

## TREATMENTS INSPIRED BY THE EAST

### KOBIDO JAPANESE FACE LIFT

A unique facial massage with lifting effects, yet deeply relaxing. Kobido facial massage is a traditional Japanese beauty ritual that utilizes techniques to release deep facial muscle tension and firm the skin. The benefits extend beyond the face, as tense muscles in the neck, décolletage, head, and shoulders also experience relief. Stimulated nerves enhance energy flow, leading to a natural facelift effect. An excellent treatment for those struggling with bruxism and migraines.

60 min. 310 zł

### SHIRO ABHYANGA - with head massage using warm oil.

This is a combination of Abhyanga with a special head massage. It effectively alleviates stress, supports memory and concentration, and improves cognitive function during periods of fatigue.

80 min. 430 zł

### ABHYANGA – Cleansing and Rejuvenation

An incredibly relaxing full-body massage with Ayurvedic oils that activates the immune system and detoxifies the body.

50 min. 380 zł

### UDVARTANA Ayurvedic Scrub Massage

This is an unusual combination of massage with an incredibly pleasant and health-promoting scrub. The warm scrub, in the form of a loose, natural herbal blend, envelops the body previously warmed with oil. This creates a feeling of blissful relaxation and relief. Additionally, the healing properties of the herbs detoxify the body, leaving the skin exceptionally soft.

50 min. 330 zł

### THAI FOOT MASSAGE

A traditional Thai pressure massage, preceded by a cleansing herbal scrub. Known for its healing properties, it unblocks the body's energy channels, inducing a state of relaxation and calm.

45 min. 250 zł

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### TIBETAN TREATMENT WITH GHASSOUL CLAY

A treatment using Turkish bath techniques, performed on a hammam bed. The treatment begins with a full-body scrub using foam created from Savon Noire soap. The next step is a pore-opening, relaxing massage with hot towels. On the prepared skin, we apply a firming and regenerating mask made from Ghassoul clay and Indian nettle. While the mask is absorbing, a pressure massage of the head, face, neck, shoulders, and legs is performed. The treatment ends with a full-body massage using argan oil.

120 min. 550 zł

### TIBETAN TREATMENT

A treatment using Turkish bath techniques, performed on a hammam bed. It begins with a full-body scrub using foam created from Savon Noire soap. The next step is a pore-opening, relaxing massage with hot towels, preparing the body to absorb argan oil during a full-body massage.

**\*Before the Tibetan treatment, it is recommended to use the steam bath.**

90 min. 440 zł

### THAI MASSAGE

Thai massage is a traditional therapeutic method originating from Thailand. It is based on the principles of Ayurvedic and Chinese medicine, focusing on unblocking the body's vital energy through physical manipulation. This unique technique combines elements of acupressure, passive yoga, and stretching. The massage is performed without the use of oils, and the therapist works with the entire body, applying pressure using their hands, elbows, knees, and feet.

Please arrive for the treatment in comfortable sportswear.

60 min. 380 zł

90 min. 430 zł