

WELLNESS : THERAPY

"Where once the body was healed, today we also soothe the soul."

— from the notes of an old apothecary

Discover a place where history meets nature, where beauty and tranquility intertwine like two worlds bound by an invisible thread.

REMEDY SPA WELLNESS THERAPY is located in a historic building whose walls still whisper the stories of ancient healers. Here, in the shadow of the past, we create modern rituals of solace – for the body,

the soul, and the senses.

Our menu is more than a list of treatments – it is a map of alchemical experiences, where each therapist's touch, each aroma, each formula is an invitation to inner transformation. In our Apothecary of Beauty, we guide you on a remarkable journey of renewal.

By candlelight, embraced by subtle scents, you will immerse yourself in rituals inspired by nature and the ancient art of healing. Luxurious face and body therapies, massages, and care treatments using cosmeceuticals tailored like a personalized elixir become part of your story.

Our team – attentive to every detail – are guardians of harmony, ensuring that you fully experience silence, breath, and deep serenity. Open the Book of Transformation.

Step into the world of **REMEDY SPA** – a place where every treatment is a ritual, and every moment is a spell of bliss.



"The face is the mirror of the soul let it shine like a full moon."

Delicate formulas, botanical extracts, and advanced technologies come together here in elixirs that restore radiance, balance, and youthful vitality.



\dot{arphi} ILLUMINATING & REJUVENATING ELIXIRS

COSMO VIT C with Acid Peel

A luxurious rejuvenating and brightening treatment combined with a lifting facial massage. This all-year-round anti-aging ritual is designed for mature, tired, uneven-toned skin with discoloration. Immediately after the treatment, the skin appears visibly brighter, smoother, rejuvenated, and deeply hydrated. The massage relaxes facial, neck, and shoulder muscles.

> **SHOT - 60 MIN - 390 PLN** PREMIUM - 75 MIN - 470 PLN

COMBO GLOW with Acid Peel

A treatment dedicated to dull, lackluster skin in need of firming and illumination. It lifts, smooths, and deeply nourishes the skin. With powerful antioxidant action, it leaves the skin looking youthful, with refined pores and a radiant, even complexion.

60 MIN - 420 PLN

• SENSO RADIANT - Radiant Complexion

The key goal of this treatment is to rejuvenate and deeply illuminate the skin. It restores skin structures and provides profound relaxation, guided by a holistic approach.

75 MIN - 450 PLN





TURBO LIFT – Facial Contour Firming

An innovative therapeutic procedure that combines corneotherapy mechanisms with advanced anti-aging strategies, offering a comprehensive approach to skin aging. It targets both the visible signs of aging and supports the skin's internal regenerative processes, helping to maintain skin health and minimize the root causes of aging.

75 MIN - 450 PLN

• COMBO REPAIR with Acid Peel - Deep Regeneration

A powerful skin-regenerating treatment enhanced with a personalized booster. Based on reinforced RSP corneotherapy, it is ideal for skin with enlarged pores that is also reactive, highly sensitive, and in need of intensive repair and soothing. The treatment also visibly evens skin tone and restores a younger, healthier appearance.

60 MIN - 440 PLN



ELIXIRS FOR SENSITIVE & COUPEROSE SKIN

SENSO CALM – Soothing Therapy

This treatment focuses on two key areas: reducing vascular hyperreactivity and strengthening the skin's structural integrity. Through the selective use of active, fortifying and antioxidant ingredients, it delivers both skin reconstruction and relief from symptoms associated with hypersensitivity.

60 MIN - 390 PLN

ANTI REDNESS with Acid Peel – Redness-Reducing

A regenerative treatment dedicated to couperose and sensitive skin. This effective anti-redness therapy minimizes visible redness, illuminates and soothes the complexion, while providing exfoliation, smoothing, and a rejuvenated appearance.

