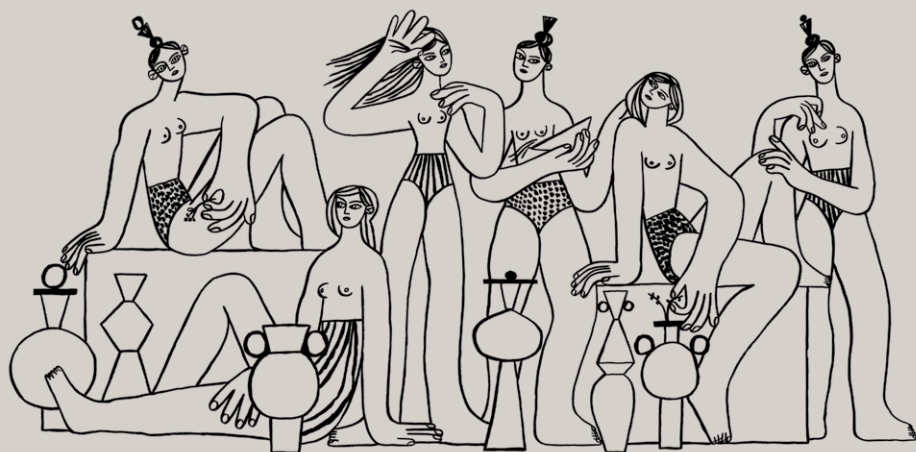


# *LAVA e Sal*



## *Menu SPA*

# LAVA e Sal



water



body



meditation



woman



man



pregnant



hammam



face



aromatherapy



for couples

# Philosophy of Balance

*Our inspiration is a return to harmony and an inner consensus on our two natures and needs.*  
*On the one hand, it is Salt as a symbol of purification of the body and mind, detoxification, bath, and spirituality.*  
*On the other hand, Lava symbolizes regeneration, sensuality, sexuality, awareness, and self-acceptance.*

*Our original rituals are a journey we will take you on:  
SAL – it will cleanse and prepare you for the journey and stimulate your imagination.*  
*LAVA – warms up, gives energy, and satisfies the senses.*  
*You will find harmony in the WATSU ritual, through which a guide-therapist will guide you. You will feel the healing power of water and the self-healing power of your own body.*

*We also believe in the therapeutic power of superior design and art that surrounds us.*

*Our interiors are to be a soothing oasis, and treatments an exciting journey.*

*We believe in the power of sound and smell.*  
*Our philosophy is to find a balance between what is “outside” and what is “inside”.*

*You cannot escape, but you can rest, give yourself time... and pleasure.*



# Sal

*Begin your journey to inner harmony by cleansing your body and mind. The original rituals of the SAL were created to prepare your body for the further journey.*



## SAL

salt-aromatic peeling of the whole body  
duration: 25 min  
price: 155,00 pln



## SAL SAGRADO

whole body massage with the use of warm salt stones cleanses, warms and relieves muscle pains  
duration: 55 min  
price: 360,00 pln

full body massage supplemented with foot massage  
duration: 80 min  
price: 420,00 pln



## SAL STEMP

massage with stamps filled with salt and herbs detoxifies, revitalizes the body, and relaxes strained muscles  
duration: 55 min  
price: 390,00 pln



## WATSU RITUAL

takes place in an aquatic environment and is the most advanced form of work with the body; a holistic approach deeply relaxes all muscles and soothes the mind  
duration: 75 min  
price: 450,00 pln



## WAVEBALANCE OIL RITUAL

oil ritual releasing tension throughout the body, bringing a feeling of relaxation after the first session  
duration: 75 min  
price: 420,00 pln



## WAVEBALANCE RITUAL

therapeutic relaxing massage performed in a comfortable outfit, combining elements of sound therapy, manual massage and stretching  
duration: 45 min  
price: 280,00 pln



## DETOX RITUAL

detoxifying ritual begins with a bath in magnesium salt flakes and ends with an original SAGRADO massage  
duration: 90 min  
price: 420,00 pln





