

MASSAGES

DEAR GUEST,

WOULDN'T YOU LIKE TO RELAX WITH A MASSAGE AFTER A DAY FULL OF ADVENTURES, EXHAUSTING HIKES

RELAX DURING A MASSAGE? WE PROPOSE:

HOT STONES MASAGE

approx. 70 min.

PLN 250.00

This is a deeply relaxing massage using heated basalt volcanic stones.

It is perfectly relaxing, reduces muscle tension, restores

inner balance and harmony. The pleasant warmth of the stones balances the flow of energy

and improves blood circulation.

RELAXATION MASSAGE

approx. 60 min.

PLN 190.00

This is an excellent offer for those seeking deep relaxation. The combination of aromatherapy and warm

olive oil will transport you into a state of blissful relaxation.

PART MASSAGE

approx. 25-30 min.

PLN 160.00

Aimed at bringing relaxation to selected parts of the body that are overloaded.

Brings a feeling of relaxation and its strength is adapted to the stimulated receptors. Reduces muscle tension.

FULL BODY MASSAGE

approx. 60 min.

PLN 220.00

As the name suggests it is dedicated to the whole body. Brings relaxation from the neck down to the toes

feet. The massage relaxes every part of the body, so you will feel like a newborn.

PLEASE BOOK YOUR APPOINTMENT AT LEAST ONE DAY IN ADVANCE.

TREATMENTS ARE PERFORMED BY EXPERIENCED PHYSIOTHERAPISTS FROM OUR HOTEL AND CIEPLICE SPA HOUSE.

beauty treatments

O X Y O2 THERAPY

Approx. 60min 190PLN

(firming and oxygenating)

For gray, tired skin, lacking energy and radiance. The treatment intensively oxygenates and stimulates skin receptors. Hyaluronic acid and ginseng extract smooth the epidermis and reduce wrinkles, promoting cell renewal. The treatment ends with a facial massage

COUSPEROSE-STOP (NOURISHING FOR SENSITIVE AND VASCULAR SKIN)

Approx. 60min 190PLN

The complex of ingredients used in the cosmetics,

selected with due care with intensive nourishing and regenerative effect. Allows to visibly improve skin tone. Extract of rosehip, arnica and vitamin C has a strengthening effect on collagen elastin fibers. The treatment ends with a facial massage.

MOISTURIZING AND REVITALIZING TREATMENT 60min 190PLN

Treatment with a special dedication to dehydrated skin prone to dryness. Thanks to the presence of hyaluronic acid, minerals from the Dead Sea, proteins, silk and extracts from sea algae, it provides immediate and dhigotr lasting effect of hydration and nourishment.

GLOBAL AESTHETIC TREATMENT WITH LIFTING EFFECT 60MIN, 220 PLN

An excellent treatment that gives immediate results in revitalizing the skin. Extract of sea pearls, caviar and golden algae make the complexion regain a youthful appearance. The treatment Finished with a facial massage.

LUXURY ANTI-AGE (ANTI-WRINKLE) TREATMENT 60MIN 220PLN

The hyaluronic acid, monoi oil and macadamia nut oil used in the treatment have a strong lifting effect.

The skin around the eyes is visibly firmed, brightened and tightened. The treatment is finished with a facial massage.

HENNA 20 MIN, 60 PLN

EYEBROWS AND/OR EYELASHES + ADJUSTMENT

TREATMENT FOR THE EYE AREA 60MIN, 160 PLN

The mask with gold and argireline used in the treatment gives an immediate skin firming effect. Stimulates collagen production, deeply moisturizes and nourishes, evens out skin tone, eliminates shadows and puffiness under the eyes, delays the skin aging process

THE SECRET OF YOUTH (DETOXIFYING TREATMENT) 190 PLN 60 MIN

Activated bamboo charcoal effectively absorbs toxins.

