



VILLA HOFF
WELLNESS & SPA

Club Spa Villa Hoff

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Club Spa Villa Hoff

TIME JUST FOR YOU. RELAXING, BEAUTIFYING, IN HARMONY WITH
NATURE. JUST THE WAY YOU LIKE IT...

YONELLE's prestigious Polish brand treatments address the skincare needs of every skin type and age. They have a strong, yet gentle effect on the skin and are remarkably effective. Yonelle prioritizes the express results of rested and glowing skin, as well as anti-aging effects.

Treatments based on the **TEAM DR JOSEPH** method use pure natural products of the highest quality, based on the cooperation of nature and advanced micro technologies. These products are of exceptional quality, 100% pure, natural, organic, and free of artificial ingredients. They are recommended even for people with particularly sensitive skin, pregnant women, those who have undergone cancer treatment, vegans, vegetarians, after aesthetic medicine treatments, and active exfoliation.

ALQYIMIA's exclusive body and face rituals restore the ancient art of perfumery, combined with ancient formulas and alchemical processes. They represent the search for absolute beauty, with products that are not only cosmetically effective but also good for well-being, energy, and spirituality.

OUR BEST THERAPISTS WILL TAKE CARE OF YOUR WELL-BEING

Kazimierz: Massage therapist and SPA therapist. He specializes in classical, Oriental, and Ayurvedic massages. He loves what he does, and his greatest satisfaction comes from the satisfaction and relaxation of his clients. Kazimierz plans each therapy individually to meet the client's needs, as he believes that it is the best way to achieve lasting and spectacular results.

Dorota: Cosmetologist, SPA therapist, and massage therapist. The profession of a cosmetologist, in which she has several years of experience, is constantly her passion. She uses combined therapy to achieve the best results of the treatment. She approaches each client individually and holistically, ensuring that the treatments are complemented by appropriate advice. She specializes primarily in facial, neck, and décolletage treatments, as well as in body care treatments. Recently, she has developed a particular fondness for Ayurvedic massages. She puts her heart into her work, and the effects of the treatments and the satisfaction of her clients give her immense satisfaction.





PREMIUM FACIAL TREATMENTS

BIOFUSION SECOND SKIN YONELLE - TREATMENT WITH ROYAL FACIAL MASSAGE, CAVITATION PEELING, AND HAND CARE

70 min / 420 zł

An exclusive biological treatment that regenerates mature, dehydrated, and sensitive skin. Intense moisturization and improved skin tension are noticeable after the first treatment. The excellent combination of active ingredients allows for deep skin revitalization, strengthening of the hydro-lipid mantle, and evening out of the skin tone.

BEAUTY RECIPE - WE RECOMMEND A SERIES OF HOME COSMETICS -
MEDESTELLE ICONIC

C BRIGHTENING - TREATMENT WITH ROYAL FACIAL MASSAGE, CAVITATION PEELING, AND HAND CARE

70 min / 420 zł

A luxurious rejuvenating treatment with an above-average effect on all types of stressed and tired skin, with an incredibly relaxing and holistic effect on the skin and senses. The treatment slows down the skin aging process and stimulates self-regeneration. The effect of brightening and lifting is visible and palpable immediately after the treatment.

BEAUTY RECIPE - WE RECOMMEND A SERIES OF HOME COSMETICS -
MEDESTELLE PREMIUM WITH VITAMIN C

SPIANTOL MIMICAL EFFECT - TREATMENT WITH ROYAL FACIAL MASSAGE, CAVITATION PEELING, AND HAND CARE

70 min / 420 zł

A treatment inspired by the most active ingredients used in aesthetic medicine. Recommended for skin with both newly appearing and established mimic wrinkles. Yonelle's innovation is the Infusion Complex Spilantol HX-8, which aims to reduce mimic wrinkles.

BEAUTY RECIPE - WE RECOMMEND A SERIES OF HOME COSMETICS -
MEDESTELLE PREMIUM WITH PEPTIDES





FACIAL TREATMENTS

VITAMIN C FORTE PEEL

55 min / 310 zł

A treatment that quickly refreshes, revitalizes, moisturizes, visibly tightens pores, and evens out the skin tone. It instantly improves the appearance, leaving a lifting effect. The infusion of 20% vitamin C used in the treatment has an anti-aging effect, protects cells' DNA from free radicals, and stimulates skin metabolism. It is a year-round treatment suitable for all skin types, except for very sensitive skin, recommended for mixed, problematic skin with sun and post-inflammatory discoloration.

