

ALTER

SPA & WELLNESS



MENU



www.hotelalter.pl/spawellness

SPA PACKAGES

1

ALTER ALL DAY SPA

1 PERSON / 950 PLN

- delicate, moisturizing whole body peeling
- full body massage performed by two masseurs, four hands
- face, neck and décolleté massage
- foot massage
- unlimited access to the Water and Sauna Area

2

ALL DAY SPA

1 PERSON / 580 PLN

2 PPL / 1090 PLN

- delicate, moisturizing whole body peeling
- aromatherapy full body massage
- full body moisturizing balm
- unlimited access to the Water and Sauna Area

3

SWEET ALL DAY SPA

1 PERSON / 650 PLN

2 PPL / 1250 PLN

- delicate, moisturizing whole body peeling
- full body massage of your choice /chocolate/honey/candle
- facial massage /SOTHYS
- unlimited access to the Water and Sauna Area

4

AYURVEDIC ALL DAY SPA

1 PERSON / 790 PLN

2 PPL / 1450 PLN

- delicate, moisturizing whole body peeling
- ayurvedic full body massage
- face massage or relaxing foot massage
- unlimited access to the Water and Sauna Zone

TWO-HOUR ENTRY TO THE WATER AND SAUNA ZONE FOR 120 PLN

FACE TREATMENTS

SOTHYS β P3 YOUTH INTENSIVE **REJUVENATING BP3 TREATMENT**

75 MIN / 490 PLN
3 TREATMENTS / 1350 PLN

1

Through five steps, and no fewer than eight specific formulas, experience Sothys youth effectiveness, Intensive wrinkle filler and skin tightening treatment with ultramodern active ingredients against aging. Experience Sothys effectiveness, as well as 90 minutes of relaxation and expert treatment, for visibly younger skin. The key ingredients, the saffron, sophora and peptides β P3. TRI-COMPLEX™, fight the oxidative stress and the signs of chronological ageing. Guaranteed results from the very first treatment.

SOTHYS HYDRA 3HA **INTENSIVE TREATMENT**

75 MIN / 430 PLN

2

The Hydra 3Ha Intensive Treatment from Sothys is a replenishing and hydrating solution to quench thirsty skin and combat dehydration. A combination of hyaluronic acid and patented boletus extract reactivates the natural hydration levels to reveal a more youthful complexion.

BODY RITUALS

HANAKASUMI™

60 MIN / 450 PLN

1

body and foot massage with shea butter in a replenishing and nourishing ritual with delicate scents OF CHERRY AND LOTUS FLOWER. The mind is cleared and skin is softer, more nourished and delicately perfumed. Essential oils, vitamin C and provitamin A contained in vitamins have a positive effect on the skin, clean it and make it soft and smooth. They support the treatment of imperfections and the healing of wounds and bruises.

SOTHYS BODY - ORIENTAL SENSATION™

60 MIN / 450 PLN

2

This exceptional spa treatment features an exfoliating syrup to gently exfoliate the skin before a one-of-a-kind handmade scrubbing claystone is used to energize the skin. Hot towels are then used to remove the exfoliating syrup before warm nourishing amber nectar and date oil is massaged into the body.

RELAXING MESSAGES WITH SKIN CARE

1

FULL BODY AROMATHERAPY MASSAGE

55 MIN / 280 PLN
85 MIN / 390 PLN

Full body massage using warm, pleasantly heated massage oil combined with selected essential oil can have a positive effect on mood and well-being. The massage leaves the skin moisturized and nourished.

2

HOT CHOCOLATE MASSAGE

55 MIN / 300 PLN
85 MIN / 420 PLN

Due to cocoa's active constituents, it relieves anxiety and stress by producing and secreting endorphins in the body. The rich scent and the smooth feel create a relaxing atmosphere during the massage, having a calming effect. It also contains theobromine, which helps to burn fat, and besides, it nourishes, firms, hydrates, and moisturizes the skin. Chocolate therapy also gets rid of cellulite. This type of massage is fast gaining traction because it has many health-related benefits besides the general ones obtained from massage. People believe it's a way of getting all the advantages of chocolate without the calories. It's something that everyone should experience at least once.

3

HOT CANDLE MASSAGE

55 MIN / 300 PLN
85 MIN / 420 PLN

Candles are made of pure, natural oils and butter. After the massage you will get deep moisturizing, healthy glow and nursing effect on your skin.

4

HONEY MASSAGE

55 MIN / 300 PLN
85 MIN / 420 PLN

Honey massage is a luxurious body treatment done with only pure natural honey. During the massage, the honey is absorbed in the skin and the bioactive ingredients in it give the metabolism a reinvigorating effect through the lymph and blood circulation. The honey contains vast amounts of nurturing vitamins, minerals and micro elements that leave your skin nourished and soft.

5

CLASSIC MASSAGE

55 MIN / 280 PLN
85 MIN / 390 PLN

Is the perfect way to relax both body and mind. It effectively relieves muscle tension, eases pain, and improves circulation, helping you feel lighter and more comfortable. This is a moment of true relaxation that restores your energy, supports your body's natural recovery, and enhances your overall well-being. Treat yourself to a well-deserved break and experience the difference from your very first session.

6

DEEP TISSUE MASSAGE

55 MIN / 330 PLN
85 MIN / 450 PLN

A traditional partial massage removes fatigue and boosts the regeneration of the massaged body part – usually neck spine and back. It contributes to the better blood circulation in tissues, promotes good digestion and stimulates metabolism.

