



SPA & WELLNESS

— K A S P R O W Y —

SPA TREATMENTS



KLAPP
COSMETICS



HIGHTECH NATURAL COSMETICS
TEAM D^R JOSEPH
SÜDTIROL

mesoestetic[®]

URGO
AESTHETICS

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AT SPA & WELLNESS KASPROWY WE PERFORM TREATMENTS USING PROFESSIONAL COSME- TICS BY WELL-KNOWN BRANDS:

KLAPP Cosmetics

KLAPP Cosmetics is a leading European producer of professional cosmetics, one of the leaders in bio-technological innovation. In its formulas, it uses the most advanced active complexes with scientifically proven effects as well as innovations in tissue engineering. The combination of knowledge, meticulous scientific research and a modern concept of personalised care has many times led KLAPP to win the prestigious world BEAUTY AWARD.

Many KLAPP treatments offered at Kasprowy Spa & Wellness are set treatments, i.e. using sets of hermetically wrapped, highly concentrated products, intended only for one Customer. This concept of treatment preparation allows for the minimisation of the use of preservatives while maximising concentration of active substances. In addition, a wide range of home care products allows you to intensify the effects of each treatment every day.

SAINT MALO

Saint Malo is a unique French cosmetics brand. A natural and health-promoting brand that works closely with marine biotechnology research facilities. It is a discoverer of a unique ingredient in cosmetics – oyster extract, which has visible effectiveness in delaying ageing processes. Saint Malo preparations are rich in unique but natural ingredients: myrrh, myrtle, volcanic lava, etc.

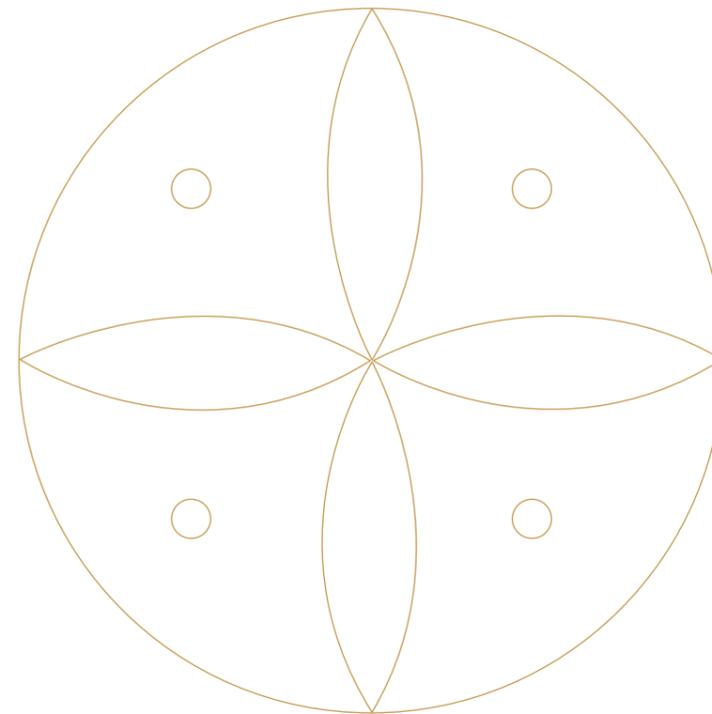
You will also find rarely used vegetable oils, such as cranberry or red palm oil.

TEAM DR JOSEPH

Dr Joseph is a 100% natural, certified and organic cosmetics brand, and it has been made in Brunico, Italy, for 30 years. These cosmetics combine two worlds – nature and modern scientific discoveries. The purest ingredients, the most-sophisticated technologies, the genius of nature and extensive knowledge have resulted in many awards in the Spa Diamond Awards and the European Health & Spa Awards. Their synergistic effect pampers the skin while facilitating its health and beauty.

MESOESTETIC

Mesoestetic is one of the world's leading pharmaceutical laboratories, a producer and distributor of high-quality, medically certified products in the field of aesthetic medicine and cosmetology, in particular chemical peels and transdermal cocktails.



FACE TREATMENTS



Moisturising programme

dry and dehydrated skin

KLAPP

Hyaluron Infusion

set treatment
Duration: 60 min | Price: PLN 460

PERMANENT HYDRATION. „SOS” treatment for dehydrated skin prone to dryness, exposed to harmful environmental factors. Thanks to **the innovative technique of applying bandages**, the face oval is shaped, and three forms of hyaluronic acid, algae and squalene deeply and long-lastingly moisturise the skin and give it a radiant glow. As a result, the skin becomes firmer, smoother, and wrinkles and fine lines are less defined.

KLAPP

Hyaluronic Hydro Effect

Duration: 50 min | Price: PLN 290

HYDRATION AND REFRESHMENT. A treatment specifically dedicated for dehydrated skin as well as combination and oily skin, accompanied by a feeling of tightness. Thanks to the presence of four forms of hyaluronic acid, it maximises skin hydration. The lightness of the skin after the treatment brings a unique sense of freshness, softness and velvety. A typical care treatment **for anyone who cares about maintaining healthy and radiant skin, regardless of age.**

KLAPP

Collagen Fill-up Therapy

set treatment
Duration: 60 min | Price: PLN 450

LIFTING, DEEP HYDRATION AND REGENERATION. A fantastic treatment for every type of skin. It combines the features of lifting, hydration and protection. Ingredients, such as various particles of sea collagen, Shiro kikuage snow mushroom and certified emollients, increase the skin's resistance to harmful environmental factors. **This kind of care delays the ageing process, supports the metabolic processes of cells** as well as perfectly seals the damaged epidermal barrier, supporting the healing process of the skin.

Soothing and calming programme

irritated and couperose skin

KLAPP

Sensitive Time

Duration: 50 min | Price: PLN 250

CALMING HYPERSENSITIVE AND ALLERGIC SKIN

Ideal for people whose skin has a large intolerance to cosmetics. A treatment based on the “Elixir of Life” in the form of an extract from Shiitake mushrooms, which stabilises the skin's immune system, and thus protects against allergic reactions. It brings relief to skin that is excessively tanned or subjected to many cosmetic procedures as well as procedures in the field of aesthetic medicine. This treatment improves the functioning of the skin's immune system by reducing the tendency to irritation and redness. It is also recommended for male skin with symptoms of burning, redness, itching.

