

## All around the world massages

### AYURVEDA ABHYANGA

Ajjuh means life and Veda means knowledge of life. Indian sages created Ayurvedic massage, which is designed to move the accumulated energy in the body and restore balance on the physical, mental and spiritual level. Warm oil distributed throughout the body gives a feeling of blissful relaxation and relaxation.

**DURATION: 75 MIN., PRICE: 350 PLN**

### AJURVEDA ABHYANGA + SHIRODARA

The combination of Ayurveda Abhyanga massage with Shirodara Third Eye massage is a real feast for the soul and body that want to detach from the outside world to focus on the present. Only here and now matters. This combination of sensations brings a very deep relaxation, a sense of peace and balance.

**DURATION: 110 MIN., PRICE: 480 PLN**

### SHIRODARA

Third eye massage involves massaging the head with a stream of warm oil. Provides a feeling of blissful relaxation and relaxation.

**DURATION: 50 MIN., PRICE: 290 PLN**

### DHARMA- RELAXING HEAD MASSAGE.

An unusual massage that complements Ayurvedic rituals, created by sages in the Far East. Thanks to the use of appropriate face and head massages, we can restore the radiance of our eyes, get rid of tiredness on the face, restore good sleep and reduce headaches. It has an important healing function and stimulates the body's natural forces to heal itself. By massaging the marma points, we can influence the level of energy that circulates in our body and stimulate its level.

**DURATION: 45 MIN., PRICE: 260 PLN**

### LOMI LOMI MASSAGE

Hawaiian full body massage, the purpose of which is to relax the muscles and work on the entire human body by removing blockages and tensions inside. The masseur balances on the hands, forearms and elbows, spreading warm coconut oil with smooth movements. This massage performed in a dance rhythm opens up new experiences that people curious about the world are looking for.

**DURATION: 90 MIN. PRICE: 420 PLN**

### THE SCENT OF THE ORIENT

The scent of the Orient consists of individually selected fragrance notes that will take you on a journey through the farthest corners of the Earth. The warmth of the sun's rays will replace the touch of the hot oil, which will put your body in a state of deep relaxation. Selected techniques of Ayurvedic and Lomi Lomi massage is an extraordinary trip to places where time flows slower. Muscle tension will disappear thanks to the unusual combination of movements created on the basis of our many years of experience. A trip to the lands of the Orient is an extraordinary adventure that allows you to escape far away from everyday worries.

**DURATION: 60 MIN., PRICE: 320 PLN**

### THAI MASSAGE

A combination of acupressure, elements of passive yoga, stretching and reflexology. The variety of elements of Thai massage allows the body to regain greater mobility and gives a clearly perceptible effect of being charged with positive energy, which lasts even a few days after the treatment. The massaged person cooperates with the therapist throughout the duration of the massage. The treatment takes place on a special mattress placed on the floor.

**DURATION: 90 MIN., PRICE: 410 PLN**

### THAI FEET MASSAGE

The massage technique is based on the acupressure of reflexology zones. It is an excellent form of therapy, thanks to which we can get rid of the feeling of sore and heavy legs. By pressing the appropriate points on the foot, we improve the work of internal organs. The treatment has a positive effect on the work of the brain, reducing the level of stress and soothing the nerves. Perfect for people who want to improve their well-being and struggle with the problem of insomnia.

**DURATION: 60 MIN., PRICE: 270 PLN**

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# menu spa





## Face treatment.

### POWER OF HYALURON

An ultra-moisturizing treatment with an immediate lifting effect that optimises collagen synthesis from the inside. It is effective in filling wrinkles, favours regeneration and skin firming. The results are visible and lasting. The skin is restored youth and radiant in a natural way.

**DURATION: 60 MIN., PRICE: 460 PLN**

**THE POWER OF SNAKE VENOM - A LIFTING WITHOUT A SCALPEL.** **DURATION: 60 MIN., PRICE: 440 PLN**  
A cosmetic alternative to botulinum toxin. After treatment, the skin is smoothed and, thanks to a unique molecule that inhibits muscle contractions, wrinkles become instantly smooth.

### DRAGON'S BLOOD WITH VITAMIN C

The combination of vitamin C with the resinous sap of the Croton lechleri tree produces long-lasting results in the fight against hyperpigmentation, imperfections and also effectively counteracts the skin ageing process.

**DURATION: 50 MIN., PRICE: 380 PLN**

### SECRET OF THE SNAIL - NATURAL BEAUTY

A unique combination of natural ingredients that positively contribute to the restoration and regeneration of the skin. Snail mucus is rich in collagen, elastin, proteins and vitamins A, C and E. This treatment is dedicated to all skin types and especially to sensitive and irritated skin. It brings sensational results when combined with hydrogen purification.

