

The background of the image is a clean, white surface. Scattered across this surface are several sprigs of lavender, showing their characteristic small, purple, tubular flowers. Interspersed among the lavender are small, vibrant green leaves, likely from a herb like basil or mint. The overall aesthetic is fresh, natural, and calming, typical of a spa or wellness theme.

# SPA menu



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](mailto:spa@hotelalmond.pl)

**Single entry to the Wellness zone:**

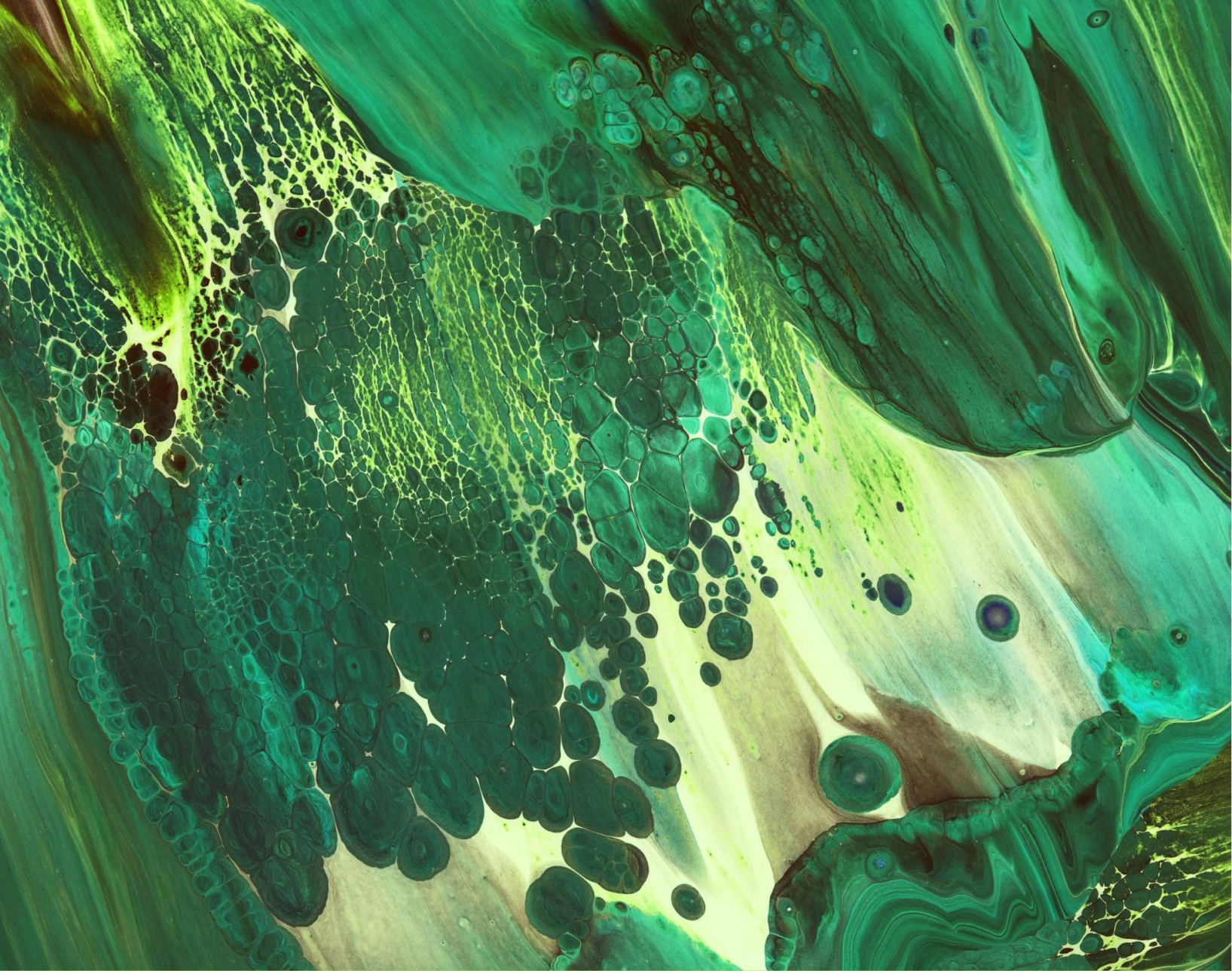
- for an adult – 100 pln
- children under 10 – 50 pln

*\*towel rental for an additional fee: 10 pln / pcs.*

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

**Pool passes:**

- 10 entries (valid for 3 months) – 800 pln
- 20 entries (valid for 3 months) – 1250 pln
- monthly Open pass (Monday to Thursday) – 900 pln



# 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

### **Classic massage**

Classic 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.