60 MIN - 390 PLN



ELIXIRS FOR PROBLEMATIC & HYPERPIGMENTED SKIN

COMBO DEEP CLEAN – with Charcoal Mask & Acid Peel

A deep-cleansing treatment that soothes inflammation and includes a niacinamide booster. Recommended for acne-prone, oily, and congested skin with visibly clogged pores. This treatment significantly improves skin quality and calms problematic areas. The result is spectacular smoothness, enhanced firmness, and visibly tightened pores.

60 MIN - 420 PLN

ANTI ACNE – with Acid Peel

A regenerative treatment targeting skin imperfections. Designed for impure, oily, and combination skin, this effective anti-acne therapy helps reduce blemishes, regulates sebum production, exfoliates, smooths, and rejuvenates the complexion.

45 MIN - 350 PLN

• ANTI SPOT – with Acid Peel

A regenerative treatment for skin prone to hyperpigmentation. Suitable for all skin types, including sensitive skin, this therapy lightens discoloration while gently exfoliating, smoothing, and rejuvenating the skin.

45 MIN - 350 PLN





"The face is a book where every touch writes a new story."

Facial massages inspired by the rituals of ancient masters stimulate circulation, smooth the features, and awaken the skin's natural glow.

$\dot{\psi}$ BELVISO – Draining & Lifting Massage

BelViso massage is often described as a natural alternative to invasive aesthetic medicine procedures. It helps reduce the appearance of wrinkles and supports long-lasting facial relaxation and radiance.

90 MIN – 350 PLN Check availability

KOBIDO – Lifting Massage

Kobido is known as a non-invasive facelift. This technique sculpts the face through deep work on facial muscles. Such intense stimulation improves skin elasticity and visibly smooths wrinkles. The treatment includes massage of the face, décolleté, head, and neck.

60 MIN – 250 PLN 90 MIN – 350 PLN

$\overset{ullet}{arphi}$ REMEDY LIFT – Lifting Massage with Tools

A facial lifting massage using individually selected techniques and tools: gua sha stone, cupping, bamboo sticks, or stones. Each movement stimulates microcirculation, enhances lymphatic drainage, and sculpts the facial contour. This ritual restores firmness, freshness, and a radiant look—without a scalpel, in harmony with conscious touch and nature.

60 MIN – 250 PLN 90 MIN – 350 PLN



COOL RELIEF – Cooling Massage

A soothing and calming massage designed to reduce puffiness. Glass globes gently stimulate the skin, activate the circulatory and lymphatic systems, boost the skin's natural immune defense, and relieve irritation and swelling. Thanks to their ultra-smooth surface and cooling liquid inside, the globes make the massage both pleasant and effective.

25 MIN - 180 PLN

RELAX TIME – Relaxing Massage

A face, neck, and décolleté massage that deeply hydrates the skin, restoring its softness and natural glow. Gentle techniques soothe the senses, release tension, and help reduce stress. This treatment is perfect for deep relaxation, inner calm, and emotional renewal – a perfect moment just for you.

25 MIN - 170 PLN



Jaboratory Fractices

"Where science meets magic - transformation begins."

Here, experimental formulas reign – combining ingredients in perfect proportions, personalized diagnostics, tailor-made elixirs, and bespoke masks. This is a beauty and renewal laboratory – for those who seek truly customized results.



GENEO

A treatment that goes beyond the surface - reaching deep into the skin, where it learns to breathe anew. The exfoliation phase opens the skin to receive what is vital. Oxygenation from within - like a subtle cellular awakening. Nourishing formulas penetrate deeply, while the massage with a dedicated applicator stimulates microcirculation and restores your skin's natural glow.

The result? Firm, radiant skin infused with energy – as if after a long, soothing breath. This is more than skincare. It's a moment of transformation – breath by breath, from the inside out.

Capsules are selected according to your skin's needs:

- BALANCE for skin in need of deep cleansing
- GLOW for restoring youthful radiance
- RETOUCH for skin requiring intensive regeneration
- HYDRATION for skin in need of deep moisture

All variants include a hydro-infusion mask.

