

THE  
SPA

BY



ARTNAIL

# PRICE LIST

## — MASSAGES —

### **CLASSIC**

(60 min) 230 zł

The massage allows to eliminate back and neck muscle tension as well as correct changes in the skeletal system. What is more, it has a beneficial effect on the psyche, puts you in a good mood, improves your well-being, relaxes and helps to unwind.

### **BACK UP**

(30 min) 160 zł (60 min) 260 zł

Back massage with special emphasis on areas surrounding the neck, shoulders and arms. Recommended after a stressful day or after a long journey.

### **DEEP TISSUE DEEP TISSUE**

(60 min) 270 zł

A soft tissue therapy which through slow relaxation, lengthening and removal of adhesions and irregular movement patterns eliminates the pain and restores the correct range of motion in an effective and pleasant way.

### **HOT STONES**

(60 min) 280 zł

The massage is performed using volcanic stones, which gently warm the entire body while stimulating blood circulation and detoxification.

### **ORIENTAL**

(60 min) 260 zł

It is one of the ancient techniques of traditional treatment of many conditions. The massage combines elements of reflexotherapy and warm coconut oil. Massage includes body, face and head.

### **INDIAN HEAD MASSAGE + FEET REFLEXOTHERAPY**

(50 min) 190 zł

Massage inspired by Hindu philosophy. Especially recommended in case of headaches, neck and shoulder aches. It improves blood circulation, effectively eliminates headaches and fatigue.

### **AUTHOR'S HOLISTIC MASSAGE**

(60 min) 290 zł

An energetic massage in which the technique is selected individually depending on the client's health condition and expectations. The ritual combines gentle and toning movements which trigger a relaxation effect as well as deep techniques which eliminate tension.

### **WARM CANDLE AROMA MASSAGE**

(60 min) 260 zł

A warming-up massage during which the skin on the entire body becomes elastic, soft to the touch, silky smooth and wrapped in a pleasant aroma. The candle massage has a soothing effect on dry skin which lacks vitality.

### **HERBAL STAMPS MASSAGE**

(60 min) 260 zł

A massage made with the use of stamps filled with aromatic herbs, fruit and spices. The stamps are heated so that they release essential oils contained in herbs and then the whole body is massaged with them. The stamp massage relieves pain, muscle tension, removes toxins and stimulates the body to regenerate. After the treatment the skin is moisturized and firmed.

### **MASSAGE DURING PREGNANCY**

(60 min) 250 zł

A full-body massage which brings well-being, removes tension and adds energy. It also improves blood circulation, which gives a calming and strengthening effect. Regular massage during pregnancy helps to relax, reduces fatigue, and also relieves all pain, especially back pain.

### **RELAXATION MASSAGE**

(60 min) 190 zł

The massage is performed with slow, calming movements. It is conducive to strength recovery and it eliminates negative stress effects. It soothes neurotic states, relaxes and increases vitality.

## **— BODY TREATMENTS —**

### **ORIENTAL REGENERATION**

(90 min) 320 zł

A treatment based on goat milk and lychee for irritated, dry, sensitive and tired skin. Accelerates the healing of skin irritation, improves skin comfort and has anti-aging properties. Protects the skin from negative effects of sun rays. The treatment includes: whole body scrub, regenerating mask, body massage, face massage.

### **ECO-RITUALS**

(90 min) 270 zł

Relaxing massage using mellow shea butter, preceded by an aromatic body peeling, rich in mineral salts and sensual essential oils. The treatment is available in three fragrances: GINGER, CRANBERRY, CHOCOLATE.

### **WHOLE BODY CARE AND PEELING**

(30 min) 90 zł

An intensively regenerating and moisturizing treatment, which restores skin firmness.

## — FACE TREATMENTS —

### **TOUCH OF EARTH**

(60 min) 250 zł

A cleansing treatment helping to fight against excessive production of serum and normalizing its level. It soothes and protects the skin, restoring its natural pH.

### **GOLD FIRING**

(60 min) 290 zł

A firming treatment designed for mature skin. Prevents the formation of wrinkles and premature aging. Firms the skin intensively and stimulates the production of collagen fibers.

### **ELIXIR OF YOUTH**

(45 min) 170 zł

A face and neck massage based on argan oil will make you experience deep relaxation, moisturize your skin, smooth wrinkles, improve facial contours, reduce tiredness and stress, revitalizes the skin and removes dead epidermis.

### **EXPRESS LIFTING**

(30 min) 190 zł

The treatment provides an instant face lift, especially around the eyes and lips without the use of a scalpel. It restores skin firmness and tension. It stimulates collagen renewal increases cellular metabolism and deeply nourishes the skin.

### **CELLULAR RENEWAL**

(60 min) 290 zł

Complete facial skin anti-aging strategy. The treatment smoothes wrinkles, lends the skin radiant appearance and restores its elasticity.

### **MOST HYDRATING**

(60 min) 240 zł

Deeply moisturizing treatment restoring the hydro-lipid balance. Ideal for very dry, tired and dull skin. The treatment improves skin hydration and protects it from dehydration.

### **ABSOLUTE BALANCE**

(60 min) 260 zł

Brightening and revitalizing facial treatment, strongly lightening pigmentation, acne scars and age spots. The treatment perfectly evens out the skin, brightens the complexion and restores its shine.

### **MEN'S RENEW**

(60 min) 240 zł

Active facial treatment for a man's demanding skin. The treatment boosts cellular metabolism, strengthens the cohesiveness and restores healthy skin tone. After the treatment, the face is visibly brightened and fine lines smoothed.

### **SUPREME LIFTING**

(90 min) 390 zł

A treatment during which the skin undergoes exfoliation, moisturizing and nourishing procedures. Active ingredients penetrate into the tissue, thanks to the use of a special carrier, namely a bio-matrix, which is a substance similar to the skin in its structure. This results in the renewal of the upper layer of the epidermis, filling of wrinkles and cosmetic facelift. A facial massage made during the treatment will not only rejuvenate the skin but also relax the mind.

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