KLAPP

Calming

Duration: 50 min | Price: PLN 250

SOFTENING OF SENSITIVE AND COUPEROSE-PRONE SKIN.

A great treatment for skin that requires calming. It significantly reduces erythema, but above all strengthens the epidermal barrier, thanks to which the skin copes better with environmental stressors. This treatment consists of soy phytoestrogens, peptides and vegetable oils necessary for the skin. It guarantees restoration of the hydro-lipid balance of the epidermis, and thus protection against irritants. The skin remains soothed, less pink and calmed.

Cleansing programme

oily and combination skin

KLAPP

Black Coal

Duration: 50 min | Price: PLN 270

DETOX AND CLEANSING. The secret to detoxing and cleansing the skin is enclosed in a composition of activated carbon and algae extract. **This is a unique cleansing therapy for skin that requires the removal of toxins, narrowing of pores and a matte effect.** Perfect for both female and male skin. The content of active carbon helps to even the skin structure and reduce the tendency to oily build-up. The treatment is preceded by a cavitation peeling – non-invasive cleansing of the skin of imperfections.

Lightening programme

skin with discolorations, earthy and hypoxic

KLAPP

Face Infusion C Pure

set treatment
Duration: 60 min | Price: PLN 450

SKIN ENERGISATION, LIGHTENING AND LIFTING
An intensive treatment rich in ingredients that inhibit the ageing process, aimed at improving the structure, tension and hydration of the skin, and through a gentle exfoliating effect, also smooth rough epidermis and even out its colour. Thanks to the unique formula of vitamin C, activated directly on the skin, facial skin brightening is visible immediately after the procedure. It is a nourishing, energising, brightening, lifting and tightening treatment.

SAINT MALO

Marine Radiance

Duration: 60 min | Price: PLN 310

DETOX AND LIGHTENING. A rejuvenating and brightening treatment that, thanks to the content of marine ingredients, cleanses the skin in the first stage, and in the next it saturates it with minerals, vitamins (high concentration of vitamin C), microelements and therapeutic plant extracts. A treatment with a hermetically closed biocellulose mask! **Perfect for people looking for luxury “nature supported by science” cosmetic solutions.** It leaves the skin calm, soft, and bright.

Nutrition programme

regeneration, smoothing, reconstruction, anti-age

KLAPP

Caviar Power

set treatment
Duration: 50 min | Price: PLN 330

INTENSIVE REGENERATION, IMPROVEMENT OF ELASTICITY, MAXIMUM SMOOTHING. The effectiveness of the treatment results from the innovative concept of using DNA-marine, a rejuvenating component extracted from fish eggs. Caviar extract triggers regenerative processes. In addition, natural bio-peptides support cell exchange, and panthenol, hyaluronic acid, and hydrolytes contained in the treatment have a positive effect on the skin's water balance. A perfect treatment with an intensely regenerating effect. **improving the elasticity of the most demanding skin and reducing dryness and flaking.**

KLAPP

Power Effect with Vitamin A

set treatment
Duration: 45 min | Price: PLN 290

NUTRITION AND REGENERATION. The secret and nourishing and regenerating power of the treatment lies in the irreplaceable vitamin A. Its precious effect on smoothing the epidermis, activation of repairing enzymes in the skin and on collagen synthesis undoubtedly makes it number one in solving the problem of grey, rough, tired skin and in anti-ageing therapy. The treatment with the use of vitamin A is an ideal introduction to further care therapies and significantly **affects maintenance of skin firmness, leaving it soft and rested.**

Lifting programme

active wrinkle reduction

KLAPP

Repagen Exclusive

set treatment
Duration: 80 min | Price: PLN 480

SIX-FOLD REJUVENATION EFFECT. A multi-stage treatment dedicated to the skin requiring reconstruction and thickening. **It perfectly tightens, soothes facial features, while restoring the right colour and improving hydration.** It is also great for demanding male skin. Ideal as a globally rejuvenating treatment.

KLAPP

Repacell

set treatment
Duration: 75 min | Price: PLN 450

DNA PROTECTION. A revolutionary treatment affecting repair mechanisms in cell biology. It is an ideal treatment for those seeking anti-ageing therapy, restoring the skin's natural balance and giving it a pearl glow. In addition, the treatment includes two massages – the first one using enzymes activating the tissue even more and the second one at the end, allowing recreation and deep relaxation. The treatment is a unique biotechnology curiosity, based on research in the field of tissue engineering (honoured with the NOBEL Prize in 2009).

KLAPP

Express Lift

Duration: 45 min | Price: PLN 240

INSTANT FACELIFT. A perfect banquet treatment for all skin types, especially those that need to improve facial contours and reduce wrinkles. During the procedure, facial muscles undergo active manual lifting training. The treatment combines the proprietary massage formula with peeling activity covering four types of enzymes. The lifting effect is complemented by a specialised ampoule with a push-up effect.

KLAPP Skin Push-Up

Duration: 50 min | Price: PLN 250

LIFTING AND REGENERATION. An ideal solution for skin exposed not only to weather conditions, but also stress, requiring strengthening of protective functions. It supplies the skin weakened by the lifestyle with valuable lipids, ceramides and provides the necessary dosage of moisture. It is based on the effects of manual lifting and a specialised mask. **It leaves the skin relaxed, tighter and more strengthened.**

Global Anti-Age SAINT MALO

Duration: 60 min | Price: PLN 360

REVITALISATION AND ANTI-WRINKLE EFFECT. Revitalising **anti-wrinkle treatment** with multidirectional effect, designed for mature skin. It contains oyster extract, combined with marine collagen and an anti-ageing complex. It visibly improves skin tone and appearance. It is a global care for mature skin that reduces mimic wrinkles and relaxes facial muscles. **Perfect for people looking for luxury “nature supported by science” cosmetic solutions.** Brilliant as a support for skin tired of environmental chemicals.

