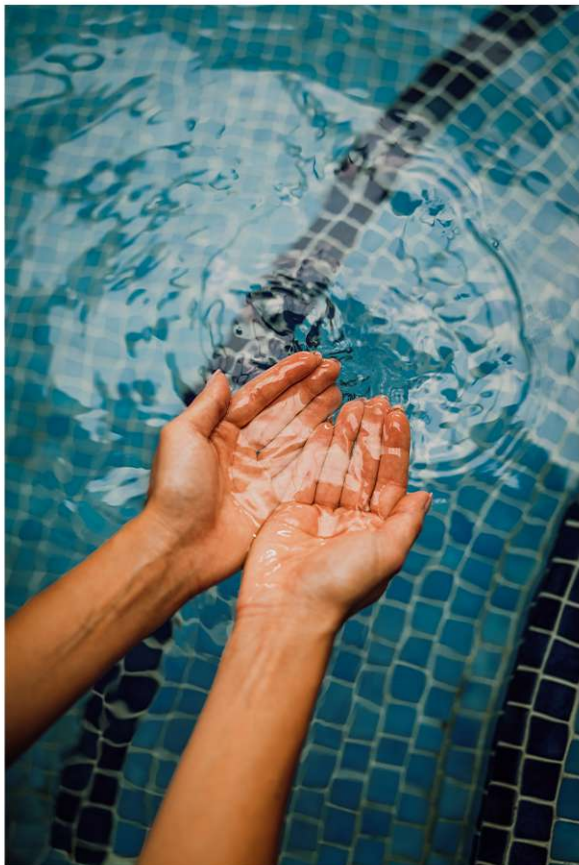


# SPA\_larnia DAY SPA



Photo by Szymon Brodzia

menu 2026



## SPA\_larnia Etiquette

- \_Caring for our Guests' complete relaxation and comfort, we kindly ask that you turn off or silence your mobile phones before entering the SPA area.
- \_Please maintain silence to avoid disturbing the relaxation of other Guests.
- \_Alcohol and other intoxicating substances are not permitted within the SPA\_larnia premises.
- \_Please arrive approximately 10 minutes before your scheduled treatment to allow time to prepare.
- \_We encourage you to take a short shower before your treatment to ensure your body is properly prepared.
- \_In the event of a late arrival, the treatment will be shortened by the duration of the delay.
- \_For Guests not staying at HOT\_elarnia, we have prepared SPA\_sets that include slippers, a bathrobe, and a towel.
- \_Please collect your SPA\_set at the SPA Reception. Guests of HOT\_elarnia are kindly asked to arrive at the SPA in their bathrobes and slippers.
- \_To enhance the effectiveness of your treatment, we suggest using the pool, sauna, and hydromassage tub before your session.
- \_The detailed SPA\_larnia regulations are available at the reception desk.

Thank you for your understanding, and we wish you unforgettable moments!  
The **SPA\_larnia** DAY SPA Team

# Author's\_SPA





## **Author's Face Massage with Floral Stamps**

A relaxing and deeply soothing massage of the face, neck, and décolleté that stimulates the skin to intensively regenerate and renew. The warmed floral stamps release fragrance and active botanical ingredients. Recommended for everyone seeking a touch of luxury, natural sensations, and harmony.

Duration: approx. 30 min | Price: 210 PLN

## **Author's Back Massage with Floral Stamps**

An exceptional nurturing and relaxing massage that combines gentle manual techniques with the comforting warmth of aromatic stamps filled with dried flower petals and herbs. Designed for those who desire deep relaxation, relief from muscular tension, and immersion in natural, harmonizing scents.

Duration: approx. 30 min | Price: 230 PLN

## **SPA\_Iarnia Signature Massage**

Created in response to the needs of our Guests, this massage combines relaxing and therapeutic techniques. It works on deep tissue and includes elements of drainage, stretching, and a soothing head massage.

Duration: approx. 75 min | Price: 380 PLN

## **Seasonal Signature Ritual**

A nourishing treatment created by SPA\_Iarnia therapists. The ritual includes a body peel and a face and body massage. Seasonally selected scents give each ritual a unique character aligned with the rhythm of the changing seasons. Perfect for those in need of tranquility and regeneration.

Duration: approx. 90 min | Price: 470 PLN

## **Luxury SPA\_Iarnia Ritual**

A unique ritual that combines relaxation with intensive skincare. It uses cosmetics from the exclusive Menard Embellir line, known for its powerful rejuvenating properties. The treatment begins with a full-body massage using almond oil, providing deep relaxation and balance, followed by a comprehensive facial treatment that restores radiance, elasticity, and vitality to the skin.

