



# VANILLA SPA

[www.palac-romantyczny.com](http://www.palac-romantyczny.com)



# BODY

Rituals combining relaxation with skincare  
(PEELING + MASK + MASSAGE)

## “PALACE RITUAL”

100 minutes/ 420 PLN

This is the most exclusive treatment from our range. Experience the atmosphere of our palace SPA, relax and cherish these moments for a long time. The treatment leaves a delicate glow on the skin and has rejuvenating effects. This is the only ritual where, in addition to body massage, we also perform facial massage. For men, we recommend a mask without pearlescent sheen.

**Active ingredients:** shea butter, silk proteins, almond oil, mica

## “GINGERBREAD RITUAL”

90 minutes/ 360 PLN

A ritual that will introduce you to the spirit of Toruń, with an inimitable spicy aroma, based on natural ingredients. Your skin will be delicate and soft, and your mind – relaxed and rejuvenated. If you like Toruń gingerbread, then this treatment is perfect for you.

**Active ingredients:** shea butter, cinnamon, cloves, cardamom, honey

## “CHOCOLATE RITUAL”

90 minutes/ 360 PLN

It nourishes and firms the skin, stimulating the release of endorphins (happiness hormones). We prepare the massage chocolate right before the treatment, using only natural ingredients. It does not contain preservatives or artificial fragrances.

**Active ingredients:** cocoa pulp, cocoa butter, coconut oil, sweet almond oil

## “FLOWER RITUAL”

90 minutes/ 360 PLN

Intended for very dry skin and also sensitive skin. The enchanting floral aroma will carry you to a world of relaxation.

**Active ingredients:** extracts of Japanese cherry, ginkgo biloba, plantain and silk

## “CITRUS RITUAL”

90 minutes/ 360 PLN

A highly nourishing ritual featuring the fragrance of orange and lime. It delivers intensive nourishment, lubrication and softening.

**Active ingredients:** shea butter, rice and soybean seed proteins, cinnamon, hot pepper



# MASSAGES

Give yourself a moment of relaxation

## RELAXING BODY AND FACE MASSAGE

90 minutes/ 350 PLN

Massage that will take you to a state of deep relaxation and tranquillity. The massage is performed using warm oils with various aromatic notes.

## RELAXING BODY MASSAGE

45 minutes/ 220 PLN

60 minutes/ 240 PLN

Relaxing massage using warm, aromatic oils known for their strong moisturising and relaxing effects

## HOT CHOCOLATE BODY MASSAGE

60 minutes/ 280 PLN

Indulge in a relaxing full body massage that nourishes and hydrates the skin. We prepare the massage chocolate right before the treatment using only natural ingredients, including cocoa mass, cocoa butter, coconut oil and sweet almond oil. It does not contain preservatives or artificial aromas.

## BALINESE MASSAGE

70 minutes/ 300 PLN

High-intensity massage – a combination of several Asian techniques including Ayurveda, Chinese acupressure techniques, and yoga. Enjoy a classic Balinese relaxation massage known for its impact on blood circulation and energy pathways, offering deep relaxation and exceptional comfort. Experience a sense of mental and physical bliss, improve blood circulation, and enjoy deep and powerful stimulation of muscle and skin tissue.

## LOMI LOMI – HAWAIIAN MASSAGE

90 minutes/ 350 PLN

An exceptionally relaxing experience having a wonderful effect on your well-being. Improves blood circulation and relaxes muscles. This technique also carries a spiritual aspect, in line with Hawaiian life philosophy. During a massage session, you will achieve inner balance, release stress and tension, and discover inner tranquillity.

## HOT STONE BODY MASSAGE

55 minutes/ 320 PLN

This technique, originating from the Far East inhabitants, has been known for thousands of years. It serves as a remedy for fatigue, bad mood, and headaches. The massage is performed with smooth, warm basalt stones.

## SCENTED CANDLE BODY MASSAGE

50 minutes/ 280 PLN

This is the perfect way to unwind and relax. Aromatherapy and gentle candlelight create a unique atmosphere. The primary component of the candle is Shea butter, which intensely hydrates the body. After the treatment, your skin will be wonderfully nourished, and your body relaxed and rejuvenated.

