



MENU SPA



WE BELIEVE IN NATURE

Surrounded by nature, we gain inspiration by nature's offerings and integrate these natural gifts in our rituals

WE BELIEVE IN SCIENCE

New technologies, development and new innovations, which help us to take care of you

WE BELIEVE IN THE EXTRAORDINARY

The SPA experience, our approach and our work - we believe in its strength and meaning

*What we say is what we believe.
What we believe is what we say.*



LEARN ABOUT YOURSELF..

Let us take care of you....

For a good start:

Welcoming ceremony

60 min. - 250zł

Treatment created specially to stimulate main groupings of reflex muscles
(face, neck, neckline, hands and feet)

It will calm your thoughts.

We created it just for you



MASSAGES

 RELAXING MASSAGES	DURATION	PRICE
Aromatherapy massage (partial body)	30 min.	150 zł
Aromatherapy massage	60 min.	250 zł
Harmony massage	60 min.	250 zł
Herbal staple massage	60 min.	250 zł
Hot stone massage	60 min.	250 zł
Benessere massage, using Shea butter	60 min.	250 zł
Renewing face massage	30 min.	150 zł
Quartz staple massage on the quartz bed	60 min.	500 zł
Quartz staple massage on the quartz bed	90 min.	700 zł

TRADITIONAL MASSAGES

		
Classical massage (partial body)	30 min.	150 zł
Classical massage	60 min.	280 zł
Deep tissue massage (partial body)	30 min.	170 zł
Deep tissue massage	60 min.	300 zł
Draining massage (partial body)	60 min.	250 zł

HAMMAM

Heaven for the body and soul, a traditional treatment to cleanse and detox the body

Turkish Ritual

Washing, steam bath session, olive foam massage, ointment with natural argan oil

90 min.

400 zł

Maroccan Ritual

Washing, peeling with Savon Noir soap and Kessa glove, steam bath session with Rhassoul clay, ointment with natural argan oil

90 min.

400 zł



BODY TREATMENTS

WHOLE BODY SCRUBS

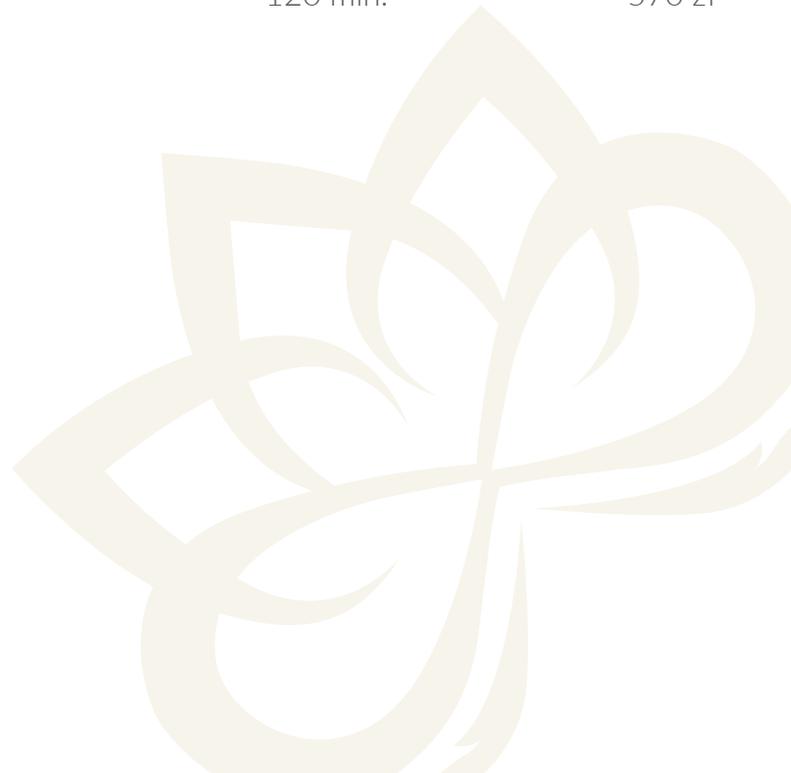
DURATION

PRICE

Oil and salt smoothing scrub	30 min.	150 zł
Smoothing body treatments (melon with cucumber, cranberry, coffee and orange, orange and cinnamon)	50 min.	200 zł

