



HOTEL AURORA
FAMILY & SPA



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AURORA
SPA & WELLNESS

MENU
SPA

ENG

FACE TREATMENTS

EXPRESS TREATMENT FOR SENSITIVE SKIN

180 ZŁ | 30 MIN

The treatment is intended for sensitive, reactive skin with visible vascular problems. It brings a feeling of comfort and soothes the skin.

EXPRESS MOISTURIZING TREATMENT

180 ZŁ | 30 MIN

A unique treatment with hyaluronic acid that binds moisture in the epidermis with an immediate effect on the skin.

EXPRESS TREATMENT FOR COMBINATION SKIN

180 ZŁ | 30 MIN

The treatment is dedicated to combination and oily skin. It thoroughly cleanses the skin and regulates the sebaceous glands.

TEEN SPA - TREATMENT FOR TEENAGERS

250 ZŁ | 50 MIN

It's finally here! A treatment that effectively combats acne. It begins with a very gentle cleansing. Then an exclusive peeling is applied to the skin to eliminate deep blackheads and calloused epidermis. An antiseptic mask is applied to the face, created specifically to treat and soothe inflamed skin. The effect of this treatment is improved skin texture and tone. Blackheads become less visible and redness disappears.

SENSIBEAUTICS FOR SENSITIVE SKIN

290 ZŁ | 50 MIN

A soothing treatment for sensitive, reactive skin with vascular problems. It minimizes redness, has a soothing effect and increases the tolerance threshold of delicate skin. The treatment provides the skin with all the necessary ingredients needed for its proper functioning, refreshes, soothes, relieves, brings a feeling of comfort and relaxes.

OCEAN TREATMENT FOR MEN

290 ZŁ | 50 MIN

Energizing and moisturizing treatment for men. The aim of the treatment is to even out the structure of the epidermis. The treatment consists of a peeling consisting of papaya extract, diatomaceous earth, salt crystals and almond shells. In the next stage of the treatment, moisturizing and regenerating substances are used, which are irritated by daily shaving.

ABSOLUTE HYDRATION RITUAL

290 ZŁ | 60 MIN

An extraordinary moisturizing and relaxing ritual that satisfies the needs of dehydrated skin. The Save Blue complex, taken from the depths of the ocean, delivers the entire wealth of marine ingredients to the very heart of the cells: micro and macro elements and minerals. Combined with hyaluronic acid, it provides long-lasting hydration and stimulates the skin's natural detoxification process, ensuring its fresh and radiant appearance.

POWER C+

270 ZŁ | 50 MINUT

Modern care for skin tired of excessive sunlight and urban pollution. An extremely effective cocktail of active ingredients based on vitamin C and microelements, counteracts skin dryness, lightens discolorations, increases elasticity, adding radiance to the skin and increasing its vitality. Recommended for dehydrated skin, lacking radiance and with signs of ageing caused by UV radiation.

MANICURE

MANICURE

Classic manicure	75 ZŁ
Classic manicure with nailpolish	90 ZŁ
Classic manicure with French painting	110 ZŁ
Hybrid manicure	160 ZŁ
Hybrid manicure with French painting	180 ZŁ
Hybrid removal	50 ZŁ
Japanese manicure	110 ZŁ

PEDICURE

PEDICURE

Classic pedicure	140 ZŁ
Classic pedicure with nailpolish	160 ZŁ
Classic pedicure with French painting	170 ZŁ
Hybrid pedicure	180 ZŁ
French hybrid pedicure	190 ZŁ
Hybrid removal with a classic pedicure	150 ZŁ

HENNA AND REGULATION

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Eyebrow regulation	40 ZŁ
Eyebrow henna + shaping	70 ZŁ
Eyebrow and eyelash henna +eyebrow shaping	90 ZŁ
Mustache depilation	50 ZŁ
Face depilation	80 ZŁ

BATHS

PEARL BATH

70 ZŁ | 30 MIN

Hydromassage bath.

RELAXING BATH WITH SALT

80 ZŁ | 30 MIN

A bath with the addition of salt, with a relaxing and relaxing effect.

CLEOPATRA'S BATH

100 ZŁ | 30 MIN

Bath in milk with the addition of sweet almond oil, moisturizes, nourishes and rejuvenates.

CHOCOLATE BATH

100 ZŁ | 30 MIN

Pleasantly relaxes, improves well-being, has a positive effect on the skin.

SALT CAVE

SESSION IN THE CAVE

25 ZŁ/PER PERSON | 45 MIN

It has a positive effect on the respiratory, nervous and circulatory systems. After just one session, you can notice effects such as lower blood pressure or a sense of relaxation. Elements in the air also have a positive effect on the immune and digestive systems.

**HOT STONES
RELAXING MASSAGE**

**160 ZŁ | 30 MIN
260 ZŁ | 60 MIN**

Massage performed with the use of volcanic, basalt stones to relax, eliminate pain and restore energy balance in muscles and joints. Heated stones spread on individual parts of the body are a source of wonderful heat that penetrates deep tissues. An intensely warming massage is recommended especially for people with circulation problems.



