



SPA & WELLNESS

— K A S P R O W Y —









*At SPA & Wellness Kasprowy,  
we perform treatments using  
exclusive cosmetics from  
renowned brands.*

#### SAINT MALO

Saint Malo is a cosmetics brand from Brittany, France. It discovered a unique ingredient in the cosmetics field – oyster extract, which is highly effective at delaying ageing. The brand's products stand out thanks to their wide range of natural active ingredients, sensual fragrances and amazing consistencies.

#### MESOESTETIC

Mesoestetic is one of the world leaders in aesthetic medicine and cosmetology. It produces and distributes high-quality anti-ageing products with scientifically proven effects.



# Face treatments







## SAINT MALO FACE TREATMENTS

### HYDRA GOLD

#### INTENSIVE MOISTURISING

A treatment targeting dehydrated skin prone to drying out and exposed to harmful environmental factors. Thanks to the hyaluronic acid and golden algae it maximises rehydration, ensuring an immediate and long-lasting moisturising effect. It restores comfort and flexibility to the skin.

Duration: 60 min Price: 350 PLN

### MARINE RADIANCE

#### BRIGHTENING

A treatment recommended for people with tired, dull skin. The high concentration of active ingredients in the form of sea collagen, caviar, black truffle and 24-carat gold restores the skin's radiant, fresh and younger-looking appearance.

Duration: 60 min Price: 370 PLN

### LIFT MARINE

#### IMPROVES ELASTICITY AND PROVIDES EXCELLENT SMOOTHING

A treatment with an intensively firming effect, recommended for all skin types, especially for skin that needs improvement of elasticity and smoothness. The combination of a peptide complex with a lifting massage significantly reduces wrinkles. It makes the skin soft and silky.

Duration: 70 min Price: 420 PLN

### GLOBAL ANTI-AGE

#### LUXURIOUS ANTI-AGE TREATMENT

A revitalising multi-directional anti-wrinkle treatment that inhibits the ageing process. The oyster extract combined with the sea collagen provides deep nourishment, tightens and increases the skin's firmness. It stimulates collagen synthesis and fills wrinkles and laugh lines.

Duration: 70 min Price: 460 PLN





## MESOESTETIC FACE TREATMENTS

### AGE ELEMENT

#### COMPREHENSIVE AND PERSONALISED ANTI-AGEING THERAPY

An innovative aesthetic treatment counteracting the effects of ageing. It acts by modulating epigenetic mechanisms, thanks to which the skin regains its rejuvenation abilities. The treatment combines exfoliation, strong lifting massage and intensive skin rejuvenation. It uses four types of activators: brightening the colour, firming, reducing wrinkles and improving skin density.

Duration: 70 min Price: 480 PLN

### MESOECLAT

#### GLOBAL AESTHETIC THERAPY WITH A LIFTING EFFECT

A great banquet treatment resulting in an immediate skin revitalisation effect. It acts deeply and directly on signs of ageing and tiredness, improving the appearance and condition of the skin already after the first session.

Duration: 60 min Price: 390 PLN

For better application of the active substances in the treatment, there's the option of microneedling using the M-PEN<sup>[PRO]</sup> device

Duration: 80 min Price: 490 PLN

### MESOPURERENEWING

#### DETOX AND CLEANSING

A cleansing treatment for combination and oily skin with imperfections and lacking radiance. It refreshes, improves skin tone, smoothes, moisturises the skin and has a sebo-regulating effect. It is also ideal for young skin.

Duration: 60 min Price: 370 PLN

### M-PEN<sup>[PRO]</sup> MICRONEEDLE MESOTHERAPY

This microneedle mesotherapy helps maintain skin firmness and density while minimising wrinkles, enlarged pores and imperfections. The device enables automatic puncturing of the skin, which allows deep application of active substances contained in high-quality cocktails.

Duration: 50 min Price: 340 PLN





## KOBIDO MASSAGE & RITUAL

### KOBIDO FACE MASSAGE

#### NON-SURGICAL FACE LIFT

The Japanese KOBIDO massage is an intensively lifting and stimulating face, neck and décolletage massage technique acting on the skin's surface, deeper layers and muscles. The individually tailored intensity of the massage guarantees efficient skin firming and density improvement. The massage improves facial contours, and shrinks wrinkles and furrows.

