

# SKANPOL

beauty SPA wellness



Price list





## Etiquette – preparation for treatment

Please arrive 10 minutes before the scheduled treatment time to allow enough time to change or complete a health survey regarding any concerns or contraindications to treatment. Please note treatment sessions will end at the scheduled time. If the treatment session is shortened due to late arrival, the guest is still responsible for full payment.

In case the treatment needs to be changed or cancelled please contact us not later than 12 hours before the scheduled treatment time. Please see the regulations below for details.

Treatment paid for or a voucher not used does not entitle to a refund in cash.

It is recommended that you avoid intensive sun exposure, heavy meals or alcohol consumption before treatment. It is also recommended that you visit the Relaxation Lounge to enjoy the soothing effect of your treatment or to buy cosmetics recommended by our therapists in order to continue treatment at home and to boost the results. Clients who are not hotel guests can proceed to the Relaxation Lounge with a view of the park after they have changed into a robe, disposable underwear and footwear. Then they go to the treatment room. Guests are advised not to take any valuables to the treatment room. The SPA shall not be held liable for any valuables left behind. To make sure both you and other guests enjoy their time as well please note that:

- bringing in and consuming alcohol
- using drugs and other intoxicants
- smoking
- bringing in pets

is not allowed on the Skanpol SPA premises.

Treatment might be stopped at any time if the guest is under the influence of alcohol, drugs or if his or her behaviour is inappropriate. Full treatment price shall be charged.

Children under 16 years old may use the SPA only subject to a permission or if accompanied by an adult.

In order to avoid skin irritation, it is recommended that men shave no later than 4 hours before the scheduled treatment time. To prepare your body for treatment it is recommended that guests take a shower and remove make-up. Please do not use any creams or balms before treatment.

Ladies who have planned a body treatment should avoid epilation less than 24 hours before the scheduled massage, peeling or mask.

In case you wish to redeem your gift card or voucher please contact the SPA Reception Desk in advance.

Children must not be left unattended in the Skanpol SPA. Accompanying persons are requested to wait in the area shown by the staff.

The Skanpol SPA reserves the right to change the opening hours and prices.

It is our wish and desire to satisfy you with our services. If for whatever reason you are dissatisfied with the service provided or any of its part, please contact us by writing at [k.witkowska@newskanpol.pl](mailto:k.witkowska@newskanpol.pl).

We appreciate all suggestions and comments you might have to raise the quality of our service.

### **TREATMENT CANCELLATION POLICY**

Treatment can be cancelled free of charge up to 12 hours before the scheduled treatment time.

- In case a cancellation is made up to 6 hours before the scheduled treatment time, a 50% cancellation fee shall apply.
- In case a cancellation is made 3 hours or less before the scheduled treatment time, a 100% cancellation fee shall apply.

We would recommend that treatment should be booked in advance by contacting us:

- by telephone calling 94 711 29 21 (or ext. 700 for hotel guests) or +48 669 202 200
- by email: [spa@skanpolspa.pl](mailto:spa@skanpolspa.pl)

Detailed SPA Policies and Procedures are available on [www.skanpolspa.pl](http://www.skanpolspa.pl) and at the Reception Desk.

# Relaxation massage

	Duration (min.)	Price
1. RELAXATION MASSAGE OF SELECTED BACK PART	15	60 zł
2. RELAXATION BACK MASSAGE	30	95 zł
3. RELAXATION ALL BODY MASSAGE	50	155 zł
4. RELAXATION ALL BODY MASSAGE WITH SHEA BUTTER	50	165 zł
5. RELAXATION BACK MASSAGE WITH ELEMENTS OF REFLEXOLOGY Back massage combined with massage of reflexology points on feet.	30	100 zł
6. MASSAGE OF DEEP TISSUES AND TRIGGER POINTS A massage of soft tissues to eliminate tension in myofascial points.	30	120 zł
7. HOT STONE MASSAGE – ALL BODY Relaxation all body massage with warm basalt stones and hands.	75	199 zł
8. HOT STONE MASSAGE– BACK Relaxation massage with alternating hot basalt stones and a hand massage.	45	155 zł
9. FOOT REFLEXOLOGY MASSAGE A massage which involves applying different amounts of pressure to specific reflex points on the foot.	30	100 zł
10. LYMPHATIC DRAINAGE (manual) Encourages the movement of lymph fluids and blood around the body and release of lymphatic fluid collected in tissues. Price and time for one body part – one leg or one hand.	25	100 zł
11. LYMPHATIC DRAINAGE (with a machine) Lymphatic drainage using the BOA device for compression treatments to help with problem areas on legs and hands.	20	60 zł
12. EAR CANDLING Ear coning helps mitigate sinus infections and headaches.	30	90 zł
13. EXAMINATION + DIAGNOSTIC TESTS by a manual therapist Recommended to people who suffer from pain due to rheumatic, orthopaedic, neurological, muscle conditions, injury, post surgical conditions and discopathy.	till 30	50 zł
14. INDIVIDUAL THERAPY agreed upon a consultation with a manual therapist Treatment tailored to individual needs following the therapist's recommendation.	30-80	120-350 zł

