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SPA & WELLNESS

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## A place where the senses rest.

Step into the world of SENSES SPA & WELLNESS, where subtle aromas and inviting interiors envelop you in calm from the very first moment, guiding you towards harmony of body and mind.

This is a place where massages and rituals provide moments of true care—always tailored to your needs and expectations.

SENSES SPA & WELLNESS is a sanctuary of silence, peace, and sensory comfort. Carefully chosen details make every moment a natural immersion in relaxation, allowing you to feel truly special.

SENSES SPA & WELLNESS Team

# Signature Rituals

Bring peace and balance into your everyday life with rituals that combine skin care with deep relaxation. The skin becomes hydrated and supple, while the body experiences regeneration, detoxification, and release from muscle tension. These are moments that improve well-being, restore balance, and gently calm the senses.

## Moroccan Hammam Ritual

A Kessa glove scrub on black soap deeply exfoliates, cleanses, and stimulates circulation, preparing the skin for further care. A Rhassoul clay wrap stimulates cell renewal, supports collagen production, and evens out the skin tone.

A full-body massage using a blend of nourishing oils intensely hydrates, softens, and regenerates the skin.

90 MIN | 1200 PLN / 2 Persons

90 MIN | 620 PLN / 1 Person



## Herbal Relaxation

A ritual body and facial massage with herbal oil, preceded by a calming inhalation. It clears the mind, bringing peace and comfort, while simultaneously relaxing muscles and reducing tension.

75 MIN | 400 PLN

## Signature Scarf Massage

A gentle, subtle massage performed with a scarf that induces blissful relaxation. It envelops the body in a soft touch, nourishes the skin, and calms the mind, creating a unique moment of relaxation.

60 MIN | 380 PLN

## Filipino Massage

A traditional full-body massage using coconut oil that restores balance and rejuvenates tired muscles. The technique may vary depending on the therapist, who adapts movements according to the Filipino tradition of their region and the individual needs of the guest.

60 MIN | 360 PLN





# When you need a moment just for yourself

## Water Ritual

A bath with Dead Sea salt relaxes the body, soothes the nervous system, and supports natural regeneration. Chromotherapy and hydro-massage deepen relaxation—light and warm water waves improve circulation, ease tension, and restore lightness and comfort. After the bath, a gentle scrub cleanses and smoothes the skin, and an aromatherapy massage brings the body into a state of calm serenity.

### Choices:

- *Marula & Apple*
- *Sea Buckthorn & Carrot*

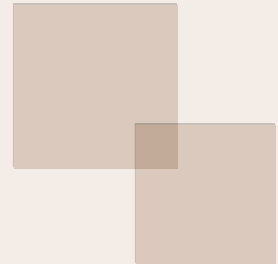
90 MIN | 450 PLN

With scrub: 120 MIN | 550 PLN

## Earth Ritual

A full-body scrub in the Rhassoul steam bath combines the effects of water, warmth, and minerals, cleansing the skin and stimulating its renewal. Bohemian salt and diatomaceous earth support metabolism, while licorice brightens and smoothes the skin. The ritual is completed with a soothing massage using Perilla & Licorice oil, which calms, regenerates, and firms.

90 MIN | 480 PLN



## Water Ritual

A romantic bath with dried flowers and a chosen essential oil relaxes the body and creates a peaceful mood.

A natural scrub with fine particles and nourishing oils smooths and cleanses the skin, preparing it for a relaxing massage that restores lightness to the body and gentle calm.

### Choices:

- *Marula & Apple*
- *Sea Buckthorn & Carrot*

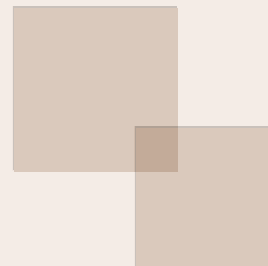
120 MIN | 900 PLN / 2 Personen

With scrub: 150 MIN | 1100 PLN / 2 Personen

## Earth Ritual

A scrub-mask in a private Rhassoul bath cleanses the skin, provides antioxidant action, and supports collagen production. An aromatic massage using a Perilla & Licorice elixir strengthens capillaries, soothes irritation, and reduces inflammation. This is a moment of relaxation and regeneration, leaving the skin radiant and hydrated.