BODY RITUALS

Hydrating ritual	100 min.	350 zł
Detoxifying ritual	100 min.	350 zł
Toning ritual	100 min.	350 zł
Energizing ritual	100 min.	350 zł
Body ritual for moms to be	100 min.	350 zł
Exclusive Body Ritual	100 min.	450 zł
With additional mask for hands	120 min.	570 zł



ENHANCEMENTS

DURATION

PRICE

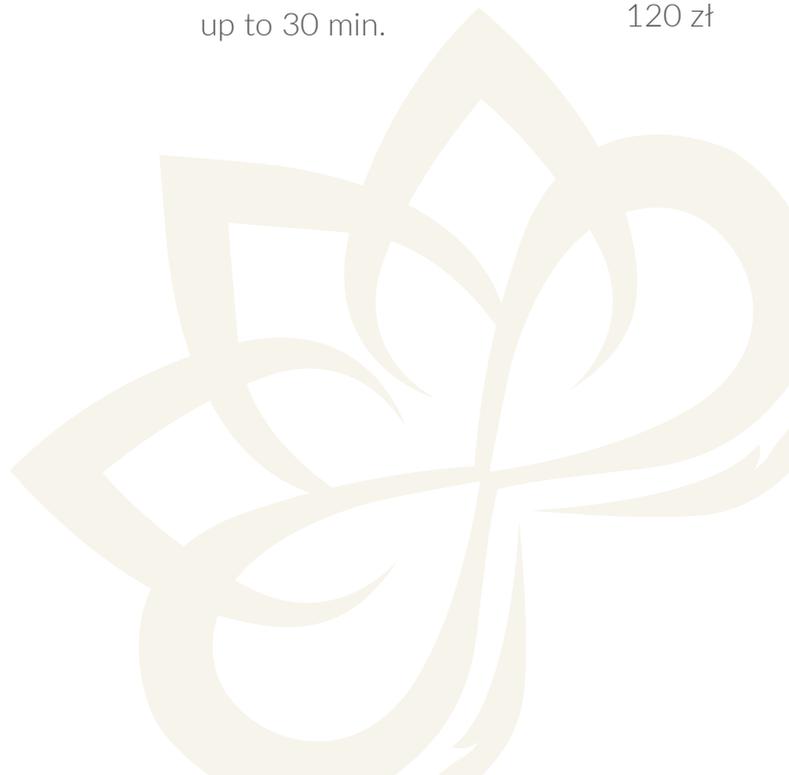
Soft pack	20 min.	20 zł
Intensive hair conditioning treatment	30 min.	120 zł* /200 zł
Intensive hand nourishing treatment	30 min.	120 zł* /200 zł
Intensive regeneration for feet	30 min.	120 zł* /200 zł
Renewing face massage (fitted to individual needs)	30 min.	120 zł* /200 zł

BATHS

Cleopatra's	30 min.	150 zł
Aromatherapy	30 min.	150 zł
Beer	30 min.	150 zł
Wine	30 min.	150 zł



	DURATION	PRICE
Needle free mesotherapy - face <i>Anti wrinkle therapy</i> <i>Lifting therapy</i> <i>Energising therapy</i>	60 min.	300 zł
Diamond microdermabrasion <i>Face, neck, neckline+ revitalisation (soothing ampoule and mask)</i>	up to 60 min.	300 zł
Microdermabrasion- diamond water therapy <i>Face, neck, neckline + revitalisation (soothing ampoule and mask)</i>	60 min.	300 zł
DX TWIN full body treatment <i>(stomach, thighs, buttocks and shoulders)</i> <i>modelling, regaining elacity, micro-stimulation and lifting</i>	45 min.	200 zł
DX TWIN treatment for tired legs	up to 30 min.	120 zł



FACIAL TREATMENTS

ADDITIONAL TREATMENTS

RECOMMENDED BEFORE OR DURING FACIAL:

