







SOFT

feel as if gravity didn't exist, relaxing massage of head and nape of the neck on a water bed

30 MIN 260 PLN

AKUPRES

foot massage with elements of reflexology which brings relief and relaxation

30 MIN 250 PLN

BANIO

firming and stimulating underwater massage

25 MIN 250 PLN

HIMALAYAS

peeling and detoxifying massage with warm Himalayan salt 50 MIN 350 PLN

BLACK GOLD

back and feet massage with poultice mud

50 MIN 350 PLN

POWER OF CLASSICS

classic massage of the whole body or its selected parts which relieves pain

30 MIN 250 PLN 55 MIN 360 PLN

SHEA

aromatic and nourishing relaxation massage

55 MIN 380 PLN

ZEN SHIATSU

balancing and soothing massage based on shiatsu technique

30 MIN 250 PLN 55 MIN 360 PLN

BALANCE

original, therapeutic massage based on oriental massage 30 MIN 250 PLN 55 MIN 360 PLN

LOMI LOMI

touch which awakens the soul, Hawaiian whole body massage performed with coconut oil

60 MIN 400 PLN

THAI MASSAGE

so-called "yoga for lazy ones" releases tension and restores body's flexibility

45 MIN 400 PLN

ABHYANGA

Ayurvedic massage with body oiling which calms down and restores balance

60 MIN 450 PLN

SHIRODARA

soothing massage for the "third eye" which relieves pain

45 MIN 360 PLN

ENERGY OF STONES

relaxing and calming massage with warm stones

55 MIN 350 PLN

DESERT FLOWER

massage with stamps on a bed filled with warm sand

55 MIN 350 PLN

CANDLE MASSAGE

Relaxation and rest thanks to natural warm candle wax

55 MIN 350 PLN

TIBETAN PEACE

relaxing massage with Tibetan bowls

60 MIN 380 PLN

BENGALORE

original massage inspired by the ayurvedic philosophy

60 MIN 450 PLN



SO YOUR SOUL WANTS TO STAY IN IT >>

BOOK OF INDIAN PROVERBS

The treatments performed with the use of WOOD THERAPY by Scens

WOOD THERAPY - maderotherapy - the Chinese massage technique used in order to shape the body, reduce cellulite and localized fat tissue. The tools used in this technique are made of acacia wood, and their shape adapts to each type of body.

BODY BIO DETOX DRAINAGE TREATMENT

cellulite reduction
60 MIN 420 PLN

BIO FIRMING TREATMENT firming

60 MIN 420 PLN

ABSOLUTE RELAX MASSAGE

relaxation massage 60 MIN 420 PLN

DECONTRACT RELAXATION MASSAGE

relaxation

60 MIN 420 PLN

360 EXPERIENCE MASSAGE

muscle relaxation face and body

75 MIN 550 PLN

RELAXING LEGS MASSAGE

massage with elements of lymphatic drainage

60 MIN 400 PLN

OUR BEAUTY RITUALS

due to their finesse, sensuality and unusual aromas will take you to distant places.

AROMATIC WHOLE BODY SCRUB

for a good start of each treatment and massage **25 MIN 250 PLN**

REVITALISING MASSAGE

with hydromassage and colour therapy **25 MIN 300 PLN**

VELVET

strongly nourishing body poultice with hyaluronic acid

45 MIN 320 PLN

INDIA

relaxing ritual regenerating skin, inspired by the ayurvedic philosophy

90 MIN 530 PLN

POLYNESIA

strongly moisturising and revitalising ritual with Lomi Lomi massage

90 MIN 480 PLN

AROMASOUL

Deeply relaxing whole body massage with oils from 4 corners of the world

55 MIN 390 PLN

BALINESE RITUAL

Skin radiance and vitality in tropical papaya and kemiri nut notes
65 MIN 480 PLN

MOROCCO

detoxifying and nourishing body ritual - beldi soap, kassa glove, poultice, whole body massage 90 MIN 650 PLN

HAMMAM

massage in soap, session in rhassoul steam bath, rubbing the whole body with argan oil

DO 110 MIN 750 PLN

RHASSOUL

smoothing, nourishining ritual combined with a session in a mud bath

45 MIN 350 PLN / 1 PERSON 650 PLN / 2 PERSONS

PERFECT BODY BY MESOESTETIC

SOFT BODY HYDRA

Moisturizing and firming treatment with an enzymatic peel and DMAF + Vitamin C ampoule, finished with a moisturizing mask. Idea treatment before sunbathina.

60 MIN 500 PLN

INTENSE HYDRAVITAL

Gentle full-body massage with an intensely moisturizing mask. This treatment is dedicated to tanned and dehydrated skin. It regenerates and improves skin condition

70 MIN 650 PLN

BODYSHOCK

A personalized treatment designed to combat body imperfections:

 Celluexpert – skin elasticity, push-up effect, and cellulite reduction. A highly draining treatment that activates microcirculation. Improves skin auality and sculpts the body.