*25 min. / 190 pln*

*50 min. / 290 pln*

### **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.

*Oil*

*25 min. / 200 pln*

*50 min. / 300 pln*

*Shea butter*

*25 min. / 230 pln*

*50 min. / 330 pln*

### **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 pln*

### **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 pln*

### **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. / 320 pln*

### **Prenatal massage**

A health-promoting relaxation treatment, performed after the end of the first 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 pln*



PARTIAL  
massages



## **Kobido**

*50 min. / 300 pln*

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.

## **Facial massage**

*25 min. / 170 pln*

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.

## **Head massage**

*25 min. / 170 pln*

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.

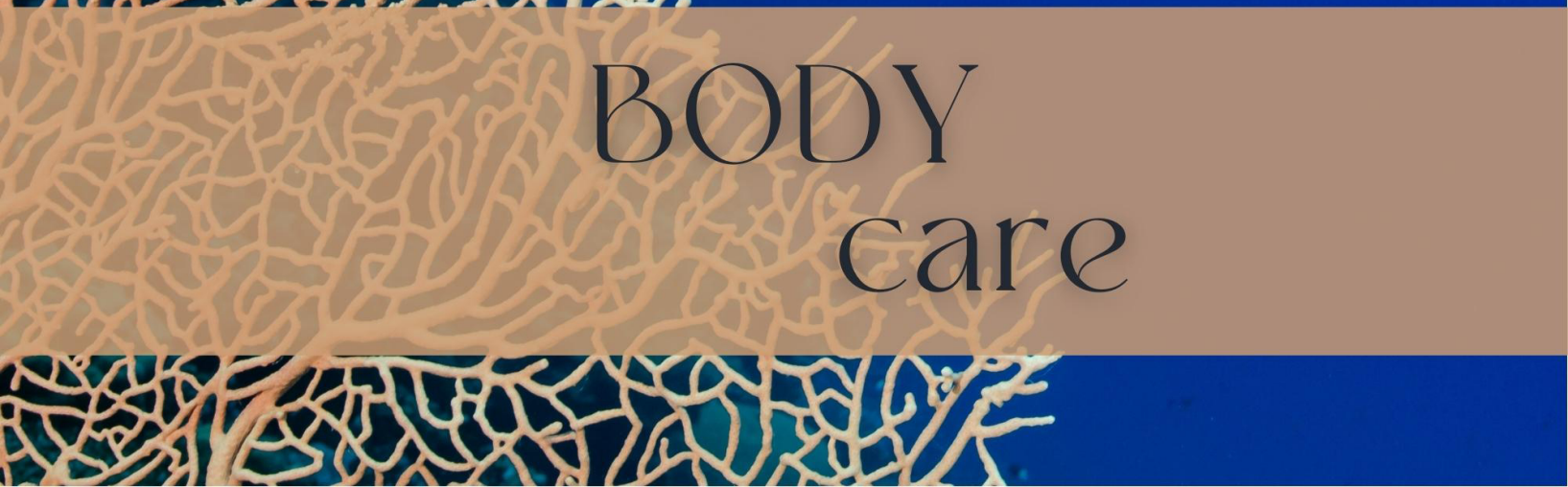
## **Foot massage**

*25 min. / 170 pln*

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.



BODY  
care



### **Fito Renewal**

*80 min. / 380 pln*

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.