120 MIN | 950 PLN / 2 Persons



## Rituals for Couples – VIP Suite

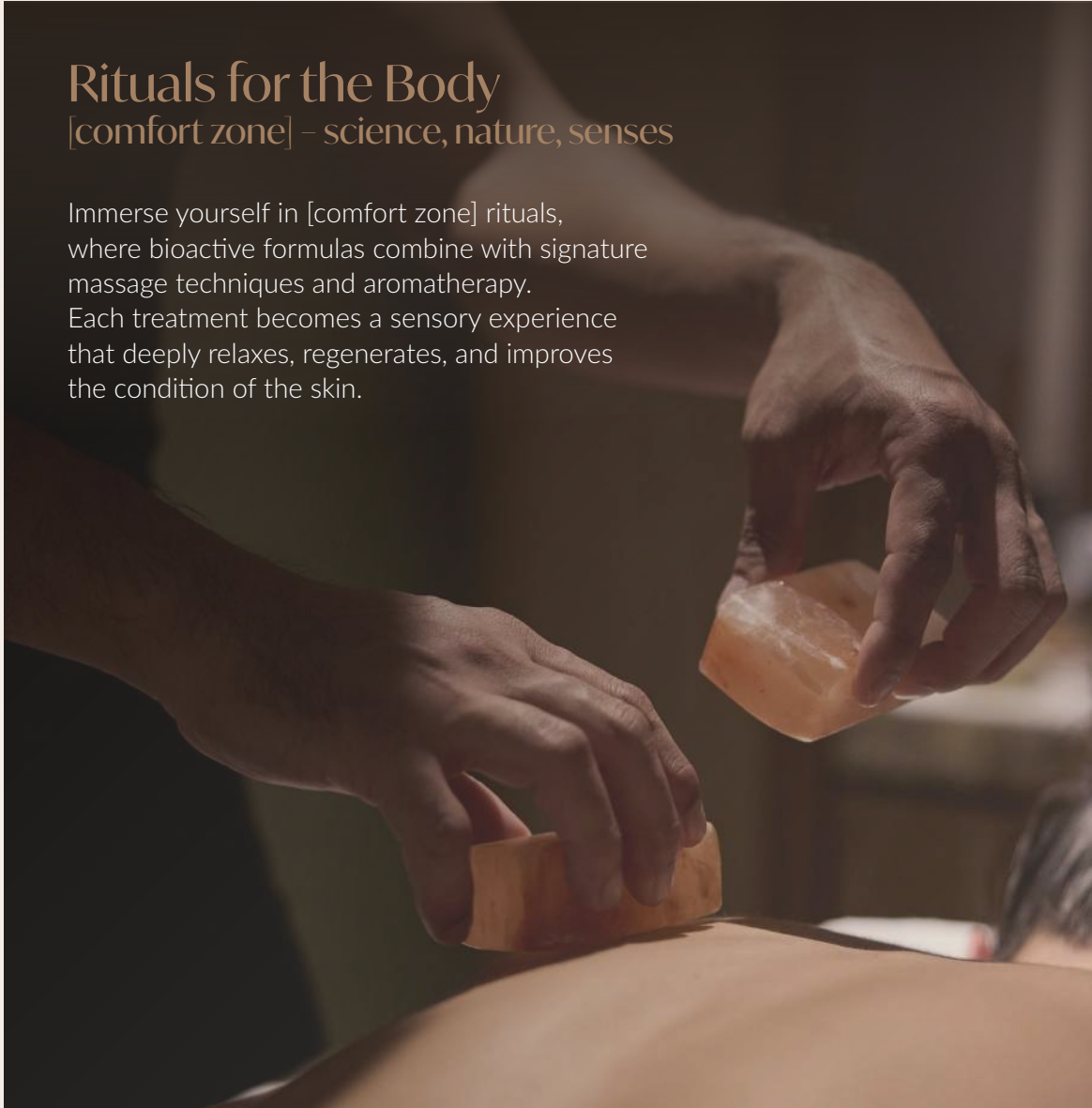
Celebrate special moments together – both extraordinary and everyday. The dedicated VIP Suite with a private bathroom and access to an outdoor jacuzzi creates a comfortable, quiet, and intimate space for shared relaxation.



