

FACIAL TREATMENTS

Moisturizing Facial Treatment — 55 min. / 450 zł

Deep hydration and instant revitalization

A luxurious treatment that instantly restores comfort, firmness and a radiant glow to the skin. We use radiofrequency (RF) technology, which gently warms the tissues, facilitating the penetration of active ingredients such as hyaluronic acid and plant extracts. A key element of the ritual is a soothing facial massage that relieves feelings of tightness. Then, while the mask takes effect, you will enjoy a relaxing hand massage that completes the experience of deep relaxation.

Indications: Severely dehydrated, dry, rough and dull skin with reduced comfort and elasticity. Ideal as an intensive treatment after exposure to sun or frost.

Results: The skin instantly regains softness, smoothness and a velvety texture. Strengthening of the hydrolipid barrier, reduction of fine lines caused by dehydration and a rested, radiant complexion.

Detoxifying Treatment — 55 min. / 390 zł

Deep detoxification and enhanced antioxidant protection

A ritual designed for skin burdened by environmental factors, urban smog and stress. The treatment combines detoxifying ingredients with RF technology, which stimulates lymphatic microcirculation, accelerating the elimination of impurities. After deep cleansing, the skin receives a powerful dose of antioxidants, while a specialized facial massage restores its healthy tone. While a purifying mask works on your face, your hands receive a relaxing massage, allowing you to enjoy complete relaxation and full-body regeneration.

Indications: Grey, sallow, tired skin exposed to urban pollution, with a tendency towards clogged pores.

Results: The skin regains clarity and radiance. Reduced visibility of pores, enhanced protection against free radicals. The complexion becomes fresh, oxygenated and exceptionally smooth.

Purifying Treatment — 55 min. / 390 zł

Sebum regulation and restoration of healthy balance

A professional treatment designed to normalize combination and oily skin. It combines sebum-regulating ingredients with RF technology, which supports deeper penetration of active substances. The ritual includes a draining facial massage that helps eliminate toxins and reduce inflammation. While a mask restores comfort to the skin, you can enjoy a relaxing hand massage. The skin is thoroughly cleansed and left with a natural, radiant finish.

Indications: Oily or combination skin with excessive sebum production, enlarged pores and impurities. Excessive shine in the T-zone and a tendency to develop blemishes.

Results: Normalized sebum production, visibly refined pores and reduced inflammation. The skin becomes clean, healthy and balanced, with a soft satin glow.

Lifting Treatment — 85 min. / 450 zł

A breakthrough in rejuvenation and lifting

The most advanced anti-aging treatment by Terraké. It combines the power of regenerative ingredients with RF (radiofrequency) technology, which heats collagen fibers, initiating their immediate contraction (tightening effect) and stimulating fibroblasts to produce new collagen over time. A luxurious part of the treatment is the Lifting Massage – a specialized manual technique that deeply sculpts facial contours and drains the skin. This is complemented by an intensive firming mask and RF treatment. While the mask works actively, you can relax with a soothing hand massage.

Indications: Deep wrinkles, sagging skin, loss of firmness, drooping facial contours. Mature skin requiring comprehensive renewal.

Results: Significant reduction in wrinkle depth, improved skin firmness and visible lifting of facial contours. The skin appears noticeably rejuvenated, firmer and more elastic.

Regenerating Treatment — 45 min. / 390 zł

Intensive facial contour sculpting

The ritual focuses on sculpting and intensive stimulation. It uses the full power of Terraké's regenerating products, which work at the cellular level to restore skin vitality. The secret lies in a specialized, deep lifting massage that acts like a natural „fitness workout" for the facial muscles. The therapist precisely sculpts, works on and restores tension to the skin, while also releasing deep tension. To complete the relaxation experience, your hands receive a soothing massage. This treatment is designed for those who appreciate the power of therapeutic touch and immediate firming results.

Indications: Sagging skin, loss of elasticity, drooping facial contours, deep gravity-related wrinkles. A need for intensive manual work on the tissues.

Results: Visibly firmer skin, reduced fine lines, sculpted jawline. The skin feels toned, while the face looks more lifted and smoother.

Eye Contour Treatment — 45 min. / 390 zł

Reduction of dark circles, puffiness and fine lines

A gentle yet exceptionally effective treatment for the sensitive skin around the eyes. It combines advanced regenerating ingredients with RF micro-application technology. Controlled RF heat stimulates collagen production and minimizes crow's feet. During the treatment, a draining lymphatic massage is performed on this area, effectively reducing dark circles and puffiness while restoring a fresh, youthful appearance. A specialized mask is then applied, and while it works, a soothing hand massage provides complete relaxation.

