

1. FACIAL CARE



BASIC FACIAL CARE PROCEDURES:

- * PROCEDURES FOR DRY OILY SKIN REDUCING SEBUM SECRETION 220 PLN
- * DEEP REGENERATION AND INSENSITIVE SKIN MOISTURIZING 270 PLN
- * PURIFYING TREATMENT WITH MANUAL CLEANSING FACIAL SKIN 350 PLN

LUXURIOUS PROCEDURES:

- * **MAGIC GOLD** - a luxurious skin rejuvenating and regenerating therapy 23-carate gold with lipopeptide similar to the youth hormone (DHEA) positively influences the regeneration of the cytokines in your skin as well as immunological processes - Ultrasonic waves. 500 PLN
- * **INTENSIVE MOISTURIZING AND NUTRITION** skin bio-renewal therapy 290 PLN
This procedure improves the condition of your skin, reduces wrinkles, improves elasticity and firmness of skin, hydrates dry skin and beautifully smoothes out the skin.
- * **THE TOUCH OF LUXURY** deeply regenerating and anti-wrinkle therapy for sensitive, vascular and dry skin It is the perfect combination of isoflavones and sea collagen to deeply hydrate your skin. Smoothing, anti-wrinkle and nutritional qualities to improve your skin's coherence. 390 PLN



MENARD
JAPAN, SINCE 1959

MENARD IMPECCABLE BEAUTY

Menard is one of leaders of Japanese cosmetic companies. It combines thousands of years of traditional medicine with latest achievements of Japanese science. Fermenting extract from Zymomonas mobilis bacteria, hybrid plant extract GL II, collagen, elastin, hyaluronic acid and many other active ingredients - that is a Japanese secret of beautiful and impeccable skin.

MOISTURISING TREATMENT

A treatment with a moisturising and revitalising effect. Contains a hyaluronic acid, and Cereus extract.

230 PLN

ANTI-WRINKLE AND FIRING TREATMENT

A anti-wrinkle treatment with a strong lifting effect. The treatment combines the benefits of hyaluronic acid, collagen and Cereus extract, as well as ingredients coming from the sea. The treatment is a combination of a firming massage and Japanese acupressure techniques.

320 PLN

REVIDERM

skintelligence

Dermocosmetic products support the process of reconstruction of the skin. Reviderm offers both regeneration treatments and special treatments, which not only care about the condition of the skin, but also are the answer to her particular problems

CLEANING TREATMENT

Suitable for oily skin, mixed regulates excessive secretion of sebum. Cleans pores, and the anti-inflammatory active ingredients soften the skin. Ideal treatment against oily skin and the prevention of impurities.

260 PLN

REGENERATION TREATMENT

Hydrating and regenerating treatment for all skin types. Used to achieve a healthy and fresh look.

270 PLN

ANTI-AGE TREATMENT

It is used to stimulate and regenerate damaged skin. By using Hydrolage (collagen lobe) wrinkles are smoothed, the skin becomes radiant

390 PLN

VISOANSKA

PARIS

VISOANSKA WILD NATURE AND BIOTECHNOLOGY

Visoanska brand is an effective solution eliminating all skin aging factors. The brand core lies at a synergy of natural ingredients and the most advanced biotechnology. Visoanska is based on modern multi-disciplinary knowledge, tradition and wild nature. It contains 100% natural products or products found originally in your skin. Your skin learns to remain young...

VISOPUR OXYGENATING TREATMENT

It purifies and detoxifies your skin as well as entire body. A massage oxygenating your skin is enhanced by a mask based on charcoal and Purifying Complex (ivory, sunflower, rice bran), which effectively detoxifies, rejuvenates and makes the colour even. Your skin is revitalised immediately, regains its healthy colour, it is calm and lightened.

360 PLN

EXPRES VIVIFIANT EXPRESS NOURISHING TREATMENT

Perfect both for women and men. It nourishes and regenerates your skin and improves the quality and firmness of facial muscles. It radically improves microcirculation, detoxifies and purifies your skin. It leaves your skin radiant, moisturised and revitalised.