THERAPEUTIC MESSAGES

**PELOID THERAPY WITH FOOT
AND SPINE MASSAGE**

230 ZŁ | 50 MIN

The therapy consists of mud compresses combined with a back and foot massage. It has a unique healing effect, wonderfully removes muscle tension.

CLASSIC MASSAGE

**150ZŁ | 25 MIN
250ZŁ | 50 MIN**

The most popular type of massage. Depending on its intensity, it can be relaxing, stimulating or energizing. The purpose of such a massage is, among others: eliminating the negative effects of stress and improving well-being, relaxing tense muscles, increasing their flexibility and elasticity, improving blood and lymph flow.

**THERAPEUTIC MASSAGE
OF THE SPINE**

210 ZŁ | 40 MIN

Specialist massage recommended for people with back pain. This massage is used to relieve pain in the thoracic and lumbar region. Recommended especially for people who lead a sedentary lifestyle.

**LYMPHATIC MASSAGE
LOWER LIMBS**

150 ZŁ | 30 MIN

It is a kind of specialized pressure massage, improving the circulation of lymph and tissue fluids in the body. Recommended in the treatment of lymphedema and lymph stasis. It improves metabolism, stimulates the lymphatic system, accelerates the body's cleansing processes.

BOA LYMPHATIC DRAINAGE

75 ZŁ | 30 MIN

BOA massage is performed using specially constructed trouser legs, filled with air under appropriate pressure. As a result, pressure waves are created, which effectively compress the body. The treatment is intended for people with heavy legs syndrome, water cellulite and problems with swelling and swelling of the legs.



**FLOATING
CAPSULE**

SESSION IN A FLOATING CAPSULE

95 ZŁ | 45 MIN

An innovative treatment that involves the body floating freely on the surface of a solution of water and Epsom salt. This salt has medicinal uses - just like in the Dead Sea. This treatment has a regenerating and relaxing effect. Perfect for people with skin problems and muscle pain.

ANTI-AGIN EYE TREATMENT

160 ZŁ | 30 MIN

An intensive treatment with a comprehensive effect on the eye area. The combination of science and nature has allowed us to create a unique treatment that will restore the radiant expression of the look and the youth and beauty of the skin around the eyes. It will reduce dark circles and puffiness under the eyes.

PURETE MARINE RITUAL

290 ZŁ | 50 MIN

Intensive cleansing and anti-acne ritual. Professional therapy, tailored to the needs of oily, seborrheic and acne skin. It combines the vital benefits of the depths of the ocean to restore healthy and clean skin. The treatment thoroughly cleanses the sebaceous glands, reduces the visibility of pores, restores the skin's full balance and dullness



**EXCLUSIVE FACIAL
TREATMENTS**

**HYALU-PROCOLLAGENE
TREATMENT**

420 ZŁ | 50 MINUT

The first spectacular anti-wrinkle treatment combining 3 types of hyaluronic acid and marine procollagen. It removes all signs of skin aging and precisely fills in wrinkles, even the fixed ones. The treatment is aimed at smoothing and moisturizing the skin, filling wrinkles and stimulating the synthesis of hyaluronic acid and new collagen fibers. Intended for people with dehydrated skin, with visible wrinkles, in need of hydration, filling and regeneration.

SILICIUM MARINE TREATMENT

450 ZŁ | 60 MIN

Luxurious rejuvenating and lifting treatment. Highly concentrated active ingredients such as hyaluronic acid, marine silicon, red algae provide immediate lifting and raising the oval of the face after the first treatment. The innovative Derma-Stim Massage models the oval of the face, makes the skin more flexible and tightens, reduces wrinkles and fine lines, stimulates the production of collagen and elastin.



BODY TREATMENTS

PEELING ESCAPE TO THE TROPICS

150 ZŁ | 30 MIN

It restores radiance to the skin and innovative, exfoliating sea salt crystals rich in concentrated minerals and essential oils make the skin velvety and smooth. The treatment mineralizes the skin and enhances the absorption of active substances. It is recommended before a massage or other body treatments.

**COLD CREAM MARINE
BODY RITUAL**

290 ZŁ | 60 MIN

An extremely relaxing treatment dedicated to dry and dehydrated skin. Wonderful moments of bliss that will envelop the skin with the Cold Cream Marine complex, relieving the feeling of tension and discomfort and restoring the appropriate level of lipids to severely irritated skin. Relaxing movements and soothing gentle massage restore firmness, softness and velvety to the touch of even the most irritated skin.

PERFECT BODY SCULPT TREATMENT 290 ZŁ | 60 MIN

An innovative treatment that effectively fights cellulite and body imperfections. Increases skin elasticity and firmness. The treatment is an ideal proposition for a localized problem related to cellulite or excess fat tissue. The preparations used for the treatment use two modern technologies that accurately hit the heart of the problem.

AROSHA- INTENSIVE SLIMMING TREATMENT 310 ZŁ | 75 MIN

Slimming by bandaging the body is a program created thanks to a specialist formula. It is an excellent and effective weapon in the fight against body imperfections, these cosmetics create effective treatments with properties that reduce cellulite, model, firm, moisturize the body and fight signs of skin aging.

