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COTTONINA

HOTEL & MINERAL SPA RESORT

SPA  
MENU

# MINERAL SPA

"The most beautiful time is when you forget about the whole world and just enjoy the moment."

## MEANING OF PICTOGRAMS:



foot treatment



body treatment



face treatment



treatment for sensitive skin



for vegetarians



for vegans



for activ



for pregnant women



for children



bath



shower





## BODY RITUALS

### COFFEE POWER

Nourishing sugar body scrub with the scent of freshly ground coffee for demanding and sensitive skin, which will stimulate you to be active and put you in a good mood. Macadamia oil, shea butter, coconut oil and coffee particles will make the skin flexible and smooth, leaving a nice, velvety film.

40 MINUTES / 160 PLN

### INDIAN JOURNEY

A unique combination of whole body peeling based on sesame and avocado with a relaxing massage based on oil with Indian spices. A gentle peeling will cleanse and nourish the skin, and a relaxing oil massage will restore the balance of our body and mind.

50 MINUTES / 280 PLN

### ORANGE DELICACIES

A unique body ritual combining aromatic orange and wonderfully fragrant, exfoliating cocoa beans, which activate cell metabolism. Orange extract, rich in vitamins A and C, tones the skin and prevents cell oxidation. Sugar crystals thoroughly cleanse, moisturize and elasticize the skin, while heated aromatic oils provide the skin with refreshment and velvety smoothness.

60 MINUTES / 280 PLN

### JAPANESE CHERRY WITH VANILLA

A treatment with energetic full body exfoliation based on shea butter and cherry extract, which will accelerate regeneration of dry skin. Massage with warm vanilla butter will soften the skin and strengthen its hydro-lipid barrier.

70 MINUTES / 310 PLN

### QUEEN OF THE MOUNTAINS' GOLD

A body ritual with peeling, a body wrap with rejuvenating properties and a relaxing massage with nourishing jojoba oil, which will visibly firm the skin.

80 MINUTES / 390 PLN

### POWER OF MINERALS

A ritual with energetic whole body peeling based on sea salt and thermal water. The nourishing sapphire compress firms and actively remineralizes the skin.

The culmination of the treatment is a massage with antioxidant oil with malachite extract.

90 MINUTES / 410 PLN



## TEA LEAF



A revitalizing body ritual with an intense peeling based on sea salt, which has a draining and moisturizing effect. A rich mask with a warming effect containing green tea and citrus fruits detoxifies the body. Massage with a nourishing balm with hemp extract soothes the most demanding skin.

90 MINUTES / 410 PLN

## ORIGINAL MASSAGES

### MANGO POWER



Relaxing back massage based on mango oil, which reduces muscle tension and brings you into a state of deep relaxation.

25 MINUTES / 130 PLN

### PEAT GLADE



A strongly relaxing back massage combined with a beneficial, warm peat compress. It nourishes the skin and has an antiseptic effect.

40 MINUTES / 180 PLN

### SEVENTH HEAVEN



Massage of the back and the back of the legs based on aromatic oils that stimulate the muscles and the circulatory system, at the same time reducing muscle and nervous tension.

40 MINUTES / 190 PLN

### AROMATIC RELAXATION



Relaxing full body massage with the use of moisturizing, aromatic oils. The treatment brings you into a state of deep relaxation and stress relief.

50 MINUTES / 220 PLN

### SILK SOLACE



A relaxing whole body massage using a candle with a pleasant aromatic scent, recommended for people struggling with a lot of stress and in need of calm and hydration.

50 MINUTES / 240 PLN

### RUBY ENERGY



Warming and moisturizing full body massage with the use of hot stones. The soothing warmth will transfer you to the world of relaxation, and the body will experience an increased flow of energy.

50 MINUTES / 250 PLN



## JASPER SOLACE

A soothing foot and calf massage that will bring relief, add lightness and cool your tired legs. The energetic properties of jasper will balance the work of the endocrine glands and balance the human biofield.

