



*Take a deep breath...
Close your eyes...
Forget...
Breathe in... And out...*

*Where are you?
Keep your eyes closed.*

*First, imagine the fresh morning dew under your feet...
You're barefoot, feeling every blade of grass; the sensation of the blades of grass prickling and tickling your feet.*

*And the aroma of flowers... Wild flowers.
Cornflowers and marigolds, aah... and carnations.*

*Are you sensing this?
Now, listen...
Birdsong... calls that are so pure and unspoilt; chords of love and joy;
sounds bestrewn with happiness.
You can see!
Although your eyes are still closed.*

*You see a meadow, a clearing amidst a forest. The sun is peeking from behind the trees.
It is rising, slowly, taking its time. Breathing, taking a deep breath of air to start a new day.*

*Hold your hand out in front of you. A little to the right. Don't be afraid...
They're blackberries... simply delicious! Pick one, see what it tastes like – it tastes different.*

It tastes of being carefree, of the summer, and of love.

The five senses. The five senses are working.



YOU ARE BEAUTY

Face, neck and chest rejuvenating treatment.



"Don't tell me nature isn't a miracle. Don't tell me the world isn't a fairytale"
Jostein Gaarder *"The Orange Girl"*

AQUA PHYT'S

Deeply moisturising and invigorating skin treatment

⌚ 75 min | 💰 PLN 350

WHO IS IT FOR? NORMAL, COMBINATION AND DRY SKIN



AIM OF THE TREATMENT:

This deeply moisturising BIO certified ritual is intended for every kind of skin in need of hydration. The pillars of this treatment are aloe vera and hyaluronic acid with a low and high molecular weight that restore the right level of moisture in the skin and prevent its subsequent dehydration. The algae mask soothes and calms any skin irritations. The entire ritual is complemented by essential oils with strong antioxidant effects, plant squalane strengthening the skin's protective barrier function and moisturising the skin, along with precious plant oils rich in essential fatty acids. The treatment's effects are further compounded by two manual massages, leaving the skin supple and smooth and perfectly hydrated.



ACTIVE INGREDIENTS:

North American blueberry extract, lemon essential oil, Maine salt, diatomaceous earth, alginate, rosemary, cypress, palmarosa, thyme, Ho wood essential oils, yarrow, hyaluronic acid with a low and high molecular weight, aloe vera extract, sunflower oil, plant squalane, betaine, lactic acid, verbena essential oil, peppermint extract, silica, hazelnut oil, natural vitamin E.



EFFECTS:

purifying, astringent, firming
toning, regenerating
highly effective calming and soothing properties
maintains perfectly hydrated skin, nourishing
refreshing
non-comedogenic
antioxidant effects

REVIDERM

Brightening, protective, anti-pollution treatment

⌚ 60 min | 💰 PLN 320

WHO IS IT FOR? DULL, LACKLUSTRE SKIN



AIM OF THE TREATMENT:

Certified brightening and protective ritual for dull, lacklustre skin exposed to the effects of oxidative stress and harmful external factors like smog. A unique cocktail filled with herbs and extracts has been enclosed in the capsules and the manual techniques employed stimulate their absorption, guaranteeing excellent effects. The marine oligosaccharide effectively inhibits pollutant particle adhesion, while plant chlorophyll and brown algae as well as pink pepper extract oxygenate the skin and stimulate microcirculation, whereas plant oils like hemp oil or avocado oil ensure the correct functioning of the hydrolipid coat. The vitamin C from acerola in the treatment brighten the skin. After the treatment, your skin is radiant, perfectly hydrated, and revitalised.



ACTIVE INGREDIENTS:

Marine oligosaccharide, rice extract, plant chlorophyll, brown algae extract, pink pepper extract, hemp oil, avocado oil, wheat germ oil, aloe vera extract, sunflower oil, plant glycerine, plant squalane, sage essential oil, goldenrod extract, watercress extract, peppermint hydrolate, lemon essential oil, acerola, natural vitamin E, cypress essential oil, rosemary leaf extract.