### **Perfect Firming**

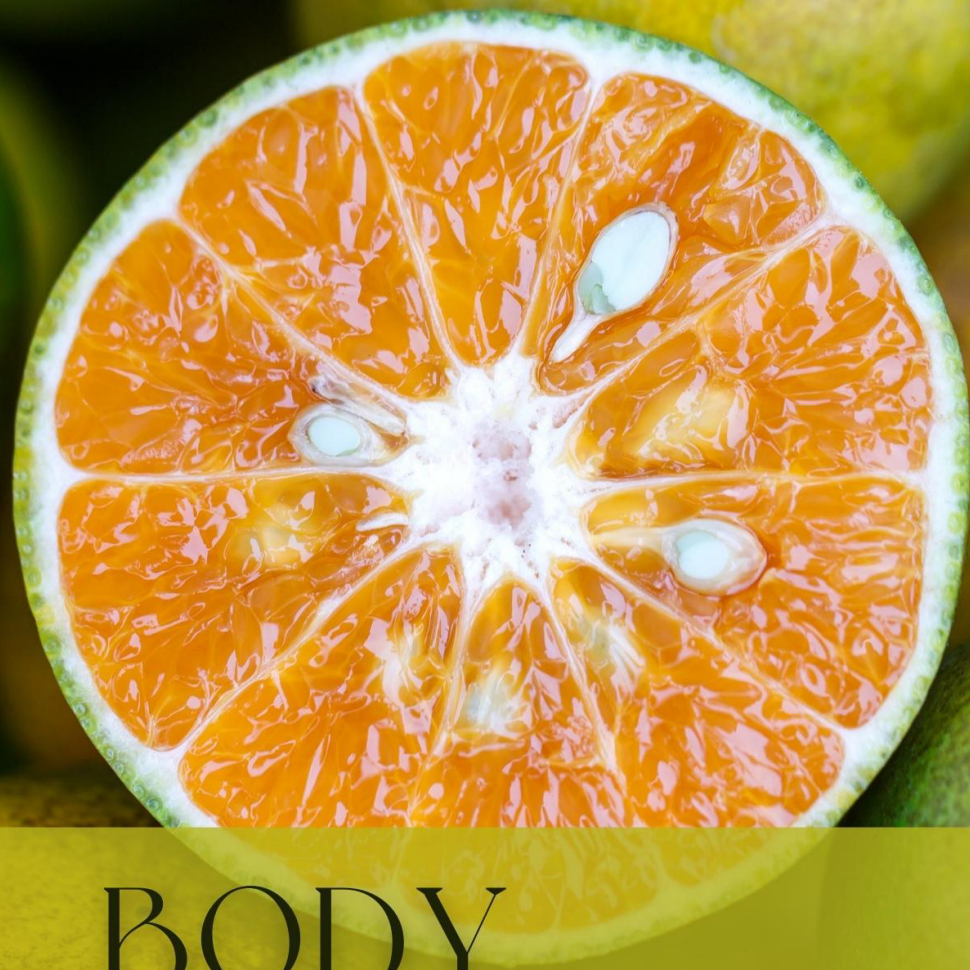
*90 min. / 400 pln*

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.

### **Marine Detox**

*90 min. / 400 pln*

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.



BODY  
care

## **BIO Regeneration**

*75 min. / 380 pln*

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.

