



PAŁAC CIEKOCINKO

— HOTEL RESORT & WELLNESS —



Ciekocinko Palace Hotel Resort & Wellness was born out of dreams and passion of its owners. The dreams filled with the need for peace, comfort and living away from the hustle and bustle. The dreams about a place of rest, renewal of your vital strength and celebration of the art of living, the place drawing on modern facilities as well as being faithful to the original idea of the Palace from 1910.

The success of this absolutely luxurious hotel is due to an exceptional approach of the owners who attempted to create this place taking into account their consumers' needs. There is no room for randomness, or so-called freedom of the elements; it is only a deliberately designed, compatible whole, defined by the authors of the concept of the hotel. It is certainly aimed to bring a smile to the faces of departing guests.

What makes Ciekocinko Palace Hotel Resort & Wellness one of a kind, apart from having the highest standard possible, is its harmonious surroundings blending with the local landscape.

Take the advantage of the opportunities offered in here and experience a magic stay in Ciekocinko Palace Hotel Resort & Wellness with your every sense.





INSTITUT ESTHERM

IN CIEKOCINKO PALACE Hotel Resort & Wellness

When entering the extensive complex of castle and chateau of Ciekocinko Palace, one can instantly notice its uniqueness. Here, like nowhere else, it is easier to listen to the heartbeat just because there is nothing that could interrupt the sound of silence.

The standards of the hotel facilities, surrounded by exclusive potential and natural wealth, conform to the Wellness Ciekocinko Palace philosophy where a harmonious interplay of all the elements serves to ensure comfort and well-being. This idyllic harmony of nature combined with Institut Esthederm wellness treatments provide a complex renewal of body and soul.

Nature is the key word of this place while biology remains the essence of Institut Esthederm. When united, they guarantee the improvement of the mechanisms in our skin and the ultimate relaxation.

As everything changes and the world keeps moving faster and faster, Institut Esthederm treatments and stay in Ciekocinko Palace Hotel Resort & Wellness let you push the pause button, regain your balance, and recharge for any future challenges.





INSTITUT
ESTHEDERM
PARIS

The biology and natural processes taking place in our skin has inspired Jean-Noël Thorel, a French pharmacist and biologist specialising in cellular technologies to create Institut Esthederm.

Since the beginnings in 1978, Institut Esthederm's research has focused on the skin's biology, and especially on the interactions between skin and the environment. By listening to its nature, we understand the secrets of skin's extraordinary natural resources. It is our mission to preserve the beauty of skin by "re-educating" it to live in harmony with the world.

Discover a range of sensations through our effective rituals based on highly sensory products of airy consistency and subtle scents. Understand the power of touch through gentle hands and acupressure techniques inspired by physiotherapy, osteopathy, holistic therapies and aesthetic medicine; all of which stand for excellence in the world of professional cosmetics. Relax your facial muscles, your mind, and rebalance your energy flow.

OUR PATENTED CELLULAR WATER TECHNOLOGY is at the heart of all of our formulas. It is in harmony with the skin and transfers vital energy to preserve the skin's youthfulness, optimizing the efficacy of all our treatments. Cellular water delivers the perfect amount of elements that are essential to life to preserve cell vitality.

Immerse yourself in the Institut Esthederm treatments. The entire experience is designed for you.





TREATMENTS THAT REVEAL THE BEAUTY OF EACH SKIN

The holistic approach, precision and fluidity of manual techniques stimulate natural processes in the skin. Our formulas and expert treatments respect the fragility of skin, its natural rhythm, and seasonal changes.

The Institut Esthederm's welcome ritual provides complete relaxation. The treatment is preceded by your beauty consultation. An initial conversation to learn about your skin, your lifestyle, your expectations and needs helps choose the perfect treatment for you to ensure you get the results you expect.

All of our beauty regimens begin with an effective, gentle, deep cleansing ritual, that smoothens, oxygenates and facilitates penetration of active ingredients in further care. It is combined with expert techniques and massages.

Professional excellence of patented treatments is not only aimed at deep penetration of active ingredients, but it also influences biological processes of skin, so that the effects of the treatment last longer.