EFFECTS:

anti-pollution, anti-adhesive
nourishing, cell renewal
perfectly hydrated skin
firming and tightening, leaves skin supple
refreshing and toning
brightening
antioxidant and anti-ageing

EQUILIBRE PURIFIANT

Normalising, cleaning and protective treatment restoring skin balance

⌚ 60 min | 💰 PLN 260

WHO IS IT FOR? NORMAL AND OILY SKIN



AIM OF THE TREATMENT:

Aim of the treatment:

A natural, BIO certified beauty ritual that restores the balance of normal and oily skin, evens out skin imperfections, and helps to treat mild inflammation. Two incredibly relaxing and effective manual massages combined with the power of natural aromas soothe the senses and the body. An exceptional cocktail of organic active ingredients (e.g., oak bark extract, geranium, niaouli, patchouli, and lemon essential oils) deeply cleanses the skin from impurities and excess sebum, regulates sebum production and shrinks pores, restoring a healthy and radiant complexion. Plant vitamin E, known as the vitamin of youth, is one of the most effective antioxidants and precious hazelnut oil protects the skin from dehydration. The skin is exceptionally smooth and has a healthy glow after the treatment.



ACTIVE INGREDIENTS:

Eucalyptus extract and hydrolate, niaouli essential oil, geranium essential oil, lemon essential oil, white clay, camphor, black oak bark extract, patchouli essential oil, yarrow extract, orange essential oil, petitgrain essential oil from orange tree leaves, marshmallow extract, hazelnut oil, aloe vera extract, peppermint essential oil, verbena essential oil, sunflower oil, natural vitamin E, essential oils.



EFFECTS:

purifying, sebo-regulating, astringent
highly effective calming and soothing properties
maintains perfectly hydrated skin
refreshing
non-comedogenic
antioxidant

EQUILIBRE NOURRISSANT

Normalising, nourishing and protective treatment restoring skin balance

⌚ 60 min | 💰 PLN 260

WHO IS IT FOR? NORMAL AND DRY SKIN



AIM OF THE TREATMENT:

A powerfully nourishing and soothing BIO certified ritual for normal and dry skin. Combines effective and aromatic treatment with two manual massages that soothe the senses and lavish the body. The aloe vera extract, lotus plant extract, hollyhock extract, and sandalwood essential oil soothe any irritation, while the beeswax and a composition of precious oils, like sweet almond, sesame, and hazelnut, nourish the skin, strengthen its hydrolipid coat and keep it perfectly hydrated. Plant vitamin E, known as the vitamin of youth, is one of the most effective antioxidants, while essential oils, like bitter orange leaf essential oil, stimulate the absorption of the active substances. The skin is silky smooth to the touch, nourished and moisturised after the treatment.



ACTIVE INGREDIENTS:

Beeswax, plant oils including sesame oil, hazelnut oil, lemon essential oil, bitter orange tree leaf extract, lotus plant extract, lucerne extract, hollyhock extract, petitgrain essential oil, sandalwood essential oil, yarrow extract, aloe vera extract, sweet almond oil, sesame oil, verbena essential oil, peppermint hydrolate, hazelnut oil, natural vitamin E, essential oils.



EFFECTS:

non-comedogenic
antioxidant
nourishing
toning
maintains perfectly hydrated skin, prevents dehydration
highly effective calming and soothing properties
refreshing

MULTIVITA

Anti-ageing, anti-wrinkle treatment giving firmer and more supple skin, 50+

⌚ 90 min | 💰 PLN 420

WHO IS IT FOR? ALL MATURE SKIN TYPES



AIM OF THE TREATMENT:

This exceptional, certified ritual for mature skin produces instant skin firming, lifting and smoothing effects. Among the active phytonutrients that slow the ageing processes are the Ceveble ceramide complex, wheat germ oil, ginseng extract, acerola, and essential oils: sage, thyme, and rosemary. The ritual stimulates microcirculation due to a serum based on cinnamon and common horsetail, preparing the skin for the next stages of the treatment. The ritual includes both manual techniques and an exceptional bamboo stick massage that effectively stimulate the skin to regenerate and absorb the active substances, visibly reducing wrinkles. The treatment is complemented by an incredibly soothing and nourishing lifting mask. The treatment leaves the skin nourished and supple, with visibly smoothed wrinkles.