Men's zone

KLAPP Men Treatment

set treatment

Duration: 60 min | Price: PLN 390

COMPREHENSIVE CARE FOR MEN'S SKIN. A treatment dedicated to male skin, strongly nourishing and moisturising – without the greasy effect! It is composed to leave the skin refreshed, soothed, moisturised and full of healthy glow. The treatment with a unique, masculine fragrance allows for deep relaxation thanks to the massage, which clearly reduces signs of fatigue and possible swelling. **It will be appreciated primarily by men whose skin poorly tolerates shaving and is often irritated.**

Bio Express Lift TEAM DR JOSEPH

Duration: 60 min | Price: PLN 310

CLEANSING AND FIRMING. A powerful, natural and highly effective TEAM DR JOSEPH treatment that **deeply cleanses, nourishes and firms the skin.** In addition to two massages that support the lymphatic system, the treatment also features a specialised serum, an intensive mask and a warm herbal compress. It soothes the nervous system and prepares the mind to face new challenges.

Special facial care programmes

KLAPP Cuvee Prestige

Duration: 75 min | Price: PLN 490

EXPERT ELIXIR OF YOUTH. A treatment dedicated to skin with signs of ageing, which also requires reconstruction of lipids, replenishment and hydration. The grape extract present in the treatment has anti-inflammatory and calming properties. **Active peptides leave the impression of tight skin and reduce fine wrinkles.** The glow effect is complemented by the gold present in the product. The synergy of ingredients effectively stimulates cells to rebuild themselves, thickens the skin losing thickness and tension.

Bio Power Lifting TEAM DR JOSEPH

Duration: 100 min | Price: PLN 450

+ KOBIDO massage

Duration: 120 min | Price: PLN 550

IMPROVEMENT OF CONTOURS AND RECONSTRUCTION OF THE SKIN. A holistic, optimal programme based on the TEAM DR JOSEPH method. This is an intensive treatment with biodynamic lifting massage performed using warm herbal compresses. This treatment stimulates the lymphatic system, detoxifies, and slows down the ageing process. It begins with a cleansing ritual with a peel, followed by a glass cupping massage and the application of amazing herb and oil elixir serums and masks. Bio Power Lifting **is a synergy of intensive skin remodelling, firming and brightening, as well as deep cell oxygenation and skin strengthening.** The treatment combats the effects of cellular stress.

Bio Restart Cell TEAM DR JOSEPH

Duration: 80 min | Price: PLN 330

CELL RENEWAL AND REGENERATION. An amazing natural treatment with active ingredients tailored to specific skin needs. During the procedure, three active massages will be performed: a lymphatic and stimulating massage, a firming and cleansing massage, and a glass cup massage. This treatment detoxifies the skin and „restarts” its cells. **It slows down the ageing process, deeply moisturises, and combats the effects of cellular stress.**

Microneedle mesotherapy and chemical peels

Micro-Peel Jessner MESOESTETIC

Duration: 45 min | Price: PLN 230
Duration in the Long version:
60 min | Price: PLN 390

REVITALISATION, FIRMING, COLOUR HARMONISATION, ANTI-AGEING. A revitalising treatment, brightening discolorations, repairing environmental damage to the skin based on Jessner's medically certified chemical peel. Perfect as a strong stimulation, express way to improve skin tone, firmness, minimising fine lines and wrinkles.

Jessner's peel can be performed as an **independent care treatment**, strengthened with a mask, a strongly antioxidant serum and a gentle massage.

In the Long version – the treatment is combined with **microneedle mesotherapy** performed with a certified M.PEN device and a dedicated cocktail for intradermal application (to choose from: depigmenting, firming, revitalising, stimulating).

Micro-Peel Tran3x MESOESTETIC

Duration: 45 min | Price: PLN 230
Duration in the Long version:
60 min | Price: PLN 390

LIGHTENING OF DISCOLORATIONS, REDUCTION OF VASCULARISATION, SKIN BRIGHTENING

A treatment that minimises discoloration occurring on vascular and inflammatory grounds. This treatment also prevents and removes discoloration appearing as a result of aggressive treatments in aesthetic medicine. It uses a **medically certified** cocktail with tranexamic acid, which has an anti-inflammatory effect and seals blood vessels. TRAN3x peel can be performed as an **independent care treatment**, strengthened with a mask, a strongly antioxidant serum and a gentle massage.

In the Long version – a treatment combined with microneedle mesotherapy performed with a certified M.PEN device and a dedicated cocktail for intradermal application (to choose from: depigmenting, firming, revitalising, stimulating).

Micro-Peel Azelan MESOESTETIC

Duration: 45 min | Price: PLN 230
Duration in the Long version:
60 min | Price: PLN 390

THOROUGH CLEANSING, NORMALISATION, SMOOTHING.

A bactericidal treatment that normalises the sebaceous glands, narrows pores, minimises imperfections. Performed using a **medically certified** peel, which is a mixture of azelaic and salicylic acids, with anti-ageing and anti-acne (adolescent and adult acne) effects. These acids also remove impurities.

Azelan peel can be performed as an **independent care treatment**, strengthened with a mask, a highly antioxidant serum and a gentle massage.

In the Long version – a treatment combined with **microneedle mesotherapy** performed with a certified M.PEN device and a dedicated cocktail for intradermal application (to choose from: depigmenting, firming, revitalising, stimulating).

Lactic Micro-Peel

MESOESTETIC

Duration: 45 min | Price: PLN 230
Duration in the Long version:
60 min | Price: PLN 390

INCREASE IN HYDRATION, THICKENING, BRIGHTENING, ANTI-AGEING. A treatment thanks to which the effect of naturally moisturised and smooth skin is achieved. **Medically certified** lactic acid used for the treatment induces the production of natural epidermal sealants and the production of collagen and elastyl fibres, making skin thicker, firmer and more elastic. Lactic acid also has anti-inflammatory and whitening properties. Lactic peel can be performed as an **independent care treatment**, strengthened with a mask, a highly moisturising serum and a gentle massage.

