

## Body treatments

### **GOLDEN - a ritual for men**

Massage cosmetics from the Tytan line are aimed at men. The scent and the selection of active ingredients take care of the regeneration of men's skin. Vegetable oils from: sesame seed, grape seed, sweet almond and rapeseed easily nourish and maintain the skin's moisture level for a long time. The massage improves circulation and relieves muscle tension.

The mineral titanium dioxide contained in the cosmetics naturally provides strong sun protection, but also stabilises the effect of the valuable ingredients contained in the vegetable oils. It influences their better absorption.

The aroma of the products, based on earth and wood notes, is wonderfully relaxing and contributes to the well-being of every man. Influences self-confidence and vitality

*Price: PLN 290*

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### **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 270*

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### **CHOCOLATE - RELAXING AND STIMULATING TREATMENT**

The "chocolate" treatment works on all the senses, providing a unique experience. Recommended for people with problems with excess fat tissue, cellulite changes and body shaping. The effects are visible already after the first treatment. The body circumference is reduced, the burning of fat is accelerated and the firmness and elasticity of the skin is improved. The treatment causes deep relaxation and an improvement in mental state. After washing off the wonderful exclusive chocolate mask, a relaxing massage is performed on a chocolate-flavoured cosmetic.

Indications for the treatment: excess fat, wellness, signs of premature ageing, stress-related malaise. Effects of treatment: stimulation of microcirculation, reduction of fat tissue, improvement of skin firmness and elasticity, slowing down the ageing process, deep relaxation and improvement of mental state.

*Price: PLN 300*

## 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 260*

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## 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 smoothes, 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 290*

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## CRYOGENIC "COLD COMPRESS" TREATMENT

A treatment suitable for those suffering from circulatory problems or heavy legs. Cryogenic treatment with cold compresses helps to immediately eliminate the feeling of heaviness and helps to improve blood circulation. It is also recommended for the reduction of cellulite, localized fatty tissue and for swelling.

Effects:

- Elimination of toxins
- Elimination of excess fluid
- Weight reduction
- Elimination of fatty deposits, cellulite
- Skin brightening

*Treatment price slender silhouette /legs, buttocks, abdomen and pelvises/: PLN 360 /in a series of PLN 340 min. 3 treatments/. Treatment time approx. 90 min*

*Treatment price light legs 200 zł /in series 180 zł/ min. 3 treatments. Treatment time 45-60 min*

## 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 270*

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## 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: 140 PLN*
- *body peeling + massage 30 minutes: PLN 280*
- *body peeling + massage 60 minutes: PLN 360*
- *body peeling + candle massage 45 mins: PLN 340*
- *body peeling + candle massage 60 mins: PLN 380*

## ANTI-CELLULITE SPA-ABYSS

**The Spa-Abyss 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 130/ in a series PLN 110*
- *belly, sides: PLN 190 / in the series PLN 170*
- *buttocks and thighs PLN 260/ in the series PLN 240*
- *belly, buttocks, thighs PLN 400/ PLN 370 in the series*

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## CHOCOLATE DELIGHT

Chocolate not only tastes wonderful, it is also an excellent cosmetic product for massage. Chocolate masks containing trace elements, vitamins B, E and K refresh and tone the skin. A massage on chocolate products stimulates endorphins - the hormones of happiness, calms the nervous system, stimulates blood circulation, relaxes tense muscles, reduces anxiety, tension and improves mood. A body that releases negative emotions eliminates fatigue.

Massage with chocolate products is indicated even for sensitive skins. The ingredients in these procedures restore the right level of hydration, stimulate cell regeneration which results in better elasticity and a reduction in wrinkles.

The mask contains natural UV filters and exfoliating elements - ground cocoa beans, which gently release the skin from dead skin cells during the massage.

*Price: PLN 330*

## **BLACK PERL**

Black Pearl are massage products enriched with underwater minerals and precious pearl powder.

The basis of the cosmetics are sesame and sweet almond oils, enriched with pearl ingredients that protect the skin from environmental factors - natural UV filters, valuable unsaturated fatty acids and moisturising ingredients.

Pearl powder is obtained from authentic pearls which, after selection and disinfection, are then crushed and micronised into a fine, fine powder. It is an ingredient with a rich tradition in medicine and skin care, having been used for centuries in Asian countries, mainly China and Japan. Asian women used pearl powder for skin care both externally on the skin and taken internally as a supplement. It was credited with anti-wrinkle, healing, skin tone-enhancing and sun-protective properties.

The Black Pearl treatment moisturises and soothes dehydrated and tired skin and restores skin elasticity.

The pearly glow that is left on the body reflects light which results in the reduction of skin imperfections.

*Price: PLN 260*

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## **GOLD OF NATURE**

Sea-buckthorn treatment with a refreshing aroma, where the scent of berries harmonises with the energetic nature of the plant. The aroma of the treatment alone makes you inhale the vitaminised power of sea buckthorn.

The sea-buckthorn berry extract contained in the cosmetics contains the happiness hormone serotonin, which improves mood and tones the body. Sea-buckthorn berries are true storehouses of vitamins, antioxidants and minerals. Organic acids and a rich content of vitamins C, K, E, B will strengthen the skin. The rich content of natural carotenes will give the skin a golden colour and help achieve a healthy tan. It is recommended in products used on skin with dermatological problems such as burns, scalds, frostbite, eczema eczema or allergies. It rebuilds the barrier function of the skin. It is one of the few oils to contain omega 7 acids. Omega 7 is a natural component of the skin's lipids, which accelerates the regeneration and healing of wounds.

The products contain fruit pulp and natural oils - preserving their wonderful qualities and ingredients in a gentle manufacturing process.

*Price: PLN 310*

## DEEP PHYTO PEELING

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*

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### Reception SPA

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