

## Body treatments

### 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 250*

### GOLDEN - a ritual for men

The 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 Golden oil that restores inner peace will intensely nourish, moisturize and regenerate the epidermis.

*Price: PLN 260*

### 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 250*

## **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 300*

*Price for a series of 5 treatments: PLN 250 / 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: PLN 280*

## **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: PLN 240*

## 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: PLN 260*

## THE OCEAN'S RITUAL

Touch - the most primal form of contact, mystical pleasure and relaxation for body and mind. The problems and rush of everyday life make us think dreamily about pleasant moments, relaxation and moments of respite. Indulge in a treatment aimed at improving your well-being, calming down and soothing your body. The end result of the treatment is deep relaxation and exceptional body care. The treatment will leave a pleasant smell on the skin, reminiscent of carefree holidays.

### Indications for the procedure:

- States of muscle tension
- Tiredness
- A state of chronic stress
- Dry, rough skin
- Earthy skin tone

### Effects of the treatment:

- Smooth, velvety skin
- Improved skin hydration and lubrication
- Relax and unwind
- Cell oxygenation
- Improvement of skin blood supply

*Duration of the procedure: about 90 minutes*

*Price: PLN 250*

## 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: 120 PLN*
- *body peeling + bath: PLN 160*
- *body peeling + massage 30 minutes: PLN 230*
- *body peeling + massage 60 minutes: PLN 340*
- *body peeling + bath + massage 30 mins: PLN 250*
- *body peeling + candle massage 45 mins: PLN 320*
- *body peeling + candle massage 60 mins: PLN 360*

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### NEW in our SPA!!!

**The Spa-Abys anti-cellulite program** is a modern slimming treatment based on a thermoactive effect. This means that during the treatment we raise the body temperature and the applied active ingredients (e.g. spongilla) penetrate deeply into the skin. The preparations are based on only natural ingredients, which is why they are not only effective, but also completely safe.

The advantage of the treatment is the quickly visible effects, often after the first treatment. It is recommended to perform 4-6 treatments in a series, which can be performed at short intervals every 2-3 days. For this reason, the Thermoactive Anti-Cellulite Treatment is able to reduce cellulite even in 2 weeks. Therefore, it is the best option when we have little time left, e.g. before vacation.

#### Effects of the treatment:

- reduction of the thickness and density of subcutaneous fat by activating the lipolysis process
- help in smoothing the skin
- reducing the dimensions of problematic body parts
- removal of local swellings
- lymphatic and venous drainage
- activation of local microcirculation
- increase in skin elasticity

**Duration: depends on the number of parts performed: from 20 minutes to about 1 hour.**

*Price:*

- *pelicans PLN 120/ in a series PLN 100*
- *belly, sides: PLN 180 / in the series PLN 160*
- *buttocks and thighs PLN 250/ in the series PLN 230*
- *belly, buttocks, thighs PLN 390/ PLN 360 in the series*



**Phytomer** is a brand passionate about natural marine skin care. It is a stable and reliable partner as well as a pioneer in eco-friendly production. For 50 years he has been sharing his passion for the sea and cosmetics.

#### **SCULPT ZONE - silhouette modeling treatment**

Surrounded by full comfort, the Phytomer treatment will take care of a slimmer figure, firmer body and improvement of skin condition. It includes intensive peeling, massage on selected parts of the body and an innovative thermo-modeling compress, which reduces curves and cellulite in record time. The treatment gives a feeling of lightness of the body and smoothness of the skin, and the delicate foam consistency of the compress pleasantly envelops the body, providing a deep sense of relaxation and pleasure. The Thermo Sculpting wrap contains pink pepper extract and a warming complex that increases lipolytic efficiency and fat cell activity. The use of sea mist sprayed in the office will allow you to escape from everyday life and focus on rest, and the treatment itself will contribute to a beautifully modeled and well-groomed figure.

*Duration: 90 minutes*

*Price: PLN 280 (PLN 250 in the series)*

#### **SEA BACK CARE - marine back care**

The sea-style treatment begins with a back scrub, leaving the skin extremely comfortable thanks to the oil finish. An amazing relaxing and caring experience will be provided by a warm algae mask with the consistency of marshmallow. Like "sea champagne", it produces sparkling bubbles during application for a relaxing effect. The sea mist sprayed at the beginning will transport you to another dimension and relax.

The treatment is complemented by a classic, relaxing massage that will reduce stress and general tension. It will improve your well-being both on a physical and mental level. The treatment will ensure rest and relaxation after a hard day or after overwork.

*Duration: 60 minutes*

*Price: PLN 190*

## **New in our SPA**

**DEEP PHYTO PEELING** is an innovative new-generation peeling alternative to medical peels.

What is the secret? In the perfect synergy of acids and herbs.

It is the only treatment available in the world that combines the healing properties of herbs (e.g. mint, calendula, iris) with the exfoliating properties of acids (salicylic, glycolic, AHA).

Deep phyto peeling can be performed on those struggling with:

- hyperpigmentation
- scars
- acne
- stretch marks
- wrinkles

This is one of the few therapies that can be used on active acne, even in people under the age of 18. The peel can be used as an intensive 3-day treatment or as a one-off maintenance treatment. Importantly, the treatment is performed on the entire body.

Exfoliation occurs after the treatment, which leads to accelerated cell renewal and significantly stimulates collagen production.

*Duration: 75-90 minutes*

*Price:*

*1 day: PLN 330*

*2 days: PLN 620*

*3 days: PLN 890*

*1 back treatment: PLN 430*

### **Reception SPA**

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