



CZARNY POTOK
RESORT SPA & CONFERENCE
★★★★

MENU SPA



Źródło Twojego piękna...



SPA MENU

SPA&Wellness Center
7 days a week (building F)

Opening hours:
SPA 9.00-21.00
tel. wew. 859

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

Reservations for hotel guests: 859

CZARNY POTOK RESORT SPA & CONFERENCE

ul. Czarny Potok 65, 33-380 Krynica Zdrój, Recepcja tel. +48 (18) 530 30 00
repcjaspa@czarnypotok.com; www.czarnypotok.com



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SPA Center is a unique place with professionally equipped and luxurious beauty and massage rooms, including DUO room and VIP zone, where our guests experience the 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 , 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.



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Specially for our guests we have created:

VIP SPA zone
DUO room
An alphasphere

VIP SAUNAS – we offer: an aroma dry, a steam-mud and a mountain herbal sauna, a sensations shower, a mountain water bath and a place of relaxation with heated deck chairs.

Time: 60 min	without a clay: 190zł	with a clay: 290zł	(for 2 people)
Time: 60min	without a clay: 250zł	clay: 50zł/person	(for 3-5 people)
Time: 90min	without a clay: 250zł	with a clay: 350zł	(for 2 people)
Time: 90min	without a clay: 300zł	clay: 50zł/person	(for 3-5 people)

DUO ROOM – 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

- **Offer for two** Time: 3 hours/1250 zł The massages and treatments to choose from our SPA menu, the session in the infrared sauna and the sensations shower. To make time in the DUO ROOM as pleasant as possible we serve a glass of sparkling wine and the snack.

ALPHASPHERE

Time: 20min/25zł

Free yourself from the everyday routine to be immersed in a totally new form of sensual perception. Room consisting of sounds, light and vibration facilitates a unique form of deep relaxation inspiring energy stimulation. The Alphasphere reduces stress, increases creativity, releases physical tension and makes you feel as you were born again.



BATHS

HYDROMASSAGE

Time: 20min/50zł

It improves mental well-being and adds energy. It allows to maintain health and good shape for a long time and significantly improves blood and lymph circulation. After the bath the body is relaxed and the skin is smooth.

BATH IN BEER

Time: 20min/95zł

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

BATH IN WINE

Time: 20min/100zł

It stimulates the metabolism, eliminates toxins and water retention in the tissues. After the bath the skin is stunningly soft, cleansed and relaxed.

BATH WITH ORGANIQUE BATH BOMB

Time: 20min/90zł

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.

ALGAE BATH

Time: 20min/90zł

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 taut.



HEALING MESSAGES

CLASSIC FULL BODY MASSAGE

Time: 60min/260zł

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.

CLASSIC PARTIAL MASSAGE

Time: 30min/160zł

Selected-body-part massage during which the techniques of classic massage are applied. It removes pain and tension.

FACE AND HEAD MASSAGE

Time: 30min/150zł

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.

CLASSIC FOOT MASSAGE

Time: 20min/150zł

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

REVITALIZING FULL BODY PEAT MASSAGE

Time: 60min/260zł

REVITALIZING BACK PEAT MASSAGE

Time: 30min/170zł

The massage prevents the symptoms of tiredness caused by the fast pace of life. It increases the potential of vital forces, regenerates the body and removes exhaustion.

DEEP TISSUE MASSAGE

Time: 60min/290zł

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.

LYMPHATIC DRAINAGE

Time: 30min/170zł

It improves the lymph flow and transpiration of water and mineral salts.

CHINESE BUBBLE MASSAGE

Time: 30min/170zł

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





SLAVIC BACK MASSAGE

Time: 40min/190zł

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

BUSINESS NECK MASSAGE

Time: 20min/140zł

A wonderful relaxation for aching and tensed muscles.



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RELAXING MESSAGES

AROMATIC BODY JOURNEY

Time: 60min/290zł

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.

SECRET CANDLE MASSAGE

Time: 60min/290zł

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

RELAXING MASSAGE

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

- Aromatic olive Time: 60min/260zł
- Shea butter Time: 60min/270zł
- With body care (peeling) Time: 75min/290zł

BASALT AND MARBLE STONE MASSAGE

Time: 60min/270zł
30min/180zł

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

FOUR HAND MASSAGE

Time: 60min/460zł

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.