## BACK RELAXATION MASSAGE

25 minutes/ 140 PLN

A soothing massage with warm, aromatic oils, ideal for relieving sore, tight back muscles

## HOT STONE BACK MASSAGE

25 minutes/ 170 PLN

The warmth of volcanic stones deeply soothes and loosens tense back muscles, making it an ideal massage for back pain relief.

## KOBIDO MASSAGE WITH FACETAPING

75 minutes/ 330 PLN

Originating in 14th century Japan, this massage is a natural way to achieve beauty, known as a non-surgical facelift. The Kobido massage is ideal for people seeking a natural way to rejuvenate their face, enhance facial contours, and increase skin firmness. Perfect for those suffering from bruxism and headaches. The massage ends with facetaping (application of tapes).

## FACE, NECK AND DÉCOLLETÉ MASSAGE

30 minutes/ 140 PLN

Vanilla SPA's flagship massage that will immerse you in relaxation and tranquillity. Perfect as a standalone treatment or as part of a comprehensive package combined with a body massage. The treatment can be enhanced with a scrub or mask.

## FOOT MASSAGE

25 minutes/ 140 PLN

An incredibly relaxing treatment that boosts your overall well-being. This massage relieves tension, improves blood circulation, and promotes better sleep.

**We kindly ask you to arrive at the spa approximately 10 minutes  
before the scheduled start of your treatment**

**(preparation time is included in the treatment duration)**

# FACIAL TREATMENTS

Facial treatments using equipment

## MICRO-NEEDLE RADIOFREQUENCY

NEW!

80 minutes/ face 800 PLN

series of 3 treatments 2070 PLN

90 minutes/ face, neck, décolleté 1300 PLN

series of 3 treatments 3000 PLN

Highly effective cosmetic treatment that improves skin structure and firmness. This is a less invasive alternative to ablative laser treatments, with a significantly shorter healing time (1-2 days). The treatment combines two technologies: radiofrequency with microneedling, resulting in thermolifting and tissue reconstruction at the treatment area. This concept allows for resolving numerous skin issues, providing substantial improvement in skin firmness and tightness, reducing wrinkles, scars, and stretch marks, evening out skin texture, and enhancing skin tone.

## OXYBRASION + INTRACEUTICALS OXYGEN INFUSION TREATMENT

45 minutes/ 400 PLN

Celebrity treatment. A holistic approach to facial and neck skin rejuvenation, utilising low molecular weight hyaluronic acid and nutrients infused with oxygen. This is a treatment for special occasions, perfect before an important outing.

**Indications:** dehydrated skin with signs of ageing

## OXYBRASION + SERUM + MASK (CREAM OR ALGAE)

60 minutes/ 260-280 PLN

Oxygen-water peeling, which removes dead skin cells and revitalises the skin. Leaves a feeling of freshness and skin firmness. Suitable for all skin types, including sensitive skin. Suitable for use also during the summer.

**Indications:** dry, oxygen-starved, lackluster skin

## CAVITATION PEELING + SERUM + SONOPHERESIS + MASK

50 minutes/ 230 PLN

Cleansing the skin with ultrasonic waves. After the cleansing phase comes the active serum infusion phase. It is a painless, non-invasive treatment.

**Indications:** polluted skin with minor imperfections, requiring refreshment

# LUXURY SKIN CARE TREATMENTS BY MARY COHR

Mary Cohr offers a broad selection of exceptionally effective cosmetics from a prestigious French brand, widely acclaimed in esteemed beauty clinics and spa resorts. Natural product compositions are based on essential oils including lavender, sage, and rosemary.

The cosmetics are paraben-free, meaning they do not contain preservatives. They demonstrate high effectiveness in skincare, without the risk of allergies, and they smell wonderfully. At our salon, we recommend the following treatments:

## “DERMO PEEL”

45 minutes/ 320 PLN

Effective treatment for skin renewal, combining gentle chemical peeling with active skincare ingredients.

