



FOREST SPA





MASSAGE

TENSION-RELIEFING MASSAGE

Full body massage using classic massage techniques, relieves the body from pain and tension

Selected body parts	35 min	150 PLN
Back and neck	55 min	210 PLN
Whole body	80 min	260 PLN

THE SOOTHING SOUND OF THE TREES

Relaxing original massage of our therapists performed on warm, aromatic oil

Whole body	60 min	250 PLN
Whole body and face	85 min	280 PLN

FOREST HERBS

Revitalizing and reducing muscle tension, massage with prepared by our therapists herbal stamps from Masurian herbs	55 min	290 PLN
Massage with herbal stamps of the whole body combined with an lifting facial massage	80 min	320 PLN

WAVEBALANCE MOBILIZATION

Wavebalance is a holistic merging therapy techniques of various massages and elements of yoga	55 min	190 PLN
---	--------	---------

MASSAGE FOR A CHILD

30 min	100 PLN
--------	---------

WAVEBALANCE RITUAL

Intensively relaxing oil ritual using massage, sound therapy and heat	75 min	240 PLN
---	--------	---------

POWER OF STONES

Volcanic stone massage, warming and bringing relief to the body	55 min	260 PLN
---	--------	---------

SOURCE

Whole body hydro-massage performed on the waterbed	30 min	110 PLN
--	--------	---------

SUMMER MEADOW

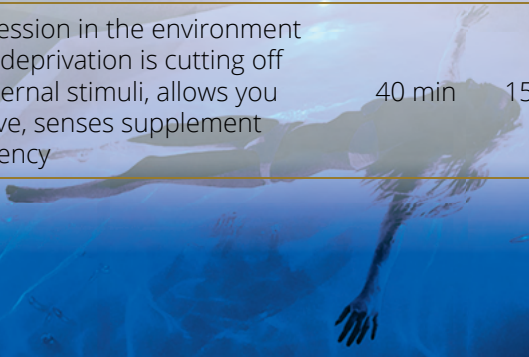
Combined full body hydro-massage with the beneficial properties of light and aromatherapy	30 min	130 PLN
---	--------	---------

TOWARDS THE SUN

Combined full body hydro-massage with the healing properties of light and aromatherapy	30 min	130 PLN
--	--------	---------

DEPTH OF THE LAKE – FLOATING

Deep relaxation session in the environment of water. Sensory deprivation is cutting off a person from external stimuli, allows you to soothe the nerve, senses supplement magnesium deficiency	40 min	150 PLN
--	--------	---------



BODY TREATMENTS AND RITUALS

FOREST FLEECE

Body peeling tailored to your needs and preferences (sweet or salty)	50 min	180 PLN
--	--------	---------

FOREST HARMONY

Cleansing and detoxifying hammam ritual	75 min	240 PLN
---	--------	---------

THE POWER OF MUD AND PEAT

Firming and toning body treatment with use of salt and mud pack of neuralgic parts of the body and a massage at the end	75 min	290 PLN
---	--------	---------

FOREST SPA RITUAL

Original moisturizing and nourishing ritual for the whole body	90 min	270 PLN
--	--------	---------

GOLDEN DOE

A unique ritual on the face and body with regenerative and nutritional properties anti-aging. Extra properties of aromatherapy soothes the mind and body	110 min	490 PLN
--	---------	---------

NOBLE DEER

Ritual for men. Regenerating and calming full body and face massage	110 min	490 PLN
---	---------	---------

FACIAL TREATMENTS

FACE MASSAGE

Lifting face massage with elements of kobido	55 min	220 PLN
--	--------	---------

HYDRATION

For all skin types in need hydration and regeneration	60 min	260 PLN
---	--------	---------

PURIFICATION

For problematic skin with extended skin pores needing regulation of sebum	60 min	290 PLN
---	--------	---------

RELIEF

For sensitive, reactive and irritated skin	60 min	290 PLN
--	--------	---------

REVITALIZATION

For dull skin, tired and gray	75 min	350 PLN
-------------------------------	--------	---------

ANTI-AGE

For skin in need of a lift and anti-wrinkle action	110 min	450 PLN
--	---------	---------



