

The page is decorated with several stylized, light gray leaf shapes scattered around the text. The leaves vary in size and orientation, creating a natural, organic feel.

# Saltic SPA

## The Saltic **SPA&WELLNESS**

is an oasis of peace and quiet where nature and human beings are one. We do believe in the holistic approach towards health, because nothing provides a better balance for body and soul than pure nature. Our high quality natural cosmetics and highly qualified staff are your guarantee of deep relaxation and incredible results. Harmony is our middle name at the Saltic SPA and nature is what we respect the most, indeed. Every single treatment is a little tribute to Mother Nature. Our staff members love the wellness philosophy beyond words and do believe in the great power of slow life. They'll give your body and soul exactly what they need and crave for.

Come to our world of peace and balance, enjoy your life to the most...

SPA & WELLNESS-Team

# SPA-MENU

## Vital full body massage

(The treatment duration includes also the shower time.)

An intensive massage with elements of the classic massage techniques, based on herbal powders and natural oils. Shows excellent analgesic and regenerating properties.

 **50**  
minutes  **350 zł/PLN**

## Hot Stone Massage

A gentle full body massage with hot stones and a natural oil. Warms your body up, reduces muscle tension and provides intensive relaxation.

 **50**  
minutes  **330 zł/PLN**

## Nourishing massage with shea butter sea buckthorn / marula & apple

Full body massage against tight muscles. Based on natural shea butter. Calms down, relaxes and restores harmony of the soul.

 **50**  
minutes  **330 zł/PLN**

## Lomi lomi massage

A Hawaiian full body massage performed with hands, forearms and elbows. Improves the condition of both body and mind. Heals the soul.

 **50**  
minutes  **380 zł/PLN**

## Thai foot massage

A foot massage preceded by a bath. Shows relaxing properties, helps to reduce stress, gives an energy boost and improves your body's efficiency.

 **25**  
minutes  **200 zł/PLN**

## Shiro Abhyanga

A massage of the head, neck and pectoral girdle. Based on a natural sesame oil. Brings deep relaxation and restores vitality in the whole body.

 **25**  
minutes  **200 zł/PLN**

## Chocolate massage

(The treatment duration includes also the shower time.)

Full body massage with natural hot dark chocolate. Provides your skin with lipids and vitamins. Shows a beneficial influence on the whole body. Chocolate and massage in one combined are a true ritual.

 **50**  
minutes  **320 zł/PLN**

## Abhyanga

A complex therapy of the whole body designed to restore the right energy flow within and thereby to bring back the balance on three different planes: the physical, the mental and the spiritual one.

 **50**  
minutes  **360 zł/PLN**


## Sea-buckthorn massage / perilla & licorice

A relaxing full body massage. Performed with natural oil, which smooths, brightens and regenerates our skin. Vitamin C contained in the oil, has a soothing effect and evens out the color of the skin.

 **50**  
minutes  **310 zł/PLN**

## Face, neck and neckline massage

Loosens tense muscles of face, neck and neckline. Removes symptoms of daily fatigue. Visibly corrects the face oval and makes your skin much firmer. Your face looks now smooth and healthy.

 **25**  
minutes  **200 zł/PLN**

## Kombi massage

A massage with elements of the classical massage techniques, back and feet or back and head, relieves the body of tension. The massage ends with a hand mask.

 **50**  
minutes  **380 zł/PLN**

In order to book a treatment,

please call us: +94 713 66 02 / hotel phone: 555 or e-mail us: [spa@saltic.pl](mailto:spa@saltic.pl) in advance, [www.hotelsaltic.pl](http://www.hotelsaltic.pl).

## Asia Ritual – Three Teas

(The treatment duration includes also the shower time.)

A relaxing journey with a tea note, sensed during the ritual from the scrub to the body wraps to the massage. The ritual restores inner balance, relieves the stresses and strains of daily life.

🕒 75  
minutes

💎 490 zł/PLN

## Illuminating treatment with vit. C

Within seconds, your skin becomes radiant and deeply revitalised. The treatment provides it with various forms of vitamin C. As a result, the skin of your face, neck and neckline is bright and fresh.

🕒 50  
minutes

💎 400 zł/PLN

## Sensitive Treatment

It has a soothing effect, restores comfort, balance, and calmness, and also delays skin aging. During the treatment, dryness, itching of the skin are reduced, and skin density, nourishment, and hydration are increased.

🕒 50  
minutes

💎 350 zł/PLN

## Iconic Perfection Treatment

A highly concentrated blend of vitamin complexes with regenerating, antioxidant, and anti-aging effects.

