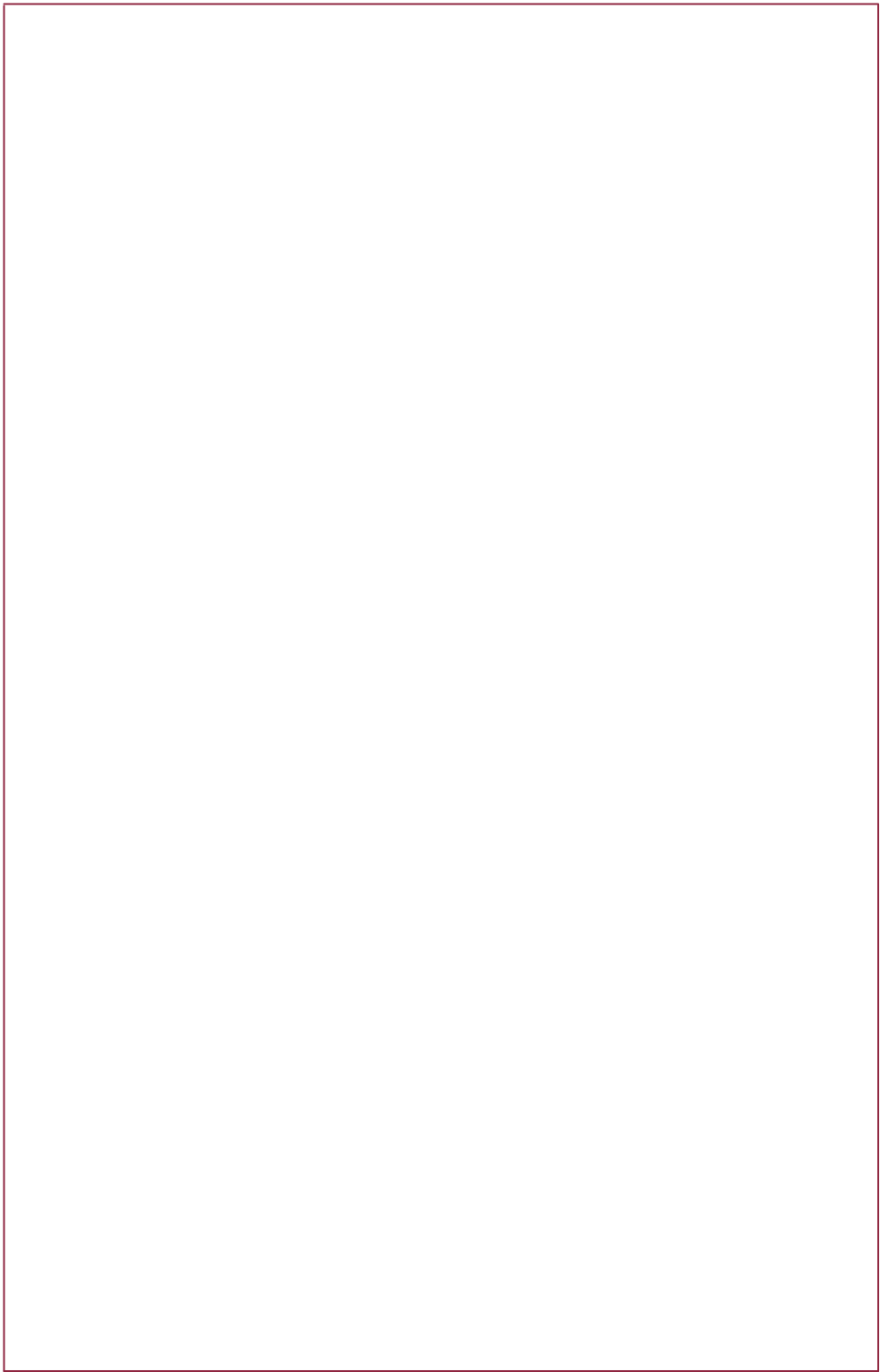




SPA OFFER



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FACE, NECK AND CHEST CARE



Natural lifting – facial massages

FACEMODELING PROGRAM [TM]

90 min | 550 PLN

MODELING . FACIAL REJUVENATION

Innovative and natural face lifting therapy. It works on the deepest tissue structures: face, neck and décolleté. It initiates deep reconstruction of collagen fibers responsible for skin tension, causing a visible effect of facial rejuvenation. It combines unique, advanced techniques of working with tissues such as: transbuccal massage, osteoplasty and myoplasty.

KOBIDO

80 min | 320 PLN

LIFTING FACIAL MASSAGE

Japanese intensive massage of the face and head. Reduces facial wrinkles and improves the face oval. The combination of lymphatic drainage, acupressure and above all lifting techniques brings incredible effects and is an alternative to aesthetic medicine.

