



TREATMENT MENU

SPA ZONE

Whole body scrub

Deep cleansing treatment which removes dead skin. As a result, the skin is glowing and refreshed. The treatment promotes the absorption of active substances from cosmetics. The skin after the treatment is smoothed, toned and moisturized.

Routine: Scrub application (optional: sugar scrub with 3 essential oils; salt scrub with 3 essential oils; coffee scrub; salt from the Dead Sea; sugar cane; phytocarbon and thermal mud; watermelon and volcanic lava; juicy mango) + massaging the scrub + lotion at the end of treatment.

Price: 100 zł

Classic massage of the whole body

Classic massage is recommended for people who want to keep a physical fitness and condition of the body and for the people who want to get rid of pain.

Price: Whole body - 200 zł / Back - 100 zł / Partial - 80 zł

Relaxing massage

Massage is focused on relaxation by removing physical and mental tension caused by stress and sedentary lifestyle. It improves blood circulation and speeds up the metabolism which is affecting firmness and elasticity of the body as well as general body shape.

Price: Whole body - 180 zł / Back - 90 zł

Massage with Hot Stones

It is a relaxing treatment including volcanic stones which are a good heat conductor. Under the influence of the massage, the muscles relax, the blood and lymph flow improves, favoring the detoxification of the body. This massage is also used to reduce stress and fatigue. It also has a positive effect on the body by giving a sense of inner balance.

Price: Whole body - 200 zł / Back - 100 zł

Amor massage (honey massage)

Honey massage nourishes, moisturizes and oxygenates skin. It stimulates blood pressure as it's working as a natural scrub and it detoxifies the body. Honey and its properties, alongside with modeling massage, helps get rid of cellulite, helps lose weight and strengthens the immune system. After the massage skin becomes soft, elastic and moisturized.

Price: Whole body - 210 zł / Back - 140 zł

Aromatherapy massage

The massage is based on use of essential oils with addition of elements of relaxing massage. The oils help remove muscle tension from the entire body. In addition, essential oils have various properties such as cooling, heating, calming, energizing, relaxing and stimulating. They also remove toxins from the body, make skin more elastic and support regeneration with removal of negative causes of stress.

Routine: Scrub application (optional: sugar scrub with 3 essential oils; salt scrub with 3 essential oils; coffee scrub; salt from the Dead Sea; sugar cane; phytocarbon and thermal mud; watermelon and volcanic lava; juicy mango)+ relaxing massage with 3 essential oils up to choose

Price: *Whole body - 210 zł / Back - 140 zł*

Espelma massage (candle massage)

This is the massage that is performed with the wax of a melted candle. The candle is lit 15 minutes before the massage in order to melt the wax into oil. After the treatment, the skin is moisturised and soft. Moreover, it neutralizes free reagents, helps get rid of cellulite and stretch marks. In addition, after the massage, skin is more elastic and deeper nourished.

Routine: Scrub application (optional: sugar scrub with 3 essential oils; salt scrub with 3 essential oils; coffee scrub; salt from the Dead Sea; sugar cane; phytocarbon and thermal mud; watermelon and volcanic lava; juicy mango) + candle massage (Optional: Olimp Fire: natural soy candle (vanilla, kashmire, jasmine, tangerine, imbir, ambra); Candle for massage orange with vanilla; Oil candle for massage vanilla with sesame oil; Oil candle for massage chery with rose oil)

Price: *Whole body - 220 zł / Back - 140 zł*

Sindri massage (watermelon butter)

During the treatment a watermelon butter is used that has been proved to have moisturising and anti-aging abilities as well as it improves microcirculation in the body.

Routine: Scrub application (optional: sugar scrub with 3 essential oils; salt scrub with 3 essential oils; coffee scrub; salt from the Dead Sea; sugar cane; phytocarbon and thermal mud; watermelon and volcanic lava; juicy mango) + watermelon butter massage

Price: *Whole body - 210 zł / Back - 120 zł*

Chocolate delight (chocolate butter)

Treatment is based on the use of chocolate butter that is supposed to stimulate the organism to produce endorphins, a so-called happiness hormone, to energise the body and lighten up the mood. Massage has also detoxifying properties as well as anti-aging. It regenerates the body and prevents formation of cellulite.