# Lava

*A journey into the earth, a return to the roots, self-acceptance, and consciousness of the body.*

## LAVA INTENS

basic therapeutic massage enriched with basalt sticks massage, eliminates the symptoms of pain, tension and stress accumulated in the muscles

back  
duration: 30 min  
price: 180,00 pln

selected parts of the body  
duration: 55 min  
price: 380,00 pln

whole body combined with head massage  
duration: 75 min  
price: 420,00 pln

## LAVA SENSITIVE

enchanting, aromatherapy holistic massage, relaxes and calms the mind and body

body  
duration: 55 min  
price: 350,00 pln

head, face, body, feet  
duration: 80 min  
price: 420,00 pln

## QUARC STEMP

massage with quartz stamps warming and relieving pain  
duration: 55 min  
price: 390,00 pln

## MOXA RITUAL

massage combined with the healing properties of moxa, which stabilizes the nervous system and increases immunity  
duration: 75 min  
price: 420,00 pln



## TYBET RITUAL

manual massage combined with sound massage reduces stress and anxiety, relieves physical tension, improves mood and concentration  
duration: 75 min  
price: 420,00 pln

## LAVA STONE

massage with basalt stones  
czas: 55 min  
cena: 330,00 zł

## LAVA NEGRA

nourishing-detoxifying ritual for the body using the beneficial properties of clay performed in the mud bath and hammam

1 person  
duration: 75 min  
price: 490,00 pln

2 persons  
duration: 90 min  
price: 990,00 pln

## ANTY-STRES RITUAL

thanks to the properties of aromatherapy, you will regain your natural balance and harmony, the treatment combines a ritual for the body and the face  
duration: 110 min  
price: 630,00 pln

## MUD RITUAL

clay is a gift of the Earth used in a mud bath ritual, detoxifies, and strongly nourishes our body

1 person  
duration: 45 min  
price: 350,00 pln

2 persons  
duration: 45 min  
price: 650,00 pln

## FOR HIM

rehabilitating ritual with a masculine fragrance note combines a nourishing facial treatment and a massage eliminating stress and toxins with the use of moxa  
duration: 110 min  
price: 630,00 pln

## FOR HER

the firming ritual for her is a combination of regenerating facial treatment, elasticizing body compress and metabolism stimulating massage with the use of glass massage cups  
duration: 110 min  
price: 630,00 pln





# Lava e Sal

*A return to harmony and an inner consensus on our two natures and needs.*

*Salt symbolizes purification, lava senses and sexuality.*



## HAMMAM

whole body cleansing treatment. Kess glove, black beldi soap and foam massage will make your body smooth and nourished

1 person	2 persons
czas: 55 min	czas: 55 min
cena: 420,00 pln	cena: 790,00 pln



## HAMMAM RITUAL

nourishing and smoothing holistic ritual where we combine a hammam bath, and the treatment ends with an anointing the whole body with warm oil

1 person duration: 90 min  
price: 630,00 pln



## HAMMAM FOR TWO

hammam bath, and the treatment ends with an anointing the whole body with warm oil

2 person duration: 100 min  
price: 1200,00 pln



## SIGNATURE LAVA E SAL

aromatherapeutic original ritual for body and spirit starts with a bath, and ends with an intense but relaxing massage, combining oriental massage techniques

1 person duration: 90 min  
price: 550,00 pln



## SIGNATURE FOR TWO

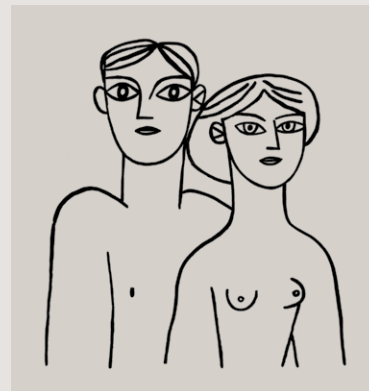
aromatherapeutic original ritual for body and spirit starts with a bath, and ends with an intense but relaxing massage, combining oriental massage techniques

