

F O R

Y O U R

W E L L B E I N G

M E N U



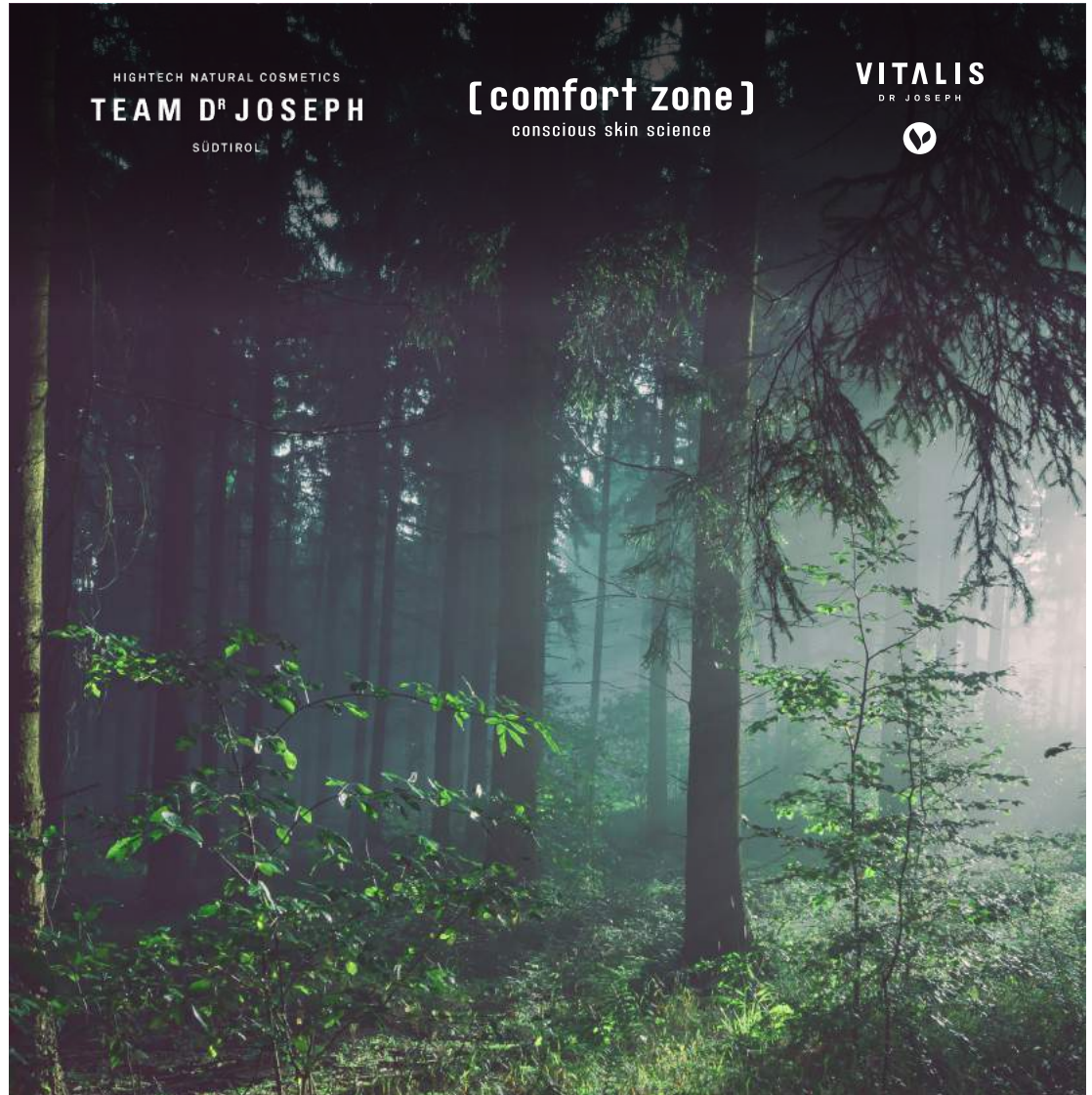
FOREST  
SPA & WELLNESS



HIGHTECH NATURAL COSMETICS  
**TEAM DR JOSEPH**  
SÜDTIROL

**[comfort zone]**  
conscious skin science

**VITALIS**  
DR JOSEPH  



# FOR YOUR WELLBEING


We'll take you on a journey during which you will find **balance, beauty and wellbeing.**

We believe that the return to the source, being the genius of nature, combined with modern techniques, will bring spectacular effects in the area of care for **body and soul.**

The face and body rituals have been developed on the basis of natural cosmetics of a brand whose recipes are inspired by nature: **mountain plants, herbs and flowers.**

Day after day, discover your beauty in harmony with nature and yourself.

FOREST SPA & WELLNESS  
Team

 Treatment for women during and after pregnancy

 Treatment for children and adolescents

We don't perform any treatments during the first trimester.

