



# PRESTIGE

## SPA

### FULL-BODY MASSAGES

Massage with an almond-honey preparation (peeling massage)	50 min.	350 zł
Massage with real warm chocolate	50 min.	310 zł
Massage with a warm, aromatic, and nourishing candle	50 min.	300 zł
Mix massage – a combination of classic massage with hot stones	50 min.	280 zł
Draining massage with bamboo	50 min.	280 zł
Prenatal massage in a side position with nourishing shea butter	50 min.	270 zł
Hot stone massage	50 min.	260 zł
Massage with aromatic shea butter	50 min.	260 zł
Classic massage	50 min.	250 zł
Back body massage	50 min.	240 zł

### PARTIAL MASSAGES

Back massage with warm, nourishing candle wax	25 min.	200 zł
Partial mix massage – a combination of classic massage with hot stones	25 min.	190 zł
Back massage with hot stones	25 min.	180 zł
Prenatal back massage in a seated position	25 min.	180 zł
Bamboo leg drainage massage	25 min.	170 zł
Foot massage with elements of reflexology	25 min.	160 zł
Massage with aromatic shea butter	25 min.	160 zł
Classic back massage	25 min.	150 zł

## SIGNATURE MASSAGES AT PRESTIGE SPA

**Chocolate Full-Body Massage** – a luxurious experience beginning with a body scrub, followed by a relaxing massage using natural chocolate-scented shea butter.

90 min. 420 zł

**Herbal Touch of the Karkonosze** - Inspired by the nature of our mountains, this ritual begins with a hand and foot massage using an herbal scrub based on shea butter, followed by a relaxing body massage enriched with the soothing warmth of hot stones and bamboo. The treatment provides deep relaxation and regeneration.

85 min. 400 zł

**Honey & Almond Peeling Massage** – a rejuvenating full-body and facial treatment that combines gentle exfoliation with nourishing massage techniques.

75 min. 390 zł

**Intensive Sports-Inspired Massage** – a powerful, warming massage incorporating techniques that target the entire muscular system, relieving tension and soreness. Ideal for both pre- and post-workout recovery, with techniques tailored to individual needs by the massage therapist.

60 min. 390 zł

**Prestige Spa Signature Massage** – an innovative massage combining three techniques: the nourishing warmth of a candle, the soothing heat of hot stones, and reflexology to stimulate the feet.

90 min. 380 zł

**Hawaiian Lomi Lomi Massage** – a deeply relaxing and soothing massage that brings inner peace and tranquility through flowing movements performed with both hands and forearms, creating a sensation of "body floating."

\*60 min. 330 zł

\*90 min. 380 zł

**Peat Therapy Relief** – a therapeutic treatment beginning with a herbal back scrub, followed by a warming and relaxing peat wrap. The session concludes with a choice of either a classic back massage or a full-body massage.

\*50 min. 250 zł

\*80 min. 380 zł

**Lymphatic Drainage for Arms & Legs with Back Massage** – a specialized manual massage designed to improve blood and lymph circulation, alleviate heavy, aching legs, and support the body's natural detoxification process.

50 min. 270 zł

**Head & Neck Massage with Nourishing Indian Oils** – a signature massage that promotes overall well-being by relieving tension, enhancing relaxation, and improving circulation.

30 min. 210 zł