



NOWA ^{***} SPA

WANDERINGS FOR HEALTH AND BEAUTY

AWAY FROM THE RUSH AND THE NOISE; IN OF THE WORLD OF RELAXATION

ARKANA

Wiodąca marka w Gabinetach Kosmetycznych



NIE
TESTOWANE
NA
ZWIERZĘTACH



BEZ OLEJÓW
PARAFINOWYCH



BEZ SLS I
PARABENÓW



NATURALNE
KONSERWANTY



WOLNE OD
SILIKONÓW



Dear Guests

BEFORE USING THE TREATMENTS, PLEASE READ THE CONTRAINDICATIONS.

For your convenience, we recommend that you book treatments in advance, only then we can guarantee the possibility of performing the treatment.

Cost-free cancellation of treatments is possible at the latest one day before they are performed. When cancelling the treatment on the planned day of its completion, half of the treatment price will be added to the bill.

If a Guest is late, the treatment will be shortened (if there is a possibility of shortening the treatment) or cancelled and its price will remain unchanged. This will enable the next Guests to start their treatments on time.

For safety reasons, we reserve the right to refuse the treatment to guests under the influence of alcohol. In case of individual treatments, half of the treatment price will be added to the bill. In case of package treatments, vouchers and invitations, the treatment will not be deducted from the final amount of stay. Treatments will not be transferred to another day

MANAGER HOTELU NOWA SKI* SPA**

RECOMMEND

FEEL RELAXATION IN THE NOWA SPA!
CHECK WHAT WE HAVE PREPARED FOR YOU!

JAPANESE KOBIDO MASSAGE | 80 MIN | 220 ZŁ

Give your face a breath and take advantage of our new Japanese KOBIDO massage. Skin revitalization and smoothing of wrinkles, lifting the oval of the face. Give yourself 80 minutes that will change your face.

TRANSFORM HA | 75 MIN | 198 ZŁ

A treatment with the next-generation hyaluronic acid which provides deep moisturisation, improves the skin density and fills wrinkles. Especially recommended for dry, mature skin, flabby skin deprived of firmness PLN 170; available also in the extended version, the Transform HA Lux.

EYEBROW POWDER HENNA | 75 MIN | 100 ZŁ

A breakthrough in eyebrow styling. Natural composition, does not cause allergies, colors the skin and hair, nourishes and cares.

RELAXED GENTLEMAN | 100 MIN | 280 ZŁ

A ritual that will relax and additionally leave the skin smooth and supple, not only on the body. The therapist will perform a relaxing massage based on aromatic oil, for which you will be invited to the beauty salon for the KOBIDO lifting face massage.



Massages



Signature massage with bamboo sticks

| 60 min | 180 zł

Classic whole body massage | 60 min | 180 zł

Classic partial massage | 25 min | 100 zł

Relaxing whole body massage | 60 min | 170 zł

Relaxing partial massage | 25 min | 90 zł

Candle whole body massage | 60 min | 192 zł

Candle partial massage | 25 min | 110 zł

Hot stone massage | 60 min | 180 zł

Hot stone massage | 25 min | 100 zł

Lymphatic drainage | 45 min | 160 zł

(thighs, belly, buttocks)

Cupping massage | 25 min | 150 zł

(thighs, belly, buttocks)

Anti-cellulite massage with radio frequency

| 60 min | 198 zł



Signature massage with bamboo sticks – a perfectly universal massage which may give you either regeneration after a physical activity, loosen your tense muscles or provide a lymphostasis drainage. According to your needs and wishes, the massage is performed in the soft relaxing form or as a more intensive sports massage.

Classic, most popular massage – provides instant and profound loosening of tense muscles. Concerns both the locomotor system, connective tissue, nerve ends within the skin as well as the cardiovascular and lymphatic system. The massage accelerates the circulation of blood and lymph in the skin vessels, as a result of which all the cells are now much better nourished and toxins expelled much sooner. Available both in the whole body and in the partial version.