## Rituals for the Body

[comfort zone] – science, nature, senses

Immerse yourself in [comfort zone] rituals, where bioactive formulas combine with signature massage techniques and aromatherapy. Each treatment becomes a sensory experience that deeply relaxes, regenerates, and improves the condition of the skin.



## Salt Ritual

A detoxifying ritual with warm salt stones and a Himalayan salt scrub that relaxes tension and stimulates metabolism.

The Comfort Touch massage with antioxidant oil restores the skin's radiance and brings lightness and balance to the body.

80 MIN | 520 PLN

## Tranquillity Deluxe

An exclusive harmony ritual that begins with an aromatherapy scrub revealing silky skin. A soothing face and body massage with milk oil envelops the senses and induces deep relaxation.

80 MIN | 520 PLN

## Tranquillity Face & Body

A relaxing face and full-body ritual using milk oil inspired by the "Cleopatra bath," which reduces stress and tension while intensely nourishing the skin.

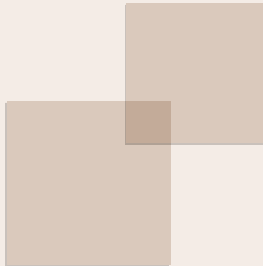
The massage includes the back, neck, scalp, face, and feet, bringing the body into a state of deep relaxation and balance.

75 MIN | 480 PLN

## Tranquillity Pro – Sleep recommended after 5:00 PM

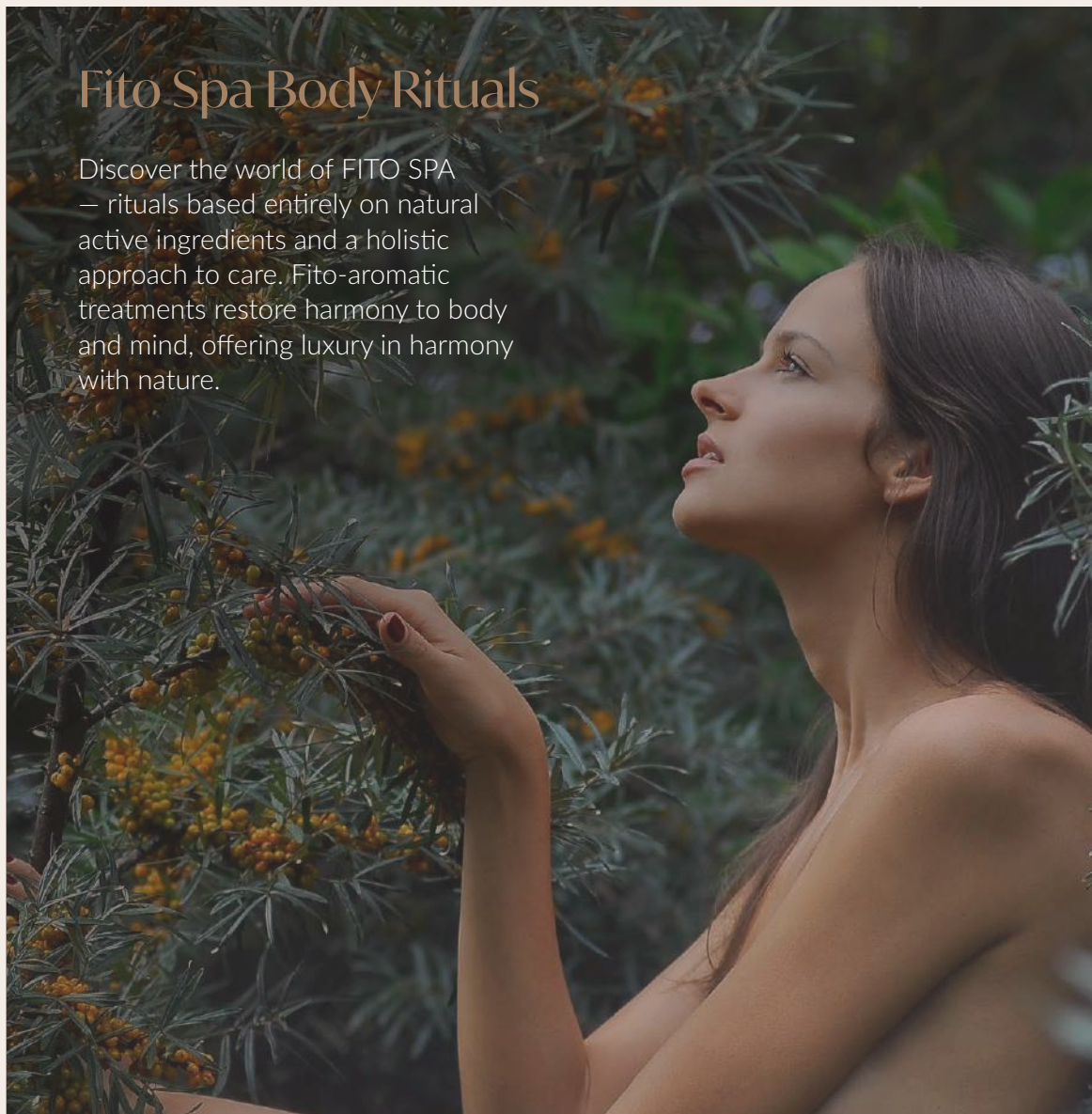
A ritual that harmonizes the senses through sound, scent, and touch. Tranquillity™ Sound music, Sea Malay brush massage, and aromatic oils bring deep relaxation, calm the mind, and improve sleep quality. Ideal for stressed, overstimulated individuals or those recovering from long journeys.