Approx. 60 MIN - 490 PLN



TRI-EXOGFTM EYE FOCUS RITUAL – ILLUMINATING THE GAZE

The delicate skin around the eyes requires special care. This ritual combines exosomes, growth factors, and vitamin B9 to brighten dark circles, reduce fine lines, and restore freshness to the eyes. Micro- and nano-needling ensure deep ingredient absorption, while a gentle massage relaxes and soothes.

The result? A luminous gaze, smoothed contours, and a feeling of lightness – like after a long, restful sleep.

60 MIN - 790 PLN







"The hands are instruments of the heart. Through touch, we share peace, love, and energy."

Massage rituals inspired by the elements, scents, and the healing power of plants — created to release tension, restore harmony, and awaken the body.

REMEDY AMBER MASSAGE

A deeply relaxing full-body massage combining various calming techniques. The skin is soothed with aromatic amber oil, enriched with marine algae extracts to nourish and firm the skin. The ritual includes a massage of the body, face, and scalp, leaving you enveloped in warmth and serenity.

80 MIN - 390 PLN



NOURISHING & HYDRATING MASSAGE

A luxurious body wrap using rich shea butter, blended with a customselected fragrance essence from a seasonal collection of aromatic notes. An indulgent treatment that deeply moisturizes the skin while awakening the senses.

55 MIN - 290 PLN



RELAXING MASSAGE

Warm oil gently envelops the tired body, releasing tension and enhancing deep relaxation. The treatment leaves the skin moisturized, smooth, and comforted.

40 MIN - 260 PLN - Back of the body 55 MIN - 290 PLN - Full body





NECK & HEAD MASSAGE

A deeply relaxing combination of neck and head massage designed to release muscle tension caused by stress. Perfect for soothing the nervous system and restoring calm.

25 MIN - 190 PLN



A relaxing massage of the face and scalp that releases tension, stimulates microcirculation and restores a feeling of lightness. A gentle touch soothes the senses, reduces stress and supports natural regeneration processes. Ideal as a moment of peace during the day or to complement a ceremony.

25 MIN - 190 PLN



A concentrated back massage that releases tension, relieves stress and brings immediate relief to tense muscles. Deep but gentle techniques allow you to regain lightness and comfort. An ideal ritual for everyday overloads.

> 25 MIN - 190 PLN - RELAXATION 25 MIN - 230 PLN - INTENSIVE



ANTISTRESS CANDLE MASSAGE

An enveloping massage that intensively moisturizes the skin, improves its firmness and elasticity. The warmth of the wax has a soothing effect, and the rising aroma calms the senses and introduces a state of deep relaxation. This is a holistic ritual that covers the entire body, face and head - allowing you to forget about everyday tension and immerse yourself in blissful relaxation.

80 MIN - 420 PLN



A deeply relaxing massage using hot volcanic stones, which transmit the natural heat of the earth to the body. It helps to relax tense muscles, improves circulation and restores inner harmony. Warm stones gliding over the skin envelop you in peace and allow you to completely calm down - a ritual that soothes not only the body, but also the soul.

> 60 MIN - 390 PLN 90 MIN - 450 PLN

FRESH YUZU AROMATIC MASSAGE

An energizing massage using velvety butter with a fresh, citrus aroma of yuzu. Deeply regenerates, moisturizes and stimulates the senses. The refreshing scent adds lightness to the body and mind, restoring vitality and a positive flow of energy. The perfect ritual when you need refreshment and new strength.

55 MIN - 300 PLN



AROMATIC MASSAGE RELIEF LAVENDER & ROSEMARY

A soothing massage with regenerating butter with the scent of lavender and rosemary, which has a relaxing and balancing effect. It is a moment of deep peace that restores peace to the body and harmony to the thoughts. A perfect ritual at the end of the day - when you need to come back to yourself.

55 MIN - 300 PLN



"The body is the temple of the soul. Surround it with care worthy of the elixir of life."

Exclusive body care treatments - nourishing, regenerating, rejuvenating. Natural ingredients, herbal extracts and alchemical formulas that regenerate the skin like morning dew.