Duration: approx. 120 min | Price: 920 PLN

# SPA\_facial therapy



## Recommendations for Kobido Treatments

For best results, we recommend a series of 10 treatments performed once a week. To maintain the achieved effects, one maintenance treatment per month is advised.

### Kobido Face Massage

A deeply lifting treatment and the most advanced form of Japanese facial massage. It intensively stimulates the muscles, firms the skin, reduces fine lines, improves blood and lymph flow, and enhances the circulation of Qi (energy). It delivers a natural lifting effect, a radiant complexion, and profound relaxation. The massage includes the face, neck, and décolleté.

Duration: approx. 90 min | Price: 410 PLN

Series of 5 treatments: 1950 PLN

Series of 10 treatments: 3500 PLN

### Kobido Premium Face Massage

An extended version of the Kobido massage, enriched with a collagen sheet mask that intensively regenerates the skin and prolongs the spectacular effect of the treatment.

Duration: approx. 120 min | Price: 490 PLN

Series of 5 treatments: 2200 PLN

Series of 10 treatments: 3900 PLN

### Kobido Massage + Bio-aesthetic Taping

An enhanced version of the Kobido massage combined with bio-aesthetic taping, which extends the lifting effect and supports tissue regeneration. This combination helps maintain facial contour lift, reduces muscular tension, improves lymphatic drainage, and prolongs visible results.

Duration: 100 min | Price: 450 PLN

Series of 5 treatments: 2000 PLN

Series of 10 treatments: 3700 PLN

# MENARD TSUKIKA\_line

## **TSUKIKA Hydrating Treatment**

A deeply moisturizing ritual based on hyaluronic acid and Gardenia extract, restoring comfort, energy, and a fresh appearance to the skin. The treatment includes a facial peel, massage of the face, neck, and décolleté, a compress, a mask, and a relaxing hand massage.

Duration: approx. 60 min | Price: 450 PLN

## **TSUKIKA Hydrating & Purifying Treatment**

A treatment with a strong moisturizing effect, enriched with hyaluronic acid and Gardenia extract, which support hydration and provide the energy needed for proper skin function. The treatment includes a facial peel, massage of the face, neck, and décolleté, a compress, a mask, and a hand massage.

Duration: approx. 75 min | Price: 580 PLN

## **TSUKIKA Lifting Treatment**

A comprehensive treatment with lifting and moisturizing effects. It combines hyaluronic acid, Gardenia extract, and a collagen sheet mask. After the treatment, the skin is visibly hydrated and firm. The treatment includes a facial peel, massage of the face, neck, and décolleté, a compress, a mask, and a hand massage.

Duration: approx. 75 min | Price: 580 PLN



# MENARD EMBELLIR\_line

## EMBELLIR Anti-Aging Treatment

A comprehensive ritual with an immediate, powerful lifting and moisturizing effect. It deeply purifies, brightens, and refreshes the skin while restoring elasticity. The treatment is designed to reduce signs of aging and support proper cellular function. The creamy Menard Herb Mask AK gently removes dead skin cells, leaving the skin smooth and firm. The ritual includes a facial peel, rejuvenating massage of the face, neck, and décolleté, a compress, and a hand massage.

Duration: approx. 60 min | Price: 550 PLN

## EMBELLIR Anti-Pigmentation Treatment

A treatment that evens the skin tone and restores its natural radiance. The power of vitamin C derivatives provides visible brightening and skin-tightening effects. The treatment includes a facial peel, massage of the face, neck, and décolleté, a compress, a mask, and a hand massage.

Duration: approx. 75 min | Price: 550 PLN

## EMBELLIR Rejuvenating Treatment

A comprehensive rejuvenating and regenerating treatment that reduces signs of aging. Its effectiveness is enhanced by the powerful action of black and red Reishi mushrooms, which make the skin more radiant and diminish the appearance of fine lines around the eyes. The treatment includes a facial peel, rejuvenating massage of the face, neck, and décolleté, a compress, and a hand massage.

Duration: approx. 75 min | Price: 650 PLN

## Exclusive Intensely Regenerating & Firming EMBELLIR Treatment

A highly corrective treatment. The Authent Mask used in this ritual stimulates the multiplication of stem cells. It noticeably improves facial contours, defines the jawline, smooths lines and wrinkles, and delivers spectacular hydration, nourishment, and firmness. The treatment includes a facial peel, massage of the face, neck, and décolleté, a compress, a mask, and a hand massage.