340 PLN



BELLEFONTAINE GOLD, PEARLS, CAVIAR

Bellefontaine means a fountain of beauty. It is also a fountain of youth and luxury with a Swiss seal of quality. It draws from the nature of the Swiss Alps where plant extracts are gained with the use of the most modern techniques to form the base for all Bellefontaine products. They are made to fight the signs of aging. To make your skin as young as possible... for as long as possible. All this in the aura of unrivalled luxury.

LUXURIOUS PROCEDURES:

BELLEFONTAINE - CAVIAR AND GOLD

Luxurious anti-wrinkle and lifting therapy for mature and dull skin. The therapy includes two types of masks: caviar and collagen with caviar. Their improved effectiveness makes your skin fresh and healthy. Wrinkles are visibly reduced and the shape of your face is much more defined. The therapy gives an immediately visible effect. It is also an amazing rejuvenation therapy.

**PLN 1200
120 mins.**

THERAPIES FOR MATURE SKIN:

BELLEFONTAINE - LIFTING THERAPY

Lifting therapy for mature and dry skin. Smooths out the skin and improves the face contour. The perfect care for the demanding mature skin.

**PLN 700
105 mins.**

BELLEFONTAINE - REJUVENATING THERAPY

Therapy for mature, tired and dull skin. Makes your originally dull skin look healthy, radiant and relaxed. Has anti-aging and nutritional qualities.

**PLN 700
105 mins.**

SPECIALIST THERAPIES:

BELLEFONTAINE - HYDRATING THERAPY

Perfect for dehydrated skin. The hydration level of your skin is increased by 500 times thanks to a specially developed serum. Guarantees long-term effect.

**PLN 550
90 min.**

BELLEFONTAINE - REVITALIZATION THERAPY

Therapy for matte, tired and dull men's skin. Makes the skin look healthy and young. Firms and smooths out the skin.

**PLN 625
90 mins.**

BELLEFONTAINE - THERAPY FOR PROBLEMATIC SKIN

Therapy for oily skin with the tendency for allergic inflammations. Effectively rids your skin from of acne traces and blackheads. Limits the proliferation of bacteria, cleans the epidermis and balances the release of sebum. The skin looks radically better.

**PLN 575
90 mins.**

BELLEFONTAINE - BRIGHTENING THERAPY FOR DISCOLORATIONS

Therapy for overly discolored skin. Brightens, eliminates discolorations of all kinds, guarantees evenly radiant skin.

PLN 625

90 mins.

THERAPIES FOR MEN:

BELLEFONTAINE - REVITALIZATION THERAPY

Therapy for matte, tired and dull men's skin. Makes the skin look healthy and young. Firms and smoothes out the skin.

PLN 625

90 mins.

BELLEFONTAINE - THERAPY FOR PROBLEMATIC SKIN

Therapy prepared specially for men with impure skin. Limits the amount of the released sebum and efficiently soothes all irritations.

PLN 625

90 mins.

ADDITIONAL SERVICES OFFERED WITH FACIAL CARE TREATMENTS:

ADDITIONAL SERVICES ARE NOT OFFERED INDEPENDENTLY OF FACIAL CARE TREATMENTS!!!

- manual cleaning,
- face massage,
- algae mask,
- hydrating mask,
- microdermabrasion,
- cavitation peelig
- oxybrasion

PLN 50-100

PLN 60

PLN 70

PLN 70

PLN 70

PLN 50

PLN 80

*** MICRODERMABRASION ***

Microdermabrasion is an advanced, non-invasive procedure that involves the controlled abrasion (wearing away) of the upper layers of the skin, and, therefore, makes the skin healthier, improves its functionality and helps to deal with any potential problems. It is also an amazing facial care therapy. Using a stream of crystals, it gently wears away dead cells and any impurities from the upper layers of the skin. It helps the bottom layers of the skin produce new skin cells with increased intensity. They move upwards and replace the damaged cells. The abrasion is performed gradually, layer after layer. There is no danger of overly intensive or uneven abrasion. This is an extremely safe procedure. The result is visible immediately. There is no irritation whatsoever. Following the first procedure, your skin will become lighter, smoother and silky to touch. The pores will be reduced, the number of blackheads decreased, the colour of the skin is more even. In case of more severe imperfections, such as scars, heavy acne, it takes more than one procedure for the therapy to be effective. The depth of abrasion and the set of tools used for each procedure is individually matched to the condition and the problems of your skin.