2 person duration: 110 min  
price: 1000,00 pln

## MOMMY RITUAL

ritual for women preparing for pregnancy, during and after pregnancy, makes the skin more elastic and relieves pain in the back or legs (body peeling, cream-mask, massage of selected parts of the body)

duration: 90 min  
price: 630,00 pln



# For Two



## LAVA NEGRA

nourishing-detoxifying ritual for the body using the beneficial properties of clay performed in the mud bath and hammam

2 persons  
duration: 90 min  
price: 990,00 pln



## MUD RITUAL

clay is a gift of the Earth used in a mud bath ritual, detoxifies, and strongly nourishes our body

2 persons  
duration: 45 min  
price: 650,00 pln



## HAMMAM FOR TWO

nourishing and smoothing holistic ritual where we combine a hammam bath, and the treatment ends with an anointing the whole body with warm oil

2 persons  
duration: 100 min  
price: 1200,00 pln



## SIGNATURE FOR TWO

aromatherapeutic original ritual for body and spirit starts with a bath, and ends with an intense but relaxing massage combining oriental massage techniques

2 persons  
duration: 110 min  
price: 1000,00 pln

\* a selected massage or body and face treatment can be performed for you in the the treatment room for two. Ask at the reception for an individually created package.



# Facial ritual

*The original facial treatments based on the Alquimia brand combine the cleansing power OF SAL and regenerating properties of LAVA and clay. Each ritual begins with a breathing session and massage with basalt sticks of the neck and ends with warm compresses and short relaxation.*



## ANTY-AGE

ritual with revitalizing facial massage performed with stamps  
duration: 90 min  
price: 590,00 pln

\* at the request of guests for each facial treatment eyebrow regulation and henna free of charge  
duration: 20 min



## GENEO

here is a comprehensive care, revitalization, and natural oxygenation of the skin from the inside 3 in 1, combining three technologies, i.e., Oxygeneo, Tripollar RF and Ultrasound  
duration: 55 min  
price: 370,00 pln



## SIGNATURE FACE RITUAL

lifting and drainage facial massage using Kobido techniques and glass cup massage  
duration: 55 min  
price: 290,00 pln



## LOOK

providing elasticity and brightening treatment for the eye area  
duration: 55 min  
price: 250,00 pln



## ON POINT

treatment tailored to the individual needs of the skin at any age  
duration: 55 min  
price: 420,00 pln



## SHOOTING

treatment intensively moisturizing, soothing and reducing irritation with an algae mask  
duration: 75 min  
price: 490,00 pln



## LIFTING

strongly modelling and lifting treatment with a mud mask for the face, neck, cleavage and bust  
duration: 90 min  
price: 590,00 pln



## ZAFFIRO

whole body cleansing treatment. Kess glove, black beldi soap and foam massage will make your body smooth and nourished. Is an innovative thermolifting technology that gives immediate results and long-lasting effects of firming the skin of the face and the whole body.

time and price depends on the selected area and type of treatment

Water Scalp Scrub is a thorough and gentle exfoliation and nourishment of the scalp. The treatment strengthens hair bulbs and stimulates their growth  
duration: 30 min  
price: 300,00 pln

Face Thermolifting of the face, neck and cleavage preceded by water peeling  
price: from 750,00 pln

Body Thermolifting of selected parts of the body: arms, buttocks, abdomen, thighs, skin above the knees, hands  
price: from 650,00 pln

\* hand lifting with any two parts chosen for free  
\* package of 3 treatments and more additional discounts



# Hands and Feet

## MANICURE

duration: 55 min  
price: 150,00 pln

## PEDICURE

duration: 55 min  
price: 170,00 pln

## MANI RITUAL

care hand treatment (peeling, regenerating and nourishing mask, hand massage)  
duration: 45 min  
price: 120,00 pln

## PEDI RITUAL

foot care treatment (peeling, regenerating and nourishing mask, foot massage with acupressure elements)  
duration: 45 min  
price: 150,00 pln

