

Kære kunder,

Nedenstående dokument er på engelsk. Det omhandler samtlige behandlinger og priser på disse. Vi arbejder hårdt på hurtigst muligt at få oversat materialet til dansk. Såfremt noget er uforståeligt, så er I velkomne til at skrive til os på [info@polklinik.dk](mailto:info@polklinik.dk) eller ringe til os på 46 78 81 25.

Med venlig hilsen

J. Bager

Polklinik. dk

## GENERAL CRYOTHERAPY

The cryogenic chamber in Hotel SENATOR is the latest solution in physical medicine technology - treatment with extremely low temperatures.

General cryotherapy is the stimulant application of extremely low temperatures (below 100 degrees Celsius) to the whole body during a 3 minute session in order to trigger defensive reactions, which are beneficial and effective in restoring correct functioning of the body. The vast effects of general cryotherapy provoke remission of chronic diseases and allow cutting down anti-inflammatory drugs and painkillers.

General cryotherapy supports the treatment of neurosis, crisis and depression. The application of cold is recommended to persons suffering from infections. It increases body resistance and accelerates metabolism, which is conducive to burning fat tissue.

Cryotherapy is also used in beauty treatments - it improves skin colour. Biological renewal delays aging and boosts the body's vitality. A session in a cryochamber is sure to guarantee full relaxation.

An important effect of general cryotherapy is its analgesic (anti-pain) action, which soothes pain of the joints, making rehabilitation more effective. The application of cold during treatment strengthens skeletal muscles, congests tissues, improves healing of wounds and decreases joint swelling.

### MAIN INDICATIONS:

- DISEASES OF THE MOTOR ORGANS
- rheumatic and rheumatoid diseases
- DISEASES OF THE NERVOUS SYSTEM
- DISEASES OF THE CIRCULATORY SYSTEM
- BIOLOGICAL RENEWAL
- osteoporosis prophylactics

### PRICES OF TREATMENTS - 35 to 40 PLN

The price includes medical qualification and care as well as therapeutic supervision during and after treatment.

## MASSAGE

**LYMPHATIC MASSAGE** - lymphatic drainage - it is one of the methods of physical treatment, which allows to improve the flow of lymph and counteracts the occurrence of diseases caused by stoppage. This kind of massage liquidates stasis, inflammatory and lymphatic swelling. It also allows improving the flow of lymph after suffering from contagious diseases and cancer. It accelerates recovery.

**DRY MASSAGE** - it affects the respiratory, heart - vessel and intra secretory systems, and influences the activity of metabolic enzymes. Cyclic and systematic sessions are a precondition of a proper programme of biological renewal. The massage starts adaptation mechanisms and sets the body's activity into a higher level of enduring physical effort.

**MANUAL THERAPY:** a modern medical system of non-invasive treatment of diseases of the motor organs, especially the spine. Treatment as part of manual therapy consists in the application of non-painful and safe pressure and stretch mobilizations. An integral part of therapy is education in auto therapy - teaching persons undergoing treatment how to achieve full recovery and counteract recurrence of problems.

**AYURVEDIC MASSAGE** - the aim of Ayurveda is to activate and readapt life to the rhythm of nature. The skin is a reflection of one's soul and a precise barometer of the functioning of internal organs as well as the psyche. In accordance with Ayurveda principles, only cosmetics based on natural ingredients are used. During the massage, the body absorbs active natural ingredients which have a purifying and regenerating effect. This is a perfect treatment for persons, who are stressed out, excessively stimulated and tired. After the treatment, patients are unbelievably relaxed.

**STONE MASSAGE** - heated semi-precious stones have an effect on energy channels, called chakras (according to Old Indian tradition). This treatment is extremely relaxing, calming and stress-eliminating. It influences the extension of blood vessels, increasing the flow of blood in muscles. It also accelerates the supply of nutritious substances and removal of metabolic products from the skin. The massage has a good effect on the skin, improving its flexibility and firmness. It helps to fight cellulite.

**THALGO DE LA MERE MASSAGE** - it is a relaxing treatment. It deeply hydrates and nourishes the skin, giving it the radiance and softness of silk.

