



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



FACE CARE TREATMENTS

PROFESSIONAL FACIAL CLEANSING

	TIME	PRICE
ESTHEDERM DISCOVERY – 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 enhances the penetration of active ingredients and prepares skin for further care.	30 min.	205 zł

ESTHEDERM DISCOVERY – PEELING TREATMENT – in addition to unique deep cleaning, it refines the skin's texture with AHA acid. The peeling treatment restores the skin's radiance, leaving it smooth and glowing.	35 min.	220 zł
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REJUVENATING TREATMENTS – PRESERVE YOUR YOUTH

	TIME	PRICE
ESTHELIFT – 100% manual professional lift that acts on the muscles, microcirculation 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 improved tone and smoothened-out wrinkles.	90 min.	520 zł

EXCELLAGE – An 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 enhances the penetration of active ingredients contained in advanced formulations designed to gradually reduce wrinkles.	90 min.	580 zł
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INTENSIVE SKIN REGENERATION TREATMENTS

	TIME	PRICE
OXY'HYDRA – Intensively moisturizes. This antiaging treatment is designed for dehydrated, uncomfortable, and tight skin with fine lines and wrinkles. OXY'HYDRA is a combination of 3 forms of highly purified hyaluronic acid, which 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.	480 zł

OXY'NERGY – The effect of "revitalizing mesotherapy" – a treatment designed for any sign of tiredness. A treatment for all skin types, and at any age. It reduces fatigue, nourishes the skin, activates microcirculation, and revitalizes and rejuvenates. OXY'NERGY reduces the roughness of the epidermis, leaving the skin immediately radiant, more toned, firmer, and smoother.	60 min.	480 zł
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BODY CARE TREATMENTS

ORIGINAL MASSAGE TECHNIQUES

	TIME	PRICE
BODY ESSENTIAL – A cleansing treatment designed to prepare your body for any skincare regimen. It gently removes dead skin cells from the epidermis, leaving the body pleasantly smooth and revitalized. BODY ESSENTIAL is a 100% relaxing scrub that leaves the skin soft, smooth, youthful, and ready to fully benefit from Institut Esthederm body treatments.	60 min.	350 zł

BODY RESOURCE – This treatment restores energy balance with precise yet relaxing massage movements. Pressure is applied to specific areas to create the 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 that lack radiance and vitality.	90 min.	470 zł
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THERAPEUTIC BODY MESSAGES

PARTIAL THERAPEUTIC MESSAGES

	TIME	PRICE
FACE AND HEAD MASSAGE*	30 min.	230 zł
BACK AND NECK MASSAGE*	30 min.	230 zł
RELAXING FOOT MASSAGE*	30 min.	230 zł
NECK AND SHOULDER MASSAGE*	30 min.	230 zł
RELAXING HEALING BACK MASSAGE*	30 min.	230 zł
ANTI-STRESS BACK, NECK AND HEAD MASSAGE	45 min.	290 zł

* RECOMMENDED FOR PREGNANT WOMEN

BODY MESSAGES

PERSONALISED FULL BODY MESSAGES

	TIME	PRICE
RELAXING BODY MASSAGE FOR CHILDREN AND YOUNG PEOPLE	30 min.	175 zł
SPORTS MASSAGE	45 min.	330 zł
CLASSIC MASSAGE	60/90 min.	380/490 zł
RELAXING MASSAGE	60/90 min.	380/490 zł
ANTI-STRESS MASSAGE	60/90 min.	380/490 zł
PAŁAC CIEKOCINKO ORIGINAL MASSAGE	60/90 min.	380/490 zł
RELAXATION MASSAGE BASED ON NOURISHING SHEA BUTTER	60/90 min.	395/510 zł

MANUAL MESSAGES TECHNIQUES FORM AROUND THE WORLD

CANDLE MASSAGE	60/90 min.	395/510 zł
HOT OILS MASSAGE	60/90 min.	395/510 zł
LAVA STONE MASSAGE	60/90 min.	395/510 zł



AROMA RITUALS

SUGAR/SALT SCRUB BODY CARE WITH AROMATIC BUTTERS

	TIME	PRICE
ROSE - 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.	375 zł

GREEN TEA - 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.	375 zł
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LAVENDER - 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.	375 zł
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GOLDEN - 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.	375 zł
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SEASONAL - 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.	375 zł
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For more information, please contact the Institute's reception:
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