Duration: 60 min Price: 360 PLN

### EXCLUSIVE KOBIDO RITUAL

#### HOLISTIC FACE CARE

A combination of the KOBIDO massage and lymphatic drainage using GUA-SHA with Asian face care. This ritual is based on luxury cosmetics, aromatherapy and deeply relaxing KOSHI chimes. This unique and comprehensive ceremony results in a rejuvenating effect, relaxation and improved well-being.

Duration: 90 min Price: 620 PLN







## MEN'S TREATMENT ZONE

### PURIFYING MEN BY MESOESTETIC®

#### INTENSIVE CLEANSING TREATMENT FOR MEN

A unique cleansing treatment for skin that requires the removal of toxins, narrowing of pores and a matte effect. The active ingredients contained in it help to even the skin structure, improve its colour and reduce the tendency to oily skin.

Duration: 60 min Price: 360 PLN

### ANTIAGING LIFT BY MESOESTETIC®

#### EXPRESS POWER LIFT FOR MEN

A strong and highly effective treatment for deep nourishment and firming of men's skin. It restores the right colour and increases skin tension.

Duration: 60 min Price: 390 PLN





# Body treatments







## SPA RITUALS

### A JOURNEY TO SICILY

#### CLEANSING AND REGENERATION

For those who need cleansing and regeneration. A ritual from the sunny Italian island. The cleansing and exfoliating effect of a volcanic dust peel combined with a nourishing mask and a regenerating butter massage with prickly pear and orange blossom.

Duration: 90 min Price: 490 PLN

### A JOURNEY TO JAPAN

#### MOISTURISATION AND RELAXATION

A ritual for anyone needing uncompromising relaxation and hydration of the skin. A treatment with a remineralising peel with oyster shell combined with the moisturising properties of a mask, based on cottonseed and rice oils. Finished with a massage using the ultra-nourishing green tea oil and wakame algae.

Duration: 90 min Price: 490 PLN

### A JOURNEY TO THE TATRA MOUNTAINS

#### REJUVENATION AND REGENERATION

For those who need bioregeneration. An embracing and completely relaxing journey into the Tatra Mountains. A ritual based on a peel of salt and clay, a polar algae mask with an innovative anti-ageing effect, and a massage using a cream containing health-promoting Rhodiola rosea.

Duration: 90 min Price: 490 PLN

### A JOURNEY TO BALI

#### BRIGHTENING AND FIRMING

For anyone whose body needs shaping and whose skin is dull. A brightening and shaping ritual based on a peel with noni fruit and coconut, with an extremely exotic fragrance and a mask using hibiscus flowers – has firming properties and leaves the body with a pearly glow. The treatment is finished with a deeply relaxing massage.

Duration: 90 min Price: 490 PLN

Duration: 90 min Price: 480 PLN





## BODY TREATMENTS

### BODYSHOCK® BY MESOESTETIC

PERSONALISED TREATMENT TO REDUCE BODY IMPERFECTIONS.

A combination of professional products with the highest concentration of active substances and a massage tailored to individual needs and aimed at specific treatment areas. It results in visible firming and improves skin elasticity and tension.

Duration: 60 min Price: 380 PLN

### ICOONE LASER® FOR THE BODY + BODYSHOCK® BY MESOESTETIC

PERSONALISED TREATMENT TO REDUCE BODY IMPERFECTIONS.

A combination of the BODYSHOCK® treatment by mesoestetic and the advanced ICOONE Laser® technology for dynamic body remodelling and fighting against cellulite\*.

\*50% discount on outfit for the ICOONE® treatment.

Duration: 100 min Price: 580 PLN

### BODY PEEL

A deeply cleansing treatment helping restore the skin's silky smoothness and improve its colour. Recommended before body treatments.

Duration: 25 min Price: 180 PLN

### SPA BATH

A nourishing and regenerating bath in algae-thermal salt, combined with the relaxing effect of aromatherapy. Recommended before body treatments.

Duration: 25 min Price: 180 PLN





## BODY MASSAGE

### OUR KASPROWY MASSAGE

Our own massage using various relaxation and therapeutic techniques. Enriched with aromatic, warm compresses and a foot, hand and head massage. It guarantees deep relaxation and silky-smooth skin. It's performed using an exclusive, natural shea butter.

Duration: 80 min Price: 490 PLN

### SAINT MALO JOURNEY OF DREAMS

A body massage based on relaxation and drainage techniques. It reduces tension and stress while supporting cleansing the body from excess toxins. It's performed using a rejuvenating product from Saint Malo.

