



# Mineral & Herb

SPA & WELLNESS

# FOR YOUR WELLBEING

We'll take for a journey during which you'll find balance, beauty and well-being. We believe that the return to the source, being the genius of nature, combined with state-of-the-art skin care techniques, will bring spectacular effects.

The face and body rituals have been developed on the basis of the natural cosmetics of the brand which, creating its recipes, is inspired by nature.

Discover your beauty day after day, in harmony with nature and yourself.

**MINERAL & HERB SPA & WELLNESS**  
team

Our cosmetics don't contain silicone, ingredients of the animal origin, mineral oils, artificial colorants, SLS and SLES. The highly concentrated active ingredients of the natural origin. Manufactured only by means of renewable energy sources and sustainable production methods.

**PERFECT FOR VEGANS | DERMATOLOGICALLY TESTED | 100% RECYCLED PACKAGING**

**[comfort zone]**  
conscious skin science

  
FITO  
SPA

**AROSHA**  
AESTHETIC SCIENCE



## WHAT INSPIRES OUR SPA & WELLNESS IS REGENERATION

Awareness is our second path to the “sustainable development”, which is why we work with cosmetics whose formulas have been created with respect for our planet.

- safety for the skin and nature
- transparency and responsibility
- manufacturing neutral in terms of carbon dioxide emissions
- EthioTrees – the project for reforestation and social regeneration in Ethiopia



Treatments for women during and after pregnancy  
WE DON'T PERFORM TREATMENTS DURING  
THE FIRST TRIMESTER OF PREGNANCY



Treatments for children: 4-12  
Treatments for teenagers: 12-16

# FOR THE BODY AND MIND BALANCE

## massages

The cradles of massage – being one of the oldest therapeutic treatments – are India and China. It's those places that inspired us, when we were preparing the unique massage methods.

In our treatments, we use pure oils and aromatic essential oils. Thanks to the combination of natural ingredients and various massage techniques, we'll eliminate pain, improve mood, boost energy and soothe the mind, to make sure your sleep is long and regenerating. Choose the right massage for you.



### IN POINT

Head and shoulder girdle massage with basalt sticks which relieves pain.

30 MIN – 180 PLN



### AKUPRES

Foot massage with elements of reflexology which brings relief and relaxation.

30 MIN – 150 PLN

### HEART OF NATURE

Relaxing and aromatic massage with natural t Shea butter.

50 MIN – 270 PLN

### CLASICALLY

Whole body or selected parts massage eliminating tensions, based on classic therapeutic massage techniques.

30 MIN – 200 PLN | 50 MIN – 290 PLN

### STONE CHARM

Relaxing and calming massage with warm stones.

50 MIN – 280 PLN

### AROMATIC SHROUD

Relaxing massage with warm oil which melts when an aromatic, skin-nourishing massage candle is burnt.

50 MIN – 280 PLN

### HERBAL ENERGY

Energizing and regenerating massage with warm herbal stamps.

50 MIN – 300 PLN

### TRANQUILLITY

Aromatherapy massage for a good night's sleep. Relaxing massage based on aromatic oils. Soft-brush massage gestures and sounds of relaxing music will calm down and soothe the senses. Perfect for evening relaxation.

50 MIN – 280 PLN



**Ayurveda is the art of living** which features massages beneficial to the body and spirit, performed on the basis of beneficial, warm sesame seed or almond oil.

## ORIENTAL MASSAGES

### SHIRODARA

“Wisdom eye” massage covering the head and neck. It calms and soothes your mind, relieves headaches and migraines. It stimulates hair growth and reduces tensions of the epicranial aponeurosis.

50 MIN – 300 PLN

### ABHYANGA

Ayurvedic full body and facial massage releasing vital forces and stimulating circulation in the energy channels

90 MIN – 420 PLN

### SHIROABHYANGA

A combination of Shirodara and Abhyanga. A comprehensive full body, facial and head massage given to help you find harmony of your body and soul.

90 MIN – 450 PLN

### AYURVEDA VITAL

Ayurvedic head, face, arm and leg massage.

50 MIN – 290 PLN

### UDVARTANA

A dynamic, exfoliating full-body massage based on herbal powders.

50 MIN – 350 PLN

### BALINESE MASSAGE

Intense and deep full body massage done to reduce the feeling of stress and tension.

50 MIN – 360 PLN



## SEA BUCKTHORN RITUAL

This ritual based on sea buckthorn oil, carrot seeds with notes of verbena and lemongrass will take you to a distant place full of blissful relaxation. It begins with a salt scrub treatment with raspberry seed particles, followed by a full body and facial massage.

75 MIN – 390 PLN

## THE FRUITS OF LOVE

A sugar scrub ritual that brings harmony to your everyday life. A composition based on marula fruit and apple seed oil will soothe your body and senses.