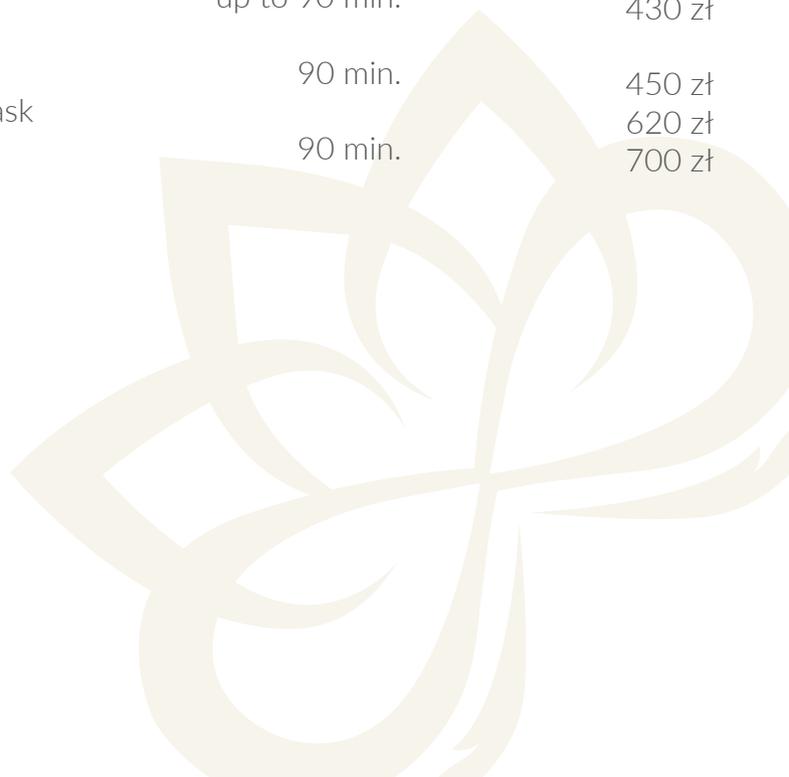
	DURATION	PRICE
Cavitation peel (before facial)	up to 10 min.	50 zł
Mesotherapy, electroporation	up to 15 min.	50 zł
Diamond microdermabrasion	up to 20 min.	80 zł
Water Diamond Microdermabrasion	up to 20 min.	80 zł

FACIAL TREATMENT

Cavitation peel with ampoule and creamy mask	35 min.	170 zł
Eye area treatment	45 min.	200 zł
Clear Balance- cleansing therapy	45 min.	200 zł
Natural Defence- moisturising treatment with algae mask	90 min.	250 zł
Collagen- moisturising and rejuvenating treatment	60 min.	210 zł
Power Hyaluronic- intensive moisturising treatment	60 min.	240 zł
Power C+ - brightening therapy	60 min.	260 zł
Power Oxygen - oxygenating and antiradical treatment	60 min.	280 zł
Aquatherm- soothing and reinforcing therapy	60 min.	270 zł
Men`s intensive moisturising treatment	60 min.	270 zł
Eternal- steam cell treatment	60 min.	290 zł
Power Retinol- intensive revitalisation	60 min.	290 zł

FACIAL TREATMENTS

	DURATION	PRICE
Derma Peel Pro- anti age and discoloration therapy	60 min.	300 zł
Corrective- filing and creasing wrinkles	up to 90 min.	350 zł
Global Lift- lifting and stretching therapy	90 min.	350 zł
Cocoon mask treatment:	80 min.	380 zł
moisturising - deep care & hydration		
firming - stimulation, restoring smoothness and firmness		
brightening - nourishing therapy that restores skin radiance		
soothing - S.O.S. for sensitive and irritated skin additional mask for eye area	up to 90 min.	430 zł
Exclusive rejuvenating treatment	90 min.	450 zł
Exclusive rejuvenating treatment with décolletage mask		620 zł
Timeless prodigy- multi gene technology	90 min.	700 zł