50 MIN 490 PLN

Essential – stretch mark reduction and firmness.
 Uses 100% personalized active products tailored to the skin's needs. Improves skin quality and sculpts the body.

50 MIN 490 PLN



COMFORT ZONE RITUALS

TRANQUILLITY PRO-SLEEP MASSAGE

A deeply relaxing full-body massage using soft brushes. It guides you to a state of peace for both body and mind during the treatment. Promotes rest and deep sleep. Leaves the skin moisturized and silky.

60 MIN 400 PLN

TRANQUILLITY RITUAL

A deeply relaxing full-body massage with soft brushes and an exceptionally aromatic peel. It relieves both mental and physical fatigue, supports muscle relaxation, and refreshes and revitalizes the skin.

80 MIN 580 PLN

TRANQUILLITY FACE & BODY

A unique full-body and face massage with elements of aromatherapy. It oxygenates, nourishes, and moisturizes the skin. Calms the mind and induces a state of complete relaxation.

75 MIN 500 PLN

AROMASOUL

An exceptional ritual combining a volcanic peel with an aromatherapeutic full-body massage using oils from four corners of the world. It deeply regenerates, nourishes, and smooths the skin. Eases muscle pain, restores energy, and enhances well-being.

80 MIN 580 PLN



BEAUTY ATELIER

CAVITATION PEELING

cleansing face with ultrasounds: make-up removal, peeling, cavitation peeling, soothing mask, cream for the finish

45 MIN 320 PLN

CAVITATION PEELING

for the fully paid face treatment max 20 MIN 70 PLN

BALINESE

brightening and moisturising beauty ritual **50 MIN 400 PLN**

CAVITATION AND SONOPHORESIS

With nourishing ampoule

60 MIN 400 PLN

KO BI DO

japanese face ritual which nourishes skin and slows aging processes down

60 MIN 400 PLN 80 MIN 580 PLN

ACTIVE LIFT

regeneration and lifting for skin which lacks firmness and density

65 MIN 600 PLN

SOOTING REMEDY

soothing and strengthening for couperose and delicate skin

55 MIN 380 PLN

ACTIVE PURENESS regulation of sebum secretion 55 MIN 360 PLN

HYDRAMEMORY
intensive moisturisation and hydration
of skin with hyaluronic acid
55 MIN 450 PLN

MALE BALANCE cleansing and moisturising treatment adapted to male skin's needs 55 MIN 390 PLN

RENIGHT
nourishing, multi-vitamin treatment
for dull and tired skin
55 MIN 360 PLN

SKIN REGIMENT BLACK DETOX Cleansing, toxin removal 55 MIN 380 PLN

LUMINAT
A brightening treatment for skin with discolorations
55 MIN 400 PLN



NATURALNE PIĘKNO

BEAUTY DETOX SKIN

treatment for blemished skin which requires detox 75 MIN 450 PLN

ETERNAL LIFT EXPERIENCE

exclusive lifting treatment performed on quartz bed

75 MIN 550 PLN

HERBAL PURE SKIN

deeply cleansing treatment for each skin type $75\,\text{MIN}-450\,\text{PLN}$

HYDRA GREEN

ultra moisturization for dry skin

75 MIN 480 PLN

ORGANIC AND VEGAN HYGIENE

comprehensive cleansing and detoxification treatment

75 MIN 500 PLN

WOW LE TRAITMENT renewal and lifting

75 MIN 550 PLN

ELIXIR REPAIR

nourishes, moisturizes, smooths

75 MIN 550 PLN

Manicure without polish

max 50 MIN 180 PLN

Pedicure without polish

max 60 MIN 230 PLN

Deluxe Pedicure

with peel, mask, and foot massage

max 80 MIN 320 PLN

Hybrid polish application

max 20 MIN 50 PLN

Hybrid polish removal

max 20 MIN 30 PLN

Hand care treatment

peel, massage, nourishing wrap, cream

max 30 MIN 130 PLN

ENDERMOLOGY

BODY - 45 MIN RF RADIO WAVES + LED LIGHT

SINGLE TREATMENT **250 PLN**

SERIES OF 4 TREATMENTS 800 PLN

SERIES OF 8 TREATMENTS 1400 PLN

SERIES OF 12 TREATMENTS 1800 PLN

BODY - SELECTED PART - 30 MIN RF RADIO WAVES + LED LIGHT

SINGLE TREATMENT 150 PLN

SERIES OF 4 TREATMENTS 400 PLN

SERIES OF 8 TREATMENTS 700 PLN

SERIES OF 12 TREATMENTS 900 PLN

NON-INVASIVE FACE LIFTING FALE RADIOWE RF

SINGLE TREATMENT - FACE 30 MIN 200 PLN

SINGLE TREATMENT - FACE, NECK AND DÉCOLLETÉ **45 MIN 250 PLN**

PACKAGE OF 4 TREATMENTS 800 PLN

PACKAGE OF 6 TREATMENTS 1050 PLN



FACE

AGE ELEMENT stimulation, activation, strengthening with a lifting face 60 MIN 500 PLN

mesoINFUSION relaxing treatment which provides deep moisturization

60 MIN 450 PLN

mesoANTI - STRESS CALM TOUCH Soothing treatment which eliminates redness and reduces vascular reactivity 60 MIN 450 PLN

GLOBAL EYCON

Eye area treatment, reducing wrinkles, dark circles, puffiness, revitalizing the delicate area around the eyes.