ACTIVE INGREDIENTS:

Cinnamon essential oil, common horsetail extract, Ceveble ceramide complex, milk proteins, sage essential oil, wheat germ oil, beta-carotene, yeast, zinc, ginseng extract, acerola, silica, wheat germ oil, natural vitamin E, North American blueberry and yellow gentian root extract, essential oils, hazelnut oil, aloe vera extract, castor oil, shea butter, marigold extract, essential oils: lavender, cypress, rosemary, and lemon.



EFFECTS:

stimulates circulation and remineralisation
smooths and tones
stimulates cell renewal
brightening, antioxidant
skin regenerating and nourishing
toning and soothing, softening the skin

ORGANIC SERIES

⌚ 60 min | 💰 PLN 290

WHO IS IT FOR?

This treatment is recommended for all those who are in need of winding down, relaxing and being pampered. The Organic Series is a non-invasive treatment that is suitable for all skin types. It includes a wide range of natural and organic cosmetics designed to target specific skin problems – deficient in oxygen, dry and oily skin. Free of preservatives, artificial colourants and scent enhancers, the Organic Series treatments are suitable for all persons with sensitive and allergic skin. We have oxygenating, moisturising, nourishing, mattifying, anti-wrinkle, pigmentation lightening, and anti-rosacea skin strengthening treatments in our offer.

Every woman is unique and has a different skin type requiring a different approach when it comes to facial treatments, which is why we offer a bespoke approach so that you can choose the right treatment combination for your complexion. Our cosmetologist will select a treatment tailored to your skin's needs. The treatments are carried out using professional beauty therapy treatment equipment. Let us look after your skin and give it the care and attention it needs.

TREATMENT PROCESS:

Makeup removal, cleansing | cavitation peeling or microdermabrasion | skin toning | serum introduced using needle-free mesotherapy | face mask | face cream to finish



NATURE. BODY. MIND.

Massages



"Look deep into nature, and then you will understand everything better"
Albert Einstein



RELAXING MASSAGE

Deeply relaxes and invigorates the whole body. Restores the balance within the body and mind and relieves stress. Improves wellbeing, reducing the effects of long-term stress and anxiety, and fights seasonal depression. A deeply relaxing massage that reduces nerve tension, alleviates muscle tension, deepens breathing, improves circulation, calms the senses, and improves sleep quality. The fluid and relaxing techniques will deeply relax your whole body and soothe your nerves. It will also relieve tired and tense muscles, leaving you deeply relaxed.

Partial ⌚ 25 min | 💰 PLN 100
Full body ⌚ 50 min | 💰 PLN 180

CLASSIC MASSAGE

Classic massage, also referred to as Swedish massage therapy, is the most common form of massage. It uses a combination of techniques (stroking, rubbing, kneading, patting, and vibrations) applying deep palm, forearm and elbow pressure to the muscles. The masseur adjusts the pressure to the needs and preferences of the Client. A classic massage that relieves muscle tension, improves circulation, increases muscle flexibility and the mobility range, and reduces pain.

Partial ⌚ 25 min | 💰 PLN 100
Full body ⌚ 50 min | 💰 PLN 190

KOBIDO FACIAL MASSAGE

Kobido is a Japanese facial massage that is considered as a facial lift without surgery. This is an intense deep tissue massage. It naturally and non-invasively slows and reverses the signs of skin ageing, constituting an excellent alternative to surgical and mechanical treatments improving facial appearance.