FACIAL TREATMENTS

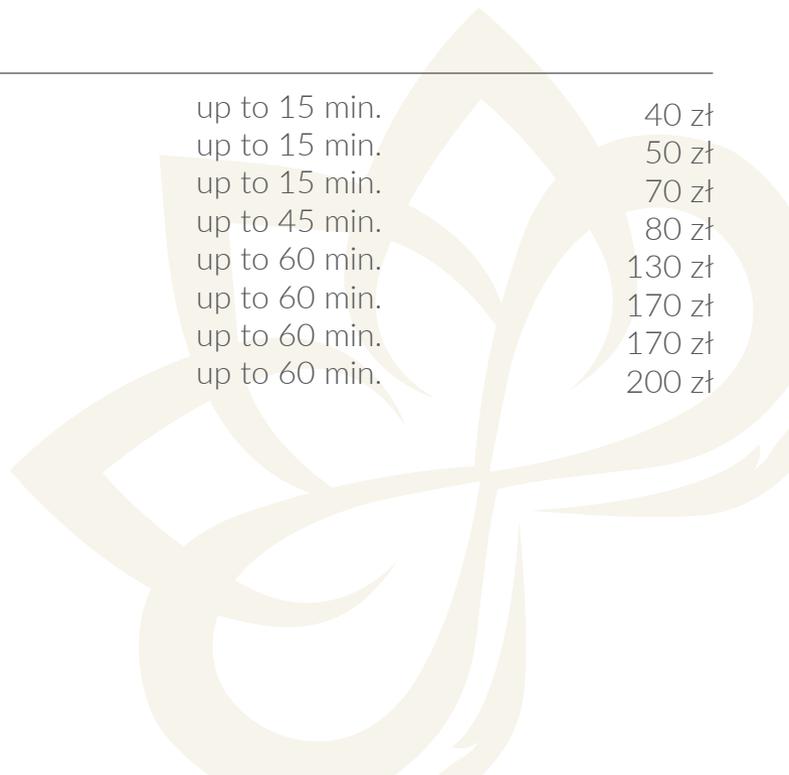
	DURATION	PRICE
Needle free mesotherapy Face Anti wrinkle therapy Lifting therapy Energising therapy	60 min.	350 zł
Diamond microdermabrasion Face, neck, neckline+ revitalisation (soothing ampule and mask)	60 min.	300 zł
Microdermabrasion- diamond water therapy Face, neck, neckline + revitalisation (soothing ampoule and mask)	60 min.	300 zł
Dx twin facial treatment with ampoule and algae soothing mask	60 min.	250 zł

