

MINERAL SPA

"The most beautiful time is when you forget about the whole world and just enjoy the moment."

MEANING OF PICTOGRAMS:



foot treatment



body treatment



face treatment



treatment for sensitive skin



shower



for vegetarians



for vegans





CLASSIC MASSAGES

SAPPHIRE TOUCH



Highly relaxing classic back massage that reduces the tension of sore muscles. The scent of aromatic oils will stimulate your senses and put you in a great mood.

25 MINUTES / PLN 110

SECRETS OF NATURE



Classic full body massage based on aromatic natural grape seed and jojoba seed oils, nourishing and revitalizing the skin.

50 MINUTES / PLN 220

PEAT GLADE



Classic back massage combined with a beneficial, warm peat wrap. It nourishes the skin and has an antiseptic effect.

40 MINUTES / PLN 160

SEVENTH HEAVEN



Massage of the back and the back of the legs based on aromatic oils that stimulate the muscles and the circulatory system, at the same time reducing muscle and nervous tension.

40 MINUTES / PLN 160

JIZERA APIARY'S GOLD



Classic back massage based on honey with strong detoxifying, nourishing and strengthening properties.

20 MINUTES / PLN 90

FACE MASSAGES

SOOTHING TOUCH



Relaxing face massage with the use of natural shea butter rich in vitamins A and E. A treatment that smoothes and strongly moisturizes the skin.

25 MINUTES / PLN 110

TREASURES FROM THE DEEP



Original face massage based on an intensely moisturizing cream and palmaria palmata algae mask that soothes, brightens and nourishes tired skin.

45 MINUTES / PLN 160



ORIGINAL MASSAGES

MOUNTAIN PEARL



Stimulating full body massage with the use of cold mountain crystals that improve the mood, provide a feeling of refreshment and nourishment.

50 MINUTES / PLN 190

RUBY ENERGY



Warming and moisturizing full body massage with the use of hot stones. The soothing warmth will transfer you to the world of relaxation, and the body will experience an increased flow of energy.

50 MINUTES / PLN 190

JASPER RELIEF



Soothing foot and calf massage that will bring relief, add lightness and keep tired legs feeling cool. The energetic properties of jasper will balance the functioning of the endocrine glands and the human biofield.

20 MINUTES / PLN 80

RELAXING MASSAGES

COCOA BEANS



Thrilling, truly sensual body massage with hot chocolate. The wonderful aroma will stimulate the production of happiness hormones and ensure an improvement in well-being and a moment of detachment from everyday life.

50 MINUTES / PLN 240

AROMATIC RELAXATION



Relaxing full body massage with the use of moisturizing, aromatic oils. The treatment brings you into a state of deep relaxation and stress relief.

50 MINUTES / PLN 200

MANGO POWER



Relaxing back massage based on mango oil, which reduces muscle tension and brings you into a state of deep relaxation.

25 MINUTES / PLN 120





BODY RITUALS

COTTON COCOON



An exclusive ritual for those who need relaxation and moisturization.

A treatment with a remineralizing cream scrub made with sharp shells, which allows the skin to regain its softness and radiance.

The properties of the mask based on cotton and rice oil prevent aging, stimulate micro-circulation and moisturize the skin. It is finished with a calming massage with green tea oil and wakame algae.

90 MINUTES / PLN 410

QUEEN OF THE MOUNTAINS' GOLD



A body ritual with exfoliation, a relaxing massage based on golden jelly and a body compress with rejuvenating properties that visibly firms the skin.

80 MINUTES / PLN 350

OCEAN'S DEPTH



An innovative body ritual that makes your skin feel soft and hydrated.

It has a detoxifying effect, causes tissue relaxation, brings relief and soothes the tired body.

The ritual consists of exfoliation using acids, a full body massage and an intensely moisturizing facial treatment that reduces mimic wrinkles and fills the skin.

120 MINUTES / PLN 470

COFFEE POWER



Nourishing sugar body scrub with the scent of freshly ground coffee for demanding and sensitive skin, which will stimulate you to be active and put you in a good mood.

