment
 Body drainage of each body part – included in the price

Body Vacuum Massage 25 minutes – 120 PLN
 (Body Health System or Dermomassager) 50 minutes – 180 PLN

Anticellulite and firming therapy, removes swelling, excessive fat, improves microcirculation

Additional massage on modeling or firming Clarins cream 25 minutes – 100 PLN
 Additional anticellulite ice massage 10-20 minutes – 60 PLN

Younglory

A luxurious rejuvenating therapy on the basis of red fruit extracts, it restores the thickness and elasticity of skin, strengthens the walls of blood vessels, oxygenates, and slows down the processes of aging.

Over 97% of the ingredients are natural!
 Peeling and poultice 60 minutes – 260 PLN
 Peeling and relaxing massage 80 minutes – 290 PLN
 Peeling, poultice and relaxing massage 100 minutes – 360 PLN

Facial treatments

Maximum Regeneration 75 minutes – 320 PLN
 Exfoliation and purification (cavitation peeling or microdermabrasion) combined with no-needle mesotherapy (insertion of active substances into the skin).
 Effects: smooth and hydrated skin.

SesDerma Microneedle Mesotherapy face – 350 PLN
 A spectacular improvement neck, cleavage, or hands – 250 PLN
 of the firmness and color of the skin, face and neck – 450 PLN
 a reduction of wrinkles and discolorations, face, neck, and cleavage – 550 PLN
 the strengthening of natural skin functions, strong revitalization. head – individual pricing
 with ferulic acid - surcharge – 70 PLN

Cavitation Peeling 50 minutes – 200 PLN
 Successful purification by means of ultrasound, even for sensitive skin. 80 PLN in another facial treatment

Diamond Microdermabrasion 50 minutes – 200 PLN
 Successful exfoliation and stimulation 80 PLN in another facial treatment
 of regenerating process.

Stamary Facial Treatment 40 minutes – 110 PLN
 It satisfies the basic needs of the skin 55 minutes – 140 PLN
 which requires refreshment, hydration, or sebo-regulation.

SesDerma Mandelac Peel face, neck and neckline – 250 PLN
 It brightens, restores balance, moisturises and regenerates, for every skin type.

SesDerma Ferulac Peel face, neck and neckline – 350 PLN
Banquet version: improves the tautness hands – 150 PLN
 of the skin, brightens the skin, acts as an antioxidant, it tends not to cause scaling

Full version: rejuvenates, firms the skin, has a depigmentation effect, it tends to cause scaling