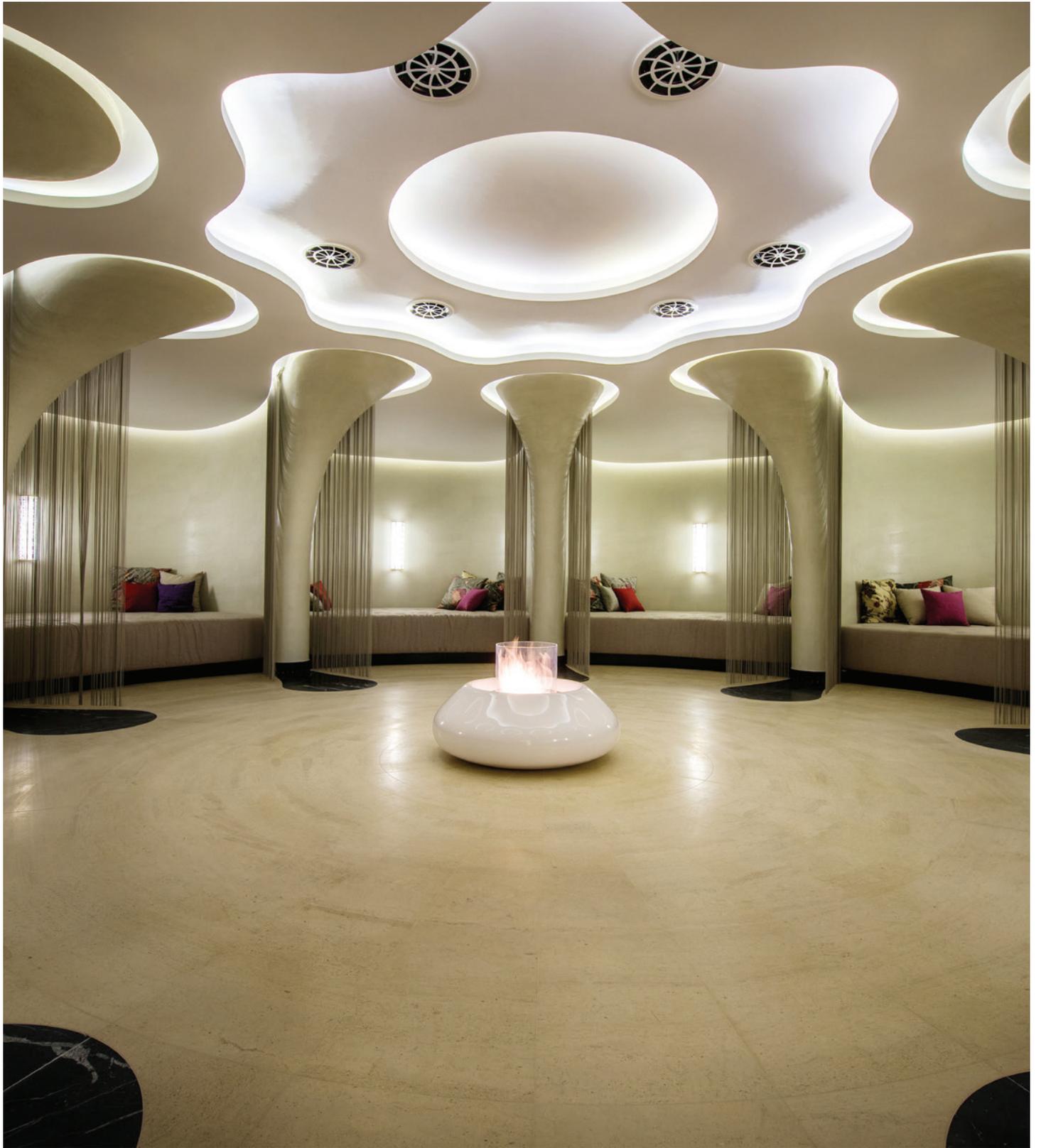
EMPHASIZING NATURAL BEAUTY

 FEET & HANDS CARE	DURATION	PRICE
Manicure for men	45 min.	100 zł
Classic manicure	70 min.	120 zł
Hybrid manicure	70 min.	200 zł
Classic Pedicure	70 min.	170 zł
Pedicure for men	80 min.	200 zł
Hybrid pedicure	80 min.	280 zł

 EYES FRAME		
brow shaping	up to 15 min.	
tweezing		30 zł
waxing		40 zł
brow tint	up to 15 min.	30 zł
eyelash tint	up to 15 min.	30 zł
make-up	up to 90 min.	up to 360 zł

 Waxing		
Nose/ear	up to 15 min.	40 zł
Upper lip/ chin/ cheeks/ sideburns	up to 15 min.	50 zł
Underarms/ forearm	up to 15 min.	70 zł
Calves	up to 45 min.	80 zł
Bikini	up to 60 min.	130 zł
Legs	up to 60 min.	170 zł
Back	up to 60 min.	170 zł
Brazilian wax	up to 60 min.	200 zł





 **LASER EPILATION**

DURATION

PRICE

Sideburns, cheeks, upper lip, chin, feet, hands, armpits, nipples, white scars

250 zł

Half arms, forearms, buttocks, neckline, standard bikini, abdomen, calves, thighs

400 zł

Whole back, abdomen + neckline, legs, arms + forearms

up to 600-700zł



SAUNA WORLD

Start your journey to relaxation here.

Sit back and free yourself of the troubles of everyday life.

Relax yourself in our beautiful sauna world, where calming music and aromas will prepare you for the onward journey deep into SPA world.

- 🌸 Aromatherapy steam bath
- 🌸 Finish sauna
- 🌸 One-of-a kind Ice Room
- 🌸 Sensational shower-therapy
- 🌸 Ice bucket
- 🌸 Inhalation & relaxation zone
- 🌸 Panoramic Finish sauna
- 🌸 Outside jacuzzi

50 zł / One - time entry without time limit per adult person

- Every Guest who selects SPA treatments valued at over 50 PLN receives a complimentary 1 hour access to the Sauna World – to be used on the day of the treatment.
- Sauna World is a place where we encourage the proper way of spending time in the sauna therefore please be advised that it is a non- textile zone and only for people over 18 year old.

