



N A B E

S P A



THAI MASSAGES

Traditional Thai massage

Body massage combining yoga elements, acupressure techniques meditation and stretching.

Time: 60 min Price: PLN 390

Time: 90 min Price: PLN 510

Thai aromatherapy massage

A combination of traditional Thai massage with aromatherapy and the care of oriental oils.

Time: 60 min Price: PLN 430

Time: 90 min Price: PLN 550

Thai massage of the back, neck and head

Massage of the upper body parts with the use of pressure-stretching techniques used in Thai massage.

Time: 60 min Price: PLN 360

Sports massage

A dynamic massage that intensively relaxes the muscles, eliminates pain and contractures.

Time: 60 min Price: PLN 440

Time: 90 min Price: PLN 590

Lomi Lomi massage

Hawaiian massage that restores energy balance and deeply relaxing.

Time: 60 min Price: PLN 400

Time: 90 min Price: PLN 500

Special offer valid until further notice.
To book a treatment, please contact the Spa reception at +48 18 20 00 690 or by email nosalowypark@nabespa.pl