Ionized silver, extract of purple, iris, green tea, restores skin balance and regulates sebun production. Effectively eliminates imperfections. The treatment ends with a facial massage

CLEANSING TREATMENT 240pln 90 min

The treatment consists of facial cleansing (manual method)

with the use of cavitation peeling, injection of serum by means of ultrasound massage (sonophoresis) and application of a mask selected according to the needs of the skin. The treatment ends with a facial massage.

HYDRABRASION 60MIN, 220 pln

A treatment that removes impurities from the skin using pressurized water. The skin becomes smooth, firm and elastic. The treatment ends with a facial massage.

ALGAE FOR FACE 60 MIN 140 pln

The treatment includes makeup removal, exfoliation, facial massage, and algae selected for the skin type.

FACE MASSAGE OF THE NECK AND DÉCOLLETÉ 60MIN, 140 PLN

Treatment performed with monoi, macadamia and almond oil, and shea butter.

KOBIDO- JAPANESE LIFTING FACIAL MASSAGE 120PLN, 60 MIN

BODY TREATMENTS

COFFEE PEELING (REDUCING CELLULITE) 180pln, 60min

Cayenne pepper stimulates fat burning and caffeine stimulates metabolism and reduces swelling. Coffee particles together with the triple-active ingredient Body 3 COMPLEX help reduce cellulite. The treatment

completed with a relaxing massage

WATERMELON REFRESHMENT PEELING 180PLN 60 MIN

The peeling smoothes and moisturizes the skin, softens it and improves the

regenerative ability of the epidermis. Watermelon extract stimulates and refreshes, volcanic lava cleanses and smooths. The treatment ends with a relaxing massage

TROPICAL SCRUB WITH PINEAPPLES 180pln 60min

Natural scrub with cane sugar crystals and tropical pina colada aroma perfectly cleanses from dead skin cells. It stimulates microcirculation, firms and smooths. The treatment ends with a relaxing massage

BANANA PEELING 180pln 60min

Vegan formula. The peeling perfectly refreshes, smooths, removes impurities and dead skin cells, leaving the skin velvety soft. The treatment ends with a relaxing massage.

SLIMMING TREATMENT , "SUPER LINE ". 200 PLN, 60min

A treatment that stimulates fat burning. Sea salt crystals combined with shea butter and a cocktail of vitamins, stimulate blood circulation and detoxify. Algae and caviar extract moisturizes and refreshes the skin, The treatment ends with a relaxing massage

RELAXING MASSAGE WITH HOT CHOCOLATE 180 PLN 60 MIN

FULL BODY MASSAGE WITH AROMATIC CANDLE 180 PLN, 60 MIN

BEAUTIFUL HANDS 110 PLN 45 MIN

A regenerating and moisturizing treatment, designed for dry, reddened and rough hand skin. The treatment also nurtures, strengthens and regenerates the nail plate. Hands become soft and moisturized.

BEAUTIFUL FEET 120PLN 60 MIN

This is refreshment for tired feet. The treatment nourishes dry foot skin, smoothens the epidermis, relaxes and relaxes.

CLASSIC MANICURE (TRADITIONAL) 120PLN 60 MIN

HYBRID MANICURE 170PLN, 90 MIN

CLASSIC PEDICURE 120 PLN 60MIN

HYBRID PEDICURE 170 PLN 90 MIN

RELAXATION FOR MEN

MEN'S RELAXATION 200pln, 60 min

(FULL BODY TREATMENT)

A ritual tailored to the needs of his skin, consisting of a tension-relieving peeling, a body massage based on shea butter and a massager massage. The intensive action of the massager relaxes the muscles on the back overloaded with work.

TREATMENT FOR MEN STRONG PROTECTOR 170 PLN 60 min

This moisturizing treatment consists of cleansing the face with a cavitation scrub, infusing serums with a massage, and applying a mask selected for the skin's needs.

MANICURE FOR MEN 45min, 90 pln

Nail shape modeling, hand massage, nourishing cream.

PEDICURE FOR MEN 100pln, 45 min

Nail shaping, removal of damaged skin and nourishing cream.