



S P A M E N U

Wellness & SPA & PhysioHealth

Grand Hotel ** Stamary**
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Body massages

Massage duration:

partial massage – 25 minutes

full body massage – 50 minutes and more

Lomi Lomi

Gives energy, revitalises body and mind. Accompanied by Hawaiian music, performed with natural coconut oil and smooth moves of a masseur.

50 minutes – 250 PLN

75 minutes – 350 PLN

100 minutes – 400 PLN

World Mix Deep Relax

Mix of relaxing massage techniques and elements of Lomi Lomi and Ayurveda

50 minutes (rear body parts) – 200 PLN

80 minutes (full body) – 250 PLN

Hot Basalt Stones Massage

Reduces stress and muscular tension thanks to the pleasant warmth.

25 minutes – 130 PLN

50 minutes – 200 PLN

80 minutes – 270 PLN

Chinese Cupping Massage

Anticellulite massage which improves blood and lymph circulation, also anti-pain treatment for the back.

50 minutes – 220 PLN

80 minutes – 300 PLN

Relaxing Feet Massage

It relaxes, removes the feeling of heaviness in the legs, and has a positive influence on reflexology zones.

25 minutes – 120 PLN

Shiroabyanga Indian Head Massage

Deeply relaxing massage, it helps to cure sleeplessness and strengthens hair follicles.

25 minutes – 120 PLN

Massage of Shoulders, Neck and Head

25 minutes – 120 PLN

Warm Honey Massage

Relieves back pain and detoxifies.

20 minutes (back) – 130 PLN

45 minutes (rear body parts) – 200 PLN

Please remove excessive hair from the massaged body parts.

Sports massage

Energetic, strong massage which prepares the body to physical effort or removes fatigue after intense physical activity.

25 minutes – 140 PLN

50 minutes – 220 PLN

Relaxing Massage

Gentle, relaxing touch removes psychic and physical tiredness.

25 minutes – 120 PLN

50 minutes – 180 PLN

80 minutes – 250 PLN

Classical Massage

Moderate intensity, helpful in joint pain, relaxes muscles, improves skin appearance.

25 minutes – 130 PLN

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

body balm

rich, aromatic product with butters (shea and cocoa), oils (almond, grapeseed, jojoba, olive), grapefruit seed extract and beeswax

surcharge: 15 PLN (partial massage)
20 PLN – (full body massage)

Clarins oil

(Relax – moisturising and relaxing muscles or Tonic – moisturising, firming and toning, great during pregnancy)

surcharge: 40 PLN (partial massage)
60 PLN (full body massage)

chocolate

improves skin condition, reduces stress, great during pregnancy

surcharge: 15 PLN (partial massage)
20 PLN (full body massage)

massage candle wax

smoothes, moisturises

surcharge: 15 PLN (partial massage)
20 PLN (full body massage)

Baths

Chocolate Bath

aroma of cocoa relaxes all chocolate lovers, sweet almond oil moisturises the skin

20 minutes, 1 person – 100 PLN
2 persons – 110 PLN

Milk Bath

nourishes and moisturises, sweet scent and foam sugar Your time

20 minutes, 1 person – 90 PLN
2 persons – 100 PLN

Algae Bath

salt and algae detoxify, eliminate swelling and firm the skin

20 minutes, 1 person – 80 PLN
2 persons – 90 PLN

Brine Bath

combination of bio elements and essential oils has regenerating, refreshing and antiseptic effect

20 minutes – 1 person – 60 PLN
2 persons – 70 PLN

Body treatments

Salt Body Peeling

Intensive body exfoliation
on the basis of salt from the Bochnia salt mine.

45 minutes – 200 PLN
20 minutes (before massage) – 100 PLN

Aleppo Body Purification

Gentle exfoliation by Loofah
and Middle East soap.

45 minutes – 220 PLN
20 minutes (before massage) – 120 PLN

Stamary Massage with Exfoliation

Intensive salt scrub and relaxing massage
with collagen-hyaluronic deeply moisturising cream

50 minutes – 220 PLN
75 minutes – 250 PLN

Detox Body

Anticellulite, modeling and firming treatment,
leaves the skin regenerated and smooth.

80 minutes – 280 PLN
110 minutes – 360 PLN

S.O.S. for Heavy Legs

Gives relief and cools down tired and swollen legs.

