



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**

Massages

Recommended

Signature massage with

bamboo sticks either in the relaxing or in the sports version 60 min 150 zł

Classic whole body massage | 60 min 140 zł

Classic partial massage | 25 min 80 zł

Relaxing whole body massage | 60 min 140 zł

Relaxing partial massage | 25 min 80 zł

Candle body massage | 60 min 160 zł

Hot stone massage | 60 min 150 zł

Hot stone massage | 30 min 80 zł

Lymphatic arm drainage | 20 min 60 zł

Lymphatic drainage | 45 min 130 zł

Whole body cupping massage | 50 min 150 PLN

Foot massage with elements of reflexology

25 min 80 PLN

Anti-cellulite massage with radio frequency and ampoule with caffeine and theophylline | 50 min 170 PLN



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.

Foot massage with the elements of reflexology – a therapeutic massage based on the art of reflexology. By pressing proper points on the feet, individual corresponding organs and systems within may be achieved.

Anti-cellulite massage a treatment with radio frequency and a caffeine-theophylline ampoule – 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. At the end, there is a special ampoule applied to stimulate and firm the skin up.

Rituals

Black orchid | 60 min 160 zł

Luxurious orchid | 80 min 220 zł

Mango | 60 min 160 zł

Men stuff | 60 min 160 zł

Opcja zabiegu bez masażu | 30 min. 95 zł

Morocco | 60 min 160 zł

Opcja zabiegu bez masażu | 30 minut 95 zł

Fruit wrap | 60 min 170 zł

Bamboo | 60 min 160 zł

SCRUB WORLD ONLY HERE! | 55 min 140 zł
Skomponuj swój własny w 100% naturalny peeling!



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.

Luxurious orchid – a soothing, aromatic candle light bath, fluffy foam for your body, smoothing scrub and relaxing massage with and oil and shea butter. A true feast for the senses. The procedure ends up with a body mist which fills your skin with the seducing scent of the black orchid for many hours to come.

Mango – the fresh scent of mango 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.

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.

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.

Fruit wrap – a classic body care treatment composed of three parts – a scrub, a delicate nourishing mask and a light creamy lotion. The refreshing fruit scent pampers your soul for long whereas your skin is from now on so healthy and firm.

Bamboo – an energising ritual based on the classic massage techniques, enriched with bamboo sticks. The treatment consists of two parts – a natural scrub with nourishing oils, produced in our Scrub World, and a body massage with an oil smelling of chocolate and oranges. Your therapist will pay particular attention to the most overloaded parts of your body, i.e. the nape of the neck, shoulders, loins and calves.

SCRUB WORLD – first, the therapist applies the scrub of your own composition to your whole body, then, she pampers you with a relaxing massage based on aromatic oil. You will even get a jar of your scrub as a present! Maybe you feel like bestowing it on one of your nearest and dearest? Coconut shreds, cocoa, cinnamon, coffee, cane sugar, sea salt, shea butter, coconut oil and many other treasures are waiting for your creativity.

Rituals

Ultra-moisturising scrub | 30 min 85 zł –
suitable for all the skin types

**Ultra-moisturising scrub + whole body
massage** | 80 min 200 zł

Whole body drainage | 100 min 230 zł

Whole body scrub + whole body drainage
120 min 280 zł

Back scrub + aromatherapeutic massage
35 min 100 zł



Ultra-moisturising scrub

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 drainage

The lymphatic drainage is a mechanical treatment, supposed to improve the circulation of lymph in the lymphatic system. The lymph is pushed forward and lymph nodes are cleared, which in turn provides better conditions for the production of lymphocytes, transport of water and mineral salt. Bacteria and oedemas are removed as well.

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

Nana & Gaba | 75 min 190 zł

Cannabis | 75 min 230 zł

Transform HA | 75 min 170 zł

Transform HA Lux | 75 min 220 zł

Unitone Therapy + VIT C | 75 min 170 zł

Eye Complex Care | 45 min 110 zł
| z płatem w żelu 60 min 140 zł |

Cavitation peeling | 30 min 90 zł
basic form of face cleansing

Cavitation peeling | 30 min 120 zł
+ ampoule adapted to your skin needs

Radio frequency RF | 15 min 50 zł | 25 min 70 zł
for the eye area (only as an addition to another treatment)

Face massage | 25 min 80 zł
with a nourishing Organique mask

Face massage with hot stones | 25 min 80 zł
with a nourishing Organique mask



Nana & Gaba – a lifting acid treatment. The two neurotransmitters, Nana and Gaba, enriched with the lactic acid, effectively smooth out wrinkles. The skin is visibly tighter, better moisturised and smoother, right after the very first procedure. A sincerely recommendable banquet treatment.