RITUAL BENGALORE / POLINEZJA

Time: 75min/390zł

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).

AROMATIC BATH BEFORE RITUAL

Time: 20min/90zł



BODY CARE

BODY PEELING – stimulates microcirculation, detoxifies the body leaving the skin silky smooth and nourished.

- Salt peeling
- Sugar peeling

Time: 30min/140zł

Time: 30min/140zł

THE PERFECT SLIMMING AND FIRMING

SLIMMING CHINESE BUBBLE MASSAGE

Time: 60min/260zł

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

PNEUMATIC MASSAGE - 80zł





GUAM FANGI D'ALGA TREATMENT

(firming peeling, algae bath, guam mask)
(firming peeling, guam mask, modeling body massage)

Time: 75min/270zł

Time: 75min/290zł

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.

FANGHI D'ALGA GUAM FREDDO TREATMENT

Time: 60min/220zł

(firming peeling, guam mask)

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.

FANGHI D'ALGA GUAM LEGS TREATMENT

Time: 45min/190zł

(firming peeling, guam mask, elements of lymphatic massage)

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



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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

Time: 60min/250zł

The treatment based on chocolate and cocoa extracts. Chocolate therapy evens skin color (skin is darker) firms it and stimulates skin endorphin production. 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)

CLEOPATRA RITUAL

Time: 75min/270zł

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)

