

PACKAGES*

Package of 5 partial relaxation massages - 340 PLN

Package of 5 partial classic massages - 380 PLN

Package of 5 massages supporting partial weight loss - 400 PLN

Package of 5 Kobido massages – 900 PLN

*information about other promotional packages available at the SPA reception.

SPA AREA* * *

In our SPA you can use a dry sauna, a dry aromatic sauna, a jacuzzi, a counter-current bath and a relaxation area with heated loungers.

ENTRANCE For one person – Time: **60 minutes** Price: **50 PLN**

PASS 5 entries (5x60 minutes) to the SPA zone Price: **225 zł**

PASS 10 entries (10x60 minutes) to the SPA zone Price: **400 PLN**

PASS 15 entries (15x60 minutes) to the SPA zone Price: **525 PLN**

* SPA zone for hotel guests is free of charge

** The guest has an additional 10 minutes to dress up for which there is no charge. After exceeding the time, additional fees will be charged: **1,20 PLN/minute**.

SAUNA INFRARED*

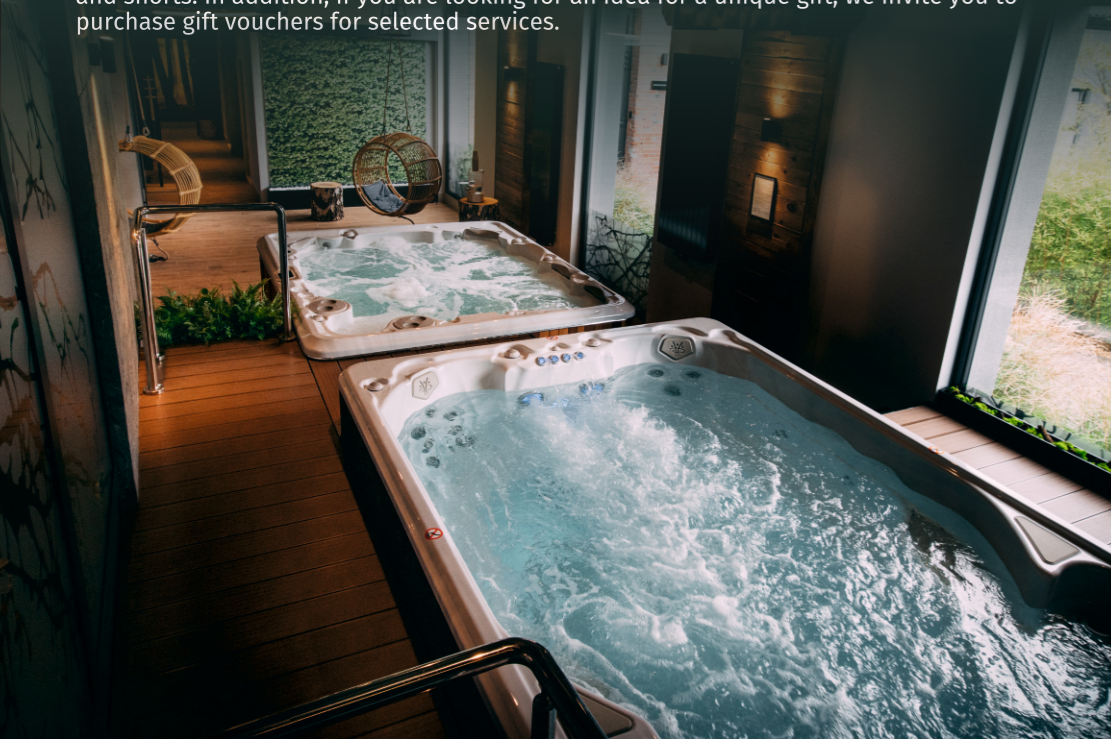
SESSION 1 PERSON Time: **30 minutes** Price: **40 PLN**

SESSION 2 PERSONS Time: **30 minutes** Price: **60 PLN**

PASS - 5 entries each 30 minutes - 1 person Price: **175 PLN**

*for each massage purchased in our SPA - 30 minute session in the Infrared sauna at a promotional price of **35 PLN**.

