



NEW!

**KOBIDO is one of the toughest massages in the world originating from China with the main purpose of non-surgical facelift. It combines relaxation techniques, lymphatic drainage, lifting and acupressure. Eliminates symptoms of stress and fatigue, improves tissue firmness and elasticity.**

#### KOBIDO CEREMONY - LUXURY FACIAL LIFTING – 80 Min / 310 PLN

In our ceremony we also use the Tibetan bowl and Koshi chimes, introducing elements of sound therapy, which is a holistic technique and affects our body on many levels. Vibrations of a certain frequency, among other things, improve blood circulation in tissues. At the psycho-emotional level, sound therapy allows for deep relaxation and relaxation, which not only neutralizes the effects of accumulated stress, but is above all the basis for effective rest.

#### KOBIDO & KOREAN CARE - EXCLUSIVE FACIAL LIFTING – 70 Min / 260 PLN

Korean care based on cosmetics with snail mucus and 24-carat gold nourishes and regenerates the skin, while acting anti-aging. Thanks to the use of nano- and biotechnology, gold nanoparticles are able to reach the basal layer of the epidermis, thus activating the mechanisms connected with its moisturising system.

#### GUA SHA & KOREAN CARE - EAST BOTOX – 70 Min / 260 PLN

Korean care based on cosmetics with snail mucus and 24-carat gold nourishes and regenerates the skin, while acting anti-aging. Thanks to the use of nano- and biotechnology, gold nanoparticles are able to reach the basal layer of the epidermis, thus activating the mechanisms connected with its moisturising system.

#### BIO-AESTHETIC KINESIOTAPING – 20 Min / 50 PLN

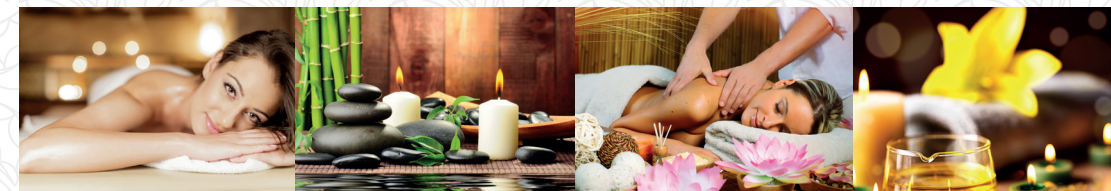
As a result of the constant work of the muscles, the skin above them becomes less elastic. Muscle tension translates to the epidermis, which is stretched along an axis perpendicular to the muscle, which predisposes to wrinkles. Thanks to the use of dynamic plastering we are able to act both preventively and therapeutically. When undergoing taping, we experience muscle relaxation in the facial area. The distance between the fascia and the dermis is increased, facilitating the flow of fluids and improving microcirculation. In addition, we obtain a reduction in muscle tension, swelling and hematomas.



NEW!

#### CRYSTAL LAMPS - LIGHT THERAPY – 30 Min / 180 PLN, 60 Min / 300 PLN

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 colors. 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 help 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 solfège music is used for the treatment with crystal lamps, thanks to which in one treatment there is a combination of light therapy, color therapy, lithotherapy and music therapy, where the main character is the CRYSTAL.



## MEDICAL & SPA REGULATIONS

### BOOKING

Call guests, who want to use the hotel Medical SPA, 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. If you use online booking, please contact our Medical SPA immediately via e-mail: spa@hotelbuczynski.com

### TREATMENT

Taking care of your comfort and convenience, we recommend you to show up in the SPA 10 minutes before the planned treatment. If you arrive late, the treatment can be shortened without the possibility of reducing its price.

### CLOTHING

Please, come to the Medical SPA zone prepared for the procedure. Please be wearing a bathrobe or a sports outfit. Bathrobes are available at the hotel reception. Our therapists will provide you with all the information necessary to prepare for the procedure. We recommend coming to Medical SPA without jewellery and valuables. Otherwise, you will be asked to remove the jewellery before the procedure. Medical SPA and Hotel Buczyński are not responsible for valuable items left in the treatment room or in another Medical SPA room. The treatment area is also a zone of silence. For the sake of relaxing all SPA users, please do not bring mobile phones with you.

### CANCELLATION

If you wish to cancel the procedure, please report this fact to the Medical SPA service the day before the planned treatment. Cancellation does not bear any costs in the above-mentioned time. If the treatment is cancelled 4 hours before its commencement, the Hotel reserves the right to charge the guest 40% of the treatment value. If the cancellation takes place in less than 4 hours before the procedure, the Hotel reserves the right to charge the guest 70% of the value of the procedure. In case of the treatment not being cancelled, the Hotel reserves the right to charge the guest 70% of the treatment value and to add this amount to a hotel bill.

### HOME SPA

To consolidate the effect of treatments, we offer you the opportunity to purchase Purles products, on the basis of which our treatments are made. Our staff will provide you with all the necessary tips for the independent use of selected preparations at home.