Delicate relaxing whole body massage – combats stress and brings solace to the soul. Makes you hear your inner voice at last and find the music within. Now, you're at ease, on cloud nine, with perfect harmony around. This massage is supposed to first and foremost reduce stress and tension. Aromatic oils used for the procedure caress your senses for many days and nights afterwards.

Candle massage – a profoundly relaxing therapy with a special candle whose wax turns into a warm and sensual massaging oil. The beeswax, the excellent shea butter and clear high quality essential oils show wonderful cosmetic properties. The candle pampers your skin with the richness of vitamins and various regenerating substances. After the procedure, the skin is well-moisturised, thereby young and beautiful for long.

Hot stone massage - a perfect fusion of the warmth coming from the basalt stones with the classic massaging techniques. The procedure shows excellent relaxing, analgesic properties and gives you pleasure beyond measure. Recommended especially for those who in the autumn-winter season yearn for warmth.

Lymphatic drainage - the lymph is mechanically pushed onwards, which in turn clears the lymphatic nodes and improves the circulation of lymph within your body. It shows a beneficial influence on producing lymphocytes, transporting water and mineral salts as well. The drainage effectively combats bacteria and removes oedema.

Cupping massage - the vacuum created inside the special cups placed on the skin sucks it in and thereby stimulates the circulation of blood and body fluids. Boosts the metabolism, which in turn supports burning the adipose tissue. A priceless remedy against cellulite and a form of the lymphatic drainage. Apart from all the properties mentioned thus far, the massage calms you down up to the heart's core.

Anti-cellulite massage a treatment with radio frequency – the radio frequency procedures are based on the so-called thermal effect inside the tissue. This type of warmth is called endogenic, which means, created within. The RF radiation is absorbed primarily in the subcutaneous adipose tissue and muscles. The treatment raises the tissue temperature and thereby stimulates the metabolism. The treatment ends with rubbing in lychee oil.

Black orchid | 60 min | 192 zł

Fruit delight | 80 min | 192 zł

Morocco | 60 min | 192 zł

Body wrapping | 60 min | 192 zł

Body Architect | 60 min | 294 zł

Black orchid – this ritual makes your soul calm and your body firm, simply velvety smooth. The first of three steps is washing the whole body with fluffy glycerine foam, then comes a nourishing scrub, extremely rich in various nutrients, followed by a relaxing shea massage. The ceremony ends with a warming basalt stone massage for your feet.

Fruit delight – the fresh scent fruit is omnipresent here. You can smell it both during the scrub procedure and the relaxing massage of your whole body. The final touch of the ceremony is a soothing massage with a nourishing pumpkin mask to remove any tension in your face, neck and neckline.

Morocco – this ritual is based on the renowned, extremely precious treasure of Morocco, namely the argan oil, enriched with 24-karat gold for better effects. The tiny little gold particles can be found both in the skin smoothing scrub and in the nourishing shea butter, making your body glitter. As the final touch, there comes a relaxing massage of the nape of the neck and shoulders with bamboo sticks.

Body wrapping – body wrapping, also known as foiling, is a slimming treatment designed to burn fat and firm the skin. In a nutshell, body wrapping consists in applying a special slimming cosmetic to the skin and then wrapping the body with a specialized stretch foil. A classic body care treatment, consisting of three stages - peeling, a delicate nourishing mask and a balm with a light creamy texture. The refreshing fruity fragrance provides long-lasting pleasure and the skin remains smooth, nourished and supple.

Body Architect – is a holistic therapy aimed at modeling and rejuvenating the figure that meets the needs of every modern woman, regardless of age. A firming and lifting body treatment.



Scrub to choose from | 30 min | 100 zł

(Ultra-moisturising, watermelon or sugar)

Ultra-moisturising scrub + whole body massage | 80 min | 240 zł

Whole body scrub + whole body drainage | 120 min | 336 zł

Back scrub + aromatherapeutic massage | 35 min | 120 zł

Scrub to choose from

This whole body crystal scrub cleanses, smooths out the skin and allows it to absorb the active ingredients applied much more effectively. Moreover, the delicate massage gently stimulates the microcirculation and loosens tense muscles. The scrub is suitable for every skin type, especially dry. Now, your skin is regenerated and ready for the firming-moisturising lotion.