**FEET ACCUPRESSURE** - in our feet we have receptors linked with all body organs. Massaging them, we restore the energetic equilibrium of a given organ and therefore we restore proper functioning and health. Feet acupressure helps to treat even serious and prolonged diseases.

## BIOLOGICAL RENEWAL TREATMENTS

**POWER SHOWER** - water treatment in which the pressure and changing temperature of water streams hitting the body are of fundamental importance. It is applied in peripheral blood supply disorders, neuralgia and neurosis. Power shower is also helpful in breaking up fat tissue.

**BOA LYMPHATIC DRAINAGE** - it is applied with a special pressure massage apparatus, which compresses air pumped into sleeves, according to a specified system. The delicate and rhythmic pressure waves, which are produced in this process and start at the toes, flow through the thighs, buttocks and reach the hips. This treatment is applied in rehabilitation, weight loss and fight against cellulite.

**ELECTROTHERAPY** - it is a section of physical treatment, which uses direct current and impulse currents. Electrotherapy covers electro-stimulation, ionophoresis, diadynamics, ultrasounds and magnetic fields. Indications for electrotherapy are quite vast and cover all diseases of the motor organs. It is essential to be qualified and diagnosed by a specialist doctor. Contraindications include the application of electrotherapy in conditions with inflamed skin and soft tissues, acute inflammation, epilepsy, pregnancy, cardiac pacemaker, arteriosclerosis, blockages, cancer, vein inflammation and clots.

**INHALATION** - a medical method which consists in the introduction of drugs into the respiratory system by the application of equipment producing medical aerosols varying in dispersion. Inhalation may last from 10 to 30 minutes. Natural aerosols present at the seaside are also applied for medical purposes. Inhalation is usually applied in asthma, acute and prolonged infections of the respiratory system.

**PEARL BATH** - it is a bath during which air bubbles have a weak but stimulating effect on skin nerve endings. This treatment has a healing effect in conditions of nervous stimulation, vegetative regulation disorders, organic heart and circulation disorders, high blood pressure, arteriosclerosis and insomnia. Persons, who are weak and suffer from circulatory incompetence, low blood pressure as well as need a lot of sleep, should avoid the pearl bath treatment.

**MILK BATH** - the combination of donkey milk with melon and peach extracts hydrates and nourishes the skin. The milk bath with the delicate scent of musk is relaxing and helps to eliminate tension and stress. Your skin becomes unbelievably soft.

**ALGAE (SLIMMING) BATH** - this creamy bath uses sea algae. It accelerates the process of eliminating fat from the body, purifies and detoxicates the skin, facilitates water retention. Your skin becomes silky soft and flexible.

**SEA MINERALS BATH** - a sensuous bath with sea salt crystals and brown algae concentrate. A bath with salt crystals has exceptional therapeutic properties - it restores vitality and energy to the body and relaxes the soul.

**THALGO SPA BATH** - it is a bath with the addition of effervescent micro algae tablets from the Pacific Ocean. Like the blue lagoon, the bath becomes a relaxing, hydrating and anti-stress treatment.

**DEAD SEA BRINE** - it has an anti-rheumatic effect, improves circulation and is applied in the treatment of joint degeneration, neuralgia. It is used in rheumatology and dermatology.

**DEAD SEA MUD WRAPS** - since medieval times they have been known for their medical properties in decreasing muscle pain and treating skin diseases. This treatment has a relaxing effect, soothes skin irritations, gives a feeling of comfort, and makes the skin look healthy and young. Mud can also be used to good effect in all kinds of scalp diseases - it regenerates and nourishes hair.

**KINEZYTHERAPY** - treatment by movement and exercise is an important component of rehabilitation in dysfunction of the motor organs. This treatment applies to all kinds of kinezytherapeutic techniques and methods adapted to the disease and health condition. It allows restoring motoric fitness.

**LASERTHERAPY** - a relatively new method of treatment. Research showed that low-energy laser radiation had an anti-inflammatory, desensitizing, pain soothing and anti-haemorrhage effect. The metabolic process as a result of laser therapy may be faster or may slow down. Generally laser therapy has an anti-pain and anti-inflammatory effect, delays the aging of skin, and accelerates the healing of wounds and treatment of swelling, blood clots and haemorrhage. It also strengthens the immunological system.

