



SPA OFFER



KONRADÓWKA

Hotel & Wellness & SPA

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FACE, NECK AND DÉCOLLETÉ CARE

Skin in the glow of health

Retix | 60 min | PLN 470

REGENERATION . LIGHTENING

It is a combination of two treatments into one comprehensive and spectacular rejuvenation therapy. The first part is in-depth care of the skin around the eyes - eliminating wrinkles, dark circles and tension. This part consists of 3 preparations rich in ferulic acid, vitamin C and retinol. The second part of the treatment is a mask with 20% vitamin C, which is activated in a solution containing ferulic acid and hyaluronic acid. It immediately brightens, firms and tightens the skin, thus increasing the effectiveness of the first stage of the treatment.

Intensive moisturizing therapy - Hydra 4HA -

Sothys | 75 min | PLN 390

VERY STRONG MOISTURIZATION

A unique proposition with an exclusive character. The entire process consists of six phases and specially selected massage techniques.

It is an excellent way to intensely and deeply moisturize the skin. The intense action is due to four sources of hyaluronic acid

- Boletus edulis extract
- Organic rowan peptides
- High and low molecular weight hyaluronic acid
- Micro-hyaluronic acid

All this increases the synthesis of hyaluronic acid and reactivates water memory.

After the first treatment, the skin increases its hydration by 71%.

Scalpel-free lifting

60 min | PLN 360

STRONG LIFTING . ILLUMINATION

Needle-free mesotherapy performed with the Skinshooter machine is the most effective non-invasive method of transporting valuable cocktails deep into the skin. It uses 3 types of technology
Electroporation - unsealing of the cell membrane
Electrostimulation - muscle stimulation
Electroosmosis - in-depth absorption of active ingredients

After the first use, the treatment gives a strong lifting, brightening and wrinkle reduction effect.

COLLAGEN POWER

Larens | 60 min | PLN 330

*Enhance the lifting effect
with needle-free
mesotherapy -
for PLN 150*

Rejuvenation and regeneration - A Classic Retinol -

50 min | PLN 300

Manual cleaning

120 min | PLN 320

Summer/winter seasonal treatment

Sothys | 60 min | PLN 280

Original treatment by SPA Konradówka

50 min | PLN 260

INTENSIVE RENEWAL . BIOSTIMULATION

A treatment based on fish collagen peptides and natural collagen. Enriched with a revolutionary mask soaked in plant growth factors and an ampoule with antarctica, hyaluronic acid and coenzyme q10. The treatment results in strong skin firming, wrinkle reduction and even skin tone. The effects are progressive - they become stronger after a few days.

EFFECT OF MOISTURIZED AND ELASTIC SKIN

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

EFFECT OF CLEAN AND FRESH SKIN

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

ILLUMINATION . OXYGENATION

A facial treatment fully inspired by nature. A cocktail of original active ingredients with a delicious scent creates a pleasant and relaxing atmosphere. The treatment is intended for skin that needs immediate illumination and relaxation.

CARE BASIS

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

We offer treatments such as

- Soothing
- Regulating
- Gently exfoliating
- Regenerating
- Moisturizing

MESOTHERAPY NEEDLE

Needle mesotherapy is a treatment that involves introducing carefully selected preparations directly into the skin. Depending on the type of substance used and where it is administered, various types of effects can be achieved.

This is a treatment that will restore the skin's radiance, firmness and hydration. We can enjoy the effects much longer than after other treatments, because the technique used to administer nutrients bypasses the epidermal 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.

Duration of the descent
from 30 min to 90 min

Face + neck + cleavage | PLN 550
Eyes | PLN 250

STIMULATIONS TISSUE

Stimulators are preparations used to rebuild the structure of the skin by stimulating collagen and elastin skin cells.

They provide very natural lifting effects, improving skin density and firmness. Action at the cellular level produces a visible and long-lasting rejuvenation effect. The skin is introduced to biostimulation processes, thanks to which it will begin to regenerate, thicken and firm.

Before administering the tissue stimulator, we always thoroughly prepare the skin and finally apply a soothing biocellulose mask.

In the case of eye tissue stimulators, we additionally use anesthesia.

TISSUE BIOSTIMULATORS - FACE

- Profhilo | PLN 1,000
- Nucleofill | PLN 900
- Xela Rederm | PLN 900
- Ejal 40 | PLN 550

TISSUE BIOSTIMULATORS - EYES

- Lumi Eyes | PLN 600
- Sunekos 200 | PLN 700
- Xela Rederm | PLN 750

Additionally, before stimulators, we suggest performing JPX3 Bio peeling

The treatment brightens, eliminates discolorations and tightens the facial skin.

This preparation perfectly moisturizes and helps fight skin imperfections. The use of a special mixture of monochloroacetic, kojic and almond acids as well as antioxidants allows you to obtain smooth, brightened and refreshed skin in a non-invasive way.

