

# SPA



## Hotel Seidorf



— 18.99 —



*Hotel Svidorf - SPA*

# *FACIAL TREATMENTS*





## REJUVENATION & RELAXATION

### PROFACIAL HYDRO-CLEANSING

*60 minutes 560 PLN*

A deep cleansing treatment based on lactic, glycolic and salicylic acid. Allows accelerated exfoliation of the epidermis, stimulating it to regenerate.

The active ingredient - P-Effekt Essence - with natural collagen, soothes, regenerates and improves the firmness and elasticity of the skin. An ideal option for mature skin, an important part of a sustainable slow ageing therapy. Through the use of radiofrequency, it renews the skin matrix.

Due to the use of exfoliating acids, it is recommended to perform the treatment in early spring and autumn.

To prolong the effect of the treatment we recommend: Forlle'd Hyalogy P-effect Peeling Lotion, Hyalogy AC Clear Cream

### FORLLE'D VITAMINA C 30%

*75 minutes 690 PLN*

A brightening treatment with a 30% concentration of vitamin C is a powerful antioxidant and skin renewal. A stable form of vitamin C regulates pigmentation processes, evens colour and prevents new discolouration. It is a non-invasive treatment for skin rejuvenation.

To prolong the effect of the treatment, we recommend: Forlle'd Hyalogy VCIP Cream, Biopure VC

### FORLLE'D PLATINUM

*75 minutes 690 PLN*

The combination of low-molecular hyaluronic acid and micronised platinum strongly stimulates skin renewal, acting at a cellular level. It is both an antioxidant protection and anti-ageing treatment. Platinum has a comprehensive effect, improving the texture and appearance of the skin and strengthening blood vessels.

To prolong the effect of the treatment we recommend: Forlle'd Hyalogy P-effect Essence, Hyalogy Platinum Face Cream

## FACIAL TREATMENTS

### FORLLE'D LIFT

*75 minutes 690 PLN*

The procedure is performed to visibly improve the facial oval. Biomimetic peptide technology stimulates the skin to produce collagen, elastin and hyaluronic acid. The treatment gives the effect of long-term improvement of the skin structure, defines the contour of the face and smooths facial wrinkles, reducing and tightening the skin of the face.

Traditional Japanese care encapsulated in an exclusive lifting mask.

To prolong the effect of the treatment we recommend: Forlle'd Hyalogy FH Essence, Hyalogy Lift Cream

### FORLLE'D

**SEIDORF★★★★★**

*75 minutes 690 PLN*

The composition of the Seidorf banquet treatment is a highly effective use of Nobel Prize-winning technology. The low-molecular active ingredients reach the deepest layers of the skin's structure. The treatment strongly thickens the skin, smooths wrinkles and conditions the skin promoting the increased production of collagen and elastin.

To prolong the effect of the treatment we recommend: Forlle'd Hyalogy P-effect Essence, Hyalogy Platinum Face Cream

### FORLLE'D COLLAGEN BIO FILLER

*960 PLN*

A non-invasive treatment with collagen biofiller is an exclusive treatment to restore comfort, hydration and elasticity to the skin. Three compact collagen types with different molecular weights act on all layers of the skin, smoothing the appearance of wrinkles with a „filling effect”. The Nobel Prize-winning nanoparticle patent perfectly hydrates all layers of the skin.

To prolong the effect of the treatment, we recommend: Biocellulose mask - three types of collagen CLG face mask

## REJUVENATION & RELAXATION

### BIOLOGIQUE RECHERCHE VIVANT TREATMENT

*60 minutes 320 PLN*

#### CLEANSING TREATMENT

A therapeutic anti-acne treatment, it combines the purifying action of yeast extract, the anti-inflammatory action of witch hazel extract and the antibacterial action of a complex of myrrh, myrtle and onion. It visibly accelerates the healing of inflammations and prevents their recurrence and deeply moisturises the skin.

### BIOLOGIQUE RECHERCHE FEERIE TREATMENT

*90 minutes 790 PLN*

#### TIGHTENING TREATMENT

A unique treatment that restores proper hydration to even the most dehydrated skin. The hydrophilic properties of glycerine combined with a patch of marine collagen - tighten and smooth the skin and restore comfort.