Indications: Dark circles and bags under the eyes, crow's feet, expression lines, dryness and loss of skin elasticity around the eyelids.

Results: Smoothing of fine lines, brightening of dark circles and reduction of puffiness. The skin around the eyes becomes firmer, hydrated and visibly younger.

ESSENTIALS MARINE 3 ALGAE FACE TREATMENT — 55 min. / 320 zł

Detoxifying and remineralizing facial treatment

An exclusive THALGO facial treatment based on three revitalizing marine algae: Laminaria Digitata, Fucus Vesiculosus and Lithothamnion Calcareum. It is a 100% naturally derived treatment suitable for all skin types, especially dull, tired, dehydrated and blemish-prone skin. Micronized marine algae, rich in 12 minerals and trace elements, have a beneficial effect on the skin's natural functions: they hydrate, remineralize, support toxin elimination, restore natural balance and provide the skin with energy.

Indications: A treatment suitable for all skin types, especially dull skin requiring detoxification, dehydrated skin and problematic skin prone to blemishes.

Goal: Remineralization and revitalization of the skin, cleansing the skin of accumulated toxins, accelerating microcirculation in blood vessels, balancing sebaceous gland activity, improving hydration and skin tone.

CICA MARIN SOOTHING REPAIRING TREATMENT — 350 zł

Soothing and strengthening treatment for sensitive skin with redness

Sensitive, vascular skin with redness is a very common skin concern, for which Thalgo has developed the ideal solution. Products from the CICA MARIN range, rich in repairing, regenerating and soothing active ingredients, allow the skin to enjoy comfort again, even for a long time after the treatment. Natural prebiotics from macroalgae and a patented filtrate of micronized algae have a highly beneficial effect on the skin microbiome and support the regeneration of the skin barrier.

Indications: Sensitive, dry skin prone to irritation and redness, requiring soothing care.

Goal: The treatment aims to soothe, nourish, regenerate and strengthen the skin, as well as its protective barrier in the form of the microbiome.

PEELING MARIN TREATMENT — 25 min. / 280 zł

Renewing and rejuvenating treatment for a „new skin" effect

Based on innovative scientific research, the Thalgo laboratory has created the first range of marine skincare cosmetics containing acids derived from the fermentation of micronized algae. This 100% bio-regenerative discovery has made it possible to create a highly effective, intensive treatment from the field of aesthetic medicine, which helps correct even the most serious skin imperfections and irregularities, as well as signs of ageing, restoring a youthful appearance and beautiful complexion. In addition to exfoliating the epidermis, the treatment provides effective regeneration, rejuvenation and smoothing of the skin. With proper, individual care, it can meet the needs of every skin type, ensuring regeneration and renewal at all skin levels.

Indications: A treatment designed for skin requiring care, renewal, smoothing and regeneration.

Goal: Evening out skin texture, hydrating the deeper layers of the epidermis, reducing imperfections, eliminating pigmentation spots and post-inflammatory discoloration, complete skin renewal and rejuvenation.

OCEAN TREATMENT FOR MEN — 55 min. / 390 zł

Moisturizing treatment for men

Men's skin differs significantly from women's skin. The epidermis is considerably thicker, more firmly attached to the dermis and more resistant, which is associated with greater keratinization and increased sebum production. Therefore, due to testosterone, men's skin rarely becomes dry. It most often experiences this problem during the autumn and winter seasons. Men's skin therefore requires specially tailored care that ensures cleansing, hydration and appropriate comfort.

Indications: A treatment designed for men's skin care from the age of 30.

Goal: Evening out skin texture through exfoliation performed during the treatment, hydrating the deeper layers of the epidermis, as well as improving elasticity and regenerating skin irritated by the mechanical effects of daily shaving.



BODY TREATMENTS

EARTH ELEMENT — 55 min. / 290 zł

Deeply relaxing treatment / Massage

The ritual begins with a fragrance ceremony – a warm, spicy Terra Magica mist envelops the body like a cashmere blanket, creating a sense of safety and soothing comfort. This intensive, deep massage warms and releases tense muscles, restoring freedom of movement. The therapist's movements are firm and rhythmic, reminiscent of the soothing warmth radiating from deep within the earth.

Indications: Muscle tension, stiffness in the neck and back, accumulated stress in the body, a need for warmth and deep relaxation. Ideal for those who prefer a firmer touch.

Results: Deep relaxation of tense muscles and improved mobility, reduced feelings of heaviness and stiffness, increased circulation and nourishment of tissues, a sense of grounding and harmony.