SPA Arłamów reserves the right to remove from the premises people who do not abide by the rules of the Sauna World.

*Aufguss ceremonies and Saunas Night are regularly organized in Sauna World.
For more detailed information please visit our website or Facebook Fan page.*

VIP SPA

“Tailor-made luxury...”

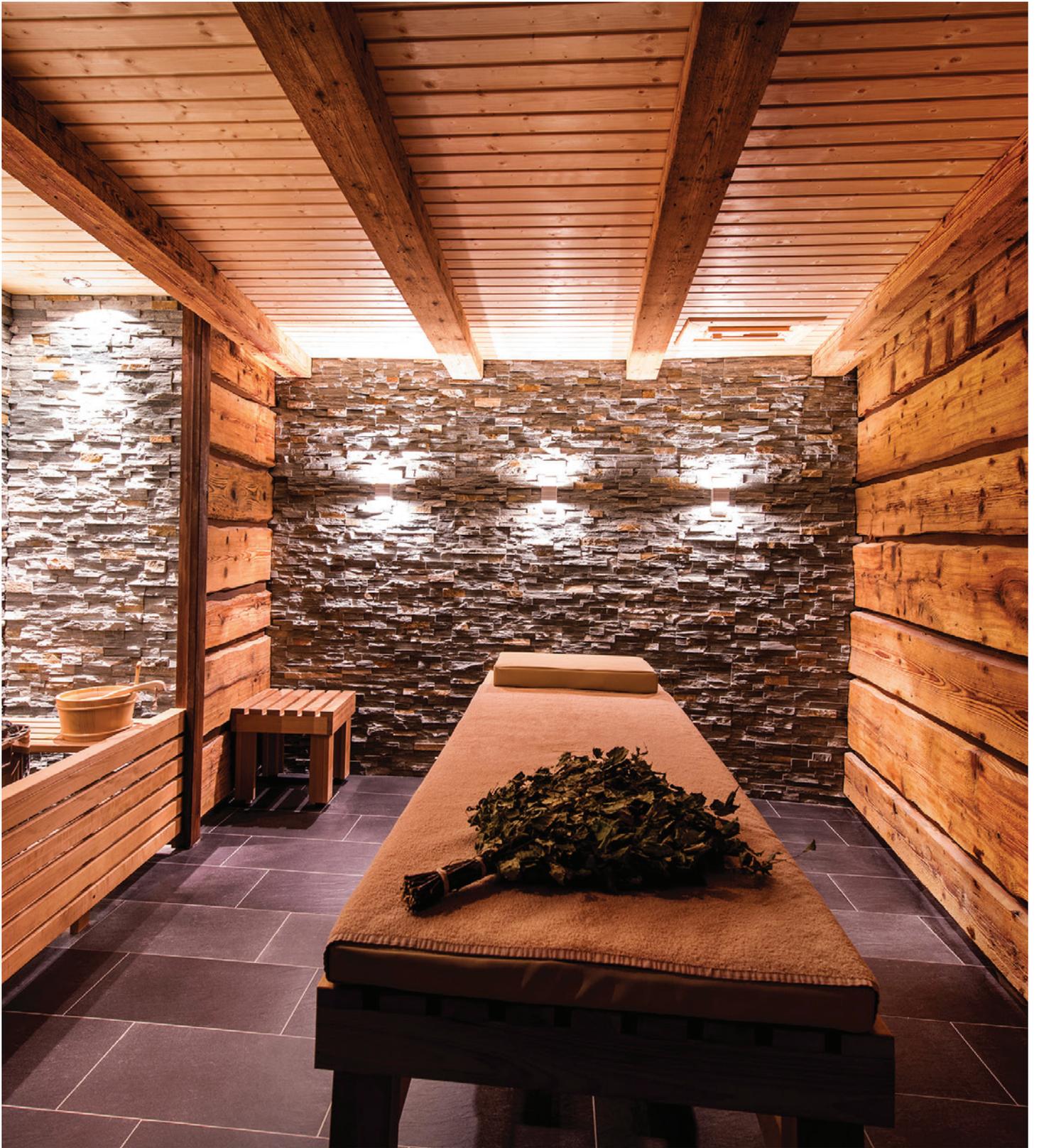
VIP SPA Arłamów is a place where guests can create their own, one-of-a-kind SPA experience, tailored towards individual needs.

