



ALMOND
SPA



Useful information

Opening hours:

Monday – Thursday: 8.00 – 21.00

Friday – Sunday: 8.00 – 22.00

Almond SPA reception:

+48 58 351 90 85; from room: 9085

spa@hotelalmond.pl

Single entry to the Wellness zone:

- for an adult – PLN 90
- children under 10 – PLN 45

For a SPA treatment over PLN 200, entry to the Wellness zone is free of charge.

Pool passes:

- 10 entries (valid for 3 months) – PLN 700
- 20 entries (valid for 3 months) – PLN 1,150
- monthly Open pass (Monday to Thursday) – PLN 800



Regulations

1. Please make sure to come to the spa 10 minutes before your scheduled appointment. It is time needed to fill in the consultation card without any rush, as well as for guests coming from outside to get changed.
2. Ideally, you should come to the spa in your bathrobe, and leave any valuables (such as jewellery), in your room. We do not take responsibility for lost items.
3. We recommend taking a shower beforehand to prepare the body better for the procedure.
4. Guests over the age of 16 can enjoy the full range of treatment services, as well as the pool area. For younger visitors, please ask for a parent or legal guardian to be present.
5. Every guest is equally important to us and, respecting everyone's time, we would like to inform you that if you are late for your treatment, we will shorten it. To avoid such a situation, we would strongly encourage you to call us so that we can react in time and adjust the schedule.
6. For services cancelled later than 8 hours after their scheduled time, you will be charged 50% of the value of the requested service. It will be credited to the Guest's overall hotel bill.
7. Alcoholic beverages are strictly forbidden on the spa area. We also ask that you do not consume it just before the treatment.
8. We kindly ask you to turn off or mute your phone before entering the treatment area in order not to disturb other Guests while they are relaxing.
9. Due to safety reasons, we reserve the right for a member of staff to refuse a treatment if there are any counter-indications.



Full body massages

Classical massage – is the solution for the overtired and stressed. Massage relieves tension, with a direct effect on muscle regeneration. It improves blood circulation, nourishes tissues and increases joint mobility. Luxurious grape seed oil leaves skin deeply moisturised. 50 min./280 zł 25 min./180 zł

Relaxation massage – an extremely relaxing and restorative treatment that relieves stress and improves mood. Slow and deep movements will relax and calm you, having a soothing effect on both body and mind at the same time. The abundance of vitamins and minerals contained in the precious oils provides a silky and perfectly moisturised skin effect. 50 min./290 zł 25 min./200 zł – oil 50 min./320 zł 25 min./230 zł – shea butter

Almond massage – our own original massage, involving both body, face and head. It is a compilation of oriental techniques, the combination of which ensures the elimination of stress and its negative effects. It is mainly dedicated to people who are overwhelmed by work and in need of calming down. 70 min./370 zł

Hot stone massage – a therapy using hot volcanic stones, dating back to ancient times. It relieves pain, improves blood and lymph circulation and speeds up the metabolism. It works regeneratively after physical activity. Particularly recommended during the autumn/winter period. 50 min./320 zł

Candle massage – an aromatherapy full-body massage that restores silky smoothness and elasticity to the skin. Once dissolved, the candle turns into a nutrient-rich oil that includes, among others, soya bean sprouts and beeswax. This treatment is recommended especially for dry and sensitive skin. 50 min./300 zł

Prenatal massage – a health-promoting relaxation treatment, performed after the end of the 1 trimester. It helps to remove the state of tension and accompanying discomfort. Through gentle touch, there is an improvement in the well-being of both the mother-to-be and the baby. It eliminates lymphedema, and counteracts the loss of skin firmness. 50 min./290 zł



Partial massages

Kobido – originating in Japan, a lifting facial massage that also includes the neck and head. It is an alternative to aesthetic medicine. This treatment softens facial wrinkles, reduces dark circles under eyes, as well as brightens and improves the condition of the skin. It stimulates collagen and elastin production, boosts cellular regeneration and relieves muscle tension and migraine headaches.

50 min./300 zł

Facial massage – Facial massage – a deeply relaxing treatment for face, neck and neckline, which is preceded by a gentle make-up remover. This treatment provides excellent nourishment and hydration to the skin while stimulating cells and muscles to work, resulting in a fresh and beaming appearance.

25 min./170 zł

Head massage – a calming ritual to relieve stress and exhaustion. Used against migraine headaches, it can be used as a substitute for painkillers, bringing relief and sedation. Alternate deep movements, interspersed with gentle stroking with fingertips, improve micro-circulation, thereby strengthening the hair follicles. It is also recommended for people suffering from insomnia.

25 min./170 zł

Foot massage – a relaxing massage combined with pressure, provides balance in the body and helps eliminate toxins from it. Our feet, which are our foundation, play an extremely important role in preventative health care – the stimulation of the receptors located there corresponds to the various organs of our body.