Routine: Scrub application (optional: sugar scrub with 3 essential oils; salt scrub with 3 essential oils; coffee scrub; salt from the Dead Sea; sugar cane; phytocarbon and thermal mud; watermelon and volcanic lava; juicy mango) + chocolate butter massage

Price: *Whole body- 210 zł / Back - 120 zł*

Chinese cupping massage

During this treatment a rubber cup and lubricant is used. It is used for relaxation, anti-cellulite and slimming purposes. Chinese cupping therapy uses underpressure that stimulates skin receptors and interacts on blood vessels under the skin. This results in better blood flow, which nourishes skin and provides faster metabolism.

Price: *Thighs and buttocks - 100 zł / Back - 90 zł / Stomach - 50 zł*

Isometric massage

Treatment is based on finding tissue with periodic muscle tensions without exhausting the body with physical exercises. On the tensed muscles three techniques are being performed: rubbing, kneading and patting.

Price: *Thighs - 140 zł / Stomach - 120 zł*

Anti-cellulite treatment

The goal of this anti-cellulite treatment is overall improvement of local tissue metabolism as well as general, with the stimulation of blood circulation and detoxification. In addition, treatment influences formation of fat tissue in the third layer of skin to eliminate cellulite.

Routine: Scrub application (optional: sugar scrub with 3 essential oils; salt scrub with 3 essential oils; coffee scrub; salt from the Dead Sea; sugar cane; phytocarbon and thermal mud; watermelon and volcanic lava; juicy mango) + isometric massage or chinese cupping massage + serum + body wrapping 20 min + body lotion

Price: 180 zł

DEPILATION

One of the ways to remove additional hair on the body is to use soft wax. Hairs are being pulled with hair bulbs, leading to regrowing hair being thinner and lighter. Hair usually regrows after 2-5 weeks, depending on the hair structure. Regular wax depilation results in less visible hair.

Price: *Legs - 100 zł / Thighs - 60 zł / Calves - 50 zł / Hands - 50 zł / Armpits - 40 zł /*

Mustache - 15 zł / Chin - 15 zł / Back - 70 zł / Torso - 50 zł

HANDS AND FEET CARE

Biological manicure

This is manicure without use of any metal equipment. On the cuticles a special exfoliating gel is being put, and the remaining cuticles are pushed using a small wooden stick. Due to that, the probability of damaged nail is minimal and cuticles grow back slower in comparison to traditional manicure.

Price: 50 zł

Biological pedicure

This is a classic treatment that will make feet look well cared. On the cuticles a special exfoliating gel is being put, and the remaining cuticles are pushed using a small wooden stick. Due to that, the probability of damaged nail is minimal and cuticles grow back slower in comparison to traditional manicure.

Price: 90 zł

Japanese manicure

This is a natural method of nourishing and strengthening nails. The treatment is based on energetic massage of nails with a paste containing vitamins and minerals. Next, a protective powder is put in order to set the manicure. As a result, nails have a beautiful shine and pink pearl colour.

Price: 80 zł

Hybrid manicure

Hybrid manicure is based on the application of a nail polish that is being set under a UV lamp. It is one of the newest trends in nail art aimed at people who appreciate long-lasting effects up to two weeks.

Price: *On the natural nail - 70 zł / With superstructure VitaMilk Base - 90 zł*

Hybrid pedicure

Care treatment includes shortening, filling and cleansing toenails and removal of thickened epidermis of feet. The treatment is finished with a hybrid gel pedicure.

Price: 120 zł

Gel manicure

For people who have very soft and weak nails or their lifestyle is not letting them keep their nails in good condition, the best option is to use fake nails or gel extensions. Often this treatment is perceived as tacky but performed well gives healthy and natural manicure.

Price: On the natural nail (without extension) with hybrid - 80 zł / With extension with hybrid - 100 zł / Gel replenishment - 70 zł / Gel replenishment with hybrid - 90 zł

Salon nail decoration

Price: one nail - 5 zł

Paraffin treatment

Deep cleansing treatment which removes dead skin. As a result, skin is radiant and nourished. The treatment supports absorbing active substances from cosmetics which makes skin soft, toned and moisturized.