SOURCE OF YOUTH CEREMONY

This ritual is a journey towards renewal - it begins with cleansing the skin with a peeling created from nourishing oils and raspberry seeds, which, like a gentle wave, wash away fatigue, dead cells and the burden of the day. Smooth, radiant skin becomes ready for a massage with shea butter - warm, enveloping, rich as the source itself. Each movement of the hand is like a drop that nourishes, soothes and restores the original strength of the skin. It is not just a treatment. It is a return to yourself. To a place where youth is not age - but a state that can be awakened.

80 MIN - 420 PLN



SESSENCE FROM THE DEPTHS CEREMONY

In this ceremony, you will immerse yourself in a sea story - the sound of waves, salt settling on the skin and air saturated with amber light. This is a nourishing ritual in which elements from the depths meet touch. It begins with a scrub – subtle like sea sands, but effective like a tide. The skin is smoothed and open to beneficial ingredients, and the mind floats towards the horizon.

Then, shea butter with amber and algae is applied - warm, velvety, like the sun's rays caressing the body after a swim in the ocean. The aroma evokes peace, and the consistency envelops the skin with nourishment and comfort. The facial massage completes the ritual like the last chord of the sea song.

It is not just care. It is a return to the depths – in yourself and in nature.

SPARK OF VITALITY CEREMONY

This is a luxurious ritual for those who desire joy – not only in the body, but also in the soul. A delicate touch, the warmth of aromatic oils and subtle essential scents lead to deep relaxation.

The ceremony soothes the nervous system, calms emotions and restores inner harmony. The skin becomes soft as velvet, the senses are soothed, and the mind is light – as if it has just returned from a journey to a place where time flows slower.

The effect? Relaxation, improved mood and the beautiful scent of yuzu, which remains on the skin like a whisper. It is a return to yourself – in tenderness.

100 MIN - 490 PLN

HEMP MAGIC CEREMONY

A cleansing ritual for the body and senses, which begins with an aromatic sugar scrub with hemp oil, smoothing and nourishing the skin. Then we wrap the body in a massage with oil with firming and relaxing properties. It is a moment of deep relaxation, relief and natural harmony - like a touch of nature on your skin.

80 MIN - 420 PLN





"Two people, one heart, a shared ritual."

Treatments for couples, parents with children, loved ones. Shared sensual experiences, relaxation and closeness – enchanted in scent and touch.

DANCE OF THE SENSES FOR TWO

Immerse yourself in the harmonious dance of aromas and touch. This unique massage for two is a sensual journey inspired by the power of scent and the warmth of human touch. Choose an aromatherapeutic composition that best reflects the mood of your moment:

BALANCE – enveloping harmony that calms and restores inner peace JOY – joyful energy that awakens the body and soul RELAX – delicate relief that soothes tension and calms the senses. Let the massage become a shared ritual of closeness and relaxation.

55 MIN - 560 PLN

Immerse yourself in a warm, nourishing ritual of a massage with shea butter that nourishes the skin and soul. The sensual aroma of whiskey with a hint of tobacco introduces an atmosphere of intimacy, deep relaxation and luxurious closeness. This ritual is not just a massage - it is a meeting of two bodies and hearts in the rhythm of love.

55 MIN - 560 PLN

FAMILY BALANCE

Created with a parent and child in mind, this massage is a time spent together full of tenderness, mindfulness and relaxation. Warm shea butter with the scent of sweet melon envelops the body, creating a safe space for relaxation and strengthening family bonds. A ritual that soothes, calms and unites - in a natural rhythm of harmony.

40 MIN - 480 PLN

AMBER DUO

 $\dot{\diamondsuit}$

Signature REMEDY SPA massage that takes you to a world of deep relaxation. 80 minutes of bliss for the body and senses: warm amber oil with algae combined with a body, face and head massage is an intensive therapy of closeness and relaxation. This is a ritual in which every minute envelops you like the amber touch of the sea - full of energy, relief and shared peace.





"Feet – our roots. Soothed, they carry us further."

Foot treatments and massages that bring relief, lightness and regeneration from the ground up. Regain the ground under your feet.