25 min./170 zł



Body care

Fito Renewal – a luxurious ritual, based on marula extract. The fruit, found in southern Africa, contains eight times more vitamin C than oranges. It has regenerative, anti-inflammatory and firming effects. The treatment begins with a full-body scrub, providing smoothness and elasticity, but above all purification and readiness for further treatment. Then, a deeply relaxing massage over a warm shea butter lotion is provided.

It soothes the senses and eliminates stress, while leaving the skin superbly moisturised.

80 min./380 zł

Perfect Firming – a thermal slimming treatment to help you achieve the look of your dreams. The combination of natural ingredients with innovative technology is a loading dose in the fight against excess fat, cellulite and loss of firmness. The use of active substances such as diorite, caffeine and black rose extract shape the body, restoring lost skin density and increasing skin firmness.

90 min./400 zł

Marine Detox – anti-cellulite and drainage body care. This treatment eliminates fat roughness and splits fat cells. Active ingredients derived from the sea as well as probiotics nourish the skin microbiome and boost metabolism. They also remove stagnant fluid from the body keeping it light and balanced.

75 min./360 zł

BIO Regeneration – a comprehensive solution in caring for both face and body. The added value consists in using products of 100% natural origin. The treatment begins with a cleansing body scrub containing the extract of macerated carrot oil. An energising body massage with scented essences effectively relaxes and soothes the nerves, while providing the skin with beneficial plant extracts from certified cultivation. The facial care ritual minimises the number of pores, tightens and firms, leaving a healthy and matt appearance.

75 min./380 zł

Essential Journey – a sensually stimulating ceremony accompanied by woody and fruity aromas. The cleansing scrub prepares the skin for further care. With the sweet aromas of pear and rhubarb or the woody accords of cedar contained in precious massage oils, the body is brought back to calm and tranquillity. The treatment helps to restore well-being and vital energy.

90 min./400 zł

Satin Smoothing – a full-body salt scrub that can be a separate treatment or help to prepare the body for a massage. It removes dead cells, stimulating the skin's renewal process, helping nutrients to penetrate the deeper layers of the skin, moisturising and regenerating it sufficiently. It also improves blood circulation and lymph flow.

25 min./120 zł



Face skin care

Hydra Plus – an intensive nourishing skin treatment, primarily dedicated to dry and dehydrated skin exposed to external factors. Immediately restores the right level of hydration and prevents water loss from the skin. Skin firmness and elasticity are improved, wrinkles are smoothed, leading to a revitalised appearance.

60 min./340 zł

Vitamin Glow – an energising treatment for tired and dull skin, with antioxidant properties. The active ingredients, rich in vitamin C extract, even out skin tone, lighten discolouration and smoothen its texture.

The face looks brighter and more glowing, while the delicate citrus notes regenerate the senses.

60 min./350 zł

Soothing Touch – the perfect solution for sensitive and vascular skin. It brings the desired relief by reducing irritation, provides a feeling of comfort and moisturises deeply. By stimulating natural regenerative processes, the skin is strengthened and protected, regaining its smoothness and elasticity.

60 min./360 zł

Youth Injection – a therapy aimed at mature skin with an anti-aging and lifting effect as its primary objective. It slows down the skin's ageing process, restoring firmness, improving skin density and shaping the oval of the face. As a result, the skin is tighter, nourished and wrinkles are reduced.

90 min./550 zł 45 min./300 zł

Ruby Harmony – the ideal prescription for combination skin. The mineral treatment cleanses and mattifies the skin thanks to chromium, silicon and iron, which have exceptional regulating properties. Ruby, moonstone and red jasper help to reduce sebum secretion and narrow the follicle orifices. A semi-precious stone massage with reflexology elements enhances the beneficial effects of the active ingredients and provides a true moment of relaxation.

60 min./320 zł

Amber Protection – the treatment uses extracts from a unique blue amber. It protects against pre-mature skin ageing caused by factors such as smog, UV radiation and blue light that is emitted by smartphones and computers. The treatment stimulates all the fundamental functions of the skin: hydration, nourishment, oxygenation, protection and revitalisation, giving the effect of a glowing skin with a healthy appearance. Facial massage using semi-precious stones, enhances effective skincare and transforms it into a true ritual.

60 min./320 zł



Day SPA packages

Vitalizing – a deeply relaxing massage for the back, along with a head, neck and shoulder massage.

30 min./200 zł

Relaxing – head, neck and shoulder massage combined with foot massage.

40 min./220 zł

Harmony – face, neck and neckline massage, nourishing face mask and hand massage.

40 min./250 zł

Smoothing – full body salt scrub combined with a relaxing back massage.

55 min./230 zł

*Offer valid from Monday to Thursday.

