

MENU



EN





## MASSAGE WORLD

### RELAX

Relaxing massage for stressed persons who need silence.

Select massage type:

#### BASE

Relaxing massage on the base  
aroma-free sunflower.

25 MIN – PLN 180 | 50 MIN – PLN 240

#### COCO

Massage on pure 100% coconut oil.

50 MIN – PLN 290

#### SHEA

Massage with warm, regenerating and nourishing Shea butter,  
available in two scent notes.

25 MIN – PLN 220 | 50 MIN – PLN 300

#### CANDLE

Massage with a warm candle, which contains a mixture of oils: soy,  
coconut and rose tree. The candle is available in three scent versions.

50 MIN – PLN 300

### BLUE OCEAN

Original Vagheggi massage with the use of essential oils, perfect  
for those who want to eliminate excess fluids from the body  
and experience deep regeneration.

30 MIN – PLN 220

## FESTINA LENTE

Original Vagheggi massage restoring balance and peace, the massage is preceded with the selection of the essence that best suits the client's mood. Concerns and tension disappear, and new energy permeates the whole body.

50 MIN – PLN 320

## STONE

Relaxing massage with warm stones.

Select massage type:

### BASALT

Relaxing and calming massage with warm basalt stones and fragrance-free sunflower seed oil.

30 MIN – PLN 200 | 55 MIN – PLN 290

### FUOCO

Relaxing massage on oil, performed on hand-made stones from volcanic rock.

45 MIN – 320 PLN

### FUOCO PLUS

Massage enriched with Mediterranean salt scrub, as well as lychee seeds, concentrate and hot&cold mask with volcanic powder and caffeine, providing amazing sensations to the skin.

Fuoco Plus is a perfect solution to find your dream body shape.

90 MIN – PLN 380





## SEA BOLUS

Energizing and aromatic massage with stamps with sea salt and lavender.

50 MIN — PLN 320

## MADERO

Intensive massage of selected body parts performed with specialized tools made of natural beech wood, which cures cellulite, accumulation of excess water and guarantees firmness of tissues.

40-45 MIN — PLN 350

## ABHYANGA

Indian philosophy massage, performed on natural sesame seed oil; it unblocks congestions in energy points.

90 MIN — PLN 420

## SHIRODARA

Indian massage for "the third eye"; specifically a small trickle of warm oil is poured on the point between the eyebrows; the massage leads to a state of blissful relaxation.

45 MIN — PLN 320



## UDVARTANA

Deep, peeling Indian whole body massage; warm oil is poured on the body, and then it's sprinkled with powder based on unique Ayurvedic herbs.

30 MIN – PLN 300

## LOMI LOMI

Relaxing Hawaiian whole body massage performed with forearms to the rhythm of the breath.

60 MIN – PLN 320

## BALI HAI

Balinese energizing whole body massage which eliminates muscle pain, improves blood and lymph flow, strengthens CHI energy.

60 MIN – PLN 320

## THAI FEET

Thai foot massage with elements of reflexology.

30 MIN – PLN 160

## BALANCE

Relaxing massage of the muscles of the head, neck and nape.

30 MIN – PLN 160





## LEG REVIVAL

Phytomer treatment bringing relief and relaxation for sore and tired lower parts of legs, especially recommended for pregnant women.

45 MIN — PLN 200

## SCULPT ZONE

Targeted Phytomer treatment on the abdomen-buttocks-thighs with intense salt scrub and innovative thermo-modeling wrap based on sea algae.

60 MIN — PLN 340 | 4-treatment package — PLN 1000

## SEA HOLISTIC

Phytomer body ritual with body scrub and massage with relaxing and aromatic sea salt and lavender stamps, concluded with head massage.

75 MIN — PLN 360

## SPA FOR TWO

In the room for Two we perform most massages and rituals from the H<sub>2</sub>O SPA Menu for two persons at the same time.

Bestseller treatments for couples:

### FESTINA LENTE

50 MIN — PLN 600 / for two persons

### ROKITNIKOVE LOVE

70 MIN — PLN 600 / for two persons

### SEA HOLISTIC

75 MIN — PLN 690 / for two persons



## BEAUTY RITUALS

### KOBIDO

Japanese lifting face, neck and décolleté massage, visible effects after just one treatment

60 MIN – PLN 300

### FACE

Relaxing face, neck and décolleté massage.

25 MIN – PLN 140 | \*Massage scope can be extended with algae mask at the price of PLN 50

### PROFACIAL

Comprehensive treatment with hydrogen purification, radio wave and ionic lifting, as well as a firming sheet mask.