Duration: approx. 90 min | Price: 1050 PLN

# MENARD – exclusive range of additional lines

## Beauness Deep Cleansing Treatment

A deep cleansing therapy that provides an immediate effect of radiant, smooth, and even-toned skin. It features the innovative Menard Beauness mask. The treatment includes a facial peel, massage of the face, neck, and décolleté, a mask, and a hand massage.

Duration: approx. 60 min | Price: 620 PLN

## Saranari Treatment

A comprehensive treatment with strong lifting and moisturizing effects, focused on addressing all causes of photoaging. Thanks to Japanese acupressure techniques, lymphatic drainage around the eye area is enhanced, reducing shadows and puffiness. The treatment includes a facial peel, massage of the face, neck, and décolleté, a mask, a compress, and a hand massage.

Duration: approx. 75 min | Price: 580 PLN

## **Marine Nourishment – Nourishing Treatment**

A nourishing treatment combined with an oxygenating facial massage that restores smoothness, comfort, and radiance to the skin. Ideal for dry, dull skin experiencing tightness or discomfort. The treatment includes a facial peel, facial massage, and mask.

Duration: approx. 60 min | Price: 350 PLN

## **Hydra Gold – Hydrating & Soothing Treatment**

This treatment combines effective skin cleansing with deep relaxation. Suitable for dehydrated skin, it restores comfort, softness, and elasticity. The treatment includes a peel, facial massage, and mask.

Duration: approx. 60 min | Price: 350 PLN

## **Express Shine – Express Brightening Treatment**

A facial care treatment designed for tired, oxygen-deprived skin. The treatment includes a peel and a mask.

Duration: approx. 30 min | Price: 450 PLN

## **Lift Marine – Lifting Treatment**

A nourishing, revitalizing, and refreshing treatment. Combined with an illuminating facial massage, it dramatically enhances facial contours and delivers an instant tightening effect. The treatment includes a peel, facial massage, and mask.

Duration: approx. 60 min | Price: 520 PLN

## **Global Anti-Ageing – Sculpting Treatment with PURE MER Complex**

A revitalizing anti-wrinkle facial treatment with multidirectional action, designed to slow the ageing process. It stimulates collagen synthesis while filling in wrinkles and expression lines. The treatment includes a peel, facial massage, and mask.

Duration: approx. 60 min | Price: 680 PLN

# SPA\_body





## **SPA\_Smoothing**

A classic salt-oil scrub that effectively smooths and regenerates the skin. Natural salt crystals gently remove dead skin cells, improve microcirculation, and restore silky softness. Ideal for those seeking renewal, improved skin firmness, and deep relaxation. After the treatment, the skin becomes noticeably brighter, soft, and naturally radiant.

Duration: approx. 30 min | Price: 210 PLN

## **SPA\_Smoothing + Oil Treatment**

An ultra-moisturizing body ritual. The salt scrub effectively removes dead skin cells, stimulates microcirculation, and firms the skin, leaving it smooth and glowing. The oil application deeply hydrates, nourishes, and regenerates, restoring elasticity and natural radiance. The treatment is deeply relaxing, soothing both body and mind, and leaves a feeling of lightness and harmony. Perfect as a regenerating ritual or preparation for summer.

Duration: approx. 60 min | Price: 320 PLN

## **Remineralizing Ritual – Brittany**

A remineralizing full-body ritual based on algae and marine minerals, including magnesium. The ritual begins with a cleansing clay and sea-salt scrub that removes dead skin cells and unclogs pores. An algae mask moisturizes, nourishes, and regenerates the skin. A special massage using marine ingredients deeply relaxes the body while remineralizing the skin. The body treatment includes a scrub, mask, and full-body massage.

Duration: approx. 90 min | Price: 520 PLN

## **Illuminating Ritual – Bali**

An illuminating body ritual enriched with noni fruit and coconut, both of which provide excellent hydration and soothing effects. Hibiscus flower extract firms the skin, slows ageing processes, and supports reduction of excess fatty tissue. A nourishing prickly-pear balm regenerates, firms, smooths, and brightens the skin. The body treatment includes a scrub, mask, and full-body massage.