WATER ELEMENT — 55 min. / 390 zł

Draining and contouring treatment / Massage

The ritual opens with a subtle fragrance ceremony – a mist of fruity-floral perfume envelops the skin like a light breeze. The skin is prepared with a specialized drainage brush, whose flowing movements stimulate microcirculation, support lymphatic drainage and smooth the skin's texture. The brushing action accelerates detoxification, reduces the feeling of heavy legs and prepares the body for the next stages of the ritual. After brushing, a specialized draining massage is performed, further supporting lymphatic drainage and preparing the body for the application of cooling and warming active ingredients. This stimulates cellular metabolism, supports the reduction of fatty tissue and sculpts the silhouette.

Indications: Swelling, lymphatic congestion, heavy legs, uneven skin texture, cellulite, a need for contouring, detoxification and body sculpting. Ideal for those seeking a visible „lighter body" effect.

Results: Improved lymphatic drainage and reduced swelling, smoother skin and reduced unevenness, a more sculpted silhouette and a feeling of lightness in the legs, stimulation of circulation and cellular metabolism.

AIR AND LIGHT ELEMENT — 55 min. / 290 zł

Relaxing, calming massage

The ritual begins with a fragrance ceremony – a mist of delicate, luminous perfume soothes the senses like a warm, sunny breeze. This massage consists of soft, enveloping movements that calm the nervous system, slow down breathing and bring you into a state of deep relaxation.

Indications: Severe fatigue, stress, insomnia, sensitivity to firm pressure, a need for soothing care and sensory relaxation. Ideal for those seeking maximum relaxation.

Results: Deep relaxation and reduction of psychophysical tension, improved sleep quality and a calmer mind, restoration of nervous system balance, a feeling of lightness and relaxation throughout the body.

FIRE ELEMENT — 55 min. / 390 zł

Purifying exfoliation, stimulating brushing and soothing finishing massage

The ritual begins with a fragrance ceremony – a green, citrus-woody mist awakens the body like a morning breath of fresh garden air. The skin is treated with a specialized brush, followed by an exfoliating scrub that stimulates microcirculation. The ritual ends with a gentle full-body massage that smooths, improves elasticity and leaves the skin soft and radiant.

Indications: A need for refreshment, detoxification and smoothing, dull, tired, poorly oxygenated skin. Ideal before an important event or as a quick renewal treatment.

Results: Intensive cleansing and exfoliation, improved microcirculation and tissue oxygenation, smoother and more elastic skin, a feeling of freshness, energy and vitality.

COLD CREAM MARINE BODY RITUAL — 55 min. / 390 zł

Regenerating and nourishing treatment for dry and sensitive skin

An exceptionally relaxing treatment dedicated to dry and very dry skin. Wonderful moments of bliss that envelop the skin with the Cold Cream Marine complex, soothing feelings of tightness and discomfort while restoring the appropriate lipid balance of skin severely irritated by cold and friction from clothing. Relaxing and soothing movements, a gentle massage, restore softness and a velvety feel to even the most irritated and extremely dry skin.

Indications: Dry and very dry, dehydrated, sensitive skin prone to irritation and redness.

Goal: The treatment aims to hydrate, nourish and regenerate the skin while protecting it against the loss of lipids and moisture.

FRENCH RIVIERA SPA RITUAL — 55 min. / 390 zł

Relaxing and mineralizing body ritual

A truly multisensory experience inspired by the French Riviera. Thalgo has created its first signature spa treatment to enrich the skin and body with remineralizing and revitalizing marine active ingredients. At the heart of this new flagship Thalgo ritual is the stimulation of the five senses. Using a carefully selected blend of micronized algae, the body is thoroughly cleansed through detoxification. An extensive formula of treatments and double massages using a warm stone stamp allows you to soothe your senses and release tension and stress, transporting you to the French Riviera while strengthening vital marine energy and revitalizing body and mind.

Indications: Tired, stressed individuals with muscle tension, skin requiring strengthening and mineralization.

Goal: Relaxation, reduction of muscle tension, unwinding, restoration of well-being, nourishment, hydration, intensive remineralization and detoxification of the skin.

ACTIVE SCULPT TREATMENT — 120 min. / 690 zł

A body-sculpting treatment that combines skincare, skin stimulation and an exceptional relaxation experience. The treatment was created for those who want to take care of their body's appearance, improve skin condition and restore a firmer, smoother look. Specialized care supports skin smoothing, improves elasticity and enhances the contours of the body. This is the perfect option for those who want to feel better in their own bodies and incorporate professional skincare into their self-care ritual.

Indications: Localized fat deposits, loss of skin firmness and elasticity, visible cellulite and uneven skin texture, a need to stimulate microcirculation and support natural drainage processes, a need to support the body's natural cleansing processes and detoxifying care.

