

## Body treatments

### HERLA - BOTANIC SPA

Botanic SPA is a treatment designed for skin that requires strong nourishment and regeneration, which will also detoxify it and restore its balance. The Botanic series of cosmetics will delight you with the tempting scent of tropical fruit and allow you to relax and make you feel what juicy care is. The skin is smooth, moisturized and nourished, regaining its former glow and energy.

The treatment begins with a peeling with the addition of ground olive seeds and Bochnia salt crystals immersed in sensual balsamic oils. The use of a delicate mist in the next stage will not only refresh the skin, but also give it a delightful glow and freshness. It will also have antioxidant and moisturizing properties. The treatment is finished with a relaxing massage on an aromatic body sorbet, restoring its glow and vitality.

A ritual based on tropical fruit will not only take care of our skin, but is also a good idea to relax and restore balance.

*Price: PLN 210*

### HERLA - YOUNGLORY TREATMENT

A rejuvenating body series designed to care for skin lacking firmness and visible wrinkles and stretch marks. The Younglory series reduces the effects of biological skin aging, smoothes the body, leaving it silky and pleasant to the touch. The treatment uses the richness of antioxidant properties of red fruit that protects the skin against the harmful effects of free radicals and the luxurious formulas of youth oils: grape seed, raspberry, pomegranate and rosehip. The treatment is distinguished from others by the use of therapeutic massage with bamboo sticks.

This massage is a type of intensive relaxing and draining massage for the whole body using bamboo sticks that are rolled over the body. It influences the relaxation of muscles and complete relaxation. It allows you to rest and relieve negative tension. If you suffer from chronic stress and muscle tension - bamboo massage is an idea for you. This massage has a draining effect, stimulates blood and lymph flow, relaxes but also has a modeling effect.

*Price: PLN 230*

### HERLA - ThermActiv (Thermoactive slimming program)

The ThermActiv program is a slimming and warming series of three luxurious products intended for professional SPA treatments. The unique feature of the series is its innovative use of an ingredient which has a warming effect and brings the highest comfort of use. ThermActiv sculpts and shapes the figure, and the high content of natural active ingredients helps to maintain the slimming effect long after the treatment.

Carefully selected composition of active ingredients stimulates lipolysis of fat cells, removes cellulite and the warming effect enhances the penetration of valuable natural substances. The recipe, based on 9 vegetable oils and the anti-cellulite oil with seaweed extracts, guarana, bitter orange, rosemary and ivy, provides a unique firming effect and makes the skin more flexible.

*Price: PLN 230 (in the series PLN 210)*

## **HOP WITH HEMP OIL - a ritual for men**

The newest ritual that eliminates all worries and tension of the body. A treatment that combines peeling, a session in a steam bath and a relaxing full body massage.

During peeling, the blood supply to the skin is increased, and the dead epidermis is cleansed. A massage with hemp seed oil and avocado oil that restores inner peace will intensely nourish, moisturize and regenerate the epidermis.

*Price: PLN 220*

## **Ritual Rhassoul**

For centuries, peat, paraffin, fango, sludge, chalk, clay and healing earth have been used for therapeutic purposes and for skin care. In cosmetics, these products have gained great recognition for their detoxifying, decongestant and mineralizing properties.

Their optimization of the pH level is also important.

The essence of the ceremony, which takes place in a bath full of rising steam, is to thoroughly cleanse the body and soothe the soul. The ritual uses natural, mineral clays of the highest quality with granules of various sizes, intended for gentle or strong exfoliation.

Clays have a detoxifying, cleansing and exfoliating effect, they soften and illuminate the skin of the body, prepare it to absorb the nourishing ingredients contained in oils and creams. Our skin will be much smoother and pleasant.

*Price: PLN 140*

## **Tea Garden**

A treatment that not only brings quick care results, but also stimulates the senses and leaves the body and soul in harmony.

The "Tea Garden" treatment uses velvety products and the most original form of contact - touch. In addition to traveling into the world of relaxation, it removes dead epidermal cells and deep skin care. Valuable substances such as: shea butter, macadamia oil, vitis vinifera oil will provide the skin with optimal lubrication.