60 MIN – PLN 350

### MEZO

An innovative device used for precise fractional microneedling of the epidermis and dermis. The effects that we achieve after this treatment are: improvement of skin density and elasticity, visible reduction of wrinkles, natural stimulation of the collagen synthesis, reduction of acne, post-surgery and burn scars, evening out of the skin tone.

50 MIN – PLN 490

### HYDROGEN CLEANSING

Comprehensive face treatment with cleansing water scrub with simultaneous pumping of a preparation with active substances, serum, mask and cream at the end. Products are selected according to the skin type.

40-50 MIN – PLN 220 | \*to face treatment PLN 180

## CAVITATION PEELING

Complex Forrled face treatment with skin cleansing by means of cavitation peeling, a mask and ampoule matched to the needs of the skin, introduced by ultrasounds.

50 MIN – PLN 200 | \*to face treatment – PLN 80

## EXPRESS BRIGHTENING TREATMENT

BY MARIA GALLAND

The treatment helps the skin fight impurities, pigmentation changes, redness and dryness.

35 MIN – PLN 220

## CYFOLIA ORGANIC

Organic Phytomer treatment with ECOCERT certificate. The treatment that perfectly moisturizes and immediately brightens the skin, combining organic products with extraordinary effectiveness.

60 MIN – PLN 300

## HYDRA ORIGINAL

Filling and moisturizing Phytomer treatment with sea algae. Results are immediate: your skin regains comfort and radiance, as well as looks rested.

60 MIN – PLN 320

## SKIN ESCAPE FOR MEN

Special Phytomer treatment for men: moisturizing, rejuvenating, soothing or impurities-oriented treatment adapted to the specific nature of the male skin.

60 MIN – PLN 300



## DOUCEUR MARINE

Soothing Phytomer treatment restoring the skin comfort. This pampering treatment softens the skin, strengthens its protective system, soothes and moisturizes.

60 MIN – PLN 320

## SENSI SKIN

Recommended Forrled treatment for sensitive, atopic skin prone to allergies and irritation, it restores the hydrolipid barrier of the epidermis. It is also recommended after aesthetic medicine treatments and sunburns.

40 MIN – PLN 250 | 3-treatment package PLN 700

## ANTIAGING LIFTING TREATMENT

Forrled treatment for mature skin types featuring bio-stimulating ingredients which effectively delay aging processes.

50 MIN – PLN 500

## BRIGHTENING AND RENEWAL WITH VITAMIN C

Brightening and cleansing Forrled treatment with highly concentrated 30% vitamin C

60 MIN – PLN 470

## H<sub>2</sub>O FOR RADISSON BY FORRLED

Detoxifying and oxygenating Forrled treatment for tired skin types showing signs of aging.

60 MIN – PLN 450

## PLATINUM TREATMENT

Luxurious Forrled treatment with low molecular, ionized platinum for skin with uneven color and loss of firmness. It reduces the number of wrinkles and prevents the formation of new ones.

60 MIN — PLN 550

## MODELING GYPSUM MASK

**BY MARIA GALLAND**

Iconic anti-age treatment remodeling facial contours and based on the choreography of manual gestures. Unique thermo modeling properties of gypsum spectacularly smooth the skin.

90 MIN — PLN 490

## EYE PERFECTION

Extremely versatile Phytomer treatment for bright, young eyes. After the treatment, the skin around the eyes is smooth and rested.

25 MIN — PLN 150 | to face treatment — PLN 80

## GLOBAL EYECON BY MESOESTETIC

Professional rejuvenating treatment for the area around the eyes, combining a dedicated scrub and microneedle mesotherapy.

30 MIN — PLN 250





## HAND AND FOOT CARE

### MANICURE

#### BASIC

Hand nail care without painting.

DO 40 MIN – PLN 100

#### SPA

Hand and nail care with the use of peeling, mask and vitamin conditioner.

DO 60 MIN – PLN 120

#### JAPANESE

A nail regeneration method that consists in massaging the appropriate paste into the plate, and then polishing the surface of the nail with powder. The treatment gives them healthy, pink gloss which lasts for about two weeks.