Duration: 50 min Price: 330 PLN

### CHOCOLATE MASSAGE

A sensual, soothing full-body massage performed using a rejuvenating oil and aromatic chocolate, which in addition improving the skin is also famous for its aphrodisiac properties.

Duration: 50 min Price: 330 PLN

### HOT CANDLE MASSAGE

A massage combining natural, aromatic scents and rejuvenating oils. It's extremely relaxing, and the light from the candles and the scent of oils hovering around the room will bring your body and mind into a state where you can deeply unwind.

Duration: 50 min Price: 330 PLN

### HOT STONE MASSAGE

A relaxing massage combining manual techniques with the effect of hot volcanic stones. The heat of the stones improves cleansing and tissue oxygenation. A massage recommended if you're tired and stressed.

Duration: 50 min Price: 390 PLN

### CLASSIC MASSAGE

The most popular type of massage using a range of specific movements. It's analgaesic, regulates muscle tone, and oxygenates and stimulates the tissues.

Duration: 25 min Price: 180 PLN

Duration: 50 min Price: 290 PLN

### SPORT MASSAGE

A massage that intensively rebuilds muscles after intensified effort. It relaxes and eliminates tension caused by physical activity, gives a sense of relief and protects against injuries.

Duration: 25 min Price: 200 PLN

Duration: 50 min Price: 350 PLN







## THERAPEUTIC MASSAGE

A specialist therapy that combines personally tailored massage techniques to help eliminate muscle tension and pain. We recommend this massage for anyone with problems with the spine and other dysfunctions of the musculoskeletal system.

Duration: 50 min Price: 350 PLN

## SHAPING AND ANTI-CELLULITE MASSAGE

An intensive massage starting with body brushing to oxygenate the skin, break up fat tissue and activate the fat tissue burning process. It's performed using a Chinese cup, and has drainage and anti-cellulite effects.

Duration: 50 min Price: 380 PLN

## FOOT MASSAGE

A relaxing massage that stimulates receptors and brings relief to tired feet.

Duration: 25 min Price: 180 PLN



## CHILDREN AT THE SPA

### KIDS MASSAGE

A sweet and gentle massage using natural combined with real chocolate. A wonderful, embracing experience for our young guests.\*

A SWEET SURPRISE after the massage :)

\*Massage for children under 13 years old performed under the supervision of a parent or guardian.

Duration: 20 min Price: 160 PLN





## TREATMENTS USING APPARATUSES

**ICOONE Laser®** is an innovative tool for non-invasive elimination of fat tissue. It's an effective method for modelling the figure and fighting cellulite, loose skin, lymphoedema and all signs of skin ageing.

### ICOONE® LASER FOR THE BODY

#### SLIMMING AND SHAPING THE FIGURE

ICOONE Laser® programmes for the body are designed to reduce cellulite, shape the figure, reduce deep fat deposits, firm, drain and restore correct metabolism.

Each treatment comprises two stages. It starts with a 20-minute base programme for the entire body with an appropriate therapeutic solution. Next, there are 10-minute targeted focus sessions aimed at a specific treatment zone to resolve individual problems, such as buttock shaping, thigh slimming, and firming skin on the knees.

Duration of one treatment: **base programme 20 minutes.**

+2 targeted focus sessions 10 minutes each. **Price: 350 PLN**

package of 5 treatments: **1600 PLN\***

package of 10 treatments: **3100 PLN\***

\*When purchasing a package, you get a FREE treatment gown and monthly gym pass.

### ICOONE® FOR THE FACE

#### STIMULATION AND FIRMING

ICOONE® programmes for the face have lifting and draining properties, improve facial contours, reduce wrinkles, firm the skin and improve skin tone.

Duration of the treatment:

**50 minutes, Price: 250 PLN**

package of 5 treatments: **1100 PLN**

package of 10 treatments: **2200 PLN**

+3 targeted focus sessions

10 minutes each. **Price: 400 PLN**

package of 5 treatments: **1800 PLN\***

package of 10 treatments: **3600 PLN\***

+4 targeted focus sessions

10 minutes each. **Price: 450 PLN**

package of 5 treatments: **2100 PLN\***

package of 10 treatments: **4000 PLN\***





## VIP ROOM

A luxurious and comfortable VIP room designed for celebrating moments together. It's equipped with a dry sauna, bathtub for relaxing, aromatic baths, a large relaxation zone and massage bed. The unique treatments and rituals performed in the intimate, elegant VIP room will ensure relaxation and care at the highest level.\*

## PACKAGES IN THE VIP ZONE

### A journey to Youth

A session in the VIP sauna/aromatic milk bath/body peel using oyster shells/moisturising body mask based on cottonseed and rice oils/drainage and relaxation massage/Saint Malo face treatment/cosmetic gift. Prosecco and a sweet treat.