60 MIN | 400 PLN



## Fito Spa Body Rituals

Discover the world of FITO SPA  
— rituals based entirely on natural  
active ingredients and a holistic  
approach to care. Fito-aromatic  
treatments restore harmony to body  
and mind, offering luxury in harmony  
with nature.



## **Elixir of Life Ritual**

### **Renewal and Strengthening**

A holistic regenerative and cleansing ritual that begins with aromatherapy to induce calm. A scrub-mask exfoliates and nourishes the skin, while a massage combining manual techniques with warm towels provides comfort, relaxation, and restores inner balance.

85 MIN | 480 PLN

## **Love Fruits Ritual**

### **Body Care and Sensory Soothing**

A nurturing ritual combining aromatherapy, warmth, and gentle touch that soothes the senses and deeply relaxes the body. A foot bath and a warming compress for the neck release tension, while a blend of vanilla, bergamot, Damask rose, sandalwood, and cedar envelops in fragrance and a subtle scarf massage brings complete relaxation.

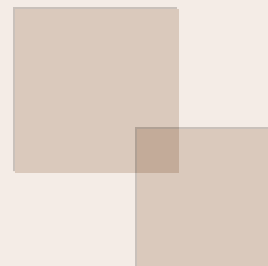
75 MIN | 460 PLN

## **Sea Buckthorn Love Ritual**

### **Radiance and Natural Harmony**

A ceremony using sea buckthorn with strong nourishing and regenerative properties. A foot bath and hot compress relieve tension, while a sea buckthorn and carrot salt scrub cleanses the skin, restoring smoothness and radiance. The aroma of lemongrass and verbena adds lightness, and a massage with warm sea buckthorn oil firms and deeply relaxes the body.

75 MIN | 450 PLN



# Body Massages

## Abhyanga

An Ayurvedic “anointing” massage in which warm oil envelops the body while rhythmic movements restore physical, mental, and spiritual balance. The treatment relaxes, calms, and harmonizes the entire system.

60 MIN | 420 PLN

## Lomi Lomi

A relaxing Hawaiian massage that alleviates the effects of chronic stress. Smooth, soothing movements calm the nervous system, relax the body, and enhance overall well-being.

60 MIN | 400 PLN

75 MIN | 460 PLN

## Thai Massage

A deep massage inspired by yoga, combining pressing, stretching, and kneading of the tissues. It brings relaxation, improves mobility, and restores freedom of movement in the body.

45 MIN | 400 PLN – Dry Massage

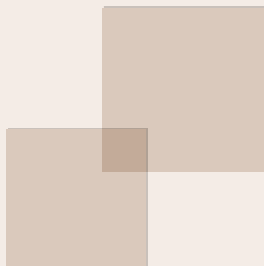
45 MIN | 350 PLN – Oil Massage

## Classic Massage

A massage that relieves muscle tension and alleviates pain. It supports natural blood flow, reduces stress, and is performed using techniques tailored to individual needs.