⌚ 60 min | 💰 PLN 280



RELAXING SCALP MASSAGE

A scalp massage that is a deeply relaxing, reduces tiredness and tension, and restores peace and serenity. It also eases migraines. Alternating deep tissue massage movements with gentle fingertip stroking and stimulation of the energy points reduces tension, improves scalp circulation, and stimulates and strengthens the hair follicles. It brings deep inner peace and harmony and frees you from anxiety, boosting concentration.

⌚ 20 min | 💰 PLN 80

RELAXING FOOT MASSAGE

This foot massage aids relaxation and relieves aches and pains. Gentle stroking, kneading, and circular movement massaging is the recipe for pure relaxation. This massage uses elements of pressure therapy of the reflex points on the feet that, in turn, causes physiological reactions stimulating self-healing and helping restore physiological balance.

⌚ 20 min | 💰 PLN 80

HOT CANDLE MASSAGE

This is a deeply relaxing massage. It soothes the senses and cocoons the body to make it melt away into pure bliss using heat and silky smooth touch. It is performed with the use of hot candle oil. The beeswax leaves a silky-smooth film on the skin, moisturising and restoring its suppleness.

⌚ 50 min | 💰 PLN 250

A decorative graphic of several stylized, light green leaves is positioned on the left side of the page, extending from the top to the bottom. The leaves are arranged in a cluster, with some pointing upwards and others downwards, creating a natural, organic feel.

HOT CHOCOLATE MASSAGE

The Hot Chocolate Massage is a true feast for the body and the senses. This treatment provides relaxation and has moisturising, nutritional, rejuvenating, and smoothing effects. The chocolate also possesses anti-cellulite properties. It is a rich source of flavonoids that demonstrate strong antioxidant properties, which is why they effectively block free radicals which are, among other things, responsible for the ageing of the skin. Thanks to this, a hot chocolate massage possesses rejuvenating properties, improving the smoothness and suppleness of the skin.

⌚ 50 min | 💰 PLN 250

AROMATHERAPY MASSAGE

The massage is performed using essential oils and combines the therapeutic power of touch with the unique properties of the essential oils, individually tailored to each Client. This massage is one of the most important, most popular, and most useful methods of aromatherapy. Aromatherapy massage introduces the healing aromatic substances contained in the essential oils to the body through the skin and improves circulation.

⌚ 50 min | 💰 PLN 250

HOT STONE MASSAGE

A massage that uses special volcanic basalt stones that keep the heat for a long time. The combination of hot stones and relaxing massage techniques alleviates muscle and joint pain. It relieves stress, relaxes, and restores the body's vital energy flow.

⌚ 75 min | 💰 PLN 280



HERBAL STAMP MASSAGE

Herbal Stamp Massage is performed using cotton bags containing a mixture of herbs and aromatic spices. The herb mixture possesses special therapeutic significance that underpins the entire therapeutic effect. The most commonly used herbs include cinnamon, cloves, and turmeric. Herbs with anti-depressant and calming properties can also be found in the blend, such as lavender, orange blossom, and jasmine. All the herbs used in the stamps with which the Client is massaged are steam heated and the high temperatures release the active substances, triggering their therapeutic effects. The massage technique includes a series of circular motions using the warm stamp and delicate rubbing of the skin.

⌚ 50 min | 💰 PLN 250

HONEY MASSAGE

The Honey Massage is a highly intense treatment. The techniques employed here include stroking, rubbing, patting, and the pressing and lifting of the hands from the skin creating a vacuum effect. They are intended to loosen tense muscles, improve blood and lymph circulation, and make the skin more supple. This treatment increases sweat gland secretion to effectively trigger the detoxification of the body through the skin.

Honey has special nutritional properties and is the source of many precious substances. It also possesses anti-inflammatory effects. A warm, natural oil is applied to the body after the honey massage of every body part in order to enhance skin hydration.



Please note that the Honey Massage is a very intense massage

⌚ 50 min | 💰 PLN 250

"A child has the right to be themselves. Has the right to make mistakes. Has the right to their own point of view. Has the right to respect. There are no children – there are people", Janusz Korczak would say, which is why we encourage children to use our relaxation area.