Macadamia oil, shea butter, coconut oil and coffee particles will make the skin flexible and smooth, leaving a nice, velvety film.

40 MINUTES / PLN 150

ORANGE DELICACIES



A unique body ritual combining aromatic orange and wonderfully fragrant, exfoliating cocoa beans, which activate cell metabolism. Orange extract, rich in vitamins A and C, tones the skin and prevents cell oxidation.

Sugar crystals thoroughly cleanse, moisturize and elasticize the skin, while heated aromatic oils provide the skin with refreshment and velvety smoothness.

60 MINUTES / PLN 260







HANDFUL OF PISTACHIOS



A sweet full body ritual with pistachio butter as the base of the scrub with softening and moisturizing properties. Massage based on almond oil and pistachio body cream with a velvety texture regenerate, smooth and eliminate flaking of the skin.

70 MINUTES / PLN 280

JAPANESE CHERRY WITH VANILLA



A treatment with energetic full body exfoliation based on shea butter and cherry extract, which will accelerate regeneration of dry skin. Massage with warm vanilla butter will soften the skin and strengthen its hydro-lipid barrier.

70 MINUTES / PLN 280

PARADISE ISLAND



A relaxing full body ceremony. Sugar, coconut and coconut oil scrub cleans and softens tired skin. A serene massage will firm, moisturize and strengthen the body.

60 MINUTES / PLN 270

SECRET POWER OF THE SEA



A revitalizing body ritual with intense exfoliation based on sea salt and clay that drains and moisturizes the skin.

The mask with Laminaria algae, rich in minerals, will soothe sensitive skin.

A massage based on nourishing oils will relax and tone the body.

A detoxifying treatment, strengthening and improving blood circulation.

*You can also buy a face mask for the treatment for PLN 50.

120 MINUTES / PLN 490

BLACK PEARL



A cleansing body ritual based on the therapeutic effects of thermal waters and volcanic ash. The scrub combines volcanic lava powder and thermal water, exfoliates, cleans and regenerates the skin.

The mask based on brown algae and volcanic clay effectively soothes and firms the skin. A relaxing massage with prickly pear oil and orange blossom water leaves the skin relaxed and calms the senses.

*You can also buy a face mask for the treatment for PLN 50.

120 MINUTES / PLN 490



FACE TREATMENTS

DETOX



A cleansing treatment, strongly moisturizing and rebuilding the hydro-lipid coat. It activates the natural process of cell detoxification, stimulates the skin to cleanse and regenerate itself.

60 MINUTES / PLN 280

SENSITIVE



A regenerating treatment designed for very sensitive skin prone to hyper-reactivity, enriched with anti-irritating neuropeptides, balancing the defence system.

It contains vitamins E and F, and ceramides.

60 MINUTES / PLN 260

MADE TO MEASURE



A treatment selected by therapists after skin analysis and diagnosis. It involves gentle exfoliation, softening the skin, a detoxifying peat mask that perfectly cleanses the skin for the application of an individually selected osmotic mask.

The treatment has an excellent effect on the skin's supporting fibres, stimulates collagen synthesis and reduces signs of fatigue.

60 MINUTES / PLN 300

CRYSTAL



A highly nourishing treatment based on golden algae restores the water balance, ensuring a long-lasting moisturizing effect. Hyaluronic acid strengthens the skin firming process. The laminaria digitata massage cream evens out the skin tone and has a calming effect. The intensely moisturizing mask has anti-inflammatory and calming properties, leaving the skin radiant and relaxed.

The treatment is recommended for dry skin prone to discoloration.

60 MINUTES / PLN 360

GOLD



An exclusive face treatment based on 24-carat gold dedicated to the skin in need of strong illumination and firming. A scrub based on rhyolite with micro granules of active carbon will effectively remove dead skin, and a relaxing massage based on caviar, black truffle and gold extract will brighten and smooth dehydrated skin.

The treatment is completed with a sheet mask enriched with marine collagen, Fucogel and aloe vera.