The procedure is absolutely painless. It can be used as a single procedure or in series to create an entire therapy. The depth of the abrasion and the number of procedures in each therapy is individually matched to the condition of your skin and the level of its damage. The benefits of microdermabrasion are visible after the very first procedure.

WHY CHOOSE MICRODERMABRASION?

- regeneration and firming of the skin, increasing the absorption level of the active substances applied, stimulation of microvasculature which improves the nutrition of particular skin cells, elimination of acne-related skin defects, seborrhoea, blackheads, increased immunity of the skin, increase in production of collagen and elastin (regeneration of the dermis), delayed ageing of the skin, removing scars.

MICRODERMABRASION IS OFFERED ONLY AS A SUPPLEMENTARY SERVICE FOR FACIAL CARE TREATMENTS. IT IS NOT OFFERED WITHOUT THE FACIAL CARE TREATMENTS!

*** ULTRASONIC WAVES ***

Ultrasonic waves and, especially, their effect is not only a relaxing and recommended method of applying active substances from cosmetics. During the procedure, a special cosmetic is applied on the skin, and then special equipment is used (with ceramic and silicon head) which emits ultrasonic waves in order to increase the penetration of active substances.

Ultrasonic waves make it easier for the applied substances to penetrate the skin. This is very beneficial for the effectiveness of the procedure.

OXYBRASION - WATER AND OXYGEN PEELING

Oxybrasion - a kind of exfoliating scrub where factor is the flux of scattered physiological saline droplets and the air emitted under pressure through the device. Factors that are used in the treatment are physiological saline and compressed air. The combination of these two natural factors gives us the safest method of exfoliation, which we can confidently apply in those who have the problems such as the blood vessels or acne and can not use other kind of exfoliation. Oxybrasion gives us the possibility to oxygenation the skin, which lightes skin color and correct her unify. During the treatment you can feel the soothing coolness that reduces irritation and shrinks pores by reducing their visibility. It also tightens facial muscles which improves the face oval. The skin is visibly smoother, brighter and refreshed.

WAXING:

EYEBROWS	PLN 30
CHIN	PLN 40
CHEEKS	PLN 50
UPPER LIP	PLN 30
CALVES	PLN 70
LEGS	PLN 80
BIKINI	PLN 80
ARMPITS	PLN 50
ARMS	PLN 70
BACK	PLN 100

HENNA

EYEBROWS	PLN 30
EYELASHES	PLN 30
EYEBROW SHAPING	PLN 30

MAKE-UP

EVERYDAY MAKE-UP	PLN 150
EVENING MAKE-UP	PLN 150
MAKE-UP FOR SPECIAL EVENTS	PLN 200
MAKE-UP FOR THE NEW YEAR'S PARTY	PLN 200

2. BODY CARE

SALT PEELING

PLN 130

SUGAR PEELING

PLN 130

FINE-GRAINED GREEN TEA PEELING *Thalaspia*

PLN 150

FRUIT THERAPY *

Body wrap of fruit gel mask with hydrating and anti-cellulite effects

PLN 170

ALGAE

A detoxification body procedure based on algae. Skin nutrition, moisturizing and firming. Perfect when you are on a diet. *Pevonia Botanica*

PLN 280

GREEN COFFEE

A set of body compresses based on green coffee. It removes toxins, reduces cellulite and rejuvenates. *Pevonia Botanica*

PLN 340

SOIL - ALFA TERRA

Detoxification procedure with a wide scope of application. It gives good results as a detoxing, nutrition, moisturizing, anti-cellulite, acne therapy, as well as when you are on a diet or for sensitive skin. *Skin Jet*

PLN 170

CHOCOLATE THERAPY - MOISTURIZING AND NUTRITION

Hot chocolate body compress. Intense moisturizing and nutrition.