**THERAPEUTIC MUD WRAP** - the mechanism of therapeutic mud treatment consists in its heating effect and the influence of chemical compounds which resemble hormones. The application of therapeutic mud is recommended to persons suffering from neuralgia and pain, spine degeneration and joint inflammatory diseases.

**MASTER THERAPY:** a concept of rehabilitation exercises with the use of the system of belts and suspenders. This therapy can be applied in treating skeletal-muscle disorders, neurological rehabilitation and children's neuro-motoric stimulation. But first of all it is applied in therapy of chronic spine and pelvis pain, shoulder girdle trauma and treatment of most skeletal-muscle disorders, which often limit movement, muscle strength and body resistance.

**MAGNETIC FIELD** - a pulsating magnetic field has an anti-pain effect, accelerates healing of wounds and broken bones, is anti-inflammatory in action and extends blood vessels. Indications to apply the magnetic field include inflammations (ear, sinus, bronchi, joint, tendons, prostate gland, and ischial nerve), degenerative tissue changes (degeneration of joints, spine, knee, hips, partial paralysis, discopathy, osteoporosis, lumbago, spinal curvature, old-age illnesses), blood circulation disorders (arteriosclerosis, low blood pressure, and essential high blood pressure), coronary obstruction, fractures, neurosis, gynecological and neurological diseases.

**PROSLIM** - a revolutionary equipment for slimming, lifting and lymphatic drainage. Proslim Gold makes use of the latest achievements in cosmetology and medicine. The effects are visible after the first treatment. The Proslim treatment offer covers body modelling (loss of fat tissue, liquidation of cellulite, bust and buttock firming), micro lift (smoothing of wrinkles), face and body lymphatic drainage (treatment of cellulite which complements slimming and elimination of feet swelling).

**ULTRASOUNDS** - they have an anti-pain effect, decrease muscle tension, extend blood vessels, accelerate absorption processes, and check inflammation processes. The application of ultrasounds is indicated in joint degeneration and inflammation diseases, post-trauma conditions and some skin diseases.

## **FITNESS PROGRAMME**

**NORDIC WALKING** - is walking with poles. It promotes an active sport lifestyle in the open air and in contact with nature. Nordic Walking combines the best features of ideal motoric activity for everybody. It builds heart and vessel efficiency, engages and strengthens all skeletal muscles, burns calories, relieves pressure on joints and relaxes muscle tension.

**BODY BALL** - exercises with the use of balls. They are aimed at strengthening muscles responsible for good body posture.

**3/4 DANCE 3/4 STEP** - it is aerobics training designed to burn fat tissue. Music in 3/4 time is not only rhythm but discovery of new movement and emotions. It is good for fighting stress and tension. The choreography used with the music allows letting emotions loose and express your own personality. The open, wide and smooth movements have a favourable effect on the heart and vessel system. It combines Western forms of fitness with classical Eastern forms of Body&Mind.

**ABT (Abdominal, Buttocks, and Thighs)** - strengthening and shaping of lower body parts: abdomen, buttocks and thighs. Designed first of all for persons wanting to improve their body shape. Exercises without load but with the use of steps, elastic bands and balls..

**FAT BURNING** - burning of fat, all kinds of exercises of varying intensity for chosen muscle parts.

**YOGA** - the word yoga means "to join". Yoga is a system of exercises based on the conviction that body and breathing are closely linked with the mind. By controlling breathing and keeping the body in motionless positions, i.e. asans, a person achieves harmony. The practice of yoga consists of five major elements: proper execution of exercises, proper breathing, proper relaxation, a healthy diet, positive thinking and meditation. Yoga asans decrease muscle tension, strengthen internal organs and increase flexibility of joints and ligaments.

**STRECHING** - stretching exercises which ideally complement every training session aimed at making muscles more flexible and increasing mobility of joints. Perfect for persons seeking movement and relaxation.

