



# menu spa

## face treatment

### **FOR SKIN WITH IMPERFECTIONS.**

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

A treatment intended for people struggling with various types of acne. Tea tree, arnica and lemon are bactericidal and anti-inflammatory. Its purpose is to reduce the production of sebum and reduce inflammation.

### **PEARLS WITH BOTOX EFFECT.**

**DURATION: 50 MIN, PRICE: 310 PLN**

This line restores the skin's radiance, hydration and youthful appearance. For all skin types where expression lines and lack of firmness begin to appear. Powdered pearls illuminate the complexion, giving it a uniform, silky smoothness.

### **INTELLIGENT THICKENING TREATMENT.**

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

A luxurious, reflexology treatment that fills the skin from the inside out, increasing the thickness of the tissues and their natural volume. It fills in wrinkles and folds, giving the effect of a strong lifting. Unique active substances revitalize the skin, ensuring its beautiful and healthy appearance. The treatment prevents discoloration, laxity and wrinkles.

### **POWER OF HYALURON**

**DURATION: 60 MIN, PRICE: 440 PLN**

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.

### **COSTA DEL SOL – SPANISH JOURNEY.**

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

The facial regeneration treatment developed by us is based on the beneficial effects of vitamin C, which is loved by all skin types. Starting from normal, to dry or acne-prone skin. The Costa del Sol treatment is a journey to sunny Spain. We invite you to a beauty siesta during which we will perform a relaxing face massage. In addition, the use of an algae mask will make this treatment a care tailored to the needs of your skin.

**HYDROGEN PURIFICATION** – refreshed and cleansed skin in a non-invasive and painless way with the AquaPeel H2 device. A treatment that allows the skin to regain radiance and youthful appearance. Individual adjustment of the treatment will allow us to take care of your skin in the right way. It consists in placing into the skin microscopic particles of active hydrogen, which not only cleanse the skin cells, but also provide antioxidant protection. The treatment is perfect for tired, dull, dry and dehydrated skin. It will revitalize, nourish, improve its color and deeply moisturize it.

**HYDROGEN PURIFICATION FOR FACIAL TREATMENT – 15 MIN, 80 PLN**

**HYDROGEN PURIFICATION – 5-6 STAGES, FACE - 60 MIN, 330 PLN**

**HYDROGEN CLEANSING – 5-6 STAGES FACE, NECK AND NECKLINE - 75 MIN, 380 PLN**





# All Around the world Massage

## **AYURVEDA ABHYANGA**

**DURATION: 75 MIN, PRICE: 330 PLN**

Ajuh 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.

## **Ajurveda Abhyanga + Shirodara**

**DURATION: 110 MIN, PRICE: 450 PLN**

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.

## **SHIRODARA**

**DURATION: 50 MIN, PRICE: 240 PLN**

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

## **MUKABHYANGA**

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

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.

## **LOMI LOMI Massage**

**DURATION: 90 MIN, PRICE: 400 PLN**

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.

## **THE SCENT OF THE ORIENT**

**DURATION: 60 MIN, PRICE: 300 PLN**

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.

## **THAI MASSAGE**

**DURATION: 90 MIN, PRICE: 360 PLN**

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.

## **THAI FEET MASSAGE**

**DURATION: 60MIN, PRICE: 240 PLN**

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.





## Sea Buckthorn Love

### SEA BUCKTHORN MASSAGE

**DURATION: 50 MIN, PRICE: 240 PLN**

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, revitalises the skin and 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.

### SEA BUCKTHORN RITUAL

**DURATION: 75 MIN, PRICE: 330 PLN**

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.

### SEA BUCKTHORN MAGIC

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

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.

## Therapeutic massages

### CLASSIC MASSAGE WITH KARITE BUTTER

**DURATION: 50 MIN, PRICE: 240 PLN**

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. Made on the basis of Karite butter, which moisturises the skin and additionally acts as aromatherapy.

### BLACK GOLD

**DURATION: 40 MIN, PRICE: 200 PLN**

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 spine with a peat wrap. Peat mud mined from the Kołobrzeg peat bog has anti-inflammatory and warming properties. Due to its health properties, it is called black gold.

### DEEP TISSUE MASSAGE

**DURATION: 40 MIN, PRICE: 260 PLN**

It is one of the most effective forms of therapeutic massage. It is dedicated to people with a specific disease that causes pain and limited range of motion in the joints. It relieves tension and relieves pain.

### CHINESE CUPPING MASSAGE

**DURATION: 30 MIN, PRICE: 180 PLN**

Cosmetic and therapeutic massage. It helps in removing cellulite and reduces muscle tension and pain. Suction, or vacuum therapy, is a great way to get rid of pain also in the spine.







## Body rituals

### **ORCHIDS AND SEMI-PRECIOUS STONES FROM THE BALINESE SEA.**

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

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

A relaxing and calming ritual. Cleans, soothes and calms irritations, leaving the skin smooth and soft. Perfect textures and subtle scents from the Balinese Sea restore mental and emotional balance. Feel the energy of green jade and pink quartz combined with the power of red jasper and white crystal, and you will achieve a good physical, mental and spiritual state.

### **COFFEE THERAPY FROM JAMAICA.**

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

Purification of toxins and excess fluids, acceleration of metabolism, antioxidant effect. Coffee has a toning, energising and stimulating effect, thanks to the high content of caffeine and theophylline. The treatment is enriched with a black mud compress, which supports tissue remineralisation, improves the condition of the skin and reduces cellulite.

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

**DURATION: 70 MIN, PRICE: 330 PLN**

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 remineralises and nourishes the skin. It removes dead epidermal cells, evens out the skin tone and slows down the aging process of cells. Green tea moisturizes and, thanks to its strong antioxidant properties, strengthens and protects our skin against free radicals. "Massage for the senses" balances and revitalizes the body on the physical and energetic level.

## facial massages

### **JAPANESE FACIAL MASSAGE**

**DURATION: 45 MIN, PRICE: 280 PLN**

Japanese facial massage is a completely natural and non-invasive form of face lifting and rejuvenation, bringing clear and long-lasting effects. It has a positive effect not only on the improvement of appearance, but also on well-being. It deeply relaxes the body and mind, relieves stress, reduces body tension, and restores energy.

### **KOBIDO MASSAGE**

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

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.

### **OSHIN BIAN TECHNIQUE**

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

The original ritual of manual face lifting, combined with the extraordinary power of the magic Bian stones. It includes 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.

## Relaxing massages

### **HOT STONE MASSAGE**

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

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.

### **MASSAGE FOR PREGNANT WOMEN**

**DURATION: 30 MIN, PRICE: 170 PLN**

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.