60 MINUTES / PLN 430







PURIFYING

A treatment for problematic skin based on sulphur that effectively cleans the pores of the skin. The content of the complex based on Bakuchiol ACN and lactobacillus probiotics regulate the secretion of sebum reducing imperfections.

60 MINUTES / PLN 240

HYDRATION

A treatment for dry skin with the first signs of aging. Thanks to the hydrating HYALU4PLUMP complex, which contains hyaluronic acid, it reduces the visibility of mimic wrinkles, smoothes and fills the skin.

60 MINUTES / PLN 280

PLATINUM

It regenerates tired skin that lost its firmness and stimulates the production of collagen and elastin. The mask, which is part of the treatment, restores the balance of cellular communication thanks to the innovative combination of peptides and colloidal platinum.

60 MINUTES / PLN 370

SUPER LIFT

An innovative anti-aging treatment inspired by aesthetic and eastern medicine with remodelling, filling and smoothing properties.

The treatment uses elements of KOBIDO and KO-KOBIDO massage.

60 MINUTES / PLN 420

EYE COMPLEX

A treatment for delicate skin with problems, such as wrinkles, drooping eyelids, loss of elasticity, significant tear through, shadows, prone to swelling.

30 MINUTES / PLN 160

ADDITIONAL TREATMENTS

THERAPEUTIC MUD COMPRESS

The treatment involves covering the painful area with therapeutic mud containing mineral and organic ingredients (proteins, amino acids, bitumens, humic acids).

It relieves pain, reduces muscle tension and improves blood circulation.

20 MINUTES / PLN 60

CAVITATION PEELING

A gentle face peeling dedicated to couperose skin.

The procedure is performed with the use of a device emitting ultrasounds.

15 MINUTES / PLN 70



SPA RULES

1. Arrive to the SPA Reception Desk at least 5 minutes before the planned treatment, so that you have time to change clothes, provide information about your health and talk to the therapist. Being late will shorten the treatment time without the right to a discount.
2. Before the procedure, read the contraindications. In the absence of contraindications, consent to the procedure should be signed.
3. Guests with health problems (high blood pressure, heart disease) and pregnant women should report this fact at the SPA Reception Desk.
4. The first trimester of pregnancy is a contraindication to the procedures.
5. All changes to treatments should be reported (by e-mail, by phone or in person at the SPA) no later than 4 hours before the appointment. For services cancelled later than 4 hours before their scheduled start, a fee of 50% of their value will be charged.
6. Minors may use the treatments only with written consent of their parents or guardians.
7. The SPA is not a sanatorium facility and the treatments performed are cosmetic procedures.
8. Treatments included in the packages cannot be exchanged for other treatments. We do not provide a discount on the package. Packages and special offers do not add up.
9. Treatment duration is given taking into account the preparation time of the guest for the treatment and the shower time after the treatment (if required).
10. The SPA zone is a quiet zone, a place of relaxation and tranquillity. Please refrain from using mobile phones during treatments.
11. We do not serve alcohol in the SPA - alcohol consumption is prohibited. We reserve the right to refuse to perform treatments if the guest is under the influence of alcohol, drugs or other stimulants or is aggressive. In the event of inappropriate behaviour, we reserve the right to terminate the treatment and charge the guest with full payment.
12. Men planning to undergo any treatments are advised to shave their face at least 2 hours before the planned appointment to avoid skin irritation.
13. Women planning to have a full-body treatment should undergo epilation no later than one day before the scheduled treatment.
14. Most body treatments are performed without clothes. Before the procedure, you will receive disposable underwear.
15. A warm shower before the treatment will ensure complete relaxation and increase comfort during the treatment.





COTTONINA

HOTEL & MINERAL SPA RESORT



ul. Sanatoryjna 7
59-850 Świeradów-Zdrój
Hotel Reception: +48 75 78 45 500
info@cottonina.pl

Mineral SPA Reception: +48 75 73 49 659
0509 extension no. from hotel room
spa@cottonina.pl

WWW.COTTONINA.PL