**Indications:** lackluster, discoloured skin, requiring cleansing

## “CATIO VITAL LIFT”- CLEANSING, NOURISHING AND LIFTING IN ONE TREATMENT

70 minutes/ 390 PLN

Treatment that utilises all 3 functions of the Catio Vital device.

**Indications:** : suitable for all skin types, especially for skin in need of firming and nourishment

## “CATIO VITAL”- TREATMENT FOR EVERYONE, VISIBLE RESULTS AFTER THE FIRST SESSION

60 minutes/ 280 PLN

Treatment tailored to client's individual skincare needs. The session begins with cleansing using a thermal mask, followed by skincare through ionisation of active ingredients, and concludes with a nourishing mask.

**Indications:** suitable for all skin types, treatment tailored individually

## “CATIO LIFT”- LIFTING EFFECT BEING AN ALTERNATIVE TO SURGERY

50 minutes/ 300 PLN

After the treatment, your face will appear younger, with the facial oval enhanced, and wrinkles less visible.

**Indications:** mature skin lacking firmness and elasticity

# ADDITIONAL OPTIONS FOR MARY COHR TREATMENTS

Cavitation peeling  
Oxygen oxyabrasion

10 minutes/ 80 PLN  
15 minutes/ 100 PLN

## SUPPLEMENTARY TREATMENTS

HAND NOURISHING TREATMENT (PEELING + MASK + MASSAGE)  
FACIAL PEELING + EXPRESS FACE MASK  
FULL BODY PEELING

25 minutes/ 100 PLN  
30 minutes/ 100 PLN  
25 minutes/ 120 PLN

## WOODEN BATHTUB BATHS\*

(reservation for exclusive use – 50 minutes)

### BEER BATH

- Dry sauna session - 15 minutes
- Beer bath in wooden tubs 20 minutes
- Relaxation on loungers with a pint of beer 15 minutes

#### Benefits of bathing:

- A rich source of vitamin B, iron, phosphorus, calcium, magnesium, and potassium
- Rejuvenating and anti-wrinkle effects
- Bactericidal and moisturising properties
- Has a positive impact on the functioning of the circulatory system

**NOTE:** The product has medicinal properties. Helps with inflammation in muscles and joints and has pain-relieving effects.

#### Price:

for 2 people 50 minutes/ 300 PLN  
for 2 people (2 separate tubs) 50 minutes/ 350 PLN  
for 3 people 50 minutes/ 400 PLN  
for 4 people 50 minutes/ 500 PLN

### BATH IN GOAT MILK SALT

- Aromatic dry sauna session 15 minutes
- Bath in a wooden tub in goat milk extract 20 minutes
- Relaxation on loungers with a glass of sparkling wine 15 minutes

#### Benefits of bathing:

- Soothes irritations
- Effectively nourishes and restores proper skin hydration
- Promotes relaxation after a challenging and intense day

#### Price:

for 2 people 50 minutes/ 300 PLN  
for 2 people (2 separate tubs) 50 minutes/ 350 PLN  
for 3 people 50 minutes/ 400 PLN  
for 4 people 50 minutes/ 500 PLN

### BATH IN PALACE WINE – ELIXIR OF YOUTHFULNESS

- Aromatic dry sauna session 15 minutes
- Wine bath in a wooden tub 20 minutes
- Relaxation on loungers with a glass of palace wine 15 minutes

#### Benefits of bathing:

contains polyphenols, which have antioxidant, cleansing and toning properties

#### Price:

for 2 people 50 minutes/ 300 PLN  
for 2 people (2 separate tubs) 50 minutes/ 350 PLN  
for 3 people 50 minutes/ 400 PLN  
for 4 people 50 minutes/ 500 PLN

**Option to buy a snack platter (with prior notice) at the price of 50 PLN.**

**We kindly ask you to arrive at the spa approximately 10 minutes before the scheduled start of your treatment**

**(preparation time is included in the treatment duration)**

# SPA WET ZONE

(heated outdoor pool and outdoor jacuzzi – available seasonally, dry sauna and steam room, mini salt cave, indoor jacuzzi, tepidarium)

