

CANDLE MASSAGE

The massage uses a special aromatic candle with Shea butter. Through deep relaxation and touch, it reduces tension in the body. Thanks to Shea butter, the skin becomes elastic, soft to the touch, silky smooth and enveloped with pleasant aroma. It is perfectly hydrated, supplied with blood and radiant, and dry skin is relief.

BALINESE MASSAGE

It is effective in reaching deep into tight and loaded muscles to relieve their contraction. The massage uses deep acupuncture pressure alternately with vigorous breaking and rubbing of muscle tissue.



CRANIOSACRAL THERAPY

It is a deep healing process that can free up both mental and physical illness patterns. Therapy can be helpful for most people ranging from minor ailments to acute conditions and chronic health problems.

LIFE IMPRESSIONS BODYWORK

This method does not work with a specific symptom but rather with the entire body treating it as a whole. By gentle manual therapy systems and conscious touch we obtain high therapeutic effects.

MESSAGE WITH STAMPS JAMBIRA PINDA SWEDA

Massage with the use of hot stamps filled with lemon and desiccated coconut mixed with special oil. The massage done with hot stamps helps to reduce fat tissues, purify and reduce toxins and improve the skin's tension and condition.

MESSAGE WITH HOT SEMIPRECIOUS STONES RATNAABHYANGA

It perfectly eliminates muscle tension and pain. During the massage are used semiprecious stones - unguis and crystals. Each stone has a different specific effects on the body.

SHIRODHARA MASSAGE

A massage consisting of a forehead massage, exactly focuses on the "third eye" chakra by the use of warm stream of sesame oil. A streamlet of warm oil gently massages the forehead. It is deeply relaxing and exerts a profound influence on the nervous and hormonal systems, as well as reduces stress and nervous tensions.

MESSAGE AND FACE COSMETICS MUKABHYANGA

Ayurvedic massage and treatment for the face and cleavage is a combination of cleansing, peeling and masks treatments using natural oils and cosmetic products prepared by the use of traditional Ayurvedic recipes.

BATHS

PACKAGE - SPA BATH + MEDY JET

Bathing in a professional SPA tub with strong hydromassage and SHIATSU underwater pressure massage. Specially selected massage programs and device operation speed are additionally supported by pearl ozone baths.

AROMATIC BATH

Bath with aromatic essential oils is an extremely beneficial treatment for the body. Essential oils are known and used since ancient times for the care of beauty and health. They have a great influx of mental states and are excellent aphrodisiacs. In addition they act antiseptically and relieve the symptoms of colds. Refresh and rejuvenate the skin. They restore the balance of the lipid layer. An oil bath heals muscular aches, skin and circulatory ailments, removes fatigue and insomnia.

CLEOPATRA'S BATH

Cleopatra's bath is a bath in milk, rich in proteins, vitamins (mainly from the B group), calcium and many other valuable elements, which are perfectly absorbed into the skin. Modern science confirms the nourishing, regenerative effects of milk and promotes this type of body renewal.

BEER BATH

A beer bath is a fantastic relaxation, relieves stress, calms the mind, stimulates the heart, opens pores and lowers blood pressure. B vitamins, proteins and saccharides contained in beer yeast will strengthen the immune system and make the skin soft and regenerated.

MUD BATH

The main task of mud bath in biological regeneration is overheating of tissues, leading to their better oxygenation and nutrition, as well as acceleration of metabolism. The bath increases blood pressure, therefore it is contraindicated in cardiovascular problems.

MEDICAL & SPA REGULATIONS

BOOKING

Guests, who want to use the hotel Medical & SPA zone, we encourage to prior reservation of terms. Thanks to this, all treatments will take place at the most convenient time. Qualified staff will provide you with all information regarding our offer and advise you on the choice of treatments.

TREATMENTS

Taking care of your comfort and convenience, we recommend you to show up in the SPA 5 minutes before the planned treatment. If you arrive late, the treatment can be shortened without the possibility of reducing its

price. In case of facial treatments, we ask you to arrive without jewellery and make - up.

CLOTHING

Please, come to the Medical & SPA zone prepared for the procedure. Please be wearing a bathrobe or a sports outfit. We recommend coming to Medical & SPA zone without jewellery and valuables. Medical & SPA zone and Hotel Buczyński are not responsible for valuable items left in the treatment room or in another Medical & SPA room. Please note that the treatment area is also a zone of silence.

RESERVATION OF SPA DATES

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SPA MENU



FACIAL TREATMENTS



ZOGA FACE INTEGRATION THERAPY

Zoga Face Integration is manual aesthetic modelling of the face and body by the use of muscle manipulation techniques that interact with tissues. It involves working with the core muscles. In this way, the therapist aims to normalise musculo - fascial tension in the décolletage area, the so - called " dowager's hump", the scalp and the face. The result is a reduction in volume in problem areas, lymphatic drainage, relaxation of tension and contouring of the oval. It is an individual therapy tailored to the patient's needs and has a multi - stage approach.

