

SWING

HOTEL KRAKÓW
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SPA BODY TREATMENTS

▪ AROMATIC WHOLE BODY SCRUB

Aromatic scrub to choose: GREEN TEA, CHOCOLATE, MANGO, TRUFFLES, ORANGE, WATERMELON .
Aromatic scrub gently cleanses and cultivates body. Improves mood and brightens tired skin, smooths and refreshes the body. Anti-aging and anti-cellulite works. Butter applied to the end of the treatment works deeply moisturizing and nourishing.

Time: 30 min, Price: 150zł

▪ COFFEE AROMATIC PEELING BODY

We start the treatment with a coffee body scrub with a sweet strawberry or banana scent from high quality coffee and many natural products. The peeling is made of high quality Robusta coffee. Thanks to the high quality of caffeine, it effectively reduces cellulite and smooths the skin. It slows the aging process of cells, removes toxins from them and stimulates blood circulation. Himalayan salt contains as many as 84 mineral substances, which helps in cleansing the skin of toxins and heavy metals. Brown sugar maintains proper hydration of the skin and restores its delicacy. Makadamia oil slows down skin aging processes. Argan Oil helps in moisturizing and smoothing the skin. Almond oil has antibacterial effects. Vitamin E - vitamin of youth. Chocolate - cocoa butter mixes the skin and deeply moisturizes. Then after massaging butter is mashed, which moisturizes, regenerates and nourishes the skin, acts anti-aging, strengthens the skin's structure, ensuring its firmness and elasticity.

Time: 30 min, Price: 150zł

▪ COCONUT BODY PEELING "SWEET COCO"

The aromatic scrub gently cleanses and nourishes the body. It improves mood and brightens tired skin, smooths and refreshes the body. Butter applied at the end of the treatment works deeply moisturizing and nourishing.

Time: 30 min, Price: 150zł

▪ PEELING WHOLE BODY "SHIMMER GOLD"

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

Time: 30 min, Price: 150zł

▪ AROMATIC WHOLE BODY SCRUB WITH RELAXING MASSAGE WHOLE BODY

Aromatic scrub and oil to choose: GREEN TEA, CHOCOLATE, MANGO, TRUFFLES, ORANGE, WATERMELON

Relaxing body massage for nutritional aromatic massage oil. Oil softens the skin, causing it becomes silky smooth. Massage is preceded by a body scrub, which nourishes, regenerates, burns fat, while improving skin firmness and elasticity. Scrub based on natural ingredients with the participation of macadamia oil, which has firming, cellulite and stretch marks.

Time: 1 h, Price: 170 zł

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▪ TREATMENT FOR BODY "CHOCOLATE WITH STRAWBERRY"

The treatment begins with a body scrub to smell 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 brush we apply to the whole body mask with hot chocolate. Chocolate-based treatment, anti-aging and anti-wrinkle functions. Chocolate is rich in vitamins A, E, F, H and minerals that improve skin tone and blood circulation. The treatment positively affects the senses, stimulates the production of endorphins that improve mood, act as a stimulant and antidepressant. Then at the end of the procedure we apply regenerating body butter with the scent of sweet strawberries.

Time: 1 h, Price: 170 zł

▪ BODY MASSAGE "HOT HONEY" WITH AROMATIC BODY SCRUB AND RELAXING IN A SAUNA.

Honey massage is a real treat for body. This is a method of natural therapy using medicinal effects of honey with honey massage and aromatherapy. This massage supports the secretion of the sweat glands, the skin helps remove harmful substances. Honey over it exhibits potent anti-inflammatory, regenerating, moisturizing the skin, which becomes nourished and silky. Massage smooths the skin, improves its elasticity, helps to remove cellulite, stretch marks and scars. Honey massage is preceded by a natural body scrub with honey, shea butter and oil. By enhancing the effect of honey on the end you can relax in the sauna. The ingredients of honey open skin pores and allow the skin to sweat even more. After leaving the sauna just a short shower to remove any remaining 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, that binds moisture in the skin and the valuable components are saturated.

Time: 1 h, Price: 200 zł

▪ RECREATION SPA CENTER

(SAUNA, STEAM BATH, SCREEN SALT, COLOR THERAPY)

Hotel guests and persons having cards Benefit System, the Medcover Sport, FitProfit enjoy spa center at no extra charge. Benefit System, the Medcover Sport, FitProfit Guests have time 1h.

Other customers - **Price-30zł/1h**

You are welcome.

T: +48 12 311 11 05

E: spa.swing@hotelswing.pl