- session with microneedling
- session with sonophoresis/RF
- Session with peeling
75 MIN 400 PLN
60 MIN 400 PLN
30 MIN 290 PLN

MICRONEEDLING MESOTHERAPY

Personalized cocktail tailored to the skin's needs 90 MIN 650 PLN

mesoPURERENEWING

cleansing oily and mixed skin It reduces pores, improves the skin tone, smooths and moisturizes

60 MIN 450 PLN

mesoANTI-AGING FLASH

lifting treatment which remodels the skin and makes it firmer. Perfect continuation of esthetic medicine treatments

60 MIN 500 PLN

mesoÉCLAT

Anti-aging method offering immediate effect

60 MIN 550 PLN

mesoHYDRA POWER

express deep moisturizing treatment with ampoules introduced via sonophoresis

70 MIN 600 PLN

${\sf mesoSKINRETIN}$

reparative rejuvenating treatment with Vitamin C and stabilized retinol

30 MIN 380 PLN

mesoPOWER LIFT - PREMIUM
lifting treatment with two-step cleansing

80 MIN 620 PLN





VIP SUITE A UNIQUE PLACE,

where you will find blissful relaxation in the light of candles. VIP SUITE will become your oasis during the journey inside yourself, a romantic enclave for two or a unique place full of aromas for those who are close to each other.

MUD BATH
BATH TUB
OUTDOOR JACUZZI
MASSAGE BEDS

will make you fully regain vital forces.

We arrange the offer according to Guests' individual needs.

Relaxing bath, whole body massage Zone for exclusive use 120 MIN 900 PLN / 2 PERSONS

Session in rhassoul bath, whole body massage Zone for exclusive use 150 MIN 1200 PLN / 2 PERSONS

Whole body peeling, session in rhassoul steam bath, whole

body massage of one's choice, mini face treatment Zone for exclusive use

180 MIN 1800 PLN / 2 PERSONS

Queen of Egypt

A treatment inspired by Queen Cleopatra of Egypt – includes a bath in goat's milk, a facial treatment with massage, Dead Sea salt peeling, and a full-body massage with warm oil.

120 MIN 1000 PLN / 1 PERSON 120 MIN 1800 PLN / 2 PERSONS



VOUCHER



Voucher is an open ticket to the oasis of calm and relaxation. Choose an amount or treatment from our offer, and make a unique gift to your loved ones, colleagues or business partners. Please ask the SPA & WELLNESS reception desk for details.

SALE OF COSMETICS

In order to prolong and complement the care effect, we offer the possibility of purchasing products thanks to which the therapy can be continued at home.

BOOKING AND PAYMENT METHODS

We recommend booking treatments in advance, in order to avoid disappointment caused by the lack of available dates. In order to book a visit, call +48 91 40 40 920 or send an e-mail: spa.hilton@zdrojowahotels.pl
The prices listed are gross prices in PLN.
SPA & WELLNESS reserves the right to change the prices.

VISIT

If you want to feel fully comfortable during the visit at SPA & WELLNESS, we recommend arriving at the reception desk 10-15 minutes before the treatment time. If you arrive with a delay, the treatment may be shortened and it will not be possible to reduce its price.

CLOTHING

Please come to SPA & WELLNESS in a bathrobe which you can find in the room. If you are a Guest from outside that hotel, the SPA & WELLNESS reception desk will give you flip-flops and bathrobe, as well as provide all necessary information about preparation for the treatment. Please come to the treatment without jewellery.

HEALTH STATUS

Before the treatment, please fill in a confidential questionnaire on health and lifestyle.

If you are not sure about health contraindications, please consult a doctor and take a medical certificate.

During the consultation with the therapist, please inform them about any ailments and health problems, so that an appropriate treatment can be selected.

PREGNANCY AND POSTNATAL PERIOD

While booking the treatment, please provide all necessary information concerning pregnacy, so that we can select an appropriate treatment. Manicure and pedicure are the only treatments we perform during the first trimester.

SPA & WELLNESS LABEL

At SPA & WELLNESS it's forbidden to use mobile phones and other electronic devices. On the premises od SPA & WELLNESS the smoking ban is in force. If you need to smoke, please ask for directions to an outdoor smoking room. A bathrobe and flip-flops are required in all rooms throughout the stay in SPA & WELLNESS. Out of respect for other Guests, please keep quiet and reduce noise to the minimum.

CANCELLATION

We understand that your plans may change, which is why you can cancel the booking up to 12 hours before the planned treatment without incurring any costs. Should you cancel the treatment fewer than 12 hours before the planned visit, the SPA & WELLNESS reception desk reserves the right to charge the Guest's account with 50% of the treatment's value.







level 1