In the **Long** version – a treatment combined with **microneedle mesotherapy** performed with a certified M.PEN device and a dedicated cocktail for intradermal application (to choose from: depigmenting, firming, revitalising, stimulating)

Global Eyecon

MESOESTETIC

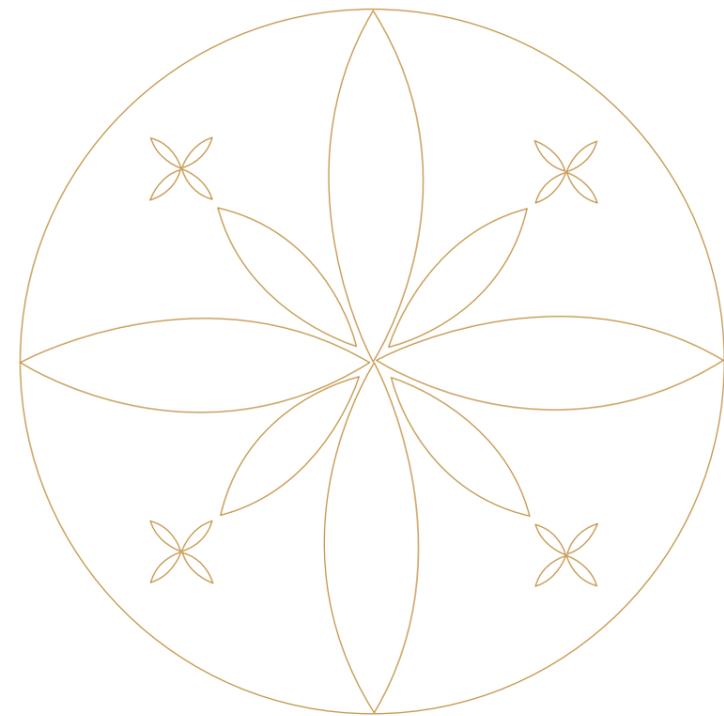
Duration: 45 min | Price: PLN 230

OVERALL REJUVENATION OF THE SKIN AROUND THE EYES A multidirectional, highly specialised treatment combined with microneedle mesotherapy. It eliminates all imperfections of the eye contour area. Products used in the treatment are composed so as to provide the best care for the sensitive eye area. These products have a medical certificate which ensures ideal tolerance! The treatment eliminates mimic lines and wrinkles, dark circles, swelling and „bags“ under the eyes, drooping of the upper eyelid and minimizes the effect of thinning skin.

Micro-Needle Mesotherapy M. Pen

Duration: 45 min | Price: PLN 230

Microneedle mesotherapy is a minimally invasive technique that involves creating micro-tubules in the skin by automatically puncturing it at various depths. Micro punctures allow penetration into the skin of active ingredients that are enclosed in high-quality cocktails for intradermal application. This method helps in the bio-stimulation of skin regeneration processes, which has been supported by numerous clinical studies. Systematic microneedle mesotherapy helps maintain skin firmness and density, minimizes wrinkles, enlarged pores and skin imperfections. Improves skins nutrition, metabolism and overall condition. It is an essential element of anti-age therapy.



BODY TREATMENTS

Body peels

Eco SPA Peel

Duration: 25 min | Price: PLN 140
Duration in the Long version:
75 min | Price: PLN 360

for those who value natural care and subtle fragrances. The peel allows you to restore silky smoothness and significantly improve skin tone in express time. The extended Long version is also enriched with a massage.

Fruit Peel

Duration: 25 min | Price: PLN 140
Duration in the Long version:
75 min | Price: PLN 360

For those who like exotic, sweet scents. The peel allows you to restore silky smoothness and significantly improve skin tone with immediate effects. The extended Long version is also enriched with a massage.

KLAPP Emerald Peel

Duration: 25 min | Price: PLN 140
Duration in the Long version:
75 min | Price: PLN 360

For those whose skin is sensitive, who have fragile blood vessels, as well as for pregnant women. The peel that combines the mineralising effect of sea salt, the draining effect of Laminaria algae and the nutritional properties of natural oils. The extended Long version is also enriched with a massage.

Body shaping and anti-cellulite treatments

Bio Global Body TEAM DR JOSEPH

Duration of treatment with mask and part-body
massage: 80 min – PLN 380
Duration of treatment without mask and with
extended massage: 80 min – PLN 360

DETOXIFICATION AND OVERALL IMPROVEMENT OF SKIN QUALITY. A treatment that owes its high effectiveness to correctly combined, mutually complementary extracts from bio-organic plants created by nature to fight cellulite and skin imperfections.

The treatment consists of initial stimulation of blood and lymph circulation to properly prepare the body for eliminating toxins. In the next stage, an enzymatic body peel is performed using a Luffa sponge. Once the body is prepared, an algae compress with the addition of Asiatic pennywort and dead sea salt is applied. At the end, a stimulating glass cup massage is performed.

The treatment ensures maximum firming, smoothing and cellulite reduction, as well as skin care at all levels.

Hydration and smoothness

KLAPP Hyaluron Mask

Duration: 60 min | Price: PLN 320

PERMANENT HYDRATION An intensely hydrating and smoothing treatment supported by a massage. **Focused care for those who like quick results!** Emerald peel, which we use in the introduction to the procedure – strongly smooths the skin surface, and a mask rich in hyaluronic acid, restores the optimal level of hydration. A care treatment dedicated to anyone whose skin shows signs of dryness, peels and is unpleasantly tight. It protects it against excessive moisture loss for a long time.

Massages & rituals

Special programmes

Bio Chocolate Massage

Duration: 50 min | Price: PLN 260

CARE AND SENSUAL RELAXATION. A treatment for people who value natural cosmetics and body work techniques. The massage uses macadamia nut oil with anti-inflammatory, anti-ageing and healing properties. In addition, thanks to theobromine and caffeine, which are contained in chocolate, the massage improves mood. It is also said that chocolate massage supports slimming and fighting against cellulite, and improves skin tone.

