



AMBER PARK NIECHORZE

## MENU WELLNESS



MAKE AN APPOINTMENT FOR A MASSAGE BY  
E-MAIL, TELEPHONE OR IN PERSON  
AT THE AMBER PARK SPA RECEPTION DESK

AMBER PARK SPA  
UL. ZACISZNA 8 72-350 NIECHORZE  
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**WHOLE BODY CLASSIC MASSAGE 50'**  
(+ MUD) **260 PLN**  
**25 PLN**

Classical massage relaxes tense muscles, improves blood flow, increases muscle flexibility and range of movement and reduces pain. It has a positive effect on mood by reducing stress and increasing the secretion of endorphins.

**CLASSICAL BACK MASSAGE 25'** **170 PLN**

Classic massage relaxes tense muscles, improves blood flow, increases muscle flexibility and range of motion, and reduces pain. It positively affects well-being by reducing stress and increasing the release of endorphins.

**RELAXING MASSAGE WITH WARM WAX 25'/50'** **150 PLN**  
**260 PLN**

The warm soy candle wax massage is deeply relaxing with a feeling of peace and harmony, often referred to as a harmonising massage, and in addition to its deeply relaxing spiritual properties, it also nourishes the skin by restoring its natural lipid barrier while enveloping the body in the scent of white musk.

It is very relaxing and nourishing.

**25'/50' HOT STONE MASSAGE** **190 PLN**  
**290 PLN**

The stone massage is a treatment that owes its beneficial effects on the body to a unique combination of massage, thermotherapy, aromatherapy and bio-stimulation.

**FREE CANCELLATION OF YOUR SPA APPOINTMENT IS POSSIBLE UP TO 4 HOURS BEFORE THE SCHEDULED VISIT.**  
**CANCELLATIONS MADE LESS THAN 4 HOURS BEFORE THE SPA APPOINTMENT WILL BE CHARGED 50% OF THE BOOKED TREATMENT PRICE.**

**HOT CHOCOLATE MASSAGE 50'** **280 PLN**

In a hot chocolate massage we make use of the valuable properties of cocoa beans, which have a regenerating, nourishing effect and improve microcirculation. Cocoa beans are rich in caffeine, which stimulates blood circulation, reduces swelling and accelerates fat burning. Chocolate massage is recommended for all skin types.

**THERAPEUTIC SPINAL MASSAGE WITH MUD 50'** **210 PLN**

Supports the treatment of inflammation, muscle, bone and joint disorders, female diseases, firms the body. The mud is one of nature's most precious gifts. It has healing and caring properties.

**FOOT MASSAGE WITH REFLEXOLOGY ELEMENTS 30'** **140 PLN**

The foot massage is a treatment that not only improves the appearance and moisturisation of the foot skin, but above all relaxes and reduces the muscular tension present in the feet.

**RELAXATION MASSAGE WITH AROMATIC OIL 25/50'** **150 PLN**  
**280 PLN**

Relaxation massage is a variation of the classic massage. It focuses on relaxing muscle tension, relaxing the whole body, reducing fat tissue, eliminating back, neck or shoulder pain, improving circulation and lymph flow and calming the emotional state of the person being massaged.

**LIFTING FACIAL MASSAGE 20'****140 zł**

Facial massage should become an integral part of your skincare routine, as its regular use rejuvenates, firms, smooths, and regenerates. If performed systematically, it can rejuvenate the skin by several years.

**REVITALIZING FULL BODY SALT SCRUB 25'****230 zł**

We can successfully call this scrub a skincare ritual. It provides abundant moisture, deeply cleanses, and evens skin tone. The subtle composition of fragrances restores balance and harmony to the mind.

**MASSAGE FOR MOTHER AND DAUGHTER 25'****270 zł**

We suggest that mother and daughter spend time together in the relaxation area. A relaxing massage for the mother and a chocolate massage for the daughter. **IMPORTANT:** Massages for children over 12 years of age are only available with written parental consent.

**MASSAGE FOR TWO 50'****450 zł**

Massages in a combined relaxation room. For women, a 25-minute facial massage and a 25-minute illuminating mask are included. For men, a 25-minute back massage and a 25-minute mud pack are included.

**DAY-SPA-PACKAGE****YOUNGEST GUEST IN THE HOTEL 20'****200 zł**

The package includes:

- Relaxing massage in a combined cabin for child and parent (20 min)
- Iced dessert + coffee for parents and hot or iced chocolate for the child
- Entry to the play area/corner of the Amber Park Spa

The stated amount is per person

**MEN'S EXCURSION 50'****300 zł**

The package includes:

- Classic full-body massage in the combined lounge
- Lumberjack dinner (ribs with fried potatoes and salad + a beer)

The stated amount is per person

**Nourishing Massage 25'/50'****(Amber, Cranberry, Green Tea)****170 zł****280 zł**

The nourishing massage is particularly recommended for loose or slightly sagging skin, for example, after pregnancy or after rapid weight loss. The nourishing massage is also excellent for toning thighs, abdomen, and arms, firming the buttocks, and improving circulation. The treatment improves the elasticity of the skin and connective tissue.

