



CZARNY POTOK  
RESORT SPA & CONFERENCE  
★ ★ ★ ★

# SPA MENU



*The source of your beauty...*

## SPA MENU

### SPA&WELLNESS CENTER

7 DAYS A WEEK (BUILDING F)

9.00 AM - 9.00 PM

Reservations for hotel guests  
859

Reservations for guests from outside:  
+48 (18) 530 30 04  
+48 506 017 420

Swimming pools and saunas  
850

[www.facebook.com/spaczarnypotok](http://www.facebook.com/spaczarnypotok)



**CZARNY POTOK**  
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## WORTH TO KNOW... RULES OF USING SPA

### TREATMENT RESERVATION

In order to make treatment reservation, please call at our reception. From room extension number is. 859. Please, make a reservation earlier. Last treatment is possible at 8 P.M.

### CANCELATION

**It is important to cancel the reservation 3 hour before it starts.** In other way your bill will be charged full of the treatment amount.

### PAYMENT

You can pay a tour reception by cash or charge the room bill and pay at main reception during check out.

### REMEMBER THAT...

SPA it is a quiet and peaceful place so please observing this rules: leave a mobile phone in a change room In the treatment area keep quiet Please don't bring here any food or drinks, smoken is also forbidden.



**SPA Center** is an unique place with professionally equipped and luxurious beauty and massage rooms, including DUO room and VIP zone, where our guests experience medical powers of nature, solace and blissful relaxation.

We offer an amazing voyage through the world of massages, from healing to oriental ones, and world-class treatments on brands such as **SOTHYS, YONELLE, WHERTEIMAR MEI, CINQ MONDES, ROSAFILO, ORGANIQUE, GUAM, AROSHA** which do not only ensure a beautiful look and delight to your senses, but above all long-lasting effects.

The well-being and full satisfaction of our guests are the primary objective for us, therefore, in addition to excellent and natural cosmetics, we provide fully trained and professional cosmetologists and therapists.

## SPECIALLY FOR OUR GUESTS WE HAVE CREATED:

**GABINET DUO** – The room offers treatments and massages for two at the same time performed in a pleasant and sensory atmosphere. Burning candles, relaxing music and a wonderful scent of essential oils will help you get away from the daily routine. The DUO ROOM includes also the infrared sauna and the sensations shower. Reservations can be made in two options:

- **The standard offer**

Each person selects the massage or treatment.  
Time and price according to the SPA menu.



## BATHS

### A BATH FOR TWO

Luxury bath for two in Dead Sea salt with flower petals and natural oils. The captivating fragrance and a glass of Prosecco - relaxation at the highest level.

250 zł / 20 min.

### BATH IN BEER

Relaxing, improving appearance of the skin and rich in vitamins of the B group, accompanied by a beer tasting.

110 zł / 20 min.

### BATH IN WINE

After the bath the skin is stunningly soft, cleansed and relaxed.

120 zł / 20 min.

### BATH WITH ORGANIQUE BATH BOMB

The unique recipe of skin-friendly bath powder guarantees long-lasting nourishment and hydration, as well as skin protection and care. Beautiful, fragranced, colorful bath bombs leaves your skin moisturized, oily, silky smooth and perfumed.

110 zł / 20 min.

### ALGAE BATH

Filled with sea microelements and blissful relaxation. Micronized sea algae have exceptional nutritional properties, help slimming, detoxify and stimulate the collagen production. After the bath the skin is smooth, firm and taunt.

110 zł / 20 min.

## HEALING MESSAGES

### CLASSIC FULL BODY MASSAGE

The massage has an analgesic effect, improves tissue nutrition, regenerates muscles, regulates muscle tension, improves flexibility of muscles, accelerates metabolism and activates the flow of blood and lymph.  
320 zł / 60 min.

### CLASSIC PARTIAL MASSAGE

Selected-body-part massage during which the techniques of classic massage are applied. It removes pain and tension.  
190 zł / 30 min.

### FACE AND HEAD MASSAGE

It improves blood circulation and helps in pain treatments caused by e.g. migraine. It is aimed at relaxation and the removal of muscle tension.  
190 zł / 30 min.

### CLASSIC FOOT MASSAGE

Very pleasant and relaxing massage affecting one of the most innervated part of our body. It helps to relax tensed foot.  
190 zł / 20 min.

### REVITALIZING FULL BODY PEAT MASSAGE

320 zł / 60 min.

