

## Body massages

### ABHAYANGA MEETING WITH THE GODDESS PLN 400/UP TO 120 MINUTES

Specially developed techniques will relax your body, soothe your senses and cleanse your emotions, putting you in a state of perfect harmony.

### DELIGHT MOKOSH PLN 350/UP TO 90 MINUTES

Holistic, deep and stimulating face, head and body massage with raspberry seed oil.

### LOMI LOMI PLN 350/UP TO 90 MIN

The soft and harmonious movements of this massage are perfect for people struggling with severe stress.

### CLASSIC BODY MASSAGE PLN 250/UP TO 60 MIN

Its health-promoting effects soothe any muscle pain.

### CLASSIC PARTIAL 120ZL/DO 25MIN

You can choose from a back or leg massage.

### HEALTHY BACK PLN 220/UP TO 60 MIN

Performed using four techniques: classic, hot towels, glass cupping and Tibetan singing bowls. It will bring relief even to the most sore backs.

### BAMBOOS PLN 250/UP TO 60 MINUTES



A dynamic massage that stimulates deep tissues, reduces muscle tension, and increases the flexibility of muscles and tendons.

Recommended for people who actively practice sports.

### HOT STONES

### PLN 280/UP TO 60 MINUTES

A warming massage that brings relief after long-term physical exercise or stress.

### RELAXING BODY MASSAGE PLN 230/UP TO 60 MINUTES

It is based on classic massage. Increases blood circulation and oxygenates muscles and skin. Its task is to eliminate muscle, nervous and mental tension.

## Face and head massages

### KOBIDO MEETING WITH THE EMPRESS PLN 400/UP TO 90 MINUTES

Intensive lifting massage of the face, neck and cleavage called "the way to beauty". It deeply nourishes the skin, relaxes muscles and fascia, and stimulates the skin to produce collagen and elastin.

### REJUVENATING FACIAL MASSAGE WITH MASK PLN 200/UP TO 50 MIN

A stimulating treatment that stops the aging process. It will cleanse the skin of dead epidermis, smooth it, nourish it and oxygenate it.



### LIFTING FACIAL MASSAGE PLN 250/UP TO 60 MIN

Massage based on argan oil, orange flower and prickly pear macerates. It firms and revitalizes the skin, removes swelling thanks to glass cup drainage and visibly improves the face oval.

### RESOLUTE BLACK-HEADED 150 PLN/UP TO 30 MIN

Head and shoulder girdle massage providing relief from acute neck and shoulder muscle tension and chronic migraines.



## Massage for a pregnant woman PLN 150/30 min



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## Foot reflexology PLN 250/up to 60 minutes each subsequent treatment for the same person PLN 200

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Reflexology focuses on the pressure on points on the feet responsible for the functioning of internal organs in our body. Therapy helps get rid of spine pain, improves the functioning of our brain and hormones, and relieves stress. It is most effective when performed in a series of 2-3 treatments.

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## Body therapies

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### SENSUAL MOKOSH 400ZŁ/DO 120MINZ

Body peeling + face and body mask + relaxing massage based on natural cosmetics: raspberry seed oil, clay, salts and essential oil compositions.

### SWEET MOKOSH PLN 350/UP TO 90 MIN

A relaxing and nourishing body massage with Cranberry Elixir rich in vitamins A and E with a sweet, fruity scent that lasts on the skin for a long time. The massage is preceded by a salt body peeling.

### FAREWELL TO MARZANNA PLN 360/UP TO 90 MINUTES



Anti-cellulite ritual with a tempting scent of vanilla and thyme. Based on natural plant extracts with anti-cellulite, firming and anti-swelling properties. It consists of a peeling, a mask and a stimulating body massage.

### BEAUTIFUL PERUN PLN 400/UP TO 120 MIN

A comprehensive treatment consisting of body and face peeling, body mask, regenerating body and face massage accompanied by a drink with whiskey. It will work well for both men and demanding women.



### DIVINE JARUN PLN 350/UP TO 90 MIN

Body peeling preceded by a therapeutic body massage with wheat germ oil, relieving muscle tension and stress.



### BODY PEELING PLN 150/UP TO 30 MIN

You can choose from salt or sugar scrub

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## Facial peels

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### CAVITATION PEELING 100ZŁ/DO 30MIN

Effectively removes dead skin cells, thoroughly cleanses the skin of sebum and inhibits the multiplication of bacteria on its surface. Oxygenates and stimulates cells to naturally rebuild and regenerate.

### LACTABION PEELING 20% PLN 190/UP TO 40 MIN

Exfoliates, smoothes, regenerates, strengthens, moisturizes, stimulates collagen production, strengthens the walls of blood vessels, reduces wrinkles, shrinks dilated sebaceous gland openings, minimizes acne lesions, normalizes sebum secretion.



