



MENU ACTIVE SPA

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.

Duration: 40 minutes / Price: 190 PLN

PEAT GLADE

A strongly relaxing back massage combined with a beneficial, warm peat compress. It nourishes the skin and has an antiseptic effect.

Duration: 40 minutes / Price: 180 PLN

AQUATHERM

A soothing treatment for sensitive and reactive skin, based on thermal water from the Pyrenees. Prebiotics, ceramides, bisabolol and chamomile extract soothe irritations, strengthen the protective barrier and intensely moisturise. Ideal after mountain activities or as a regenerating calming ritual.

Duration: 60 minutes / Price: 380 PLN

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.

Duration: 20 minutes / Price: 60 PLN

SPA CONTACT: +48 75 73 49 659 (or internal extension 0509 from the hotel room)

Please familiarise yourself with the SPA etiquette and contraindications before the treatment.