BEAUTY RECIPE - WE RECOMMEND A SERIES OF HOME COSMETICS - MEDESTELLE PREMIUM WITH VITAMIN C

CBD PRO-PERFECTION

55 min / 310 zł

A treatment that improves the condition and appearance of mixed and oily skin with persistent imperfections. It uses pharmaceutical cannabidiol CBD, salicylic acid, and Japanese ubame charcoal. It has an anti-inflammatory effect, improves the skin's condition at any age, reduces the intensity of acne changes, and the number of blackheads.

BEAUTY RECIPE - WE RECOMMEND A SERIES OF HOME COSMETICS - MEDESTELLE ADVANCED ANTI-ACNE PROGRAM WITH CBD

CONTRA WRINKLE

55 min / 310 zł

A treatment against wrinkles that combines the effects of microdermabrasion and micro-needling. It reduces wrinkles and improves skin elasticity, firmness, and smoothness. The treatment uses the highest quality equipment and cosmetics that effectively stimulate skin renewal processes.

BEAUTY RECIPE - WE RECOMMEND A SERIES OF COSMETICS FOR HOME USE - MEDESTELLE PREMIUM LIFT LINE AND ALMOND BRIGHTENING PEELING





CALMING SOOTHING TREATMENT ESPECIALLY RECOMMENDED FOR VERY SENSITIVE SKIN AND INDIVIDUALS UNDERGOING ONCOLOGICAL TREATMENT.

60 min / 310 zł

An incredibly effective treatment that alleviates redness, burning, and skin tension. It excellently soothes and restores balance to the skin. The purpose of the treatment is to maximize skin calming and reduce redness. The therapy combines carefully selected active ingredients, delivered deep into the tissues, and calming and relaxation techniques based on the TEAM DR JOSEPH method. It is also recommended for skin after treatments (such as dermatological conditions causing dryness or cancer therapies).

BEAUTY PRESCRIPTION - WE RECOMMEND THE HOME CARE PRODUCT
LINE - TEAM DR. JOSEPH CALMING LINE

CONTRA REDNESS

55 min / 310 zł

An exceptionally effective treatment for vascular, sensitive, and irritation-prone skin, improving the appearance and comfort of skin with visible fragility of blood vessels. The treatment is based on hesperidin, which increases the elasticity and durability of blood vessel walls and also exhibits anti-inflammatory and calming properties.

BEAUTY PRESCRIPTION - WE RECOMMEND THE HOME CARE PRODUCT
LINE MEDESTELLE ANTI-REDNESS PROGRAM

MANDEL LIFT PEEL

55 min / 310 zł

A lifting treatment using almond acid suitable for all skin types. Particularly beneficial for combination skin with a dull complexion. It reduces skin shine, remarkably smoothens the skin, and gives a healthy, fresh appearance. The treatment spectacularly improves skin tension and elasticity and can be carried out throughout the year.

BEAUTY PRESCRIPTION - WE RECOMMEND THE HOME CARE PRODUCT
LINE MEDESTELLE PREMIUM LIFT AND ALMOND BRIGHTENING PEEL





EXPRESS BEAUTY TREATMENTS

ROYAL LIFT

40 min / 150 zł

A lifting massage, using a proprietary technique, covers the face, neck, décolletage, nape of the neck, shoulder girdle, and arms. As a result, the skin is tightened, and the oval of the face is visibly lifted.

POSSIBILITY OF PURCHASING A PACKAGE - BUYING 4 ROYAL MASSAGES FOR ONE PERSON - GET 5 MASSAGES FOR FREE

BEAUTY EXPRESS

25 min / 190 zł

An express care treatment, combining a peeling phase with a facial massage.

MANDEL EXPRESS PEEL

25 min / 190 zł

An express revitalizing treatment using almond acid, suitable for all skin types. Instantly smoothens the skin surface and wakes it up. Ideal as a quick beauty treatment before a night out.

BRIGHTENING

25 min / 190 zł

A treatment for tired, stressed, and dull skin, in need of revitalization and improved complexion. Instantly improves the appearance of the skin, refreshes, brightens, and moisturizes. Leaves a noticeable brightening and complexion-improving effect. The skin after the treatment is remarkably smooth, radiant with freshness and youthful glow.