ESSENTIALS

OSMOCLEAN
OSMOPEEL

YOUTH EXCELLENCE

ACTIVE REPAIR
ESTHELIFT
SUPERIOR GLOBAL YOUTH CARE
YOUTHFUL EYES

TARGETED PERFORMANCE

INTENSIVE HYALURONIC

INTENSIVE SPIRULINE

BODY

BODY ESSENTIAL
BODY RESOURCE
BODY SCULPT
BODY SVELT

THE ART OF TANNING

SUN SPA INSPIRED BEFORE
SUN SPA INSPIRED AFTER

VISIT US. INSTITUT ESTHEDERM BEAUTY EXPERT, A SPECIALIST IN THE SKIN ECOSYSTEM,
IS HERE TO LISTEN TO YOU, YOUR SKIN AND DESIGN THE BEST TREATMENT





ESSENTIAL FACE TREATMENT GENTLE DEEP CLEANSING RITUAL

OSMOCLEAN

A unique and in-depth cleanse. Institut Esthederm signature method for professional cleansing which respects the skin sensitivity and its natural protective flora. Skin is oxygenated and energized for a pure and clear complexion. The treatment allows better penetration of active ingredients and prepares skin for further care.



30 min

STEP BY STEP:

1. Remove make-up
2. Deeply cleanse
3. Exfoliate the surface; anti-pollution cleansing and absorption of excess oil
4. Skin smoothing; elimination of dead cells and surface imperfections that dull the skin's radiance
5. Energize and rejuvenate skin cells
6. Personalized skin care according to individual needs
7. Protect against oxidative damage caused by environmental pollution

OSMOPEEL

In addition to unique deep cleaning, it refines the skin's texture with AHA acid. Peeling treatment restores the skin's radiance, leaving it smooth and glowing.



35 min

CLEANSING TREATMENTS GUARANTEE BETTER PENETRATION OF ACTIVE
INGREDIENTS





YOUTH EXCELLENCE TREATMENTS CORRECTING THE SIGNS OF AGING

ACTIVE REPAIR

Anti-wrinkle, radiance and detox treatment. Using lymph-draining manual techniques and active ultra-sensory formulas, it improves the overall quality of the skin. Intensive recovery for fatigue skin that detoxifies and drains, eliminates toxins, repairs skin at a deep level and smoothens out wrinkles. Complexion appears fresh and relaxed, with all signs of tiredness gone.



90 min

ESTHELIFT

100% manual professional lift that acts on the muscles, micro-circulation and skin tissues. "Natural face lift" that gives instant results on facial contours and restructures facial volumes. This innovative facial massage is inspired by physical therapy to tone and firm the shape of your face with visible results. Skin is firmer, with better tone and smoothed-out wrinkles. Treatment for anyone who wants to treat loss of skin firmness and volume or battle wrinkles and expression lines.



90 min

SUPERIOR GLOBAL YOUTH CARE

Comprehensive rejuvenating treatment designed for mature skin, during menopause, with visible signs of aging, that restores balance and regenerates skin. A moment of absolute comfort in a cocoon treatment which has an unparalleled impact on the skin quality, followed by a stomach massage to melt all tension away and restore energy flows for total harmony. Inspired by aesthetic medicine, Acti-Roller increases penetration of active ingredients. Dedicated to women who seek high quality care programs.



90 min

YOUTHFUL EYES

Gentle treatment to soothe and refresh your eyes. Targeted draining to your eye area designed to chase away dark circles and unsightly puffiness. Instant rejuvenating effect.



30 min





TARGETED PERFORMANCE INTENSIVE TREATMENTS

Intensive beauty regimens for instant skin regeneration and long-lasting results, using only highly concentrated ingredients. Optimizing the effects of aesthetic medicine treatments.

INTENSIVE HYALURONIC

Intensively moisturizes. This antiaging treatment is dedicated to dehydrated, uncomfortable, and tight skin with fine lines and wrinkles. INTENSIVE HYALURONIC is a combination of 3 forms of highly purified hyaluronic acid, that instantly smoothens away dehydration lines, increases the level of epidermal moisture and protects skin from drying. It leaves skin re-densified and toned and wrinkles are minimized.

AESTHETIC MEDICINE HIGHLIGHTS: Supplements filling injections (hyaluronic acid, Botox). Optimizes mesotherapy procedures.



60 min

INTENSIVE SPIRULINE

Meso-revitalisation for any sign of tiredness. A treatment for all skin types, and at any age; it fights fatigue, nourishes, activates microcirculation, revives and revitalizes. INTENSIVE SPIRULINE reduces the roughness of the epidermis. Skin is immediately radiant, more toned, firmer and smoother.

AESTHETIC MEDICINE HIGHLIGHTS: Supplement mesotherapy procedures. Thanks to immediate effectiveness, it optimizes the positive outcomes of aesthetic rejuvenation treatments: radiofrequency, fractional laser, etc.



