



NOWA ^{★ ★ ★} 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



Aromatherapy Massage/ 60 min/260 zł.

Classic whole body massage | 60 min | 280 zł

Classic partial massage | 25 min | 180 zł

Relaxing whole body massage | 60 min | 260 zł

Relaxing partial massage | 25 min | 160 zł

Candle whole body massage | 60 min | 290 zł

Candle partial massage | 25 min | 180 zł

Hot stone massage | 60 min | 260 zł

Hot stone massage | 25 min | 180 zł

Lymphatic drainage | 45 min | 240 zł

(lower limbs, upper limbs)

Cupping massage | 25 min | 180 zł

thighs, belly, buttocks)

Face massage with hot stones based on a

nourishing mask| 25 min / 180 zł.

Therapeutic Massage with Manual Therapy

Elements /60 min/300 zł.

/25 min/195 zł.



Aromatherapy Massage

A relaxing treatment that combines massage techniques with the therapeutic effects of natural essential oils. During the massage, the oils are absorbed through the skin and influence the body and mind through their aroma.

The treatment helps calm the senses, reduce stress and muscle tension, and improve circulation. Depending on the oils used, it can have a soothing, energizing, or regenerating effect.

An ideal choice for those feeling tired, stressed, and in need of deep relaxation.

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 Massage

A gentle, rhythmic massage designed to stimulate the lymphatic system and improve lymph flow throughout the body.

Performed with slow, light movements, it helps remove excess fluids and toxins from the tissues.

The treatment supports the production of lymphocytes, improves the transport of water and minerals, aids in fighting bacteria, and helps reduce swelling.

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.

Therapeutic Massage with Manual Therapy Elements

A specialized treatment focused on pain relief and improving the function of the musculoskeletal system. It combines classic massage techniques with manual therapy methods such as joint mobilization, deep tissue work, and trigger point release.

The treatment helps reduce muscle tension, improves range of motion, and supports the treatment of spine and joint conditions. Each session is individually tailored to the guest's needs.

Advance reservation required.

Body SPA



Rituals

Black orchid | 60 min | 295 zł

Fruit delight | 80 min | 260 zł

Black Orchid – A Ritual of Deep Relaxation & Silky Skin

Immerse yourself in an exceptional spa ceremony that envelops the body and senses in the elegant, seductive scent of black orchid. This ritual is designed to restore balance, deeply hydrate the skin, and provide complete relaxation.

The ceremony begins with a gentle cleansing of the body using a soft glycerin foam that purifies and prepares the skin. This is followed by a nourishing body scrub that smooths and leaves the skin silky soft.

The highlight of the ritual is a relaxing massage using shea butter, which intensely hydrates, regenerates, and wraps the body in soothing warmth. The treatment concludes with a warming back massage using hot basalt stones, relieving tension and inducing a state of deep relaxation.