### HADADO

*90 minutes 450 PLN*

A masterclass in Japanese massage arts and the definition of the „path to beautiful skin”.

It is a combination of the ancient most advanced techniques of FACE LIFTING with modern knowledge and techniques of muscle and fascial work or working with fat tissue.

### SECOND SKIN★★★★★

*90 minutes 1800 PLN*

#### TREATMENT FOR MATURE SKIN

It is a completely new and innovative way of reducing wrinkles and an alternative to aesthetic medicine treatments. The high concentration of active ingredients stimulates collagen and elastin synthesis, resulting in a „second new skin” effect. It visibly lifts, strongly regenerates and rejuvenates while improving firmness and density and brightening the face for a spectacular rejuvenating effect.

### KOBIDO

*75 minutes 350 PLN*

The Japanese facelift method combines features of deep tissue massage, lymphatic drainage, intensive lifting techniques and acupressure. Working to normalise facial muscle tension results in better circulation of inter-tissue fluids, which helps the skin regain its natural radiance, giving the effect of tight, nourished skin with a clearly defined oval.

## RITUALS

### SEIDORF ★★★★★

*120 minutes 1600 PLN*

An exclusive ritual dedicated to two, it begins with a joint bath in a whirlpool bath. The composition of natural oils combined with a deeply relaxing massage leaves the skin soft and moisturised. Comprehensive care includes hand and foot massage and facial massage with Kobido elements. The atmosphere of deep relaxation is created by the atmospheric glow of candles and the scent of aromatherapy, and fragrant oils.

### FOREST THERAPY

*80 minutes 550 PLN*

A body care treatment based on pine oil containing cypress, Ho tree, and pink pepper extracts. During the treatment, a warm mask is applied to the hands and feet. The facial massage is enriched by oiling the hair along with a scalp massage. A calming treatment to prepare for sleep.

### ROSE WRAP

*80 minutes 550 PLN*

An intensely moisturising body treatment based on rose, geranium and sandalwood. Supports cell renewal and regeneration of the body. It boosts microcirculation and leaves the skin silky and smooth to the touch. The ritual begins with a full body scrub based on Damascus rose, followed by a regenerating mask and serum. The treatment is performed in a warm Soft-Pack bed. The ritual also includes elements of massage and a facial treatment.

REJUVENATION & RELAXATION

BODY SHAPING

**BIOLOGIQUE RECHERCHE Lift Corps Treatment**

*120 minutes 1200 PLN*

LIFTING AND MODELLING TREATMENT

Body modelling based on deep muscle and connective tissue massage. The active ingredients have an exfoliating effect and improve the skin's texture and tone, providing a visible improvement in the shape of the silhouette. The atmosphere of deep relaxation is created by the atmospheric glow of candles and the scent of aromatherapy, and fragrant oils.

**BIOLOGIQUE RECHERCHE Slimming Treatment**

*90 minutes 690 PLN*

SLIMMING TREATMENT

An intensive treatment based on the use of active, highly concentrated preparations, rich in lipolytic slimming ingredients. The effect of the warming algae mask is enhanced in a warm Soft-Pack bed. The combination of active ingredients with a dedicated massage determines the exceptional effectiveness of the treatment.

**CELLRE SHAPE**

*90 minutes 690 PLN*

SHAPING TREATMENT, REDUCING CELLULITE

Intensive modelling treatment for the most resistant body parts: abdomen, thighs, buttocks. Its fat-burning phosphatidylcholine helps to reduce localised fat deposits and restore a harmonious and proportionate silhouette. The body-sculpting bandage is wrapped in a warm SoftPack bed.

Contains ACTIGYM™ - „an internal personal trainer” that activates cell communication and „trains” skin tissues to burn excess fat faster.

# MASSAGES

## TENSION- RELEASING MASSAGE

*60 minutes 390 PLN*

A classic full-body massage that releases tension and pain, with an intensive action on the deep muscles leaving a feeling of deep relaxation and indulgence. Massage performed using a relaxation technique.