treatment booking: +48 94 711 29 21



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## Oriental Massages

	Duration (min.)	Price
15. ABHYANGA Relaxation whole-body, head and face massage with warm oil.	80	250 zł
16. UDVARTANA Whole-body massage with oil and herbal powder gives the skin a soft, silky texture relieving stiffness in the whole body.	50	200 zł
17. MUKHA ABHYANGA Relaxation head and face massage with warm oil.	25	100 zł
18. SHIRODHARA The treatment involves warm and consistent flow of sesame seed oil on the forehead. The treatment is preceded with a face and head massage.	60	260 zł
19. BALINESE MASSAGE An oriental massage which includes techniques of reflexology, Ayurveda, aromatherapy, acupressure and yoga.	80	260 zł
20. THAI FOOT MASSAGE and peeling Deep relaxation based on stretching and reflexology opening energy lines.	80	220 zł

## Body treatment – body care

	Duration (min.)	Price
21. GOLDEN SPA ECO Toning, rejuvenating and radiant skin treatment using argan oil, also called MOROCCAN GOLD and 24 carat gold. Massage applied during the treatment relaxes and tones the skin. The treatment involves peeling, mask and massage.	90	350 zł
22. CRANBERRY SPA Revitalising banquet treatment, invigorates, lifts, has anti-ageing properties. The treatment involves peeling, mask and cream.	70	230 zł
23. BALTIC RITUAL A treatment of sensual scent. What makes the treatment so efficient is the power of ground amber and natural ingredients coming from the Baltic Sea which support the rejuvenation of the body. The treatment also involves a face massage and back massage with stones. Body scrub prepares the skin for absorbing active ingredients included in amber mask: plant oils, sea algae, rockweed, microalgae, white clay and marine collagen essence.	100	380 zł
24. CHOCOLATE RELAXATION Sweet and aromatic whole-body massage involving warm chocolate.	50	180 zł
25. PEAT BODY TREATMENT Peat mined in Kołobrzeg alleviates pain and is recommended for such conditions as sciatic neuralgia, joint inflammation and arthrosis.	40	150 zł
25A. BODY SCRUB Sugar body scrub.	30	90 zł

## Face cleansing treatments

	Duration (min.)	Price
26. CAVITATION PEELING + SONOTHERAPY + MASK Delicate face cleansing treatment complete with a cream mask.	40	160 zł
27. FACE CLEANSING (manual) Manual face cleansing with a cream mask and exfoliation - without face massage.	60	170 zł
28. EQUILIBRUM – basic face treatment Face exfoliation, massage and cream mask. Normalising treatment, restoring equilibrium. For all skin types.	60	220 zł
29. PRIMISSIMA – exfoliating treatment for radiant skin 7 acids and retinol complex which stimulates new collagen fibres. Benefits include even skin tone and radiant finish. Recommended for mature skin with blemishes and imperfections. Treatment recommended also for men.	45	230 zł
30. PUMPKIN SKIN – Dermaquest therapeutic treatment AHA and BHA acids, probiotics and niacinamide. It is a treatment for mixed complexion with blackheads, pimples, papules and dilated pores. The treatment leaves the skin hydrated, matte and radiant.	60	290 zł
31. BASIC HYDROGEN PURIFICATION FACIAL CLEANSING (machine) Recommended for oily skin with seborrhoea, for young, contaminated skin.	40	180 zł
32. COMPLETE HYDROGEN PURIFICATION (machine) Recommended for acne, sensitive and capillary skin. Benefits involve radiant, pure and hydrated skin.	32A. face: 60	250 zł
	32B. face+neck: 70	300 zł
	32C. face+neck+cleavage: 80	400 zł
33. PREMIUM HYDROGEN AND ACID PURIFICATION (machine) Most complex treatment, includes acids. Especially recommended for mature skin with wrinkles and blemishes and for smokers.	33A. face: 60	350 zł
	33B. face+neck: 80	400 zł
	33C. face+neck+cleavage: 90	500 zł