VIP ROOM RITUAL

BELARIUM EXCLUSIVE ZONE

BELARIUM SPA

Salt peeling, mud pack in the steam room, aromatic tea, water

1 person	1,5 h	390 PLN
2 people	1,5 h	650 PLN
4 people	1,5 h	1200 PLN

BELARIUM SPA GOLD

*Salt peeling, mud pack in the steam room, full body massage
55 minutes, prosecco, aromatic tea, water*

1 person	2,5 h	450 PLN
2 people	2,5 h	850 PLN

SESSION IN THE MUD BATH - RASUL

1 person	40 min	120 PLN
2 people	40 min	180 PLN

ROSARIUM EXCLUSIVE ZONE

ROSARIUM SPA

Session in the rose sauna, jacuzzi, aromatic tea, water, fruit

1 person	1,5 h	350 PLN
2 people	1,5 h	600 PLN
4 people	1,5 h	800 PLN

ROSARIUM SPA GOLD

*Session in the rose sauna, jacuzzi, full body massage 55 minutes,
aromatic tea, water, fruit*

1 person	2,5 h	420 PLN
2 people	2,5 h	850 PLN

ROSARIUM & BELARIUM SPA EXCLUSIVELY FOR YOU

GOLD

*Session in the rose sauna, mud pack in the steam room, jacuzzi,
full body massage 55 minutes, aromatic tea, water, fruit*

2 people	2,5 h	900 PLN
----------	-------	---------

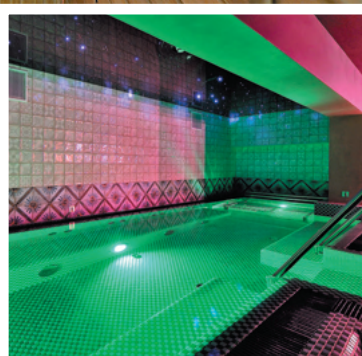
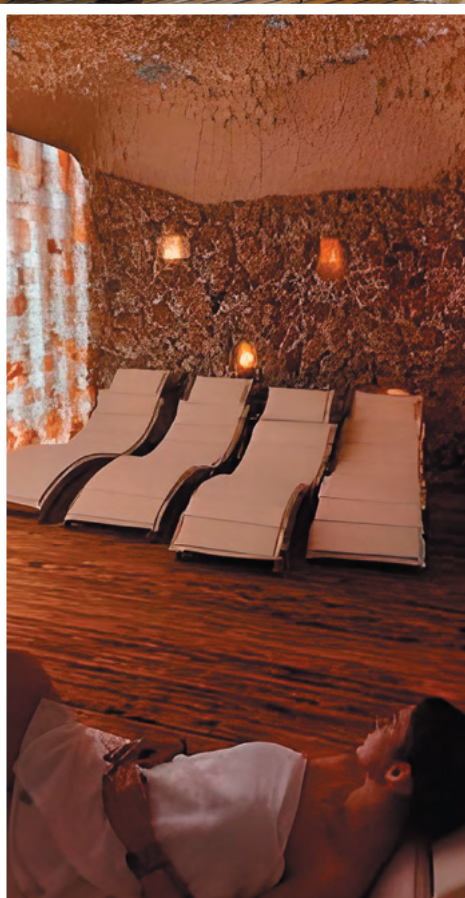
PLATINUM

*Session in the rose sauna, mud pack in the steam room, jacuzzi, whole
body peeling, partial massage of a selected body part 30 minutes,
aromatic tea, water, fruit*

2 people	3,5 h	1300 PLN
----------	-------	----------

*The Rosarium and Belarium zones are available for
exclusive use. It is an ideal place to relax with friends.
The maximum number of people in the VIP area is 10.*

*It is possible to prepare appetizers and drinks to choose
from the restaurant menu card.*



RELAX ZONE

*One-time unlimited entrance to
the Wellness area (recreational
pool, dry sauna, steam room, salt
cave with the graduation tower,
rest zone)*

95 PLN

FOREST HOUSE

at the lake shore

Sauna, hot tub, Jacuzzi	from 1 to 4 people	2 h	550 PLN
Sauna, hot tub	from 1 to 4 people	2 h	390 PLN
Hot tub	from 1 to 4 people	2 h	350 PLN
Dry sauna	from 1 to 4 people	2 h	250 PLN
Jacuzzi	from 1 to 4 people	40 min	100 PLN

** every other person
+ 100 PLN / 2 hours*





- 87 555 90 90
- +48 698 652 246
- e-mail: spa@zlotalania.pl
- www.zlotalania.pl