Care and beauty treatments

DX GLOW

Sothys | 80 min | 380 PLN

ANTI-AGEING

A new program designed to be used before or during the so-called “burnout” skin fatigue”. It ensures its regeneration and restores its youthful glow, protects against the effects of everyday aggressive external factors. Perfect for gray, oxygen-deprived and lusterless and energy-deprived skin.

THE POWER OF INTENSIVE TREATMENT

Combined with Digi-Esthétique® – Sothys' signature massage, it gives immediate results of a youthful complexion.

PIGMENTATION MANAGEMENT

Sothys | 80 min | 360 PLN

HYDRA 4HA

Sothys | 80 min | 360 PLN

THE POWER OF COLLAGEN

Mesoesthetic |
60 min | 330 PLN

MANUAL CLEANING

120 min | 320 PLN

A CLASSIC RETINOL

60 min | 310 PLN

ILLUMINATION. DISCOLORATION REDUCTION

Sothys has developed a unique skin brightening program that aims to combat discoloration. The heart of the treatment is the organic white nettle extract (patent pending in France, under no. 2302520), inspired by the gardens of Les Jardins Sothy and derived from Sothys' advanced research. A 6-step treatment that works on 3 important levels: reducing discoloration, moisturizing and evening out the skin tone.

VERY STRONG HYDRATION

An exclusive, moisturizing and rejuvenating ritual created to hydrate every type of skin. It is based on a protocol of six unique phases and exclusive massage techniques, combined with modern active ingredients. This unique treatment combines 4 sources of hyaluronic acid with 2 patented Sothys active ingredients. Restores optimal moisture levels, stimulates skin cells to produce moisturizing ingredients, regenerates the epidermis.

INTENSIVE RENEWAL

A treatment based on natural collagen, enriched with a revolutionary 3D crystal fiber mask. The treatment gives the effect of strong skin firming, wrinkle reduction and skin tone evening.

CLEANLINESS. FRESH SKIN

A treatment that cleanses the skin of black-heads. The cosmetics used during the treatment are individually selected to suit the needs of the skin.

REJUVENATION . REGENERATION

Treatment designed for mature and poorly moisturized skin. The most active form of vitamin A contained in the treatment products is responsible for collagen synthesis and inhibition of the aging process of facial skin. The treatment will regenerate and restore skin elasticity.

SPA KONRADÓWKA SIGNATURE TREATMENT

60 min | 280 PLN

THE BASIS OF CARE

Our ABC of the skin is a wide range of fast, yet effective treatments, individually selected to suit the needs of the skin. We offer treatments such as:

- Soothing
- Regulating
- Gently exfoliating
- Regenerating
- Moisturizing

Mesotherapy

MICRONEEDLE MESOTHERAPY

60 min | 450 PLN

A non-surgical method of skin revitalization while simultaneously stimulating its natural regenerative abilities. The unique technology used during the procedure delivers concentrated nutrients bypassing the epidermal barrier. Micro-punctures made with sterile, disposable needles cause the creation of several thousand micro-channels.

They remain open for a short time, allowing for deep introduction of the selected preparation. Minimal micro-injuries occurring during the procedure additionally stimulate the skin receptors to intensive repair processes.

Microneedle mesotherapy is recommended for people with skin that requires hydration and nourishment, with signs of aging, sun and acne discolorations, or shallow scars.

NEEDLE MESOTHERAPY

100 min | 550 PLN

It is a procedure involving the introduction of appropriately selected preparations directly into the skin. Depending on the type of substance used and the place of its application, various types of effects can be achieved.

This is a procedure that will restore the skin's radiance, firmness and moisture. We can enjoy the effects much longer than after other procedures, because the technique by which nutrients are administered bypasses the epidermis barrier and delivers active ingredients directly to our skin.

Mesotherapy is always preceded by comprehensive skin preparation, then we apply anesthesia and finally a soothing biocellulose mask.



RELAX & BODY CARE

Body treatments

HANAKASUMI

Sothys | 90 min | 420 PLN

NOURISHMENT . CALMNESS

A Japanese beauty session that nourishes the skin and soothes the senses. Inspired by Far Eastern rituals, it combines the nourishing properties of cherry blossoms and rice powder. The Hanakasumi session begins with a delicate enzymatic peeling performed with an exfoliating glove. The feet are massaged based on reflexology. The ritual ends with a relaxing full-body massage with oriental Shea Butter.

TRANQUILLITY FACE & BODY

Comfort Zone |
90 min | 420 PLN

NUTRITION . RELAXATION . AROMATHERAPY

An iconic aromatherapy ritual, which includes: peeling, aromatherapy full-body massage and an original lifting facial massage. The full-body massage is performed on TRANQUILLITY BLEND - an aromatic mixture of essential oils and amaranth oil. It relaxes muscle tension and perfectly regenerates the skin. The ritual is crowned by an original facial massage on the nourishing RECOVER TOUCH oil, which contains goji berry extract and macadamia oil. It reverses daily damage caused by free radicals and promotes night-time skin regeneration.