## Eye care treatments

34. BROW HENNA TINTING AND SHAPING	20	40 zł
35. EYE LASHES HENNA	10	25 zł
36. BROW SHAPING	10	25 zł
37. BROW SHAPING WITH WAX Considering that wax needs to be warmed up, we recommend prior appointment.	10	25 zł
38. PACKAGE: brow and lashes henna + shaping	30	55 zł
39. LASH LAMINATION AND TINTING Lash lifting, natural curling, strengthening and regeneration.	60	155 zł



# geneo



before

after

## treatment effects



before

after



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# Face rejuvenation treatment

	Duration (min.)	Price
<p>40. GENEIO – banquet treatment</p> <p>Three care effects in one treatment: exfoliation, absorbing active ingredients and deep oxygenation. Leaves the skin radiant, hydrated, nourished and cleansed. Results are visible after one treatment.</p>	45	270 zł
<p>41. LIME – treatment with vitamin C</p> <p>All year treatment which slows down the ageing process, protects, nourishes, lightens and has anti-oxidative properties. It is recommended for smokers, greyish skin lacking in energy. It is a refreshing treatment after sun exposure or using a tanning bed.</p>	60	240 zł
<p>42. REHYDRA – hydrating treatment</p> <p>Treatment using hyaluronic acid applied to face, neck and décolleté. Tones skin, visibly reduces wrinkles and refreshes. Treatment recommended as a preparation for needle mesotherapy, microneedle and laser treatment.</p>	60	250 zł
<p>43. CBD – revitalising treatment Dermaquest</p> <p>An enzyme (proteinase, vitamin C. and CBD) included in cosmetics help skin rejuvenation and increase absorption of active ingredients. Recommended for capillary and sensitive skin – nourishing results.</p>	70	320 zł
<p>44. POWER PEPTIDE – Dermaquest resurfacer</p> <p>Ultimate lifting treatment, an alternative to Botox, non-invasive smoothing of lines and wrinkles. Main ingredient is Argireline neuropeptide and acids: 20% lactic acid and 20% glycolic acid – lifting effects.</p>	70	350 zł
<p>45. FOR MAN</p> <p>Oxygenating, hydrating and rejuvenating treatment for face.</p>	60	190 zł
<p>46. RELAXATION FACE MASSAGE</p> <p>Basic, delicate, relaxing face massage.</p>	20	70 zł
<p>47. JAPANESE FACE MASSAGE</p> <p>Draining face massage which stimulates vessels, muscles and nerves.</p>	40	145 zł
<p>48. KOBIDO – non-surgical face lift</p> <p>Works on deep layers of skin and muscles. Its aim is to remove tension, improve blood and lymph flow and to activate nerves. Recommended series of treatments is 6 to 10, twice a week.</p>	60	210 zł
<p>49. ENDERMOLIFT - ALLIANCE LPG</p> <p>A massage with ERGOLIFT device which naturally stimulates the production of collagen, elastin and hyaluronic acid in an absolutely painless way. The brightening effect is visible after one treatment. Long-term effects include restoring skin density, remodelling facial oval, smoothing wrinkles and drainage of the eye area: elimination of dark circles and undereye bags. Recommended a series of treatments.</p>		
	49A. face – radiation:	15 min. 120 zł
	49B. face+mask:	40 min. 170 zł
	49C. face+neck – toning, facial oval:	30 min. 150 zł
	49D. face+neck+mask:	50 min. 200 zł





	Duration (min.)	Price
<b>50. OXYGEN INFUSION full treatment (machine)</b> Intensive hydration, oxygenation, stimulation of metabolic processes of skin cells. Results are visible after one treatment.	50A. face: 60 50B. face+neck+cleavage: 80	250 zł 350 zł
<b>51. COMPLEX THERAPY: HYDROGEN CLEANSING AND OXYGEN INFUSION</b> A combination of two technologies: hydrogen cleansing and oxygen infusion. Result: removing impurities and preparation of the skin to absorb active ingredients, oxygenation.	90	350 zł
<b>52. NANOFRAX FRACTIONAL MICRO-NEEDLE MESOTHERAPY</b> Micro-needle and nano-needle mesotherapy are puncture treatments which transport active ingredients to the dermis. Ampule with vitamins C and E, ferulic acid, specialised ampule and bio cellulose sheet mask. Retinol applied from September to March is to rebuild the skin. Recommended series of treatments: 3 once a month.	52A. face: 60-70 min. / micro 52B. face+neck+cleavage: 70-90 min. / micro or nano 52C. face+eyes+lips: 60-70 min. / nano 52D. eyes+lips: 45 min. / nano 52E. extra retinol to treatment	350 zł 450 zł 400 zł 250 zł 50 zł

