



A HOLISTIC APPROACH TO BEAUTY  
CARE TREATMENTS REJUVENATE  
YOUR BODY, MIND AND SPIRIT  
WITH INSTITUT ESTHEDERM





FACE CARE TREATMENTS

| PROFESSIONAL FACIAL CLEANSING                                                                                                                                                                                                                                                                                                                                        | CZAS    | CENA   |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|--------|
| <b>ESTHEDERM DISCOVERY</b> – 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. | 180 zł |
| <b>ESTHEDERM DISCOVERY – PEELING TREATMENT</b> – 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. | 195 zł |
| REJUVENATING TREATMENTS – PRESERVE YOUR YOUTH                                                                                                                                                                                                                                                                                                                        | CZAS    | CENA   |

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|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|--------|
| <b>ESTHELIFT</b> – 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 smoothened-out wrinkles.                                                                                                             | 90 min. | 480 zł |
| <b>EXCELLAGE</b> – Intensive regenerating and rejuvenating treatment combined with a firming facial massage. A unique, regenerating and firming treatment that helps rebuild key skin cell connections. The combination of highly effective formulas with manual application techniques and a form of relaxation ritual provides visible results after the first treatment. The smoothing peel increases the penetration of active ingredients contained in advanced formulations designed to gradually reduce wrinkles. | 90 min. | 540 zł |

| INTENSIVE SKIN REGENERATION TREATMENTS                                                                                                                                                                                                                                                                                                                                                                                                       | CZAS    | CENA   |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|--------|
| <b>OXY’HYDRA</b> – 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 smoothen 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. | 60 min. | 420 zł |
| <b>OXY’NERGY</b> – 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.                                                                                                               | 60 min. | 420 zł |

BODY CARE TREATMENTS

| ORIGINAL MESSAGE TECHNIQUES                                                                                                                                                                                                                                                                                                                                                                          | CZAS    | CENA   |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|--------|
| <b>BODY ESSENTIAL</b> – 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 treatment.                                                          | 60 min. | 290 zł |
| <b>BODY SCULPT</b> – 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. | 310 zł |
| <b>BODY RESOURCE</b> – 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. | 310 zł |



THERAPEUTIC BODY MESSAGES

| PARTIAL THERAPEUTIC MESSAGES            | CZAS    | CENA   |
|-----------------------------------------|---------|--------|
| 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 MESSAGES

| PERSONALISED FULL BODY MESSAGES                     | CZAS       | CENA       |
|-----------------------------------------------------|------------|------------|
| RELAXING BODY MASSAGE FOR CHILDREN AND YOUNG PEOPLE | 30 min.    | 150 zł     |
| SPORTS 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 ORIGINAL MASSAGE                   | 60/90 min. | 310/380 zł |
| RELAXATION MASSAGE BASED ON NOURISHING SHEA BUTTER  | 60/90 min. | 330/400 zł |

| MANUAL MESSAGES TECHNIQUES FORM AROUND THE WORLD |            |            |
|--------------------------------------------------|------------|------------|
| CANDLE MASSAGE                                   | 60/90 min. | 330/400 zł |
| HOT OILS MASSAGE                                 | 60/90 min. | 330/400 zł |
| LAVA STONE MASSAGE                               | 60/90 min. | 330/400 zł |
| HERBAL STAMP MASSAGE                             | 60/90 min. | 385/475 zł |



AROMA RITUALS

| SUGAR/SALT SCRUB BODY CARE WITH AROMATIC BUTTERS                                                                                                                                                                                                                                                                                                                                                      | CZAS    | CENA   |
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| <b>ROSE</b> - Rose sugar scrub 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 which is perfect for sensitive skin prone to irritation giving it a youthful appearance, firmness and elasticity, it has natural lifting properties.                                                  | 60 min. | 350 zł |
| <b>GREEN TEA</b> - Green Tea Sugar Scrub. Prevents premature signs of ageing, restores skin firmness and elasticity. Natural Shea butter green tea, has intensely firming properties. It is recommended that, prophylactically to maintain firmness.                                                                                                                                                  | 60 min. | 350 zł |
| <b>LAVENDER</b> - Lavender salt body scrub effectively removes dead epidermis cells, regenerates and stimulates microcirculation, intensively smoothe, oxygenates and nourishes the skin. Lavender scent relaxes and soothes the senses. Pure 100% Shea butter is hypoallergenic and full of precious substances. Intensively moisturizes, soothes and accelerates the regeneration of the epidermis. | 60 min. | 350 zł |
| <b>GOLDEN</b> - Body salt scrub inspired by the scent of French perfumes, effectively removes dead epidermis cells, regenerates and stimulates microcirculation, Shea butter with a beautiful oriental scent, strongly moisturizes and has firming properties. Intensively regenerates.                                                                                                               | 60 min. | 350 zł |
| <b>SEASONAL</b> - Cosmetics will be seasonally changed in terms of fragrance notes, so that our guests who use the treatment regularly, can feel new aromatic stimuli.                                                                                                                                                                                                                                | 60 min. | 350 zł |

For more information, please contact the Institute’s reception:  
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