**STEP** - a configuration of high-intensity exercises which cover simple combinations consisting in rhythmic stepping up and stepping down. Step has a favourable effect on the flexibility of muscles and body shape. Lungs inhale more air.

**AEROBIK** - popular exercises maintained in an equal pace, which increase the body's, more precisely the heart's and lung', intake of oxygen. During aerobics exercises our muscles work more intensively while our breath and pulse accelerate. Chest muscles and the diaphragm become more flexible, our lungs receive more air, and our body is more effective in eliminating toxic substances. Aerobics contributes to better metabolism and slimming.

**AQUA** - pool gymnastics during which we use float belts allowing us to exercise on deep water. Additional foam loads increase the intensity of exercises. Movements against water resistance are perfect for sculpting all body muscles. This form of recreation is recommended for everybody irrespective of fitness condition, age and weight. Water delicately massages the skin and sub epidermal tissue, which has an excellent effect on body lymph circulation and skin flexibility

## **BODY COSMETICS**

**DEAD SEA PEAT POULTICE** - from antiquity known for its therapeutic values. It reduces muscle pains and supports treatment of skin diseases. It is relaxing, eases skin irritation, and gives a feeling of comfort, providing a healthy young look to skin. Peat is successfully used to treat various chronic head skin illnesses - it regenerates and nourishes hair.

**PEAT POULTICE** - medical treatment of peat poultice consists in warming reaction and influence of its chemical compounds and agents acting like hormones. Pet poultice treatment is recommended for persons suffering from neuralgia and pain syndromes, in backbone degeneration and arthritis.

**MILK BATHS WITH BODY EMBALMENT** - a mix of donkey milk with extracts from melon and peaches nourishes and moistens skin. Milk bath with subtle scent of musk is relaxing, unwinding and helps to reduce tension and stress and skin obtains extraordinary softness.

### Mary Cohr body treatments

**BUST LIFTING** - This treatment revives beautiful shape, flexibility and firmness of breasts, strongly improving epidermis- condition.

**ACTI AROMATIOUE** - An actively modelling treatment. Aromatic treatment actively modelling silhouette due to essential oils, Dead Sea salts and active enzymes. It is performed in two versions:

- "cold" program, drains making slimmer, detoxicates and removes water cellulite.
- "warm" program, makes slimmer, removes lipid cellulite, oxygenates and nourishes skin.

**SPA AROMATIOUE** - Aromatic body care. Very aromatic, individualised treatment based on massage with essential oils and applying a mask on entire body. This treatment satisfies all body and soul needs.

**YOUTH & BEAUTY HAND** - Treatment rejuvenating hands. This hand treatment is a combination of delicate exfoliation with amino-acetic acid and regeneration with a cocktail of amino acids, vitamins and biologically active ingredients.

### Thalgo body treatments

**SLIM & SCULPT** - innovative method for slimming and firming. It is perfect proposition for women seeking effective and professional treatment of local excessive fat tissue and loss of skin firmness. Slimmer silhouette and firmer, nourished skin are results visible after first intervention.

**MIKRONIZED MARINE ALGAE BODY** - treatment based on 100% natural mask from micronised marine algae. It has a slimming, re-mineralising, detoxicating and anti-cellulite effect. This treatment moistens and nourishes body skin, reduces fat deposits.

**THALGO MINCE BODY** - intensive slimming and firming treatment for certain parts of the body

**THALGO SHAPER** - mechanical treatment breaking up fat tissue and cellulite.

**BUST MODELING** - firming and bust modelling mask

**FRIGI THALGO WRAP** - activates blood circulation. Firms skin and improves flexibility of blood vessels, recommended for cellulite.

**NATURA MARINE MUD** - 100% natural marine mud, rich in minerals and trace elements, (amongst other: calcium, magnesium, and potassium). This is a detoxicating treatment, which liquidates cellulite and fat tissue. Improves flexibility and firmness of skin.

**TONING BODY WRAP** - applied to entire body. It is toning, stimulates microcirculation of blood, thus liquidating cellulite and fat tissue. It detoxicates organism and improves skin firmness

### FACE COSMETICS

**CAVITATION PEELING** - this treatment causes effective exfoliation of dead epidermis and unveiling of younger skin layers, free of dead cells, excessive sebum, bacteria and toxic substances, and also cosmetics residues. As result of peeling skin is visibly smoothed and delicate.