## Extras to treatments

	Duration (min.)	Price
53. CAVITATION PEELING	15	50 zł
54. MANUAL CLEANSING	20-30	60 zł
55. ALGAE MASK	20	50 zł
56. HYDROGEN CLEANSING WITH OSMOTIC WATER	15-20	70 zł

## Epilation

	Duration (min.)	Price
57. LEGS AND BIKINI AREA	40-60	170 zł
58. LEGS	40-50	140 zł
59. CALVES	30	95 zł
60. UNDERARMS	10-15	70 zł
61. BIKINI AREA	15-30	80 zł
62. UPPER LIP AND CHIN	10	40 zł





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## Hand care treatment

	Duration (min.)	Price
63. BASIC MANICURE	45	70 zł
64. MANICURE AND NAIL VARNISH	50-60	95 zł
65. NAIL VARNISH	10-15	40 zł
66. HYBRID MANICURE Varnish cured in a UV lamp.	80	110 zł
67. TREATMENT IMPROVING TEXTURE AND CORRECTING IRREGULAR PIGMENTATION OF HANDS Peeling, massage and mask.	40	85 zł
68. HOUSE MANICURE Manicure and peeling, hand massage, varnish and aromatic mask.	75	155 zł

## Gel manicure and gel extensions

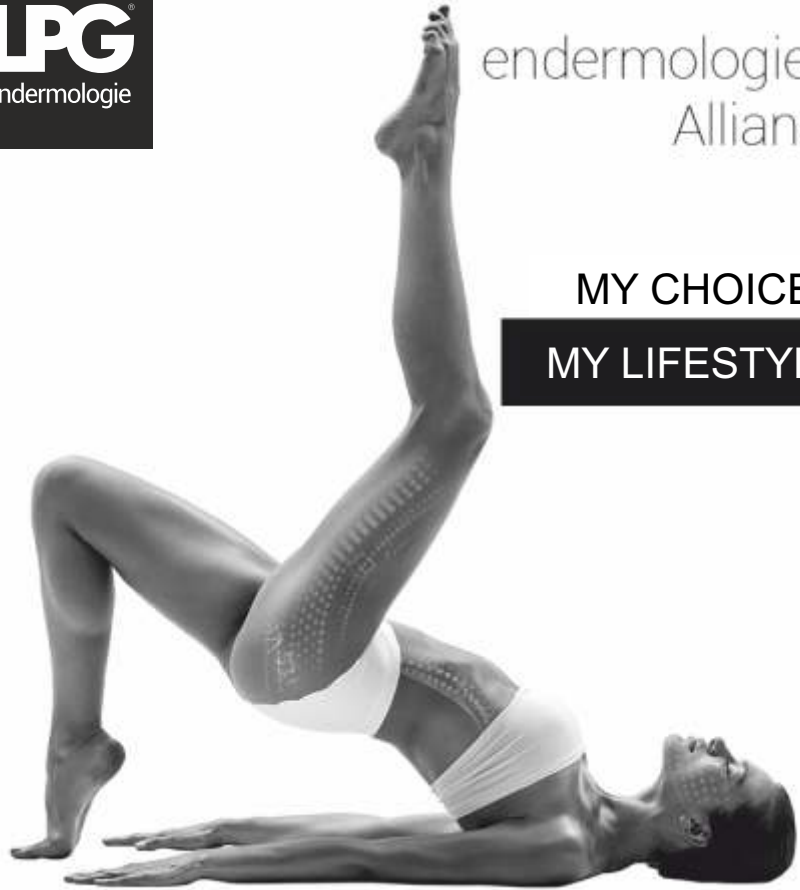
	Duration (min.)	Price
69. NAIL EXTENSION ON A FORM (GEL) + hybrid	90	220 zł
70. GEL REFILL + hybrid	ok. 90	155 zł
71. GEL APPLIED TO THE NATURAL NAIL PLATE without extension	ok. 90	155 zł
72. HYBRID REMOVAL	20	40 zł

## Foot treatment

	Duration (min.)	Price
73. BASIC PEDICURE	45	120 zł
74. COSMETIC PEDICURE Pedicure combined with peeling and varnish.	50-60	135 zł
75. PODOLOGIC PEDICURE Medical pedicure – corns, ingrown toenails (treatment without varnish).	60-90	220-350 zł
76. HOUSE PEDICURE Pedicure and peeling, foot massage, nourishing mask and varnish.	75-80	185 zł
77. HYBRID PEDICURE Varnish cured in a UV lamp.	75-80	155 zł
78. TOE NAIL VARNISH	10-15	40 zł



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STORZ MEDICAL



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# Body toning and slimming treatment

## 79. STORZ MEDICAL / ACOUSTIC WAVE SHOCK THERAPY

The most effective method of cellulite treatment. The impact of sound waves mechanically stimulates tissues, accelerates cell metabolism and production of new blood vessels. Metabolite is released in a natural metabolic process.