It is a sanctuary created specifically for our most demanding Guests, for those who appreciate luxury and privacy.

For further information please contact SPA Reception.



Our newest addition to the unique Arłamów SPA.



RUSSIAN BANYA

In Russian and East-European tradition, a 'banya' is a very important and complex ritual. An integral part of the Russian culture that dates back to several centuries ago. Traditionally, the 'banya' is regarded as a social ritual, a get-together of friends or business partners. A visit to the 'banya' regenerates your vitality, soothes the nerves and unwinds the mind.

The Russian Banya at ARŁAMÓW HOTEL consists of:

- Dry sauna – an authentic Russian banya with stunning views of the surrounding nature
- Relaxation room with fireplace, bar and pool table
- Tsarist Sauna with special table for massages with dried branches
- Indoor jacuzzi
- Outdoor jacuzzi with spectacular, panoramic views
- Private sundeck
- Relaxation room with lounge chairs
- Sensation showers and ice bucket

To fully benefit from the Banya ritual, we highly recommend the following authentic banya treatments:

SWITCH MASSAGE

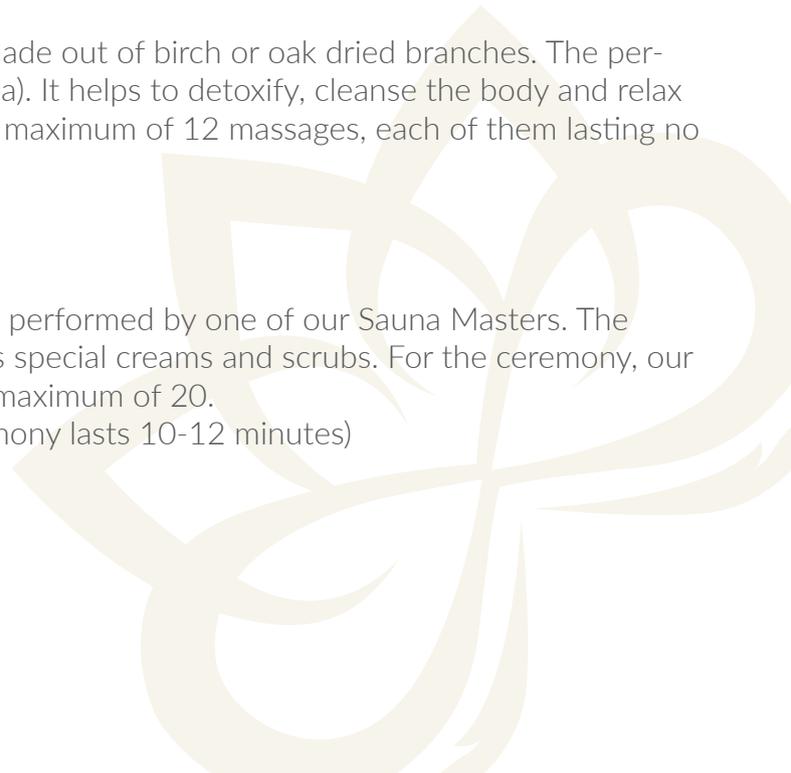
This is a traditional massage using special switches made out of birch or oak dried branches. The performance is conducted in the Tsarist Sauna (Parzelnica). It helps to detoxify, cleanse the body and relax the muscles. During a 4-hour stay, we can perform a maximum of 12 massages, each of them lasting no more than 3-4 minutes.

PRICE: 100 PLN / massage

INFUSION CEREMONIES ('Aufguss ceremonies')

This is one of the highlights of the banya ritual and is performed by one of our Sauna Masters. The Master defuses various aromas in the sauna and uses special creams and scrubs. For the ceremony, our Banya can comfortably seat up to 15 people, with a maximum of 20.

PRICE: 10 PLN / per person / per ceremony (1 ceremony lasts 10-12 minutes)



RUSSIAN BANYA

PRICELIST – 4 hour stay in the Russian Banya:

Up to 10 people – 1200 PLN

Up to 25 people – 1500 PLN

Up to 40 people – 3500 PLN

Up to 50 people – 4500 PLN

We also offer a selection of snacks and beverages to accompany your Banya experience – nothing is impossible, just ask!