### REVITALIZING BACK PEAT MASSAGE

190 zł / 30 min.

### DEEP TISSUE MASSAGE

This specialized massage uses a technique targeting the deeper muscle layers and is particularly effective to release chronic tension and contracted areas. The movements are executed with fingers, elbows and forearms, promoting an in-depth work, focused primarily on the areas of pain and tension.  
340 zł / 60 min.

### LYMPHATIC DRAINAGE

It improves the lymph flow and transpiration of water and mineral salts.  
190 zł / 30 min.

### CHINESE BUBBLE MASSAGE

It eliminates energy blockages and muscle tension, brings relief in the case of various pains through energizing and heating appropriate parts of the body.  
190 zł / 30 min.

### SLAVIC BACK MASSAGE

The back massage with honey, flower pollen and royal jelly. It strengthens the immune system, detoxifies, brings relief in pains, nourishes the skin and slows the ageing process.

- peeling – 10 minutes
- honey massage – 25 minutes
- applying a lotion – 10 minutes

260 zł / 40 min.

### BUSINESS NECK MASSAGE

A wonderful relaxation for aching and tensed muscles.  
170 zł / 20 min.





## RELAXING MASSAGES

### AROMATIC BODY JOURNEY

The peeling with the full body relaxing massage. The four fragrances to choose from: bamboo, lemon, orange and masculine and three kind of massage products: crème, oil or wax.

350 zł / 60 min.

### SECRET CANDLE MASSAGE

It brings a relief to the body and nerves. The skin is nourished, silky smooth and soft.

350 zł / 60 min.

### RELAXING MASSAGE

For tired, hard-working and stressed people. It relaxes and releases muscles tension.

- Aromatic olive 290 zł / 60 min.
- Shea butter 320 zł / 60 min.
- With body care (peeling) 350 zł / 75 min.

### BASALT AND MARBLE STONE MASSAGE

The full body massage performed with the heated basalt and marble stones. It restores the body and mind harmony.

320 zł / 60 min.

200 zł / 30 min.

### FOUR HAND MASSAGE

Performed by two massage therapists with the use of warm olive and accompanied by the relaxing music. It firms the skin, improves blood circulation, restores harmony of the body and spirit and creates a state of deep relaxation.

490 zł / 60 min.

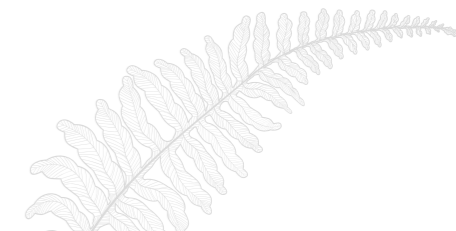
### RITUAL BENGALORE / POLINEZJA

The rejuvenation treatment with the use of warm and aromatic oils. The voyage starts with a scrub using spices. Next step is deep relaxing full body massage (include face and head massage).

420 zł / 75 min.

### AROMATIC BATH BEFORE RITUAL

90 zł / 20 min.



## BODY CARE

### BODY PEELING

Stimulates microcirculation, detoxifies the body leaving the skin silky smooth and nourished.

- Salt peeling 170 zł / 30 min.
- Sugar peeling 170 zł / 30 min.

## THE PERFECT SLIMMING AND FIRING

### SLIMMING CHINESE BUBBLE MASSAGE

An intensive massage of legs, buttocks and abdomen for slimming and firming. The massage gives visible results after a series of treatments.

290 zł / 60 min.

### PNEUMATIC MASSAGE

80zł

### GUAM FANGI D'ALGA TREATMENT

The treatment firms, moisturizes, smooths and provides the necessary nutritional components. It effectively supports the fight against cellulite and the excess of the fast tissue.

- firming peeling, algae bath, guam mask 320 zł / 75 min.
- firming peeling, guam mask, modeling body massage 350 zł / 75 min.

### FANGHI D'ALGA GUAM FREDDO TREATMENT

Specially designed for people having problems with fragile capillaries and varicose veins. The treatment moisturizes, purifies and tones the skin. It soothes irritations, intensively fights cellulite and the excess of the fast tissue.

- firming peeling, guam mask 250 zł / 60 min.

### FANGHI D'ALGA GUAM LEGS TREATMENT

The treatment reduces imperfections caused by oedema and water retention. It brings an immediate effect of lighter legs.

- firming peeling, guam mask, elements of lymphatic massage 220 zł / 45 min.