**SONOFOREZA** - in cosmetics is called an ultrasonic massage, which improves blood flow and is used to apply into deeper layers of skin nourishing and moistening preparations.

**BEAUTY TEK** - a device created to remedy, revitalise, nourish and recover bio-physical-chemical balance of human tissue. Applied for lifting of bust, buttocks and face. It helps to loose weight, fights cellulite and helps in treatment of skin problems such as striae, acne or scars. Treatments are recommended for people in any age: for younger as preventive treatment whereas for adults as activities restoring aesthetics of looks. Non-invasively smoothens wrinkles, reduces pores and rejuvenates face. It lifts and firms buttocks, sliming thighs and hips, removes relaxation of arms and abdomen. Innovative BEAUTY TEK technology enables regeneration process and rejuvenation of biological tissue yielding visible effects already after first procedure.

**PROSLIM GOLD** - is a device for slimming and lymphatic drainage. It performs body modelling procedures (reduction of centimetres, removal of cellulite, bust and buttocks firming), micro-lift - rejuvenation (smoothing of wrinkles), lymphatic drainage of face and body (cellulite procedures, removal of legs - swelling). A great advantage of proslim procedures is that effects are visible immediately after first

treatment.

**CHOCOLATE SPA** - (chocolate therapy) is recommended for stressed persons, with discomfort and experiencing problems with dry skin. Procedure is nourishing and revitalising skin and senses, since it improves mood. Applied in series of treatments provides draining and anti-cellulite effects. Chocolate aroma stimulates production of endorphins, improves disposition, and is stimulating and anti-depressive.

### Isabelle Lancray face treatments

**BOTOLIFT** - treatment for persons with vivid face mimics. Recommended for mature skin, with predisposition for static wrinkles. It hinders deepening of wrinkles and revitalises skin.

**VITAMIN COCKTAIL ilsa pro vitamin** - a treatment with active vitamin C, firming and comprehensively regenerating and brightening melanosis. It restores skin's natural level humidity and perfectly nourishes it. It is recommended for vascular skin.

**VITAMIN COCKTAIL ilsa pro vitamin C with mask on eyes** - is a treatment with active vitamin C, which firms, comprehensively regenerates and brightens melanosis. It restores natural level of skin's humidity and perfectly nourishes it. Treatment includes special procedure for liquidation of eyes' swelling and shadows.

**LFTING TREATMENT** - basis of marine collagen, against wrinkles for delicate and allergic skin. Provides maximal regeneration, nourishment, moistening of neck and neckline skin

### Mary Cohr face treatment

#### **CATIOVITAL**

universal treatment for every type of complexion. Using micro-sauna, ionisation and aromatic massage. Programs: anti-seborrhoea, moistening, soothing, rejuvenating, nourishing, and bleaching, for mixed complexion.

#### **CATIOVITAL LIFT**

a lifting treatment with use of mini-sauna, ionisation, electrostimulation and modelling massage.

#### **CATIOVITAL EYE**

A treatment for eye neighbourhood with use of ionisation and lymphatic massage. It reduces problem of eye wrinkles, droopy eyelids, dry and inflexible epidermis, shadows and swelling of eyes.

#### **HYDRA - NEUVE**

is an exfoliation and regenerating treatment with immediate effect. Use of amino-acetic acid and relaxing massage. Programs: moistening, anti-seborrhoea, rejuvenating and bleaching.

#### **BEAUTY AROMATIQUE**

Base on massage, ultra-relaxing aromatic treatment with use of vegetal concentrates and essential oils. Programs: moistening, balancing, vitalising, stimulating, soothing, composed for two skin problems at the same time.

#### **BEAUTE LIFTING**

is an exclusive treatment with marine collagen and phyto-hormone. It reduces wrinkles, firms, improves flexibility, moistens, tightens and revives skin.

