

BEER BATH

Beer Bath (30 min.)

50 PLN

A beer bath is more than just a unique form of relaxation. It is also beneficial for your skin: it improves its condition, tone, and blood supply. It leaves your skin soft, smooth and delicate. In addition, a beer bath stimulates the circulatory and nervous systems.

SAUNA & JACUZZI ZONE

Sauna + Jacuzzi (45 min.)

40 PLN/person

Dry sauna / infrared

20 PLN/person

Steam room

20 PLN/person

Jacuzzi

20 PLN/person

Children up to 12* – half price

Children up to 3 years old* - free of charge

*Only under the care of parents

Bathrobe hire

10 PLN

Towels

free of charge

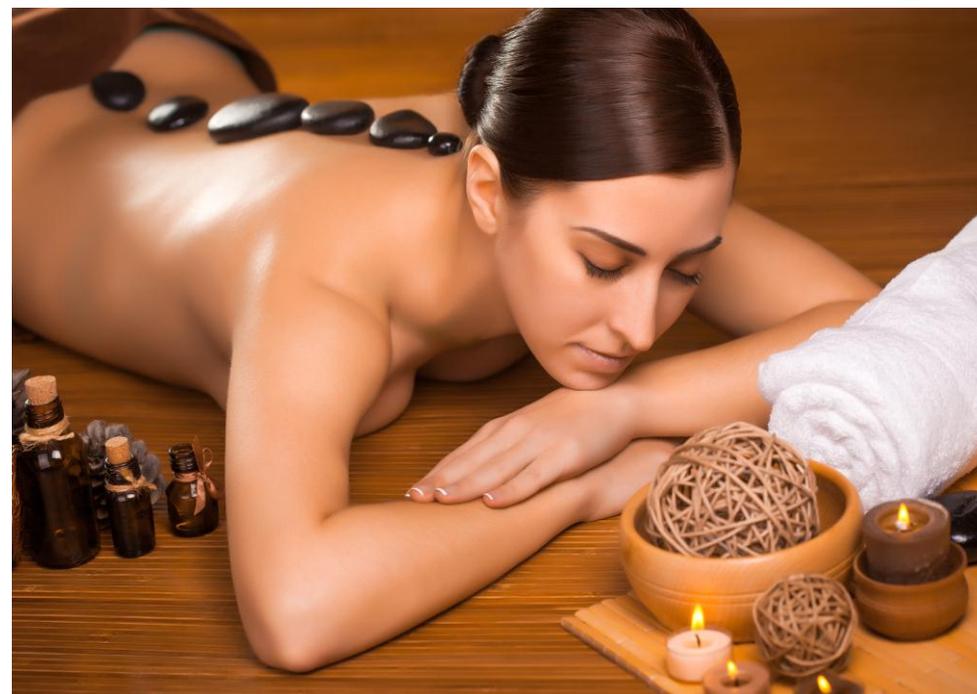
**To book a session and/or pre-order a bathrobe,
contact the reception or call 400.**



Bartan Hotel, ul. Turystyczna 9A, 80-680 Gdańsk
Reception: +48 58 30 80 999, hotel@hotelbartan.pl



WELLNESS & SPA OFFER



MASSAGES SPA

Medical Chiropractic Massage (60 min.) **150 PLN**

It is the oldest and very popular method of treatment for a variety of disorders related to the spine, nervous system, muscles and joints. Our practice offers a unique massage which focuses on locating the tissues affected by excessive build-up of tension which can cause discomfort or pain. The tension is relieved by applying appropriate manipulation techniques and pressure.

Classic Spinal & Foot Massage (45 min.) **120 PLN**

It is a therapeutic technique widely recognized by physical therapists. It helps to relieve the pain in the paraspinal muscles and reduce muscle tension, while improving the function of the spinal joints (facet joints) and increasing their range of motion.

Relaxing Full Body Massage (70 min.) **150 PLN**

It is a special offer designed for those who are tired, overworked, tense and stressed. The purpose of the massage is to provide ultimate relaxation for the body and mind. The massage reduce the tension of all your muscles, while restoring the proper function of your body.

Full Body Chinese Cupping Massage (60 min.) **150 PLN**

This type of massage therapy stimulates blood circulation and is recommended for intense muscle tension or a cold. It has a warming and stimulating effect, makes your body firmer, and promotes the removal of toxins. The cupping massage can feel intense.

Nordic massage (60 min.) **150 PLN**

It is a strong, intense body massage combined with elements of stretching. Stimulates and improves blood circulation, increases the supply of nutrients to the muscles and the entire body metabolism.

Hot Stone Massage (70 min.) **180 PLN**

This type of massage therapy is one of the most soothing types of body massages. It uses warmed basalt stones to put you in a deep state of relaxation, eliminate any signs of stress, and bring instant relief. It combines the therapeutic effect of the warmth released by the stones with massage techniques. This type of massage therapy has a multidimensional beneficial effect on your entire body. Its purpose is to restore your inner balance, remove all tension from your body, and boost your emotional and spiritual vitality.

Medical Partial Massage (45 min. / 60 min.) **100 PLN / 140 PLN**

The duration of the session depends on the type of ailment and your general health. The massage combines different types of trigger point manual therapy to alleviate muscle tension and relieve muscle and joint pain.

Extra Massage – Additional (15 min. / 20 min.) **50 PLN/ 60 PLN**

FOR WOMEN AND MEN. Effective massage recommended for both women and men who experience intense stress. The massage focusing on the face and décolletage is a perfect complement to other massage therapies we offer. It is especially popular with our female clients.

Relaxation in harmony with amber (60 min.) **140 PLN**

It is an extremely relaxing massage of the whole body and face with aromatic amber oils. It revives the senses and firms the body.