## SPA RITUALS

The rituals relax the body and restore vital forces in an exclusive way. The skin becomes luminous, nourished and silky smooth.

### RELAXATION AND FIRMING

The treatment based on chocolate and cocoa extracts. Butter with cocoa perfectly nourishes the skin and delays skin ageing processes. Scented chocolate has slimming and anti-cellulite properties.

(Peeling, serum + mask, shea butter)

290 zł / 60 min.

### CLEOPATRA RITUAL

The treatment based on a goat's milk and Chinese lychee fruit is a royal feast for the body and soul. Goat milk regenerates and rejuvenates skin. Lychee, the source of vitamin C, rejuvenates and strengthens skin. The treatment for tired, damaged, sensitive and prone to irritations skin in need of deep moisture.

(peeling, hydromassage bath, milk mask, shea butter)

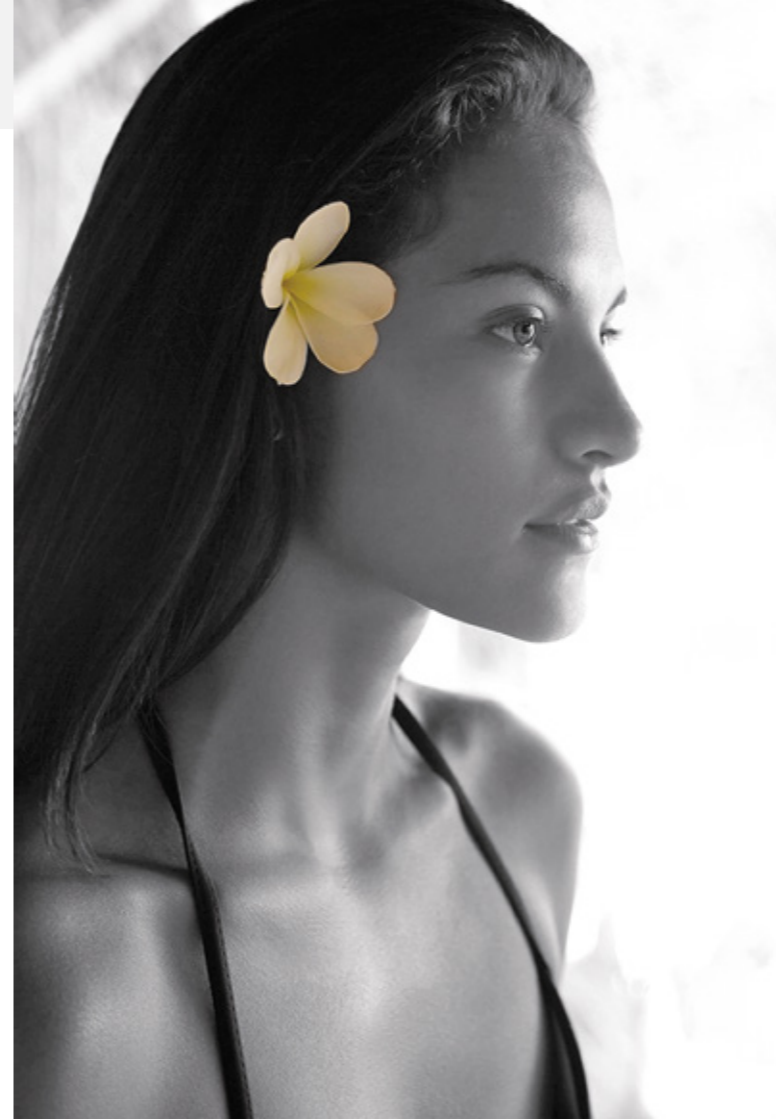
320 zł / 75 min.

### LUXURY BODY RITUAL WITH 24TH KT GOLD

The ritual has been based on the richness of argan oil, vitamin E, goat milk proteins and 24th KT gold. Thanks to them, we provide skin with elements essential for it to regain its shine, be nourished and strengthened. The exceptional combination of natural ingredient properties neutralizes free radicals, slows down ageing processes, tightens and rejuvenates skin.

(Peeling, bath, regenerating mask, shea butter with pieces of gold)

340 zł / 75 min.



## FACE CARE YONELLE

### H2O INFUSION EXPRES

Hyaluronic acid and collagen give your skin a burst of moisture. Specially designed for dehydrated and tired skin, this treatment immerses the skin in a bath of freshness, leaving it radiant and hydrated.