## SINGLE ENTRY

60 PLN per adult  
30 PLN per child under 12  
free

## FREE WITH TREATMENTS

### EXCLUSIVE PRIVATE RENTAL OF THE SPA WET ZONE

(not applicable on weekends, includes internal SPA area – without pool)

400 PLN/ h

*From Monday to Thursday, the wet zone is available upon request by Guests. Please make a reservation 30 minutes before your scheduled appointment.*

## TREATMENT PACKAGES

### “FRESH BREEZE”

55 minutes/ 340 PLN

- Oxybrasion – oxygen microdermabrasion for the face, neck, and décolleté
- Relaxing facial, neck, and décolleté massage
- Freeze-dried sheet mask
- Cream for the final stage of the treatment

### “EXTREME HYDRATION”

80 minutes/ 380 PLN

- Oxygen oxybrasion for the face, neck, and décolleté
- Hyaluronic acid serum infused through sonophoresis
- Face, neck, and décolleté massage
- Algae mask for the face, neck, and décolleté
- Moisturising hand mask
- A finishing cream for ultimate skin nourishment

### “STRESS OUT”

120 minutes/ 470 PLN

- Hot chocolate body massage
- Facial peeling
- Face, neck, and décolleté massage
- Facial mask tailored to your skin's needs
- Nourishing treatment for the eye area

### “MEN'S GAME”

80 minutes/ 330 PLN

- Cavitation peeling for the face, neck, and décolleté
- Cleansing facial mask
- Full body massage with aromatic oil
- Cream for the final stage of the treatment

**We kindly ask you to arrive at the spa approximately 10 minutes  
before the scheduled start of your treatment**

**(preparation time is included in the treatment duration)**

# PACKAGES FOR TWO

## **“FOR THE BODY, MIND AND PALATE”**

- Exfoliating body massage
- Balinese massage
- A glass of sparkling wine
- Romantic dinner

3 h / 1200 PLN (price for two)

## **“WINETHERAPY”**

- Aromatic dry sauna session
- Bath in a wooden tub
- Relaxation on loungers with a glass of palace wine
- Grape body peeling
- Nourishing body mask with red wine extract (rich in polyphenols)
- Relaxation body massage

2 h 30 minutes/ 1000 PLN (price for two)

## **“FEAST FOR TWO”**

- Body peeling
- Facial peeling
- Dead Sea mud for the face and body
- Relaxing body massage
- Glass of wine
- Snack platter

120 minutes/ 760 PLN (price for two)

## **“PEEL & MASSAGE”**

- Facial peeling
- Body peeling
- Facial massage
- Head massage
- Body massage
- Aromatic green tea to complete your experience

1 h 45 minutes/ 740 PLN (price for two)

## **“LADIES’ AFTERNOON”**

- Facial peeling
- Body peeling
- Creamy facial mask
- Face, neck, and décolleté massage
- Body massage with nourishing oil
- Glass of wine

120 minutes/ 840 PLN (price for two)

# CHILDREN’S PACKAGES

## **„CHOCO, CHOCO, CHOCOLATE”**

- Warm chocolate body massage (all-natural ingredients)
- Chocolate treat

40 minutes/ 190 zł

## **„MUMMY AND ME”**

- Bubble gum scented bath with playful soap bubbles for two
- Aromatic back massage with fruity oil for two
- Sweet surprise gift for your little one

60 minutes/ 400 zł (price for 2)



## VANILLA SPA

We offer our Guests:

- 3 fully equipped treatment rooms
- Beer SPA
- Dry and steam sauna
- Heated outdoor pool (available seasonally)
- Mini salt graduation tower
- Indoor jacuzzi
- Outdoor jacuzzi (available seasonally)
- Tepidarium

SPA wet zone and pool opening hours:  
9:00-22:00

SPA Reception opening hours\*:  
Monday-Thursday 12:00-20:00  
Saturday: 10:00-20:00  
Sunday: 10:00-16:00

\*Operating hours of treatment rooms may vary.  
Telephone number: 56 642 31 00  
Spa Reception: 56 642 31 81

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