Duration: approx. 90 min | Price: 520 PLN

### **Moisturizing & Relaxing Ritual – Japan**

This ritual uses the relaxing properties of magnesium found in oyster shells. A cotton-based mask provides nourishment, while green tea oils prevent dehydration and skin laxity. The body treatment includes a scrub, mask, and full-body massage.

Duration: approx. 90 min | Price: 520 PLN

### **Anti-Aging Ritual – Scandinavia**

A ritual that takes you on a soothing, regenerating journey deep into the Baltic Sea. Amber, polar algae, and sea buckthorn work together to give the skin a youthful appearance, firmness, and hydration. The body treatment includes a scrub, mask, and full-body massage.

Duration: approx. 90 min | Price: 520 PLN

### **Purifying & Regenerating Ritual – Sicily**

A treatment based on therapeutic thermal waters and volcanic ash from the foothills of Mount Etna, rich in magnesium, calcium, and silica. It purifies the skin, restores elasticity, and strengthens the tissue. The body treatment includes a scrub, mask, and full-body massage.

Duration: approx. 90 min | Price: 520 PLN

# SPA\_massages



## **Guidelines on Massage Pressure Levels**

To ensure the highest standard of our massage treatments and the complete comfort of our Guests, each massage is performed with a precisely defined pressure level, harmoniously matched to its character and therapeutic goals. This pressure is an integral part of the treatment's composition and cannot be altered during the session.

### **1 – Gentle Massages**

Characterized by slow, rhythmic, and fluid movements. Their primary purpose is deep relaxation, stress reduction, and improved overall well-being. Recommended for Guests highly sensitive to touch, with low pain tolerance, experiencing emotional tension, or seeking calm and soothing effects.

### **2 – Moderate-Pressure Massages**

Performed with balanced, moderate pressure that relieves tension and supports improved circulation. The therapist works on the tissues in a controlled way, relaxing the muscles without excessive intensity. This is the most universal and frequently chosen pressure level.

### **3 – Deep-Pressure Massages**

Techniques performed with deep, intense pressure using slow, precise movements. Their goal is to reach deeper muscle and fascia layers, release chronic tension, and improve body mobility. Recommended for Guests accustomed to strong manual work.

If you desire a stronger level of manual work, please select the appropriate massage type before your session begins—this ensures that the technique, tempo, and therapist's workload are prepared accordingly to provide you with the full intended experience. Selecting or switching to a stronger massage type may result in a change in treatment price.

In this way, each massage becomes a coherent, perfectly crafted ritual that guarantees the highest quality, complete safety, and unparalleled comfort.

Thank you for your understanding and trust!



# GENTLE MESSAGES [1]

## Classic Face Massage

A classic facial massage that stimulates microcirculation, firms the skin, and helps reduce muscle tension in the face, neck, and décolleté. The skin appears refreshed and more elastic. It provides a deep sense of relaxation while easing stress and tension.

Duration: approx. 30 min | Price: 200 PLN

## Relaxing Massage

A massage designed to achieve complete relaxation through a combination of essential oils and soothing massage techniques. It has a calming effect on both body and mind, alleviating various forms of discomfort and tension.

Duration: approx. 30/60 min | Price: 210/320 PLN

## Hot Stone Massage

A massage combining the warmth of basalt stones with carefully selected massage techniques. It stimulates the body's energy pathways, allowing deep relaxation and release of tension from every part of the body.

Duration: approx. 30/60 min | Price: 220/330 PLN

## Aromatic Candle Massage

Pure skincare indulgence. Natural beeswax, coconut oil, and soybean oil leave the skin deeply nourished and moisturized. Unique compositions of essential oils awaken the senses and enhance relaxation.

Duration: approx. 30/60 min | Price: 240/340 PLN

## Mother-to-Be Massage

A soothing treatment that relieves stress and tension, bringing comfort to tired legs and back. It is also an excellent nurturing and supportive therapy during pregnancy.

Duration: approx. 60 min | Price: 320 PLN

# MODERATE-PRESSURE MESSAGES [2]

## Relaxing Release Massage

A tension-relieving massage that uses specialized manual techniques along with almond oil infused with hemp and patchouli. It helps ease both physical and emotional stress, relaxes and oxygenates the muscles, and allows accumulated tension to melt away.

Duration: approx. 30/60 min | Price: 220/340 PLN

## RED WINE Massage

A relaxing and nourishing massage that rejuvenates and firms the skin. Thanks to red wine-based oil, it provides deep hydration, enhances elasticity, and improves microcirculation.