20 MINUTES / 100 PLN

## FACE TREATMENTS

### SOOTHING TOUCH

Relaxing facial massage using an intensively regenerating cream.

A treatment that smoothes and strongly moisturizes the skin.

25 MINUTES / 120 PLN

### TREASURES FROM THE DEPTHS

Original facial massage based on an intensely moisturizing cream and mask, individually selected to suit the skin's needs.

45 MINUTES / 180 PLN

### POWER HYALURONIC

The treatment is based on a mix of hyaluronic acid with very low and high molecular weight to deeply moisturize the skin and at the same time protect it against premature water loss caused by aggressive external factors.

60 MINUTES / 300 PLN

### POWER C+

Modern care for skin tired by excessive sunlight and urban pollution.

An extremely effective cocktail of active ingredients, counteracts skin dryness, brightens discolorations, increases elasticity, adds radiance to the skin and increases its vitality.

60 MINUTES / 300 PLN

### POWER OXYGEN

A treatment that protects, strengthens and oxygenates skin exposed to unfavorable weather conditions and urban pollution. A complex of active ingredients selected with the utmost care, oxygenates cells and strengthens the natural bacterial flora of the epidermis.

60 MINUTES / 300 PLN



## ETERNAL

It regenerates tired, firm skin and stimulates the production of collagen and elastin. The addition of silicon, hyaluronic acid and peptides helps restore the skin's density and deep hydration. Recommended especially for dehydrated skin devoid of vitality.

60 MINUTES / 420 PLN

## CORRECTIVE

A luxurious lifting treatment that lifts even deep wrinkles and restores the skin's firmness, elasticity and youthful appearance. It is a great alternative to aesthetic medicine treatments. Active substances contained in cosmetics effectively fill wrinkles and influence muscle micro-contractions, making the skin beautifully smooth.

75 MINUTES / 500 PLN

# ADDITIONAL TREATMENTS

## CAVITATION PEELING\*

Gentle facial peeling dedicated to skin with vascular problems. The treatment is performed using a device emitting ultrasound.

\*Cavitation performed only in addition to facial treatments

15 MINUTES / 70 PLN

## THERAPEUTIC MUD COMPRESS

The treatment involves covering the painful area with therapeutic mud containing mineral and organic ingredients (proteins, amino acids, bitumens, humic acids).

It relieves pain, reduces muscle tension and improves blood circulation.

20 MINUTES / 60 PLN

## LYMPHATIC DRAINAGE

Mechanical drainage of the lower limbs is a compression therapy system for lymphedema that stimulates blood and lymph circulation and stimulates the muscular system through repeated contraction and stretching.

25 MINUTES / 70 PLN



## TREATMENTS FOR CHILDREN\* AND PREGNANT WOMEN\*\*

\*for children from 12 months to 11 years of age

\*\*for pregnant women from the second trimester

### BUTTERFLY'S WINGS



Relaxing massage with fruity shea butter for children. Shea butter is a rich source of vitamins A and E, perfectly lubricates and nourishes the baby's delicate skin, restoring its comfort and hydration.

20 MINUTES / 110 PLN

### S.O.S. KIDS SPA



S.O.S. treatment Kids SPA is a specialized treatment aimed at soothing and regenerating dry, sensitive, as well as allergic and atopic skin of the child.

A gentle massage using herbal care butter and shea butter will protect and strengthen the skin against external factors.

40 MINUTES / 220 PLN

### A GREAT WAIT



A relaxing massage performed with natural, warm shea butter, which restores the skin's hydrolipid balance and brings the body into a state of blissful relief. A relaxed mother also means a calm baby.

50 MINUTES / 220 PLN

### A PARADISE FOR FUTURE MOTHERS



A subtle ceremony for future mothers, starting with a delicate whole body peeling combined with a relaxing massage based on natural almond oil. It has a relaxing and strongly moisturizing effect.

