

## TIME TO RELAX YOUR BODY AND SOUL

Winter in Poland has many faces. Sometimes it charms us with beautiful snow and sun that warms up frosty days. Sometimes it brings autumn rainy weather or brings hope for a quick spring. Regardless of the weather outside, you can take care of your well-being by pampering yourself with a stay in one of the SPAs across Poland.



### Aries Hotel & Spa Wisła

Engulfed by forests on the Beskids slopes, Aries Hotel & Spa Wisła is a place where the word "leisure" takes on a new meaning. The proximity to nature and the intimate atmosphere of our hotel allow you to achieve a deep state of relaxation and a tranquil mind. It includes 4 treatment rooms and a Wellness zone boasting a swimming pool that gives its Guests an

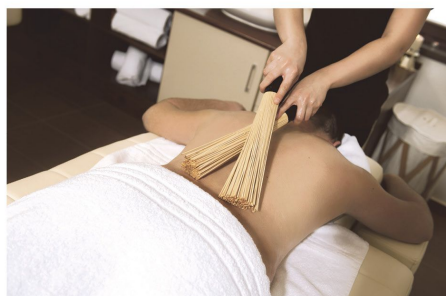
opportunity to enjoy the luxury of a soothing swim regardless of the weather or season. Right next to, on an outdoor terrace, engulfed by the Beskids forests, guests can enjoy two covered jacuzzis equipped with hydro massage. The sauna zone allows guests to immerse in blissful relaxation, offering them three types of sauna to choose from (dry, steam and infrared).



### Cottonina Hotel & Mineral SPA Resort

The first in Poland Mineral SPA is a place inspired by the legends of the region and the richness of the Jizera Mountains, which are a mine beneficial for the health and beauty of minerals, precious stones and a source of water with a rich mineral composition and healing properties.

Innovative treatments, which can be used in six SPA offices, are based on extensive experience and unconventional approach to cosmetology. The SPA



team is constantly improving the offer, introducing a wide range of treatments for children

from the age of one, pregnant women, vegetarians and vegans as well as active people.



### Fabryka Welny

Fabryka Welny Hotel & SPA is a stylish and modern facility located in the very centre of Poland, near the city of Lodz. The hotel is built on the former premises of the industrial empire of the Baruch family, who specialised in the production of cotton fabrics. The complex, located on the Dobryzinka River, used to be one of the largest and most modern factories in the region. The advantage of the SPA is the glazed swimming pool on the top floor. There is also a Finnish sauna, a steam bath,

a jacuzzi and an observation deck where you can sunbathe. A wide range of treatments, including recommended massages and care rituals, almost ensure a trip around the world. Guests especially appreciate specialized facial treatments, Japanese Kobido facial massage, sensual Lomi Lomi Nui massage that takes us to exotic Hawaii, or rituals combining relaxation and care of the whole body that guarantee an extraordinary experience for all senses.



### Głębołek Vine Resort&Spa

It is one of the most unique SPA facilities in Poland. It was built on the historical farm, next to Lake Forbin, hidden among the picturesque hills of the Brodnica Lake District. The idyllic character of the buildings has been preserved in the architecture that combines with the surrounding nature. Right next to the hotel, there is the Drwęca River Swamp Valley Reserve, an area of virgin backwaters and oxbow lakes. The historical

character of the farm has been maintained in the elements of buildings such as arcades, wooden details or large windows. These el-



ements are typical for the style of Warmia and Mazury regions. The rooms are dominated by white walls, wooden furniture. In selected apartments there are linen sheets or natural stone floors. The resort is surrounded by a picturesque vineyard with over 1,500 grapevines and it attracts with the unique Vine Spa. In the SPA, guests can enjoy unique massages, treatments and rituals based on wine therapy, such as a bath in wine or wine rituals for two.



## Manor House SPA\*\*\*\* Pałac Odrowążów\*\*\*\*\*

The Hotel Manor House SPA is an enclave for adults, vegan and allergy friendly. It is one of the best holistic SPA Hotel in Poland. The complex in Mazovian Chlewiska combines a great Polish history with contemporary luxury and good energies of nature. Their strength is so large (up to 30,000 js. Bovis) that the place is called the Polish Biovital Center. The Manor House SPA complex consists of: the five-star Odrowąż Palace and a four-star hotel in

the historic Stajnia Platerra and the Castle Baths, where the SPA & Wellness zone is located: Bachelor Cabinets, Biovalent Chamber, the Roman

Baths famous for seances in chlorine-free plasma canvas pools with water enlivened by the Dr. Keshhe and Grander methods, ideal for sensitive skin.



## Villa Park MED&SPA in Ciechocinek

One of the greatest natural resources in Poland are brine deposits, and Ciechocinek can be proud of the most valuable resources of these minerals. The healing benefits of brines were discovered many centuries ago. Villa Park MED&SPA is a luxurious Medical SPA facility that perfectly uses their great power.

A wide range of therapies are available at the Structural Rehabilitation Clinic operating also in the hotel. The facility is not only about luxurious rest

and deep relaxation, but also professional help in regeneration after treatments, selected injuries or discomfort in the body. Guests can also benefit

from a Saltaris SPA wellness zone that includes saltwater swimming-pool, sauna zone, jacuzzi and an indoor graduation tower.



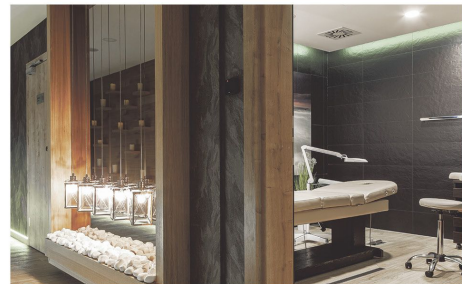
## Primavera Jastrzębia Góra Sand SPA

As the owners say, it is SPA inspired by Baltic nature. Located right next to a beautiful Baltic beach, SPA includes 25 treatment rooms and a graduation tower. In an atmosphere of deep relaxation, combining natural therapies with modern technology, a team of professional physiotherapists, masseurs and cosmetologists cares for the beauty and health of Guests.

The extensive menu includes treatments such as Floating, Kobido Massage, Hyperbaric Oxygen Therapy, Wavebalance, Icoone Laser. Sand SPA offer includes individual

treatments, dedicated Day SPA (e.g. SPA for Ladies, SPA Relax) and packages with accommodation, e.g. Slimming Holidays, SPA for Two, Healthy Spine, Healthy Lungs, Massage World. Guests of Primavera Jastrzębia Góra can also

enjoy free access to a swimming pool and sauna area and a well-equipped gym. There is also an extensive program of sports activities and workshops available during the stay, e.g. Aqua Gym or Buteyko method breathing classes.



## Arche Holistic SPA & Wellness - Palace & Folwark Łochów

The SPA is located just an hour's drive from Warsaw along the S8 road, in the heart of the Bug Landscape Park, on the Liwiec River, in an area of 27 ha. The palace and park complex is a 19th century building that was rebuilt and restored by the development company Arche in 2005 - 2008. A wide variety of beauty treatments and

massages was developed to ensure rejuvenation of your body and soul in compliance with the idea of Wellness. Here the tradition meets the innovation. The treatments of the future are procedures involving chemical peels, ultrasounds, cavitation peelings and beauty products of the XXI century from YONELLE.