75 MIN – 390 PLN



## ELIXIR OF LIFE

An aroma-therapeutic ritual starting with an exfoliating mask of Bochnia salt and kaolin. The culminating stage of the treatment is the full body and face massage with rejuvenating perilla oil with liquorice and arnica extracts.

75 MIN – 390 PLN

## AROSHA SLIMMING

An intensive anti-cellulite treatment remodelling your body shape and removing excess fluid from your body. It contains caffeine, L-carnitine and phosphatidylcholine which promote the reduction of adipocytes and prevent the formation of new fat cells. The treatment includes: body brushing, glycolic exfoliation scrub, ampoule, cotton bandage applied to selected parts of the body and slimming massage.

90 MIN – 490 PLN

## BODY EXFOLIATION SCRUB

Salt or sugar exfoliation of dead epidermis, especially recommended before the massage.

30 MIN – 180 PLN | in the treatment 150 PLN

## TRANQUILLITY *face & body* RITUAL

A comprehensive ritual combining face and body massage, which allows total relaxation. A unique composition of essential oils which takes you for a journey full of unforgettable sensations. The rich face and body massage not only guarantees relaxation, but also the velvety and silky skin after the treatment.

60 MIN – 350 PLN

## rituals

### FOR BODY COMFORT

Regain beautiful, velvety and healthy skin. Relax the mind through aromatherapy, which is a natural part of the treatments. Thinking about the body, we created the rituals consisting of cleansing scrubs, nourishing masks and rich cream compresses. At the end of the treatment, the massage of the whole body or its selected parts is performed.

#### SALT RITUAL

A detoxifying ritual based on a massage inspired by ancient therapeutic treatments with the use of Himalaya salt. It soothes muscle pains, eliminates tension, stimulates metabolism, improves blood circulation and cleanses the body. It helps restore the balance between the body and mind. Perfect for each season.

60 MIN - 350 PLN

#### AROMASOUL

The ritual which begins with a volcanic powder scrub is a sensuous journey to the world of the Orient and Mediterranean regions. This nourishing and aromatic massage guarantees deep relaxation.

75 MIN - 360 PLN

#### THERMAL MUD

A remodeling and detoxifying treatment based on thermal mud with anti-cellulite effect. Thermal water from Montalcino in Tuscany and a synergic mix of essential oils, Focus and Laminaria algae, which minimize visibility of cellulite and make the skin firmer.

60 MIN - 350 PLN

#### THERMOGENIC ATTACK

An intensively remodeling cosmetic treatment. It helps fight cellulite and fat tissue concentrated in certain areas. A thermogenic warming mask dilates blood vessels, accelerates micro-circulation and metabolism in the tissue.

60 MIN - 350 PLN

#### SPA FOR HANDS OR FEET

An innovative system of single-use paraffin socks and gloves filled with warm liquid paraffin, which shrouds dry skin like a compress. It rebuilds the hydrolipid barrier of the epidermis, as well as makes it softer and more elastic. A perfect treatment for cold hands and feet, being a form of additional skin care for each body or face treatment.

30 MIN - 190 PLN / 350 PLN (hands and feet at the same time)

# COMMON MOMENTS FOR TWO

## AROMATIC MASSAGE WITH PHYTO SPA OIL

A relaxing full body and facial massage in the parlour for two using a selected oil:

- **Rokitnikowe Love** – sea-buckthorn and carrot oil with notes of verbena and lemongrass
- **Fruits of Love** – marula fruit and apple seed oil
- **Elixir of Life** – rejuvenating perilla oil with liquorice and arnica extracts

50 MIN – 290 PLN / PER PERSON    70 MIN – 390 PLN / PER PERSON

## SPA FOR TWO

For each person the package includes:

- relaxing aromatherapy massage
- face treatment selected according to the skin type and its needs
- unlimited access to wellness area (pools, saunas, jacuzzi)
- glass of Prosecco

400 PLN / PER PERSON (hotel guests)    490 PLN / PER PERSON (hotel guests)





## FACE TREATMENTS

Dazzle with your beauty. Be well-rested, charming, and stay young for long years. Hightech natural cosmetics contain everything your skin needs. According to the brand's philosophy, nature is the best laboratory, so we use natural stimulation of the skin through massages in our treatments. During consultations, our therapists will choose the best solution adapted to the needs of your skin.

### SUBLIME SKIN LIFT

A firming and filling treatment for mature skin with visible signs of aging. Thanks to the combination of a two-phase lifting mask and elements of Kobido face massage, it reduces such signs. It's dedicated for the skin with wrinkles, uneven skin tone and visible loss of firmness.

60 MIN – 480 PLN

### LUMINANT

A unique therapy for even skin tone and radiant skin. The power of rose root and niacinamide contained in a biphasic mask give an immediate effect. The treatment is recommended for sallow, dull or discoloured skin.