Routine: Scrub application + scrub massage + mask application + hands/feet immersion in paraffin + wearing terry gloves for 20 minutes + hands/feet cream

Price: Hands - 60 zł / Feet - 70 zł

SPA regeneration

Multi-stage relaxing treatment for hands or feet that deeply nourishes, moisturizes, regenerates and softens skin.

Routine: Hands/feet scrub + serum application + algae with acerola + hands/feet cream

Price: Hands - 80 zł / Feet - 80 zł

Hand massage

Hand massage is an easy and effective way to make hands look attractive. Performed regularly, it stimulates blood circulation, making skin elastic and nourished. It improves well-being, relaxes and soothes the nerves in addition to improving absorption of active substances of cosmetics.

Price: 50 zł

Feet massage

Foot massage is one of the most pleasurable ways to relax. Treatment deeply nourishes skin, moisturizes and regenerates. After it, the skin is soft and gentle, giving a fresh feeling alongside relaxation and removal of rheumatic pains.

Routine: Salt bath + application of massage oil + feet massage + application of cream

Price: 50 zł

FACIAL TREATMENTS

Eyebrow and eyelashes henna

One of the main advantages of the use of henna is its durability in comparison to makeup cosmetics. It will stay even if we take a shower or bath, use a sauna, cry or even sweat.

Price: Eyelashes henna - 20 zł / Eyebrow shaping - 10 zł / Eyebrow shaping and henna - 25 zł / Eyelashes and eyebrow henna with shaping - 30 zł

Face, neck and cleavage massage

Main focus of this massage is relaxation. It causes reduction of face muscles tension by mechanically affecting tissue and increases blood flow to the skin which reduces wrinkles. As a result skin has a healthier and more attractive, radiant look.

Price: Face massage using face oil - 60 zł / Face, neck and cleavage massage using caviar cream and face mask - 140 zł

Nourishing and revitalizing treatment

A nourishing and revitalizing treatment used in the case of dull and dehydrated skin. Intended for people who are exhausted and having a stressful lifestyle. Extremely effective for smokers or people who sunbathe a lot. It affects the reconstruction of the structure of the dermis and contributes to increasing its resistance to other skin problems. It influences the regeneration of cells, smoothing out wrinkles and nourishing the skin. In addition, it affects the nourishment and hydration of the skin; firming and regaining a youthful appearance; the skin becomes visibly smoother, regains its glow, firmness and elasticity, has an even color; general improvement of the skin condition. Active ingredients used in the treatment: collagen marine algae; multimineral complex; guarana with caffeine; urea, hyaluronic acid; punarnava; horse chestnut extract; omega 3 and 6 acids; vitamins A, E, H, B5.

Routine: Scrub + infusion of a nourishing and revitalizing treatment with the use of sonophoresis + face mask + cream.

Price: 130 zł

Oxygenating and regenerating treatment

For irritated skin, with inadequate microcirculation and uneven color. This treatment is recommended for people who have a stressful lifestyle, are exhausted, smoke and often sunbathe. The treatment is used in the case of hypoxia, skin fatigue, as well as in the case of skin tone improvement. The skin after the treatment is: oxygenated, moisturized, nourished, brightened; visibly smoothes wrinkles; restores the proper level of skin hydration; keeps the skin firm and elastic. Active ingredients: collagen; sea algae; guarana with caffeine; urea; hyaluronic acid; lemon extract; wheat germ; soybean sprouts; omega 3 and 6 acids; vitamins A, E, H, B5; fucus; horse chestnut extract.

Routine: Scrub + infusion of oxygenating and regenerating treatment with the use of sonophoresis + face mask + cream.

Price: 130 zł

Anti-wrinkle treatment

For people with visible wrinkles or skin prone to wrinkles, skin with low elasticity, with dilated blood vessels. This treatment counteracts skin aging, reduces local swelling and evens out the skin tone. It prevents skin aging, reduces puffiness and improves its color. It restores the proper level of hydration and the appearance of the skin. After the treatment, the skin is firm, smooth, taut, elastic, nourished and oxygenated. It also reduces swelling on the skin and restores its youthful appearance. Active ingredients: collagen; sea algae; guarana with caffeine; urea; hyaluronic acid; wheat germ; soybean sprouts; omega 3 and 6 acids; vitamins A, E, H, B5; horse chestnut extract; chicory; punarnava; multimineral complex.

