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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:



body treatment



face treatment



treatment for sensitive skin



for vegetarians



for vegans



for active



for pregnant women



for children



bath



shower

Prices for treatments are valid from 01.12.2025r.





## BODY RITUALS

### THE POWER OF PEELING

A nourishing body scrub for demanding and sensitive skin that will stimulate and put you in a good mood. Macadamia oil, shea butter, coconut oil and coffee particles will make your skin supple and smooth, leaving a pleasant, velvety film. The treatment is finished with the application of nourishing shea butter.

40 MINUTES / 180 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

### LEMON PARADISE

A refreshing scrub based on sugar crystals embedded in natural shea butter with a pleasant citrus scent. The treatment is topped off with a relaxing oil massage that will restore balance to your body and mind.

60 MINUTES / 280 PLN

### ORANGE DELICACIES

A relaxing body ritual combining a chocolate scrub with an aromatic massage based on natural shea butter with a pleasant scent of fresh orange. The scrub will thoroughly cleanse and elasticise the skin, while the massage with warm orange butter will nourish it and leave it velvety smooth.

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



## SWEET MOMENT

A relaxing ritual with the scent of chocolate and nougat, beginning with a body scrub.  
The treatment culminates in a massage with warm macadamia nut oil.

70 MINUTES / 320 PLN

**\* A chocolate mask can be purchased separately for the treatment. This nourishing chocolate mask, based on grape seed oil, is a source of linoleic acid and vitamin E. The mask has a soothing, softening and strongly regenerating effect.**

20 MINUTES / 70 PLN

## ORIGINAL MESSAGES

### EMERALD TOUCH

A relaxing back massage with warm oil that relieves muscle tension and induces 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.

\*in summer we reserve the right to refuse treatment due to the prevailing high temperatures

50 MINUTES / 250 PLN



## JASPER SOLACE



A soothing back leg massage that will bring relief, add lightness and provide a cooling sensation to 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



An original facial massage based on an intensely moisturising cream and mask, individually tailored to the needs of your skin.

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 / 320 PLN

### AQUATHERM



A soothing treatment for sensitive and reactive skin, based on thermal water from the Pyrenees. Prebiotics, ceramides, bisabolol and chamomile extract soothe irritations, strengthen the protective barrier and intensely moisturise. Ideal after mountain activities or as a regenerating calming ritual.

60 MINUTES / 380 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 treatment with a lifting effect, restoring firmness, elasticity and a youthful appearance to the skin. It is a sensational alternative to aesthetic medicine treatments. The active substances contained in the cosmetics effectively fill in wrinkles and affect muscle microcontractions, leaving 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

## RF SKEYNDOR – THE TECHNOLOGY OF YOUTH

Modern needle-free radiofrequency that works in the deeper layers of the skin, restoring its firmness and elasticity. An ideal addition to facial treatments.

\*Radiofrequency is performed only as an addition to facial treatments. It covers the face, neck and décolleté area.

20 MINUTES / 110 PLN



## MEGAN BY SKEYNDOR

### MEGAN SUPERLIFT - EXCLUSIVE TECHNOLOGICAL FACELIFT

An innovative lifting treatment that restores youthful facial contours, firms and tightens the skin, and visibly reduces expression lines. Tri Synergy Tech works deep down, stimulating collagen fibres and improving skin elasticity.

60 MINUTES / 400 PLN

### MEGAN FILLING WRINKLES - FILLING AND REGENERATION

Advanced therapy for skin in need of moisturising and smoothing. The treatment stimulates regeneration processes, fills in furrows and wrinkles, restoring the skin's firmness and youthful appearance.

60 MINUTES / 400 PLN

### MEGAN BRIGHTENING GLOW - RADIANT COMPLEXION AND REDUCTION OF DISCOLOURATION

Advanced therapy for skin in need of moisturising and smoothing. The treatment stimulates regeneration processes, fills in furrows and wrinkles, restoring the skin's firmness and youthful appearance.

60 MINUTES / 350 PLN

### MEGAN PURE BALANCE - DEEP CLEANSING AND NORMALISATION

An effective cleansing treatment for oily, combination and problem skin. It regulates the sebaceous glands, reduces the appearance of pores and restores the skin's balance and matte appearance.

60 MINUTES / 350 PLN

### \*BODY SHAPING BY MEGAN BODY - FIRMING AND ELASTICITY

An intensive body contouring treatment that improves skin tone. Advanced Tri Synergy Tech technology has a lifting effect, strengthening the skin structure and restoring its elasticity.

60 MINUTES / 350 PLN

### \*ANTI-CELLULITE THERAPY BY MEGAN BODY - REDUCTION AND SLIMMING

A concentrated treatment that combats cellulite and localised fat deposits. The treatment improves microcirculation, accelerates cellular metabolism and visibly improves skin structure. Recommended for people struggling with 'orange peel skin' and wanting to shape their figure.

60 MINUTES / 350 PLN

\*Treatment for a selected body part: thighs, abdomen, arms.



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

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

\*\*for pregnant women from the second trimester

\*The presence of a parent in the treatment room during procedures for children is mandatory.

### 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

## BODY TREATMENTS

### ORANGE SUMMER

A relaxing back massage based on sweet almond oil with a unique fruity fragrance.

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. Gentlemen planning to undergo treatment are advised to shave their faces at least 2 hours before their scheduled appointment to avoid skin irritation.
15. Guests who have planned full-body treatments should undergo hair removal no later than 24 hours before the scheduled treatment.
16. Most body treatments are performed without clothing. Before the treatment, guests will receive disposable underwear.
17. In order to maintain the highest standards of hygiene and comfort for our guests, we kindly ask you to use the shower in your room before arriving for your treatment. SPA staff reserve the right to refuse service in the event of non-compliance with personal hygiene rules.
18. SPA treatments are performed by male and female therapists.





**COTTONINA**  
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7 Sanatoryjna Street  
59-850 Świeradów-Zdrój  
Hotel Reception: +48 75 78 45 500  
[info@cottonina.pl](mailto:info@cottonina.pl)

Mineral SPA Reception: +48 75 73 49 659  
0509 extension no. from hotel room  
[spa@cottonina.pl](mailto:spa@cottonina.pl)

[WWW.COTTONINA.PL](http://WWW.COTTONINA.PL)