330 zł / 60 min.

### CONTRA REDNESS

Regain skin comfort and softness with hesperidin to soothe away imbalances. Specifically designed for sensitive and couperose skin, this treatment will make skin bright, calm and leave it more resistant to irritations.

280 zł / 60 min.

### PRO-LIFT (PRE-PARTY TREATMENT)

The lifting and firming treatment designed for the skin beginning to lose its firmness.

280 zł / 60 min.

## INTENSIVE TREATMENTS WITH LIFTING MASSAGE

### INTENSIVE RENEW TREATMENT BP3

A powerful restructuring treatment to addresses your anti-aging concerns including fine lines, wrinkles and loss of skin tone. A combination of highly concentrated active ingredients including collagen, hyaluronic and peptides work in synergy to help reduce the signs of aging. A specialized toning facial massage, smoothing anti-wrinkle serums and lifting mask restore your facial contour to regain a more youthful appearance.

450 zł / 75 min.

### ENERGIZING RANGE WITH SIBERIAN GINSENG

This manual booster treatment is ideal on its own or to prepare for a course of youth or hydrating Intensive treatments to restore the skin' energy and radiance. The face lights up. Its natural beauty is revealed. 100% satisfaction in terms of the radiance and luminosity of the complexion.

390 zł / 60 min.

spa  
EYE  
HAIR  
clearing  
lashes  
CARE  
makeup  
nose  
fresh  
LIPS  
oil  
mask  
matting  
BROW



## SOTHYS

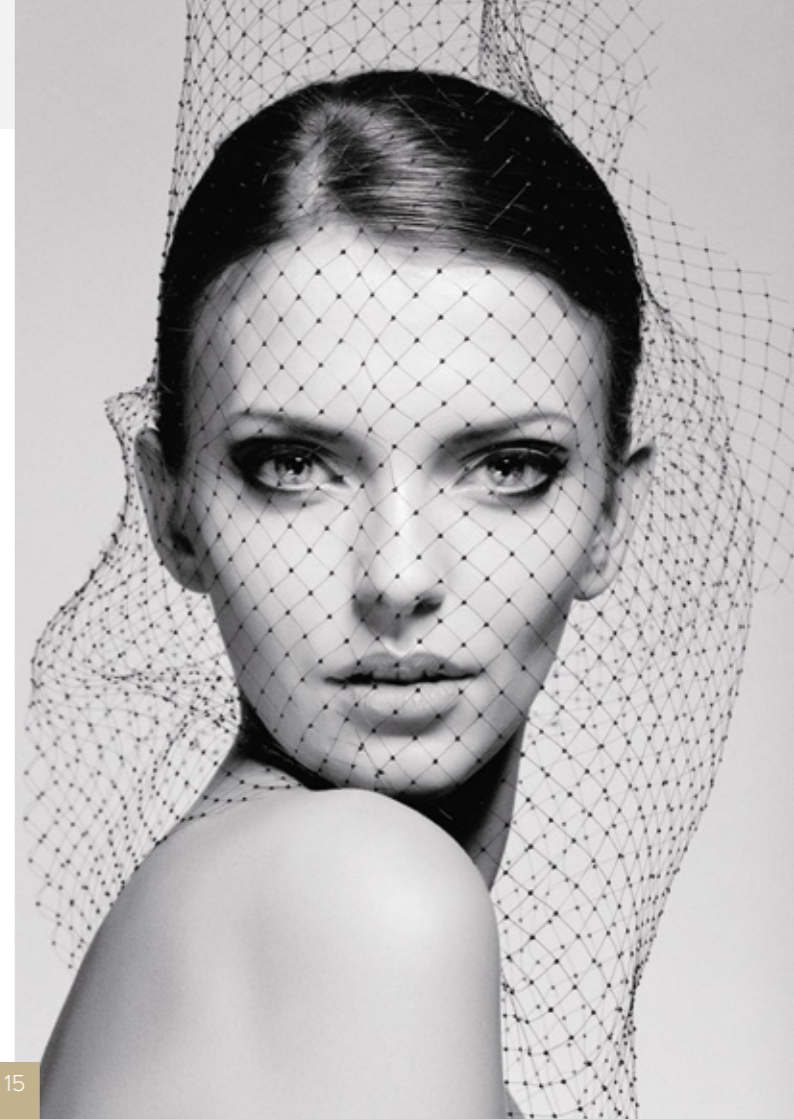
### SOTHYS TREATMENT MICRO DERMBOOSTER™

A professional cosmeceutical regenerating and rejuvenating treatment that combines aesthetic techniques and an immediate and long-lasting visual effect. Developed to intensively rejuvenate, regenerate and improve the skin structure. The treatment begins with deep exfoliation using micropeeling and peeling with glycolic acid. Regeneration and intensive rejuvenation will be brought about by a combination of a brightening and filling serum and regenerating ampoules.