DO 60 MIN – PLN 120

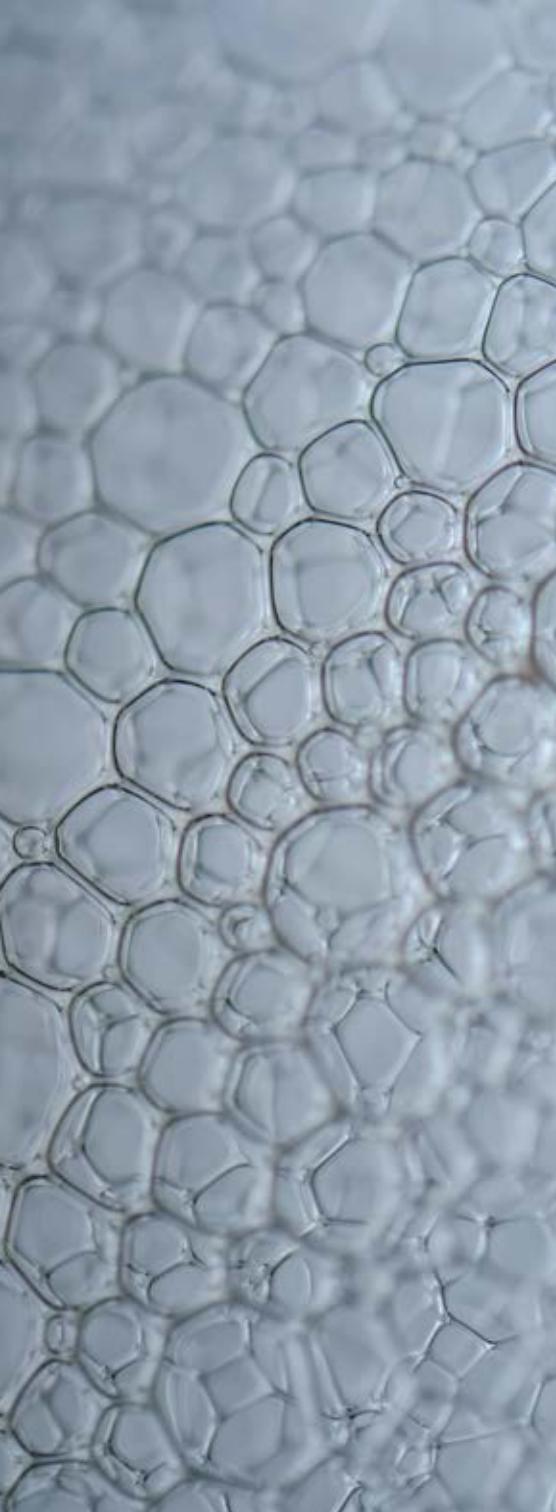
Additional services\*:

painting with classic polish – PLN 25

painting with hybrid polish – PLN 45

hybrid removal – PLN 30

\*painting is a manicure / pedicure extension, and it cannot be done as a single service.



## PEDICURE

### BASIC

UP TO 50 MIN – PLN 120

Foot nail care without painting.

### SPA

UP TO 70 MIN – PLN 150

Foot and nail care with the use of peeling, mask and vitamin conditioner.

Additional services\*:

painting with classic polish – PLN 25

painting with hybrid polish – PLN 45

hybrid removal – PLN 30

\*painting is a manicure / pedicure extension,  
and it cannot be done as a single service.



## EYE FRAME

### EYEBROW ADJUSTMENT

UP TO 10 MIN — PLN 30

### EYEBROW POWDER HENNA

UP TO 60 MIN — PLN 120

### EYELASH LAMINATION

UP TO 60 MIN — PLN 160

### EYEBROW LAMINATION

UP TO 60 MIN — PLN 160

## SPA FOR KIDS 4-12 LAT

### DREAM ON A SMALL CLOUD

Delicate body massage on oil or IRRITUAL cream.

UP TO 30 MIN — PLN 160

### CHOCOLATE HOUSE

Sweet massage with genuine chocolate.

UP TO 30 MIN — PLN 160

### MINI MANICURE

Bio manicure with classic lacquer painting.

UP TO 30 MIN — PLN 80



## SPA FOR KIDS AGE 12-16

### CAVITATION PEELING

Comprehensive Forrled face treatment with skin cleansing by means of cavitation peeling, mask adapted to the skin needs and ampoule inserted with ultrasounds.

50 MIN — PLN 200

### SHEA

Massage with warm, regenerating and nourishing Shea butter, available in two scent notes.

25 MIN — PLN 220

Treatments performed in the presence of the child's parent / guardian

# TAKING CARE OF HEALTH



## MEDICAL APPOINTMENT

PLN 150 / 1 person

## CLASSIC

Classic massage for persons with muscle pain, eliminating muscle tensions, especially in persons involved in intense physical activity.