## **Essential Journey**

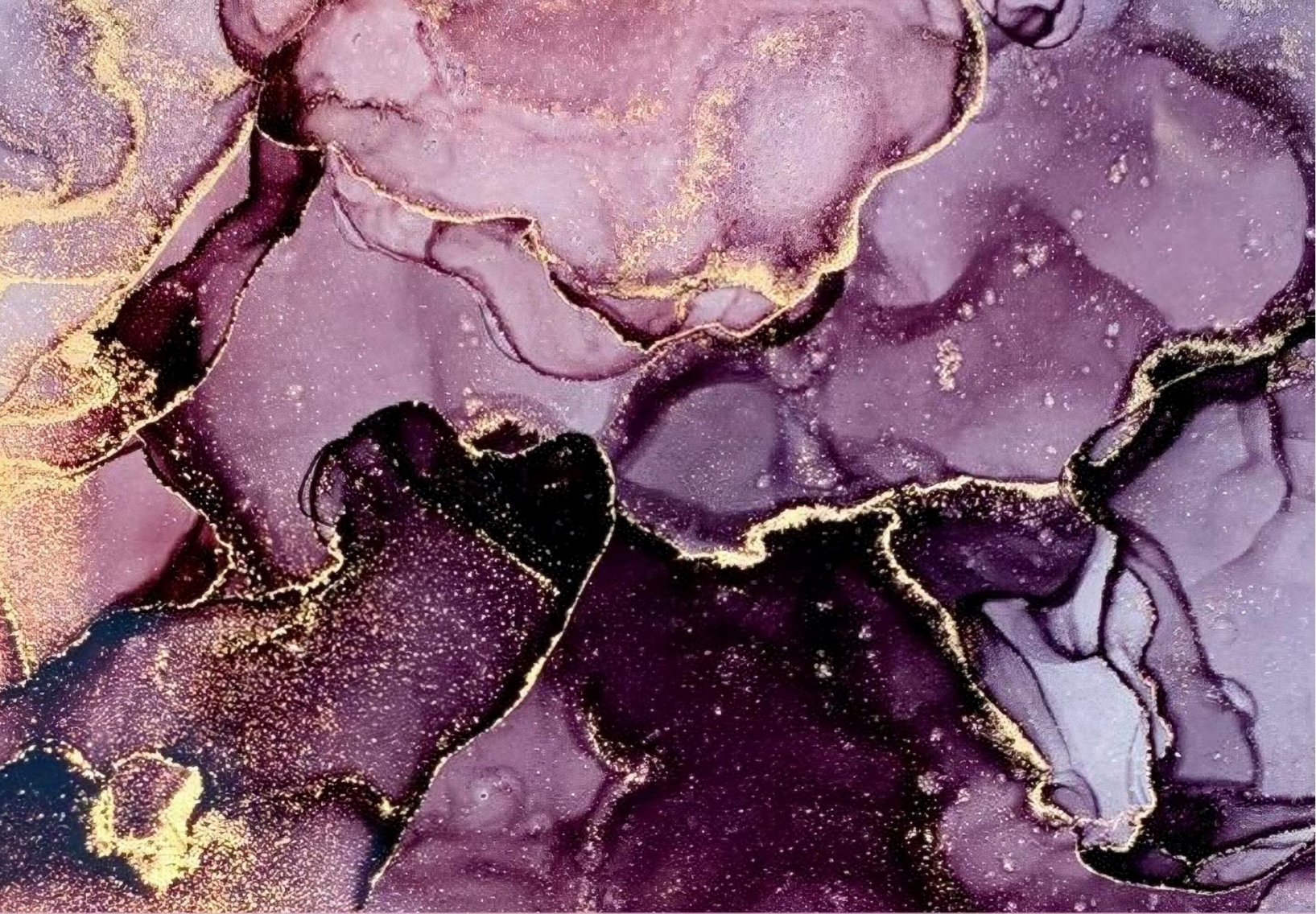
*90 min. / 400 pln*

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.

## **Satin Smoothing**

*25 min. / 120 pln*

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.



SKIN  
care



## **Hydra Plus**

*60 min. / 340 pln*

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.

## **Vitamin Glow**

*60 min. / 350 pln*

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.

## **Soothing Touch**

*60 min. / 360 pln*

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.

## **Youth Injection**

*45 min. / 300 pln*

A therapy aimed at mature skin with an anti-aging and lifting effect as its *90 min. / 550 pln* 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.



SKIN  
care



### **Ruby Harmony**

*70 min. / 360 pln*

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.

### **Amber Protection**

*70 min. / 360 pln*

The treatment uses extracts from a unique blue amber. It protects against premature 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.



DAY SPA  
packages

### **Vitalizing**

*30 min. / 200 pln*

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

### **Balance**

*40 min. / 220 pln*

Head, neck and shoulder massage combined with foot massage.

### **Harmony**

*40 min. / 250 pln*

Face, neck and neckline massage, nourishing face mask and hand massage.

### **Smoothing**

*55 min. / 230 pln*

Full body salt scrub combined with a relaxing back massage.

*\*Offer valid from Monday to Thursday.*



ALMOND  
**SPA**