The treatment protocol is enriched with the cosmeceutical Micro Dermobooster™ device, which is used to exfoliate the epidermis and micro-puncture. It is a combination of four functions: aesthetic microdermabrasion, cosmeceutical microneedling, needle-free mesotherapy and lifting and stimulating massage.

After the procedure, the client receives a set of 6 ampoules to be used in the morning and evening for three days to increase the effectiveness.

560 zł / 75 min.







## SPECIALIZED TREATMENTS

### TREATMENT FOR THE EYE AREA

This refreshing & anti-aging treatment addresses the concerns of the eye area. Vitamin and Hyaluronic enriched serum coupled with a relaxing eye massage using chilled porcelain spoons brings immediate relief to tired strained eyes and helps improve the appearance dark circles.

190 zł / 50 min.

### FRUIT TREATMENT

This oxygenating facial combining fruit extracts and a boost of vitamins. Suitable for all skin types, specially for skin lacking radiance, dull and tired.

280 zł / 60 min.

### ILLUMINATING TREATMENT WITH VITAMIN C

Designed for each type of complexion at any time of year. The treatment smooths, oxygenates and, thanks to vitamin C, leaves the skin illuminated and with a healthy glow.

340 zł / 75 min.

## MEN'S TREATMENTS

Complex men's care combined with the cleansing, detoxification and rejuvenation.

### TREATMENT FOR THE IMPROVEMENT OF THE SKIN

For the skin lacking in radiance, firmness and tightness. The anti-aging treatment reduces excess of sebum and improves the skin tone.

290 zł / 60 min.

### LUXURIOUS BODY RITUAL WITH TEAK WOOD AND MOSS

- moisturizing and firming

300 zł / 75 min. with bath

330 zł / 75 min. with biznes massage

### BODY RITUAL WITH HOPS AND HEMP OIL WITH BEER BATH

- relaxing and rejuvenating

300 zł / 75 min.



## SPECIAL OFFER FOR CHILDREN

### CHOCOSPA

Chocolate body treatment with chocolate tasting  
180 zł / 30 min.

### MASSAGE FOR CHILDREN

Fruity cream – based massage  
170 zł / 30 min.

### NAIL PAINTING

**FRUIT BATH (Raspberry or orange)**  
50 zł / 20 min.  
90 zł / 20 min.



## MANICURE AND PEDICURE

### An unique care for your hands and foot

#### LUXURIOUS MANICURE WITH THE BEAUTY SPA RITUAL

The treatment for hands and nails beginning with the peeling. Afterwards the mask is applied leaving the skin smooth and soft. Before the ritual a manicure is done.  
180 zł / 75 min.

#### LUXURIOUS PEDICURE WITH THE BEAUTY SPA RITUAL

Deeply nourishing dry and rough skin treatment for tired foot. The ritual starts with the peeling and then the foot massage is performed. Before the ritual a pedicure is done.  
200 zł / 90 min

#### CLASSIC MANICURE

The beauty treatment consisting of shaping nails, hand peeling and covering the skin with the nourishing balm.  
With nail painting 120 zł / 60 min.  
Without nail painting 90 zł / 50 min.

#### CLASSIC PEDICURE

The treatment preceded by the herbal bath of foot. It consists of removing of rough epidermis with a miller and preparing the nail plate. At the end the peeling is done and the balm applied.

With nail painting 150 zł / 75 min.  
Without nail painting 120 zł / 60 min.

**REMOVING A HYBRYD NAIL POLISH** 40 zł / 30 min.  
**MANICURE HYBRYD** 160 zł / 75 min.  
**PEDICURE HYBRYD** 190 zł / 90 min.



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**Hotel Czarny Potok Resort SPA & Conference\*\*\*\***  
ul. Czarny Potok 65, Krynica Zdrój; Tel. (18) 530 30 01  
[www.hotelczarnypotok.pl](http://www.hotelczarnypotok.pl)