BEAUTY RECIPE - AFTER EXPRESS BEAUTY TREATMENTS, WE RECOMMEND A SERIES OF HOME CARE COSMETICS - MEDESTELLE PRO LINE - ACTIVE





MICRONEEDLING TREATMENTS

Microneedling therapy is a non-surgical method of revitalizing the skin. It stimulates skin cells to divide and increases their activity, which leads to an increase in the synthesis of building elements of the skin such as collagen, elastin, and hyaluronic acid. It stimulates the skin to undergo intensive rebuilding. A controlled inflammatory state occurs, which causes quite intense but painless redness and mild swelling of the skin. This is a natural process that completely subsides within 1-3 days. The treatments make the skin firmer and give it a youthful and healthy appearance. A series of treatments improves both the structural and functional aspects of the skin. This results in increased tension and elasticity, thickening of the epidermis, and improved skin function. The treatments firm the skin, eliminate acne scars, reduce fine wrinkles, and discoloration.

HYBRID ANTI – WRINKLE PEEL 12%

85 min / 450 zł

A hybrid anti-wrinkle treatment with acids for mature, mixed, thin, and delicate skin. It accelerates the metabolism and biological renewal of the epidermis, preventing the loss of biochemical parameters such as firmness, elasticity, and plasticity. It strongly binds water in the epidermis, causing an increase in moisture. In the case of mixed skin, it has antibacterial properties and refreshes dull and tired skin.

HYBRID MANDEL SUPER LIFT PEEL

85 min / 450 zł

A hybrid gentle and safe treatment for all seasons. It gives very good revitalization effects, reduces wrinkles, and spectacularly smooths the surface of the skin. It evens out skin tone, cleanses, improves tension and elasticity. It works great for acne-prone skin by unblocking the sebaceous gland openings.

PACKAGE OF TREATMENTS - WHEN PURCHASING A SECOND TREATMENT, YOU RECEIVE A 5% DISCOUNT. EACH SUBSEQUENT TREATMENT HAS A 10% DISCOUNT

BEAUTY RECIPE - WE RECOMMEND A SERIES OF HOME COSMETICS - MEDESTELLE PRO-ACTIVE LINE AND ICONIC





MEN'S ZONE - FACIAL TREATMENTS

MAN-ESTHETIC YONELLE

55 min / 230 zł

A biological renewal treatment for tired facial and eye area skin, using express peeling and a hydro-infusion mask. Particularly recommended for skin exposed to long hours in air-conditioned spaces. The treatment has an anti-stress effect and stimulates cellular metabolism. The combination of active ingredients is suitable for all skin types.

MAN-VITALIC YONELLE

55 min / 280 zł

A highly moisturizing treatment that gives the skin a fresh and well-groomed appearance. The combination of almond peeling and a nano-acid mask provides a fantastic cleansing and smoothing effect on the skin surface.

BEAUTY RECIPE - WE RECOMMEND THE MEDISTELLE PREMIUM AND PRO ACTIVE SERIES OF HOME CARE COSMETICS

Additional treatments available for facial treatments

CAVITATION PEELING

15 min / 60 zł

Performed only during facial treatments, cavitation peeling uses ultrasound to break down and remove dead skin cells. The treatment is gentle on the skin and can be performed on all skin types, regardless of the season. It prepares the skin for the absorption of active substances contained in cosmetics, smoothing and cleansing the skin.

INDIVIDUALLY SELECTED HYDRO - INFUSION MASK

20 min / 80 zł

Innovative masks made of medical biocellulose saturated with active substances. In just a few minutes, the mask provides a strong moisturizing effect, brightens and evens out the skin tone. The mask is selected individually according to the skin's needs.





S.O.S. AROUND THE EYES

20 min / 65 zł

A treatment for the eye area recommended for use during other treatments. It intensively firms and spectacularly brightens the skin, refreshing and giving a younger, rested appearance.

BROW HENNA + SHAPING

30 zł / 15 zł*

FULL HENNA (BROWS, LASHES + SHAPING)

60 zł / 30 zł*

* Price reduced by 50% when combined with a selected facial



EXCLUSIVE FACE AND BODY RITUALS

QUEEN OF EGYPT

120 min / 750 zł

Surround yourself with the aura of an exotic scent inspired by Cleopatra's ointment. A scent that will transport you through time and space while opening a channel of connection to your inner goddess. ALQVIMIA, inspired by the figure of Cleopatra, offers a skincare experience that will help you maintain youthfulness, attractiveness, self-confidence, and inner strength. For centuries, the renowned properties of the Dead Sea and precious essential oils from frankincense, myrrh, and petitgrain have rejuvenated the skin, providing a sense of harmony, fascination, and beauty, which are symbols of absolute purity and eternal youthfulness and will make you feel like a true queen. The charming, mysterious, and exotic aura permeates this line of cosmetics, which is inspired by ancient treatments developed exclusively for Cleopatra.

