



Facial Skin Care

HYDRA SOTHYS

Intensive hydrating treatment combining 4 sources of hyaluronic acid for optimised hydration and smoothing of the skin.

60 min | 390 pln

BP3 SOTHYS

Intensive rejuvenating treatment combining efficiency and relaxation. It fights the signs of ageing such as wrinkles and sagging skin. 60 min | 430 pln

FOR MEN SOTHYS

Ideal treatment for man's skin that requires lightening and relaxation.

60 min | 390 pln

SOTHYS SEASONAL TREATMENT

A dose of oxygen combined with a mineral cocktail to strengthen your skin's defence system against winter and a vitamin cocktail to revitalise the skin before summer. 50 min | 300 pln

DERMAQUEST THERAPEUTIC PUMPKIN TREATMENT

A ground-breaking enzyme and chemical exfoliating scrub intended for problematic skin with acne, enlarged pores and post-inflammatory discoloration.

60 min | 350 pln

GLOWLIFT DERMAQUEST

An exclusive lifting therapy designed to smooth wrinkles and provide an immediate brightening effect, a synergic combination of plant stem cells eliminating sallow skin colour and dark circles under the eyes.

60 min | 390 pln

DERMAQUEST BIOMIMETIC PEPTIDE EXFOLIATION

An innovative treatment referred to as an alternative to botulinum toxin due to its strong smoothing properties of mimic wrinkles. The ground-breaking ingredient is Argireline, a neuropeptide, and a combination of amphoteric amino acids acting in the deeper layers of the skin for a long-lasting effect.

60 min | 390 pln

ULTRASONIC CAVITATION

Gentle cleansing. 40 min | 260 pln

FACE LIFT

Manual treatment combined with natural lifting factors. It stimulates muscle fibres and prevents skin laxity.

30 min | 190 pln

KOBIDO

An art of facial massage, called a non-surgical lifting, derived from the Japanese tradition. It is a combination of various manual techniques which bring excellent aesthetic and relaxing effects.

60 min | 370 pln

NEEDLE MESOTHERAPY

A treatment which allows you to stop skin ageing processes by using revitalising and moisturising substances. It visibly reduces wrinkles and prevents loss of density.

660 pln

MICRO-NEEDLE MESOTHERAPY

An effective and minimally invasive cosmetological treatment which regenerates the skin, lightens discolourations and visibly improves the condition of the skin.

490 pln

MICRO-NEEDLE MESOTHERAPY FOR EYE AREA

An anti-wrinkle and brightening treatment. It rejuvenates delicate skin and reduces dark circles under the eyes. 330 pln

AESTHETIC FACIAL KINESIOTAPING

Application of kinesiological tapes to the face area as an aiding means for the treatment of swellings and to smooth out wrinkles.

50 - 150 pln

HENNA FOR EYELASHES OR EYEBROWS 40 pln

ADJUSTMENT OF EYEBROWS 40 pln

COMPLEX HENNA WITH ADJUSTMENT 80 pln

Body Care Rituals

HAMMAM

An oriental ritual deeply cleansing and moisturising the body, allowing to calm the mind and the senses. The ceremony consists of several stages of cleansing, massage with foam and massage with an oil with a note of amber and musk.

90 min | 380 pln

HANAKASUMI

A unique procedure inspired by Japan: an exfoliation treatment performed with exfoliating gloves, a full body nourishing and modelling massage and a special relaxing foot massage. All in a relaxing atmosphere of cherry blossom and lotus aromas.

60 min | 320 pln

SPARKLING CITRUS

This is a wellness ceremony imbued with the aroma of juicy citrus fruits, created from 100% natural ingredients from the world of the oceans and exotic plants and fruits. Massage techniques inspired by the sun's rays relax the body and mind.

80 min | 400 pln

BODY BALANCE

a care ceremony consisting of antioedematous and smoothing body brushing with natural agave fibre and a relaxing and deeply moisturising massage with aromatic shea butter.