*Price: PLN 220*

## **TURBO SLIM Express Slimming Treatment**

A slender figure and a smooth, firm body, devoid of visible signs of cellulite, is the desire of every woman today. Turbo slim is the latest generation treatment. Quickly and easily reduces cellulite and adipose tissue. After the first treatment, the skin is firm, denser, cellulite-free, and there is also visible loss of centimeters around waist! It works for all types of cellulite - water, fat, water-fat and fibrous.

Turbo cosmetics and hydrodynamic technology combine to create an innovative treatment. The effects after the treatment are the best proof of this.

- Treatment effects:
- healthier, toned tissue
- skin free of cellulite
- slender figure

*Price of a single treatment: PLN 280*

*Price for a series of 5 treatments: PLN 230 / treatment*

## **Chocolate Massage**

The chocolate treatment influences all your senses, providing you an unique experience. It is recommended for people who have problems with body fat overgrowth, body modeling or cellulite changes. The effects are visible soon after the first treatment. Moreover it reduces the body size, cellulite changes disappear, acceleration of body fat burning becomes visible and you can feel firmness and elasticity of your skin. The treatment results in deep relaxation and mental state improvement. After washing off the wonderful upscale chocolate mask a relaxing body massage is given with the "milk chocolate" cream.

Indications for the treatment: excess body fat, biological regeneration, signs of premature aging, stress-related tense. Treatment effects: stimulation of microcirculation, reduction of adipose tissue, improvement of skin firmness and elasticity, slowing down the aging process, deep relaxation and inner peace.

*Price: 260 zł*

## **Coconut Spa**

A wonderful soothing, regenerating treatment mantling your body with a coconut note. It is intended for dry, rough, dehydrated skin with psoriasis, atopic dermatitis, skin irritation and signs of premature aging or keratosis solar stains. The treatment provides long-lasting, smoothing and moisturizing influence, a protection for the immunological barrier, followed by dermatoses appeasement. It's a great regeneration of damaged and dehydrated skin with excellent anti-aging effects.

*Price: 200 PLN*

## Juicy Grapefruit

The treatment begins with a sugar peeling, which thoroughly cleanses the skin and removes dead epidermis. The next stage is body butter that deeply moisturizes, strengthens the water-lipid barrier (Shea butter, avocado oil and milk proteins). Intensively smooths, reduces dryness and protects the skin against external factors. The ritual is complemented by a massage with GRAPEFRUIT oil, which has a positive effect on the skin.

Treatment effects:

- The skin is soft, smooth and full of comfort. Regains shine and radiance.
- Moisturized and softened skin, increased comfort and flexibility.
- The feeling of tension disappears, the body is relaxed and softens again.
- Thanks to its stimulating properties, it provides a feeling of lightness.

*Price: 240 PLN*

## Body Peeling

The SPA offer includes a salt scrub based on vegetable oils, enriched with natural salts - it allows for deep cleansing of pores. It moisturizes the skin and gently exfoliates it, removing dead skin cells, leaving it smooth and relaxed. It improves the quality and general condition of the skin, increases its elasticity and elasticity. Eliminates toxins and pollutants. The treatment emphasizes the youthful and healthy glow of the skin. Recommendations: for dry, rough skin, for dull skin. Especially advantageous before the holidays. It is perfect after waxing to prevent ingrown hair. Frequency: monthly or as required.

The scrubs we offer can be combined with a steam bath and massage, thanks to which the obtained results are much better, additionally it provides increased sensual experience.

- *body peeling: 110 PLN*
- *body peeling + bath: PLN 150*
- *body peeling + massage 30 minutes: PLN 200*
- *body peeling + massage 60 minutes: PLN 320*
- *body peeling + bath + massage 30 mins: PLN 230*
- *body peeling + candle massage 45 mins: PLN 290*
- *body peeling + candle massage 60 mins: PLN 340*

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