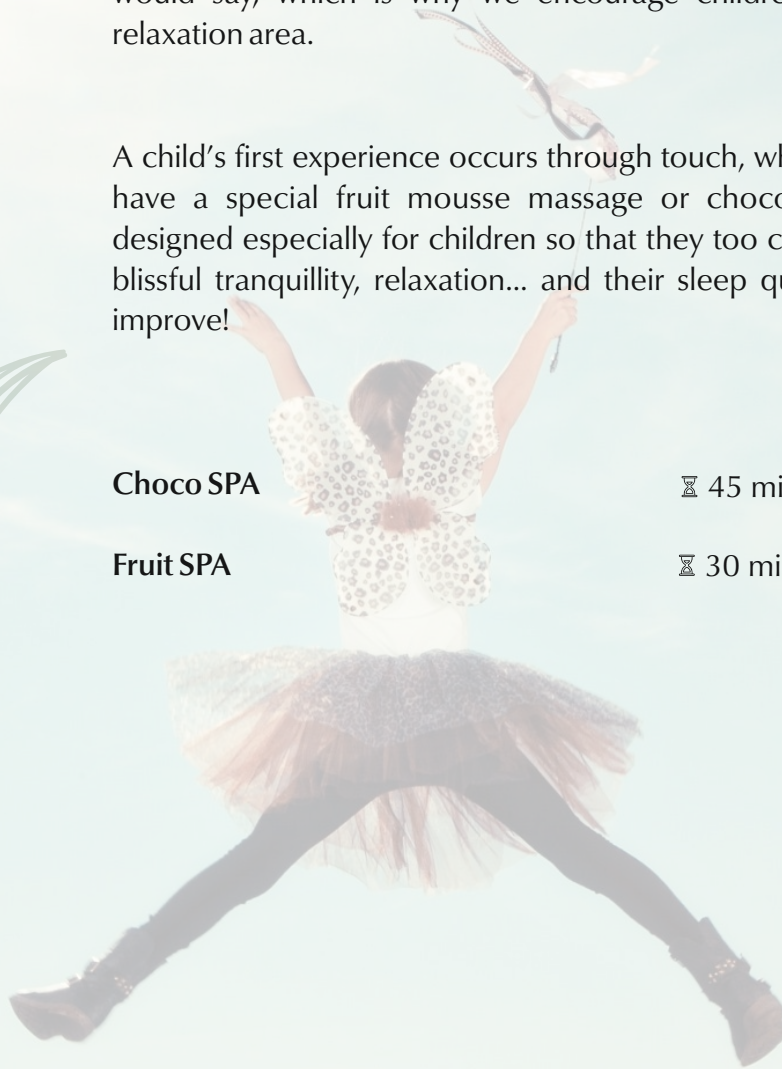
A child's first experience occurs through touch, which is why we have a special fruit mousse massage or chocolate massage designed especially for children so that they too can experience blissful tranquillity, relaxation... and their sleep quality will also improve!

Choco SPA

⌚ 45 min | 💰 PLN 100

Fruit SPA

⌚ 30 min | 💰 PLN 100





YOU ARE PERFECT

SPA rituals.



"Nature never breaks her own laws"
Leonardo da Vinci



COLLAGEN RELAXATION

The skin of a woman requires constant care and attention. The Collagen Relaxation ritual provides the richness of natural ingredients contained in cold-pressed oils. Carefully selected massage techniques will allow the skin to relax and the mind to forget about the cares of everyday life. Collagen salt delicately smooths the skin, making it more supple and helping remove excess water from tissues. The vitamins and liquid extracts contained in the oils are deeply nourishing and moisturising for the skin, protecting it from stretch marks.