PLN 220

HONEY THERAPY - MOUISTURIZING AND NOURISHMENT

Honey is well-known for its rejuvenating, nutritional, moisturizing and healing properties. Owing to a large amount of nutritional values, it enriches your skin with bio-active substances. It improves your skin's firmness and, at the same time, makes it smoother, softer and more radiant.

PLN 220

MUD OF THE DEAD SEA

Offers care, healing, therapeutic, remineralizing, detoxifying and regenerating qualities.

PLN 180

* with the use of the capsule price is increased by 70 PLN

* salt or sugar scrub with body wrap treatments (such as treatment with the capsules) - 100 PLN

SPA CAPSULE

PLN 100

BOA LYMPHODRAINAGE - reduces cellulite and an excess of body fat

PLN 100

RELAXING BATH - hydromassage bath with color therapy Cosmopro bathtub

Improves blood circulation, activates the secretion of toxins, supplements mineral deficiencies, slims and tones

PLN 100

SOLARIUM

1 minute -
PLN 2.50

TREATMENT FOR SELECTED BODY PARTS:

PLN 350

TREATMENT FOR OILY SKIN on shoulders with a manual cleaning
- Cleanses the skin and prevents of acne appearance



BELLEFONTAINE - SCULPTING & FIRMING

Slimming and firming body care treatment. Full body massage included.

**.PLN 630
120 mins.**

BELLEFONTAINE - CAVIAR

Rejuvenating body treatment with caviar. Full body massage included.

**.PLN 840
120 mins.**

3. SPA PACKAGES

SPA KIDS TREATMENT

NOURISHING AND MOISTURIZING TREATMENT FOR CHILDREN. IDEAL COMPOSITION OF SHEA BUTTER WITH WONDERFUL FRAGRANCE OF MELON AND BANANA WILL GIVE A PLEASURE FOR EVERY CHILD.

PLN 150

WOMAN SPA

- BODY PEELING,
- GEL MASK FOR BODY,
- RUBBING IN THE NUTRIENT BUTTER

PLN 300

MAN SPA

- BODY PEELING,
- GEL MASK FOR BODY,
- RUBBING IN THE MOISTURIZING OIL

PLN 300

FRUIT SPA

- BODY PEELING,
- GEL MASK FOR BODY,
- RUBBING IN THE FRUIT OIL

PLN 240

THE HARMONY OF BODY AND MIND

- RELAXING BATH WITH HYDROMASSAGE,
- SALT BODY PEELING,
- DEAD SEA MUD BODY COMPRESS,
- FACIAL SKIN MOISTURIZING (ampoule and mask),
- NUTRITIONAL LOTION.

PLN 390

HONEY THERAPY

- SUGAR BODY PEELING,
- HONEY BODY COMPRESS WITH REJUVENATING AND MOISTURIZING CAPABILITIES,
- SPA CAPSULE,
- MOISTURIZING LOTION.

PLN 350

CHOCOLATE THERAPY

- SUGAR BODY PEELING,
- CHOCOLATE BODY MASK WHICH NOURISHES, HYDRATES, SMOOTHES OUT, REGENERATES THE SKIN AND PROTECTS IT FROM AGEING,
- SPA CAPSULE,
- HYDRATING AND NOURISHING LOTION.

PLN 350

HEALTHY BODY

- SALT BODY PEELING,
- MASSAGE WITH ANTI-CELLULITE GEL,
- SLIMMING AND FIRING COMPRESS WITH ALFA-TERRA SOIL,
- ANTI-CELLULITE LOTION.

PLN 270

SLIM FIGURE

- INFRARED SAUNA WITH COLOUR THERAPY
- SALT BODY PEELING,
- SLIMMING AND FIRMING COMPRESS WITH ALFA-TERRA SOIL,
- SPA CAPSULE,
- BODY-SHAPING EMULSION.