# FOR BODY AND MIND BALANCE

India and China are the cradle of massage - one of the oldest therapeutic treatments. It is those places that we were inspired by while developing our unique massage methods.

In our treatments we use pure oils, active synergies on the basis of natural aromatherapy oils and herbal ointments.

Thanks to the combination of natural ingredients and various massage techniques, we help eliminate pain, improve frame of mind, add energy and soothe the mind to make sure sleep is long and regenerating.

Choose the right massage for you.

**Ayurveda is a state of life,**  
which encompasses massages salutary for the body  
and soul, performed on the basis of beneficial, warm sesame oil.

We don't perform any treatments during the first trimester.



## AKUPRES

foot massage with elements of reflexology which brings relief and relaxation  
30 MIN PLN 120



## IN POINT

pain relieving head and shoulder girdle massage with basalt sticks  
30 MIN PLN 160

## CLASICALLY

classic pain relieving massage of the whole body or its selected part,  
based on classic treatment massage techniques  
30 MIN PLN 150 | 50 MIN PLN 250

## BALANCE

our very own Filipino massage  
50 MIN PLN 260

## HEART OF NATURE

relaxing and aromatic massage with natural shea butter  
50 MIN PLN 240

## HERBAL ENERGY

energising and regenerating massage with warm herbal stamps  
50 MIN PLN 280

## SHIRODARA

massage for the "eye of wisdom" which soothes and calms the mind  
and helps eliminate headaches and neck pain  
50 MIN PLN 260





# MASSAGES

## **ABHYANGA**

massage which frees vital forces and stimulates circulation in energy channels

**80 MIN PLN 350**

## **TRANQUILLITY**

an aromatherapy massage for a good night's sleep. A relaxing massage based on aromatic oils. Soft-brush massage gestures and sounds of relaxing music will calm down and soothe the senses. The perfect evening relaxation.

**50 MIN 260 PLN**

## **SALT MASSAGE**

Massage with salt stones. A detoxification massage inspired by old healing rituals using Himalayan salt. It soothes muscle pains, eliminates tension, stimulates metabolism, improves blood circulation, and cleanses the body. It helps restore the balance of the body and mind.

**50 MIN 250 PLN**

## **AROMATIC SHROUD**

relaxing massage with warm oil that melts when an aromatic massage candle is burnt to nourish the skin.

**50 MIN 240 PLN**

Regain beautiful, velvet and healthy skin. Relax your mind thanks to aromatherapy, which is a natural element of treatments.

Thinking about the body, we created rituals consisting of the whole body peeling in which, among other things, flowers of hay or sea salt are used. The next stage is masks and poultices featuring Alpine herbs, algae or botanical hyaluronic acid. At the end of the treatment, we offer massage of the whole body or its chosen parts. What will complement the body rituals is a treatment cleansing the skin of the head or a modelling face massage with a roller made of pink quartz.\*

\* One of the above-mentioned treatments is available when the whole body treatment has been chosen.

We don't perform any treatments during the first trimester.



# BODY COMFORT RITUALS

## TRANQUILLITY FACE & BODY RITUAL

a comprehensive ritual for the face and body leading to utter relaxation. The unique combination of essential oils and a rich facial and body massage will not only ensure relaxation but also guarantee velvety and silky skin after the treatment. Move to the land of essences and wonderful aromas.  
60 MIN 310 PLN

## BODY STRATEGIST

thermogenic drainage and slimming treatment. The intensely reshaping treatment helps fight cellulite and fat tissue in certain areas.  
60 MIN 300 PLN



## AROMATIC WHOLE BODY SCRUB

introduction to numerous treatments and massages  
30 MIN PLN 140



## MOISTURISING RITUAL

the treatment moistens and makes the skin more flexible thanks to an extract from apples and hyaluronic acid: enzymatic peeling - poultice - body massage  
60 MIN PLN 310

## REFRESHMENT RITUAL

detoxifying and stimulating treatment with an Alpine herbs mask: peeling, mask, body massage  
75 MIN PLN 350

# TO STAY BEAUTIFUL

Dazzle with your beauty. Be well rested, charming and stay young for many years. Natural Hightech cosmetics contain everything your skin needs. In accordance with the brand's philosophy, nature is the best laboratory, which is why during our treatments we use natural skin stimulation through massages using rollers made of pink quartz or lifting glass cups. During consultations, our therapists will choose the best solution adapted to the needs of your skin.

We don't perform any treatments during the first trimester.