Ultra-moisturising scrub + whole body massage

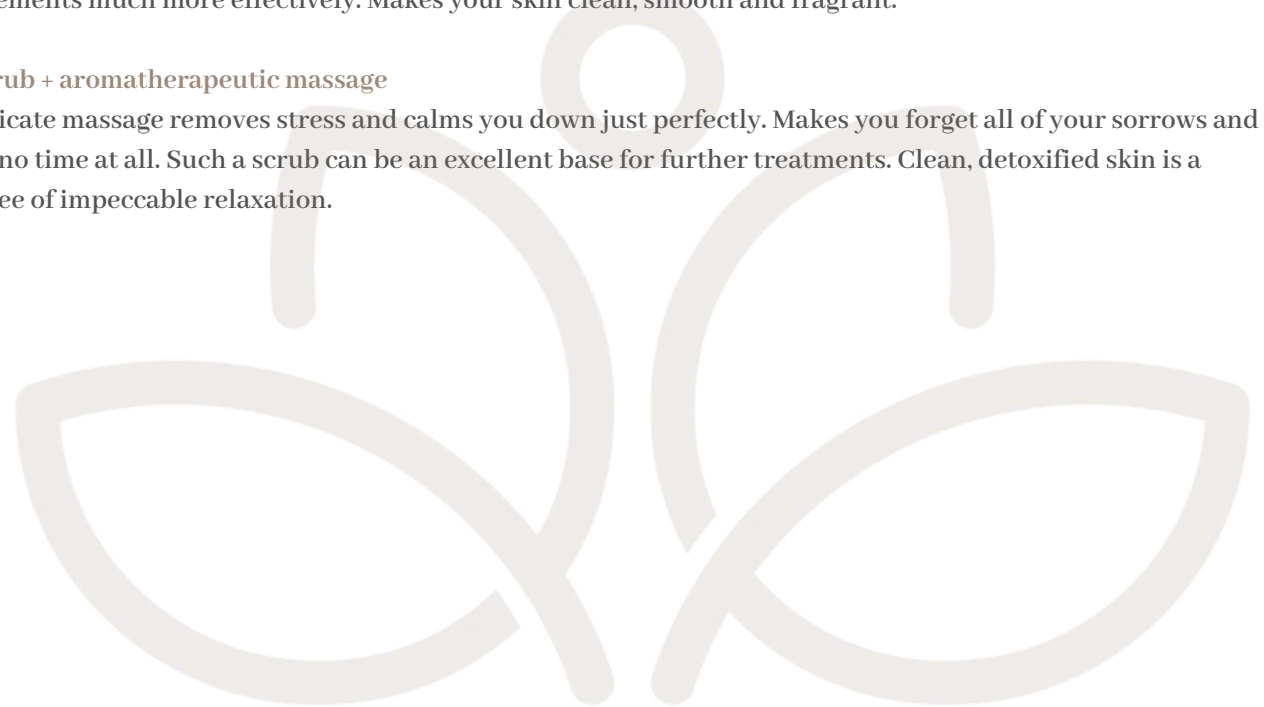
A cleansing scrub which smooths out the skin, supports the process of detoxification and prepares your body for further treatments to come. Now, during the massage, your tense muscle relax and all the tension is gone. To crown the whole procedure, we apply a special lotion to your whole body.

Whole body scrub + whole body drainage

A unique fusion of a scrub and a drainage which helps your body nourish cells and transport all the necessary microelements much more effectively. Makes your skin clean, smooth and fragrant.

Back scrub + aromatherapeutic massage

This delicate massage removes stress and calms you down just perfectly. Makes you forget all of your sorrows and fears in no time at all. Such a scrub can be an excellent base for further treatments. Clean, detoxified skin is a guarantee of impeccable relaxation.