POWER OF A STEP

Foot massage with elements of reflexology, supported by cooling mixtures. Soothed skin and balanced energy – harmony from the ground up.

30 MIN - 190 PLN

REGENERATION TRAIL

Intensive regenerative treatment that combines peeling, mask and massage – restoring smoothness, hydration and regeneration to your feet. Every movement is like a step towards lightness – freed from fatigue and tension.



"In silence, strength is born. In simplicity - power."

Ritual zone for men. Specific, deep, essential. Without unnecessary words - pure regeneration.

CEDRUS CEREMONY

A treatment created for a man who wants to shed the burden of everyday life and regain clarity. The peeling cleanses the skin like the wind whipping the mountain slopes, and the cedar oil massage envelops you in stability, masculinity and the depth of nature.

It's not just care - it's a return to the core.

80 MIN - 420 PLN

$\dot{\overset{\cdot}{arphi}}$ ECHO OF THE EARTH

A deeply nourishing massage with shea butter, wrapped in the scent of wet moss and noble teak wood. The soothing power of nature that regenerates the skin and mind. For those who seek rootedness, simplicity and strength in primeval peace.

55 MIN - 290 PLN

* MEN HYDRA POWER- MOISTURIZING TREATMENT

A moisturizing treatment created with men's skin in mind. Deep regeneration, relief after shaving, restoration of elasticity and comfort. Without unnecessary layers - pure function and breath for the skin.

approx. 60 MIN - 350 PLN

Y DYNAMIC MASSAGE

A deep, dynamic massage focused on overloaded muscles. Therapeutic oil soothes pain, reduces tension and restores readiness to continue on the road. For a body that knows effort.

50 MIN - 340 PLN

"The goddess doesn't ask for permission – she simply shines."

A space created with the inner queen in mind. Here, rituals celebrating femininity take place – from luxurious facial and body treatments, through aromatherapy, to spiritual cleansing. The energy of the moon, the power of plants and tenderness meet in one place to lift you above the everyday.

SECRET NECTAR CEREMONY

Secret Nectar is a three-stage ceremony inspired by the art of alchemy, based on the nourishing properties of honey and traditional Polish herbs. The ritual begins with a body scrub that prepares the body to absorb the precious ingredients. Then a rich, enveloping mask is applied, providing deep nourishment and comfort. The experience ends with a calm, sensory massage that soothes the body and calms the mind.

100 MIN - 490 PLN

TOUCH OF THE EARTHLY GODDESS

This massage envelops the senses in the warmth and richness of natural shea butter. It deeply nourishes, soothes and restores the skin's softness to a velvety touch. Ideal for those who want to feel cared for - from the feet to the soul.

55 MIN - 290 PLN

SENSO AQUA - MOISTURIZING TREATMENT

Micro-oceans of moisture awaken cells to life. This ritual combines deep hydration, protection of the hydrolipid barrier and relief - like rain after a long drought. For skin thirsty for light.

approx. 60 MIN - 350 PLN

YENERGY FLOW RITUAL 2 IN 1

This is a unique massage-peeling, combining cleansing and relief in one, fluid ritual. The body surrenders to the touch, which simultaneously smoothes and regenerates, while the mind is freed from tension.

A ritual especially recommended for people who are stressed, overloaded with everyday life - it is an invitation to stop and return to your own rhythm.

50 MIN - 320 PLN



"The earth bears, the heart creates, the body embraces new existence."

At the very heart of transformation—between sleep and light—lies a space created for women who carry life within. Rituals as gentle as a whisper, treatments as light as a feather—to soothe, relieve, and restore peace. This is more than relaxation—it is a ritual of presence.

BLISSFUL EMBRACE

Created with expectant mothers in mind, this ritual soothes the body and calms the mind. A gentle full-body, face, and head massage releases tension, improves well-being, and promotes deep relaxation. The warm touch, calm rhythm, and subtle atmosphere will make every expectant mother feel safe, cared for, and enveloped in bliss. It's time to pause in the moment—just for yourself and your little one.