60 MIN – 390 PLN

### SKIN REGIMEN

A personalised facial treatment tailored to the needs of men's skin. An ideal antidote to contemporary fatigue and urban lifestyle. It gives immediate hydration and regeneration effect and restores the hydrolipidic balance.

60 MIN – 380 PLN

### SACRED NATURE

Organic, anti-wrinkle skin care, containing top quality organic and natural active ingredients. Dedicated for the most demanding and sensitive skin, this line has been awarded the ecocert® certificate, confirming the purity of the active ingredients. For tired, dry and oversensitive skin.

60 MIN – 340 PLN



## **HYDRAMEMORY**

A deeply moisturizing face treatment with hyaluronic acid and Moringo tree oil, combined with the “brush massage” technique. It restores the hydrolipid balance, as well as young and radiant appearance.

60 MIN – 340 PLN

## **ACTIVE PURENESS**

A cleansing, anti-bacterial and anti-inflammatory treatment. It features an innovative, mattifying peel-off mask with spirulina. Intense and delicate at the same time, it cleanses and evens out the skin tone, making the skin fresh and toned.

60 MIN – 340 PLN

## **REMEDY**

A restoring, strengthening and soothing fragrance-free treatment, recommended for sensitive and delicate skin prone to reddening. Thanks to PREBIOTIC innovation, it restores the protective barrier of the epidermis. It soothes reddened and irritated areas.

60 MIN – 340 PLN

## **ULTRA GLOW PEEL**

Intensive, double scrub which guarantees balanced and radiant appearance of the skin, making it brighter and evening out the skin tone. Deep exfoliation ensures immediate cellular renewal, leading to an intensive brightening and radiance effect.

60 MIN – 350 PLN

## **RECOVER TOUCH**

A combination of a multi-vitamin, antioxidant treatment and original face massage which soothes tension, eliminates signs of stress and tiredness, as well as revitalizes and oxygenates the skin. It's recommended for all skin types, in particular for dry, rough, weak and tired skin.

60 MIN – 300 PLN

## **EYE CONTUR**

Lifting and smoothing eye area care which may complement any other face treatment. Thanks to a fresh and innovative peptide mask, it visibly reduces swelling and tiredness of the delicate eye area.

30 MIN - 190 PLN | mask in treatment 100 PLN



## revitalization

### For quick effect

30-minute revitalization – maximum skincare in minimum time, to make sure your skin dazzles with utmost shine and freshness each day.

### express **BEAUTY**

A basic treatment, selected according to the skin type. The treatment, consisting of makeup removal, peel, mask and finishing cream, soothes, normalizes or moisturizes the skin.

30 MIN – 170 PLN

### express **RELAX**

Makeup removal followed by a cosmetic face, neck and décolleté massage on nourishing cream.

30 MIN – 170 PLN

### express **MASK**

Banquet care, including makeup removal, application of a mask selected appropriately for the skin, finishing cream.

30 MIN – 170 PLN

# HI-TECH FACIAL TREATMENTS

## CAVITATION EXFOLIATION

A gentle form of ultrasonic exfoliation of the epidermis. Smoothing and gentle cleansing for all skin types.

30 MIN – 170 PLN | in treatment 70 PLN

## SONOPHORESIS

A treatment that intensifies the absorption of active ingredients and gently stimulates microcirculation and skin metabolism.

30 MIN – 180 PLN | in treatment 70 PLN

## OXYBRASION

An invigorating, powerfully hydrating and purifying treatment based on a combination of saline and oxygen.

30 MIN – 180 PLN | in treatment 90 PLN

## DIAMOND MICRODERMABRASION

Intensive deeply exfoliating treatment. Smoothing, evening out skin tone and stimulating the skin to regenerate and synthesise new skin support fibres.

50 MIN – 200 PLN | in treatment 130 PLN

## NEEDLE-FREE MESOTHERAPY

A treatment with a device that employs the phenomenon of electroporation to increase the transdermality of the epidermis and to intensify the absorption of specialised cosmetics included in the treatment.

50 MIN – 250 PLN | in treatment 200 PLN

## RADIO WAVES

A treatment provided to rejuvenate and tighten the skin. By heating up the tissue, radio waves stimulate its metabolism and regeneration processes. The RF waves have a thermal effect of shortening the collagen fibres, which tightens the skin and makes it less frail.

50 MIN – 310 PLN | in treatment 220 PLN

## TREATMENTS FOR CHILDREN 4-12



### FRUITY PARADISE

Relaxing back and leg massage with Karite fruit butter.

30 MIN - 180 PLN

### CHOCOLATE MOMENTS

Relaxing back massage with the chocolate aroma.

30 MIN - 180 PLN

### MAGIC TOUCH

A subtle facial massage with paintbrushes.

20 MIN - 100 PLN

### PARENT AND CHILD

Aromatic back massage with Shea butter in a parlour for two.