The stages of the ritual include inhalation, body oiling, full-body scrub, hand and foot scrub using coarse salt, and a mud wrap from the Dead Sea mixed with the Queen of Egypt oil synergy. A moisturizing and regenerating treatment is applied to the face and neck. The ritual is completed with an incredibly aromatic and relaxing massage incorporating elements of Ratnaabyhanga Ayurvedic massage using semi-precious hot stones.





KING OF THE BALTIC SEA

120 min / 750 zł

Feel like the ruler of the seas. Experience a deep state of relaxation and breathe in the air flowing from the heart of the sea. The wealth of nature and aromatherapy come together. After a period of intense activity and stress, your body needs rest and relaxation. Alqvimia combines the noblest and highest quality vegetable oils with the effectiveness of the purest essential oils to create the Anti-Stress Body Oil, which is the basis of the King of the Seas ritual. This body oil has a pleasant scent and provides an immediate sense of well-being. When used with a massage, it helps to relax and reduce tension. It moisturizes and regenerates the skin, giving it softness and smoothness. Anti-Stress is made from the purest plant-based raw materials based on almond oil, which naturally moisturizes the skin. The active ingredients are a synergy of essential oils from orange, lemon, petitgrain, grapefruit, marjoram, and lavender, with a captivating natural aroma that promotes relaxation and overall well-being. It is particularly recommended for stress caused by physical and mental fatigue. The noblest and highest quality vegetable oils are combined with the effectiveness of 100% natural essential oils for comprehensive care for the face and body, with the excellence of aromatherapy and alchemy. The ritual consists of inhalation, body oiling, whole body scrub, hand and foot scrub on coarse salt, and a compress made of Dead Sea mud with a mixture of Anti-Stress oils. The treatment includes a moisturizing and regenerating treatment for the face and neck. The ritual is completed with an incredibly aromatherapeutic relaxation massage with elements of Ayurvedic Ratnaabhyanga massage performed with semi-precious hot stones.

BUY TWO TREATMENTS AND GET 10% DISCOUNT

BEAUTY RECIPE - TAKE HOME A WONDERFUL OIL FROM THE QUEEN OF EGYPT OR THE KING OF THE BALTIC SEA BODY TREATMENTS





BODY TREATMENT

SIGNATURE BODY TREATMENT BY VILLA HOFF

50 min / 180 zł

A smoothing, stimulating, and nourishing body treatment with sugar scrub and an infusion mask wrap.

BEAUTY RECIPE - WE RECOMMEND A SERIES OF HOME COSMETICS -
MEDESTELLE BODY LINE - HYDROLIPID STRONGLY NOURISHING BODY
BALM

SENSUAL BODY YONELLE

80 min / 360 zł

A relaxing full-body massage with hemp oil preceded by a cleansing sugar scrub. Recommended for those who want to regenerate their body, relieve muscle tension, and restore a sense of well-being.

BEAUTY RECIPE - WE RECOMMEND A SERIES OF HOME COSMETICS -
MEDESTELLE BODY LINE - HYDROLIPID STRONGLY NOURISHING BODY
BALM

ANTI-CELLULITE TREATMENT

70 min / 330 zł

The treatment begins with a combination of enzymatic and mechanical Luffa sponge peeling, which stimulates blood and lymph flow. The skin is effectively prepared to absorb active ingredients during the treatment. An anti-cellulite wrap is then applied to the body, followed by a glass cupping massage that intensively stimulates and purifies subcutaneous tissue. The treatment results in even, smooth, delicate skin with a significant improvement in firmness.