Duration: approx. 30/60 min | Price: 220/340 PLN

## MINI Couples Massage Course

A unique combination of a traditional massage and an introduction to essential massage techniques. During this 90-minute session, we will guide you through the basics of massage to help you develop confidence and connection through touch.

Duration: approx. 90 min | Price: 420 PLN

# DEEP-PRESSURE MESSAGES [3]

## Firming Massage

An intensive, firming massage that stimulates metabolism and supports toxin elimination through a combination of manual techniques, WOOD THERAPY, and oils infused with geranium and orange.

Duration: approx. 60 min | Price: 350 PLN

## Deep Tissue Massage

A more intensive form of relaxation massage focused on reaching the deeper layers of muscles and connective tissue. It helps release tension, lengthen muscles, and reduce discomfort.

Duration: approx. 30/60 min | Price: 230/350 PLN

## Sports Massage

A massage dedicated to active individuals, characterized by strong intensity and deep pressure. It supports muscle recovery, reduces fatigue, and enhances the body's performance capabilities.

Duration: approx. 30/60 min | Price: 230/350 PLN

# SPA\_packages





## **SPA\_Signature**

- + SPA\_open access
- +Signature Body Smoothing
- +Signature SPA\_larnia Massage
- +Signature Face Massage [with floral stamps]
- +Aromatic coffee or tea

Duration: approx. 225 min | Price: 800 PLN

## **SPA\_Hydration**

- +SPA\_open access
- +Moisturizing & Relaxing Ritual – Japan
- +Hydra Gold – Hydrating & Soothing Treatment
- +Aromatic coffee or tea

Duration: approx. 240 min | Price: 870 PLN

## **SPA\_Lift**

- +SPA\_open access
- +Firming Body Massage
- +Lift Marine – Lifting Treatment
- +Aromatic coffee or tea

Duration: approx. 210 min | Price: 860 PLN

## **SPA\_Nourishment**

- +SPA\_open access
- +Aromatic Candle Massage
- +EMBELLIR Rejuvenating Treatment
- +Aromatic coffee or tea

Duration: approx. 225 min | Price: 990 PLN

## **SPA\_Luxury**

- +SPA\_open access
- +Menard Exclusive Regenerating Treatment
- +Scandinavian Ritual
- +Sweet Chef's Treat from TASTE\_it
- +Aromatic coffee or tea

Duration: approx. 270 min | Price: 1610 PLN

## **SPA\_Cleansing**

- +SPA\_open access
- +SPA\_Smoothing + Oil Treatment
- +TSUKIKA Hydrating & Purifying Treatment
- +Aromatic coffee or tea

Duration: approx. 225 min | Price: 900 PLN

## **SPA\_for Two**

- +SPA\_open access
- +Shared candlelit bath
- +Signature Seasonal Ritual
- +Romantic dinner at TASTE\_it Restaurant  
[250 PLN credit to use on à la carte dishes]

Duration: approx. 210 min | Price: 1470 PLN

## **SPA\_Beautiful Pregnancy**

- +SPA\_open access
- +Mother-to-Be Massage
- +TSUKIKA Hydrating Treatment
- +Aromatic coffee or tea

Duration: approx. 210 min | Price: 720 PLN

## **SPA\_men**

- +SPA\_open access
- +Red Wine Massage
- +Beauness Treatment
- +Aromatic coffee or tea