60 min



BODY TREATMENTS

A harmonious silhouette. Exclusive combination of massage techniques and products improving the biological processes of skin. Your body is shaped, smoothened and deeply relaxed.

BODY ESSENTIAL

Cleansing treatment to prepare your body for every skin care. It gently removes dead cells from the epidermis, pleasantly smoothening and stimulating the whole body. 100% relaxing scrub. The skin after BODY ESSENTIAL is smooth, soft, youthful and ready for the benefits of Institut Esthederm body treatments.



30 min

BODY RESOURCE

This treatment restores energy balance with precise yet relaxing massage movements. Pressure is applied to specific areas to create a one-of-a-kind wellness sensation and gorgeous skin. A treatment to provide a total relaxation, leaving skin hydrated and smoothened. Dedicated to dry and tight skin types which lack radiance and vitality.



60 min

BODY SCULPT

Comprehensive firming treatment to tone and reshape the silhouette. It offers a massage that implements specific techniques inspired by fasciatherapy. Deep and directed movements bring relaxing pleasure while acting on the entire structure of your body. Smoothen and softens the skin. Perfect for those who do sports or fitness and are mindful of a healthy lifestyle.



60 min

BODY SVELT

A treatment to slim and reshape the silhouette. Dedicated to the skin affected by cellulite. Rolling massage combined with Absolute Firming-Contouring mask cream increases the skin elasticity and resistance. In addition, it intensively moisturizes and smoothen the skin.



60 min





A unique approach to the sun exposure. Innovative and patented concept of “SUN SPA” around the world.

Institute Esthederm Paris together with spa industry experts developed the concept of SUN SPA, which is tailored and serviced sun care and tanning programs. It is the newest, and the most innovative and luxurious spa service offered in exotic destinations, such as the Maldives and Thailand, where the sun is strong and sun bathing needs special attention.

Institut Esthederm believe that tanning is the best form of protection and it's better to adapt to the sun than overprotect. SUN SPA is personalized to every skin's phototype and individual tanning preferences.

SUN SPA means safe sun exposure. Hotel guests are provided with luxury care before, during and after tanning, combined with skin care, such as skin protective and relaxation treatments.

Our unique approach to sun care is designed to continuously protect the skin's youthfulness in the sun in any geographical location, with anti-wrinkle, anti-dark spots, and firming abilities.

RESORTS

THAILAND

Akaryn Resort & Spa – Koh Samui

Boathouse – Phuket

The Surin – Phuket

Trisara – Phuket

Twinpalms – Phuket

MALDIVES

Jumeirah – Vittaveli

One&Only – Reethi Rah





Inspired by the SUN SPA concept, available in luxury hotels, our unique perspective on the sun care, and our passion for creating products that utilize the biological potential of the skin, we have created treatments that reflect the idea of skin care during sun bathing so you can fully enjoy the sun.

SUN SPA INSPIRED BEFORE

A sun treatment that prepares your face and body for an even and long-lasting tan. Full body scrub and gentle facial exfoliation facilitate the spread of melanin during the sun bath. This treatment makes your skin ready for the sun exposure.



60 min

SUN SPA INSPIRED AFTER

After tanning, we offer a relaxing massage, as well as face and body care treatments to regenerate skin cells and stimulate melanin. It's a soothing beauty program that preserves and enhances your tan.



60 min

SUN SPA INSPIRED is an innovative way of thinking about sun bathing. Protection against its harmful effects is combined with the preparation of skin preceding the exposure, and the determination to use the sun's potential.



INSTITUT
ESTHEDERM
PARIS

**EAU
CELLULAIRE**
spray

revitalisant
cellulaire
cellular revitalizing

INSTITUT
ESTHEDERM
PARIS

**ADAPTASUN
SENSITIVE**

LAIT PROTECTEUR CO
Optimise le bronzage natu
Prévient le photo-vieillisse

PROTECTIVE BODY LOTIO
Optimizes natural tanning
Prevents photo-aging

SOLEIL MODÉRÉ
MODERATE SUN

INSTITUT
ESTHEDERM
PARIS

**EAU
CELLULAIRE**
gel

INSTITUT
ESTHEDERM
PARIS

CYCO SYSTEM
CONCENTRÉ
DE JEUNESSE
21 jours
YOUTH CONCENTRATE
21 days

INSTITUT
ESTHEDERM
PARIS

OSMOCLEAN
GEL NETTOYANT
PURETÉ
PURE
CLEANSING GEL

INSTITUT
ESTHEDERM

**INTENSIVE
HYALURONIC**
CRÈME / CREAM

Rides - Déshydratation - Stress ox
Wrinkles - Dehydration - Oxidative stress

HOLISTIC APPROACH TO SKIN CARE

The Institut Esthederm holistic approach for skin care is grounded in professional know-how and special support:

- Clinical diagnosis
- Exclusive professional treatments and techniques
- 100% active products
- Customized recommendations for in-home treatments

It's a comprehensive and personalized approach to your skin.