The Russian Banya is a separate area of SPA Arłamów, created for those looking for a sensational one of a kind experience.

In our Russian Banya you relax with a group of friends, family or business partners. It`s a place where we are offer quite a unique SPA experience.

Our Russian Banya provides complete privacy. Our staff will help you to prepare every aspect of your stay while taking care of every detail.

With our Russian Banya you gain exclusive access to saunas, a special massage room called “par-zelnica”- steam infusion room, two jacuzzis (one located outside and the other inside), private sun deck with beautiful views over the surrounding Arlamow mountains, changing rooms and an ice bucket. As an addition we are also offering two relaxation rooms - one with comfortable lounge chairs and the other one with a billiard, a TV, bar and a fireplace.

You can also request the services of one of our Sauna Masters during your stay in the Russian Banya, Our Sauna Masters will provide information about the correct way to spend time in the saunas and will also perform sauna ceremonies with special flavours and cosmetics. Sauna mas-ters also perform traditional massages with birch switches. We also provide snacks, fruits, bever-ages as well as drinks meet personal needs and wishes.

*The Price of our Russian Banya service depends on the number of people and additional options you request.
We will do our best to ensure your stay is a memorable one.*

SPA ETTIQUETTE

Opening hours

SPA Arłamów is open daily from 9 am to 9 pm.

First treatments begin at 9:15 am, last treatments start at 20:30.

Exceptions can be made in special circumstances.

We do not perform treatments not included in the menu.

When making your reservation you agree to accept the terms and conditions of our SPA that can be found in SPA etiquette.

Reservation

We encourage our SPA guests to make reservations in advance, this way we are able to ensure the best service possible to our guests. Our qualified SPA staff will provide you with all the information about our services and will advise you about the best therapy. Respect for the uniqueness of each individual is the foundation of our spa experience. Our highly trained therapists are committed to excellence, always enthusiastic they take pride in delivering a personalized and dedicated service.

When making your reservation for particular treatments please remember to request a specific therapist if so desired. We do not guarantee that such a choice will always be possible. Our staff will provide the highest standards of privacy during your entire stay and will help to create ideal conditions for relaxation.

Your stay at our SPA

For your convenience, we recommend checking in at the SPA Reception at least 10 minutes prior to your appointment, preferably wearing a hotel bathrobe.

Late arrival may mean reduced treatment time, as we must keep other appointments on time and we must finish on time regardless of the time you arrived. In such case no discount will be applied.

If you are not one of our hotel Guests we can provide a bathrobe at the SPA Reception.

Please arrive make-up free. Please leave your jewellery and other valuable belongings before your treatment begins. You will be asked to remove all your belongings before the treatment.

Our SPA will not take responsibility for any valuables left in treatment rooms or in our changing room.

The SPA is a quiet place. We take care that your experience will be peaceful and serene.

Our Spa environment is one of tranquility and relaxation. Please respect all spa guests' right to privacy and serenity.

We ask therefore not to take your mobile phones with you, or at least to switch them off before.

Tips are not included in SPA treatments prices.

We regret that we cannot be responsible for loss or damage of any personal articles. Please keep all your valuables locked in your locker during your visit. For the protection of your clothing, we also ask that you wear the robe provided.

SPA ETTIQUETTE

Cancellation

We understand that your plans can change. Please allow 12 hours notice of cancellation to avoid a 100% charge. If you inform us less than 12 up to 6 hours before the treatment we will be forced to charge you 50% of the charge.

In case of no shows we will be forced to charge you for the full price of the treatment.

For not arriving for cosmetic consultation we will charge you 150 zł (price of the least expensive facial).

Home care

To make an effect of the treatments last longer we are carrying a wide range of cosmetics to buy in our SPA. Therapist recommendation will help you to choose the best products to suit your needs.

Tour of the spa

With privacy of our guests in mind we are reserve the right to deny access to our guests who are not using the SPA treatments.







SPA Arłamów
Tel. 134431070
spa@arlamow.pl

www.facebook.com/HotelArlamow

Strefa Basenów
Tel. 134431072



2018.07.13