Face care



Cannabis | 75 min | 276 zł

Transform HA | 75 min | 198 zł

Eye Complex Care/ with a gel patch

| 45 min/ 75 min | 132 zł/ 168 zł

Women Definition | 75 min | 290 zł

Eyebrow powder henna | 75 min | 100 zł

A cleansing and regenerating treatment with an algae mask | 75 min | 144 zł

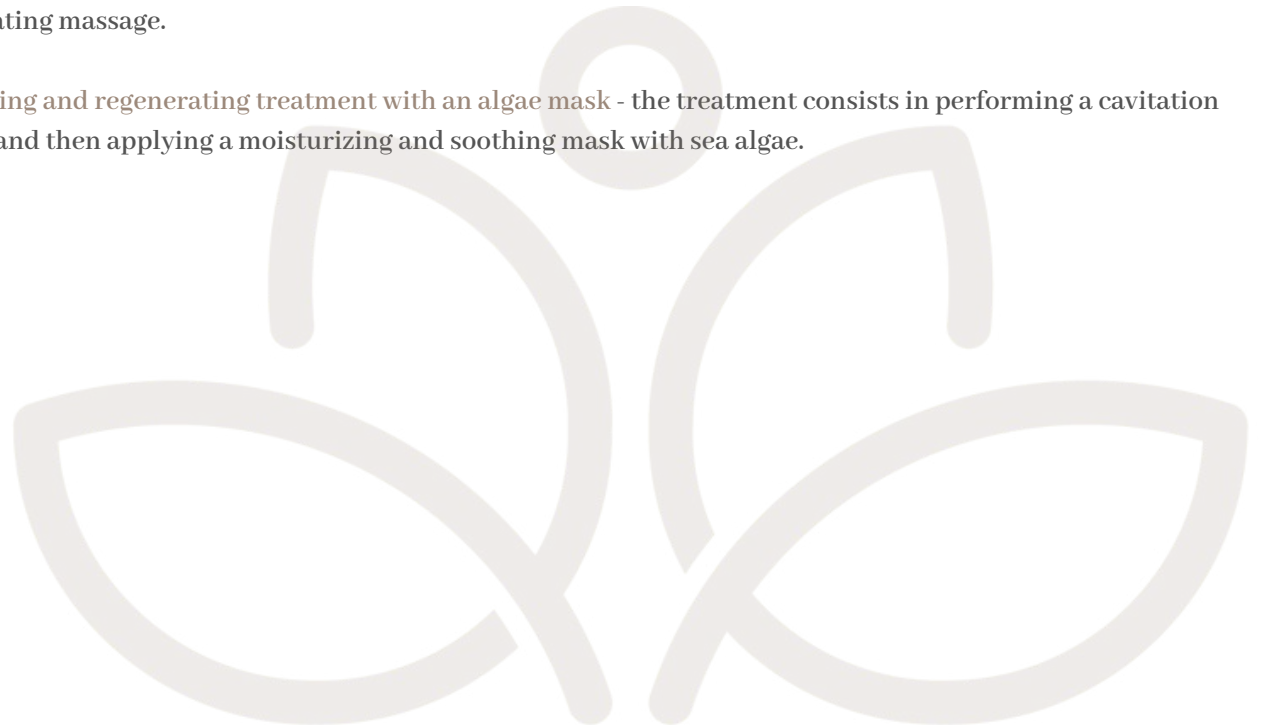
Cannabis – a professional and legal Indian hemp biotherapy based on cannabidiol. Shows excellent regenerating, anti-inflammatory, analgesic and healing properties. Enriched with Cebidiol as well as Indian hemp and poppy seed oil which are a rich source of beneficial fatty acids. These acids regenerate the hydrolipid barrier of skin and soothe inflammations. Destined for the hyperactive and dysfunctional skin.

Transform HA – a treatment with the next-generation hyaluronic acid which provides deep moisturisation, improves the skin density and fills wrinkles. Especially recommended for dry, mature skin, flabby skin deprived of firmness.

Eye Complex Care – complex, multi-level care of the eye area. The synergy of ten carefully selected active ingredients combats as many as six main problems of this skin area, namely: wrinkles, drooping eyelid, loss of elasticity, bags and bruises under eyes; the treatment is available also in the extended version – with a highly concentrated under eye gel patch.