## WARMING MASSAGE WITH VOLCANIC STONES

*60 minutes 310 PLN*

The warm volcanic stones deeply warm up the body, accelerate blood circulation and relax muscular tension. When stones come into contact with the body, they return their energy, restoring its proper flow.

## THAI MASSAGE

*75 minutes 420 PLN*

Embrace the ancient art of Thai massage, combining acupressure, deep stretching and passive yoga to restore harmony of body and mind. The carefully selected techniques of the Thai art of massage will not only relax but also reduce muscle tension and promote circulation.

You are invited to the treatment in a loose-fitting, non-constrictive outfit. The massage takes place on a special massage mat.

## QUARTZ SAND MASSAGE

*60 minutes 310 PLN*

The heat of the heated quartz sand releases energy into the subcutaneous tissue, regenerating muscles and joints. The massage and the pleasant temperature of the quartz improve circulation, reduce swelling in the legs and alleviate complaints related to the heart muscle and blood vessels; support the immune system; have calming properties, relieve symptoms of neurosis and help to find an inner balance when experiencing anxiety.



## REJUVENATION & RELAXATION

### SILK TOUCH

*60 minutes 390 PLN*

A relaxing, lightweight, comfortion full-body massage. The smooth and gentle movements relax and rebalance the different muscle groups and harmonise the emotions. Massage stimulates blood circulation and the production of endorphins. It is ceremony of touch for body and soul.

### SILK TOUCH WITH BODY SCRUB

*80 minutes 490 PLN*

### PERNAMENT CONTOUR

*60 minutes 310 PLN*

Filled with salt and the highest quality ingredients from the purest regions of the world. The treatment is based on a massage with a warm stamp. This facilitates skin renewal and revitalization.

#### OLD INDIA

Lime, ginger, lemongrass and lavender warms, strengthens circulation and harmonises

#### ALPINE APPLE

Stimulates the metabolism, moisturises, tightens the skin. The contained acetic acids gently exfoliate.

### FLOATING SESSION

*30 minutes 150 PLN*

*60 minutes 250 PLN*

Floating involves floating the body on the surface of the water. During the session, the senses turn off, and the body is overwhelmed with an unusual inner peace. The high concentration of Epsom salts allows the body to reach a state of weightlessness and enter an extraordinary alpha state.

## FORLLE'D

Forlle'd cosmeceuticals are products with a biostimulative effect.

Applying the most advanced technologies and a Nobel Prize-winning solution, this is a unique, multidimensional care.

### PURIFICATION

*Beautiful and healthy skin is the result of daily, systematic care.*

Express make-up remover	
Hyalogy RemoverForPoint Make-Up 150 ml	PLN 565
The first cleansing step	
Hyalogy P-effect Clearance Cleansing 100 g	PLN 460
Second cleansing step	
Hyalogy P-effect Re-pururance wash 110 g	PLN 489
Second cleansing step for dry skin	
Hyalogy P-effect Creamy wash 150 ml	PLN 623
Gentle enzymatic peeling	
Hyalogy P-effect Peeling Lotion 100 ml	PLN 767

### TONING

*Rich in active ingredients, the unique aqueous formulations intensively prepare the skin cells for the absorption of active ingredients.*

Lotion for dry skin	
Hyalogy P-effect Refining Lotion 150 ml	PLN 613
Antioxidant lotion with platinum	
Hyalogy Platinum Lotion 120 ml	PLN 671
Normalising lotion for acne-prone skin	
Hyalogy AC Clear Lotion 120 ml	PLN 555
Lotion for mature skin	
Hyalogy Re-dify lotion 120 ml	PLN 863

### MASKS

*Saturated with active ingredients, Forlle'd mask formulas provide specialised and effective skin care. They are the perfect complement to care.*

Brightening face mask for all skin types	
Hyalogy BW Intense Mask 5 pcs	PLN 765
Detoxifying gel mask	
Hyalogy Sparkling Gel Pack 5 pcs	PLN 769
Rejuvenating peptide mask	
Hyalogy PD Cream Pack 100 g	PLN 1381
Soothing mask for sensitive skin	
Hyalogy Emollient Cream Pack 100g	PLN 1111
Biocellulose Mask - Three Types of Collagen	
CLG Face Mask 1 pc	390 PLN