## ROSE OF YOUTH

lifting face massage on the basis of rose: make-up removal, peeling, manual massage with a roller made of pink quartz, cream for the finish  
45 MIN PLN 180

## BEAUTIFUL LOOK

revitalising treatment of the eye and mouth area  
45 MIN PLN 180

## CLEANSING

exfoliating treatment which normalises skin with imperfections  
60 MIN PLN 290

## ENERGY

anti-oxidation treatment for tired, gray complexion devoid of radiance  
60 MIN PLN 260

## MILDNESS

soothing and calming treatment for skin which is particularly sensitive, young and couperose  
60 MIN PLN 270

## MOISTURISING

rich moisturisation and refreshment for all skin types  
60 MIN PLN 290

## REJUVENATION

regeneration and protection against premature skin aging  
75 MIN PLN 350

## BIOLIFT

firming, smoothing and strong revitalisation of the skin  
90 MIN PLN 450





# REVITALIZATION

## **EXPRESS BEAUTY**

basic treatment selected for a given skin type - this soothing, normalising or moisturising treatment consists of makeup removal, peeling, mask and cream in the end.

30 MIN 150 PLN

## **EXPRESS PEEL**

mildly cleansing ultrasonic peeling, perfect for each skin type, preceded by makeup removal and finished with a suitably selected cream.

30 MIN 170 PLN

## **EXPRESS RELAX**

makeup removal and then a cosmetic massage of the face, neck and decolette on a nutritious cream.

30 MIN 140 PLN

## **EXPRESS MASK**

sheet or algae mask preceded with makeup removal and finished with a cream.

30 MIN 150 PLN

## **EXPRESS INTENSE**

treatment based on intense exfoliating peeling with fruit acids, finished with UV filter cream.

30 MIN 180 PLN

### **For rapid results**

Half an hour of revitalisation - maximum care in minimum time to make your complexion radiant and fresh every day.



## DAY SPA PACKAGES

### ♂ MALE ZONE

A contemporary man is a man who isn't afraid to take care of himself.

- manicure treatment
- pain relieving head and shoulder girdle massage
- Power Lift – energising face treatment

PLN 430

### FEMININITY IN FOOL BLOOM

Well-groomed body, relaxed mind, and radiant complexion is everything you need.

- our very own lifting face massage
- silky whole body peeling
- aromatic and nourishing massage with karite butter

PLN 450

### YOUTHFUL RADIANCE FOR A BOY OR GIRL\*



Offer for teenage Guests who want to learn how to take care of face skin and get rid of tension in the area of the shoulder girdle.

- soothing back massage which relieves pain
- consultation with a cosmetologist
- cleansing and normalising face treatment

PLN 330

\* From the age of 13.

We don't perform any treatments during the first trimester.

### **SPA FOR TWO**

For each person, the package includes:

- relaxing aromatherapy massage
- face treatment selected on the basis of the skin type and its needs
- unlimited access to wellness area (pools, saunas, jacuzzi)
- glass of Prosecco

**400 PLN / PERSON**

### **SOURCE OF YOUTH**

- facial rejuvenation treatment with stimulating face massage and eye area care
- aromatic whole body peeling,
- hand massage

# INFORMATION AND WELLNESS LABEL

## 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 Forest Spa & Wellness reception desk for details.

## 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 us: +48 75 62 99 520, from the room: 9520

or send an e-mail to: [forestspa.szklarskaporeba@radisson.com](mailto:forestspa.szklarskaporeba@radisson.com)

The prices listed are gross prices in PLN.

Forest Spa & Wellness reserves the right to change the prices.

## VISIT

If you want to feel fully comfortable during the visit at Forest 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 arrive at Forest SPA & Wellness in a bathrobe which can be found in the room. If you are a Guest from outside the hotel, the Forest SPA & Wellness reception desk will give you treatment flip-flops and bathrobe, as well as provide with 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 pregnancy, so that we can select an appropriate treatment. Manicure and pedicure are the only treatments we perform during the first trimester.

#### **FOREST SPA & WELLNESS LABEL**

At Forest Spa & Wellness it's forbidden to use mobile phones and other electronic devices. On the premises of Forest SPA & Wellness the smoking ban is in force.

A bathrobe and flip-flops are required in all rooms throughout the stay in Forest 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 any costs. Should you cancel the treatment fewer than 12 hours before the planned visit, the Forest Spa & Wellness reception desk reserves the right to charge the Guest's account with 50% of the treatment's value.

#### **CHILDREN AND TEENAGERS IN FOREST SPA & WELLNESS**

Treatments for children aged 8-13 are performed in the presence of legal guardians.

Taking advantage of the FOREST SPA & WELLNESS services is tantamount to acceptance of the regulations.



# PRODUCTS FOR PURCHASE

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. Please ask the Forest Spa & Wellness reception desk for details.





### **SPA**

9:00 AM - 9:00 PM

### **WELLNESS**

9:00 AM - 9:00 PM



**FOREST SPA & WELLNESS**

Radisson Hotel Szklarska Poręba

Osiedle Podgórze 1F, 58-580 Szklarska Poręba

[forestspa.szklarskaporeba@radisson.com](mailto:forestspa.szklarskaporeba@radisson.com)

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**WELLNESS**

+48 75 62 99 520

from the room: 9520