Home care program shares the art of professional beauty treatments and strengthens the effectiveness of beauty regimens. It teaches you our exclusive professional cleansing techniques, passing on fresh beauty tips each season. This way, you can pamper yourself with expert skincare rituals in the comfort of your home.

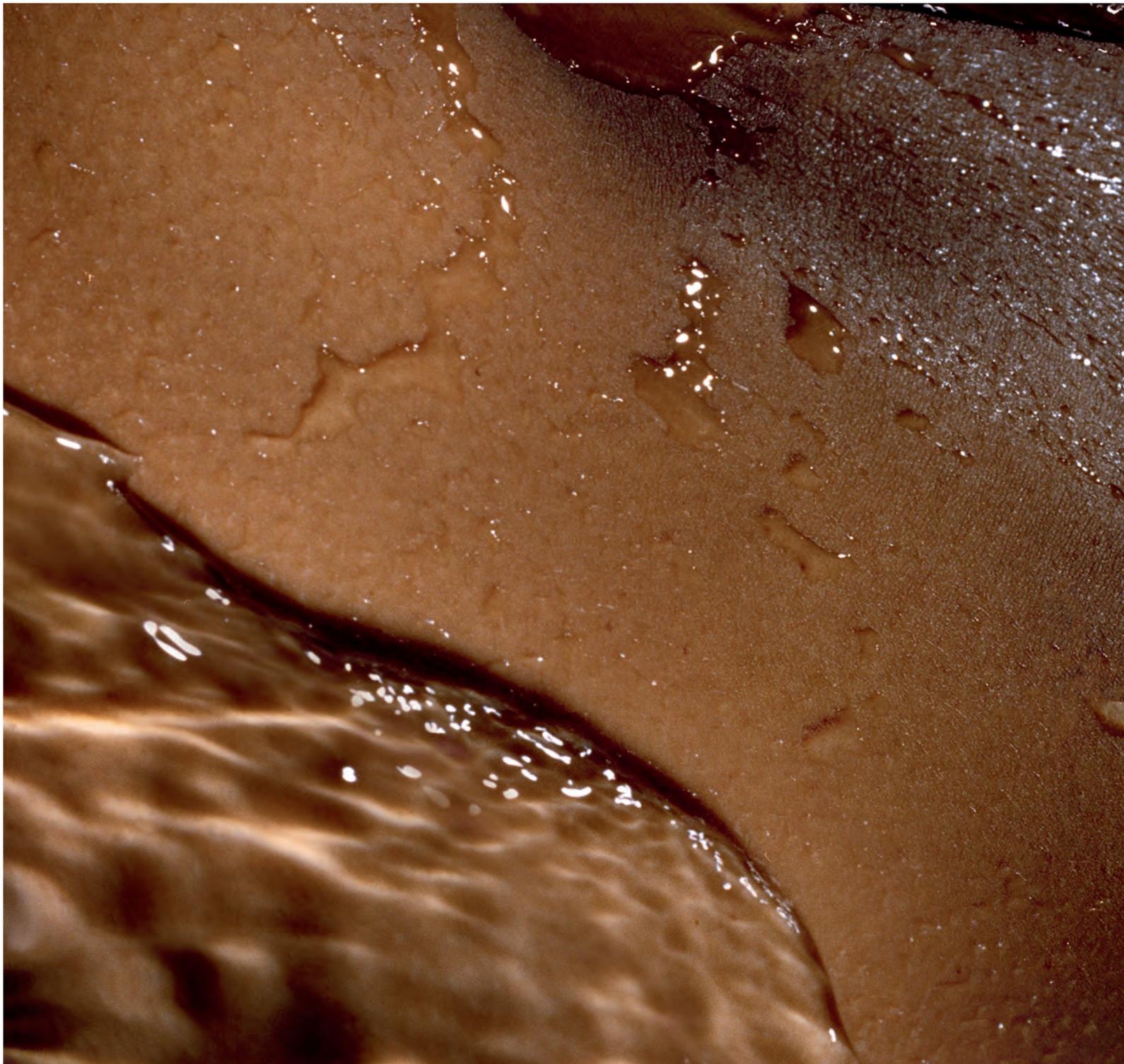


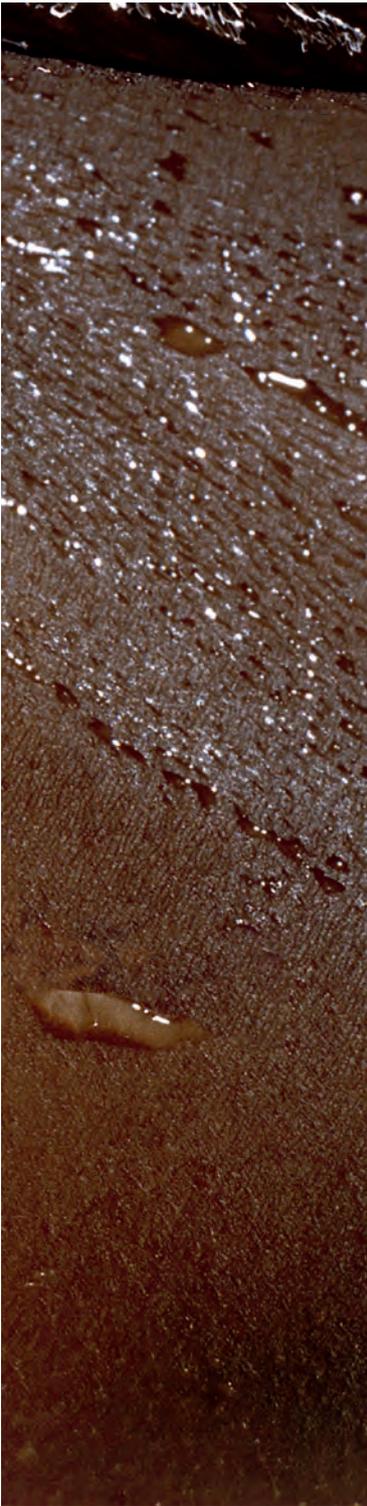


A vertical, close-up photograph of human skin, showing a crease and the texture of the skin. The lighting is soft, highlighting the natural tones and grain of the skin.

MASSAGES

AND OTHER
TREATMENTS
AT INSTITUT





FULL BODY MASSAGE

A MASSAGE THAT MEETS YOUR NEEDS

PALACE CIEKOCINKO SIGNATURE MASSAGE

In our activity we are always directed by highly individual approach to each of our Guests. Therefore, we have established a very special, holistic ritual being the essence of SPA culture of Far East and the knowledge of massage therapists of Ciekocinko Palace. This results in a well-balanced mixture of techniques having its origins in exotic massages. The massage is based on warm, fragrant oil individually adjusted to the needs of Guests.



60 or 90 min

ADDITIONAL SERVICES: simultaneous massage (applied with four hands), massage for couples, massage on hypoallergenic Shea oil, welcome ritual for the feet.

