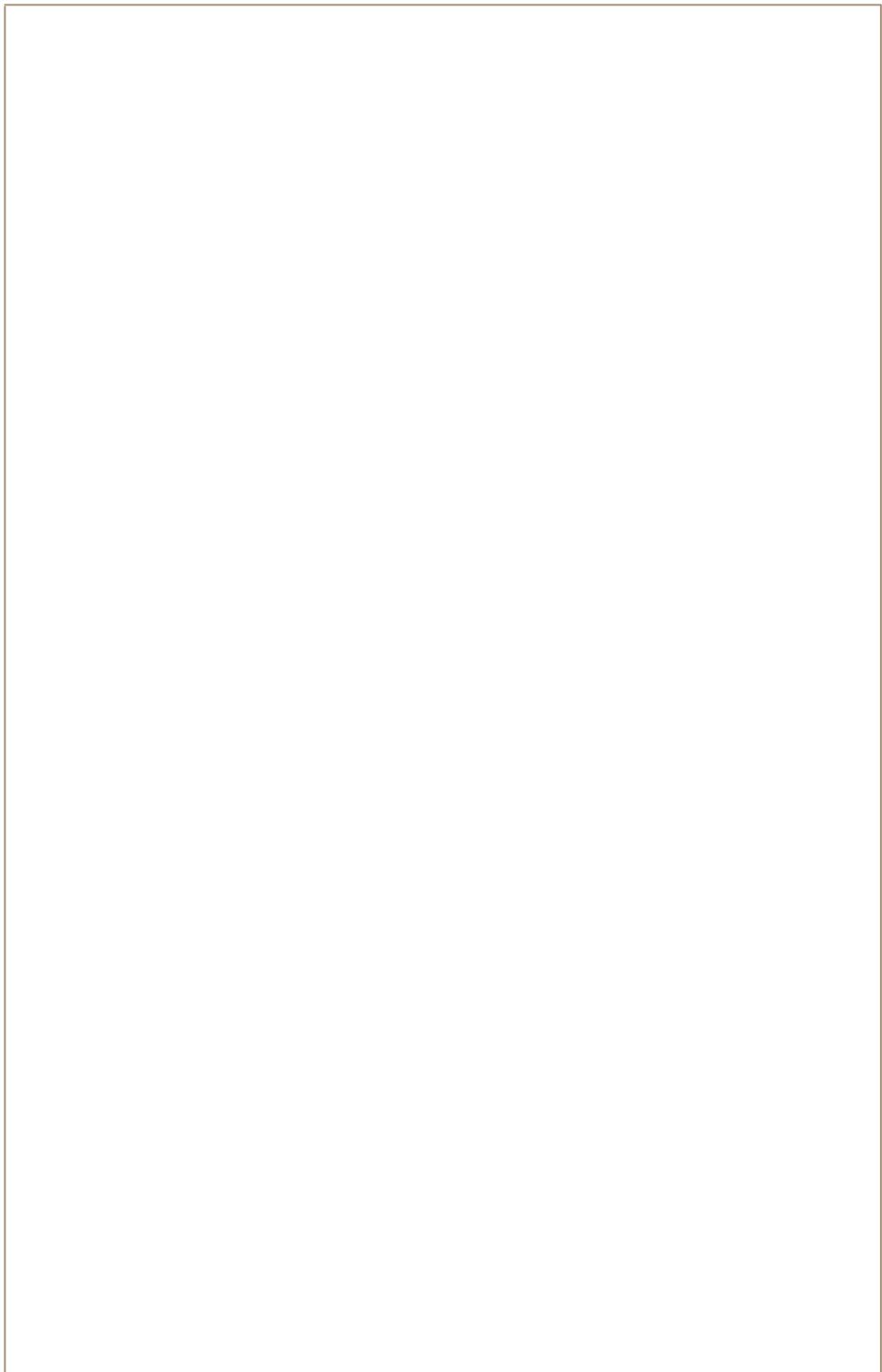




SPA OFFER



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LIFTING & FACIAL, NECK AND DÉCOLLETAGE CARE



Natural lifting - facial massages

FACEMODELING PROGRAM [TM]

90 min | 420 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 face and head massage. 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.

Beauty and cosmetic treatments

AGE ELEMENTS

Mesoestetic
80 min | 360 PLN

ANTI-AGEING

Advanced anti-aging therapy, individually tailored to the skin's needs. During the treatment, specialist preparations rich in active ingredients are used that intensively moisturize, firm and regenerate the skin - reducing the visibility of wrinkles and improving its elasticity. The treatment is completed with a lifting facial massage. **The result:** radiant, smooth skin, full of glow and vitality. The perfect choice for people who want to take care of their skin and restore its youthful appearance.

HYDRA 4HA

Sothys | 75 min | 350 PLN

INTENSIVE 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 a relaxing massage. This unique treatment combines 4 sources of hyaluronic acid with 2 patented Sothys active ingredients (organic peptides from rowan and boletus extract). It restores the optimal level of hydration, stimulates skin cells to produce moisturizing ingredients, regenerates the epidermis.

PIGMENTATION MANAGEMENT

Sothys | 60 min | 330 PLN

BRIGHTENING . HYPERPIGMENTATION REDUCTION

Sothys has developed a unique skin brightening program that aims to combat discoloration. The heart of the treatment is the organic patented extract of white nettle, and vitamin C. It is a 6-step treatment that works on 3 important levels: reducing discoloration, moisturizing and evening out the skin tone.

A CLASSIC RETINOL

60 min | 330 PLN

ANTI-AGING . SKIN 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 regenerates and restores skin elasticity.