RELAXING MESSAGES WITH SKIN CARE

FACE, NECK AND CLEAVAGE MASSAGE

25 MIN / 200 PLN

7

The massage is based on classical massage techniques, it has a relaxing effect. It reduces the tension of the facial muscles, the mechanical effect on the tissue increases the blood supply to the skin, promotes the removal of dead epidermis. Additionally, it prevents the formation of wrinkles. During this rejuvenating treatment, we work to improve the elasticity of the facial muscles, which directly improves the elasticity of the facial skin and gives it a much healthier and more attractive appearance.

RELAXING FOOT MASSAGE

25 MIN / 160 PLN

8

After a long day, a relaxing foot massage can do wonders for aches, pains, and stress. The benefits of foot massage also include increasing circulation and a foot massage is a form of massage therapy that can help you relax, sleep better, and live better. As the name suggests, it's focused on your feet, although some techniques will include the calves or lower leg. And boosting overall well-being — and for many people, these effects can be life-changing.

BACK, NECK AND SHOULDERS

25 MIN / 160 PLN

9

Massage focused on the upper parts of the body, perfectly relaxing tense muscles, joints and tendons. Massage on the energy line along the upper part of the arms using oriental massages the technique relieves the headache. This massage relaxes and relieves the effects of stress, especially. It is recommended for people who work in a sitting position.

FULL BODY PEELING WITH THE MASSAGE OR TREATMENT – 25 MIN / 120 PLN

FULL BODY PEELING

25 MIN / 180 PLN

10

Thanks to a professional full body skin peel, skin permeability is increased, nutrients are absorbed more easily, blood circulation is improved, and the regeneration process of the whole body is triggered. For a full body peel procedure, various acids are applied to the skin: salicylic, lactic, fruit, etc.

AYURVEDA & ORIENTAL MASSAGES

1

ALTER SPA MASSAGE

55 MIN / 490 PLN

Original massage of the Alter Hotel, sophisticated sensations an explosion of fragrances stimulating the senses, you will feel the scent of oriental spices and lotions. The massage is performed by two masseurs which means four hands synchronously stimulating the whole body.

2

ABHYANGA MASSAGE

55 MIN / 330 PLN

85 MIN / 450 PLN

Abhyanga – Holistic Healing and Detox Massage with Ayurvedic Herbal Black Sesame Oils, detoxifying the body, mind, and spirit. If you feel nervous, anxious, or are sleep deprived, these warm herbal oils can calm your mind and nervous system, helping you feeling relaxed, peaceful, focused, and alert. The warm herbal oils deeply penetrate cells and release toxins at the physical, mental, and spiritual levels. It both detoxifies and heals at a cellular level. Thus, stress is removed from its root place, and the self-healing of cells is promoted.

3

BALINESE MASSAGE

55 MIN / 330 PLN

85 MIN / 450 PLN

Traditional Balinese massage involves deep hand contact through strong acupressure, followed by intense pressure, smoothing, rubbing and gentle stretching of the skin. The massage stimulates blood and lymph flow which results in warming up and accelerated metabolism.

4

LOMI - LOMI

55 MIN / 350 PLN

85 MIN / 450 PLN

The velvety touch of loving hands ... a massage from Hawaii. It is an injection of positive energy in everyday life. It allows you to get rid of the pain and speeds up the metabolism.

5

HOT STONE MASSAGE

55 MIN / 380 PLN

85 MIN / 460 PLN

Hot stone therapy is a specialist massage that uses smooth, flat, heated basalt stones that are positioned along your spine, in the palms of your hands, along your legs and between the toes. Typically from river beds, basalt stones are used for massage as they have a rich iron content that retains heat. Cold marble stones are often used in the treatment to help aid with detoxing and healing the body.

A woman with long blonde hair is lying on her back on a massage table, covered with a white towel. A therapist's hands are visible, performing a facial massage on her forehead and temples. The background is softly blurred, showing green foliage and lit candles, creating a serene and relaxing atmosphere.

KOBIDO

55 MIN /390 PLN

Kobido means “former path to beauty” and its roots can be found in Chinese traditional medicine. However, Kobido facial massage was born years later in Japan, where samurais used to give themselves face massages to calm down their mind after intense battles.

Kobido facial massage, known as the empresses’ massage uses a technique that lies in a mix of fast and slow hand movements to improve the deep circulation of the face, neck and upper chest part. To massage with different speed levels is essential since it permits to destroy dead cells and to foment elastin and collagen production, both so useful for our skin health. The end result –a rejuvenation effect: wrinkles are smoothed, volumes are restored and skin is brighter.

ALTER

SPA & WELLNESS

An Incredible Spa Experience

We can help you regain your natural sense of balance. We're experienced with clients ranging from the physically ill, people who lead stressed lives, first time clients, and athletes. Our bodywork is uniquely tailored to your needs, it's not a spa routine. We listen to your preferences and body as we work with the intention of healing, we accommodate your needs for better health.

Useful information's

Reservations

Reservations are required +48 601 902 800

ALTER SPA and WELLNESS OPENING HOURS

Monday – Saturday 10:00 to 20:00

Sunday 10:00 to 18:00

**Possibility of performing a massage outside the opening hours
for an additional fee of PLN 120 per massage.**

Swimming Pool

Monday to Sunday 08:00 to 22:00

2 Hours / 120 PLN

80 PLN with any SPA Treatments

Additional charge applies after regular hours.

Delays

Delays over 15 MIN may result in cancellations or shortening of the procedure without the refund.

Before massage

Please arrive early to complete the massage questionnaire.

Before each massage, we perform a scrub with a bamboo brush with agave bristles.

Brushing the body and skin for the selected treatment and improves blood circulation.

Before the selected massage we strongly recommend performing a full body peeling (for a fee).

Vouchers

We encourage you to purchase vouchers for treatments,
as well as a gift vouchers for the loved ones at the hotel reception or by e-mail: recepja@hotelalter.pl