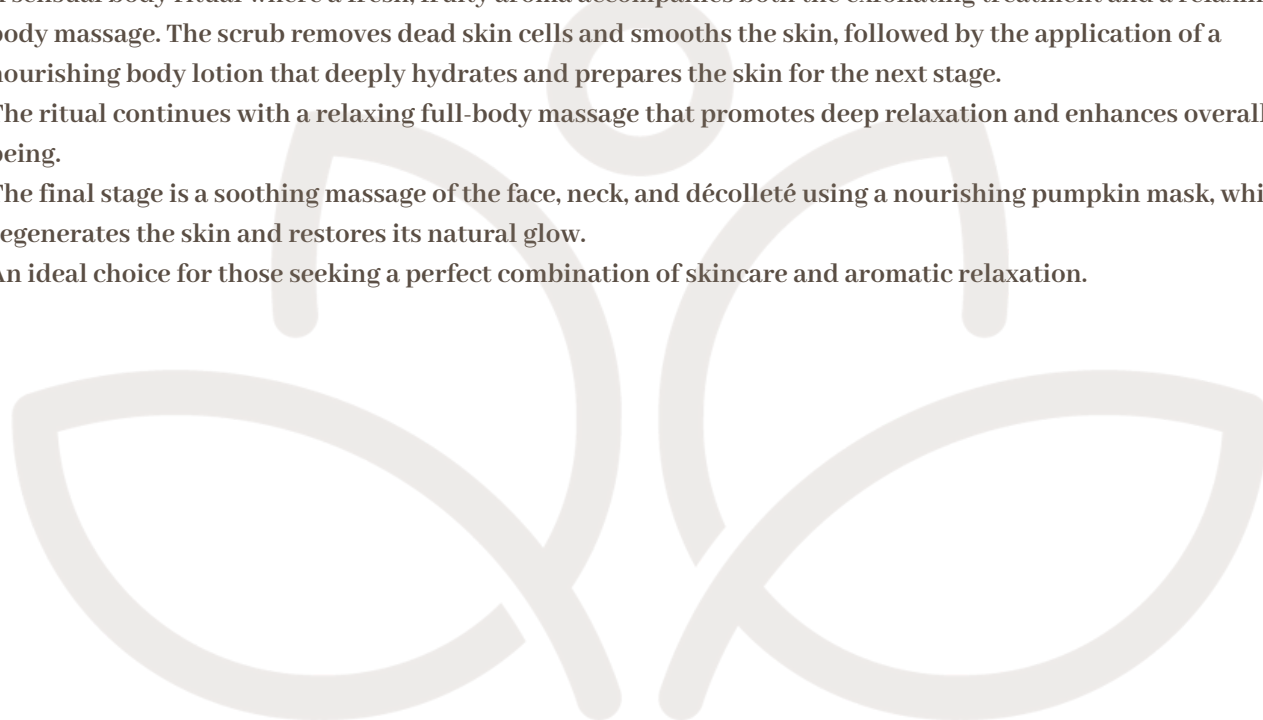
Fruity Delight – A Sensory Body Ritual

A sensual body ritual where a fresh, fruity aroma accompanies both the exfoliating treatment and a relaxing full-body massage. The scrub removes dead skin cells and smooths the skin, followed by the application of a nourishing body lotion that deeply hydrates and prepares the skin for the next stage.

The ritual continues with a relaxing full-body massage that promotes deep relaxation and enhances overall well-being.

The final stage is a soothing massage of the face, neck, and décolleté using a nourishing pumpkin mask, which regenerates the skin and restores its natural glow.

An ideal choice for those seeking a perfect combination of skincare and aromatic relaxation.



Ceremonies

Cleopatra's Beauty Secret

120 min | 580 PLN

Fanghi d'Alga Guam

80 min | 460 PLN



Cleopatra's Beauty Secret – Luxury Body Ritual

A luxurious ritual inspired by ancient beauty secrets, based on the nourishing properties of milk-based cosmetics and natural almond oil.

The treatment begins with a creamy Cleopatra bath that deeply hydrates and softens the skin. This is followed by a sugar scrub enriched with goat's milk and shea butter, which smooths and nourishes the body. The next step is the application of a soothing body butter, restoring softness and elasticity. The ritual is completed with a relaxing face and head massage using 100% natural sweet almond oil.

Effect: silky-smooth, deeply nourished and regenerated skin, along with complete relaxation.

Fanghi d'Alga Guam – Intensive Anti-Cellulite Treatment

Indulge in one of the most effective anti-cellulite treatments loved by women worldwide. This intensive body-contouring therapy not only reduces cellulite but also visibly slims, firms, and smooths the skin, restoring its youthful, toned appearance.

The treatment begins with an invigorating scrub that prepares the skin to absorb active ingredients. This is followed by the application of concentrated Guam algae mud – a true elixir for slimming and detox.

