

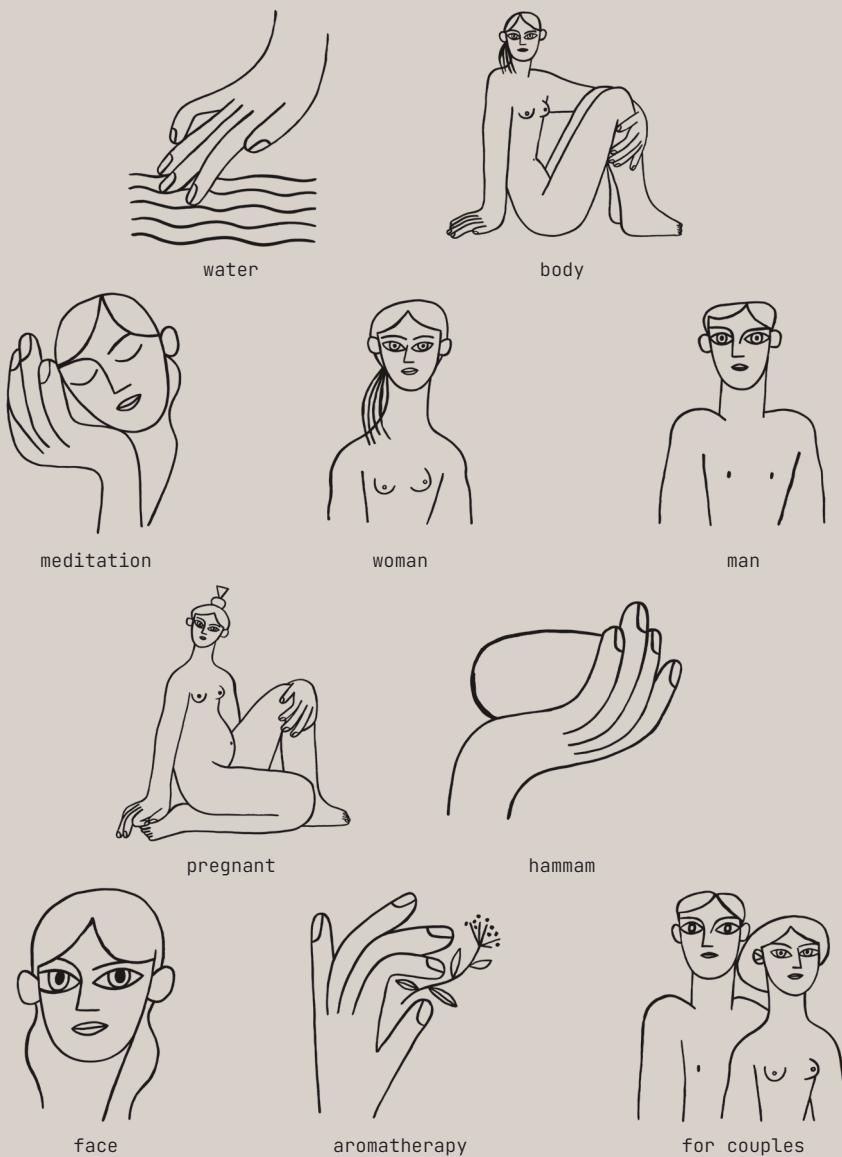
LAVA e Sal



Menu SPA

Mazury

LAVA e Sal.



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 STEMPS

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 STEM

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
czas: 55 min
cena: 420,00 pln

2 persons
czas: 55 min
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

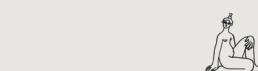
1 person duration: 90 min
price: 550,00 pln



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

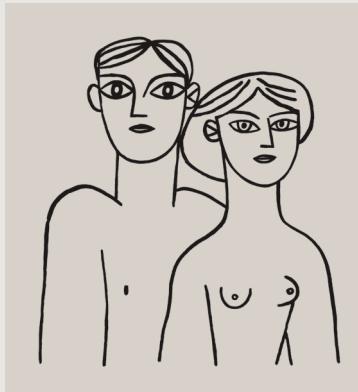
2 person duration: 110 min
price: 1000,00 pln



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



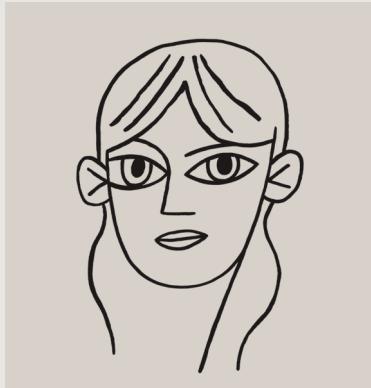
SIGNATURE FOR TWO

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.



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

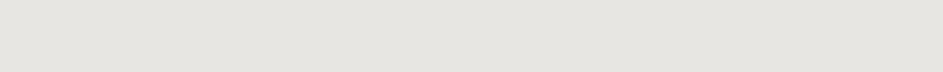
treatment tailored to the individual needs of the skin at any age
duration: 55 min
price: 420,00 pln

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



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



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
price: 280,00 pln



SAL SAGRADO

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

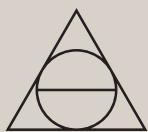
Choose the amount or treatment from our offer and make a unique gift to loved ones, colleagues, or business partners.

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



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