



AMBER PARK NIECHORZE

MENU WELLNESS



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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.

AMBER PARK NIECHORZE

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.

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
TEL.: 577-129-125/577-129-124
RECEPCJA@AMBER-PARK.PL

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.

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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

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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Nourishing Massage 25'/50' 170 ZŁ (Amber, Cranberry, Green Tea) 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' 350 ZŁ (peeling, mask, massage)

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.

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

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, smooths, 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.

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THAI MASSAGES

CLASSIC MASSAGE 50' / 80' 319 ZŁ
459 ZŁ
A traditional full-body massage combining pressure, stretching and work with energy lines. Improves flexibility and restores balance.

SPORTS MASSAGE 50' / 80' 339 ZŁ
479 ZŁ
An intensive massage for physically active people. It helps regenerate muscles, reduces tension and speeds up recovery.

THAI HEALTH - HEALTH MASSAGE 80' / 110' 509 ZŁ
669 ZŁ
Therapy aimed at improving well-being and reducing pain. It combines relaxation techniques with elements of therapeutic massage.

NORTHERN-STYLE THAI MASSAGE 50' 319 ZŁ
A gentler, more fluid form of Thai massage. It focuses on deep relaxation and harmonisation of the body.

THAI FOOT MASSAGE 20' / 50' 209 ZŁ
289 ZŁ
A relaxing massage based on reflexology. It stimulates points corresponding to internal organs and improves circulation.

STONE MASSAGE 50' 329 ZŁ
Warm stones relax muscles and calm the nervous system. Ideal for stress and chronic tension.

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' 349 ZŁ
479 ZŁ
A natural face lift without needles. Improves skin tone and reduces signs of fatigue.

THAI LYMPHATIC FACE 50' 289 ZŁ
Gentle lymphatic massage of the face. Reduces swelling, improves skin tone and has a detoxifying effect.



SPECIALISED MASSAGES

THAI SLIM - ANTI-CELLULITE 50' / 80' 349 ZŁ
499 ZŁ
Modelling slimming massage. Improves skin firmness and helps reduce cellulite.

MADEROTHERAPY 50' / 80' 319 ZŁ
499 ZŁ
An intensive massage using wooden tools. It stimulates circulation, shapes the figure and firms the skin.

ADDITIONS TO THE 80' AND 110'

FACE MASSAGE WITH MASK (15 min) 59 ZŁ

RELAXATION MASSAGES

BALINESE MASSAGE 50' / 80' 319 ZŁ
459 ZŁ
An exotic massage combining acupressure, aromatherapy and fluid movements. It deeply relaxes and improves energy flow.

LOMI LOMI MASSAGE 50' / 80' 339 ZŁ
479 ZŁ
Hawaiian massage performed with long, flowing movements. It gives a feeling of lightness, harmony and deep relaxation.

AROMATIC OIL MASSAGE 50' / 80' 319 ZŁ
459 ZŁ
A relaxing full-body massage using natural oils. Reduces stress and improves mood.

OIL MASSAGE (HOT) 50' / 80' 339 ZŁ
479 ZŁ
Warm oils intensely relax the muscles and enhance the effect of relaxation. Ideal for colder days.

BIOALOE MASSAGE 50' / 80' 319 ZŁ
459 ZŁ
A nourishing massage using natural aloe vera-based bio oil. Moisturises the skin and provides a feeling of comfort.

PARTIAL MASSAGES

FOOT REFLEXOLOGY 20' / 50' 209 ZŁ
289 ZŁ
Reflexology therapy on the feet. Supports the functioning of internal organs and improves overall well-being.

UPPER BODY MASSAGE 20' / 50' 209 ZŁ
289 ZŁ
Focused on the back, neck and shoulders. Effective for tension resulting from sedentary work.

LOWER BODY MASSAGE 20' / 50' 209 ZŁ
289 ZŁ
Leg and buttock massage to improve circulation and reduce the feeling of heavy legs.