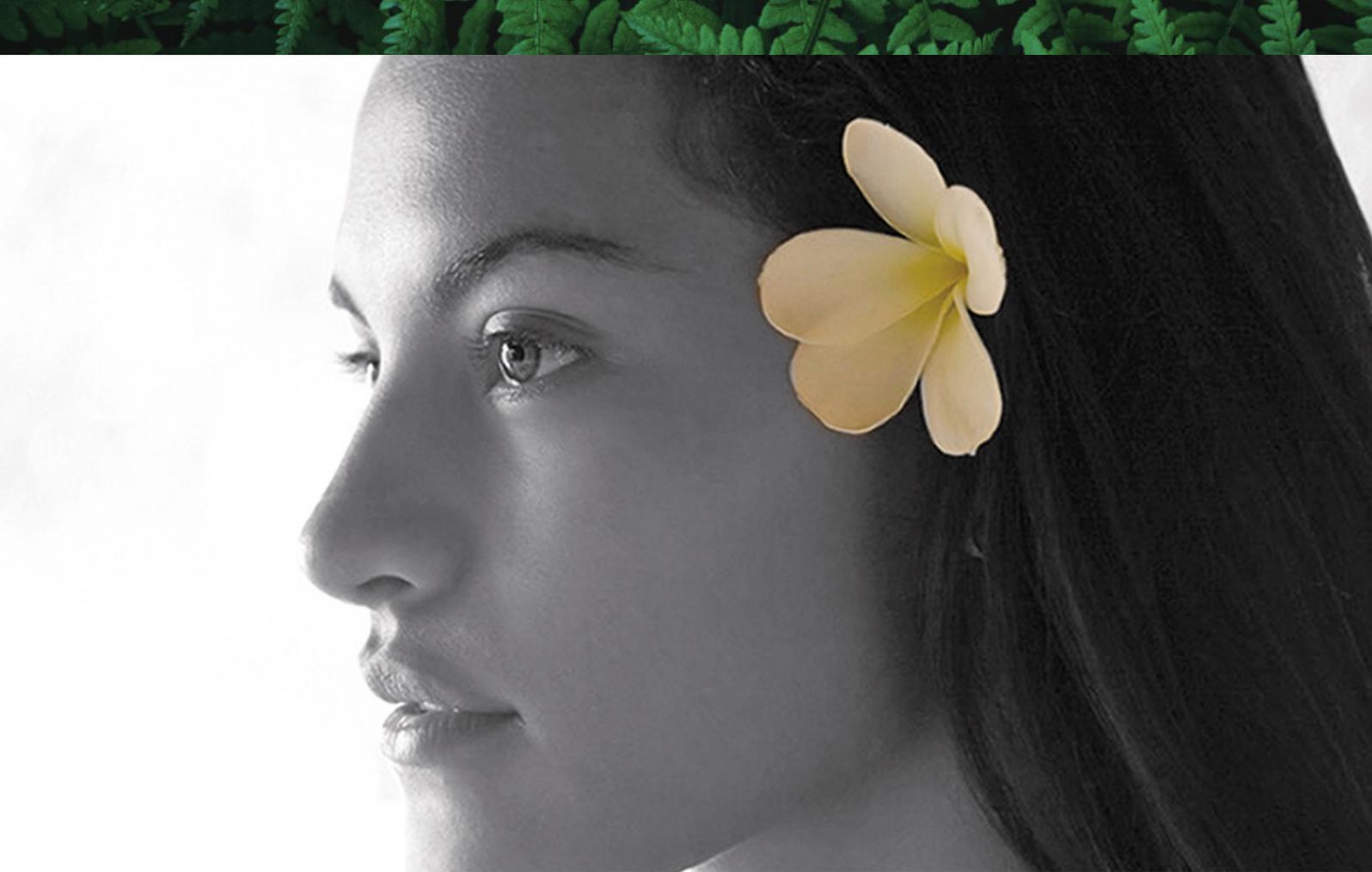
LUXURY BODY RITUAL WITH 24TH KT GOLD

Time: 75min/290zł

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)





FACE CARE YONELLE

H2O INFUSION EXPRES

Time: 60min/320zł

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.

CONTRA REDNESS

Time: 60min/280zł

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.

PRO-LIFT (PRE-PARTY TREATMENT)