Duration: approx. 210 min | Price: 960 PLN

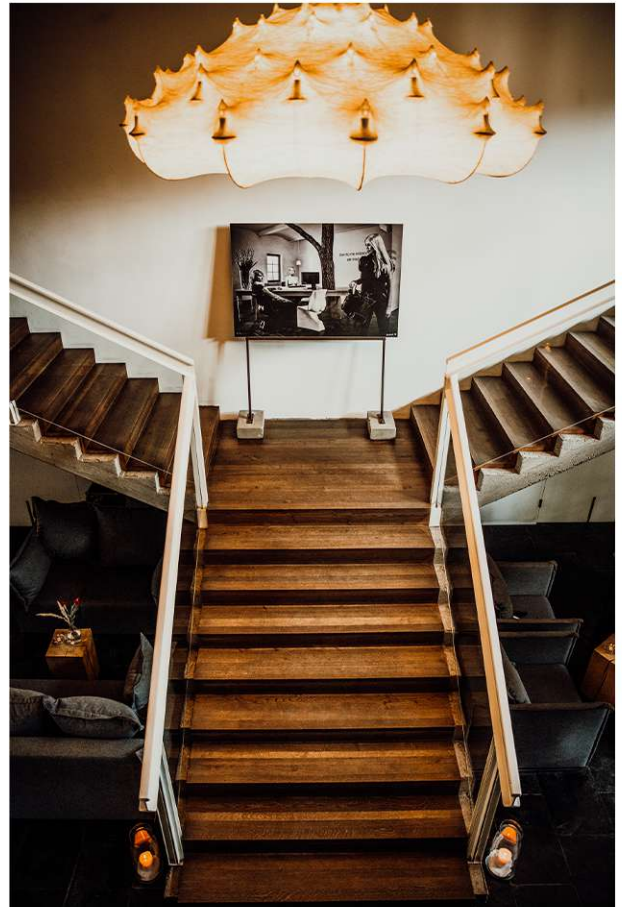
## **SPA\_individual**

- + Create your own personalized package tailored to your needs.

For more information,  
please contact the SPA\_Reception.

# HOT\_elarnia ★★★★★

HOTEL & SPA



HOT\_elarnia\*\*\*\* and SPA\_larnia DAY SPA stand out with their individual and recognizable character. They are places of exceptional architecture, designed with great love for modern aesthetics. Bartosz Konieczny – the architect of both buildings – combined Polish traditions in an unconventional way with innovative inspirations, creating an eclectic yet harmonious whole.

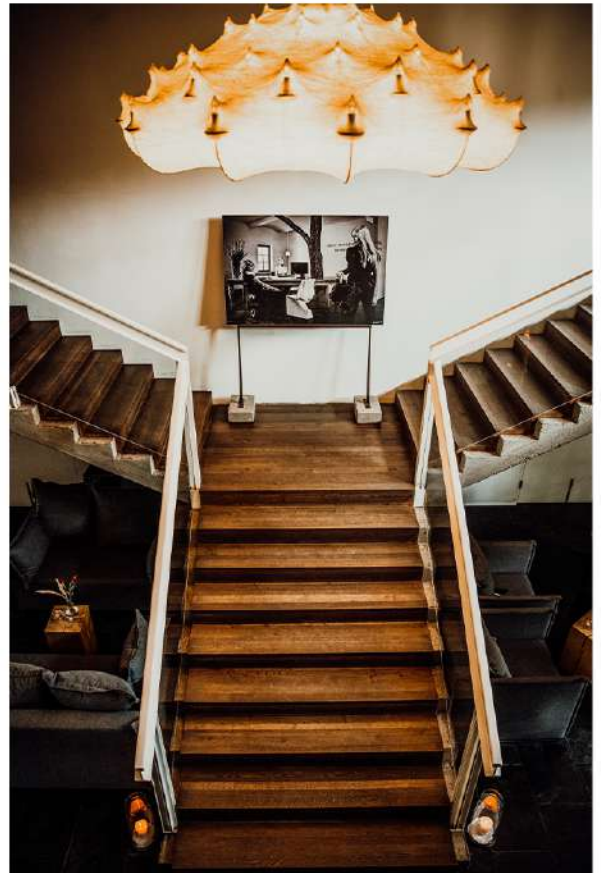
HOT\_elarnia offers only 24 rooms. Interestingly, the rooms do not have numbers; instead, they are distinguished by colors. This is where the color palette ends, as the rest of the hotel and SPA is arranged primarily in shades of white, grey, and black. Raw concrete, glass, and wood dominate the space, giving it a minimalist, contemporary feel.



*“Home is not the place where you live, but the place where you are understood...”*

– CHRISTIAN MORGENSTERN

At HOT\_elarnia\*\*\*\* and SPA\_larnia, the most important element is the person – and their needs. Each Guest is cared for individually, with thoughtful attention that creates a space perfectly suited for a dreamlike retreat, surrounded by refined comfort and luxurious amenities.





# TASTE\_it RESTAURANT





In the extraordinary menu of the TASTE\_it restaurant, you will find modern interpretations of traditional Greater Polish cuisine, prepared with the finest regional products and inspired by the richness of seasonal ingredients.

#### **Hotel & SPA in numbers:**

SPA\_larnia has been operating since 2006.

HOT\_elarnia and the TASTE\_it restaurant have been operating since 2009.

The hotel offers 24 rooms.

The SPA features 6 treatment rooms.







**SPA\_larnia** DAY SPA

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