

SPA SWING

# BODY TREATMENTS

## **AROMATIC WHOLE BODY SCRUB**

**Aromatic scrub to choose: green tea, chocolate, truffles, orange, watermelon, coffee, sweet coco.**

Aromatic scrub gently cleanse and cultivate body. Improves mood and brightens skin, smoothes and refreshes the body. Anti-aging and anti-cellulite works. Butter applied at the end of the treatment works deeply moisturizing and nourishing.

**Time: 40 minutes**

**Price: 200 PLN**

## **WHOLE BODY PEELING "SHIMMER GOLD"**

Aromatic, brightening body scrub with silicon particles, gently cleanses and smoothes the body. It has a brightening and anti-cellulite effect. Butter applied at the end of the treatment works deeply moisturizing and nourishing.

**Time: 40 minutes**

**Price: 200 PLN**

## **AROMATIC WHOLE BODY SCRUB WITH RELAXING WHOLE BODY MASSAGE**

**Aromatic scrub and oil to choose: green tea, chocolate, truffles, orange, watermelon.**

Relaxing body massage with aromatic massage oil. Massage is preceded by a body scrub, which nourishes, regenerates, while improving skin firmness and elasticity. Scrub based on natural ingredients with the participation of macadamia oil, which has firming, anti-cellulite and anti-stretch marks effects.

**Time: 60 minutes**

**Price: 300 PLN**

## **CHOCOLATE & STRAWBERRY BODY TREATMENT**

The treatment begins with a body scrub with a scent of sweet strawberries with sweet almond oil. Scrub is based on natural ingredients with the participation of sweet almond oil, vitamin E and C. Excellent in the fight against cellulite, stretch marks and drying. Then, after washing scrub we apply a hot chocolate mush on a whole body with a brush. Chocolate-based treatment has anti-aging and anti-wrinkle functions. Chocolate is rich in vitamins A, E, F, H and minerals that improves skin tone and blood circulation. Then at the end of the procedure we apply regenerating body butter with the scent of sweet strawberries.

**Time: 60 minutes**

**Price: 200 PLN**

## **"HOT HONEY" BODY MASSAGE WITH AROMATIC BODY SCRUB AND RELAX IN A SAUNA**

Honey body massage is method of natural therapy that uses healing effects of honey through massage and aromatherapy. This massage supports the secretion of the sweat glands, the skin helps to remove harmful substances. Honey also has a strong anti-inflammatory, regenerating and moisturizing effect on the skin, which becomes nourished and silky. Massage smoothes the skin, improves its elasticity helps to remove cellulite, stretch marks and scars. Honey massage is preceded by a natural body peeling with honey, Shea butter and

oil. To enhance the effect of honey, we recommend relaxing in the sauna at the end. Honey ingredients opens skin pores and allow the skin to sweat even better. After leaving the sauna, a short shower is enough to remove remnants of honey from the body. The result of this procedure is that the skin becomes soft and delicate. The reason for this is the high sugar content of the honey, which binds moisture in the skin and saturates it with valuable ingredients.

**Time: 60 minutes**

**Price: 300 PLN**

### **BODY PEELING WITH RELAXING HONEY CHOCOLATE THERAPY MASSAGE**

Honey chocolate whole body peeling combined with a relaxing massage on shea butter with honey beeswax and oils.

**Time: 60 minutes**

**Price: 300 PLN**

### **RECREATION SPA CENTER (SAUNA, STEAM BATH, SALT SCREEN, COLOR THERAPY)**

The relaxation center is available free of charge for 1 hour for hotel guests and holders of Benefit System, Medicover Sport and Fit Profit cards.

Cost for other customers - 30 PLN / hour.

### **FEEL INVITED!**

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We invite you Mon- Sat, 16:00-22:00.

On Sundays beauty salon is closed, SPA Center is open between 17:00 and 22:00.