PLN 345

DEEP RELIEF

- RELAXING BATH WITH HYDROMASSAGE,
- SUGAR BODY PEELING,
- LIMPATIC DRAINAGE OF THE LOWER BODY (legs, buttocks, hips),
- ANTI-STRESS HOT TOWEL BODY COMPRESS,
- MOISTURIZING LOTION.

PLN 360

BODY LIGHTNESS

- RELAXING BATH,
- SALT BODY PEELING,
- LYMPHATIC DRAINAGE OF THE LOWER BODY PARTS (legs, buttocks, hips) WITH A BOA DEVICE,
- SLIMMING AND FIRMING COMPRESS WITH ALFA-TERRA SOIL,
- BODY-SHAPING EMULSION.

PLN 400

DELUXE BATH

- SALT BODY PEELING,
- COSMOPRO BATHTUB MASSAGE WITH COLOUR THERAPY,
- MOISTURIZING LOTION.

PLN 180

BOA PLUS

- LYMPHATIC DRAINAGE OF THE LOWER BODY (legs, buttocks, hips) WITH A BOA DEVICE,
- BODY-SHAPING EMULSION.

PLN 135

SPA PACKAGE WITH A MASSAGE**TREASURES OF THE SEA PACKAGE**

- SALT BODY PEELING,
- DEAD SEA MUD BODY COMPRESS,
- MASSAGE 30 MINUTES.

PLN 330

TREASURES OF THE SEA LUX PACKAGE

- SALT BODY PEELING,
- DEAD SEA MUD BODY COMPRESS,
- SPA CAPSULE,
- MASSAGE 30 MINUTES.

PLN 390

TREASURES OF THE SOIL PACKAGE

- SALT BODY PEELING,
- SLIMMING AND FIRMING COMPRESS WITH ALFA-TERRA SOIL,
- MASSAGE 30 MINUTES.

PLN 350

TREASURES OF THE SOIL LUX PACKAGE

- SALT BODY PEELING,
- SLIMMING AND FIRMING COMPRESS WITH ALFA-TERRA SOIL,
- SPA CAPSULE,
- MASSAGE 30 MINUTES.

PLN 410

4. MASSAGES

CLASSIC FULL BODY MASSAGE 1 hour

strengthens the muscles, improves the elasticity and stamina of ligaments, prevents muscle atrophy, improves muscle tension, stimulates lymphoid and circulatory systems, improves oedema absorption capacities and facilitates the removal of products.

PLN 230

MASSAGE WITH AROMATIC CANDLE 45 min.

Is a treatment that combines relaxing massage, aromatherapy and the heat from the flame of the candle made from the highest quality natural ingredients: Shea butter, soy wax, jojoba oil, sweet almond oil, vitamin E, essential oils. The skin becomes flexible, soft to the touch, silky smooth and wrapped in a pleasant aroma. It is much more moisturized, nourished, supplied with blood and radiant.

PLN 250

SHEA NUTRITION MASSAGE 45 minutes

smooths out, regenerates, nourishes the skin, protects against skin ageing. Massage based on SHEA butter rich with allantoin, vitamin E and vitamin A.

PLN 250

CHOCOLATE BODY MASSAGE 45 minutes

with hot chocolate offering multiple revitalization qualities. Relaxes, nourishes and moisturizes the skin.

PLN 250

MIKADO-GOLD 1 hour

massage based on Japanese technique Relaxes, improves blood circulation, hydrates the skin, it also has rejuvenating and regenerating capabilities thanks to the oil used during the massage.

PLN 240

BODY MASSAGE WITH HOT STONES 1 hour

improves blood circulation, invigorates, aids the lymphoid system, relaxes, improves skin elasticity and firmness.

PLN 250

RELAXING MASSAGE 45 minutes

delicate massage with vine oil is recommended for those who suffer from neurosis; calms down and relaxes, relieves.

PLN 190

WEIGHT LOSS MASSAGE 1 hour

improves weight-loss by reducing the fat tissue, successfully reduces cellulite and stimulates muscles, shapes the body and improves the slenderness of muscles.