INDOCEANE TREATMENT 370 ZŁ | 90 MIN

This treatment is an extraordinary journey to the land of beauty and relaxation, during which you will learn the philosophy of China, Egypt, India and the Mediterranean basin, and your body will reach a state of complete relaxation. It is an offer for stressed people who need rest and relaxation. The basic ingredients of the products are the Qi-Marine complex, which is an extract from brown algae and lotus, which has a unique ability to revitalize and reduce stress.

BLACK ORCHID RELAX FOR HER 290 ZŁ | 75 MIN

A specially developed ritual based on ecological products. Consisting of three elements in which oriental massage techniques are performed. Products based on Shea butter, avocado oil, grape seed oil and vitamin E perfectly moisturize, regenerate and smooth the skin, leaving it silky smooth. This ritual is distinguished by a sensual, sensual fragrance that stays on the skin for a very long time.

WHISKEY RELAX FOR HIM 290 ZŁ | 75 MIN

A ritual dedicated to men who need quick and effective relaxation. A ritual with an elegant, oriental scent, performed on the basis of organic products by Organique, consisting of three elements in which oriental massage techniques are used. Particles of black rice, avocado oil, beeswax are some of the ingredients that will make the skin perfectly moisturized and properly nourished.



RELAXING MESSAGES

FACE, NECK AND DECOLLETE MASSAGE 130 ZŁ | 20 MIN

A classic massage of the face, neck and cleavage, which introduces a state of deep relaxation and relaxation and improves blood circulation, oxygenates and firms the skin.

LIFTING MESSAGE FACE AND NECK 160 ZŁ | 25 MIN

This is a special and unique treatment, called "natural botox" that slows down the aging process of the skin. It prevents the face from falling under the influence of gravity, stimulates the production of collagen and elastin, facilitates the renewal of skin cells and improves the processes taking place in them.

HEAD MESSAGE 130 ZŁ | 20 MIN

A proposal for tired and stressed people, for whom a head massage is an excellent relaxation therapy. It removes the accumulated tension that often manifests as neck stiffness and headaches.

FOOT MASSAGE WITH A BATH 160 ZŁ | 30 MIN

Great relaxation for tired and sore feet, unblocks energy flow zones throughout the body, removes fatigue.

CLASSIC FULL BODY MASSAGE 170 ZŁ | 30 MIN

Massage is especially recommended for stressed people who lead a sedentary lifestyle. The aim of the massage is to reach tense muscle groups, which will cause them to relax and restore well-being.

RELAXING FULL BODY MASSAGE 170 ZŁ | 30 MIN

A relaxing massage based on natural oil has a relaxing and soothing effect. It relaxes tense muscles, increases their elasticity and elasticity. Improves blood and lymph circulation.

MESSAGE FOR MEN 210 ZŁ | 45 MIN

Energizing, relaxing massage of the rear parts of the body - neck, nape, back and lower limbs. The purpose of the massage is to induce a deep state of relaxation and relaxation and to eliminate the negative effects of stress. Recommended especially to men living in constant tension and stress.

MESSAGE AROMATHERAPY 140 ZŁ | 25 MIN
240 ZŁ | 50 MIN

Relaxing, rhythmic massage based on natural oil with a mixture of essential oils, selected individually before the start of the massage, which has relaxing and relaxing properties. It stimulates blood circulation and helps to regenerate sore muscles.

RELAXING MESSAGE BASED ON MANGO BUTTER 140 ZŁ | 25 MIN
240 ZŁ | 50 MIN

An ideal proposal for a body massage for people with dry, dehydrated skin, damaged by excessive use of sunbathing. It has strong anti-inflammatory, regenerating, softening and moisturizing properties. Mango butter makes the skin beautifully smooth and velvety to the touch.

RELAXING MESSAGE BASED ON SHEA BUTTER 140 ZŁ | 25 MIN
240 ZŁ | 50 MIN

The treatment provides relaxation for sore muscles and full hydration of the skin. The use of Shea butter makes the skin perfectly smooth, moisturized and nourished.

RELAXING MESSAGE BASED ON CHOCOLATE BUTTER 140 ZŁ | 25 MIN
240 ZŁ | 50 MIN

The chocolate massage is pure delight. It is perfect for stress and dry skin. The treatment nourishes and moisturizes the skin, additionally affects the senses - which together creates a perfect combination of sweet relaxation. Chocolate - a source of energy and the most popular remedy for melancholy. Chocolate massage stimulates the circulatory system, improves skin firmness and elasticity, slows down the aging process, and gives a feeling of deep relaxation.

CANDLE MESSAGE "BALANCE FOUR SENSES" 140 ZŁ | 25 MIN
240 ZŁ | 50 MIN

A wonderful, relaxing massage that restores radiance to the skin. It is a combination of a pleasant fragrance with extremely valuable phyto oils, coconut oil and beeswax. It stimulates the senses and perfectly nourishes the skin, leaving it silky smooth and perfectly moisturized.