**DURATION: 50 MIN., PRICE: 360 PLN**

secret of the snail + hydrogen purification (snail mucus lotion): PLN 420

### THE SEA AND EARTH CARE RITUAL.

Nature and its riches are an invaluable source of active ingredients that also have a salutary effect on the condition of our skin. The facial care ritual we have developed is based on two of nature's treasures: peat and amber. The treatment is designed to provide deep care to nourish, moisturise and support the skin's natural regeneration process. After the treatment, the face looks radiant and healthy.

**DURATION: 50 MIN., PRICE: 290 PLN**

### HYDROGEN PURIFICATION

Treatment with active hydrogen allows the reduction of excess free radicals, excessive amounts of which contribute to premature skin ageing. The method of treatment is mainly based on the penetration of hydrogen into the deeper layers of the skin's structure, which is achieved through a saturated jet of water, additionally providing deep exfoliation. The treatment consists of several stages, including a warm jade massage.

**DURATION: 60 MIN., PRICE: 350 PLN**

**HYDROGEN PURIFICATION TREATMENT: 15 MIN. 100 PLN**  
**RADIOFREQUENCY TREATMENT. 20 MIN. 100 PLN**

## Facial massages

### JAPANESE FACIAL MASSAGE.

Japanese facial massage is a completely natural and non-invasive form of face lifting and rejuvenation, bringing clear and long-lasting effects.

**DURATION: 45 MIN., PRICE: 290 PLN**

### KOBIDO MASSAGE

Kobido is a traditional Japanese face, neck and neckline massage that has an amazing rejuvenating, modeling and energising effect. It is a manual, very intense and painless treatment that affects the deeper layers of the skin and muscles, which leads to intensive cell renewal and stimulation of collagen and elastin production. The deep combination of traditional Japanese medical concepts and various hand manipulation techniques produces a scalpel-free lifting effect.

**DURATION: 60 MIN., PRICE: 350 PLN**

### HADADO- JAPANESE FACIELIFT

Combines advanced ancient massage techniques with modern knowledge and techniques for working on muscles, fascia and fatty tissue. Deep tissue stimulation brings sensational results in a lifting of the face. This massage improves the appearance of the skin around the eyes, levels the second chin and smoothes deep wrinkles.

**DURATION: 90 MIN., PRICE: 420 PLN**

### OSHIN BIAN

The original ritual of manual face lifting, combined with the extraordinary power of the magic Bian stones. It include manual work consisting of unique techniques of lifting and manual correction of the face and techniques based on the action of Bian stone sticks. It is a true celebration of femininity that brings out the natural glow and restores youth and radiance

**DURATION: 75 MIN., PRICE: 380 PLN**

## Relaxing massages

### HOT STONE MASSAGE.

This extremely relaxing body ritual is a combination of manual techniques with hot volcanic stones. Its properties focus on relieving muscle tension and improving circulation. Perfect for autumn and winter days when a bit of warmth soothes the body and soul.

**DURATION: 60 MIN., PRICE: 290 PLN**

### ENERGY RICE.

The combination of energy flowing from warm basalt and cool marble restores vitality, energy and gives a sense of blissful relaxation. The pleasant touch of warm volcanic stones will allow you to relax tense muscles, cool marble will improve circulation and bring energy balance to your body.

**DURATION : 60 MIN., PRICE 290 PLN**

### SEA BUCKTHORN MASSAGE.

Relaxation combined with the care of dry, atopic and damaged skin. The extraordinary power of sea buckthorn, rich in Omega 7 acids and vitamins C and E, revitalizes the skin gives it a healthy look. A relaxing massage is a perfect choice for people who are looking for relaxation for body and soul. The unusual scent will envelop the skin for many hours after the massage.

**DURATION: 50 MIN., PRICE: 260 PLN**

### MESSAGE FOR PREGNANT WOMEN.

During this exceptional time for a woman, ladies often complain of severe back pain. Massage for pregnant women relaxes the muscles and relieves pain. It soothes the nerves and allows you to forget about stress for a while. Performed from the 4th to the end of the 7th month of pregnancy.

**DURATION: 30 MIN., PRICE: 200 PLN**

## Body rituals

### ELIXIR OF LIFE

The ritual awarded the beauty industry Oscars 2024. This is due to the perfectly formulated cosmetics, which moisturise and improve the condition of the skin all over the body. A peeling mask allows the active ingredients to penetrate the skin and regenerate damage and keratoses. A relaxing face and body massage with oil of a unique aroma composition is a completely new dimension of relaxation that both the soul and the body crave.