AROMA MIND & BODY BALANCE

Whole body massage based on relaxation techniques using elements of reflexology and the power of essential oils. The treatment is intended to relax the body and soothe the senses with the wonderful smell of one's favorite oil.



60 or 90 min

ADDITIONAL SERVICES: simultaneous massage (applied with four hands) massage for couples, massage on hypoallergenic Shea oil, welcome ritual for the feet.

OILS TO CHOOSE FROM:

FLOWERS FROM THE PALACE GARDEN – lavender – **calming the mind**

FLOWERS FROM THE PALACE GARDEN – briar – **stress-reducing**

PALACE TEA HOUSE – orange & lemon – **stimulating**

PALACE APIARY – honey & ginger – **warming**

SENSUAL INSTITUT ESTHERM OIL – **regenerating**

**EVERY MASSAGE CAN BEGIN WITH FULL BODY PEELING
WITH INSTITUT ESTHERM COSMETICS ON REQUEST**





FULL BODY MASSAGE

MANUAL TECHNIQUES FROM ALL OVER THE WORLD

ACTIV SPORT

Massage for Amazons, bikers, sailors, runners... for everyone who is into the philosophy of a healthy and active lifestyle. It is a perfect complement to training in our Fitness&Gym zone. Detoxifying massage stimulates blood circulation, eliminates muscle tension after training, reduces the risk of injury. Detox brings a relief from soreness. It is based on natural almond oil, sesame oil, Shea or detoxifying birch oil.