We sell natural products from Ministry of Good Soap, beer cosmetics of the Czech brand Saela and exclusive cosmetics of the Spanish brand Skeyndor. You can also buy swimsuits and shorts. In addition, if you are looking for an idea for a unique gift, we invite you to purchase gift vouchers for selected services.



FOLGA

SPA

OFFER OF TREATMENTS



FOLGA

SPA

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OFFER OF TREATMENTS

MASSAGES

RELAXATION MASSAGE - deeply relaxes, unwinds and helps fight insomnia and stress.

Message is performed with lavender, bamboo or rose oil.

Partial massage (back/legs) Time: **25 minutes** Price: **85 PLN**

Full body massage Time: **50 minutes** Price: **170 PLN**

NOURISHING RELAXATION MASSAGE - massage is especially recommended for people who have dry skin, needing hydration. Message is performed on lavender, bamboo or rose shea butter.

Partial massage (back/legs) Time: **25 minutes** Price: **90 PLN**

Full body massage Time: **50 minutes** Price: **180 PLN**

CLASSICAL MASSAGE - relaxes tense muscles, allows to soothe nerves. Our classic massage is performed on beer oil.

Partial massage (back/legs) Time: **25 minutes** Price: **95 PLN**

Full body massage Time: **50 minutes** Price: **190 PLN**

MASSAGE WITH HOT STONES - massage with basalt stones relaxes, soothes and regenerates. It relaxes tense muscles and relieves pain.

Partial massage (back/legs) Time: **25 minutes** Price: **95 PLN**

Full body massage Time: **50 minutes** Price: **190 PLN**

MASSAGE SUPPORTING WEIGHT LOSS - massage of individual parts of the body using Chinese bubbles, which support circulation, cleanse the body of toxins and accelerate metabolism.

For best results, massage should be done in series.

Partial massage (max. two parts to choose from) Duration: **25 minutes** Price: **100 zł**

Full body massage Time: **50 minutes** Price: **200 PLN**

NECK MASSAGE - relaxing neck massage. Eliminates stress and its negative effects.

Time: **15 minutes** Price: **60 PLN**

HEAD MASSAGE - our original massage is performed dry. Eliminates stress and tension headaches. Improves skin circulation, supporting hair growth.

Time: **20 minutes** Price: **70 PLN**

FACE MASSAGES

FACE MASSAGE - nourishing and relaxing massage of the face, neck and décolleté.

Time: **20 minutes** Price: **80 PLN**

FACE MASSAGE WITH GUA SHA STONES - massage stimulates lymph flow, reduces swelling and dark circles under the eyes, firms the skin and soothes irritations.

Time: **20 minutes** Price: **100 PLN**

FACE MASSAGE WITH COLLAGEN MASK – a relaxing facial massage with elements of lifting massage enriched with a tightening collagen mask.

Time: **40 minutes** Price: **170 PLN**

KOBIDO – a traditional Japanese massage of the face, neck and décolleté, which has an amazing rejuvenating, lifting and energizing effect.

Time: **60 minutes** Price: **200 PLN**

FACIAL TREATMENTS

POWER HYALURONIC - treatment created based on a mix of hyaluronic acid to deeply moisturize the skin and at the same time protect it from premature water loss.

Time: **60 minutes** Price: **240 zł**

POWER OXYGEN – created for men’s skin. The treatment was developed on the basis of a composition of ingredients with a smoothing, moisturizing and strengthening effect.

Time: **60 minutes** Price: **250 PLN**

POWER C+ – lightening therapy, based on 4 forms of vitamin C. Strengthens blood vessels, eliminates discoloration and evens skin tone. Treatment enriched with GUA SHA stones massage.

Time: **60 minutes** Price: **260 PLN**

AQUATHERM – soothing therapy recommended for all skin types, especially for sensitive and vascular skin.

Time: **60 minutes** Price: **270 PLN**

ETERNAL - intensive anti-ageing care. Supplied with liposomes, stem cells from the Swiss apple tree provide immediate renewal and regeneration of the skin. Treatment enriched with roller massage.