KOBIDO IS ONE OF THE MOST CHALLENGING MESSAGES IN THE WORLD ORIGINATING FROM CHINA WITH THE MAIN PURPOSE OF NON - SURGICAL FACELIFT. IT CONSISTS OF 5 STAGES: DEEP TISSUE MASSAGE • ELEMENTS OF RELAXATION MASSAGE • LYMPHATIC DRAINAGE • LIFTING • ACUPRESSURE. IT ELIMINATES SYMPTOMS OF STRESS AND FATIGUE, IMPROVES TISSUE FIRMNESS AND ELASTICITY.

KOBIDO & KOREAN CARE - EXCLUSIVE FACIAL LIFTING

We use the Tibetan Bowl and Koshi Chimes in our ceremony, introducing elements of sound therapy as a holistic technique. Sound therapy allows for deep relaxation, which not only neutralizes the effects of accumulated stress, but is above all the basis for effective rest. In addition, Korean care based on cosmetics with snail mucus and 24 - carat gold nourishes and regenerates the skin, while acting anti - aging. The treatment is complemented by a combination of aroma - and lithotherapy in the form of "VALEUR ABSOLUE" perfume.

GUA SHA & KOREAN CARE - BOTOX OF THE EAST

GUA SHA massage is a Chinese healing and beauty technique. This unique lymphatic massage of the face, neck and décolleté by rubbing and pressuring the skin with quartz stones eliminates swelling, improves blood circulation, relaxes muscles, eliminates dark circles under the eyes and improves sinus patency. The treatment is combined with Korean care.

BIO - ESTHETIC KINESIOTAPING

A complementary treatment that supports facelifting. It helps eliminate muscle tension and lymphatic stagnation in the face, neck and décolleté area. When taping is used, the muscles feel relaxed. The distance between the fascia and the dermis is increased, facilitating the flow of fluids and improving microcirculation. In order to achieve results, it is necessary to wear the application for at least 4 - 8 hours.

“SAINT MALO”



“SAINT MALO” MESSAGES

“BALI” ILLUMINATING MESSAGE

Take a trip to the island of Bali in the company of noni fruit and coconut, the extract of which firms the body and delays the effects of aging. Feel deep relaxation thanks to the cherry blossoms. The treatment uses a noni and coconut scrub.

“JAPAN” MOISTURIZING – RELAXING MESSAGE

Free your mind as you travel to the land of meditation. Discover the moisturizing properties of cotton oil and rice. Let yourself be wrapped in a safe cocoon. The treatment uses an oyster scrub, green tea oil and Wakame algae.

CLEANSING AND REGENERATING MESSAGE “SICILY”

Discover the land of volcanoes and feel the therapeutic effects of thermal waters and volcanic ash on your skin. Delight in the scent of citrus and benefit from oils full of vitamins. The treatment uses a volcanic ash scrub, massage butter with prickly pear and orange blossom.

„SAINT MALO” CEREMONIES – PEELING + MASSAGE + MASK

„BALI”, „JAPAN”, „SICILY”

THE CEREMONY BEGINS WITH A FULL BODY SCRUB, FOLLOWED BY A RELAXING AND INDULGENT MESSAGE. THE SKIN REGENERATION EFFECT IS COMPLETED IN THE FINAL STAGE OF THE TREATMENT WITH A MASK WITH Hibiscus flowers, which by stimulating natural cellular mechanisms firms, smoothes and brightens the skin.

“PURLÉS” CEREMONIES

GOLD & PEARLS BODY CEREMONY

Gold & Pearls Body Ceremony guarantees exclusive body care, starting with a Cleopatra's bath. The noble combination of gold, pearls and champagne is the key to maintaining youthful looking and silky, radiant skin. Gold stimulates the production of elastin and collagen, smoothes and firms. It also deeply moisturizes and soothes irritation. Champagne extract provides well-being, allows you to enjoy luxury and forget about everyday life.

CHOCOLATE & COFFEE BODY CEREMONY

Chocolate & Coffee Body Ceremony is a slimming and anti-cellulite body ceremony, starting with a relaxing bath with whirlpool. It effectively increases metabolism, activates the process of lipolysis and strengthens skin elasticity. Body care recommended for the area of the legs, buttocks and abdomen, in particular for the skin affected by the orange peel problem and excess fat tissue.



FACIAL TREATMENTS

FIRMING MESOCOCTAIL

Stimulates cell renewal, moisturizes, nourishes, gives a radiant look. Thanks to stem cells - it stimulates regeneration. Application of the method of needleless mesotherapy, ultrasounds - makes the skin more elastic, firming, lifting effect.

DNA REPAIR

A deeply regenerating anti-wrinkle treatment. It stimulates the repair of DNA cells. Moisturizing flaccid, tired skin, shortening the fissures, oxygenating tissues. Thanks to the ultrasound method - stimulation of collagen to repair DNA cells.