Peeling price | PLN 250



RELAX & BODY CARE

TREATMENTS ON THE BODY

Hanakasumi

Sothys | 75 min | PLN 420

BODY NUTRITION

An oriental ritual inspired by Japanese traditions. The charming scent of cherry blossoms brings complete relaxation and helps rebuild internal energy. The Hanakasumi session begins with a welcome massage - Awakening Prelude. After that an enzymatic peeling is performed, combining the nourishing properties of cherry blossoms and rice powder. The entire treatment is complemented by a foot massage based on reflexology elements and a relaxing body massage made with oriental shea butter, which allows for complete relaxation and calm.

Body Strategist Thermal Mud

Comfort Zone
90 min | PLN 400

REDUCTION OF FAT TISSUE . DETOXICATION

An intensive slimming and modeling treatment based on mud and thermal water from Bagni di Pisa. Special blends of essential oils and Focus and Laminaria algae work actively, minimizing the visibility of cellulite. An ideal treatment to remove accumulated toxins and restore skin firmness.

Dolce Vita

Mei | 80 min | PLN 360

REGENERATION . BALANCE

Enveloping sweet orange and lemon essential oils give the skin new life, softness and radiance. The ritual begins with a sweet peeling, then we perform a relaxing massage based on balancing oil. The next step is to apply SweetOrange body cream, and finally spray the entire body with sweet orange floral water.

BODY TREATMENTS

Tranquillity face & body

Comfort zone
90 mins | 400 zł

RELAXATION . AROMATHERAPY

An iconic aromatherapy ritual for face and body. The full body massage is performed with TRANQUILITY BLEND - an aromatic mixture of essential oils and amaranth oil. It relaxes muscle tension and perfectly regenerates the skin. The culmination of the ritual is an original facial massage with the nourishing RECOVER TOUCH oil, which contains goji berry extract and macadamia oil. Reverses daily free radical damage and promotes overnight skin regeneration.

Indonesia breathing ritual

Sothys | 90 min | PLN 380

SILENCE . DETOX AND SKIN MINERALIZATION

A unique ritual based on breath work. A gentle, calming massage combined with breathing techniques will allow you to forget about everyday worries. Massage balances the energy level in the body, deeply calms down and improves the quality of sleep. Particularly recommended for busy and stressed people.

PEELINGS

Dolce Vita

Mei | 45 min | PLN 200

Extremely effective, fine-grained sugar peeling of the entire body. Enveloping sweet orange and lemon essential oils give the skin new life, softness and radiance. The culmination of the treatment is the application of a brightening body cream rich in essential oils from citrus fruits.

Tranquillity

Comfort Zone | 45 min | PLN 250

Aromatherapy peeling with the wonderful, iconic scent of essential oils and amaranth oil. Improves the skin and relaxes the muscles. The importance of speeding up the spraying and rebuilding process, moisturizing the skin and making it look silky.

MASSAGES

KOBIDO - lifting face massage

80 min | PLN 320

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

Balinese head massage

45 min | PLN 200

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

Amani Zanzibar

75 min | PLN 320

A deeply relaxing massage created in Zanzibar, performed to the rhythm of unique music. Inspired by African and Indian techniques. It is made using warm aromatherapy tranquility oil with a relaxing blend of sweet orange, damask rose and cedarwood essential oils. It includes a head and face massage.

Body Work Original full body massage

50 min | PLN 250

A gentle relaxing massage of the entire body. It contains a compilation of specialized techniques enabling subtle stretching of tissues and joints. Massage has a calming, health-relieving effect and, above all, improves well-being.

TUI NA Chinese massage

75 min | PLN 300

Massage is a Chinese healing technique that has been used for over 2,000 years. A strong, dynamic massage of the whole body, based on acupressure and pressure on the receptors, the so-called "life lines", with particular emphasis on foot massage.

MASSAGES

Lymphatic drainage

75 min | PLN 300

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

Full body therapeutic massage

55 min | PLN 290

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

Partial massage

30 min | PLN 160

Relaxing back massage performed with warm organic oil.

SUPPLEMENTARY TREATMENTS



Manicure

Classic manicure | PLN 90

Pedicure

Classic pedicure | PLN 150

(milling machine)

Biological pedicure | PLN 180

Eye styling

Henna eyebrows + eyelashes + adjustment | PLN 120

Henna for eyebrows or eyelashes | PLN 50

Eyebrow adjustment | PLN 50

SPA ETIQUETTE

Konradówka SPA is an oasis of silence. To ensure peace and privacy, spa guests are asked to use mobile phones only in exceptional circumstances.

Guests must be over 18 years of age to receive treatments.

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

CANCELLATION CONDITIONS FOR SPA BOOKINGS

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

Please arrive at the SPA 10 minutes before your scheduled visit time to complete the health form. In case of delay, the treatment will be shortened without the possibility of adjusting its price.

OPENING HOURS

Monday - Saturday
08:00 - 21:00

Sunday
08:00 - 14:00

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