The body is then wrapped in a body wrapping treatment that acts as a “turbo boost,” intensifying fat reduction, cellulite smoothing, and toxin elimination. You can already feel the treatment actively working on your body.

The ritual concludes with a relaxing massage using the luxurious Fanghi d'Alga Guam Crema Gel, leaving the skin noticeably smoother, firmer, and more toned.

Body Treatments



**Ultra-moisturising scrub + whole body
massage | 80 min | 360 zł**

Full Body Scrub + Cupping Massage

| 90 min | 400 zł

Back Scrub + Aromatherapy Back Massage

| 40 min | 220 zł



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 muscles relax and all the tension is gone. To crown the whole procedure, we apply a special lotion to your whole body.

Full Body Scrub + Cupping Massage

A treatment combining a cleansing full body scrub with an intensive cupping massage. The scrub removes dead skin cells, smooths the skin, and prepares it for further care. This is followed by a vacuum massage that stimulates circulation, supports cellulite reduction, and firms the skin.

The treatment improves the appearance and condition of the skin, supports body contouring, and leaves a feeling of lightness and freshness.

Back Scrub + Aromatherapy Back Massage

A relaxing treatment combining a cleansing back scrub with an aromatherapy massage. The scrub removes impurities and prepares the skin, enhancing the overall experience.

The gentle massage offers excellent anti-stress and relaxation benefits, helping to achieve a state of deep relaxation.

Relax in the SPA for Men



Moment for him | 90 min | 340 zł

Mountain Reset – Regeneration for Men
| 80 min | 325 zł

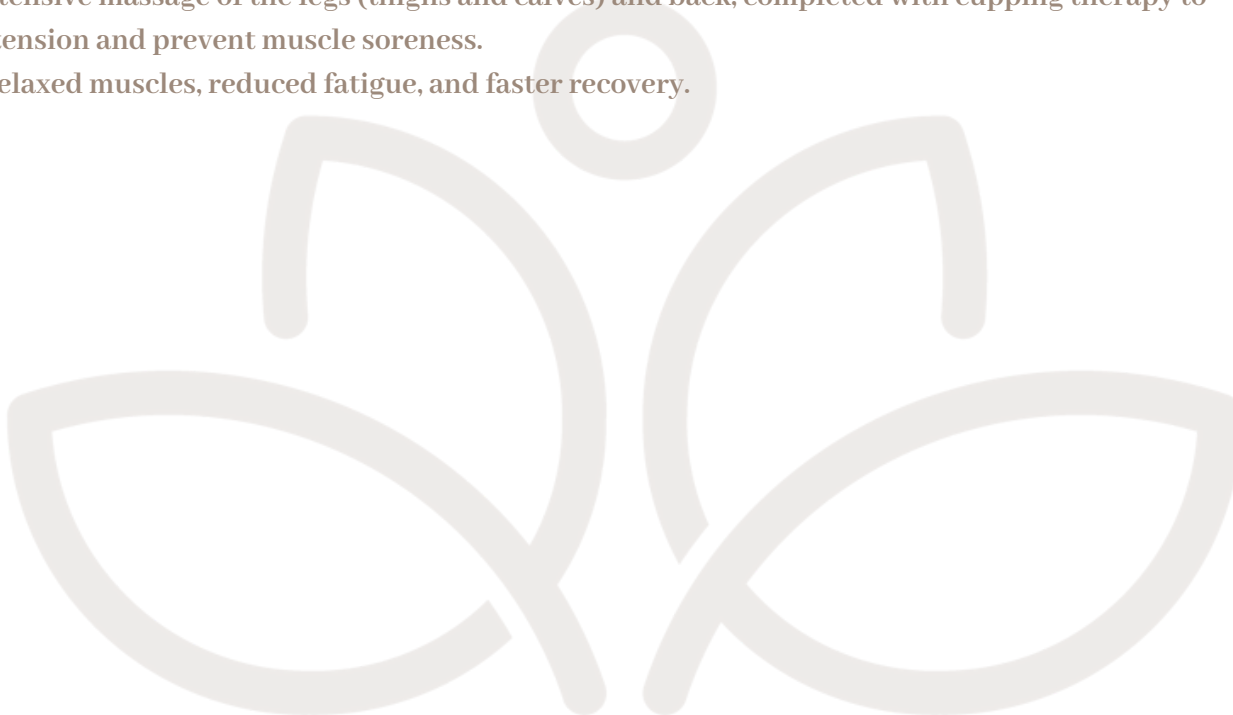
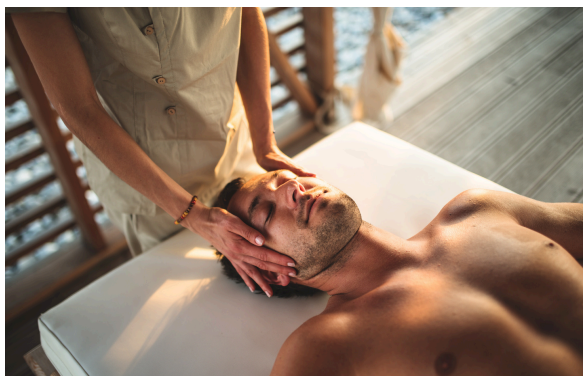
A Moment for Him – Relaxing Treatment