### EYE AREA CARE

*Forlle'd's intensive yet gentle care helps to restore youthfulness to this most age-prone area around the eyes.*

Rejuvenating eye area cream	
Hyalogy Daily and Nightly Cream for Eyes 20 g	PLN 921
Rich eye cream with low-molecular platinum	
Hyalogy Platinum Eye Cream 20 g	PLN 1074
Moisturising eye pads	
Hyalogy P-effect Sheet 8 pcs	PLN 748
Eyelid Lifting Serum	
Hyalogy Eye MoistLift 10 ml	PLN 729
Rejuvenating eye mask for mature skin	
Hyalogy Re-Dify Eye Mask 8 pcs	PLN 1017

### CREAMS AND EMULSIONS

*Rich, comfortable and effective. Forlle'd's luxury creams combine innovative low-molecular-weight ingredients, oils and plant extracts, forming an effective weapon in the fight against skin ageing.*

Protective base emulsion to maintain hydration	
Hyalogy P-effect Basing Emulsion 100 ml	PLN 1074
Gentle nourishing cream for dry and sensitive skin	
Hyalogy P-effect Nourishing Cream 40 g	PLN 997
Intensively moisturising gel cream	
Hyalogy P-effect Reliance Gel 50 g	PLN 719
Brightening cream with vitamin C	
Hyalogy VCIP Cream 50 g	PLN 1560
Light mattifying emulsion for oily and combination skin	
Hyalogy AC Clear Mattifier 50 ml	PLN 642
Soothing cream for oily and combination skin	
Hyalogy AC Clear Cream 50 ml	PLN 700
Lifting cream with biomimetic peptides	
Hyalogy Lift Cream 50 g	PLN 1660
Rich cream with low-molecular platinum	
Hyalogy Platinum Face Cream 50 g	PLN 1410
Brightening night cream	
BW Night Cream 50 g	PLN 1132
Rejuvenating cream for mature skin	
Hyalogy Re-Dify Cream 50 g	PLN 1429

### SERUM

*Forlle'd's highly concentrated serums have been developed based on the latest scientific discoveries. Each is innovative and effective in delaying the ageing process and providing visible skin rejuvenation.*

Serum with low-molecular platinum	
Hyalogy Platinum Essence 15 ml	PLN 921
Serum for remodelling flabby skin	
Hyalogy Serum α 30 ml	PLN 1717
Wrinkle-reducing serum	
Hyalogy Serum β 30 ml	PLN 1141
Anti-ageing moisturising serum with hyaluronic acid	
Hyalogy P-effect Essence 30 ml	PLN 1785
Regulating serum for acne-prone skin	
Hyalogy AC Clear Essence 30 ml	PLN 671
Intensive acid-based serum for acne-prone skin	
Hyalogy Spot Essence 30 ml	PLN 760
Anti-ageing serum with phytohormones	
Hyalogy FH Essence 30 ml	PLN 1765
Serum with retinol	
Hyalogy Retimoist Essence 30 ml	PLN 765
Serum with vitamin C	
BioPure VC 100 Essence 15 ml	PLN 765
Stimulating serum	
BioPure EG 100 Essence 15 ml	PLN 765
Soothing serum with ceramides	
BioPure CE 100 Essence 15 ml	PLN 765
Regenerating serum	
BioPure EM 100 Essence 15 ml	PLN 765
Moisturising anti-ageing serum	
BioPure HA 100 Essence 15 ml	PLN 765
Nourishing serum with placenta	
BioPure PL 100 Essence 15 ml	PLN 765
Rejuvenating and Brightening Serum with 20% Vitamin C C20 Essence 30ml	999 PLN

## MEN'S CARE

*The unique ingredients in the men's line products  
are the ideal combination for daily skin care.*