Goal: Comprehensive body-sculpting care focused on smoothing the skin, improving its firmness and supporting drainage, making the silhouette appear more sculpted and the skin smoother and more elastic.

MASSAGE ZONE

PRIVATE SPA EXPERIENCE For Two

A couples massage that takes you to a whole new dimension of body awareness. An extraordinary relaxation experience that allows your senses to find deep relaxation.

55 min. / 590 zł **Full body massage** - legs, buttocks, back, neck, abdomen, chest, arms

85 min. / 790 zł **Full body massage** - feet, legs, buttocks, back, neck, abdomen, chest, arms, hands, head

BALTIC FLOW & SILENCE Relaxing Massage and Aromatherapy

A flowing, slow massage inspired by the tranquility of the sea. It combines relaxing techniques with aromatherapy, relieving tension in the body and bringing a deep sense of calm. (Available in the Adults Only zone.)

25 min. / 180 zł **Partial body massage** covering the back and neck

55 min. / 290 zł **Full body massage** - legs, buttocks, back, neck, abdomen, chest, arms

85 min. / 390 zł **Full body massage** - feet, legs, buttocks, back, neck, abdomen, chest, arms, hands, head

DEEP MUSCLE RECOVERY Intensive and Regenerating Massage

A deep massage focused on reducing severe muscle tension. Ideal after an active day at the seaside, a workout, or for those who need firmer pressure and faster body recovery.

25 min. / 190 zł **Partial body massage** covering the back and neck

55 min. / 320 zł **Full body massage** - legs, buttocks, back, neck, abdomen, chest, arms

85 min. / 420 zł **Full body massage** - feet, legs, buttocks, back, neck, abdomen, chest, arms, hands, head

SCRUB & MASAŻ Exfoliating Massage

25 min. / 190 zł **Partial body massage** covering the back and neck

55 min. / 320 zł **Full body massage** - legs, buttocks, back, neck, abdomen, chest, arms

85 min. / 420 zł **Full body massage** - feet, legs, buttocks, back, neck, abdomen, chest, arms, hands, head

AROMATHERAPY TOUCH
Classic Massage Based on the Essences of the 4 Elements

25 min. / 190 zł **Partial body massage** covering the back and neck

55 min. / 320 zł **Full body massage** - legs, buttocks, back, neck, abdomen, chest, arms

85 min. / 420 zł **Full body massage** - feet, legs, buttocks, back, neck, abdomen, chest, arms, hands, head

HOT ESSENSE Hot Stone Massage

25 min. / 190 zł **Partial body massage** covering the back and neck

55 min. / 320 zł **Full body massage** - legs, buttocks, back, neck, abdomen, chest, arms

85 min. / 420 zł **Full body massage** - feet, legs, buttocks, back, neck, abdomen, chest, arms, hands, head

FACE, NECK AND DÉCOLLETÉ MASSAGE — **25 min. / 180 zł**

FOOT REFLEXOLOGY — **25 min. / 180 zł**

LIMB LYMPHATIC DRAINAGE — **25 min. / 180 zł**

PEAT MUD WRAP — **25 min. / 80 zł**

A peat mud wrap is a localized therapeutic treatment in which heated peat mud is applied to a selected area of the body. Thanks to its unique properties, it provides a warming, anti-inflammatory and soothing effect. The peat mud wrap is a healing treatment in which natural peat mud is used – rich in humic acids, fulvic acids, minerals and biologically active organic compounds. Thanks to its high heat capacity and low thermal conductivity, peat mud retains heat for a long time, leading to improved circulation, muscle relaxation, accelerated metabolism and enhanced tissue regeneration.

Its benefits include:

- **Anti-inflammatory** – relieves inflammation of joints and muscles
- **Pain relief** – reduces rheumatic, muscular and nerve pain
- **Regenerative** – supports tissue repair after injuries and surgery
- **Antibacterial** – inhibits bacterial growth at the application site

KIDS SPA

CHOCOLATE MASSAGE Back and shoulders — **25 min. / 180 zł**

LITTLE SPA RITUAL With a face mask — **25 min. / 250 zł**

PARENT and CHILD SPA — **25 min. / 380 zł**

Simultaneous mini treatments for parent + child – 25 min.

(Chocolate massage or facial treatment for the child and the same options for the parent).

SPORTS ACTIVITIES

Group Reformer Pilates	**50 zł / person / hour**
Individual Reformer Pilates	**150 zł / person / hour**
Yoga for adults	**40 zł / person / hour**
Yoga for children	**Included in the stay / person / 30 min.**
Personal training at the gym	**120 zł**
Personal training for couples	**160 zł**