### Thalgo face treatments

**THALGOLIFT (ELIXIR)** - for persons with a problem of intensive ageing of skin. Thalgo created exceptional treatment THALGO LIFT, which uses marine elixir rich in natural alga hormones. A unique face massage has been developed particularly for this procedure. Immediately after first treatment skin recovers its natural density and perfect looks, it is more firm and face oval becomes more regular. A mask put at the end of procedure from biological cellulose moistens, nourishes and regenerates skin.

**BIO MARINE WARM** - a deeply nourishing treatment for dry skin. A really "nourishing bath" on basis of mango and Shea butter extracts. It perfectly nourishes and smoothes skin reduces excessive loss of water.

**EDEN "COLD TECHNIQUE"** - A treatment on basis of soothing clay mask and cream cleanser, reducing redness and irritations, good for rupturing blood vessels

**GELATINE VERBENA AND EYE TREATMEN** - A treatment for thin and delicate skin. It perfectly moistens, nourishes, regenerates and smoothes skin.

**O2 MARINE TREATMENT** - A treatment oxygenating skin. It stimulates inter-cell oxygenation, nourishes and detoxicates skin.

**NATIVE MARINE COLLAGEN** - is an exclusive treatment using 100% natural marine collagen. A mask providing regeneration and moistening of skin and reduction of wrinkles.

**MODELING MASK "INITIALE MARINE"** - An anti-wrinkles treatment, strongly regenerating and nourishing - already after one program it brings sensational smoothing results and visibly rejuvenates skin.

**VERBENA "INITIALE MARINE"** - treatment for thin and delicate skin. It perfectly nourishes regenerates and visibly smoothes skin. Mask has strong penetrating and anti-wrinkles effect.

**AQUARELLE** - a treatment for seborrhoea and acne skin; treatment with warm and natural algae, it combines antiseptic and inflammatory action

**CRISTE MARINE** - treatment for atrophic skin, which needs immediate regeneration

**THALGO EYE TREATMENT** - firming and nourishing treatment for sensitive and delicate skin by eyes with use of a thermal mask.

**SEA NECTAR** - Treatment for skin that needs prompt regeneration, moistening, nourishment and strengthening.

**OCEAN TREATMENT FOR MEN** - energising and moistening treatment for men. Recommended for men with irritated skin. Treatment based on products containing alga extracts, which stimulate cell restoration and retard ageing of skin.

**BIOSTYMULINA** - it affects cell restoration, perfectly regenerates epidermis. It has a moistening and nourishing effect on skin.

## THE AQUA COMPLEX

The complex consists of a 25 metre swimming pool and a 20 metre pool with the following water attractions: underwater massage showers, counter currents, water cascades, stream injectors, umbrellas with streaming water, and a circular baby pool with slides. There are also large hydro massage baths with varying water temperatures, and saunas. Dry sauna bathing is accompanied by changing light colours, bird singing, and sounds of flowing water. Steam sauna bathing is complemented with scent dispensing for inhalation and relaxation. A cold water tub is available for those, who want to build up their stamina. A pool beach with deckchairs is there for those, who want to rest and take it easy.

## DESCRIPTION OF ATTRACTIONS

**AQUA** - gymnastics using float belts makes it easy to exercise on deep water. Additionally foam weights increase the intensity of exercise. Movements against water resistance are perfect for sculpting all body muscles. This form of recreation is recommended to everybody irrespective of your physical condition, age and weight. Water gently massages the skin and sub epidermal tissues, which has an excellent effect on lymph circulation and skin firmness.

**STEAM BATHS** - the treatment consists in overheating your body in water steam. The steam baths treatment is pure relaxation. Optimum temperature is from 40 to 45 degrees Celsius. The steam baths treatment hydrates and purifies the skin. It has a beneficial effect on the respiratory tract and blood circulation. Tired muscles become relaxed. The treatment is also good for inflammatory joint conditions and neuralgia. Steam baths treatment may be complemented with scent dispensing for inhalation and relaxation.