Women Definition - an ideal treatment for women before and after menopause. A special endomodeling and rejuvenating massage.

A cleansing and regenerating treatment with an algae mask - the treatment consists in performing a cavitation peeling and then applying a moisturizing and soothing mask with sea algae.



Cavitation peeling | 30 min | 140 zł

Basic form of face cleansing

Radio frequency RF | 25 min | 84 zł

for the eye area (only as an addition to another treatment)

Sonophoresis | 30 min | 140 zł

H Active | 35 min | 70 zł

(treatment with the effect of hydrogen peeling)

Dermomassage | 25 min | 110 zł

Face massage | 25 min | 100 zł

with a nourishing Organique mask

Face massage with hot stones | 25 min | 96 zł

with a nourishing Organique mask



Cavitation peeling – the basic form of face cleansing. Moist skin is subject to ultrasound which breaks up dead epidermis cells without causing any damage to the deeper skin layers. The treatment is absolutely painless. As a result, the skin surface is smoothed out, any impurities accumulated on the skin surface are removed. The micromassage moisturises and nourishes the skin; this treatment is in the extended version – with an ampule adapted to your skin needs.

Radio frequency RF – its main biological action is to overheat the collagen fibres. Under the influence of heat, they shrink and secondarily, they become tight. Overheating contributes to the stimulation of fibroblasts and thereby to the reconstruction as well as production of new collagen and elastin. This phenomenon improves the tightness, elasticity, thickness of skin, corrects the face oval and colour. The radio frequency treatment is used additionally to enrich other procedures.

Face massage with a nourishing Organique mask – a relaxing massage of the face, neck and neckline. Excellent moisturisation. The fluffy mask with pumpkin extract, shea butter, sesame oil and algae effectively nourishes the skin. The treatment is also available in the hot stone version to give you even more relaxation.



Relax in the SPA **for men**

Men stuff | 60 min | 192 zł

Spa for his face | 100 min | 250 zł

Relaxed gentleman | 100 min | 280 zł

Moment for him | 50 min | 190 zł

Men stuff – the manliest of the manly rituals, smelling of teakwood. A coarse grained scrub initiates the whole procedure, followed by a tension soothing shea butter massage and crowned with a cupping massage of the back whose power effectively loosens tension in your back, so overloaded with responsibilities and work.

Spa for his face – the moisturizing treatment consists in cleansing the face using cavitation peeling, applying and massaging the serum with the use of ultrasonic massage (the so-called sonophoresis) and applying a mask matched to the needs of the skin.

Relaxed gentleman – a ritual that will relax and additionally leave the skin smooth and supple, not only on the body. The therapist will perform a relaxing back massage based on aromatic oil, after which you will be invited to the beauty salon for a lifting face massage KOBIDO.

Moment for him – a relaxing treatment consisting of two massages: partial massage and face massage based on a nourishing pumpkin mask.



Miscellanea



Bubble bath for the little ones

| 25 min | 60 zł

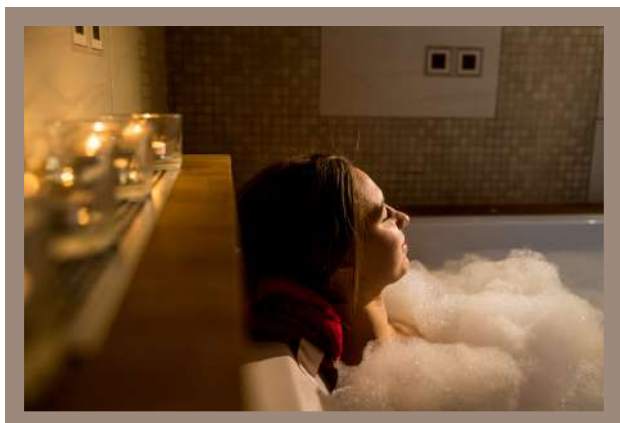
Nourishing hand treatment | 25 min | 96 zł

Romantic, aromatic bath with a glass of sparkling wine for two | 30 min | 120 zł

Bubble bath for the little ones – the first SPA adventure for a curious girl. A back massage with a warm oil and a hot stone face massage. Composed with one purpose in mind – to introduce young ladies to the world of true relaxation.