SAINT MALO Trip to India

Duration: 80 min | Price: PLN 380

NUTRITION AND HYDRATION. A ritual for people who need uncompromising relaxation and increased skin hydration. A ritual with a massage and a mask, based on natural resources from various parts of the world. Thanks to the richness of magnesium, powdered oyster shells, it has a calming effect, and the mineral salts and trace elements contained in the cosmetic improve blood circulation – remineralising and nourishing the body. The cotton mask nourishes, soothes and strongly moisturises the skin. Butter with fennel and algae spirulina extract, used at the end of the treatment – improves skin tone and hydration.

SAINT MALO Trip to Sicily

Duration: 80 min | Price: PLN 380

REGENERATION AND REJUVENATION. For those whose body needs cleansing and regeneration. A ritual with a massage and a mask, based on the gifts from sunny Sicily. Volcanic lava powder and thermal water from Scalfani Bogno – cleanse and regenerate the skin. The volcanic ash mask has strong anti-ageing properties. Butter from the Corsican prickly pear, enriched with vitamin C, used at the end of the treatment – inhibits inflammation and regenerates the skin.

SAINT MALO Trip to Madagascar

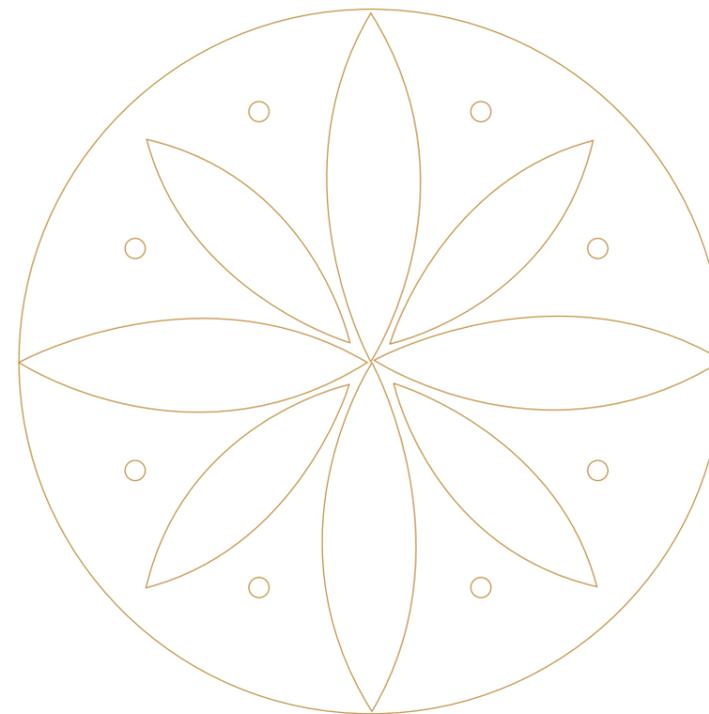
Duration: 80 min | Price: PLN 380

BRIGHTENING AND SHAPING. For people whose body needs contouring and whose skin needs glow. This brightening and shaping ritual based on coconut and sea sand peel, with an extremely exotic fragrance and a vitamin mask with hibiscus flowers, with a pearl glow. It stimulates the natural cellular mechanisms, accelerates metabolism and beautifully brightens the skin. Oil with rose extract and Ylang Ylang, used at the end of the treatment strongly regenerates and allows the skin to regain its elasticity.

SAINT MALO Trip to the Caribbean

Duration: 80 min | Price: PLN 380

DETOX AND DRAINAGE. A treatment for those whose body needs drainage and detoxification. A ritual with massage and an intensely green, citrus mask containing lime extract. This mask stimulates micro-circulation and purification process; it also has a cooling effect. Butter from Corsican prickly pear, rich in vitamin C, used at the end of the treatment stimulates natural repair processes and soothes skin irritations.



BODY MASSAGES



Original Kasprowy Massage

Duration: 75/90 min | Price: 380/420 zł

A massage **for those in need of care from head to toe.** Specially developed, under the supervision of a team of physiotherapists, massage techniques also covering feet, hands and even the head – will allow you to enjoy a lack of tension in the body, release from excess care and silky-smooth skin. The massage is performed on exclusive, natural oil blends with a scent by Kasprowy!

DE SAINT MALO Dream Journey

Duration: 50 min | Price: 230 zł

A massage developed at Les Thermes Marins de Saint Malo as a component of body care rituals. Based on relaxation techniques with elements of drainage massage. **It reduces tension and stress and helps cleanse the body of excess toxins.** The massage is performed on a brand cream with sea fennel and spirulina algae with exceptional anti-ageing properties.

Hot Stone Massage

Duration: 50/80 min | Price: 250/380 zł

A relaxing massage combining manual techniques with hot volcanic stones. The warmth of stones, set on special zones, the so-called trigger points and places of larger clusters of blood and lymphatic vessels – improves circulation of body fluids. This has a positive effect on tissue cleansing and oxygenation. The massage is recommended for tired and stressed people.

Classic Massage

Duration: 50 min | Price: 220 zł

The most renowned type of massage that uses sequences of specific movements. **It has an analgesic effect, regulates muscle tension, oxygenates and stimulates tissues.** It regenerates muscles and increases their elasticity. It is a massage that should be a basic element of caring for your own psychophysical well-being.

Sport Massage

Duration: 25/50 min | Price: 170/250 zł

A massage intensively **rebuilding muscles after increased physical effort,** much more intense than the classic massage. It relaxes and eliminates tensions resulting from playing sports, giving a sense of relief, and protects against injuries. It is a "sports S.O.S."

Therapeutic Back Massage

Duration: 50 min | Price: 260 zł

Specialist back therapy, which is a combination of individually selected massage techniques, including trigger points, eastern meridian, deep tissues, manual, segmental, tensegrative, centrifugal, isometric techniques, etc. The massage is recommended to all who struggle with problems within the spine and other dysfunctions of the musculoskeletal system.

Foot Massage

Duration: 25 min | Price: 130 zł

A relaxing foot massage which will bring relief to both Ladies who like wearing high heels, as well as all mountain walkers. A relaxing massage with elements of reflexotherapy.