60 MINUTES / 290 PLN



## TREATMENTS FOR TEENAGERS\*

\*Treatments for children aged 12 to 16, each treatment is preceded by a cosmetology consultation

### FACIAL TREATMENTS

#### PURIFYING

A treatment for problematic skin based on sulphur that effectively cleans the pores of the skin. The content of the complex based on bakuchiol ACN and lactobacillus probiotics regulate the secretion of sebum reducing imperfections.

40 MINUTES / 240 PLN

#### SENSITIVE

A regenerating treatment designed for very sensitive skin prone to hyper-reactivity, enriched with anti-irritating neuropeptides, balancing the defence system. It contains vitamins E and F, and ceramides.

40 MINUTES / 280 PLN

#### SKIN MICROBIOME

A soothing rescue treatment with extraordinary moisturizing, nourishing and regenerating power for dry, sensitive skin. Thanks to the use of a complex of prebiotics and probiotics and a composition of perfectly selected ingredients, it restores the skin's physiological balance and strengthens the skin's natural defense mechanisms and immunity.

40 MINUTES / 230 PLN

### BODY TREATMENTS

#### ORANGE SUMMER

Relaxing back massage based on sunflower oil with a unique fruity scent.

20 MINUTES / 110 PLN

#### FRUIT PARADISE

A relaxing massage of the back of the body based on fruit shea butter, relaxes muscles and reduces stress. Shea butter is a rich source of vitamins A and E, perfectly moisturizes the skin and leaves a pleasant fruity scent.

30 MINUTES / 140 PLN





## SPA RULES

1. Arrive to the SPA Reception Desk at least 10 minutes before the planned treatment, so that you have time to change clothes, provide information about your health and talk to the therapist. Being late will shorten the treatment time without the right to a discount.
2. Before the procedure, read the contraindications. If there are no contraindications, you must sign a consent to perform the procedure and inform about all diseases and surgical interventions. If information about diseases that constitute a contraindication to the treatment is withheld, we reserve the right to interrupt the treatment and charge the Guest the full payment for the treatment.
3. Guests with health problems (high blood pressure, heart disease) and pregnant women should report this fact at the SPA Reception Desk.
4. The first trimester of pregnancy is a contraindication to the procedures.
5. All changes to treatments should be reported (by e-mail, by phone or in person at the SPA) no later than 4 hours before the appointment. For services cancelled later than 4 hours before their scheduled start, a fee of 50% of their value will be charged. In the case of a temporary reservation (without selecting a treatment), failure to cancel will result in a payment of PLN 150 added to the room.
6. Minors may use the treatments only with written consent of their parents or guardians. Children up to 12 years of age at the SPA reception and during the treatment they must be under the supervision of a legal guardian.
7. The SPA reserves the right to interrupt a child's treatment in the event of the child's crying, reluctance or poor well-being.
8. The SPA is not a sanatorium facility and the treatments performed are cosmetic procedures.
9. Treatments included in the packages cannot be exchanged for other treatments. We do not provide a discount on the package. Packages and special offers do not add up.
10. Treatment duration is given taking into account the preparation time of the guest for the treatment and the shower time after the treatment (if required).
11. The SPA zone is a quiet zone, a place of relaxation and tranquillity. Please refrain from using mobile phones during treatments and maintaining silence at the SPA reception.
12. We do not serve alcohol in the SPA - alcohol consumption is prohibited. We reserve the right to refuse to perform treatments if the guest is under the influence of alcohol, drugs or other stimulants or is aggressive. In the event of inappropriate behaviour, we reserve the right to terminate the treatment and charge the guest with full payment.
13. Men planning to undergo any treatments are advised to shave their face at least 2 hours before the planned appointment to avoid skin irritation.
14. Women planning to have a full-body treatment should undergo epilation no later than one day before the scheduled treatment.
15. Most body treatments are performed without clothes. Before the procedure, you will receive disposable underwear.
16. A warm shower before the treatment will ensure complete relaxation and increase comfort during the treatment.
17. SPA treatments are performed by therapists.





# COTTONINA

HOTEL & MINERAL SPA RESORT



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