🕒 50  
minutes

💎 380 zł/PLN

## FILLIFT treatment

An anti-aging treatment, includes elements of Kobido lifting facial massage, aimed at improving facial contours, firming, and smoothing.

🕒 75  
minutes

💎 490 zł/PLN

## Kobido Treatment

A natural, manual and dynamic lifting massage of the face directly from Japan. A combination of a deeply relaxing massage, a lymphatic drainage, an intensive lifting treatment and the acupressure. An interesting alternative to the aesthetic medicine: smooths out wrinkles, hampers ageing processes, boosts skin regeneration, firms the skin and lifts the face oval.

🕒 60  
minutes

💎 420 zł/PLN

## HeadSpa Treatment

Scalp and hair care combined with deep relaxation and stress relief.

🕒 75  
minutes

💎 420 zł/PLN

## Saltic Ritual (two persons)

(The treatment duration includes also the shower time.)

A peeling-mask supports collagen production, effectively preventing skin aging. The relaxation is completed with a full-body massage performed with natural Perilla & licorice oil.

🕒 75  
minutes

💎 990 zł/PLN

## Sea buckthorn ritual / marula & apple ritual

(The treatment duration includes also the shower time.)

This nourishing full body scrub combined with a shea butter massage and an oil treatment for the hair will bring you heavenly relaxation. Your skin shall be velvety soft to the touch and deeply moisturised.

🕒 75  
minutes

💎 450 zł/PLN

## BelViso Massage

A holistic therapy for the face, combining manual massage methods, bamboo sticks, and a mini cupping glass. It reduces signs of aging, decreases stress levels, and allows for relaxation. It reduces tension not only in the facial area but also in the head, chest, and neck areas.

🕒 60  
minutes

💎 420 zł/PLN

## Needleless mesotherapy

During the procedure, the skin is subjected to electro-magnetic waves. Under the influence of the generated pulses, it is possible to introduce preparations suitable for the skin into its deeper layers.

🕒 60  
minutes

💎 420 zł/PLN

## Microbioma treatment

Ebuilds the skin's natural microbiome and strengthens its barrier function against inflammation and dehydration as well as prevents premature ageing.

🕒 50  
minutes

💎 350 zł/PLN

## Head & Face Spa Treatment

Comprehensive scalp, hair, and facial care with a deeply relaxing massage.

🕒 90  
minut

💎 490 zł/PLN

## Foot reflexology

This procedure is a complex relief for your tired feet. It restores both physical, emotional and spiritual health.

 **50**  
minutes

 **320** zł/PLN

## Hand reflexology

The treatment can be also be an addition to the reflexology of feet or a separate massage. Pure relaxation of hands, helps against contractures in this body area.

 **40**  
minutes

 **280** zł/PLN

## Reflexology of face and head

An extremely pleasant and highly effective therapy showing excellent healing and rejuvenating properties. It soothes your soul and makes every single inch of your body relax. Shows a beneficial influence on your complexion, restoring its youthful, radiant outer show.

 **50**  
minutes

 **320** zł/PLN

## Princess Massage

Back massage with a fruit oil. Loosens tense muscles and brings wonderful fruity relaxation.

 **20**  
minutes

 **120** zł/PLN

## Knight Massage

Back massage with an oil and a real dark chocolate. Loosens tense muscles, calms down and gives you a boost of endorphins.

 **20**  
minutes

 **120** zł/PLN

## Colourful hands

Colourful mini-manicure preceded by a soft hand scrub.

 **max 30**  
minutes

 **120** zł/PLN

Sometimes you just need to cancel your booking and we do understand it. Thus, if need be, you may cancel your treatment 12 hours before it was scheduled to take place free of any charge. Should you do it 4 hours prior to your visit, we reserve the right to charge you 40% of the treatment value. If you do it under 4 hours before it was originally scheduled, we may charge you 70% of the treatment value.

If you fail to cancel your treatment, the Saltic Resort & Spa may charge you 70% of the treatment value, added to your hotel bill.

Opening hours:

Monday – Thursday: 12:00 PM – 8:00 PM


Friday – Saturday: 9:00 AM – 9:00 PM

Sunday: 9:00 AM – 5:00 PM

[www.hotelsaltic.pl](http://www.hotelsaltic.pl)

Come and be our Guest!

Please book your treatments in advance:

 +94 713 66 02 / hotel phone: 555

 [spa@saltic.pl](mailto:spa@saltic.pl)