Hot Candle Massage

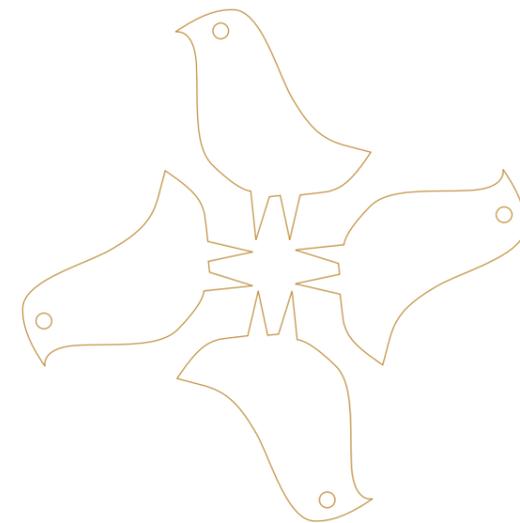
Duration: 50 min | Price: 250 zł

A relaxing massage performed with the help of an aromatic mix of nourishing oils and shea butter, which under the influence of candle flame change from solid to liquid form. Thanks to smooth movements and warmth, the massage allows for effective relaxation, leaving the skin soft, wrapped in a delicate fragrance.

Shaping Anti-Cellulite Massage

Duration: 45/75 min | Price: 190/280 zł

An intense massage that oxygenates the skin, breaks down the structure of fat tissue and activates its burning process. It has an intense draining and anti-cellulite effect. It is performed primarily on "problematic" zones, usually the abdomen, buttocks and legs. The massage also includes the back – but in this area, the work of a masseur is focused on muscle relaxation and reducing the level of stress that promotes weight gain!



KIDS SPA

Kids Back Massage

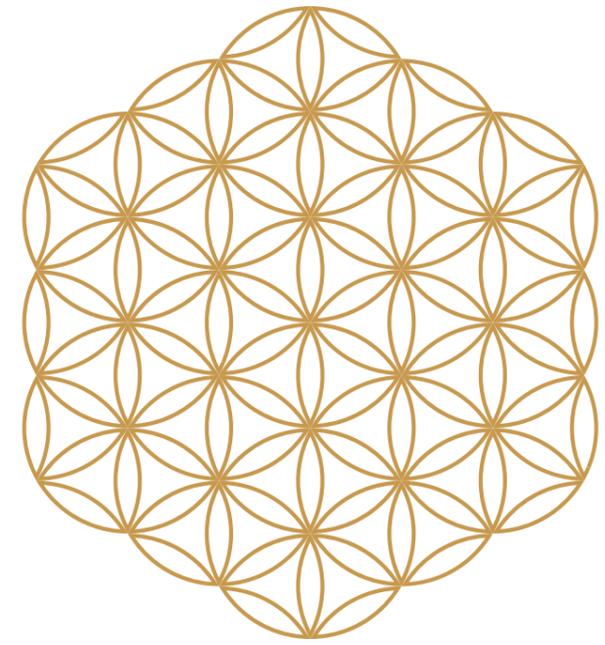
Duration: 20 min | Price: 90 zł

A "sweet" and gentle massage performed using certified, natural oils mixed with chocolate. A wonderful experience for little princesses and knights who dream of visiting "adult SPA". A gentle massage with a calming and soothing effect.

Kids Foot/Hand Massage

Duration: 20 min | Price: 90 zł

A massage performed using certified, natural oils or watermelon lotion. It is an interesting experience for children, being fun, a new attraction and pleasure. A gentle massage with a calming and soothing effect.



VIP ROOM

Vip Room - massages for two

Vip Original Kasprowy Massage

Duration: 75 min | Price: PLN 430
Duration: 90 min | Price: PLN 480
per person

A massage **for those in need of care from head to toe.** Specially developed, under the supervision of a team of physiotherapists, massage techniques also covering the feet, hands and even the head – will allow you to enjoy a lack of tension in the body, release from excess care and silky-smooth skin. The massage is performed on exclusive, natural oil blends with a scent by Kasprowy!

Vip Hot Candle Massage

Duration: 60 min | Price: PLN 290
per person

A relaxing massage performed with the help of an aromatic mix of nourishing oils and shea butter, which under the influence of candle flame change from solid to liquid form. Thanks to smooth movements and warmth, the massage **allows for effective relaxation, leaving the skin soft, wrapped in a delicate fragrance.**

Vip Hot Stone Massage

Duration: 80 min | Price: PLN 430
per person

A relaxing massage combining manual techniques with hot volcanic stones. The warmth of stones, set on special zones, the so-called trigger points and places of larger clusters of blood and lymphatic vessels – improves circulation of body fluids. This has a positive effect on **tissue cleansing and oxygenation.** The massage is recommended for tired and stressed people.

Packages in the vip zone

Vitality Journey

Duration: 190 min | Price: PLN 690
per person

Harmonising, health-promoting and highly nurturing ritual involving a body and face treatment. It begins with a relaxing, remineralising salt bath and a VIP session in our Finnish sauna. The next step is a Dr. Joseph body treatment with a specialised compress made from alpine mud and an energising massage with warm basalt wands. While you're resting, we'll perform a nutritional and energising Dr. Joseph facial treatment that will restore beauty to your complexion. This is a treatment dedicated to both women and men who need a break from everyday life, cleansing from environmental chemicals, and quick relaxation. The ritual will end with a cosmetics gift so that you can prolong the effects of the treatments!

