



## RELAXATION ZONE OFFER

Reservations: ☎ 661 607 954



### What's new at the "Harry's wellness zone"

**Kobido** 210zł / 75 min  
(naturally extra lifting Japanese relaxational face and shoulder massage)

**Thai massage** 200zł / 90 min  
(combination of acupressure of the important parts of the body with elements of passive yoga, stretching and reflexology)

**Herbal stamp massage** 270zł / 75 min  
(massaging the body with warm pouches filled with a mixture of herbs, spices, flowers and nuts, then doused in oil)

**Reflexology** (holistic therapy that works by applying pressure to the parts of the body-feet, hands, face and offers a range of health benefits)

- Face reflexology - 160zł / 60 min
- Hand reflexology - 160zł / 60 min
- Foot reflexology - 160zł / 60 min

(Reflexology available only from Monday to Friday)

### CLASSICAL / OTHER MASSAGES:

Classical spine massage 120zł / 40 min

Classical-Swedish whole body massage 190zł / 60 min

Relaxational aromatherapy massage with essential oils of your choice 250zł / 75 min

Relaxational aromatherapy massage with essential oils + whole body peeling 350zł / 90 min

Partial deep tissue massage (trigger points) - 150zł / 40 min

Classical-Swedish therapeutic massage with healing herbal oil 230zł / 60 min

Pregnancy massage 170zł / 60 min

Massage for two people price for both people 390zł / 40 min  
(in a brine graduation microclimate)

### ORIENTAL MASSAGES

Hawaiian "Lomi Lomi" massage 250zł / 90 min

Bamboo massage (massage with bamboo sticks and brushes) 190zł / 60 min

Thai foot massage with acupressure + salt foot peeling 150zł / 45 min

Thai foot massage with acupressure 120zł / 40 min

Japanese face massage 190zł / 60 min

Tibetan bowl vibration massage 70zł / 30 min

Chinese cupping massage on selected parts of the body, anti-cellulite 190zł / 60 min

Shiatsu - relieving energy routes in the body (massage performed while clothed) 190zł / 60 min

### AYURVEDIC TREATMENTS/MASSAGES

Abhyanga 240zł / 75 min  
(full body therapeutic and relaxational massage based on a mixture of rich herbal oils)

Udvertana 270zł / 70 min  
(anti-cellulite massage using herbal powders)

Ratnaabhyanga 230zł / 60 min  
(massage using warm semi-precious stones + aromatherapy)

Shiroabhyanga 230zł / 60 min  
(head and neck massage with herbal oils)

### SPA MASSAGES

Warm chocolate massage 240zł / 60 min

Warm stone massage 220zł / 60 min

### SPA MASSAGES FOR CHILDREN

Watermelon treats 60zł / 20 min  
(partial, eg. hands/feet or full massage)  
*accompanied by a parent/guardian*

### BODY TREATMENTS

Hydrating body peeling 190zł / 60 min

### PACKAGES

Relaxational massage + Japanese face massage 260zł / 90 min

Full body peeling + spine massage 300zł / 90 min

Lifting face massage with vacuum cupping + rejuvenating algae mask 230zł / 60 min

Foot and calf massage + foot mask 190zł / 60 min

"Lush moment" 350zł / 90 min

watermelon full body peeling + watermelon butter massage + moisturizing foot mask

Mom and daughter package 230zł / 90 min  
(price for one person):  
Face and neck massage + algae face mask + foot mask

Package for him: 350zł / 90 min  
Oriental foot massage + moisturizing hand treatment + spine massage

### YOGA / PILATES WORKOUTS

100zł - 1 hour



Reservations can be made by phone, e-mail or in person.

We are recommending that you book a date & time of your treatment at the time of making a reservation.

Reservations may be cancelled up to 6 hours before treatment free of charge. In the event of cancelling your reservation within 6 hours of your treatment, you will be charged the full price of the selected treatment.

We kindly ask that you arrive on time for your treatment.