55 MIN | 350 PLN

30 MIN | 230 PLN



## Zen Shiatsu

A Japanese technique combining acupressure with massage elements such as rubbing, kneading, and stretching. Conducted in a harmonious atmosphere, it provides deep relaxation and balance.

55 MIN | 350 PLN

30 MIN | 230 PLN

## Black Gold

A deeply relaxing massage for tense, stress-affected muscles of the back and legs. The treatment begins with a mud wrap that nourishes, has anti-inflammatory and soothing effects, preparing the body for a classic massage.

55 MIN | 350 PLN

## Desert Flower

A massage with warm herbal poultices on a bed of heated quartz sand. It relaxes tension, provides comfort, and brings the body into a state of deep relaxation.

55 MIN | 350 PLN

## Stone Energy

A massage using heated basalt stones that deeply relaxes muscles, improves circulation, and supports the body's natural detoxification, inducing a state of soothing relaxation.

55 MIN | 350 PLN



# Soft Pack® System

Soft Pack® is a “dry” massage on a heated water bed, where a soft membrane envelops the body, creating a sensation of weightlessness and deep relaxation. Constant, soothing warmth enhances the effect of applied products, amplifying the benefits of wraps and creams.

1 Session	30 MIN   150 PLN
2 Sessions	30 MIN   270 PLN
3 Sessions	30 MIN   400 PLN

## Renewal

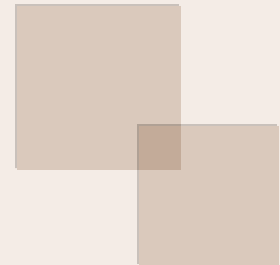
A renewing and regenerative treatment that combines physical and enzymatic exfoliation with an activating gel to deeply cleanse the skin. A nourishing mask, restorative oil, and elasticizing cream intensely smooth and regenerate the body. Thanks to the Soft Pack® technology, the treatment surrounds the body with warmth and weightlessness, providing deep relaxation and full renewal.

1 Treatment	60 MIN   400 PLN
2 Treatments	60 MIN   750 PLN
3 Treatments	60 MIN   1100 PLN

## Detox

A thermogenic anti-cellulite treatment performed using Soft Pack® technology, which reduces imperfections and supports fat burning. Its effectiveness comes from a combination of microalgae with escin, carnitine, caffeine, and thermogenic warming ingredients.

1 Treatment	60 MIN   400 PLN
2 Treatments	60 MIN   750 PLN
3 Treatments	60 MIN   1100 PLN



## Drainage

A treatment inspired by maderotherapy – a Colombian technique combining lymphatic drainage, manual massage, and wooden tools shaped to the body. It supports cellulite reduction and tension release, shapes the body, and creates a feeling of lightness while inducing a state of deep relaxation.

1 Behandlung	60 MIN		450 PLN
2 Behandlungen	60 MIN		850 PLN
3 Behandlungen	60 MIN		1200 PLN





## Partial Massages

### Tibetan Calm

A relaxing back massage performed with four techniques, combining Chinese cupping with the sounds of Tibetan singing bowls. The vibrations and micro-oscillations of the bowls relax muscles, harmonize the mind, and bring the body into a deep state of calm.

60 MIN | 380 PLN

### Foot Massage

A relaxing foot massage with reflexology elements that relieves tension, eases discomfort, and improves overall well-being.

30 MIN | 240 PLN

### Head and Neck Massage

A relaxing treatment that reduces tension and brings the body into a pleasant state of calm.

30 MIN | 240 PLN

### Face Massage

A massage that stimulates blood and lymph circulation, improving oxygenation and nourishment of the skin. It reduces swelling and muscle tension, supports collagen and elastin production, restoring firmness, elasticity, and a healthy appearance to the skin.

30 MIN | 240 PLN

# Signature Facial Treatments

## Hydrogen Cleansing

A treatment using active hydrogen to purify the skin, neutralize free radicals, and remove dead skin cells. It has antibacterial and antioxidant effects, leaving the skin refreshed, smooth, and radiant.