**DURATION: 90 MIN., PRICE: 440 PLN**

### MANDALA SUN

A luxurious treatment for people who love gold, luminosity and brilliance. A unique scrub, which shimmers with a thousand glitters of small, golden particles, will remove dead epidermis, leaving the skin smooth and bright. This original massage will be a true relaxation feast. Every grimace and smile leave their marks on it, and the appropriate techniques of manual work with the muscles will help to reduce the visibility of fine lines. Oil with gold particles and a mask with colloidal gold will give it a healthy and radiant look.

**DURATION: 90 MIN., PRICE: 440 PLN**

### SEA BUCKTHORN RITUAL.

A nurturing feast for skin thirsty for hydration. The first stage of the treatment is salt peeling, which will remove dead epidermis, lighten discoloration and refresh the skin. The sea-buckthorn feast will end with a relaxing massage based on sea-buckthorn oil, which will slow down the aging process and protect the skin from harmful external factors.

**DURATION: 75 MIN., PRICE: 360 PLN**

### BALANCE OF THE CHAKRAS FROM THE FAR EAST.

The ritual restores full harmony, both inside and out, thanks to precious oils from the Far East and stones that keep the chakras in balance. The treatment remineralizes and nourishes the skin. It removes dead epidermis, evens the skin tone and slows down the aging process of cells. Green tea moisturizes and, thanks to strong antioxidant properties, strengthens and protects the skin against free radicals. "Massage for the senses" will balance and revitalize the body on a physical and energetic level.

**DURATION: 75 MIN., PRICE: 350 PLN**

### COFFEE AWAKING.

Toxins removal, metabolism acceleration, antioxidant and anti-cellulite effect. Coffee has a toning, invigorating and stimulating effect, all thanks to its high content of caffeine and theophylline. The treatment is enriched with a black mud wrap, which supports tissue remineralization, improves skin condition and reduces cellulite. While the mud mask will penetrate the skin, we will fully take care of your relaxation by performing a relaxing head massage. At the end, we will prepare your favorite coffee for you to extend the time of relaxation by a few pleasant moments.

**DURATION: 60 MIN., PRICE: 310 PLN**

### HABIBI - A RITUAL FOR MEN.

The male body is an accumulation of tense muscles caused by stress, physical work, hours spent in front of the computer or in the car. The ritual we created is a celebration of the moment and an escape from everyday worries. The smell of whiskey combined with a woody scent note create a beautiful fragrance that cannot be ignored. The whole body peeling will regenerate the epidermis and the culmination will be a classic back and neck massage, which will bring the desired relaxation and pain relief.

**DURATION: 50 MIN., PRICE: 290 PLN**

### SEA BUCKTHORN MAGIC.

A two-stage treatment which consists of: sea buckthorn peeling and a session in a Spa capsule. The high content of vitamin E, known as the vitamin of youth, rejuvenates, nourishes and regenerates. Steam sauna and water jets are experiences that will relax the body and allow the skin to better absorb the active ingredients contained in the sea buckthorn.

**DURATION: 30 MIN., PRICE: 200 PLN**

## Therapeutic massages

### CLASSIC MASSAGE WITH PEAT OIL

Classic massage techniques are an excellent proposition for people who like massages of increased intensity. It has analgesic properties and soothes muscle tension. It is an ideal choice for people who work physically, exposed to constant overload of the locomotor system.

**DURATION: 50 MIN., PRICE: 280 PLN**

### BLACK GOLD

The current lifestyle means that more and more people complain of back pain problems. To meet the expectations, we have created a treatment that combines a classic massage of the back with a peat wrap. The massage consists of two stages. Stage 1: mud compress on the back and hand or foot massage. Stage 2: back massage.

**DURATION: 40 MIN., PRICE: 210 PLN**

## A moment for two

### TENDERNESS

Mutual care, mindfulness and tenderness are the best we can give to another person. A relaxing body massage combined with an extremely pleasant head massage is a time spent together, surrounded by candlelight, relaxing music and immersion in the sensual scent of pink pepper.

**DURATION: 75 MIN., PRICE: 649 PLN**

### LOVE

Time together for two, in a cozy interior, wrapped in the highest quality cosmetic craftsmanship. The love ritual is a journey to the world of relaxation and oblivion. The first step is peeling, which will make the skin extremely soft and pleasant to the touch. An aromatic bath with a glass of a delicious cocktail will allow you to celebrate time just for two. The last element of a romantic trip will be a blissful full body massage with a sweet and spicy note of orange and chill.

**DURATION: 90 MIN., PRICE: 749 PLN**

### A ROMANTIC BATH FOR TWO

**DURATION: 20 MIN., PRICE: 160 PLN**

### A PEAT BATH FOR TWO

**DURATION: 20 MIN., PRICE: 180 PLN**