### MASK AFTER PEELING PLN 60/UP TO 20 MINUTES

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## Oatmeal peeling + mask for a child and a future mother PLN 120/up to 30 minutes

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## Face care

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### THE GLOW OF DAWN PLN 320/UP TO 75 MIN

Vitamin C introduced into the skin using needle-free mesotherapy intensively brightens, evens out the skin tone, stimulates collagen synthesis, has anti-inflammatory properties and strengthens blood vessels. The treatment will leave your skin visibly bright, nourished and moisturized.

### NATURAL FACE LIFT PLN 350/UP TO 90 MINUTES

The treatment will introduce you to the magical world of Spa, because its heart is a face, neck and cleavage massage combining three techniques: relaxation, lifting and stimulating. After the first treatment, your skin will be firmer and smoother. The entire therapy includes a peeling and a mask tailored to the current needs of your skin.

### RASPBERRY RELIEF PLN 280/UP TO 60 MIN



A treatment based on raspberry seed oil, rich in unsaturated fatty acids, vitamins. E and other strong antioxidants. It lubricates, soothes inflammation, nourishes and regenerates the skin.

### ŚWITEZIANKA PLN 320/UP TO 75 MIN

Cavitation peeling combined with needle-free mesotherapy restores radiance and youthful appearance to all skin types. It stimulates the skin to renew the epidermis and restores its physiological balance, minimizes the visibility of wrinkles and facial lines, and improves skin firmness.

### LADY OF THE ICE GARDEN PLN 250/UP TO 60 MINUTES

An ideal treatment for heavily contaminated skin based on 20% Lactabionic Acid. Particularly recommended for people struggling with rosacea and acne vulgaris. The therapy strengthens the walls of blood vessels, reduces wrinkles, shrinks the enlarged openings of the sebaceous glands, and normalizes sebum secretion.

### IN THE LESH GARDEN

#### PLN 280/UP TO 75 MINUTES



Discover the natural power of MOKOSH cosmetics. Properly selected essential oils, clays and cold-pressed oils will leave your skin hydrated, regenerated and cleansed.

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## Treatments for the eye area

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### HENNA OF EYELASHES, EYEBROWS WITH REGULATION PLN 100/UP TO 60 MINUTES

### EYELASH LIFT PLN 160/UP TO 60 MINUTES

### EYELASH HENNA PLN 50/UP TO 20 MINUTES

### EYEBROW HENNA PLN 50/UP TO 20 MINUTES

### ADJUSTMENT PLN 50/UP TO 30 MINUTES

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## Hand care

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### BIOLOGICAL MANICIURE PLN 70/UP TO 30 MIN

Shaping the nail plate, hand peeling and cranberry nail elixir (treatment without cutting cuticles or painting)

### SPA FOR HANDS PLN 60/UP TO 30 MIN

Peeling, mask, warm paraffin wrap.

### JAPANESE MANICURE PLN 160/UP TO 60 MIN

It improves the condition and appearance of the nail by rubbing ingredients such as keratin, bee pollen, and silica from the Sea of Japan into it.



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## Treatments for teenagers

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### YOUNG MULLEINE

PLN 190/UP TO 45 MIN

Cavitation peeling combined with Darnsonvalization cleanses and disinfects the skin, accelerates wound healing and soothes acne lesions.

HEALTHY SKIN PLN 280/UP TO 75 MIN

A care and cleansing treatment for problematic skin (face or back).

### YOUNG JARUN

PLN 250/UP TO 60 MINUTES

A gentle anti-acne treatment based on lactobionic acid and green clay.

PEELING + MASK PLN 160/UP TO 45 MIN

Both the peeling and the mask are matched to the current needs of the skin.

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## Toddler spa

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### CHILDREN FROM 3-6 YEARS OLD

RAINBOW NAILS  
60ZL/DO 30MIN

FRUIT MASK FOR PICKY EATERS PLN  
60/UP TO 20 MINUTES

FUN IN THE SAND  
PLN 60/UP TO 20 MINUTES

### CHILDREN FROM 7-12 YEARS OLD

MAGICAL BACK MASSAGE PLN  
80/UP TO 20 MIN

SWEET BACK PEELING PLN 80/UP  
TO 20 MIN

CHEERFUL SHEET MASK PLN 60/UP  
TO 20 MINUTES

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## IMPORTANT INFORMATION

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SATISFIED GUESTS ARE OUR PRIORITY, SO TO AVOID DISAPPOINTMENT WITH THE LACK OF DATES, WE ADVISE YOU TO BOOK TREATMENTS AS SOON AS POSSIBLE



IF THE TREATMENT IS NOT CANCELED NO LATER THAN 4 HOURS BEFORE THE SCHEDULED DATE, AN AMOUNT OF 40% OF THE TREATMENT VALUE IS AUTOMATICALLY CHARGED TO THE ROOM.



**BOOKING DATES**

**+48 600 600 858**