MANUAL CLEANING

80 min | 330 PLN

CLEANLINESS . FRESH SKIN

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

SPA KONRADÓWKA'S SIGNATURE TREATMENT

45 min | 280 PLN

THE BASIS OF CARE

Our skin ABC is a wide range of quick and effective treatments, individually selected to suit the skin's needs.

We offer treatments:

- Soothing
- Regulating
- Gently exfoliating
- Regenerating
- Moisturizing

Mesotherapy

NEEDLE-FREE MESOTHERAPY

40 min | 220 zł

or as a complement
to another treatment
for PLN 120

A non-invasive method of introducing active substances into the skin using electrical impulses, electroporation and ultrasound. During the procedure, there is also a micro-massage of skin tissues, electrostimulation of muscles, increased permeability of cell membranes, which facilitates nourishment, oxygenation and blood supply of tissues. The skin after the procedure looks rested, brightened and lifted.

/ The treatment includes make-up removal, a selected ampoule and a cream application at the end. /

MICRONEEDLE MESOTHERAPY

60 min | 450 PLN

A minimally invasive treatment involving microneedling with a pen to stimulate collagen and elastin production. Micro-injuries enhance absorption of individually selected active ingredients such as hyaluronic acid, vitamins, and peptides. Results include improved elasticity, reduced wrinkles, scars, and hyperpigmentation

NEEDLE MESOTHERAPY

100 min | 550 PLN

This is an aesthetic medicine treatment involving direct injection of individually selected preparations containing hyaluronic acid, peptides, and amino acids into the skin. It stimulates collagen and elastin production, improving skin firmness and elasticity. Reduces fine wrinkles and evens out skin tone. The procedure is performed with anesthesia to minimize discomfort during needle punctures



COMPLEMENTARY TREATMENTS

EYE STYLING

Eyebrow henna + eyelashes + regulation | PLN 120

Eyebrow henna or eyelashes | PLN 50

Eyebrow regulation | PLN 50

RELAXATION & BODY CARE



TRANQUILLITY FACE & BODY

Comfort Zone |
90 min | 420 PLN

NUTRITION . RELAXATION . AROMATHERAPY

Iconic Aromatherapy Ritual featuring: exfoliation, full-body aromatherapy massage, and signature lifting facial massage. The full-body massage uses TRANQUILLITY BLEND – an aromatic mixture of essential oils and amaranth oil. Relaxes muscle tension and deeply regenerates the skin. The ritual culminates in a signature facial massage with nourishing RECOVER TOUCH oil, containing goji berry extract and macadamia oil. Reverses daily damage caused by free radicals and promotes nighttime skin regeneration.

SEA SLIM BODY

Evolution by GUAM
75 min | 320 PLN

FAT REDUCTION . BODY CONTOURING

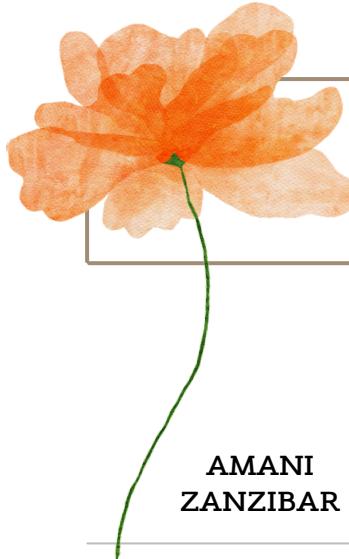
A targeted slimming treatment that reduces local excess fat tissue around the abdomen and hips. Light but rich formulas used in combination with Sea Slim Body massage allow you to achieve a slimmer and firmer figure. Slimming phytoextract provides excellent modeling and draining effects tissues with a balanced blend of horsetail, ivy, lavender, red grapes and dandelion.

DOLCE VITA

Mei | 60 min | 290 PLN

REVITALIZATION . RENEWAL . BALANCE

Full body peeling combined with a relaxing back massage. The enveloping essential oils of sweet orange and lemon make the skin gain a new glow. The ritual begins with a sweet peeling, on balancing oil. The next step is the application of SweetOrange body cream.



MASSAGES

Massages of the world

AMANI ZANZIBAR

75 min | 320 PLN

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

YOGA AYURVEDA MASSAGE

75 min | 320 PLN

A relaxing massage of the whole body based on Hindu philosophy. Performed with warm sesame oil, it is intended to restore the body's natural balance in the flow of energy called "prana". Massage includes many elements of body stretching and breathing work. Recommended for physically active people.

CHINESE MASSAGE TUI NA

75 min | 290 PLN

Traditional, original Chinese massage used in medicine for over 2,000 years. Dynamic full-body massage based on acupressure and work with meridians, known as 'life lines'. The treatment begins with a comprehensive pressure massage of the feet and lower legs, then progresses to the entire body, including facial and head massage.

SIGNATURE 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 head 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.

THERAPEUTIC FULL-BODY MASSAGE

55 min | 290 PLN

Massage is a highly effective method for improving joint, muscle, and spinal mobility. A combination of deep, gentle movements along with muscle fiber stretching and gentle joint mobilization helps eliminate stiffness and pain of various origins. It allows for effective and stable results to be achieved in a relatively short period of time.

PARTIAL MASSAGE

30 min | 180 PLN

A relaxing back massage performed with warm organic oil.

SPA LABEL

Konradówka SPA is an oasis of silence.

In order to ensure peace and privacy for SPA guests we ask that you silence your mobile phones and use them only in exceptional situations.

Guests wishing to use the treatments must be 18 years or older.

Cancellation Policy

If you wish to change or cancel your appointment, please notify the spa reception or hotel reception at least four hours in advance.

In the absence of such notification, we reserve the right to charge a fee equal to 100% of the booked treatment's value.

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 arrive late, your treatment will be shortened without the possibility of adjusting the price.

The SPA zone is subject to regulations available at the SPA reception.



KONRADÓWKA

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