## LACQUER PAINTING

duration: 25 min  
price: 20,00 pln

## HYBRID PAINTING\*

duration: 25 min  
price: 30,00 pln

## REMOVAL OF HYBRID VARNISH\*

duration: 15 min  
price: 30,00 pln

\* painting or removing the hybrid is performed only with a full manicure or pedicure



## ZAFFIRO

Is an innovative thermolifting technology that gives immediate results and long-lasting effects of firming the skin of the face and the whole body. time and price depends on the selected area and type of treatment



## WAVEBALANCE RITUAL

therapeutic relaxing massage performed in a comfortable outfit, combining elements of sound therapy, manual massage and stretching  
duration: 45 min  
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## SAL SAGRADO

whole body massage with the use of warm salt stones cleanses, warms and relieves muscle pains  
duration: 55 min  
price: 360,00 pln



## LAVA NEGRA

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1 person duration: 75 min price: 490,00 pln  
2 persons duration: 75 min price: 990,00 pln



## HAMMAM RITUAL

nourishing and smoothing holistic ritual where we combine a hammam bath, and the treatment ends with an anointing the whole body with warm oil  
1 person duration: 90 min price: 630,00 pln  
2 persons duration: 110 min price: 1200,00 pln



*Ask at the reception an individually created package!*



# *Lava e Sal Etiquette*

## **RESERVATION AND PAYMENT METHODS**

We recommend booking before arriving at the hotel to avoid disappointment due to unavailability.

Schedule your appointment:

call: tel. +48 89 722 89 65

e-mail: spa@lavaesal.spa

## **VISIT**

In order to ensure your comfort during your visit to Lava e Sal, we recommend coming to the spa 10-15 minutes before the scheduled time of the treatment. In the meantime, we will serve tea and a questionnaire, on the basis of which we will select a treatment plan tailored to your needs.

If you arrive late, the treatment can be shortened without the possibility of lowering its price.

## **CHILDREN AND YOUTH IN SPA & WELLNESS**

The Watsu zone can be used by people over 16 years of age.

Treatments for children aged 8-13 years are performed in the presence of legal guardians.

Lava e Sal does not perform treatments for children under 8 years of age, except for a unique offer addressed to the youngest.

## **HEALTH STATUS**

Before the procedure, please complete a confidential questionnaire on health and lifestyle.

During the consultation with the therapist, please inform him/her of any ailments and health problems in order to select an appropriate treatment plan.

## **CANCELLATION**

We understand that plans may change, so to cancel your reservation costless, please inform us 12 hours before the start of the procedure.

If the procedure is cancelled 12 hours or less before the planned visit, the reception of Lava e Sal reserves the right to charge the guest's bill in the amount of 50% of the value of the procedure.

## **PREGNANCY AND AND AFTER CHILDBIRTH**

When booking treatments, please provide the necessary information regarding pregnancy so that we can choose the appropriate treatment plan.

## **ATTIRE**

Please come to the spa in a bathrobe, which you can find in the hotel room.

In case you are from outside the hotel, the Lava e Sal reception will prepare treatment slippers and a bathrobe for you, as well as provide all the necessary information regarding the preparation for the procedure.

We recommend that you come to the treatment without jewellery. Otherwise, you will be asked to take it off.

## **GOOD HABITS**

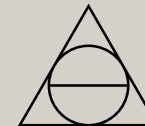
- To take full advantage of the Lava e Sal rituals, leave your mobile phone in your room or locker room. Our spa is prohibited from using them and loud conversations.
- Smoking, bringing and consuming food, alcohol and other intoxicants is prohibited in the Lava e Sal Spa area.
- In order to respect other guests, please be quiet and keep noise to a minimum.
- Use the Finnish sauna and Lava Spot according to the instructions.

## **VOUCHER**

A voucher is an unlimited opportunity to experience the rituals of Lava e Sal.

Choose the amount or treatment from our offer and make a unique gift to loved ones, colleagues, or business partners.

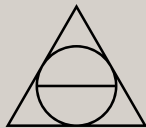
For details, please contact the reception of Lava e Sal.



tel. +48 89 722 89 65

e-mail: spa@lavaesal.spa





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