



MENU ACTIVE SPA

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

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

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

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