



HOTEL
ALMA



MED & SPA



SPA PRICE LIST

www.hotelalma.pl

PRICE LIST OF SPA TREATMENTS

MASSAGES

Medy Jet Water Bed Massage - 15 min

A pleasant form of hydro massage, where jets of water act through the surface of the water bed without a direct contact with the skin.

Releases stiffness and tension in the neck, back and spine. Highly energizing and causes rapid regeneration. A wide selection of programmes allows you to choose a cocktail of selected massages bringing an immediate relief to the tight back muscles especially after a long journey.

50 PLN

Classical part body massage - 20 min

85 PLN

Top-to-toe classical massage - 40 min

145 PLN

Slimming massage—lymphatic drainage of the whole body - 40 min

It aims to improve lymphatic circulation and thus prevents diseases caused by the slump. It helps to eliminate stasis edema, lymphatic leakage, reduces bruising and hematoma resorption. It also cleanses the whole body, removes the waste products of metabolism.

180 PLN

Mer & Sens Hot Stones Treatment - 40 min

The eastern La Stone therapy is based on the philosophy of unity of the body, mind and soul. Hot volcanic stones simulate the flow of positive energy, create a feeling of balance, reduce stress, and improve the frame of mind. Aromatic oils leave the skin silky and soft.

180 PLN

Paraffin wax treatment for hands - 20 min

70 PLN

FACE TREATMENTS

Relaxing face massage - 20 min

80 PLN

Relaxing & lightening treatment - 50 min

Skin lightening treatment with face mask. Energizing and moisturizing treatment for the gray and tired skin.

190 PLN

Energizing Treatment For Men - 50 min

Energizing & moisturizing treatment for men. Flexibility and regeneration of male skin. Peeling, massage, mask, cream.

190 PLN

Sealing treatment for dilated blood vessels - 50 min

Cavitation peeling, algae mask, sonophoresis, vitamin. C and routine mask. Entering vit. C into the skin - treatment for vascular skin.

190 PLN

Complete face cleansing & regeneration with mask - 50 min

The treatment is designed to cleanse the skin with blackheads, smoothing and refreshment of the skin. There are two or three masks during the treatment - depending on the needs of skin.

190 PLN

Modeling Mask - 50 min

A thermal anti-wrinkle mask, intensive skin lifting treatment, shapes the oval of the face with the algae mask - a plaster mask that customers like to take as a souvenir.

220 PLN

A feast for your skin - 50 min

A nourishing & moisturizing treatment with caviar. An immediate improvement in tension and hydration of the skin, smoothing the facial wrinkles and those associated with aging. Supplementing the essential minerals to the skin.

190 PLN

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BODY TREATMENTS

Indoceane - 80 min

Exclusive body treatment, nourishes and moisturizes the skin, relaxes, removes the stress. The whole procedure consists of three stages that originate from different parts of the world: the Mediterranean - sugar peeling with essential oils, India - massage with warm essential oil of sandalwood with the addition of oriental Indian spices, provide complete relaxation, China -aromatic mask containing the rice sprout oil that nourishes and provides the skin with a unique delicacy and sensuality.

295 PLN

Intensive part body slimming

- 60 min

Treatment aimed at shaping and firming the tissue in the selected parts of the body. Intensively carried out and combined with a hand massage. It is favourite among men fighting with the "belly" and the ladies who would like to slim the certain parts of the body. Avoid swimming or showering after the treatment for 6 hours because the formula works for a long time after the removal of the wrap.

260 PLN

Chocolate RELAX - 60 min

Nourishing, slimming and relaxing treatment. It uses the valuable qualities of cocoa beans that contain the micronutrients and the theobromine (a substance similar to caffeine) for stimulating and energizing action. The treatment reduces the cellulite, tightens the skin after weight-loss diets, or pregnancy, regenerates the nutritional elements of the tired skin. The smell of chocolate stimulates the senses, relaxes and improves the mood. The body regains the healthy appearance, becomes smooth and refreshed.

190 PLN

Raspberry body mask with Bio-Caffeine from Guarana - 60 min

(Guarana - Indian gift from the God - an elixir of youth)

Stress, hurry, cigarettes, overload the body, lack of exercise - all of that quickly destroys the nutrients responsible for your metabolism. Guarana provides the body with the ingredients, that quickly run out, and are responsible for the production of energy, oxygen, fitness and well-being. Stimulates the secretion of water and toxins by stimulating the microcirculation in the skin. Slims and shapes the body. Intensively nourishes and moisturizes the skin. Reduces the swelling and stasis. Supports the proper metabolism and blood circulation. Raspberry extracts prevent the premature aging of the skin, regenerate, moisturize, anti-inflammatory, help to protect against UV rays, prevent the formation of the discoloration of skin.

190 PLN

Body scrub - 50 min

Sugar or fruit or honey peeling.

110 PLN

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BODY TREATMENTS USING THE SPA EQUIPMENT

Hydro massage in the bath Wellness & SPA Caracalla - 20 min

The anatomically moulded interior provides the comfort body massage. Underwater massage affects sequentially through the 286 water jets and 50 air jets, for another parts of the body, from the feet, through the legs, hips, arms and shoulders, and ending on the back. Relaxation therapy is supported with the light therapy (8 colours).

150 PLN

Cleopatra's bath - Egyptian ritual bath - 20 min

A sensual milk bath with a delicate fragrance of musk, relaxes and helps get rid of the stress. The combination of donkey milk and extracts of melon and peach, nourishes and moisturizes the skin giving it an incredible softness. Along with the relaxing music you will forget the everyday struggles and you will ease your body and mind.

120 PLN

Bath in herbs or brine - 20 min

120 PLN

ADDITIONAL TREATMENTS

Eyelash / eyebrow henna 40 PLN

Eyebrow regulation 40 PLN

Facial Hair Removal - moustache, chin 40 PLN

Hair removal - calves or whole legs 80 or 120 PLN

Other Hair Removal - armpits, back, chest, arms each for 80 PLN

ATTENTION

PLEASE WEAR A BATHROBE FOR YOUR TREATMENT. DO NOT BRING YOUR MOBILE PHONES OR JEWELLERY FOR THE TREATMENTS. IN CASE OF CANCELLATION OF A TREATMENT LESS THAN 2 HOURS BEFORE ITS SCHEDULED TIME, YOUR ACCOUNT WILL BE CHARGED WITH ITS VALUE.





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