### RESERVATION OF SPA DATES

E-mail: spa@hotelbuczynski.com  
Tel. kom.: 513 899 467  
Tel. wew.: 6060, pon-pt. 09:00-10:00

## HOTEL BUCZYŃSKI \*\*\*\* MEDICAL & SPA

## SPA MENU

ul. Prusa 2, 59-850 Świeradów Zdrój  
tel. 75 78 11 900, e-mail: recepcja@hotelbuczynski.com  
www.hotelbuczynski.com



AYURVEDA

#### ABHYANGA MASSAGE – 60 Min / 210 PLN

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 PEELING AND MASSAGE – 60 Min / 220 PLN

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.

#### SHIRODARA MASSAGE – 40 Min / 200 PLN

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.

#### MASSAGE AND FACE COSMETICS MUKABHYANGA – 40 Min / 190 PLN

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.

#### MASSAGE WITH STAMPS JAMBIRA PINDA SWEDA – 60 Min / 200 PLN

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.

#### MASSAGE WITH HOT SEMIPRECIOUS STONES RATHNAABHYANGA – 60 Min / 200 PLN

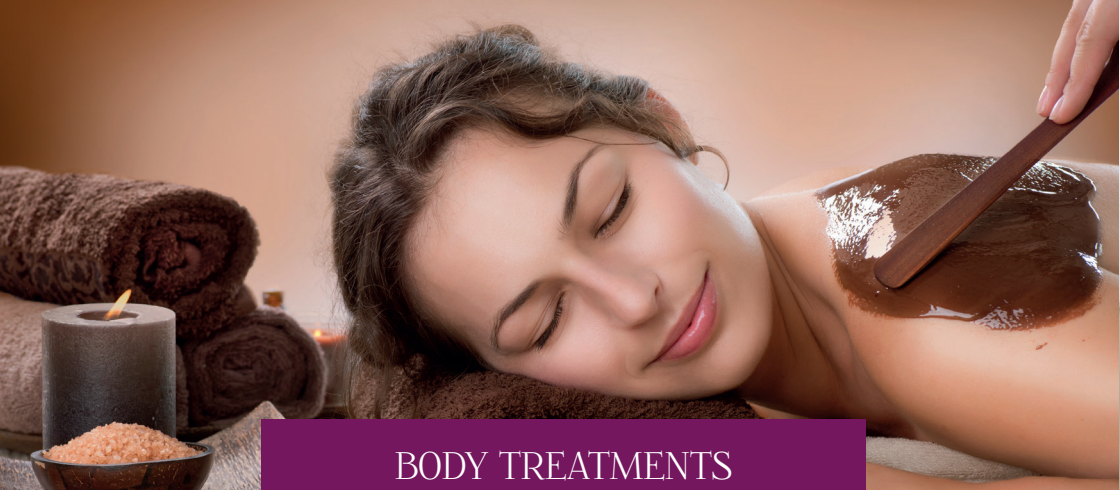
It perfectly eliminates muscle tension and pain. During the massage are used semiprecious stones - uniques and crystals. Each stone has a different specific effects on the body.

## CHEAPER IN PACKAGE

ABHYANGA + SHIRODARA 80 Min – 320 PLN  
MUKABHYANGA + UDVARTANA 80 Min – 320 PLN







## PURLÉS FACE TREATMENTS

### FIRMING MESOCOCKTAIL – 60 Min / 250 PLN

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

### DNA REPAIR – 60 Min / 250 PLN

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.

### PEARLS CEREMONY – 60 Min / 200 PLN

Ceremony recommended for mature skin with visible effects of skin aging. Gold prides itself on the reputation of an ingredient with invaluable qualities strengthening the structure of skin cells and stimulating cells regeneration processes. Gold particles also improve the condition of the skin, make the tissues more elastic and stimulate the collagen production process.

### SENSISKIN CEREMONY – 60 Min / 200 PLN

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.

## BODY TREATMENTS

### GOLD & PEARLS BODY CEREMONY – 90 Min / 350 PLN

Gold & Pearls Body Ceremony guarantees exclusive body care, which is a synergy of the elements of luxury and finesse and high efficiency of modern formulas. It symbolizes beauty and the eternal pursuit of youth. A noble combination of gold, pearls and champagne is the key to maintaining a young, silky and radiant skin. Gold stimulates the production of elastin and collagen, smoothes and firms. In addition, it deeply moisturizes and soothes irritation. The champagne extract ensures well-being, allows you to enjoy luxury and forget about everyday life. Delicate fruit acids slightly soften the epidermis and stimulate its renewal.

### GLAMOUR COFFEE BODY CEREMONY – 80 Min / 320 PLN

Glamor Body Ceremony is a journey to the farthest corners of the globe, moving the senses and the most distant corners of the soul. Slimming and anti-cellulite body ceremony. Effectively increases metabolism, activates the lipolysis process and strengthens the skin's elasticity. Body care recommended for the area of the legs, buttocks and belly, in particular the skin affected by the problem of orange peel and excess of adipose tissue.

