

MASSAGE & BODY CARE TREATMENTS

Massage is the best way for relaxation, stress relief, reduction of muscle fatigue and body detox. A delicate session calms and relaxes whilst an intense one soothes muscle and joint fatigue. Body care treatments will make you feeling refreshed and well cared with leaving your skin silky smooth, soft and nice smelling.

Massages and body care treatments sessions are performed by qualified physiotherapists. The price includes a healthy snack served during relaxation after each massage / treatment.

MASSAGE

CLASSIC

It affects the whole body healing and relaxing. It loosens up tensed muscles, regenerates your energy and eliminates negative effects of the passing time.

60 min. / 280 PLN 90 min. / 370 PLN 120 min. / 450 PLN

RELAXING

This massage reduces pain, improves muscle flexibility, restores proper posture and fluidity of the body.

As a result the massage restores the balance to your body.

60 min. / 280 PLN 90 min. / 370 PLN 120 min. / 450 PLN

THERAPEUTIC

Therapeutic massage is strongly based on classical massage techniques, but it is not. It also uses manual therapy. It is a health massage, which is designed to increase the blood supply to the area of the body under development, and thus accelerate its treatment.

It covers the entire body or areas such as the spine, cervical, lumbar, shoulders, elbows, knees and hips.

60 min. / 300 PLN 90 min. / 390 PLN 120 min. / 490 PLN

DEEP TISSUE

This massage reduces pain, improves muscle flexibility, restores proper posture and fluidity of the body and smoothness of movements.

As a result the body feels strongly relaxed and its balance is restored.

60 min. / 300 PLN 90 min. / 390 PLN 120 min. / 490 PLN

SPORTS

Intensive massage preparing for training, as well as regenerating fatigue after physical activity.

This type of massage is three times more effective than a simple rest.

60 min. / 330 PLN

SCULPTING

A full body massage made by using a sculpting cream with sea algae, which breaks down fatty deposits and shapes the body. Slimming cream with algae softens and smoothes the skin as well as renews and cleanses the whole body.

60 min. / 320 PLN

ORIENT JOURNEY

Combining elements of classical massage, shiatsu and reflexology. Relaxes and helps to get rid of tension and stress and stimulates the metabolism.

60 min. / 300 PLN 90 min. / 390 PLN 120 min. / 490 PLN

TOUCH OF RELAX

This massage starts with 15 minutes séance in the sauna where aroma oils are spread. Then there is a relaxing massage of the whole body using warm olive. The massage decreases muscles tension and relaxes deeply. The ritual culminates in foot reflexology.

90 min. / 390 PLN

SPEEDY RELAX

Speedy relax is recommended to all who have limited time but feel the strong need to regenerate. You can choose from: back & shoulder, face & neck, feet. It can be an intensive treatment for people with ailments in stationary work or a massage with a very relaxing effect.

30 min. / 210 PLN

FOR PREGNANT WOMEN

Massage of pregnant women is used to reduce muscle tension resulting from changes that occur in the body of the expectant mother and to improve her well-being. It affects not only the mother, but also the child, who calms down and does not kick during the massage.

Massage has a positive effect on the skin, improving its firmness and elasticity, improves the blood supply to tissues and nourishes the skin. It reduces muscle pain, increases the ability of the muscles to work and improves flexibility. It prevents swelling, which is common in pregnant women (especially leg swelling). Globally introduces relaxation, reduces stress and calms down.

30 min. / 220 PLN 60 min. / 300 PLN

THAI MASSAGE WITH ESSENTIAL OILS

Extremely relaxing and revitalizing massage with the use of aromatic oils. The massage uses acupressure techniques (regular, balanced pressure) in combination with elements of Ayurvedic massage (longer, stroking movements). This type of therapy focuses on relieving stress and soothing the nerves. Its goal is to achieve harmony of body and mind.

/Reservation required, min. 24 hours earlier/

60 min. / 390 PLN 90 min. / 490 PLN 120 min. / 590 PLN

BODY CARE TREATMENTS

EXPRESS CARE

The three-stage treatment starts off with a full-body scrub to remove dead skin cells and help the skin regenerate.