Journey for Youth

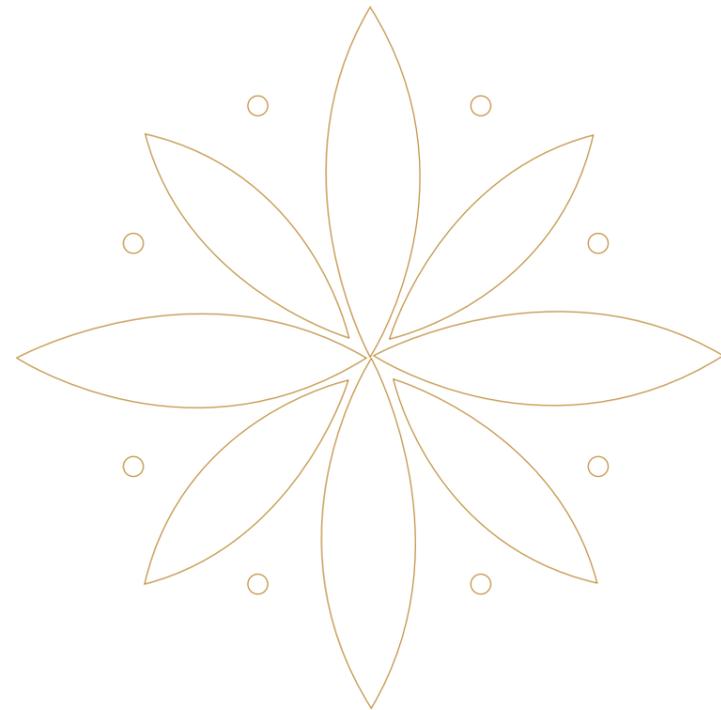
Duration: 190 min | Price: PLN 770
per person

A rejuvenating body and face skin ritual. It begins with a bath in a remineralising brine and a VIP session in the Finnish sauna. The next stage involves a black body peel performed on powdered volcanic lava, a compress based on a mask with volcanic dust and finally a draining and relaxing massage using pearl butter from Corsican fig opuntia. While you are resting in the rejuvenating body mask, we will perform a delightful facial treatment, which is enhanced by a filling mask.

Journey for Joy

Duration: 160 min | Price: PLN 440
per person

A relaxing bath in lavender essence, VIP session in the Finnish sauna, whole body chocolate peel and massage using bitter, exquisite chocolate dissolved in warm macadamia oil. Natural cosmetics and a perfect massage will nourish the skin, leaving it velvety smooth and wrapped in a chocolate aroma for a long time. It is a euphoric ritual affecting the level of happiness hormones!



SUPPLEMENTARY TREATMENTS

Swiss Pedicure Mavex With Medical Certificates!

Duration: 45 min | Price: PLN 160

The innovative pedicure solution Mavex Calluspeeling is a treatment based on buffered glycolic and lactic acid. It completely removes cracked, hard, dry and calloused epidermis – without using blades and a milling machine – and delays its regrowth. A comfortable and pleasant treatment that gives your feet extraordinary softness for a long time. Also recommended for men as effective, fast and comfortable!

Depileve Depilation

Duration: 10/50 min | Price: PLN 40/120

Eyebrow or eyelash henna| eyebrow shaping | eyebrow shaping + henna + hair removal

Duration: 15/30 min | Price: PLN 40/80

Velvet Hands care "gloves"

Duration: 20*/30 min | Price: PLN 70/140
*as an addition to a treatment

Velvet Feet care "socks"

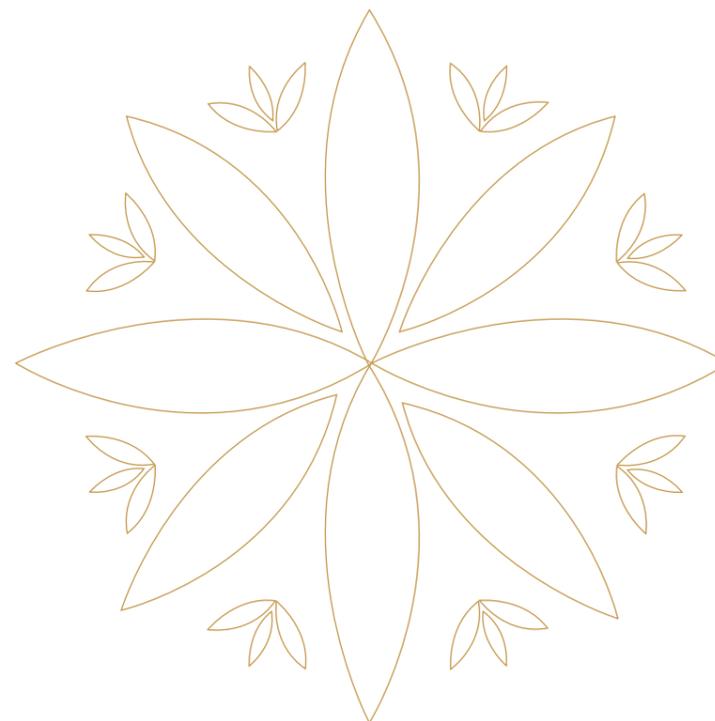
Duration: 20*/30 min | Price: PLN 70/140
*as an addition to a treatment

Vitality For The Eyes eye area treatment

Czas: 15*/30 min min | Cena: 100/160 zł
*as an addition to a treatment

Cavitation Peeling non-invasive cleansing

Czas: 10 min | Cena: 50 zł



TREATMENTS WITH SPECIFIC DEVICES

Modern technologies programme - face

ICOONE® laser for face

stimulation and firming

Duration of one treatment:
40 min – PLN 250
Package of five treatments: PLN 1,250
Package of ten treatments: PLN 2,250

KLAPP Needle-Free Mesotherapy

multidimensional rejuvenation

Duration: 60 min | Price: PLN 360 zł

Icoone® Laser is a device with which a 3D massage is performed. This massage affects the lymphatic and circulatory systems, adipose tissue and muscles. The mechanical work of patented rollers stimulates skin regeneration throughout its entire cross-section and stops the effects of ageing.

The facial treatment with the use of Icoone® Laser provides excellent support for other rejuvenating and firming procedures, but it can also be a stand-alone treatment of choice, performed in series (the procedure can be performed daily). Precise stimulation of the facial skin also allows you to smooth out the unevenness resulting from treatments using tissue fillers, lifting threads, injection lipolysis, etc.

Skinshooter is a modern device by Klapp for needle-free mesotherapy, thanks to which we multiply the penetration of active substances into the skin, and thus the effects of cosmetological treatments are much more visible.

The treatment is preceded by special skin preparation to increase the penetration of active substances. Composed individually for each client, it is designed to maximise the effect of:

- skin tightness and smoothing, giving a lifting effect,
- moisturising the skin,
- restoring a younger appearance.