Routine: Scrub + infusion of anti-wrinkle treatment with the use of sonophoresis + face mask + cream.

Price: 130 zł

Cavitation scrub

Cavitation scrub is a procedure that uses ultrasound to safely remove impurities, dead cells, any residual epidermal calluses, excess blackheads, sebum, toxins and bacteria from the skin. Importantly, it gives the effect of deep care and regeneration without side effects.

Price: 90 zł

Ultrasonic therapy

Ultrasonic waves penetrate the deep layers of the skin and heat it up, stimulating collagen cells (lifting effect). Ultrasounds stimulate metabolism in skin cells and stimulate collagen production. Most of the ultrasound energy penetrates into the deep layers of the subcutaneous tissue, strengthening the skin. This helps to reduce wrinkles and makes the skin more supple and elastic. Advantages of ultrasound therapy: stimulates contraction of collagen cells, resulting in an immediate lifting effect, stimulates fibroblasts to produce new collagen and elastin fibers, which results in a permanent lifting effect.

Routine: Scrub + ultrasonic gel + serum + face mask + face cream

Price: 150 zł

Lifting RF

It is a modern technology for skin rejuvenation by stimulating the production of collagen in the epidermis and regeneration of the subcutaneous connective tissue structures. The desired effect is achieved thanks to the effects of high-frequency radiofrequency, which heat the upper layers of the skin and cause thermolysis, which triggers the already mentioned regeneration processes. After the treatment, the skin smoothes, wrinkles disappear and other rejuvenating and lifting effects are revealed.

Routine: Scrub + ultrasonic gel + serum + face mask + face cream

Price: 150 zł

Chemical scrub Charmine Rose

Chemical scrub is the removal of dead skin by the action of chemicals applied to the skin. These are properly prepared mixtures that are designed to improve the quality and condition of the skin.

Price: 140 zł

The secret of youth

It is an intense, filling and firming serum with selectively selected active ingredients. The innovative Linefill TM complex that restores density, firmness with the brown algae *Ascophyllum Nodosum* and *Focus Vesiculosus*. The serum has been enriched with revitalizing orchid extract, moisturizing hyaluronic acid, antioxidants delaying the aging process with squalene and diamond dust that gives shine. The effect of this treatment is perfect skin hydration, a significant improvement in firmness and reduction of wrinkles by filling them. After the treatment, the skin is taut and full of diamond glow.

Routine: Scrub + massage on the filling and tightening serum with the Linefill TM complex + lifting and tightening mask + cream.

Price: 130 zł

Cleopatra's Secret

It is a lifting serum containing Dead Sea minerals, hyaluronic acid, ceramides, silk proteins as well as collagen and elastin. It shows strong smoothing, tightening and elasticizing properties.

Routine: Scrub + massage with lifting serum with Dead Sea minerals and low molecular weight hyaluronic acid + intensively tightening mask with TENSUP complex + cream.

Price: 130 zł

Gold waterfall treatment

The gold waterfall treatment is an exclusive moisturizing and firming treatment. Perfect for mature skin that requires firming and regeneration. Thanks to the content of active ingredients, such as: colloidal gold, caviar extract and a mixture of vegetable oils, the skin after the treatment will be smooth and nourished, and the illuminating particles contained in the serum and algae mask ensure the effect of a healthy, radiant complexion.

Routine: Scrub + massage with colloidal gold serum + mask with colloidal gold + cream with colloidal gold.

Price: 130 zł

Pear treatment

This treatment intensively activates and regulates the natural process of skin hydration, as well as strengthens the mechanisms and elements of the epidermal barrier, ensuring long-lasting hydration as well as radiant, young and full of vitality. Additionally, it also nourishes, soothes and softens.

Routine: Pear scrub + pear serum massage + mask + cream.

Price: 130 zł

Coconut treatment

Oxygenating mousse is a cream that has a delicate, creamy texture. It also contains peeling coconut particles and bamboo extract. It cleans, smoothes and refreshes very well. Prepares the skin for the application of subsequent cosmetics

Routine: Coconut scrub + oxygenating mousse massage + face mask + face cream.

Price: 130 zł