70 MIN - 390 PLN

$\dot{igtriangledown}$ softness

A 40-minute body massage with warm shea butter that deeply moisturizes, nourishes, and restores the skin's natural softness. A ritual created for women seeking a moment of tranquility and gentle care.

40 MIN - 250 PLN

VOLCANICA - BODY SCRUB

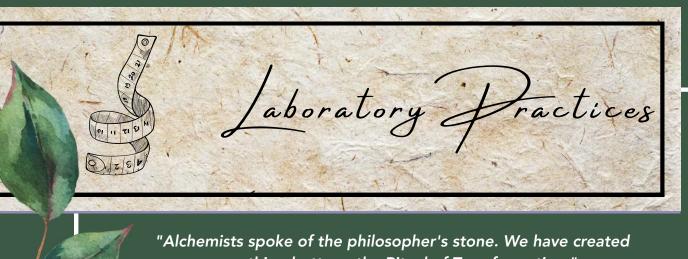
The mineral power of volcanic rocks removes the excess, allowing the skin to breathe. A cleansing ritual that smooths, oxygenates, and stimulates renewal – like a volcanic eruption of beauty. approx.

30 MIN - 170 PLN

SENSO BARRIER - REGENERATING FACE TREATMENT

A regenerating and moisturizing skincare ritual for skin in need of soothing. The treatment rebuilds the hydrolipid barrier, soothes irritations, and intensely moisturizes. Ideal for sensitive, dry, or stressed skin. It restores comfort, softness, and a healthy glow – like a bandage for the complexion.

45 MIN - 320 PLN



something better – the Ritual of Transformation."

Treatments that sculpt the body, reduce cellulite, and smooth contours. The body becomes lighter, firmer, and reborn.

SHAPE THERAPY - ANTI-CELLULITE IRON

A sculpting treatment where the three elements of technology and touch meet: a vacuum roller massage drains and stimulates circulation, TENS currents stimulate muscles from within, and LED light regenerates and rebuilds the skin's structure. It's not just a fight against cellulite it's a ritual of firming, smoothing, and restoring harmony to your shape. In a single gesture – sculpting and strengthening.

Shape therapy is a meeting of nature and technology, softness and precision, energy and form. This is where conscious transformation begins.

I selected area (abdomen/front thighs/back thighs and buttocks/arms) 20 MIN - 200 PLN

II selected areas (abdomen/front thighs/back thighs and buttocks/arms) 40 MIN - 350 PLN

III selected areas (abdomen/front thighs/back thighs and buttocks/arms) 50 MIN - 400 PLN

IV selected areas (abdomen/front thighs/back thighs and buttocks/arms) 60 MIN - 450 PLN





rich, warm, and nourishing.

This ritual stimulates not only the skin but also the energy deep within.

60 MIN - 350 PLN



Revival, illumination, awakening.



"Little things create big transformations."

Sometimes it's a small gesture, a subtle scent, or a touch of warmth that completes a ritual and makes it unforgettable. Choose the secret ingredient for your personal transformation.

AVAILABLE EXTRAS FOR SPA TREATMENT:

- SONOPHORESIS AMPOULE VIT C
- SONOPHORESIS AMPOULE- BHA CBD
- SONOPHORESIS AMPOULE Retinol
- SONOPHORESIS AMPOULE Spinanthol
- CAVITATION PEELING
- ENZYMATIC PEELING
- BIOCELLULOSE MASK REPAIRING
- BIOCELLULOSE MASK NECK
- HYDRATIONAL HYDROGEL MASK
- ILLUMINATING HYDROGEL MASK
- ORANGE CREAM MASK
- SOOTHING EYE PATCHES
- HAND MASSAGE
- RELAXING FOOT MASSAGE
- HEAD MASSAGE
- RELAXING FACE MASSAGE
- MASSAGE STONE FACIAL
- SUGAR BODY SCRUB
- SALT BODY SCRUB
- VOLCANIC BODY SCRUB
- YUZU BODY MASK NOURISHING AND SMOOTHING

If you'd like to enhance your spa rituals, let the staff know, and together we'll incorporate secret ingredients into your treatments.