**Amber Ceremony 90'  
(peeling, mask, massage)****350 zł**

This ritual is a unique combination of luxurious moments that exude positive energy from amber, the gold of the Baltic Sea. Exclusive preparations with amber extract have a powerful moisturizing, nourishing, and firming effect. A body scrub with amber particles and sea salt crystals perfectly smooths the skin, while an amber massage ensures the effect of the negative ions released by the amber on the body – they increase oxygen flow in the blood, leading to increased energy, improved concentration, and a heightened sense of well-being.

**ADDITIONAL TREATMENTS****Treatment of hands and feet 50'****230 zł**

A treatment that deeply nourishes, moisturizes, regenerates, and smooths the epidermis. The first step is a scrub that cleanses and removes dead skin cells. The next step is a regenerating and nourishing mask. The treatment concludes with a massage using shea butter, which provides the skin with intense moisture. Ideal for women and men.

**MUD PACK 20'****40 zł****PARAFFIN WAX FOR HANDS 30'****70 zł**

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**Body ritual with orange and cinnamon 90'  
(peeling, mask, massage)****350 zł**

The oriental scrub, scented with orange and cinnamon, thoroughly exfoliates the dead skin with sea salt particles to improve circulation and promote vitality. The mask has a nourishing effect, while the bitter orange blossom macerate regenerates, smoothes, and soothes irritations. As the mask releases its beneficial ingredients into the skin, the oriental fragrance spreads, creating an aromatherapy session that imparts a warm, pleasant, and comforting feeling. The climax is the full-body massage, which wonderfully relieves tension and soothes both physically and mentally.

## THAI MASSAGES

### CLASSIC MASSAGE 50' / 80'

A traditional full-body massage combining pressure, stretching and work with energy lines. Improves flexibility and restores balance.

319 zł

459 zł

### SPORTS MASSAGE 50' / 80'

An intensive massage for physically active people. It helps regenerate muscles, reduces tension and speeds up recovery.

339 zł

479 zł

### THAI HEALTH - HEALTH MASSAGE 80' / 110'

Therapy aimed at improving well-being and reducing pain. It combines relaxation techniques with elements of therapeutic massage.

509 zł

669 zł

### NORTHERN-STYLE THAI MASSAGE 50'

A gentler, more fluid form of Thai massage. It focuses on deep relaxation and harmonisation of the body.

319 zł

### THAI FOOT MASSAGE 20' / 50'

A relaxing massage based on reflexology. It stimulates points corresponding to internal organs and improves circulation.

209 zł

289 zł

### STONE MASSAGE 50'

Warm stones relax muscles and calm the nervous system. Ideal for stress and chronic tension.

329 zł

**Full descriptions of treatments and massages**



# THAI SPA AMBER PARK SPA

MASSAGES AND RITUALS PERFORMED  
BY A THERAPIST FROM THAILAND

## FACE TREATMENTS

### THAI BEAUTY - FACE LIFTING 50' / 80'

A natural face lift without needles. Improves skin tone and reduces signs of fatigue.

349 zł

479 zł

### THAI LYMPHATIC FACE 50'

Gentle lymphatic massage of the face. Reduces swelling, improves skin tone and has a detoxifying effect.

289 zł



## SPECIALISED MASSAGES

### THAI SLIM - ANTI-CELLULITE 50' / 80'

Modelling slimming massage. Improves skin firmness and helps reduce cellulite.

349 zł

499 zł

### MADEROTHERAPY 50' / 80'

An intensive massage using wooden tools. It stimulates circulation, shapes the figure and firms the skin.

319 zł

499 zł

## ADDITIONS TO THE 80' AND 110'

### FACE MASSAGE WITH MASK (15 min)

59 zł

## RELAXATION MASSAGES

### BALINESE MASSAGE 50' / 80'

An exotic massage combining acupressure, aromatherapy and fluid movements. It deeply relaxes and improves energy flow.

319 zł

459 zł

### LOMI LOMI MASSAGE 50' / 80'

Hawaiian massage performed with long, flowing movements. It gives a feeling of lightness, harmony and deep relaxation.

339 zł

### AROMATIC OIL MASSAGE 50' / 80'

A relaxing full-body massage using natural oils. Reduces stress and improves mood.

319 zł

459 zł

### OIL MASSAGE (HOT) 50' / 80'

Warm oils intensely relax the muscles and enhance the effect of relaxation. Ideal for colder days.

339 zł

479 zł

### BIOALOE MASSAGE 50' / 80'

A nourishing massage using natural aloe vera-based bio oil. Moisturises the skin and provides a feeling of comfort.

319 zł

459 zł

## PARTIAL MASSAGES

### FOOT REFLEXOLOGY 20' / 50'

Reflexology therapy on the feet. Supports the functioning of internal organs and improves overall well-being.

209 zł

289 zł

### UPPER BODY MASSAGE 20' / 50'

Focused on the back, neck and shoulders. Effective for tension resulting from sedentary work.

209 zł

289 zł

### LOWER BODY MASSAGE 20' / 50'

Leg and buttock massage to improve circulation and reduce the feeling of heavy legs.

209 zł

289 zł