30 MIN - 300 PLN / 2 PERSONS

## TREATMENTS FOR TEENAGERS 12-16



### EXPRESS PEEL

A gently cleansing ultrasonic exfoliation treatment, preceded by a make-up remover and finished with an appropriately selected cream.

30 MIN - 170 PLN

### NORMALISING FACIAL TREATMENT

A treatment tailored to the needs of demanding teenage skin.

45 MIN - 250 PLN

### AROMATIC WRAPPING

Aroma-therapeutic full body massage with warm Karite butter.

40 MIN - 220 PLN



## PACKAGES

### SOURCE OF YOUTH

- rejuvenating face treatment with stimulating face massage and eye area care
- aromatic whole body peel
- hand massage

90 MIN - 550 PLN

### FEMININITY IN FULL BLOOM

A well-groomed body, relaxed mind, and radiant skin is everything you need.

- original, lifting face massage
- silky whole body peel
- aromatic and nourishing massage with karite butter

90 MIN - 470 PLN

### MALE ZONE

A contemporary man is a man who isn't afraid to take care of himself.

- hand massage
- head and shoulder girdle massage which relieves pain
- Power Lift - energizing face treatment

90 MIN - 440 PLN



### YOUTHFUL SHINE

*for a boy or girl*

The offer for teenage Guests who want to learn how to take care of the face skin and get rid of tension in the area of the shoulder girdle.

- soothing back massage which relieves pain
- consultation with a cosmetologist
- cleansing and normalizing face treatment

75 MIN - 340 PLN

# INFORMATION AND WELLNESS ETIQUETTE

## *voucher*

Voucher is an open ticket to the oasis of calm and relaxation. Choose an amount or treatment from our offer, and make a unique gift to your loved ones, colleagues or business partners. Please ask the Mineral & Herb Spa & Wellness reception desk for details.

## *booking and payment methods*

We recommend booking treatments in advance, in order to avoid disappointment caused by the lack of available dates.

In order to book a visit, call us:

**+48 75 62 99 520 (from the room: 9520)**

or send an e-mail: **[spa.wellness.szklarska@radisson.com](mailto:spa.wellness.szklarska@radisson.com)**

The prices listed are gross prices in PLN.

Mineral & Herb Spa & Wellness reserves the right to change the prices.

## *visit*

If you want to feel fully comfortable during the visit at Mineral & Herb Spa & Wellness, we recommend arriving at the reception desk 10-15 minutes before the treatment time. If you arrive with a delay, the treatment may be shortened and it will not be possible to reduce its price.

## *dress code*

Please arrive at Mineral & Herb Spa & Wellness in a bathrobe which can be found in the room. If you are a Guest from outside the hotel, the Mineral & Herb Spa & Wellness reception desk will give you treatment flip-flops and a bathrobe, as well as provide all necessary information about the preparation for the treatment. Please, come to the treatment without jewelry.



## health status

Before the treatment, please fill in a confidential questionnaire on health and lifestyle. If you are not sure about health contraindications, please consult a doctor and take a medical certificate. During the consultation with the therapist, please inform them about any ailments and health problems, so that an appropriate treatment can be selected.

## pregnancy and postnatal period

While booking the treatment, please provide all necessary information concerning pregnancy, so that we can select an appropriate treatment.

## MINERAL & HERB SPA & WELLNESS etiquette

At Mineral & Herb Spa & Wellness, it's forbidden to use mobile phones and other electronic devices. It's forbidden to smoke at the premises of Mineral & Herb Spa & Wellness. A bathrobe and flip-flops are required in all rooms throughout the stay in Mineral & Herb Spa & Wellness. Out of respect for other Guests, please keep quiet and reduce noise to the minimum.

## cancellation

We understand that your plans may change, which is why you can cancel the booking up to 12 hours before the planned treatment without incurring any costs. Should you cancel the treatment fewer than 12 hours before the planned visit, the Mineral & Herb Spa & Wellness reception desk reserves the right to charge the Guest's account with 50% of the treatment's value.

## children and teenagers at MINERAL & HERB SPA & WELLNESS

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

Taking advantage of the Mineral & Herb Spa & Wellness services is tantamount to the acceptance of the regulations.

## **PRODUCTS FOR PURCHASE**

In order to extend and complement the skincare effect, we offer the possibility of buying the products thanks to which the therapy can be continued at home.

Please ask the Mineral & Herb Spa & Wellness reception desk for details.





# Mineral & Herb


SPA & WELLNESS

## **RADISSON HOTEL SZKLARSKA PORĘBA**

Osiedle Podgórze 1F, 58-580 Szklarska Poręba  
spa.wellness.szklarska@radisson.com

+48 75 62 99 520 | from the room: 9520

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 [RadissonSzklarskaPoreba](#)