**DRY SAUNA** - it was invented in Finland. Bathing in dry air (temperatures from 60 to 90 degrees Celsius) stimulates circulation and gives our muscles a feeling of lightness. Hot air affects human skin and the respiratory tract, increases body temperature and has an impact on accelerating metabolism, heart and lung action. During a one-time stay in the sauna we are able to burn about 300 kcal. Intensive perspiration purifies the skin and frees it of toxins. General strengthening of body defences is of particular importance. The dry sauna is recommended for degenerative diseases and arthritis, circulations disorders and inflammation of the ovaries. The treatment is made more pleasant with changing of light colours and aquaviva with bird singing.

**THE PADI DIVING SCHOOL** - first steps in the underwater world. Diving instructors offer training for all adventure enthusiasts. Diving lessons and courses are held in July and August.

Prisllister ( danske kroner. Gang alle priser med 2)

**BEAUTICIAN SERVICES**

(updated may 17th 2006)

**HAND CARE**

MANICURE	50 zł
VARNISHING + TOUGHENING	15 zł
"FRENCH" VARNISHING	30 zł
NAILS ORNAMMENTING	20 - 40 zł
PARAFFIN ON HANDS	80 zł
PEELING + HAND MASK	50 zł

**FOOT CARE**

VARNISHING	20 zł
"FRENCH" VARNISHING	30 zł
PEDICURE + FOOT MASSAGE + PEELING + VARNISHING	150 zł

**EYE CARE**

TINTING EYELASHES WITH HENNA	25 zł
TINTING EYEBROWS WITH HENNA	25 zł
EYEBROW ADJUSTMENT	20 zł
TINTING EYELASHES AND EYEBROWS WITH HENNA + ADJUSTMENT	50 zł
TINTING EYEBROWS WITH HENNA + ADJUSTMENT	35 zł
EYEBROW RESHAPE	25-40 zł

**WAX DEPILATION**

WHOLE FACE	60 zł
UPPER LIP	25 zł
CHIN	25 zł
CHEEKS	35 zł
ARMPITS	45 zł
FOREARM	55 zł
WHLOE ARM	60 zł
CHEST	65 zł
STOMACH	65 zł
BACK	70 zł
BIKINI	55 zł
CALVES	65 zł
THIGHS	60 zł
WHOLE LEGS	100 zł
BUTTOCKS	70 zł
LEGS + BIKINI	130 zł

## MASSAGE

(price list valid from 17.05. 2006)

Body massage (dry, manual)	60 min.	80 PLN
Body massage with elements of rehabilitation and manual therapy	60 min.	90 PLN
Partial massage (legs, abdomen, hands, nape - at your choice)	30 min.	45 PLN
Massage of back and nape	30 min.	50 zPLN
Therapeutic spine massage with rehabilitation elements and manual therapy	35 min.	60 PLN
Lymphatic massage, partial	30 min.	50 PLN
Lymphatic massage, entire body	60 min.	100 PLN
Ayurveda - body massage, head and face, wet	120 min	210 PLN
Ayurveda - body massage, head and face, dry	100 min	180 PLN
Abhyanga - body massage	60 min.	120 PLN
Mucabhyanga - head and face massage, wet	40 min.	100 PLN
Mucabhyanga - head and face massage, dry	25 min.	50 PLN
Ayurveda Exclusive - body massage, head and face, wet with 4-hand	120 min.	300 PLN
Relaxing massage with warm stones	60 min	130 PLN
Massage Thalgo De La'Mere	45 min.	80 PLN
Feet Acupressure	45 min.	80 PLN

## FACE PROCEDURES

(price list valid from 17.05.2006)

CATIOVITAL	170 zł
CATIOVITAL FOR YOUTH	130 zł
CATIOVITAL LIFT	180 zł
CATIOVITAL EYE	100 zł
CATIOLIFT + BEAUTY LIFTING	210 zł
HYDRA - NEUVE	160 zł
HYDRA - NEUVE + BEAUTY LIFTING	220 zł
BEAUTY AROMATIQUE	160 zł
BEAUTY LIFTING	180 zł
TRADITIONAL PROCEDURES	130 zł
FACE MASSAGE	50 zł
BASIC FACE CLEANSING	150 zł
FACE CLEANSING WITH MASSAGE	180 zł
AROMATHERAPEUTIC MASSAGE	80 zł
FACE CHOCOLATE TREATMENT	200 zł
BOTOLIFT	270 zł
COCTAIL VITAMINOWY ILSA PRO VITAMIN C	210 zł
VITAMIN COCTAIL ILSA PRO VITAMIN C WITH EYE MASK	250 zł
LIFTING ON BASIS OF MARINE COLLAGEN	180 zł
CLEANSING TREATMENT WITH MASKS	150 zł
EDEN "COLD TECHNIQUE"	150 zł
GELATINE VERBENA WITH EYE	200 zł