## BODY TREATMENTS

### AROSHA BANDAGES

– 60 Min / 300 PLN (first treatment + massage brush), 60 Min / 230 PLN (next treatment)

Arosha 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.

### CLASSIC RELAXATION MASSAGE – 30 Min / 90 PLN, 50 Min / 180 PLN

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.

### BOA - PNEUMATIC DRAINAGE – 30 Min / 50 PLN

It is a combination of acupressure of the most important points on the human body with elements of passive yoga-stretching. This massage relieves tension in muscles, joints and tendons. The circulatory and lymphatic systems are stimulated.

### LYMPHATIC DRAINAGE – 30 Min (one limb) / 80 PLN, 60 Min (two limbs)/ 160 PLN

Lymphatic drainage is one of the physical curative methods used to help to amend the circulation of lymph, thus counteracting the diseases caused by lymphatic stasis. This kind of massage also suppresses stasis and inflammatory swelling, as well as lymphedema. Moreover, it helps to improve the flow of lymph after old infective and neoplastic diseases, thus hastening full recovery.

### MEDYJET MASSAGE – 30 Min / 50 PLN

Massage on the waterbed – Water Jets moving in circular motion massage the body from head to toe. Recommended in disorders of skin blood flow, the muscle pains, in the post-operative conditions of limbs, in metabolism disorders, In rheumatic diseases, In degenerative diseases, in Osteoporosis, In chronic spinal pain syndromes.

NEW!

### ENERGOTONE THERAPY HI TOP HIGH TONE POWER THERAPHY

– 30 Min / 50 PLN, Vitalization 2x treatments 60 Min / 100 PLN

A modern form of electrotherapy, which aims to influence the metabolism of cells and reduce pain. Additionally, it can be combined with the systemic vitalization of the body. It is used in many areas of medicine and biological regeneration. The main applications are: rheumatology, orthopedics, urology, rehabilitation and aesthetic treatments for cellulite.

### FOOT MASSAGE REFLEXOLOGY – 60 Min / 160 PLN

Intense pressure massage aimed at activate the regenerative processes and detoxify the body. Thanks to appropriate stimulation of the receptors (via the new system), it reaches the appropriate organs, body systems and stimulates the processes of self-regulation.

## SPA BATHS

### 60 Min / 140 PLN

Bathing in a professional SPA bath with powerful hydromassage and underwater back massage SHIATSU. Specially selected massage programs and the speed of the device are assisted by the addition of pear-ozone bath and chromotherapy.

### 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.

### BEER BATH

Beer bath + beer mug 0.3l. The bath in the beer relaxes, removes stress, calms the mind, stimulates the heart, opens the pores and lowers blood pressure. Beside undoubtedly pleasure of bath itself, the B vitamins contained in beer yeasts, proteins and saccharides will make the immune system strengthened and the skin softened and regenerated. Beer also works well on the hair and nails. Mostly during the bath, a small amount of beer is drunk, which enhances pleasure, loosens and allows the drink to work well also from the inside.

### MUD BATH

The main task of mud bath in biological regeneration and rehabilitation is overheating of tissues, leading to their better oxygenation and nourishment, as well as acceleration of metabolism.

### CLEOPATRA'S BATH

Cleopatra's bath is a bath in milk. The ruler of Egypt used such baths regularly and that is why today She is a symbol of beauty. Modern science confirms the nutritional and regenerating effects of milk and promotes this type of body renewal. Milk is rich in proteins, vitamins (mainly from group B), calcium and many other valuable elements that are perfectly absorbed into the skin and give better results than if used with regular oily or vitamin supplements.

## HOLISTIC THERAPIES AND MESSAGES - AQUAMARINE

NEW!

### CRYSTAL LAMPS - LIGHT THERAPY

– 30 Min / 180 PLN, 60 Min / 300 PLN

### KOBIDO – JAPANESE LIFTING FACE MASSAGE

– 60 Min / 210 PLN

One of the most difficult massages in the world. The main assumption of KOBIDO is a non-surgical face lift. It reduces symptoms of stress, fatigue and tension, signs of skin aging, drooping face oval, lack of firmness and elasticity. Massage techniques are performed mainly on the face, but also on the head, neck, neckline and shoulders.

### MUSCULAR-FASCIA MASSAGE OF THE SPINE – 60 Min / 210 PLN

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-MASSAGE – 60 Min / 200 PLN

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.

### BALINESE MASSAGE – 60 Min / 220 PLN

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.

### CANDLE MASSAGE – 75 Min / 220 PLN

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.

### CRANIOSACRAL THARAPY – 60 Min / 190 PLN

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 – 60 Min / 190 PLN

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.