THERMAL MUD

Comfort Zone |
90 min | 390 PLN

SHAPING . DETOXIFICATION

Intensive modeling treatment with Bormio thermal waters, with detoxifying and anti-cellulite action. A mixture of essential oils promotes deep tissue cleansing, while sea and brown algae support lipolytic action. Ideal treatment to eliminate accumulated toxins and restore skin vitality.

Body treatments

DOLCE VITA

Mei | 90 min | 380 PLN

RENEWAL . BALANCE

The enveloping essential oils of sweet orange and lemon give the skin a new glow. The ritual begins with a sweet peeling, then we perform a relaxing massage based on balancing oil. The next step is the application of SweetOrange body cream, and at the end we spray the whole body with floral water with the scent of sweet orange.

Body peelings

TRANQUILLITY PEELING

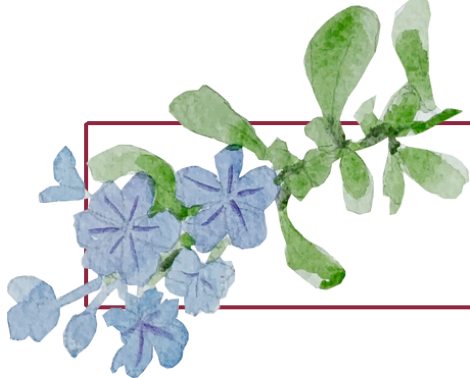
Comfort Zone |
55 min | 250 PLN

Perfect peeling for skin renewal and deep nourishment. Provides a unique sense of relaxation and renewal, thanks to the benefits of aromatherapy. As a result, the skin gains radiance and microcirculation is stimulated, resulting in a healthy, fresh and silky skin.

DOLCE VITA PEELING

Mei | 55 min | 220 PLN

Extremely effective classic whole body peeling based on salt and organic oils. Leaves the skin perfectly smooth, nourished and moisturized.



MASSAGES

Massages of the world

AMANI ZANZIBAR

75 min | 320 PLN

Deeply relaxing body, head and face massage created in Zanzibar. Performed to the rhythm of unique oriental music. Based on African and Indian techniques, performed using warm aromatherapy oil Tranquility with a relaxing blend of sweet orange, damask rose and cedarwood essential oils.

CHINESE MASSAGE TUI NA

75 min | 290 PLN

Traditional, original Chinese massage used in medicine for over 2000 years. Dynamic massage of the whole body, based on acupressure and work with meridians, the so-called "life lines". The treatment begins with a comprehensive pressure massage of the feet and lower legs, then moves on to the whole body, also including a facial and head massage.

AUTHOR'S FULL BODY MASSAGE BODY WORK

50 min | 250 PLN

A gentle relaxing massage of the whole body. It contains a compilation of specialist techniques that allow for subtle stretching of tissues and joints. The massage has a calming, health-promoting effect, and above all improves well-being.

BALINESE HEAD MASSAGE

45 min | 220 PLN

A deeply relaxing massage of the head, face, shoulders and upper back based on Balinese relaxation techniques. The massage is performed with organic warm coconut oil, which perfectly nourishes and regenerates the scalp and hair.

Therapeutic massages

LYMPHATIC DRAINAGE

75 min | 290 PLN

Therapeutic massage effectively activating the body's natural defense processes. It eliminates swelling, leg edema and accelerates metabolic processes. Gentle drainage movements used during this massage give the effect of deep relaxation.

FULL BODY THERAPEUTIC MASSAGE

55 min | 290 PLN

Massage is a very effective method of improving the condition of joints, muscles and spinal mobility. A set of deep, gentle movements along with the stretching of muscle fibers and gentle mobilization of joints allows you to eliminate contractures and pain of various origins. It allows you to achieve effective and stable results in a relatively short time.

PARTIAL MASSAGE

30 min | 160 PLN

A relaxing back massage performed with warm organic oil.



ADDITIONAL TREATMENTS

MANICURE & PEDICURE

Classic manicure | 90 PLN

Classic pedicure (milling machine) | PLN 150

Biological pedicure | PLN 180

EYE STYLING

Henna eyebrow+eyelashes
with regulation | PLN 120

Henna eyebrow/eyelashes | PLN 50

Eyebrow regulation | PLN 50

SPA LABEL

Konradówka SPA is an oasis of silence. In order to ensure peace and privacy for SPA guests, we ask that mobile phones be silenced and used only in exceptional situations.

Guests wishing to use treatments must be over 18 years of age. The SPA zone is subject to regulations available at the SPA reception.

Cancellation Policy

If you wish to reschedule or cancel your treatment, please inform the spa or hotel reception four hours in advance.

In the absence of such notification, we reserve the right to charge a fee of 100% of the value of the ordered treatment.

Arrival at the SPA zone

Please arrive at the SPA 10 minutes before your scheduled appointment time to fill out a health form. If you are late, the procedure will be shortened without the possibility of adjusting its price.



KONRADÓWKA

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