BEAUTY RECIPE - WE RECOMMEND A SERIES OF HOME COSMETICS -
VITALIS BODY SHAPE CELLULITE CREAM





DETOXIFYING TREATMENT WITH ALPINE MINERAL MUD

70 min / 320 zł

The treatment begins with a combination of enzymatic and mechanical Luffa sponge peeling, which stimulates blood and lymph flow. Unique alpine mud stimulates the circulatory system and accelerates the natural elimination of harmful substances from the body, leading to better metabolism. The treatments support the natural regeneration of cells, maintain proper skin hydration, and prevent premature aging. The skin becomes velvety smooth, firm, and elastic. Additionally, the wraps reduce muscle tension, relax the whole body, alleviate rheumatic pain, and the high concentration of essential minerals strengthens the immune system.

BEAUTY RECIPE - WE RECOMMEND A SERIES OF HOME COSMETICS -
VITALIS BODY REPAIR WELL AGING CREAM

SILK BIO-REVITAL YONELLE

50 min / 290 zł

A peeling body massage with a relaxing and revitalizing effect, a perfect combination of a relaxing massage with volcanic peeling. The massage helps to alleviate the effects of stress and painful muscle tension. The combination of cosmetics spectacularly smoothes, moisturizes, and regenerates the hydrolipid mantle.

BEAUTY RECIPE - WE RECOMMEND A SERIES OF HOME COSMETICS -
MEDESTELLE BODY LINE - HYDROLIPIDIC STRONGLY NOURISHING BODY
BALM

SILK PERFECT CONTOUR YONELLE

50 min / 290 zł

This is a modeling and relaxing body massage with a peeling effect. It is perfect when our body needs stimulation of the silhouette modeling process and intensive comprehensive skin care and strengthening. The massage techniques stimulate microcirculation, making it easier for the body to get rid of toxins and lose fluids that accumulate in certain areas.

BEAUTY RECIPE - WE RECOMMEND A SERIES OF HOME COSMETICS -
MEDESTELLE BODY LINE - HYDROLIPIDIC STRONGLY NOURISHING BODY
BALM

YONELLE SUGAR PEELING

25 min / 140 zł

This peeling treatment eliminates roughness and dryness of the skin, leaving it perfectly smooth and velvety to the touch with intriguing fresh aromas.

BEAUTY RECIPE - WE RECOMMEND A SERIES OF HOME COSMETICS -
MEDESTELLE BODY LINE - HYDROLIPIDIC STRONGLY NOURISHING BODY
BALM





AYURVEDIC MESSAGES

AYURVEDA ABHYANGA

50 min / 250 zł

A deeply relaxing and purifying full-body massage with herbal oils, Abhyanga is one of the most important treatments used in Ayurveda. Herbal oil massages stimulate the circulatory system, soothe the nervous system, and strengthen the muscles. They support digestion, purify the blood, and oxygenate the body's cells, thereby improving physical and mental well-being.

AYURVEDA SHIROABHYANGA

40 min / 180 zł

A massage of the arms, neck, head, and face - Through appropriate techniques performed in a strictly defined sequence, you can effectively improve the condition of both body and spirit. As a result, the skin becomes fresher and more radiant, fatigue and stress disappear, and the face, neck, and décolletage look younger. There is no doubt that this effect translates into greater optimism and self-confidence - not only among women.

HINDU FULL BODY AND HEAD MASSAGE

80 min / 450 zł

A Hindu massage using hot essential oils. The massage covers the whole body, including the head, hands, and feet. It provides immediate relief in acute and chronic muscle tension. It relaxes the muscles of the skull, improves the performance of the circulatory and lymphatic systems in overloaded muscles, which promotes better nutrition of tissues and faster removal of toxins from the body, makes blocked joints more elastic and fluid in movement, and RELAXES THE WHOLE BODY.

ABYHANGA + SHIRODHARA

90 min / 450 zł

A unique combination of two Ayurvedic massages that put you in a state of bliss. Ayurveda Abhyanga is a relaxing Hindu massage that uses the beneficial properties of hot essential oils to move energy throughout the body and balance it on a physical, mental, and spiritual level. Ayurveda Shirodhara, on the other hand, is a massage of the forehead (the „third eye,” also known as the „eye of wisdom”), which affects the function of the internal secretion glands. This massage effectively improves memory and concentration, expands perception and self-awareness. The treatment is primarily designed for people in need of relaxation and stress relief. It is also recommended for those who would like to stimulate their brain activity. It provides extraordinary relaxation and relief, which is particularly desirable for busy and stressed individual.