Cleansing foam	
Hyalogy P-effect Washing Foam for Men 200 ml	PLN 921
Regenerating lotion for men	
Hyalogy Lotion for Men 100 ml	PLN 549
Light cream for daily use	
Hyalogy Emulsion for Men 100 ml	PLN 1036

## SPECIAL CARE

Protective sunscreen emulsion	
Hyalogy UV Intense Protector SPF50 30 g	PLN 613
Regenerating lip cream	
Hyalogy Protective Cream for Lips 9 g	PLN 527
Moisturising body cream	
Hyalogy Body Treatment Cream 200 g	PLN 738

## RUE DE SKIN COSMETICS

A Polish brand of professional cosmetics with advanced and effective formulations based on the latest skin science, created jointly by a doctor and a pharmacist. Rue de Skin cosmetics are ideal both for daily care and after aesthetic treatments.

Vitamin C and E serum		Neck and decollete cream	
SERUM C / E / FERULIC 30 ML	PLN 300	CREAM NECK LIFTING 50 ML	PLN 350
Moisturising ceramide cream		Eyelash conditioner for overnight use	
CREAM CERAMIDE NG /		BOOSTER NIGHT ANAGEN 3 ML	PLN 150
PEPTIDES /CINAMIDE 50 ML	PLN 390	Spot serum for discolourations	
Soothing night serum with niacinamide 10%		ALPHA-ARBUTIN NIGHT SERUM 15 ML	PLN 250
NIACINAMIDE NIGHT SERUM 30 ML	PLN 300		

## BIOLOGIQUE RECHERCHE

Biologique Recherche labs have been creating innovative products for years.

The unique product formulations contain a high concentration of active substances of natural origin.

### PURIFICATION

Oxygenating milk for make-up removal	
Lait S.R 250ml	PLN 371
Make-up remover for oily skin	
Lait VIP O2 250ml	PLN 450
Exfoliating lotion for skin with discolouration	
Lotion P50 PIGM400 150ml	PLN 428
Exfoliating lotion for mature skin	
Lotion P50V 150ml	PLN 364
Exfoliating lotion for sensitive skin	
Lotion P50W 150ml	PLN 364
Exfoliating lotion for oily skin	
Lotion P50 150ml	PLN 364

### FACE CARE

Lifting mask for enlarged pores	
Biomagic mask 100ml	PLN 630
Eye area pads	
Patchs Defatigants 1 sachet 6ml	PLN 174
3D thickened face serum	
Collagene Orginel Serum 30ml	PLN 929
Tightening and filling serum	
Matricel Visage serum 30 ml	PLN 797
Active serum for mature skin	
Serum 3R 30ml	PLN 1281
Regenerative cream-mask	
Creme Masque Vernix 50ml	PLN 835
Innovative intensive rejuvenating cream	
La Grande Creme 50ml	PLN 3296
Firming and oval-improving face cream	
Creme ADN Metamorphique 50ml	PLN 798
De-stressing anti-ageing eye cream	
Creme Contour des Yeux Biosensible 15 ml	PLN 404
Filling elixir with hyaluronic acid	
Yall O2 Serum 30ml	PLN 1737

### BODY CARE

Acid lotion P50 for the body	
Lotion P50 Corps	PLN 503
Rich nourishing body cream	
Creme Dermo- RL Corps 175ml	PLN 747
Modelling body cream	
Liposulct AC 200ml	PLN 685
Intensive rejuvenating body cream	
Creme MSR H Corps 200ml	PLN 1085
Tightening body serum	
Serum Matriciel 100ml	PLN 781
Nourishing lip balm	
Biokiss 15ml	PLN 320

### HAIR MAINTENANCE

Oxygenating and protective shampoo	
Shampooing Traitant Vip O2 200 ml	PLN 262
Regenerating and soothing mask	
Masque Dermo-Apaisant 100 ml	PLN 285
Two-phase protective hair conditioner	
Keractive leave-in conditioner 100 ml	PLN 273
Detangling conditioner	
Creme de Soin 200 ml	PLN 355



# *SPA*



*Hotel Seidorf*



— 1899 —

SPA - tel.: +48 756 299 320

| spa@seidorf.pl

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