30 min

CLASSICAL HOLISTIC

The massage based on classic massage techniques is performed with natural oils such as almond, sesame and Shea oils. It effectively releases the stress of muscles, soothes the nerves as well as stimulates the senses. The massage can be performed on the whole body or a specific part of it as an addition to overall treatment.



30 or 60 min

ADDITIONAL SERVICES: the massage also designed for pregnant women.

EVERY MASSAGE CAN BEGIN WITH FULL BODY PEELING
WITH INSTITUT ESTHEDERM COSMETICS ON REQUEST





FULL BODY MASSAGE

MANUAL TECHNIQUES FROM ALL OVER THE WORLD

CANDLE RELAXING MASSAGE

Our aromatic candles are unique compositions of the highest quality components such as beeswax and coconut oil which leave the skin very soft and perfectly moisturized. With this unique fragrance and soft candle light, the relaxing atmosphere is created. This stimulating the senses ritual performed with an aromatic candle wax is an extraordinary sensation for mind and body. The melting point is between 50 – 60 degrees Celsius, and hence it may be applied directly on the skin giving a pleasant feeling of warmth.



30 or 90 min

A range of various seasonal fragrances are available for the Guests to choose from:

- Spicy (cardamom and cinnamon) – autumn / winter
- Palace (wild rose) – summer / autumn
- Citrus (orange, lemon grass) – spring / summer
- Exotic (coconut and mint) – summer

ADDITIONAL SERVICES: a massage for couples, a welcome ritual for feet.

HOT VOLCANIC STONE MASSAGE

India is considered to be a precursor of the ritual hot stone treatments which started to be performed over 5000 years ago. The significant influence of hot stones on soothing pain was also known in Ancient Rome. Nowadays, this technique of massaging is typically performed with warmed up to 50 degrees Celsius, very smooth-surfaced stones made of basalt. The stones of volcanic origin, especially from Hawaiian Islands and Bali are used for therapeutic purposes.



60 or 90 min

Hot stone massage is performed on the whole body and combines a few therapeutic techniques such as: thermotherapy, lymphatic massage and well as the elements of a classic massage.

ADDITIONAL SERVICES: a massage for couples, a welcome ritual for feet.

EVERY MASSAGE CAN BEGIN WITH FULL BODY PEELING
WITH INSTITUT ESTHEDERM COSMETICS ON REQUEST



FULL BODY MASSAGE

MANUAL TECHNIQUES FROM ALL OVER THE WORLD

HERBAL STAMPS MASSAGE

Hot herbal stamps massage originates from Thailand where it has been performed for over 400 years. According to its tradition, the ritual is done with white cotton bags (stamps), filled with herbal, fruit and spices mixture which has a beneficial and therapeutic effect on human body. Immediately before the massage, the herbal compresses are immersed in hot oil and warmed up in order to release highly aromatic essential oils. Then the massage is performed. The stamps massage is applied to the body in quick gentle pressing, circular and rolling movements. As the stamps lose their heat, the massage intensifies and active substances contained in herbs penetrate into the skin giving a strong relaxing effect. The mixture contained in herbal compresses is selected individually to each application.

A range of various fragrances are available for the Guests to choose from:

- Coconut – regeneration which improve firmness and make the skin supple
- Rose with rice – stress reduction
- Thai herbs – strengthening the immune system
- Lemon grass – stimulating

ADDITIONAL SERVICES: the massage for couples, a welcome ritual for feet.

BIRCH STICKS MASSAGE

Our offer is especially designed for the Guests willing to experience an effective and stimulating massage. This unique ritual is performed with smooth birch sticks and birch oil. Not only does it improve the appearance of the skin but also soothes it. Touch and stimuli at varied intensity induce deep relaxation, relieve stress and fatigue as well as stimulate metabolism. As a result, it boosts both emotional and physical well being, inducing the feeling of lightness, improving skin firmness and circulation of lymph. The massage constitutes an ideal addition to other forms of treatment – slimming therapy and training in our Fitness & Gym zone. The ritual is ideal for alleviating pain and relieving stiff or pulled muscles after physical exercises. It shapes the body and has an anti-cellulite effect.

ADDITIONAL SERVICES: as an addition to slimming therapy.