PLN 240

FRUIT RELAX 45 min.

Relaxing massage with the wonderful aroma of fresh fruits

PLN 190

MASSAGE FOR SELECTED BODY PARTS:

CLASSIC PARTIAL MASSAGE

PLN 130

BACK MASSAGE WITH HOT STONES

PLN 130

ANTI-CELLULITE MASSAGE

Partial massage with cinnamon and algae concentrate, successfully protects against cellulite and helps reduce the fat tissue.

PLN 130

SPINE MASSAGE

Healing and therapeutic for the spinal joints highly beneficial, as it decreases and reduces spine pain, improves joint mobility, significantly decreases muscular tension.

PLN 130

5. MANICURE - PEDICURE



HAND PROCEDURES:

CLASSIC MANICURE - cuticle removal, nail polish, cream.	PLN 70
FRENCH MANICURE - cuticle removal, french nail polish, cream.	PLN 80
SPA MANICURE - skins, peeling, serum, cream .	PLN 100
DELUXE MANICURE - cuticle removal, peeling, ampoule, paraffin wax, nail polish, cream.	PLN 120
SHELLAC MANICURE - cuticle removal, hybrid nail polish (Shellac), cream.	PLN 130

SHELLAC - hybrid nail polish. It is cured using a UV lamp and stays on your nails for up to 14 days! It is removable with acetone. It does not damage your nail plate, but makes it stronger and harder.

FEET PROCEDURES:

SPA PEDICURE - bath, electric nail file drill, peeling, mask, nail polish.	PLN 150
SHELLAC PEDICURE - bath, electric nail file drill, peeling, mask, hybrid nail polish (Shellac)	PLN 200

ADDITIONAL SERVICES:

APPLYING ALESSANDRO NAIL TIPS	PLN 220
FRENCH GEL	PLN 30
CORRECTION - SUPPLEMENTING	PLN 180
REMOVING THE HYBRID NAIL POLISH	PLN 30
REMOVING GEL OR ACRYLIC TIPS,	PLN 100
DECORATION OF NAILS	PLN 20

6. HAIRDRESSING

HAIRDRESSING - HAIRSTYLING

MEN'S HAIRDRESSING	PLN 50
CHILDREN HAIRCUT	PLN 40
WOMEN'S HAIRDRESSING	PLN 100-160
HAIR STYLING	PLN 70-150
BUN	PLN 200
NEW YEAR'S PARTY HAIRSTYLING (<i>price valid for December 31</i>)	PLN 150-250

HAIR COLOURING

HAIR COLOURING,	PLN 160-220
BALAYAGE - HIGHLIGHTS,	PLN 180-240
LOWLIGHTS,	PLN 70-130
HAIR COLOURING FOR MEN - COVERING GRAY HAIR (<i>hair colouring + hairstyling</i>)	PLN 140
HAIR COLOUR REMOVAL	PLN 100-160

(prices of haircut and hairstyling, etc.. must be added to the price of hair colouring for women)

HAIR CARE

PRO FIBER TREATMENT Smoothing, hydrating or rebuilding treatment: washing + ampoule + mask	PLN 160
AMPOULE	PLN 50-80
TREATMENT FOR DAMAGED HAIR "BOTOX FOR YOUR HAIR" - FIBERCEUTIC washing hair + "Botox" + mask and sauna + hair mask (200ml) for hair care at home	PLN 200
INTENSIVE HAIR REGENERATION TREATMENT "RENEW C" - ABSOLUT REPAIR CELLULAR ampoule + washing hair + serum + mask and sauna	PLN 150
HAIR SMOOTHING TREATMENT "POWER DEFINE" - LISS ULTIME washing + ampoule + mask with sauna + serum	PLN 150
HAIR RE-ENERGIZING TREATMENT "CATAPLAZMA" washing + ampoule and mask with sauna	PLN 150

7. TREATMENTS FOR PREGNANT WOMEN

FACIAL CARE



MENARD
JAPAN, SINCE 1959

MENARD - IMPECCABLE BEAUTY

PLN 230-290

VISOANSKA
PARIS

VISOANSKA - WILD NATURE AND BIOTECHNOLOGY

PLN 340-360



Bellefontaine
SWITZERLAND

BELLEFONTAINE
luxurious facial skin treatments

PLN 550-1200

BODY CARE

FINE-GRAINED GREEN TEA PEELING

PLN 150

EARTH - ALFA TERRA

Detoxification procedure with a wide scope of application. It gives good results as a detoxing, nutrition, moisturizing, anti-cellulite, acne therapy, as well as when you are on a diet or for sensitive skin.