25 MIN – PLN 220 | 50 MIN – PLN 280

## MUD POULTICE

of one area.

DO 20 MIN – PLN 50

## SOLLUX LAMP

PLN 15

## CURRENTS

PLN 15

TENS | INTERDYN  
KOTZ GALVANIC | TRÄBERT  
DIADYNAMIC

## ULTRASOUNDS

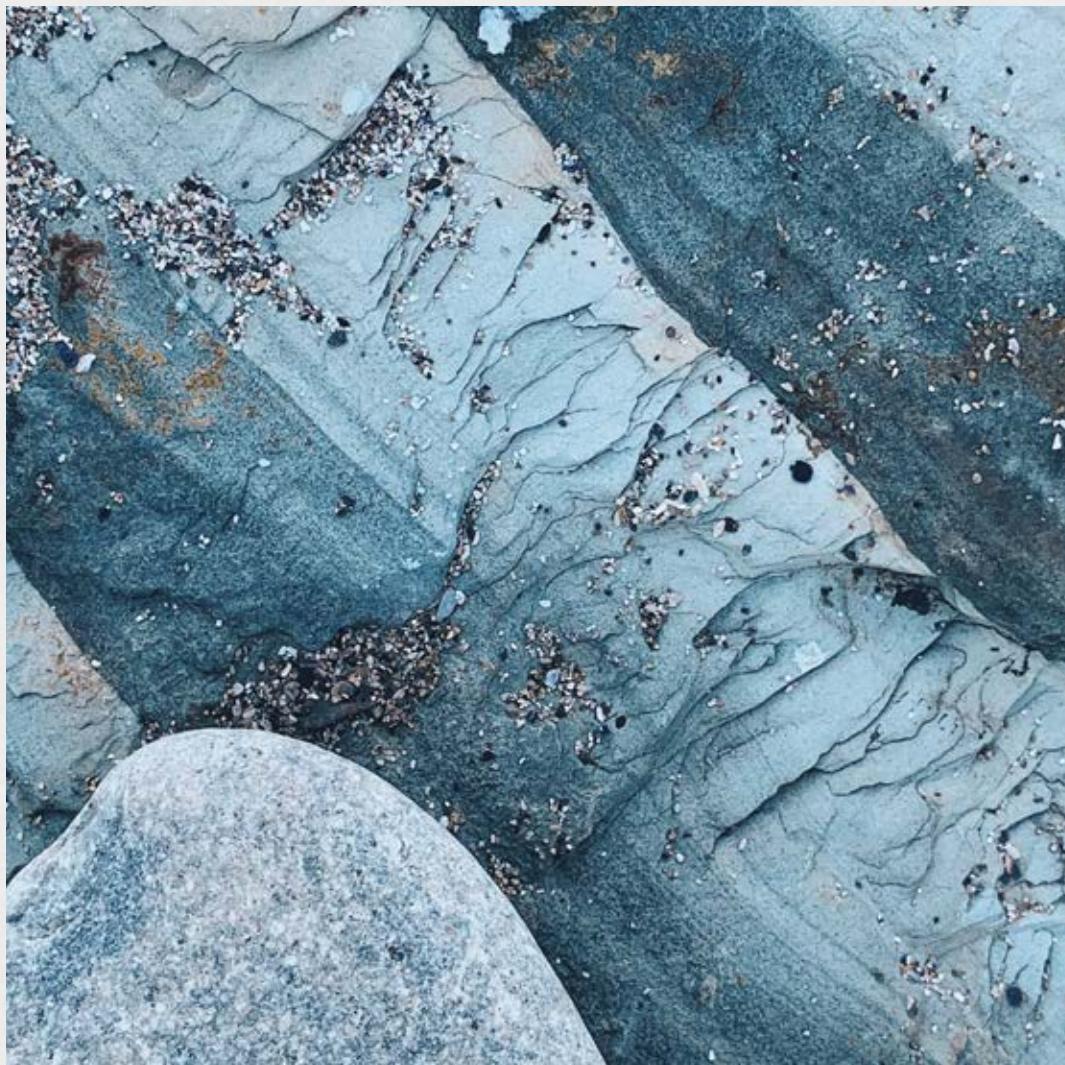
PLN 25

## KRIOTERAPIA MIEJSCOWA

PLN 25

## POINT LASER

PLN 15





## H<sub>2</sub>O SPA REGULATIONS



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## OPENING HOURS

H<sub>2</sub>O SPA is open between 9:00 am and 9:00 pm.

The hotel reserves the right to change the opening hours.

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