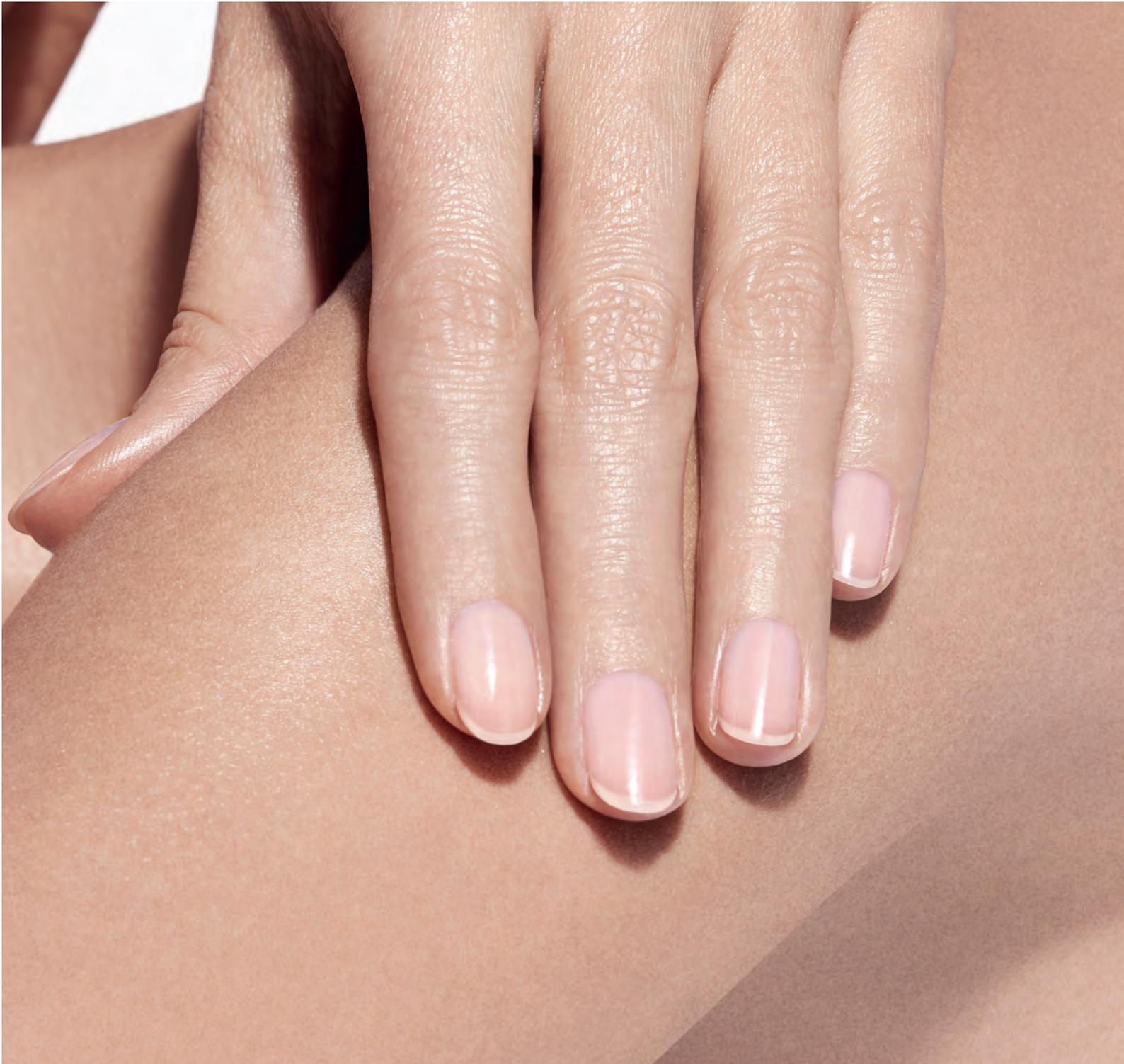


60 or 90 min



60 min

EVERY MASSAGE CAN BEGIN WITH FULL BODY PEELING
WITH INSTITUT ESTHEDERM COSMETICS ON REQUEST





HAND, NAIL & FOOT CARE

Hand and foot treatments are a cornerstone of professional face and body treatment. They smooth and soften the skin while beautifully grooming your nails. Hands and feet are not only important elements of our well-being, but also essential aspects of our beauty. However, they are the most vulnerable to harmful external factors. That's why we offer a range of treatments that make your skin and nails healthy, nourished and cared for again.

CLASSIC MANICURE / PEDICURE

A comprehensive treatment that results in well-groomed nails and softer and smoother hands. Choose from a wide collection of long-lasting shades to enjoy your favorite color.