⌚ 90 min | 💰 PLN 320

AROMATIC RELAXATION SESSION

The Aromatic Relaxation ritual is a deeply regenerative treatment for dry and dehydrated skin. The treatment is based on ready-made compound products available in 3 fragrance lines: Cranberry, Melon and Cucumber, and Orange and Cinnamon. The ritual includes full body exfoliation and a relaxing massage. This is a cleansing, regenerative, and deeply nourishing treatment for the skin. Exfoliation gets rid of dead skin and impurities while the relaxing massage using shea butter has regenerative effects for the body and calms and soothes the mind. The treatment leaves a sensual scent on the skin and makes it silky smooth to the touch.

⌚ 90 min | 💰 PLN 320

COFFEE AND ORANGE VARIANT

An invigorating ritual with the wonderful aroma of fresh coffee that will take you on a delicious adventure, leaving your skin feeling youthful and radiant. The beneficial properties of coffee stem from the caffeine that it contains, effectively helping to fight cellulite. The unique blend of coffee, cardamom, cinnamon, and oils is also an unmatched source of many precious ingredients improving skin tone and condition. This appetising coffee ritual was created to instantly restore vitality and youthfulness to the skin. The delicately exfoliated and cleansed skin is then given a relaxing massage based on a nutritious elixir of orange and cinnamon, which restores the skin's radiance and suppleness while deeply moisturising it.

⌚ 90 min | 💰 PLN 320



ICON ANTI-CELLULITE RITUAL

A therapeutic treatment directed at slimming and contouring the body that is focused on the problem areas of the body: the stomach, hips, thighs, and buttocks. The secret behind this ritual is the unique combination of four plant extracts: astragalus root, butcher's-broom, lemon, and goldenrod. It also contains Dead Sea mud. The treatment boosts body cleansing and detox and helps prevent cellulite. This ritual is recommended for everyone wanting to make their skin more supple and obtain a slimming effect.

⌚ 90 min | 💰 PLN 320

FOR COUPLES – THE FERN FLOWER

THE FERN FLOWER is a magic flower in Slavic mythology and is celebrated on the Feast of Kupala. It is a celebration of life and love. The Mokosh ritual for couples is a sensual spa ceremony that will lead the couple into a unique feeling of bliss and serenity. The ritual begins with a sauna session and patting with a birch sauna whisk. It then moves on to an aromatic exfoliation of the body based on fragrant plant extracts from bergamot, carnation flowers, jasmine, Damask rose, as well as vanilla and thyme. The next stage includes a deeply relaxing massage for two using highly nutritional shea butter with botanic extracts. The ritual is deeply relaxing, alleviates stress and anxiety, evokes feelings of love and peace, and deepens the closeness and intimacy between the partners.

⌚ 120 min | 💰 PLN 840

We believe that inner peace can be achieved by acting on the senses.
We are confident that our Spa treatments, rituals and ceremonies will deeply relax the body,
allowing a person to find peace and tranquillity and to calm the senses forgetting about the cares of everyday life.
We know that nature affects our wellbeing and we want to make this matter.



NATURE – We respect nature.

We respect everything surrounding us. And we draw wholeheartedly from everything that the world gives us. We are sensitive and remain open to continuous learning. To live at peace with oneself, with nature, with people, and with the world. To be fascinated by the world and just how beautiful it is!

BEAUTY -- *treatments using natural and honest cosmetics that are skin and environment*

friendly, healthy, support the body's natural ability to regulate, and give long-term effects enhancing the natural beauty and harmonious development of the body and soul.

SPA – “Sanitas Per Aquam” means health through water. We firmly believe in the soothing and healing properties of water and its cleansing power. Our SPA in the surroundings of the Vistula River will lead you to a haven where you will reconnect with yourself and find true harmony of the body and soul with nature.



*“And forget not that the earth delights to feel your bare feet and the winds long to play with your hair”
Khalil Gibran*



Call us or write to us to book your visit:

☎ +48 33 333 97 07

✉ spa@vislow.pl

Welcome!

📍 Vislow Resort, ul. Czarne 3e, 43-460 Wisła



*"The moment one gives close attention to anything, even a blade of grass,
it becomes a mysterious, awesome, indescribably magnificent world in itself"*

Henry Miller