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 PLN 170; available also in the extended version, the Transform HA Lux.

Unitone Therapy + VIT C – an innovative dermocosmetic therapy against uneven skin tone and pigmentation spots of various origins. The key factor of this treatment is the tranexamic acid, the most recent discovery in cosmetology, a remedy for hormonal hyperpigmentation as well as inflammatory and sun discolourations.

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.

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 also available 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

Miscellanea

Young Lady | 25 min 80 zł

Warrior | 25 min 80 zł

Nourishing hand treatment | 25 min 80 zł

Nourishing foot treatment | 45 min 80 zł

Romantic, aromatic bath with a glass of sparkling wine for two | 40 min 100 zł

Brine bath – relaxation and detoxification
25 min 50 zł - 1 os. | 25 min 70 zł - 2 os.,

Mud compress for the chosen part of the back and back massage | 50 min 120 zł



Young Lady – 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.

Warrior – suits boys who want to follow in the footsteps of adult men just perfectly. For these know how significant true relaxation and body regeneration is in life. The treatments consists of a back and leg massage with bamboo sticks and brushes.

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.

Nourishing foot treatment – first, an aromatic salt bath, then, removing the horny skin with a grater and applying a regenerating mask to make your skin fresh and delicate for long. You'll get the grater as a gift!

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 - relaxation and detoxification – minerals such as sulphur and magnesium help to soothe inflammation, support the functioning of muscles, loosen tension, calm down as well as to remove any toxins from the body.

Therapeutic mud compress for the chosen part of the back and back massage – this therapy is dedicated to combat back pain and tension. The warm therapeutic mud, called the Back Gold of Poland, warms the tissues up as well as shows excellent anti-inflammatory and analgesic properties. A splendid prelude for the classic massage

TREATMENT PACKAGES available:

Morocco's Gold * Wedding Anniversary in SPA * Spring Package
SPA for Two * Romantic for Two * SPA weekend in Karpacz

BATHS

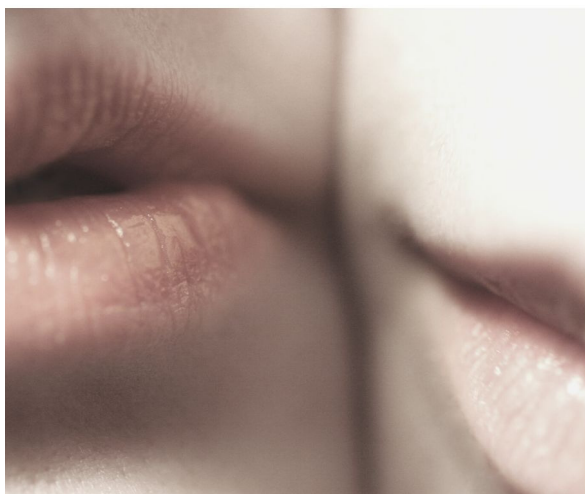
There is nothing more pleasant when, after an active day, we immerse ourselves in hot water, in a bath in which bubbles gently massage our body.

25 min 50 zł - 1 os.
25 min 70 zł - 2 os.



LAWENDOWA

uspakaja, przywraca
równowagę
warstwie lipidowej



RÓŻANA

uspakaja emocje, łagodzi
ból głowy, działa przeciw
depresyjnie i zwalcza apatię

SOLANKOWA

usuwa stany silnego stresu,
mądra działanie witalizujące i
energizujące



ALGOWA (antycellulitowa)

pobudza krążenie
krwi, oczyszcza,
wyszczupla i ujędrnia





Lifting package 370,-

- 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
- Nana & Gaba – a lifting acid treatment. The two neurotransmitters, Nana and Gaba, enriched with the lactic acid, effectively smooth out wrinkles. The skin is visibly tighter, better moisturised and smoother, right after the very first procedure. A sincerely recommendable banquet treatment | 75 min
- Slimming massage: firming massage on the abdomen, buttocks, front and back of thighs. It is very helpful for slimming, prevents skin folds | 50 min



Firming package 370,-

- Cupping massage partial – 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
- 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 | 50 min
- Fruit wrap – a classic body care treatment composed of three parts – a scrub, a delicate nourishing mask and a light creamy lotion | 60 min.



Relaxation package 290 ,-

- 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 | 50 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 WORLD – first, the therapist applies the scrub of your own composition to your whole body, then, she pampers you with a relaxing massage based on aromatic oil | 55 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 340 ,-

- 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 | 50 min
- Nourishing face massage based on a creamy pumpkin mask – an extremely relaxing facial massage on Organique, rich in active ingredients | 25 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