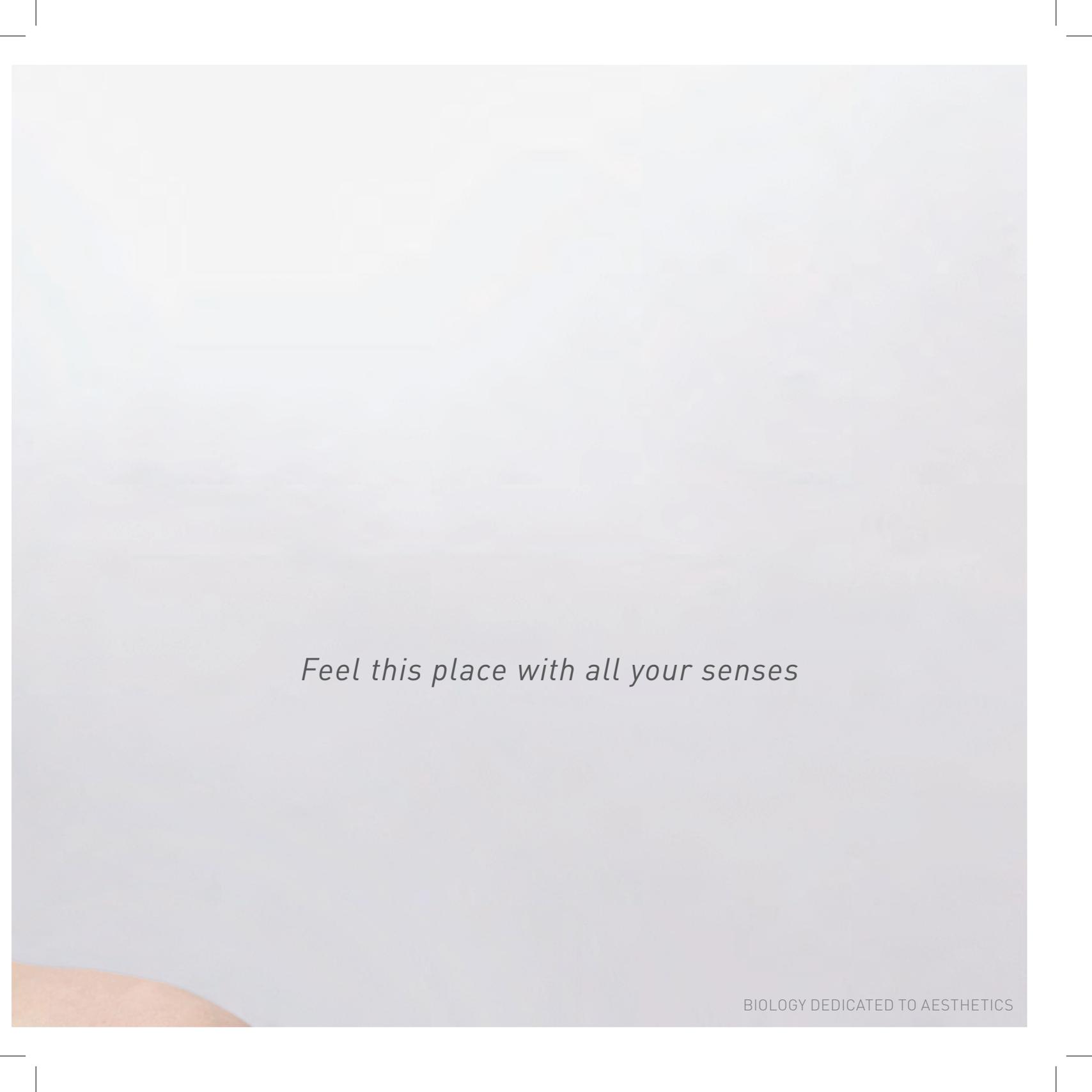
MANICURE / PEDICURE OPI

OPI manicure/pedicure it's a professional treatment with shine-intense GelColor shades that will last approximately 2 weeks. GelColor will give you weeks of glossy OPI color from deep and edgy to sheer and shimmer.

SPA MANI RITUAL – SPA PEDI RITUAL

A ritual dedicated to dry and tired hands. Combination of peeling and professional massage with use of natural oils. Fruits extracts and vitamins strengthen and regenerate your nails. The treatment results in nourished, smoother and younger looking hands.





Feel this place with all your senses

BIOLOGY DEDICATED TO AESTHETICS