### *Classic Version*

cleansing, cold head, mask

75 MIN | 450 PLN

### *Detox Version*

cleansing, mask, ultrasound, infusion

85 MIN | 550 PLN

### *Lifting Version*

cleansing, RF, infusion, mask

110 MIN | 600 PLN

## Senses SPA Kobido

A Japanese deep facial massage technique that works on the inner layers of skin and facial muscles, stimulating natural collagen and elastin production. Alternating intensity of movements promotes cell regeneration and metabolism, while slow finishing stages relax the skin, providing a visible lifting effect without surgical intervention.

60 MIN | 400 PLN

## Cavitation Peel with Mask

A gentle ultrasonic peel that exfoliates dead skin cells, removes excess sebum, and deeply cleanses the skin. It smoothes, refreshes, and improves the skin tone, preparing it for better absorption of active ingredients.

45 MIN | 320 PLN

## Manual Cleansing

A treatment that involves manually removing blackheads, blemishes, and excess sebum. The skin becomes refreshed, pores are cleared, and the complexion is smoother and better prepared to absorb active ingredients.

80 MIN | 420 PLN

# Facial Treatments

## skin regimen / Lx

A new era of skincare.  
Concentrated longevity power.

Discover next-generation skincare designed  
for the pace of modern life.

/skin regimen/Lx combines concentrated formulas  
with precise techniques and Longevity Complex™,  
which strengthens the skin, protects against  
environmental stress, and restores freshness  
and radiance.



### **Longevity Collagen+**

An advanced treatment that enhances skin firmness and elasticity. The Longevity Collagen+ formula, with hydrolyzed collagen, plant-based collagen, melissa extract, and polypeptides, stimulates natural collagen synthesis, restoring the skin's resilience and youthful structure.

60 MIN | 480 PLN

### **Longevity Detox**

A concentrated treatment with AHA, peptides, and hyaluronic acid that renews the skin, reduces signs of aging, and improves firmness. The detoxifying mask with active charcoal purifies and evens the skin tone, while massages using a jade roller, gua sha, and hands stimulate circulation and enhance the lifting effect.

60 MIN | 450 PLN

### **Longevity Vitaminic**

A brightening treatment for tired, dull skin. A mask with 10% vitamin C, pink clay, and Longevity Complex™ intensely refreshes and evens the skin tone. Jade roller drainage, gua sha massage, and hand massage improve microcirculation, restoring the skin's natural vitality.

60 MIN | 420 PLN

### **Longevity Peel**

A revitalizing peel for tired, lackluster skin. A blend of AHA, hyaluronic acid, and peptides accelerates cellular renewal, firms, and brightens the skin. Jade roller drainage, lifting gua sha, and hand massage improve microcirculation and restore natural vitality.

60 MIN | 420 PLN

Also recommended for men.

# Facial Treatments

[comfort zone]

## Sublime Skin Deluxe

A luxurious lifting treatment that combines Kobido muscle modeling, a customized acid cocktail, and a botox-like mask with hexapeptides. Multi-step care rebuilds the skin's structure, stimulates collagen synthesis, and provides immediate smoothing, firmness, and radiant glow.

65 MIN | 550 PLN

## Luminant

Safe for pregnant women

A brightening treatment using 3-BRIGHT TECHNOLOGY to reduce signs of fatigue and dullness from the first session.

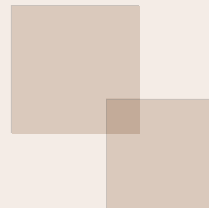
The two-phase mask with Rhodiola rosea extract and 2.5% niacinamide brightens the complexion and helps reduce discoloration.

60 MIN | 400 PLN

## Hydra Glow

An intensive hydration and revitalization ritual combining Hydra Drain and Hydra Lift massages with a cooling Ice Roller. The smoothing and regenerating formula restores freshness, silky softness, and a natural "glass skin" effect.

60 MIN | 400 PLN



# Facial Treatments

## Mesoestetic®

Enter the world of Mesoestetic® — skincare based on clinical evidence and scientific precision. Advanced formulas developed by experts offer effective solutions for skin requiring visible results.

### Meso Hydra Power

A deeply hydrating treatment with an ampoule delivered via sonophoresis, designed for skin in need of vitamins, amino acids, and probiotics. Intensely nourishes, provides antioxidant protection, and replenishes essential trace elements for regeneration. Recommended for dull, lackluster skin that needs revitalization.