Time: **60 minutes** Price: **320 PLN**

CORRECTIVE – “Botox-Like” therapy is based on a range of anti-wrinkle products, inspired by the best aesthetic medicine treatments.

Time: **70 minutes** Price: **340 PLN**

EXPRESS FACIAL TREATMENT - recommended for busy people who want to restore their skin its natural glow in a short time.

Time: **40 minutes** Price: **180 PLN**

CAVITATION PEELING - is a non-invasive cosmetic treatment that allows deep cleansing of the skin, mainly from the exfoliated epidermis.

Time: **20 minutes** Price: **100 PLN**

SONOPHORESIS - a treatment that uses ultrasonic waves to deeply penetrate active substances into the skin.

Time: **20 minutes** Price: **100 PLN**

CAVITATION PEELING + SONOPHORESIS

Time: **30 minutes** Price: **180 PLN**

FACE PEELING - exfoliation of dead skin cells and cleansing and smoothing the skin surface. Price: **20 PLN**

EYE FLAKES - ideal for tired skin under the eyes.

Price: **20 PLN**

AMPOULE - individually selected to the needs of the skin.

Price: **30 PLN**

NOURISHING MASK - a creamy mask that replenishes the nutritional deficiencies of facial skin. Price: **PLN 50**

ALGAE MASK - a mask that provides deep hydration, skin cell regeneration and improves its elasticity. Algae also have detoxifying properties. Price: **60 PLN**

COLLAGEN MASK - a patch of collagen fibers. Tightens and firms the skin, suitable for all skin types. Price: **100 PLN**

BEER RITUAL

Beer can be used not only for taste purposes, but also has a great effect on external appearance of the body. We invite you to a beer bath, which consists of a ceremony in the Infrared sauna, a hot bath with the addition of natural hop cosmetics and unlimited tasting of our delicious craft beer **Van Der Blond**. The Ritual can be attended by two people.

Time: **90 minutes** Price: **300 PLN/1 person, 500 PLN/2 persons**

BODY TREATMENTS

AROSHA BANDAGES *NEW!* Slimming by bandaging is a program created by the Italian brand Aroscha to eliminate problems occurring on the body. Each program is based on wrapping problematic areas with a bandage soaked in active ingredients, selected to suit the client's specific problem.

Time: **60 minutes** Price **230 PLN** / Package of 4 treatments **800 PLN** / Package of 8 treatments **1500 PLN**

BODY PEELING - a deep cleansing treatment that removes dead skin, Thanks to which the skin is brightened and refreshed.

Time: **30 minutes** Price: **120 PLN**

NOURISHING PEELING AND MASSAGE - a cleansing treatment for the body, combined with a massage, which will restore proper nutrition and hydration to the skin.

Time: **90 minutes** Price: **320 PLN**

NOURISHING PEELING AND MASSAGE + INFRARED SAUNA

Time: **95 minutes** Price: **310 PLN**

CEREMONY FOR BODY - peeling, nourishing massage, bodywrapping. Comprehensive, detoxifying treatment for the body. The treatment stimulates metabolism and improves microcirculation, Firms and smooths the skin, moisturizes and relaxes. Choice of rose, lavender or bamboo ceremony.

Time: **110 minutes** Price: **350 PLN**

BODY CEREMONY + INFRARED SAUNA

Time: **120 minutes** Price: **370 PLN**

Infrared sauna is an ideal addition to body treatments. It speeds up metabolism, helps to get rid of excess weight, reduces cellulite, promotes skin elasticity.

HANDS AND FEET

MASK FOR HANDS OR FEET - a nourishing mask that intensively moisturizes, regenerates and smooths the skin.

Price: **30 PLN**

HAND MASSAGE - relaxing and nourishing massage for tired hands.

Time: **20 minutes** Price: **60 PLN**

FOOT MASSAGE - regenerating and soothing massage for sore and tired feet.

Time: **20 minutes** Price: **70 PLN**

HAND SPA TREATMENT - peeling, hand massage, regenerative mask.

Time: **40 minutes** Price: **90 PLN**

FOOT SPA TREATMENT - peeling, foot massage, nourishing mask.

Time: **40 minutes** Price: **100 PLN**