A relaxing treatment consisting of a coarse-grain body scrub and two massages: a partial relaxation massage and a facial massage performed with a nourishing pumpkin mask.

Mountain Reset – Regeneration for Men

A regenerating treatment designed for men after physical activity and mountain hiking. The ritual begins with a mineral bath that relaxes the muscles and prepares the body for massage. This is followed by an intensive massage of the legs (thighs and calves) and back, completed with cupping therapy to reduce tension and prevent muscle soreness.

Effect: relaxed muscles, reduced fatigue, and faster recovery.



Enhance Your Treatment



Carefully selected enhancements designed to complement our core treatments and allow for a personalized experience tailored to each guest's needs. These additions intensify both relaxation and skincare benefits, perfectly complementing massages and SPA rituals.

Available exclusively as an add-on to main treatments

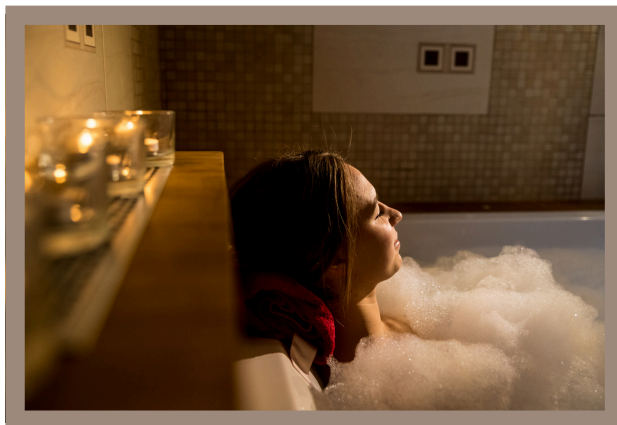
Scrub to choose from | 30 min | 160 zł
(Ultra-moisturising, watermelon or sugar)

Nourishing hand treatment / 25 min | 140 zł

Mineral Salt Bath

1 Person / 25 min / 80 zł.

2 Person / 25 min / 95 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.

Nourishing hand treatment – removing dead skin cells, applying a regenerating mask and a warm paraffin compress 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.

Mineral Salt Bath

A deeply relaxing bath enriched with mineral salts that helps the body unwind and regenerate. Rich in magnesium, it soothes tired muscles, reduces tension, and supports recovery after physical activity.

The treatment also promotes better sleep, detoxifies the body, and has a calming effect on the nervous system, leaving you feeling refreshed, relaxed, and restored

Firming- lifting package 579,-



- **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 479,-



- **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 529 ,-



- **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