60 min | 300 pln



Mineral Therapies

The richness of the natural marine environment is at the heart of our treatments which replenish deficiencies of human body's essential elements, magnesium and calcium. It is a unique health-promoting approach that restores the body's mineral balance, a combination of highly concentrated marine ingredients and holistic treatments that promote health, well-being and beauty.

Marine Calcium - seniors, teenage years, osteoporosis, dry skin, eczema, heart problems, poor blood circulation, brittle nails, susceptibility to tooth decay, cataracts, sleep disorders, weight loss problems.

Marine Magnesium – balances the nervous system, relieves muscle pains and cramps, is recommended for hormonal problems, balances the nervous system, regulates metabolism, relieves stress, improves the quality of sleep, seniors, athletes, neurotic persons, pregnant women.

MAGNESIUM THERAPY

Holistic treatment with exfoliation, massage and poultice. 90 min | 400 pln

MAGNESIUM MASSAGE

50 min | 300 pln

MAGNESIUM BATH

25 min | 220 pln

CALCIUM THERAPY

Holistic treatment with exfoliation, massage and compresses.

90 min | 400 pln

CALCIUM MASSAGE

50 min | 300 pln

CALCIUM BATH

25 min | 220 pln





Massages

CLASSICAL BODY MASSAGE

An intensive massage with a therapeutic and muscle tension relieving effect.

50 min | 270 pln

CLASSIC PARTIAL MASSAGE

25 min | 170 pln

MUSCULO-FASCIAL THERAPY

Relaxation of muscle tissue and fascia with long-lasting effects to many conditions and pains.

50 min | 360 pln

LYMPHATIC DRAINAGE

Manual antioedematous therapy. 50 min | 270 pln

AURUM EXEPTIONEL

An original massage inspired by Hawaiian relaxation techniques, performed in a harmonious rhythm and enveloped in the aroma of flowers.

60 min | 300 pln

AROMA MASSAGE

A relaxing massage with nourishing shea butter. 50 min | 270 pln

OCEAN BLISS

A holistic fluid massage provided to promote general relaxation combined with a sensory blue wax based on Laminaria algae to nourish and nurture the skin.

50 min | 290 pln

MASSAGE WITH VOLCANIC STONES

A warming therapy provided to enhance energy flow, improve one's mood and relieve muscle tension.

50 min | 300 pln

AYURVEDA ABHYANGA

A subtle energetic massage restoring your balance on the physical, mental and spiritual level, performed with natural sesame oil with healing and nurturing properties.

90 min | 390 pln

AYURVEDA VITAL

Deep relaxation for your head, face, hands and feet; a reflexotherapy treatment with hair oiling. 50 min | 290 pln

AYURVEDA UDVARTANA

Aan exfoliating massage with detoxifying and immunity-strengthening effect. It is performed with powdered herbs and warm sesame oil.

50 min | 290 pln

FIRE MASSAGE

A Tibetan heat-based therapy with a positive effect on the muscular system and a general relaxing and regenerating effect on the body. 60 min | 320 pln

MASSAGE WITH FIRE BUBBLE

A method derived from the Chinese medicine. It relaxes muscles and fascial tensions, supports the immune system and aids the removal of toxins.

30 min | 190 pln

LOMI LOMI

An energetic massage technique combining the traditions of the Hawaiian Islands and a deep spiritual experience. It is a blend of shiatsu massage, gentle movements and deep touch.

70 min | 500 pln

MASSAGE FOR PREGNANT AND BREASTFEEDING WOMEN

It involves gentle muscle relaxation and body care with organic sweet almond oil.

50 min | 290 pln

THAI FEET MASSAGE

Feet and lower leg parts massage with elements of acupressure and drainage.

50 min | 220 pln

ACUPRESSURE OF FEET

Reflexotherapy combined with a massage. 30 min | 170 pln

BODY EXFOLIATION

A purifying treatment provided as a perfect introduction to massage.

25 min | 180 pln

AROMATIC BATH FOR TWO

25 min | 200 pln





Body Shaping / Depilation

MADEROTHERAPY

A distinguished highly effective body modelling ritual with firming, anti-cellulite and draining effect, modelling the silhouette with the use of anatomically designed wooden tools.