50 minutes – 220 PLN
75 minutes – 260 PLN

Acoustic Wave (Shockwave) Therapy

Anticellulite, modeling and firming treatment
Body drainage of each body part – included in the price

one body part – 200 PLN

Body Vacuum Massage

(Body Health System or Dermomassager)

25 minutes – 120 PLN
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

Facial treatments

Maximum Regeneration

75 minutes – 320 PLN

Mechanical exfoliation of the epidermis and preparing the epidermis for the absorption of active ingredients (microdermabrasion or cavitation peel treatment), with the insertion of active substances inside the skin (no-needle mesotherapy).
Effect: smoothing, improvement of the oval of the face, hydration, and the tautness of the skin.

SesDerma Microneedle Mesotherapy

A spectacular improvement of the firmness and color of the skin, a reduction of wrinkles and discolorations, the strengthening of natural skin functions, strong revitalization.

face – 350 PLN
neck, cleavage, or hands – 250 PLN
face and neck – 450 PLN
face, neck, and cleavage – 550 PLN
head – individual pricing
with ferulic acid – 70 PLN

Cavitation Peeling

Successful purification by means of ultrasound, even for sensitive skin.

50 minutes – 200 PLN
80 PLN in another facial treatment

Diamond Microdermabrasion

Successful exfoliation and stimulation of regenerating process

50 minutes – 200 PLN
80 PLN in another facial treatment

Stamary Facial Treatment

It satisfies the basic needs of the skin which requires refreshment, hydration, or sebo-regulation.

40 minutes – 110 PLN
55 minutes – 140 PLN

SesDerma Mandelac Peel

It brightens, restores balance, moisturises and regenerates, for every skin type.

face, neck and neckline – 250 PLN

SesDerma Ferulac Peel

Banquet version: improves the tautness 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

face, neck and neckline – 350 PLN
hands – 150 PLN

WELLNESS

R I T U A L S



MEADOWS AND FORESTS

Feel the smell of meadow flowers, forest fruit, and coniferous trees.

The natural, positive power of nature will surprise you!



A TRIP TO PARADISE

Go on a trip to an island with tropical plants, surrounded by the limitless turquoise ocean...



SOUTHERN FRUIT

An orange, a mango, honey – let your skin taste the sweet delight!



TREASURES OF THE NEAR EAST

The treasures of the sea and plants of the Near East, specially for you



ASIAN BEAUTY

Bamboo, jasmine, green tea – feel the Asian harmony and energy

Body care (peeling, wrap, application)

Body care (peeling, wrap, massage)

Body care (bath, peeling, wrap, massage)

75 minutes – 350 PLN

110 minutes – 400 PLN

130 minutes – 450 PLN

Health

Shockwave Therapy one body part – 100 PLN

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

High-energy Laser Therapy one body part – 80 PLN

It relieves pain, stimulates metabolism, fastens healing processes and restores mobility.

Magnetic Wave of Low Frequency Therapy one treatment – 60 PLN

It relieves pain, has anti-inflammatory and anti-swelling properties, regenerates soft tissues, prevents the loss of bone density, relaxes muscles

COMBINED TREATMENTS:

Shochwave and magnetic wave 1 treatment – 140 PLN

Shockwave and high-energy laser 1 treatment – 150 PLN

High-energy laser and magnetic wave 1 treatment – 120 PLN

Kinesiotaping – dynamic plastering 1 body part from 30 PLN to 80 PLN

Personal Training 60 minutes – 120 PLN

Depending on one's goals, we propose a package of 5 sessions – 450 PLN

or exercises which improve mobility and model the shape of one's body, with a personal trainer

a consultation of up to 15 minutes – for free

A Dietary Consultation

a discussion and correction of eating habits 120 PLN

a program of a diet for 3 weeks 120 PLN

Swimming lesson 60 minutes – 100 PLN

Therapeutic Massage 25 minutes – 140 PLN

Relieves stifness, tension and muscle ache. 50 minutes – 220 PLN

Gives feeling of comfort and relaxation 80 minutes – 300 PLN

Functional Ice Massage 20 minutes – 120 PLN

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

Hands and feet care

Classical Manicure with Nail Polishing	95 PLN
Hybrid Manicure	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
Hybrid Pedicure	50 PLN
Conditioning SPA Pedicure Pedicure with feet scrub, nourishing feet mask and nail conditioner	150 PLN
Hands / Feet Care Salt&oil peeling and nourishing mask"	70 PLN / 80 PLN
Paraffin Disposable paraffin gloves or socks as an addition to manicure or pedicure	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