Modern technologies programme - body

ICOONE® Laser for the body

slimming, shaping, lifting, rejuvenation

Body treatment (20 min)
+ 2 focus areas* | Price: PLN 350

* package of five treatments PLN 1650
* package of ten treatments PLN 3000 zł

*Every additional focus: PLN 50

A treatment with the use of a Hi-Tech device, thanks to which a 3D massage is performed – affecting the lymphatic and circulatory systems, adipose tissue and muscles. Mechanical work, patented rollers (1,180 stimuli for each dm³ of the skin) is supported by a diode laser and LED light to accelerate fat burning, stimulate firming and skin rejuvenation!

Results of treatments using the ICOONE® Laser:

- slimming
- strong skin firming
- elimination of loose belly skin after pregnancy
- elimination of local fat
- lifting buttocks
- elimination of swelling
- rejuvenation of body and face skin
- reconstruction and reduction of scars
- maximising training effects.

ICOONE® Laser medical

Czas: 10 min | Cena: 100 zł
Czas: 20 min | Cena: 170 zł
Czas: 30 min | Cena: 250 zł
Czas: 40 min | Cena: 300 zł

MEDICAL PROGRAMMES allow you to easily eliminate any lymphoedema, inflammation of muscles, tendons, scars, stretch marks, they increase firmness and improve skin aesthetics.

SWELLING PROGRAMME – the programme aims to drain and stimulate venous tissue. Recommended for people with vascular problems and stasis.

POST-LYPOSUCTION PROGRAMME – it works mainly as an analgesic, accelerates the absorption of bruises and healing of scars. It also eliminates swelling, adhesions after surgery and perfectly shapes the body, eliminating the excess of so-called "loose skin".

SCARPROGRAMME – the goal is to reduce the scar volume, make the tissue more elastic, eliminate fibrosis, and remove swelling and inflammation in the case of fresh scars. After the treatment, the scar is flattened, narrower and more elastic.

STRETCH MARKS PROGRAMME – it allows stimulation of skin regeneration processes, thanks to which stretch marks are progressively reduced.

POST-LABOUR PROGRAMME – a specially developed programme (MASSMOTHER) thanks to which the skin is stimulated in such a way as to obtain the appearance of the skin from before pregnancy. Muscles are strengthened, "loose skin", stretch marks, cellulite are minimised.

ICOONE® Laser sport

Czas: 10 min | Cena: 100 zł
Czas: 20 min | Cena: 170 zł
Czas: 30 min | Cena: 250 zł
Czas: 40 min | Cena: 300 zł

THE SPORT PROGRAMME is considered the best form of wellness, and in combination with a specialised massage, it shortens the time of regeneration and relieves pain. ICOONE® SPORT performs three main functions: warms up (preparing for training/competition), regenerates (accelerates the return of the body to the initial state) and heals (supports treatment of injuries).

MASSAGE PROGRAMME – a comprehensive pre-competition massage. This programme is carried out during the entire training and starting cycle, while waiting for the competition, during the transition period and during the recovery period.

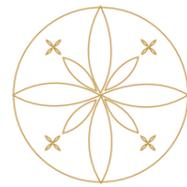
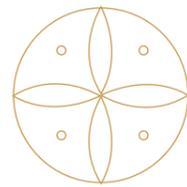
START PROGRAMME – a basic massage. The programme is intended for competitors with "pre-start fever"; it has a calming effect, the massage is used immediately before the start.

REGENERATION PROGRAMME – a post-workout massage also called regenerative massage, which reduces inflammation.

FRACTUREPROGRAMME – a massage for fractures, dislocations and sprains. The purpose of the massage using this programme is to help during recovery, nervous system regulation, skin stimulation and revitalisation of blood circulation.

RELAXATION PROGRAMME – a massage in the case of contractures. The main activity of this programme is to relax localised pain syndromes and restore the proper functioning of muscles and tendons.

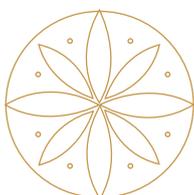
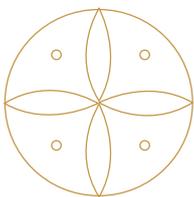
NFLAMMATION PROGRAMME – a massage in cases of inflammation and carpal tunnel syndrome. Its main purpose is to eliminate acute and chronic pain and relax muscles and tendons.



Regulations for using services in the Spa zone

- A. Using the services of the Spa Zone requires completion and signing of a health questionnaire, and is tantamount to the client submitting a statement that they have no health-related contraindications for undergoing the procedure, and that they have read and accept the terms of these Regulations.
- B. Clients of our SPA Zone must be adults, or minors only with the written consent of their parents or guardians; in such a case, the health questionnaire is to be completed by the parents or guardians.
- C. All treatments are paid separately, as per the SPA price list.
- D. If you intend to purchase a treatment, please let the SPA reception team know before the planned procedure.
- E. We recommend you book our services at least several days prior to your planned date. If you do not have a booking, you may use the services that are available at the time. Booking of a service takes place after the staff checks the availability of the time and date.
- F. Hotel guests may give instructions to transfer the payment for products and services purchased at the SPA to the room in which they are staying after pre-authorisation on a credit card at the Main Reception. This invoice will be settled on the day of checkout from the Hotel.
- G. Because we want to ensure the highest quality of services, clients are required to arrive 15 minutes before the agreed time of the treatment to complete a questionnaire.
- H. The agreed time of the treatment is the starting time. Otherwise, the procedure will be shortened by the number minutes the client was late.
- I. If a client books an appointment and does not show up for the procedure, they will be charged with an amount equal to 50% of the value of the procedure purchased.
- J. The procedure can be cancelled, free of charge, at the SPA reception at least six (6) hours before the agreed time.
- K. In the event of cancellation of the procedure less than six hours before the agreed time, the client will be required to pay an amount representing compensation for not cancelling the procedure in the amount of PLN 100 for every hour booked for the procedure.
- L. The team reserves the right to change the time of booked treatments 24 hours before the scheduled time.
- M. Payments for services rendered in the SPA Zone are to be made at the hotel reception or at the SPA reception in cash or by a payment card.





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