SENSISKIN CEREMONY

Sensiskin Ceremony is a garden full of herbs and plants specially selected for the needs of sensitive skin. A soothing ceremony for sensitive and vascular skin. Among the silencing and soothing components of active lines, we can find, among others, allantoin, aloe extract and azulene - the active substance of chamomile, which has a strong anti-inflammatory and bacteriostatic effect.

AYURVEDIC MESSAGES



ABHYANGA MESSAGE

Abhyanga in literal translation means “unction”. Originating from Asian countries and extremely pleasant massage technique introduces us to the unique atmosphere of the Orient. Subtle rubbing of the body with warm and scented oil helps to eliminate fatigue, insomnia and anxiety.

UDVARTANA MESSAGE AND PEELING

Powder massage - slimming and anti-cellulite treatment performed by the use of a special selection of herbs, powders and pastes mixed together with Ayurvedic oil. The Udvartana Massage stimulates the blood circulation, smooths out unevenness of the skin and acts like a peeling.

AYURVEDIC PACKAGE – ABHYANGA + SHIRODHARA

It is a relaxing combination of oil body massage with pouring the head and the “third eye” chakra with warm sesame oil. This treatment comprehensively reduces stress and nervous tension.

AYURVEDIC PACKAGE – UDVARTANA + MUKABHYANGA

A body peeling treatment that stimulates circulation and the lymphatic system, combined with herbal face care, peeling, massage and a cleansing and nourishing mask.

MASSAGES

DEEP TISSUE MESSAGE

Deep tissue massage is a form of soft tissues therapy, that aims to restore balance to the deep layers of the connective tissue and muscles by relieving tension, increasing tissue elasticity, increasing joint range of motion, as well as improving blood circulation in the tissues. It is a more effective form of classical massage.

CLASSIC MESSAGE

The massage stimulates the skin and muscles of the patient (reducing the voltage), restores normal heart rhythm as well as improving blood circulation. Calmly and rhythmically made, the massage eliminates stress and related with it disorders like: various headaches and back pain, concentration disorders, depression or general exhaustion of the organism.

BASALT STONE MESSAGE

Massage recommended for people struggling with chronic fatigue, stress and anxiety. Moreover, it can be treated as an additional therapeutic therapy.

FOOT REFLEXOTHERAPY

A treatment involving pressure massage of points responsible for internal organs. It accelerates their regeneration and detoxification of the body. The ceremony consists of soaking the feet in aromatic salt, peeling and relaxing massage.

BODY CARE



AROSHA BANDAGES

Arossha bandaging treatment - adipocel kit - is a combination of various ingredients aimed at fighting the growth of adipocytes and deformation of collagen fibers - factors which are responsible for the appearance of cellulite lumps on the skin. As a result, the effect after an hour of treatment is cellulite reduction, skin firming, fat reduction, modeling, removing toxins from the body.

HOLISTIC THERAPIES AND MESSAGES – „AQUAMARINE”

KATI BASTI MESSAGE + FULL BODY MESSAGE

Ayurvedic method for the healing of the lumbosacral spine and lower back. Recommended for muscle tension and pain in this area. Thanks to the therapeutic properties of black sesame oil and its deep penetration into the muscles and joints, a rapid restorative effect is achieved. What the treatment looks like: the warm oil is slowly poured into a specially made vessel, made of natural dough. It remains in the lower back for a set period of time. This treatment is preceded by an Ayurvedic full body massage.



CRYSTAL LAMPS – LIGHT THERAPY

The crystal device combines ancient knowledge with modern technology. The crystal lamp consists of seven, transparent crystals, suspended on a panel. The crystals have been cut to the appropriate frequencies / according to the Vogel system / and emanate with seven colours. The crystal placed next to the human body resonates in a specific way. The treatment has a therapeutic effect and serves to strengthen vitality. Crystals helps with the treatment of various diseases, strengthen the immune system, eliminate back pain, balance disorders, gastric and thyroid disorders as well as heart ailments. They improve eyesight and benefit the heart. The energy of the crystals can be used to rejuvenate the body. A unique accessory - the soft music is used for the treatment with crystal lamps, thanks to which in one treatment there is a combination of light therapy, colour therapy, lithotherapy and music therapy, where the main character is the CRYSTAL.

KOBIDO – JAPANESE LIFTING FACE MESSAGE

The main assumption of Kobido is a non-surgical facelift. It reduces the symptoms of stress, fatigue and tension, signs of skin aging, felling face oval, lack of firmness and elasticity. Massage techniques are performed mainly on the face, but also on the head, neck, nape, décolletage and shoulders.

MUSCULAR – FASCIA MESSAGE OF THE SPINE

It uses and combines elements of classical massage, musculoskeletal relaxation, work on trigger points, cross-cranium therapy and others. Especially recommended for spine, muscular and joint pain.

THAI – MESSAGE

This is a combination of acupressure of the most important points on the human body with the elements of passive yoga - stretching. This massage relieves the tension of muscles, joints, tendons. It stimulates the blood and lymphatic system.