Time: 60min/260zł

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

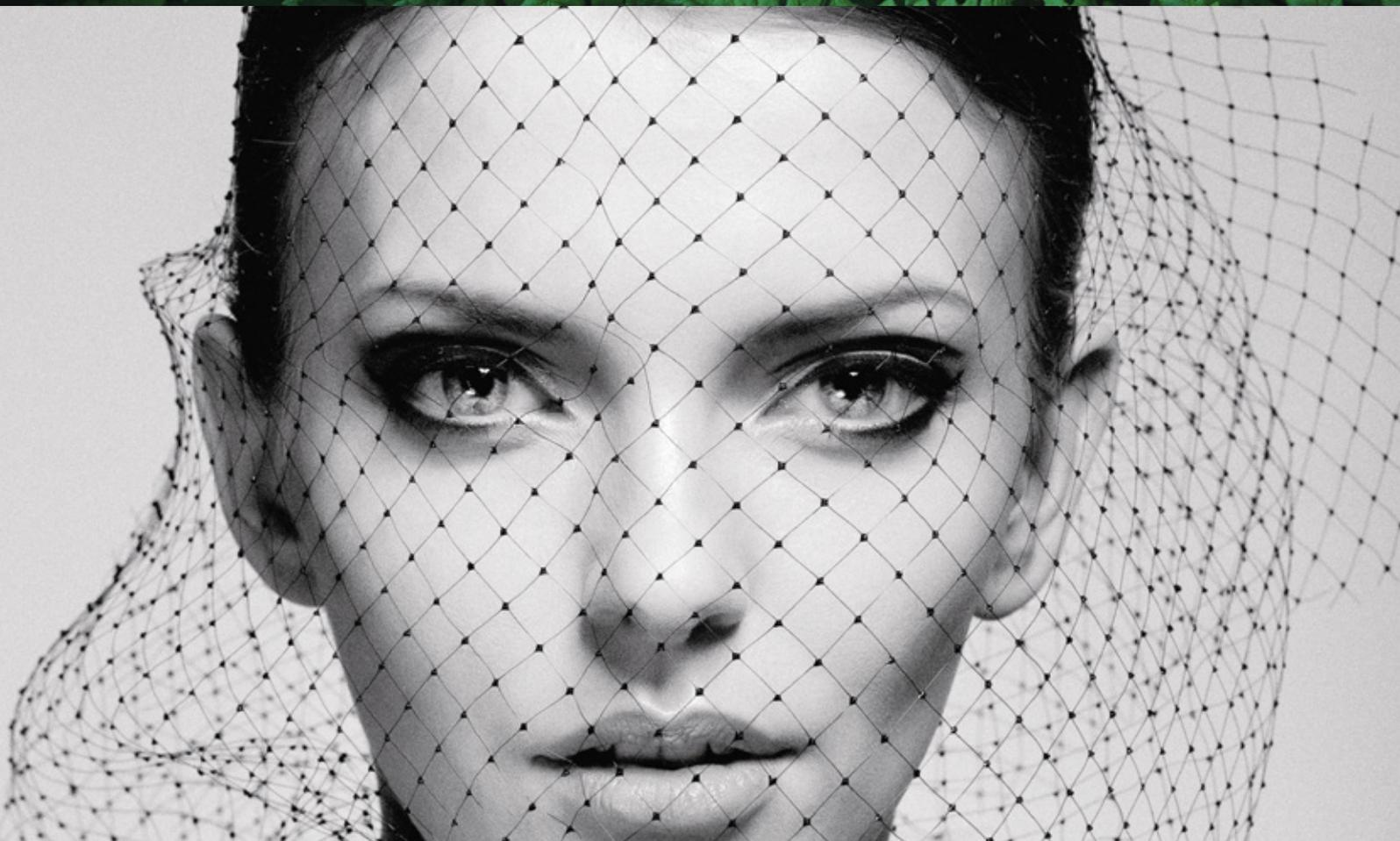
BIOFUSION SECOND SKIN

Time: 60min/320zł

Intensive regenerating treatment with vitamin C. Perfect for dry, dehydrated and mature skin.



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INTENSIVE TREATMENTS WITH LIFTING MASSAGE

INTENSIVE RENEW TREATMENT BP3

Time: 75min/420zł

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.

