



Massages

KOBIDO MASSAGE

KOBIDO is a traditional Japanese face, neck and cleavage massage. In addition to acting on the surface of the skin, it affects, above all, in its deeper layers - on the muscles and fascia. KOBIDO is a completely natural and non-invasive alternative for everyone who is afraid of needles, unable or unwilling to undergo a surgical face lift. The effects are visible after the first massage. It is extremely relaxing and relaxing. First of all, it reduces muscle tension and helps them relax. The skin is better oxygenated and nourished. The main purpose of the massage is non-invasive lifting, which is possible thanks to the stimulated production of collagen and elastin. Muscles are relaxed and skin is tightened, so it regains its youthful appearance. In addition, KOBIDO massage has a health-promoting effect, among others in the treatment of bruxism, migraine pains and improving eyesight.

The massage consists of individual stages: lymphatic drainage, relaxation, lifting and acupuncture.

Time: 60 mins. Price: PLN 250 / in the series PLN 230 /

The KOBIDO treatment is also available, extended with a peeling adapted to the needs of the skin and a soothing and regenerating mask.

Time: 90 minutes Price: PLN 350

HAWAIIAN LOMI LOMI MASSAGE

Lomi Lomi is a type of massage originating in the Hawaiian Islands, which was originally a ritual to restore internal balance. Its name means kneading, pressing and also a subtle touch. Hawaiians believe that the more energy they give off during a massage, the more they will get.

It is a comprehensive body massage designed to relieve mental tensions and muscle tension in a unique way. The massage is distinguished by the use of a large part of the forearms to make long, pleasant movements, as well as passive movement of the client's limbs. The movements performed by the masseur during the Lomi Lomi massage must be smooth, simple and well matched to the body's reaction.

Massage allows you to feel bliss, relaxation and contentment of soul and body. It improves blood circulation, helps to relax muscles and stimulates digestion. It is an ideal solution for people who live under high stress.

Indications:

- Muscle relaxation
- Improving blood circulation and metabolism
- Partial reduction of body fat
- Increasing the mobility and flexibility of joints
- Improvement of well-being on the energetic and emotional level

Time: 60 minutes, price: PLN 250

AROMATIC CANDLE MASSAGE

Candle massage is an extremely relaxing treatment. It combines the invaluable advantages of manual massage, aromatherapy and thermotherapy.

The massage uses a candle, made of 100% natural wax with essential oils, which, when ignited, turns into a warm, aromatic oil. The warmth of the candle warms up the body, relaxes the muscle tension, which in many cases also acts as a painblocker. Moreover, candle oil smoothes the skin and helps to rebuild its natural protective barrier. After the treatment, the skin is intensely moisturized, silky smooth, and the soy wax leaves a pleasant film on the skin.

Candle massage is an excellent treatment for people who are tired, stressed, depressed by the prevailing aura, and in need of deep relaxation.

Whole body 45 minutes, price: PLN 220 / Whole body 75 minutes, price: PLN 280

FACE MASSAGE

The treatment stimulates blood circulation, eliminates muscle tension, and when performed systematically, it also improves the contour of the face and reduces wrinkles. It is also a great way to relax and the simplest solution to stimulate skin cells and muscles to work. You get a beautiful, fresh and young look. The massage is enriched with the use of a moisturizing cream with valuable nutrients.

Duration: 30 minutes, price: PLN 100

CLASSIC BODY MASSAGE

It consists in affecting the outer layers of muscles and soft tissues. Benefits of this type of massage:

- reduces stress and overall tension,
- improves physical and mental condition,
- helps with insomnia and headaches.

After the massage, the skin remains elastic, fragrant, nourished and smooth.

Cost: 30 minutes, price: PLN 140 / Cost: 60 minutes, price: PLN 260

RELAXING BODY MASSAGE

This type of massage with the use of special techniques that help to achieve complete relaxation. Relaxing massage is a natural method of relieving stress caused by work and life under constant stress.

Benefits of this type of massage:

- reduce the level of tension and stress,
- visibly improves mental condition,
- restore the body's natural harmony and energy,
- gives relaxation and rest after a hard day or work

This massage increases production of endorphins in the body and improves your well-being.

Cost: 30 minutes, price: PLN 130 / Cost: 60 minutes, price: PLN 240

ANTI-CELLULITE MASSAGE WITH A CHINESE BUBBLE

Slimming massage involves intensive massaging of individual parts of the body: waist, buttocks or hips, which allows you to burn unnecessary fat and visibly reduce the body circumference. By shaping the figure, it is an effective addition to slimming treatments.

Benefits of this type of massage:

- a few sessions of this massage are enough to significantly reduce cellulite and fatty tissue on the hips, belly, thighs or arms,
- improves the appearance and health of the skin: especially its firmness and density,
- makes you look more attractive and feel better.

Cost: 30 minutes, price: PLN 130

HOT STONES MASSAGE

Body massage with hot stones combines the advantages of massage with the special properties of stones. It restores the harmony of the body and mind, and causes the increase of positive energy.

Benefits of this type of massage:

- highly relaxing treatment
- reduces muscle tension,
- has a beneficial effect on the circulatory system
- contributes improvement of the psychological and physical efficiency of the body

Cost: 45 minutes, price: PLN 230

BAMBOO STICKS MASSAGE

Bamboo massage is performed with the use of special bamboo sticks and brushes that affect the deep tissues. It is based, inter alia, on the techniques of stroking, rubbing, kneading or patting, which makes it also a relaxing massage like and drainage. By relaxing, it reduces nervous tension, improves mood and alleviates depression. It enables the improvement of blood circulation, reduction of puffiness and increased skin elasticity, as a result of which it contributes to body contouring and cellulite reduction. It has a stimulating and stimulating effect on the whole body, and the body regains a feeling of incredible lightness. We recommend bamboo massage especially for tired and tense muscles. It is performed on the back of the body.

Indications:

- period of increased physical and mental effort,
- relaxing and reducing stress,
- cellulite,
- tendency to swelling,
- body shaping,
- drainage.

Time: 45 minutes, price: 230 PLN

HOT CHOCOLATE MASSAGE

Chocolate is not only a favorite delicacy with an amazing aroma, but also an excellent cosmetic product for skin care and massage. It contains minerals, vitamins B, E and K, which refresh and tone the skin. The massage stimulates the endorphins - happiness hormones, calms the nervous system, relaxes muscle tension and stimulates blood circulation. Fatigue is also eliminated, tension is reduced, your mood gets improved.

Chocolate massage is recommended for people with a tendency to dry skin. It restores the appropriate level of hydration, strengthens elasticity, stimulates the regeneration of skin cells and prevents irritation.

Price: 45 minutes, price: PLN 220

Reception SPA

tel. +48 662 734 702

tel. +48 46 880 59 99

e-mail: spa@hotelchopin.pl

www.hotelchopin.pl/spa