

SPA SHEPT



Immerse yourself in the silence of the forest, embrace the sound of the waves, and let nature take its course. Our rituals are inspired by the slow living philosophy, drawing on the richness of plants, minerals, scent, and touch. This is time for you—time for deep breathing, regeneration, and harmony.

FACE

MESOHYAL INFUSION

Deeply moisturizing, improving skin hydration levels. Firms the skin, improving its tone and density. Intense hydration and regeneration, brightening skin tone and smoothing the skin's surface, reducing redness, and preventing irritation.

320 PLN (50 min)

MESOANTI - STRESS CALM TOUCH

Cleansing, calming, and soothing, for sensitive and demanding skin. It aims to soothe and alleviate irritation, restore skin balance, and reduce redness and excessive dryness. Combined with a dedicated massage, the treatment supports skin drainage and detoxification.

340zł (50min)

MESO PURERENEWING

A treatment for the face, neck, and décolleté. It cleanses oily, combination, and blemished skin. It restores radiance and minimizes pores. The treatment refreshes the skin and has sebum-regulating properties, thus normalizing the function of the sebaceous glands.

380zł (50min)

AGE ELEMENT

A professional anti-aging solution. This treatment supports cell regeneration mechanisms, improves skin firmness and density, and evens out skin tone.

450 PLN (50 min)

SKIN RETIN EXPERT

A modern anti-aging treatment combining stabilized retinol with plant exosomes derived from Centella asiatica. This treatment intensively regenerates the skin, reduces wrinkles, evens out skin tone, and restores firmness and radiance. A professional anti-aging treatment that reverses and slows the signs of aging.

380zł (30min)

AUTHOR'S BODY RITUALS

GOLD COAST

Wrap yourself in the gold of sea buckthorn, a treasure of Baltic meadows. Immerse yourself in a sunny ritual where warmth meets freshness, and touch restores radiance.

We cleanse the skin with a sea buckthorn & carrot salt scrub. At the heart of the ritual is a full-body massage with warm sea buckthorn and carrot oil, which nourishes, firms, and envelops the skin in a warm glow.

*Peeling: Salt - Sea Buckthorn & Carrot Oil
Massage: Sea Buckthorn & Carrot*

350 PLN (60 mins)

FOREST TREASURES

A treatment that cleanses the skin... and calms the mind. A gentle sugar scrub that envelops the body, ideal for sensitive skin, exfoliates dead skin cells, improves microcirculation, and prepares the skin for further care. An oil massage deeply nourishes, softens, and regenerates the skin, giving it a silky smoothness and a healthy glow. An ideal choice for those seeking natural care, gentleness, and deep relaxation.

*Peeling: sugar - wild strawberry Oil
massage: blueberry*

350 PLN (60 mins)

GIFTS OF THE SEA

This mineral-rich, sea-infused scrub deeply detoxifies and improves circulation, while also soothing delicate skin. The massage moisturizes the skin, restoring its balance and freshness, while the therapist's gentle movements help release tension and restore harmony. Natural scents soothe the senses, creating an atmosphere of peace and reconnection with nature.

*Peeling: sugar and salt - Amber with algae
Oil massage: Amber with algae*

350 PLN (60 mins)

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FOREST DREAM

This massage is truly soothing. Performed with our signature oil, it deeply nourishes, softens, and regenerates the skin, leaving it silky smooth and with a healthy glow. This treatment releases tension, restores harmony, and stimulates the body's regeneration. It's the perfect treatment for those seeking tranquility in harmony with nature.

Aromatherapy oil massage: Forest Dream

290 PLN (50 mins)

BAREFOOT ON MOSS

A relaxing foot massage will help you achieve deep relaxation and inner harmony. This massage technique, combined with sweet almond oil, will improve circulation, relieve pain, and moisturize and soothe the skin.

Foot massage with almond oil

190 PLN (25 mins)

SHEA BUTTER MASSAGE

This relaxing massage envelops and intensely nourishes the skin. Warmed shea butter deeply moisturizes and leaves the skin silky smooth. This treatment will bring relaxation and rest to both body and mind.

Choice of butter: raspberry or amber with algae

300 PLN (50 mins)

CLASSIC MASSAGE

Made with almond oil, it deeply nourishes, softens, and regenerates the skin, leaving it silky smooth and with a healthy glow. This treatment will help relax tense muscles, soothe the mind, and unwind the body.

Full body massage with almond oil

280 PLN (50 mins)

HOT STONE MASSAGE

A relaxing massage that combines manual massage with the heat of basalt stones heated to approximately 45-55°C. The therapist places the stones at strategic points on the body, relaxing muscles, reducing pain, improving circulation, and promoting overall relaxation. Hot stone massage is an excellent way to relax and regenerate the body, as well as improving overall health and well-being.

320 PLN (50 mins)

PARTIAL MASSAGE

Massage of a selected part of the body, aimed at reducing tension, relaxing muscles and improving circulation and tissue elasticity.

Back or leg massage with almond oil

190 PLN (25 mins)

KIDS SPA

CHOCOLATE FUN

A moment of relaxation and an engaging experience for children. The oil nourishes the skin and gives it a beautiful appearance.

Full body massage with oil: chocolate

220 PLN (40 mins)

WE ARE BERRIES

The perfect opportunity to relax your whole body.

Back massage with oil: blueberry

190 PLN (25 mins)

RASPBERRY ADVENTURE

A combination of the caring properties of shea butter with calming and relaxation.

Back massage: raspberry shea butter

190 PLN (25 mins)

More information and treatment booking:

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