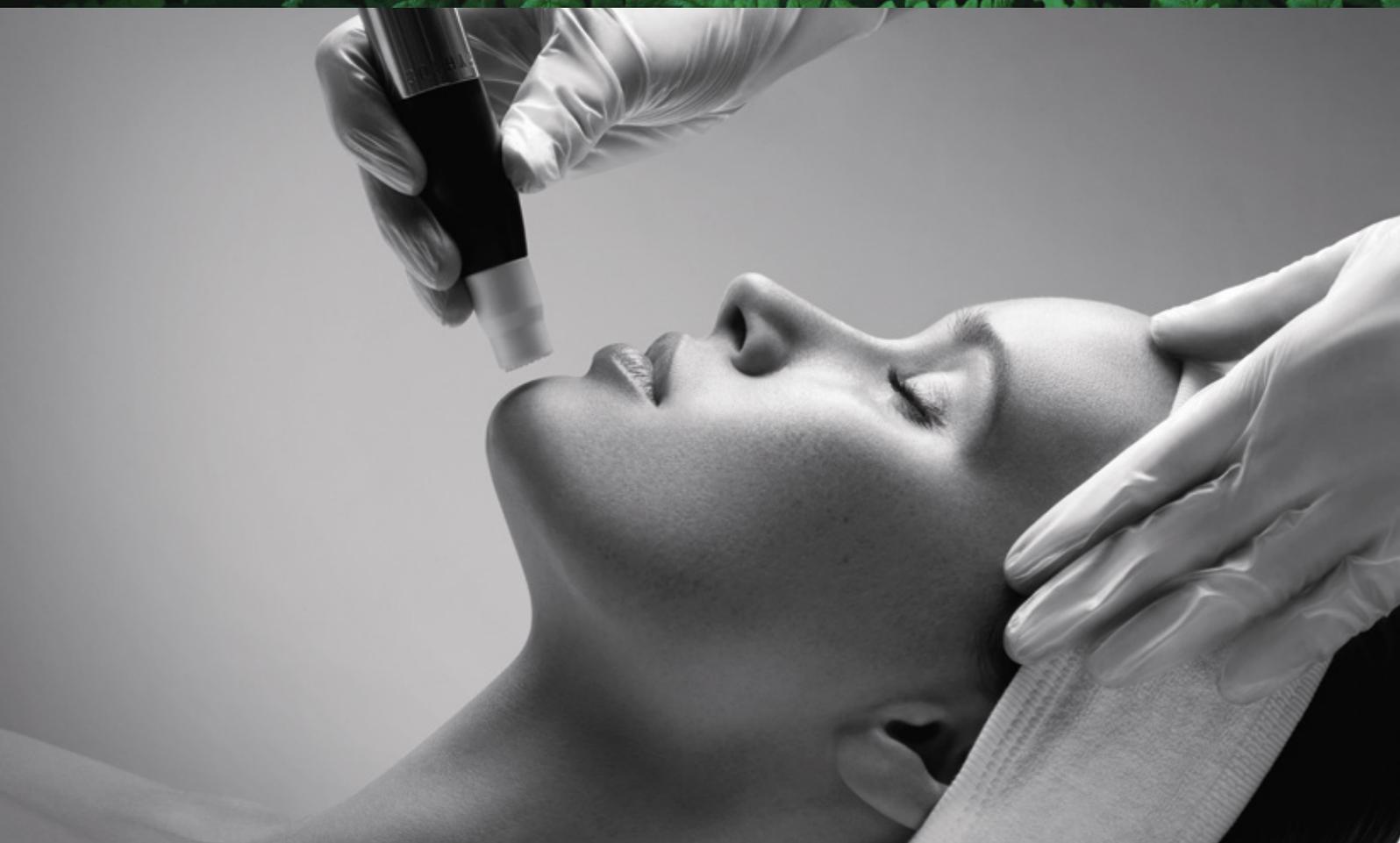
ENERGIZING RANGE WITH SIBERIAN GINSENG

Time: 60min/380zł

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.



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SOTHYS TREATMENT MICRO DERMOBOOSTER™

Time: 75min/560zł

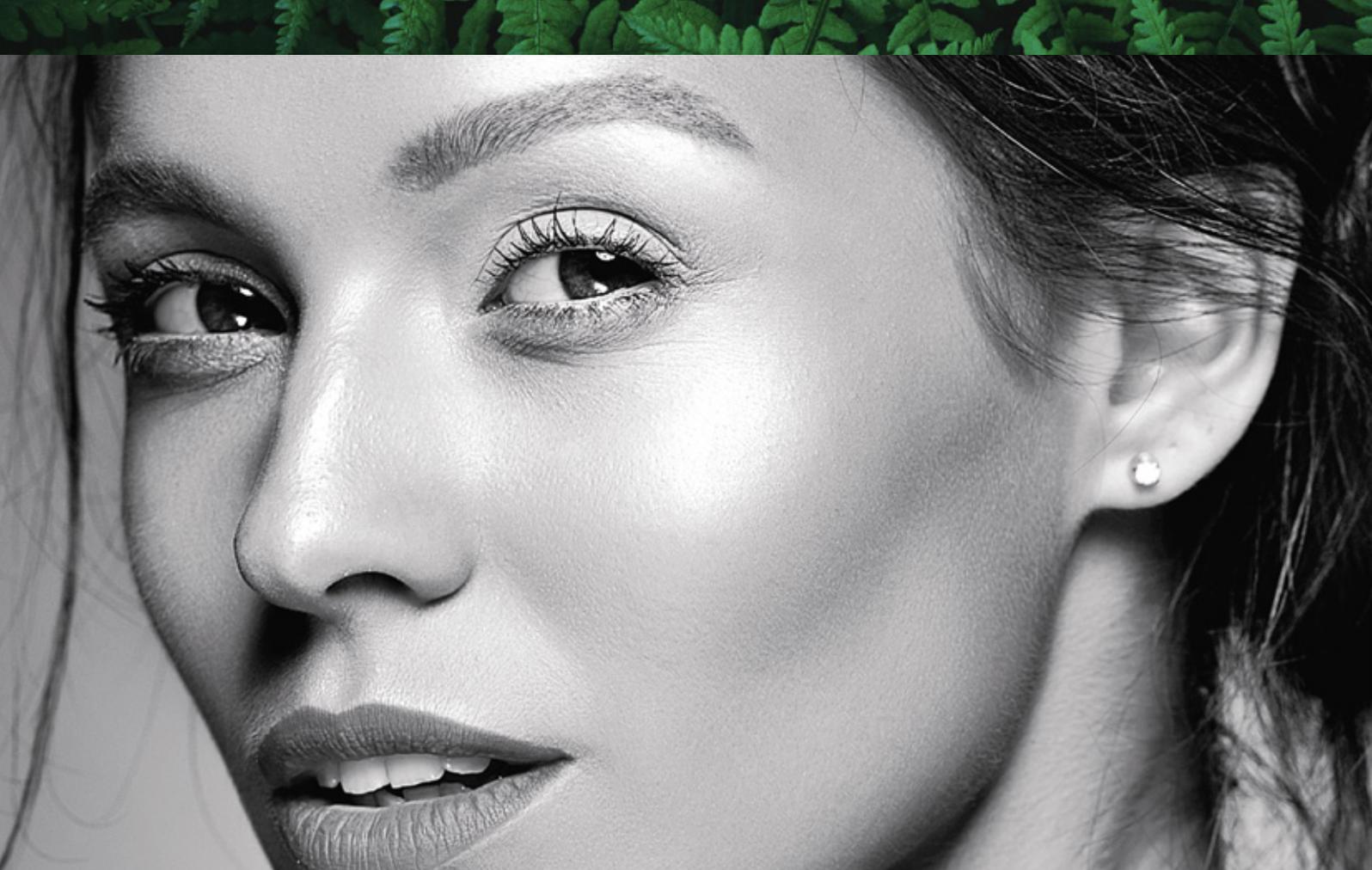
A professional cosmeceutical regenerating and rejuvenating treatment that combines aesthetic techniques and an immediate and long-lasting visual effect. Developed to intensively rejuvenate, regenerate and improve the skin structure. The treatment begins with deep exfoliation using micropeeling and peeling 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.