PLN 170

8. TREATMENTS FOR MEN

FACIAL CARE



MENARD
JAPAN, SINCE 1959

MENARD - IMPECCABLE BEAUTY

PLN 230-290

VISOANSKA

PARIS

VISOANSKA - WILD NATURE AND BIOTECHNOLOGY

PLN 340-360

LUXURIOUS PROCEDURES:



Bellefontaine
SWITZERLAND

BELLEFONTAINE - REVITALIZATION THERAPY

Therapy for matte, tired and dull men's skin. Makes the skin look healthy and young. Firms and smoothes out the skin.

PLN 625

BELLEFONTAINE - THERAPY FOR PROBLEMATIC SKIN

Therapy prepared specially for men with impure skin. Limits the amount of the released sebum and efficiently soothes all irritations.

PLN 625

AS A BONUS WITH THE TREATMENTS ABOVE:

- face massage
- cavitation peeling
- manual cleaning

PLN 60

PLN 50

PLN 50-100

BODY CARE

SALT PEELING - the Dead Sea salt

PLN 130

FINE-GRAINED GREEN TEA PEELING

PLN 150

ALGAE

A detoxification body procedure based on algae. Skin nutrition, moisturizing and firming. Perfect when you are on a diet.

PLN 280

GREEN COFFEE

A set of body compresses based on green coffee. It removes toxins, reduces cellulite and rejuvenates.

PLN 340

MUD OF THE DEAD SEA

Offers care, healing, therapeutic, remineralizing, detoxifying and regenerating qualities.

PLN 180

MASSAGES

CLASSIC FULL BODY MASSAGE 1hour

strengthens the muscles, improves the elasticity and stamina of ligaments, prevents muscle atrophy, improves muscle tension, stimulates lymphoid and circulatory systems, improves oedema absorption capacities and facilitates the removal of products.

PLN 230

MIKADO - GOLD 1 hour

massage based on Japanese technique Relaxes, improves blood circulation, hydrates the skin, it also has rejuvenating and regenerating capabilities thanks to the oil containing 23-carate gold used during the massage.

PLN 240

BODY MASSAGE WITH HOT STONES 1 hour

improves blood circulation, invigorates, aids the lymphoid system, relaxes, improves skin elasticity and firmness.

PLN 250

WEIGHT LOSS MASSAGE 1 hour

improves weight-loss by reducing the fat tissue, successfully reduces cellulite and stimulates muscles, shapes the body and improves the slenderness of muscles.

PLN 240

MASSAGE FOR SELECTED BODY PARTS:

CLASSIC PARTIAL MASSAGE

PLN 130

SPINE MASSAGE

Healing and therapeutic for the spinal joints highly beneficial, as it decreases and reduces spine pain, improves joint mobility, significantly decreases muscular tension.

PLN 130

MANICURE - PEDICURE

CLASSIC MANICURE - cuticle removal, cream.

SPA MANICURE - cuticle removal, peeling, ampoule, cream.

SPA PEDICURE - bath, electric nail file drill, peeling, mask.

PLN 70

PLN 100

PLN 150

We invite you to our SPA

*Gołębiowska Health and Beauty Studio
Hotel Gołębiowski Mikołajki*

11-730 Mikołajki, ul. Mrągowska 34

tel. +48 87 42 90 861

*e-mail: spa.golebiewska@golebiewski.pl
www.spa-golebiewska.pl*

** * Gołębiowska Health and Beauty Studio reserves the right to change the prices*