Duration: 180 min Price: 880 PLN per person

### A journey to Joy

A session in the VIP sauna/aromatic milk bath/body peel/hot chocolate massage. Prosecco and a sweet treat.

Duration: 150 min Price: 740 PLN per person

### A Package for Two

A session in the VIP sauna/aromatic milk and rose petal bath/massage for two. Prosecco and a sweet treat.

Duration: 120 min Price: 580 PLN per person

### Package for Friends

A session in the VIP sauna/aromatic algae bath/KOBIDO face massage. Prosecco and a sweet treat.

Duration: 120 min Price: 580 PLN per person

\*Each treatment on the SPA List can be performed in the VIP ROOM at an additional fee of PLN 50 per person. Booking required.







## SUPPLEMENTARY TREATMENTS

### SWISS MAVEX PEDICURE WITH MEDICAL CERTIFICATE

This is a treatment based on glycolic and lactic acid. It completely removes the cracked and calloused epidermis. A comfortable and pleasant treatment resulting in extremely soft feet.

Duration: 45 min Price: PLN 180

### VELVETY HANDS

skincare „gloves” for the hands

Duration: 15 min Price: PLN 80 as an optional extra with a treatment

Duration: 25 min Price: PLN 150

### VELVETY FEET

skincare „socks” for the feet

Duration: 15 min Price: PLN 80 as an optional extra with a treatment

Duration: 25 min Price: PLN 150

### EYE VITALITY

treatments for the eye area

Duration: 15 min Price: PLN 80 as an optional extra with a treatment

Duration: 25 min Price: PLN 160

### CAVITATION PEEL

non-invasive cleansing

Duration: 10 min Price: PLN 80  
as an optional extra with a treatment





## TERMS AND CONDITIONS OF SERVICES IN THE SPA ZONE

1. Use of services at Kasprowy SPA is tantamount to reading and accepting these terms and conditions.

2. Before you use SPA services, you must first complete and sign a health questionnaire. Use of SPA services is tantamount to the Client submitting a statement that there are no health contraindications to the performance of the treatment. The staff are not responsible for the consequences of treatments performed despite existing contraindications that have not been disclosed.

3. A SPA employee may refuse to perform a treatment if a contraindication exists.

4. SPA Zone clients must be of age – people who are not of age can only be clients with the consent of a parent or guardian. In such a case, the health questionnaire shall be completed by the parent or guardian.

5. Treatments for minors under 13 years of age shall be performed under the supervision of a parent or guardian.

6. All treatments are charged separately in accordance with the SPA price list.

F. Services provided in the SPA Zone are to be paid for at the hotel reception or SPA reception in cash or using a payment card.

7. Hotel guests may charge products and services purchased at Kasprowy SPA to their room after first providing a pre-authorisation on their credit card at the main reception. This account will be settled at check out.

8. Before the planned treatment, please notify the SPA reception about intending to purchase the treatment.

9. Please book services at least several days in advance. If you do not have a booking, you will only be able to use the services that are available at the given time. A booking is made after the staff check availability.

10. For the sake of the high quality of our services, the Client is required to arrive 15 minutes before the appointment time to complete a consultation form.

11. The appointment time is the time when the treatment starts. Otherwise, the treatment will be shortened by the duration of the delay.

12. If the Client books an appointment and does not arrive, they will be charged with a fee of PLN 100 for every hour the treatment was booked for.

13. If a client books an appointment and does not show up for the treatment, they will be charged with an amount equal to 50% of the value of the treatment purchased.

14. If an appointment is cancelled less than six hours in advance, the Client is required to pay a fee for failing to cancel the appointment in the amount of PLN 100 for each hour the treatment was booked for.

15. Anyone who is intoxicated or under the influence of intoxicating or psychoactive substances may not enter the SPA Zone.

16. We reserve the right for SPA employees to stop a treatment in the event of inappropriate behaviour by the Client.

17. The staff reserve the right to change the time of the appointment 24 hours before the appointment time.

18. SPA personnel are not responsible for valuables left in the SPA Zone.

19. Kasprowy SPA reserves the right to change the offer of services, products and opening hours.

20. While in the SPA Zone, please remain quiet and refrain from using mobile phones. .





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