UDVARTANAM

This is a massage treatment that lasts for 80 minutes (360 PLN) or 50 minutes (280 PLN). It intensively stimulates the metabolism in the cells and improves the functioning of the circulatory system. It reduces muscle tension and stimulates the nervous system. At the same time, it acts as a peeling, smoothing out unevenness in the skin. The Udvartana massage removes dead skin cells so that the skin can breathe better and eliminate unnecessary toxins through its surface. It also facilitates the penetration of oil and provides excellent hydration.

80 min / 360 zł

50 min / 280 zł

AYURVEDA SHIRODHARA

„Shiro” means head, „Dhara” means continuous stream of liquid. This is a treatment that involves massaging the point between the eyebrows, also known as the „third eye,” and the forehead with a stream of warm liquid. It improves memory, expands perception, and enhances intuition. It calms the autonomic nervous system, effectively eliminating nervousness, insomnia, fears, and stress. It also relieves chronic headaches (migraines) and mental overload.

40 min / 220 zł

KATI VASTI

Kati vasti is a very simple but extremely effective oil treatment (snehana) for the lumbar spine. During the treatment, therapeutic, warm, herbal oils are applied locally.

40 min / 200 zł

RATNAABYHANGA

This is a massage with hot semi-precious stones combined with herbal oils. Ratnaabyhanga strongly affects the release of tension in tired muscles, reduces stress, regenerates the body, and increases vitality. Minerals such as jasper, aventurine, pink quartz, amethyst, tiger’s eye, and mountain crystals are used in the massage.

80 min / 270 zł

50 min / 200 zł

BEAUTY RECIPE - WE RECOMMEND BALINESE SHEA BUTTER - ALOE VERA AND SENSUAL BODY, AS WELL AS HERBAL HAIR OILS





ORIENTAL MASSAGES

LOMI LOMI - A MASSAGE ORIGINATING FROM HAWAII

80 min / 300 zł

50 min / 240 zł

The name „lomi lomi” in Hawaiian means, among other things, kneading, pressing, and working on the inside and outside. Of course, these statements refer to the human body. In another sense, „lomi lomi” is the touch of a cat’s gentle paw. Lomi lomi massage allows you to feel bliss, relaxation, and satisfaction of the soul and body. It provides relaxation and fulfills the need for physical contact. It is performed with hands or forearms.

Lomi lomi massage relaxes the body and increases joint mobility. Thanks to the massage, the metabolism improves, and the digestive system works better. The result is an acceleration of fat tissue burning. Lomi lomi massage is very relaxing and calming. It also improves blood circulation. It is an ideal solution for people who live in high stress. Anyone who needs a moment of rest from the surrounding world and daily life problems can benefit from lomi lomi massage. Lomi lomi massage affects all spheres of the body: mental, spiritual, and physical.

BEAUTY RECIPE - WE RECOMMEND BALINESE SHEA BUTTERS - ALOE VERA AND SENSUAL BODY

HERBAL STEM MASSAGE - A MASSAGE ORIGINATING FROM THAILAND AND INDONESIA

50 min / 230 zł

It involves massaging the body with pouches filled with a mixture of herbs, spices, flowers, and nuts heated in oil. During the massage, a wonderful aroma is released from the pouches, and the properties of the contents of the pouches and oil affect the skin, nourishing it, improving blood circulation and metabolism. The heated skin absorbs active plant substances contained in the pouches perfectly. The skin, after the treatment, is optimally moisturized and lubricated, regains proper firmness, and a healthy glow. The stem massage is recommended for anyone who wants to experience deep relaxation. We particularly recommend it to stressed, constantly tense, and exhausted individuals.

BEAUTY RECIPE - WE RECOMMEND BALINESE SHEA BUTTERS - ALOE VERA AND SENSUAL BODY





CLASSIC MASSAGES

AUTHOR'S MASSAGE WITH STICKS WITH BASALT VILLA HOFF

25 min / 180 zł

Relief for sore muscles in the back, neck, and shoulder girdle. Excellent massage for tense, tired, and stressed back muscles. Deep massage speeds up and restores regeneration, oxygenation, and relaxation. Especially recommended for people tired from long periods of sitting work.

HOT STONE MASSAGE

80 min / 270 zł

Hot stone massage with basalt stones is deeply relaxing, loosening muscles, eliminating fatigue, and improving energy flow in the body.

50 min / 200 zł

LYMPHATIC DRAINAGE

40 min / 210 zł

Improves lymph circulation, helps eliminate edema, shortens the time of absorption of bruises and hematomas.

