



# NOWA <sup>★ ★ ★</sup> SPA

**WANDERINGS FOR HEALTH AND BEAUTY**

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

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

**HOTEL MANAGER NEW SKI\*\*\* SPA**

# Massages



## **Signature massage with bamboo sticks**

**[60 min] 260 zł**

**Classic whole body massage | 60 min | 280 zł**

**Classic partial massage | 25 min | 150 zł**

**Relaxing whole body massage | 60 min | 260 zł**

**Relaxing partial massage | 25 min | 140 zł**

**Candle whole body massage | 60 min | 280 zł**

**Candle partial massage | 25 min | 160 zł**

**Hot stone massage | 60 min | 260 zł**

**Hot stone massage | 25 min | 160 zł**

**Lymphatic drainage | 45 min | 200 zł**

(thighs, belly, buttocks)

**Cupping massage | 25 min | 160 zł**

**Face massage with hot stones based on a  
nourishing mask | 25 min / 160 zł.**

(thighs, belly, buttocks)

**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.



# Rituals



**Black orchid | 60 min | 260 zł**

**Fruit delight | 80 min | 260 zł**

**Morocco | 60 min | 260 zł**

**Body wrapping | 60 min | 260 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.



**Scrub to choose from | 30 min | 140 zł**

(Ultra-moisturising, watermelon or sugar)

**Ultra-moisturising scrub + whole body**

**massage | 80 min | 320 zł**

**Whole body scrub + whole body drainage**

**| 120 min | 380 zł**

**Back scrub + aromatherapeutic massage**

**| 35 min | 180 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.



## Relax in the SPA for Men

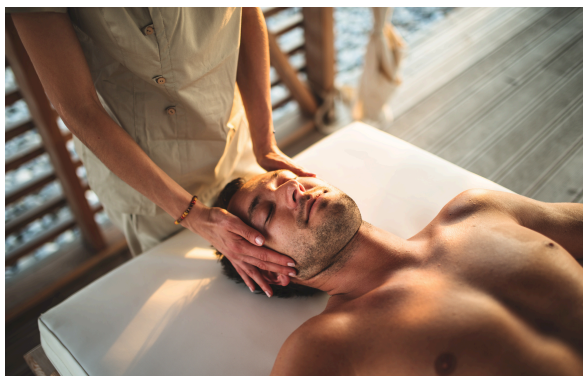


**Men stuff | 60 min | 260 zł**

**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.

**Moment for him | 80 min | 320 zł**

**Moment for him** – A relaxing treatment consisting of two massages: a full-body relaxation massage and a facial massage based on a nourishing pumpkin mask.



# Miscellanea



**Nourishing hand treatment / 25 min / 140 zł**

**Romantic, aromatic bath with a glass of sparkling wine for two / 30 min / 160 zł**

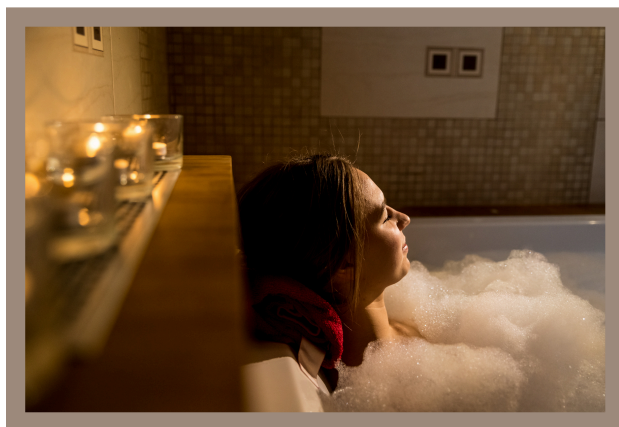
**Brine bath      1 Person / 25 min / 75 zł.  
                         2 Person / 25 min / 95 zł.**

**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.

**Brine bath** - perfectly relaxes the body, eliminated stress and fatigue. The salt deposited in the epidermis stimulates the functioning of the autonomic nervous system, and thus many internal organs



## TREATMENT PACKAGES available:

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



## **Firming- lifting package 485,-**

- Cupping massage (thighs, abdomen, buttocks). The vacuum created in the cup causes suction of the skin, stimulating blood circulation and bodily fluids flow. The massage helps eliminate excess metabolic waste products and toxins from the body. It has invaluable power in anti-cellulite treatments. | 25 min
- Facial massage with warm stones based on jojoba oil, which prevents water loss from the epidermis and has nourishing, emollient, and softening properties. Jojoba is recommended for various skin types, including acne-prone skin. The oil effectively reduces sebum production and limits keratinization. | 25 min
- Body Wrapping Ritual – a ritual aimed at burning fat tissue and firming the skin. The wrap has moisturizing and anti-cellulite effects. It improves skin elasticity, giving it smoothness and long-lasting hydration. | 60 min



## **Relaxation package 395,-**

- Aromatic candle massage: A deeply relaxing massage performed using an aromatic candle, whose wax transforms into a warm and sensual massage oil. | 60 min
- Hand SPA – nourishing treatment for the hands: The treatment includes a scrub and the application of regenerating and moisturizing products on the skin of the hands (scrub, mask, warm paraffin, gloves). | 25 min
- Nourishing and moisturizing brine bath with collagen and sea minerals – The salt used is sourced from the Bochnia salt deposits, rich in beneficial minerals for health such as calcium, magnesium, zinc, iodine, and potassium. Additionally, the salt bath soothes the respiratory tract. It allows breathing in iodine-rich sea air, providing relaxation and relief. The addition of natural, highest quality collagen moisturizes, smooths, and firms the skin. | 25 min



## **Moisturizing package 439 ,-**

- Body scrub with the sensual scent of black orchid – the scrub cleanses, smooths, and prepares the skin to absorb active ingredients. | 30 min
- Aromatherapeutic full-body massage with Moroccan argan oil and 24-carat gold. The Moroccan oil with 24-carat gold combines the nourishing properties of argan oil with the illuminating effect of gold particles. Argan oil, known as the "liquid gold of Morocco," is rich in vitamins, antioxidants, and unsaturated fatty acids that deeply moisturize, nourish, and regenerate the skin. The gold particles add radiance to the skin, have anti-aging effects, and stimulate cell regeneration. | 60 min
- Nourishing face and décolleté massage based on a creamy pumpkin mask – an extremely relaxing facial massage using Organique's active ingredient formula. | 20 min