Nourishing hand treatment – removing dead skin cells, applying a regenerating mask and a warm paraffin ompress for a velvety soft and visibly rejuvenated skin. Recommended particularly in the autumn-winter period, cheers up and pampers you to the heart's core.

Romantic, aromatic bath with a glass of sparkling wine for two – precious relaxation for two in the bloom essence - a fragrant bath nectar, candle light and relaxing music. Pure pleasure, indeed! The bath itself can be a separate treatment or a splendid prelude for further procedures to come, like for instance a massage.



TREATMENT PACKAGES available:

Wedding Anniversary in SPA * Relax with a friend
DAY SPA * Romantic for Two * SPA weekend in Karpacz

BATHING IN THE NEW SPA

There is nothing more pleasant when, after an active day, we immerse ourselves in hot water, in a bath in which bubbles gently massage our body.



BRINE BATH

removes states of high stress, has a revitalizing and energizing effect



IODINE-BROMINE BATH

facilitates the expansion of skin pores and stimulates the process of ion exchange between the human body and the bathing solution

25 min | 60 zł | 1 os.

25 min | 84 zł | 2 os.



ALGAE BATH

anti-cellulite

stimulates blood circulation, cleanses, slims and firms



Lifting package 397,-

- Cavitation peeling – the basic form of face cleansing. Moist skin is subject to ultrasound which breaks up dead epidermis cells without causing any damage to the deeper skin layers. The treatment is absolutely painless. As a result, the skin surface is smoothed out, any impurities accumulated on the skin surface are removed | 30 min
- Reti Fusion Therapy – Comprehensive rejuvenation and skin care. The treatment reduces existing wrinkles, moisturizes and evens out skin tone. | 75 min
- Slimming massage: firming massage on the abdomen, buttocks, front and back of thighs. It is very helpful for slimming, prevents skin folds | 60 min



Firming package 476,-

- Cupping massage partial (thighs, belly, buttocks) - the vacuum created inside the special cups placed on the skin sucks it in and thereby stimulates the circulation of blood and body fluids. Boosts the metabolism, which in turn supports burning the adipose tissue. A priceless remedy against cellulite and a form of the lymphatic drainage. | 25 min
- Anti-cellulite massage with radio frequency. The treatment ends with rubbing in lychee oil. | 60 min
- Body wrapping – body wrapping, also known as foiling, is a slimming treatment designed to burn fat and firm the skin. | 60 min



Relaxation package 327,-

- Candle massage – a profoundly relaxing therapy with a special candle whose wax turns into a warm and sensual massaging oil. The beeswax, the excellent shea butter and clear high quality essential oils show wonderful cosmetic properties. | 60 min
- Nourishing hand treatment – removing dead skin cells, applying a regenerating mask and a warm paraffin ompress for a velvety soft and visibly rejuvenated skin. | 30 min
- Face massage with hot stones. | 25 min



Detoxification package 270,-

- Brine bath – relaxation and detoxification. | 25 min
- Scrub the whole body to choose from: Ultra-moisturising, watermelon or sugar. | 30 min
- Cavitation peeling – the basic form of face cleansing. Moist skin is subject to ultrasound which breaks up dead epidermis cells without causing any damage to the deeper skin layers. The treatment is absolutely painless. As a result, the skin surface is smoothed out, any impurities accumulated on the skin surface are removed. | 30 min



Moisturizing package 330,-

- Body peeling with a sensual scent of black orchid - the peeling cleanses, smoothes and prepares the skin to absorb active ingredients. Gentle massage stimulates microcirculation and relaxes tense muscles. | 30 min
- A body ritual with Moroccan Argan Oil and 24-carat gold! The ceremony consists of a peeling, and a relaxing body massage based on shea butter. | 60 min
- Nourishing face massage based on a creamy pumpkin mask - an extremely relaxing facial massage on Organique, rich in active ingredients. | 25 min