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SPECIALIZED TREATMENTS

TREATMENT FOR THE EYE AREA

Time: 50min/190zł

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.

FRUIT TREATMENT

Time: 60min/270zł

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

ILLUMINATING TREATMENT WITH VITAMIN C

Time: 60min/280zł

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.



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ADDITIONAL SPECIALIZED TREATMENTS

SOTHYS TREATMENT MICRO DERMOBOOSTER™

Time: 75min/560zł

The micro dermobooster machine protocol uses an on-trend but unique cosmetical machine which combines 3 functions with the use of individual sterile applicators:

- aesthetic microdermabrasion
- controlled cosmetics microneedling
- modelling massage

The micro dermobooster machine protocol means:

- looking visibly younger without undergoing surgery
- cosmeceutical efficiency
- controlled safety



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MEN'S TREATMENTS

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

TREATMENT FOR THE IMPROVEMENT OF THE SKIN

Time: 60min/270zł

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

LUXURIOUS BODY RITUAL WITH TEAK WOOD AND MOSS

- moisturizing and firming

Time: 75min/260zł with bath

Time: 75min/290zł with biznes massage

BODY RITUAL WITH HOPS AND HEMP OIL WITH BEER BATH

- relaxing and rejuvenating

Time: 75min/270zł



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SPECIAL OFFER FOR CHILDREN

CHOCOSPA

Chocolate body treatment with chocolate tasting

Time: 30min/150zł

MASSAGE FOR CHILDREN

Fruity cream – based massage

Time: 30min/150zł

NAIL PAINTING

Time: 20min/45zł

FRUIT BATH (Raspberry or orange)

Time: 20min/80zł



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MANICURE AND PEDICURE

An unique care for your hands and foot

LUXURIOUS MANICURE WITH THE BEAUTY SPA RITUAL

Time: 75min/130zł

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.

LUXURIOUS PEDICURE WITH THE BEAUTY SPA RITUAL

Time: 90min/160zł

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.

CLASSIC MANICURE

The beauty treatment consisting of shaping nails, hand peeling and covering the skin with the nourishing balm.

With nail painting

Time: 60min/90zł

Without nail painting

Time: 50min/60zł

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

Time: 75min/110zł

Without nail painting

Time: 60min/80zł

REMOVING A HYBRYD NAIL POLISH

Time: 30min/30zł

MANICURE HYBRYD

Time: 75min/130zł

PEDICURE HYBRYD

Time: 90min/150zł



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 8P.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.





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