In phase two, a body mask is applied to improve your skin's suppleness and strength.

The third phase consists in a gentle massage with a nourishing body lotion.

60 min / 360 PLN

PEARLY TOUCH

The treatment starts with a 15 minute ritual steam bath. It is followed by a gentle salt scrub to remove dead skin cells, making your skin perfectly smooth.

The crowning point is a relaxing full-body massage and the fragrance of your choice will envelop your skin for many hours to come.

90 min / 450 PLN

AFRODITE'S SENSE

The ceremony starts with a visit to the steam bath to make your skin prepared for the treatment. The next step is a body scrub to cleanse it and make it "velvety smooth". It is followed by the application of a body mask which will envelop your body in the fragrance of your choice. The crowning moment of the ceremony is a massage inspired in oriental techniques to guarantee profound relaxation.

120 min / 550 PLN

SPA THERAPY

Each SPA therapy has 4 stages:

it begins with a cleansing salt scrub. Then, during the massage, the body is put into a state of deep relaxation.

In the next stage, we strengthen the skin with an intensely nourishing mask.

Finally, we apply a regenerating balm.

The skin is brightened, visibly rejuvenated and flawlessly smooth.

120 min / 580 PLN

FOR COUPLES

The offer for couples is a great way to relax and strengthen the bond between you. It's a great way to get rid of everyday stress and spend time together.

Freely selected massages or treatments (they can be different) are performed for two in the same therapy room.

SPA Rules / Etiquette

Hotel guests are asked to use a dressing gown and slippers that can be found in the room. At the wet zone anti-slippery foot wear is necessary to use. Towels are provided to all of Wellness & Spa guests.

We recommend you not to take any valuables or jewelry to the Wellness & Spa zone. Hotel is not responsible for lost jewelry and other valuable objects. Please note that safety deposit boxes are provided at every hotel room and at the reception free of charge.

There is no nudity zone in Hotel Stary Wellness & Spa. The whole area of Wellness & Spa is available for women, men and children. A swimwear is obligatory in the swimming pool. It is required to be covered with a towel at the sauna session.

Bringing in and drinking an alcohol as well as smoking is strictly forbidden.

Wellness & Spa zone is a place of relaxation so please give up the use of mobile phones. The mute of the phone is an obligation.

Please keep silence in order not to disturb relaxation to other guests.

In case of misbehavior of any of guests (disturbing the silence, aggression, any other way make other guests feel uncomfortable, etc.), the Spa personnel has the right to caution the guest or ask to leave the Spa area. If it happens the entrance fee is no refundable.

Reservations

We recommend booking your treatments in advance to be sure that you will be able to enjoy them during your stay at our hotel or on any other day that is suitable to you. Our specialists are eager to help you with the choice of treatments that would perfectly suit your needs.

We understand that you may need to change your plans sometimes. Free of charge cancellation is possible 24 hours prior to the scheduled time of the treatment. If the booking was made less than 24 hours earlier free of charge cancellation is possible up to 2 hours later. Any other cancellation or no show will be fully charged.

Treatments integrated into the packets or vouchers are not to be exchanged for other services. Exchange is only possible if the difference in prices is paid. Packages and promotions cannot be combined.

Preparation for massage or treatment

Please arrive at least 15 minutes before the scheduled treatment. In case of late arrival the duration of your treatment will be reduced accordingly without any right to get the discount.

All guests are encouraged to take a short shower before arriving for the treatment in order to prepare the body for the beneficial effect of cosmetics.

We do not recommend eating heavy meals and alcohol before rituals and massages.

Guests having health problems (high blood pressure, heart disease, allergies, injuries) and pregnant women should report it to the therapist before the massage or treatment is performed.

If the guest is under the influence of alcohol, other drugs or improper behavior (sexual suggestions, aggression, etc.) hotel reserves the right to refuse or terminate to perform the treatment and charge the full amount. The guest is asked to leave Wellness & Spa.

OPENING HOURS

MONDAY – SUNDAY: 08.00 – 21.00

(for children up to 12 years old: 08.00 – 19.00)

(services outside opening hours – available on prior request)



Litus
HOTEL & RESTAURACJE