75 MIN | 580 PLN

### Age Element

A personalized anti-aging therapy based on epigenetic principles, which modulates cellular mechanisms to restore the skin's regenerative capacity. Reduces wrinkles and discoloration while preventing the formation of new signs of aging.

60 MIN | 480 PLN

### Meso Pure Renewing

A professional cleansing treatment for oily, combination, and blemish-prone skin. Sebum-regulating formulas restore balance, smoothness, and mattification, leaving the skin fresh, refreshed, and with an even glow.

60 MIN | 440 PLN

### Meso Anti-Stress Calm Touch

A soothing treatment for sensitive, vascular, irritated, or reactive skin, as well as post-invasive procedures. Reduces redness, alleviates discomfort, hydrates, and strengthens the protective barrier, restoring skin balance and comfort.

60 MIN | 440 PLN

# Additional Treatments

Senses SPA Manicure – without polish

max. 50 MIN | 180 PLN

Senses SPA Pedicure – without polish

max. 60 MIN | 230 PLN

Removal of hybrid nail polish

50 PLN

Hybrid nail polish application

50 PLN



# Senses Spa & Wellness Etiquette

## Useful Information

The use of mobile phones and other electronic devices is prohibited at SENSES SPA & WELLNESS.

Smoking is not allowed on the premises. Robes and slippers must be worn in all areas throughout your stay at SENSES SPA & WELLNESS.

Out of respect for other guests, please maintain silence and keep noise to a minimum.

### Cosmetic Sales

Would you like to extend the exceptional sensations from your SENSES SPA & WELLNESS treatments or prolong the effects of your skincare? We offer the possibility to purchase products that allow you to continue your therapy at home.

### Voucher

A voucher is an open invitation to an oasis of peace and relaxation. Choose a value or a treatment from our offer and give your loved ones, colleagues, or business partners an exceptional gift. For details, please contact the SENSES SPA & WELLNESS reception.

### Reservations and Payment Methods

We recommend booking treatments in advance to avoid disappointment due to unavailable time slots.

To schedule an appointment, please contact us: tel. +48 91 40 40 920 (from room: 9 920), e-mail: spa.hilton@zdrojowahotels.pl. Prices are listed in PLN and include taxes.

SENSES SPA & WELLNESS reserves the right to change prices.

### Visit

To ensure comfort during your visit to SENSES SPA & WELLNESS, please arrive approximately 10 minutes before your treatment. This allows time to complete the consultation form calmly.

In case of tardiness, the treatment may be shortened without a reduction in price.

# Senses Spa & Wellness Etiquette

## Useful Information

### **Dress Code**

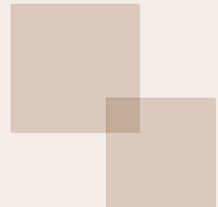
Hotel guests are asked to come to SENSES SPA & WELLNESS wearing a hotel robe and slippers. Please do not bring valuables or jewelry; you will be asked to remove them before the treatment. SENSES SPA & WELLNESS is not responsible for lost or left-behind jewelry or other valuables.

### **Health Status**

Before the treatment, please complete a confidential health and lifestyle questionnaire. If you have any concerns regarding medical contraindications, we recommend consulting a doctor and bringing a relevant certificate. During the consultation with your therapist, please inform them of any health issues so that the most suitable treatment can be chosen.

### **Pregnancy and Postpartum Period**

When booking, please provide information about pregnancy so that we can offer an appropriate and safe treatment.



## **Cancellation**

We understand that plans can change. Reservations can be canceled up to 12 hours before the treatment without any charge.

If a cancellation is made 12 hours or less before the scheduled appointment, SENSES SPA & WELLNESS reserves the right to charge the guest 50% of the treatment cost.

## **Children and Teenagers at Senses Spa & Wellness**

The SPA area is accessible to guests over 18 years of age. Treatments for children aged 8–13 are only performed in the presence of a legal guardian.

## **Safety Rules**

SENSES SPA & WELLNESS reserves the right to stop a treatment in case of inappropriate behavior by a guest (e.g., aggression, sexual propositions) without a refund.



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SPA & WELLNESS

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