

PARTIAL MASSAGE

<u>PARTIAL THERAPEUTIC MASSAGE</u>	<u>DURATION</u>	<u>PRICE</u>
FACE AND HEAD MASSAGE*	30 min	190 zł
BACK AND NECK MASSAGE*	30 min	190 zł
RELAXING FOOT MASSAGE *	30 min	190 zł
NECK AND SHOULDER MASSAGE*	30 min	190 zł
RELAXING HEALING BACK MASSAGE	30 min	190 zł
ANTI-STRESS BACK NECK AND HEAD MASSAGE	45 min	240 zł

***Recommended for pregnant women**

BODY MASSAGE

<u>PERSONALISED FULL BODY MASSAGE</u>	<u>DURATION</u>	<u>PRICE</u>
RELAXING BODY MASSAGE FOR CHILDREN AND YOUNG PEOPLE	30 min	150 zł
SPORT MASSAGE	45 min	260 zł
CLASSIC MASSAGE	60/90 min	310/380 zł
RELAXING MASSAGE	60/90 min	310/380 zł
ANTI-STRESS MASSAGE	60/90 min	310/380 zł
PAŁAC CIEKOCINKO ORYGINAL MASSAGE	60/90 min	310/380 zł
RELAXING MASSAGE BASED ON NOURISHING BUTTER	60/90 min	330/400 zł

<u>MANUAL MASSAGE TECHNIQUES FROM AROUND THE WORLD</u>	<u>DURATION</u>	<u>PRICE</u>
CANDLE MASSAGE	60/90min	330/400 zł
HOT OILS MASSAGE	60/90min	330/400 zł
LAVA STONE MASSAGE	60/90min	330/400 zł
HERBAL STAMP MASSAGE	60/90min	385/475 zł

AROMA RITUALS

<u>SUGAR/SALT SCRUB BODY CARE WITH AROMATIC BUTTERS</u>	<u>DURATION</u>	<u>PRICE</u>
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ROSE	60 min	350 zł
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Rose sugar peeling helps to remove dead skin cells, thanks to which the skin is oxygenated and naturally activates the processes of removing toxins from the body. Shea rose butter perfect for the care of sensitive skin prone to irritation giving it a youthful appearance, firmness and elasticity, it has natural lifting properties.

GREEN TEA	60 min	350 zł
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Green Tea Sugar Scrub. Prevents premature signs of aging, restores skin firmness and elasticity. Natural Shea butter green tea, has intensely firming properties. It is recommended that, prophylactically to maintain firmness.

LAVENDER	60 min	350 zł
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Lavender salt body scrub effectively removes dead epidermis, regenerates and stimulates microcirculation, intensively smoothes, oxygenates and nourishes the skin, and lavender scent relaxes and soothes the senses. Pure 100% KARITE butter is hypoallergenic and full of precious substances. Intensively moisturizes, soothes and accelerates the regeneration of the epidermis.

GOLDEN	60 min	350 zł
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Body salt scrub inspired by the scent of French perfumes, effectively removes callous epidermis, regenerates and stimulates microcirculation, SHEA butter with a beautiful oriental scent, strongly moisturizes and has firming properties. Intensively regenerates.

SEASONAL	60 min	350 zł
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The cosmetics used will be seasonally changed in terms of fragrance note, so that our guests using the treatment on a regular basis can feel new, aromatic stimuli.

***Relaxing treatment for two**



A holistic approach shown in the care rituals of the Esthederm Institute
they will provide you with the renewal of soul, body and mind.

FACE CARE TREATMENTS

PROFESSIONAL FACIAL CLEANSING	DURATION	PRICE
<p>OSMOCLEAN- Basic treatment for professional skin cleansing Provides selective, deep cleansing and gentle exfoliation of the skin while at the same time ensuring the proper functioning of the hydro lipid layer. The skin becomes smoother, oxygenated and ready for further care.</p>	30 min	180 zł
<p>OSMOPEEL- An advanced treatment of professional skin cleansing with AHA acids It improves the structure and color of the skin by removing unnecessary keratinized epidermal cells.</p>	35 min	195 zł
INTENSIVE SKIN REGENERATION TREATMENTS	DURATION	PRICE
<p>INTENSIVE SPIRULINE- The effect of revitalizing mesotherapy A treatment created for tired skin, devoid of radiance and firmness, with visible wrinkles. It reduces the roughness of the epidermis, cleanses and accelerates skin metabolism. The cells regain vitality, the skin becomes elastic and radiant with health.</p>	60 min	420 zł
<p>INTENSIVE HYALURONIC- Intensive hydration + filling effect A treatment composed for severely dehydrated, tight, irritated skin with visible lines. It improves elasticity and works to stop the aging process protects the skin from drying out, temporarily restores its balance, leaving it smooth, delicate and optimally moisturized.</p>	60 min	420 zł
<p>INTENSIVE PEELING- An intensive treatment that evens out the surface of the epidermis A treatment for gray, earthy skin with an uneven surface, non-uniform color and visible wrinkles at any age. Instantly restores radiance and activates skin renewal. It works externally in the deep layers of the skin. It becomes soft, radiant and regains comfort.</p>	60 min	420 zł

BODY CARE TREATMENTS

ORIGINAL MASSAGE TECHNIQUES	DURATION	PRICE
<p>BODY ESSENTIAL - Cleansing, smoothing and relaxing treatment Essential Body Care is a fully relaxing peeling treatment for soft and firm skin. Exceptionally delicate turquoise peeling, transforming into oil during massage for a perfect exfoliation effect. It softens, smoothes and improves the appearance of the skin, eliminates toxins. Cellular body oil provides nourishment and comfort, soothes and renews the skin. Soft and radiant skin after the first treatment.</p> <p>*Relaxing treatment for two</p>	60 min	290 zł