



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.

FOREST 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



WHAT INSPIRES OUR FOREST SPA 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 and teenagers

FROM THE AGE OF 13

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.

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.



AKUPRES

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

30 MIN – 140 PLN



IN POINT

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

30 MIN – 180 PLN

CLASICALLY

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

30 MIN – 170 PLN | 50 MIN – 270 PLN

BALANCE

Original Filipino massage.

50 MIN – 280 PLN

HEART OF NATURE

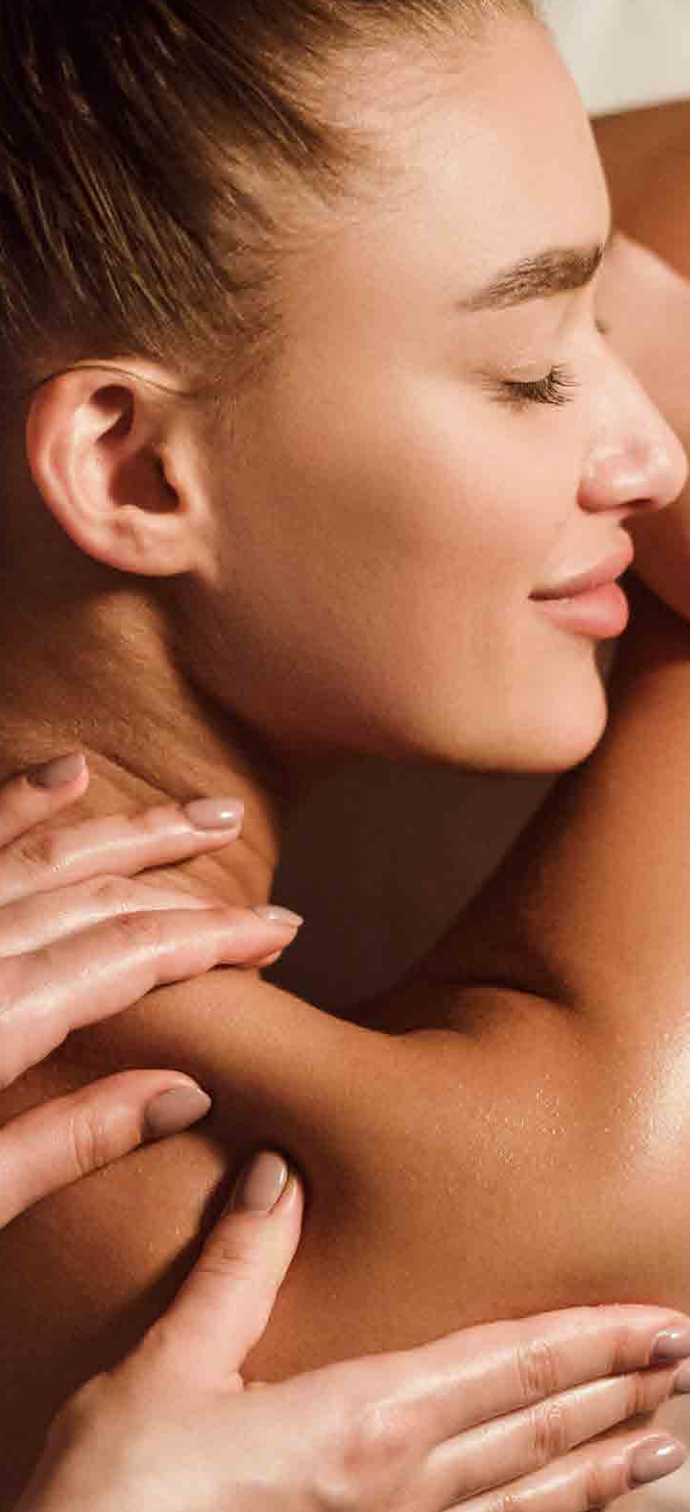
Relaxing and aromatic massage with natural shea butter.

50 MIN – 260 PLN

STONE CHARM

Relaxing and calming massage with warm stones.

50 MIN – 280 PLN



HERBAL ENERGY

Energizing and regenerating massage with warm herbal stamps.

50 MIN – 300 PLN

SHIRODARA

Massage for the “eye of wisdom”, the head and neck massage which soothes and calms the mind, as well as helps eliminate pain.

50 MIN – 280 PLN

ABHYANGA

Massage which frees vital forces and stimulates circulation in energy channels.

80 MIN – 350 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

AROMATIC SHROUD

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

50 MIN – 260 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

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 – 340 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 – 330 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

BODY GLOW EXPRESS

Express revitalization.
A restoring and exfoliating treatment for silky, smooth and radiant skin of the whole body.

30 MIN – 250 PLN

DETOX EXPRESS

Express cleansing.
A detoxifying treatment which cleanses the body. It drains, stimulates the skin, as well as restores its energy, radiance and vitality.

30 MIN – 250 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

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.

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 – 330 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 – 330 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 – 290 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

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 – 310 PLN

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 – 460 PLN

EYE CONTOUR

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 – 220 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 **PEEL**

Gently cleansing ultrasound peel perfect for each skin type, preceded with makeup removal and followed by a properly selected cream.

30 MIN – 170 PLN

express **RELAX**

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

30 MIN – 160 PLN

express **MASK**

A sheet or algae mask preceded with makeup removal and finished with a cream.

30 MIN – 170 PLN

express **INTENSE**

The treatment based on intensive exfoliating peel with fruit acids, finished with UV filter cream.

30 MIN – 200 PLN



PACKAGES

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

440 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

470 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

340 PLN

SOURCE OF YOUTH

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

480 PLN

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 (GUESTS FROM OUTSIDE THE HOTEL)

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 Forest 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: **forestspa.szklarskaporeba@radisson.com**

The prices listed are gross prices in PLN.

Forest Spa & Wellness reserves the right to change the prices.

visit

If you want to feel fully comfortable during the visit at Forest 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 Forest Spa & Wellness in a bathrobe which can be found in the room. If you are a Guest from outside the hotel, the Forest 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.

FOREST SPA & WELLNESS etiquette

At Forest Spa & Wellness, it's forbidden to use mobile phones and other electronic devices. It's forbidden to smoke at the premises of Forest Spa & Wellness. A bathrobe and flip-flops are required in all rooms throughout the stay in Forest 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 Forest Spa & Wellness reception desk reserves the right to charge the Guest's account with 50% of the treatment's value.

children and teenagers at FOREST SPA & WELLNESS

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

Taking advantage of the Forest 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 Forest Spa & Wellness reception desk for details.

spa 9:00 am - 9:00 pm **wellness** 9:00 am - 9:00 pm





FOREST SPA & WELLNESS
RADISSON HOTEL SZKLARSKA PORĘBA

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