### Aesthetic benefits:

- reduction of unwanted cellulite
- body shaping
- drainage
- reduction of scars and stretch marks
- loosening muscle tension the tight connective tissue

### Results:

- broken-up adipose tissue
- reduction of body circumference
- improvement of skin tension
- restoring and smoothness of the skin
- body shaping

### TREATMENT AREA:

	1 treatment	Package 5 treatments
79A. INNER THIGHS	300 zł	1 300 zł
79B. FRONT THIGHS	300 zł	1 300 zł
79C. BACK THIGHS	300 zł	1 300 zł
79D. THIGHS (FRONT, BACK)	450 zł	1 900 zł
79E. BUTTOCKS	300 zł	1 300 zł
79F. BUTTOCKS + BACK THIGHS	450 zł	1 900 zł
79G. BUTTOCKS + THIGHS (FRONT, BACK)	550 zł	2 400 zł
79H. SHOULDERS	250 zł	1 000 zł

## 80. ENDERMOLOGIE LPG ALLIANCE

Endermologie is a very intensive vacuum pressure treatment which reduces cellulite and excessive fat and tones the skin. A series of endermologie treatments ensures perfect results:

- reduction of cellulite
- loss of adipose tissue thanks to natural lipolysis
- improved density and firmness of skin, especially in sagging areas
- visibly slimmer body, buttocks, thighs and abdomen contouring
- improved skin tension following pregnancy or slimming
- lymphatic drainage – removing excess water from cells
- improved blood circulation – results are visible after one treatment.

### BODY TONING AND SHAPING:

	1 treatment	6 treatments	10 treatments
80A. BODY TREATMENT 30 min.	190 zł	1 000 zł	1 700 zł
80B. BODY TREATMENT 40 min.	230 zł	1 200 zł	2 000 zł
80C. ENDERMOWEAR	90 zł	90 zł	GRATIS

### LYMPHATIC DRAINAGE / LYMPHOSTASIS:

80D. BODY TREATMENT 30 min.	180 zł	900 zł	1 600 zł
80E. ENDERMOWEAR	90 zł	90 zł	GRATIS

## 80F. THERAPEUTIC ENDERMOLOGIE

from 100 zł

## 80G. COMBINED THERAPY

2 400 zł

5 Alliance treatments 30 min + 5 wave shock treatments (buttocks, thighs back).

treatment booking: +48 94 711 29 21

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## Baths and hydromassage

	Duration (min.)	Price
<b>81. HYDRO JET</b> Dry hydromassage of the body. Warm stream of water massages the body through a special membrane from head to toes.	25	70 zł
<b>82. AROMATIC HYDROMASSAGE</b> Bath in a bathtub with aromatic salts.	20	60 zł
<b>83. BRINE BATH</b> Bath in a bathtub with Kłodawa salt. Recommendations: bronchial asthma, rheumatic conditions.	20	50 zł
<b>84. PEAT BATH</b> Bath in a bathtub with peat essence. Recommendations: osteoarthritis, neuralgia, chronic inflammation.	20	50 zł

## Treatments improving body wellness

	Duration (min.)	Price
<b>85. ELECTRICAL CURRENT TREATMENT</b>	10-15	30 zł
<b>86. PEAT PACK ON SELECTED BODY PARTS</b>	15-20	30 zł
<b>87. INHALATIONS</b>	10-15	30 zł
<b>88. OXYGEN THERAPY</b>	10-15	30 zł
<b>89. ULTRA SOUNDS</b>	10-15	30 zł
<b>90. BIOPTRON LAMP</b>	10-15	30 zł
<b>91. SOLLUX LAMP</b>	10-15	30 zł
<b>92. LASER THERAPY</b>	10	30 zł
<b>93. MAGNETO THERAPY</b>	15-20	30 zł
<b>94. LOCAL CRYOTHERAPY</b>	3-5 / 1 area	35 zł
<b>95. SHOCK WAVE / THERAPEUTIC</b>	7-10 / 1 area	80 zł





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