

The page features several light gray, stylized leaf shapes scattered in the corners and along the sides, creating a natural, organic feel. The main title is positioned in the upper center.

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 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 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 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 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 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 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 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

 380 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 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 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 PLN

In order to book a treatment,

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

Goddess of Beauty Ritual

A luxurious body and face ritual inspired by rich care traditions. Pinotage peeling, nourishing body wrap, exotic potato-based massage, and facial care provide deep regeneration, hydration, and relaxation.

75
minutes

490 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 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 PLN

Iconic Perfection Treatment

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

50
minutes

380 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 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 PLN

Moisturizing Facial Ha Hero

An intensive facial treatment that deeply hydrates and regenerates dry, dehydrated skin, restoring elasticity, a healthy glow, and helping to delay visible signs of aging.

75
minutes

420 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 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 PLN

BeViso 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 PLN

Needleless mesotherapy

During the procedure, the skin is subjected to electromagnetic 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 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 PLN

Head & Face Spa Treatment

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

90
minutes

490 PLN

HeadSpa Treatment

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

75
minutes

420 PLN

Foot reflexology

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

 **50**
minutes

 **320** 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** PLN

Princess Massage

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

 **20**
minutes

 **120** PLN

Colorful hands

Colourful mini-manicure preceded by a soft hand scrub.

 **max 30**
minutes

 **120** 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** PLN

PeLoHa Massage

A gentle, deeply relaxing massage that, through touch combined with intention, has a profound effect on the physical, energetic, and spiritual levels.

 **70**
minutes

 **420** PLN

Knigt 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** PLN

We understand that plans may change.

You can cancel your treatment free of charge up to 6 hours before it is scheduled to begin. In the event of no cancellation, Saltic Resort & Spa reserves the right to charge the full amount (100% of the treatment value) and add it 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

Come and be our Guest!

Please book your treatments in advance:

 +94 713 66 02 / hotel phone: 555

 spa@saltic.pl