TREATMENT	
O2 MARINE TREATMENT	140 zł
NATIVE MARINE COLAGEN	180 zł
THALGOLIFT	350 zł
MODELING MASK	160 zł
MARINE NECTAR	160 zł
TREATMENT FOR MEN "THALGO MAN"	150 zł
BIOSTYMULINA	180 zł
MODELING MASK "INITIALE MARINE"	160 zł
VERBENA "INITIALE MARINE"	160 zł
VERBENA "INITIALE MARINE" + NECKLINE MASK	200 zł
"AQUARELLE"	140 zł
"CRISTE MARINE"	150 zł
THALGO EYE TREATMNET	100 zł

**BODY PROCEDURES**

(price list valid from 17.05.2006)

DEAD SEA THERAPEUTIC PEAT □ MINERAL CARE	150 PLN
CHOCOLATE TREATMENT FOR BODY	220 PLN
BUST LIFTING	180 PLN
ACTI AROMATIOUE COLD THIGHS+HIPS	140 PLN
ACTI AROMATIOUE COLD FOR ENTIRE LEGS	170 PLN
ACTI AROMATIOUE WARM ANKLES	140 PLN
ACTI AROMATIOUE WARM ENTIRE LEGS	180 PLN
SPA AROMATIOUE	170 PLN
TREATMENT FOR SORE, WEARY LEGS ANKLES	120 PLN
TREATMENT FOR SORE, WEARY LEGS ENTIRE LEGS	170 PLN
YOUTH & BEAUTY HAND	120 PLN
BODY PEELING	50 PLN
MICRONIZED MARINE ALGA BODY (algae compress)	150 PLN
THALGOMINCE BODY	150 PLN
THALGOSHAPER	80 PLN
BUST MODELING	120 PLN
STRIAE TREATMENT	120 PLN
FRIGI THALGO WRAP	150 PLN
NATURAL MARINE MUD	200 PLN
TONING BODY WRAP	150 PLN

## PHYSICAL THERAPY

(price list valid from 17.05.2006)

Cryotherapy, general systemic	treatment	40-35 zł
Punctual cryotherapy (twice a day)	treatment	20 zł
Kinesitherapy, therapeutic individual gymnastics	35 min.	50 zł
Needle bath/Scotch douche	10 min.	30 zł
Therapeutic bath with Dead Sea salts MINERAL CARE	15-20 min.	45 zł
Pearl bath	20 min.	30 zł
Bath SPA THALGO	20 min.	45 zł
Bath in seawater with micronised alga	20 min.	60 zł
Bath in donkey milk with balm	20 min.	80 zł
Bath in donkey milk with peeling and balm	20 min.	120 zł
Peloid compress (local)	15 min.	20 zł
Paleotherapy for entire body	60 min.	100 zł
Lymphatic drainage BOA	25 min.	40 zł
Lymphatic drainage on face	40 min.	80 zł
Laser therapy, punctual	treatment	20 zł
Magnetic field	treatment	20 zł
Proslim Gold (body firming)	25 min.	50-150 zł
Ultrasounds	treatment	20 zł
Electro-therapy - other (as recommended by a physician)	treatment	20 zł
Inhalations	15 min.	15 zł
Physician's visit (outside package)	-	40 zł

**MOTOR ACTIVITIES**

(price list valid from 17.05.2006)

group fitness exercises	30-45 min.	20 zł
Nordic Walking	90 min.	20 zł
Gymnastics on the beach	-	20 zł
Yoga	50 min.	20 zł
Aquarobic + fitness safety belt	40 min	20 zł
Bodybuilding and cardiac studio with instructor	full training	20 zł