Abdomen - 50 min | 300 pln Legs and buttocks - 60 min | 350 pln Stomach, legs and buttocks - 80 min | 390 pln

AROSHA BANDAGES

Slimming through bandaging is a programme invented to eliminate problems arising on the body. Each programme is based on wrapping the problematic areas with a bandage saturated with active ingredients, selected individually to the actual problems.

- · Drain drainage therapy / water cellulite
- · Lipo Reduce slimming and anti-cellulite therapy
- · Active Up firming and modelling

50 min | 300 pln

ALGO SLIM

An express slimming treatment for your thighs and abdomen area. The specific texture of turquoise pearls gradually releases active ingredients while stimulating fat burning and preventing the formation of new adipocytes.

30 min | 230 pln

WAX DEPILATION

legs
bikini or underarms
lip or chin area
Complex
120 pln
60 pln
40 pln
230 pln

Manicure / Pedicure

MANICURE

130 pln

MANICURE WITH CLASSIC VARNISH OR CONDITIONER

160 pln

MANICURE WITH HYBRID VARNISH PAINTING

170 pln

JAPANESE MANICURE

160 pln

HYBRID VARNISH REMOVAL

35 pln

NAIL ART ON HANDS OR FEET

10 pln

PEDICURE

150 pln

PEDICURE WITH CLASSIC VARNISH

OR CONDITIONER

180 pln

PEDICURE WITH HYBRID VARNISH

190 pln

PODOLOGIC PEDICURE

Preparation of the nail plate, nail folds and foot sole, removal of callosities, corns, clefts and hyperkeratosis.

250 - 350 pln



SPA for the Youngest

Physiotherapy Treatments

Children from the age of 6 and accompanied by their parents are welcome to the SPA.

TIME FOR COLOUR

Painting nails.

40 pln

CHOCOLATE BACK MASSAGE

15 min | 110 pln

FRUIT BACK MASSAGE

15 min | 110 pln

COMMON TIME

An aromatic massage for a parent and a child.

15 min | 200 pln

SUN RAY

Facial mask.

20 min | 110 pln

PELOID POULTICE

20 min | 40 pln

LASER

30 pln

SOLLUX LAMP

25 pln

LOCAL CRYOTHERAPY

30 pln

TENS CURRENTS

30 pln

MAGNETIC FIELD

25 pln

BOA PRESSOTHERAPY

25 min | 90 pln



Rules and Regulations

Cancellation - We understand that your plans are subject to change and therefore you may cancel your treatment booking 12 hours before your scheduled treatment at no cost. In the event of cancellation less than 12 hours prior to your appointment, we reserve the right to charge 50% of the treatment price to your hotel account.

Please come to the Wellness area in your dressing gowns without jewellery and without phones; otherwise, you will be asked to remove your jewellery and switch off your phone. **Aurum SPA & Wellness** is a zone of silence and relaxation. We are not responsible for any valuables left in the treatment room or cloakroom.

We reserve the right to refrain from performing a treatment if the therapist considers the guest's behaviour to be inappropriate or offensive, e.g. an act of aggression or sexual advances, in which case the guest will be charged 100% of the treatment price.

The therapist has the right to refuse to perform a treatment if any contraindications are suspected. We do not offer treatments to persons under the influence of alcohol or psychoactive substances. In case you are late for your appointment, the treatment time will be shortened; in case of delays on the part of **Aurum SPA & Wellness**, the treatment will take place in its full time. Guests are obliged to inform their therapist immediately when they experience any discomfort or feeling

of unwellness. If you do not inform the therapist and Wellness reception immediately after the treatment about any irregularities in the behaviour of the therapist and the performance of the treatment, the service will be considered to have been performed properly.

Ignorance of the Rules and Regulations shall not relieve you of the obligation to observe them.



Aurum SPA & Wellness

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sunday - thursday 9:00 - 20:00

friday - saturday 9:00 - 21:00