CLASSIC MASSAGE

back 25 min / 95 zł

Increases muscle flexibility and elasticity, activates blood and lymph flow. Combination of tissue regeneration techniques (such as cupping, hot stones) - individually determined by the therapist.

whole body 50 min / 210 zł

RELAXATION MASSAGE

40 min / 180 zł

The main goal of relaxation massage is to calm the body and achieve effective relaxation. It is an excellent and highly recommended form of therapy for virtually everyone. The result is the reduction of muscle and nerve tension, a relaxed mind, a feeling of complete relaxation, and a reduction in stress levels.

SPORTS MASSAGE

whole body 50 min / 230 zł

Sports massage differs from classic massage in the use of force and energy, and a greater emphasis on rubbing and kneading techniques. The effects of sports massage are extremely diverse, but it is mainly attributed to its regenerative properties. That is why it is called an element of sports biological renewal. Combination of tissue regeneration techniques (such as cupping, hot stones) - individually determined by the therapist.

BEAUTY PRESCRIPTION - FOR PAINFUL AILMENTS, WE RECOMMEND
ARNICA OINTMENTS AND HERBAL RUMALAYA OINTMENTS





SLIMMING MASSAGE

40 min / 200 zł

A slimming massage is an important complementary factor to weight loss treatment. It tones the body and improves the appearance of the skin by enhancing blood flow, and shapes the silhouette. Its benefits include reducing the thickness of subcutaneous tissue without a weight loss effort, and reducing cellulite.

POSSIBILITY OF CREATING A PACKAGE - WHEN PURCHASING 5 SLIMMING MASSAGES FOR ONE PERSON - 6 MASSAGES FOR FREE

BEAUTY PRESCRIPTION - WE RECOMMEND THE MEDESTELLE PRODUCT FROM THE BODY LINE - PERFECT CONTOUR FIRMING BALM

SPA Etiquette

Recommendations:

- Avoid heavy meals one hour before the planned procedure.
- Please use the pool before the treatment/massage.
 - The sauna can be used before and after the body care treatment/massage.
- Avoid sunbathing directly before and after the treatment/massage.
- Inform the therapist of any contraindications to treatments/massages.

Booking treatments

- In the SPA: please contact the therapist or sign up on the schedule, and we will contact you as soon as possible.
- At the main reception: you can book a treatment/massage or schedule a specific appointment, and the therapist will provide detailed information about the treatment by email: spa@villahoff.pl
 - Payments for treatments are made at the main reception of Villa Hoff.
 - At home: through email contact - spa@villahoff.pl - or by using the [Booksy application](#).
 - In case of no contact with guests arriving for special stays with treatments, the Spa Club reception will schedule treatments without consultation.





SPA REGULATIONS

1. Before using the services offered by the Club Spa at Villa Hoff in the Hotel, it is necessary to familiarize oneself with these regulations. Customers using the services are obligated to comply with the provisions of these regulations.
2. To ensure full comfort, we kindly ask that you do not bring mobile phones to the treatment or turn them off before the treatment.
3. In case of no prior reservation for a treatment, the guest may use the services provided there are available spots.
4. The reservation for a Spa & Wellness service is valid for a maximum of 15 minutes after the agreed time.
5. In case the guest is late for more than 15 minutes after the agreed reservation time, the Club Spa reserves the right to cancel the reservation or shorten the treatment time without the possibility of reducing the price of the treatment.
6. We encourage our guests who wish to use the services of the Club Spa to make a prior reservation for treatments, which will be carried out at the most convenient time for you. Our qualified staff will provide you with all the information regarding our offer and advise you on choosing treatments.
7. We recommend that you come to the spa without jewelry or valuables.
8. Before body care treatments and massages, a shower is recommended.
9. In case of a desire to change the reservation for a treatment, it is possible to cancel the treatment up to 6 hours before the planned treatment time without incurring any costs. In case of canceling the treatment 2 hours before the planned visit, the Hotel reserves the right to charge 40% of the treatment's value. In case of not showing up for the agreed treatment without canceling it, the Hotel reserves the right to charge 70% of the treatment's value.
10. Club Spa by Villa Hoff reserves the right to change the opening hours and schedule of activities taking place in the spa due to technical or independent reasons, such as force majeure.
11. Staff reserves the right to interrupt a treatment if the guest behaves inappropriately in the place where they are.
12. Please arrive 5 minutes before the scheduled start of the agreed treatment/massage.

