



ARTUS RESORT

OUR BESTSELLERS

Are you a SPA freak, fond of endless relaxation?

Check our most popular and original Prestige Spa treatments.

LEGAL JAZZ – the CBD oil introduces you to the world of wellness and pleasure. If your body needs a break and your mind is longing for peace, this treatment will be the perfect choice. The therapy starts with a massage based on hemp oil and concentrating on those spots of your body which accumulate the most tension. Then, your whole body is massaged with hot stones and bamboo sticks. The procedure ends with a lifting face and neckline massage with a special anti-ageing lotion, rich in CBD and showing thereby excellent soothing properties. Additionally, the treatment is enriched with ear candling, which cleanses your inner ear and regulates the intracranial and sinus pressure.

After the treatment, you'll get a pre-roll, that is, a dried hemp joint so that you can continue the therapy at home – it calms down your mind, reduces stress and helps you fall asleep. 110 min. PLN 540

APEROL O'CLOCK body and face – it's a SOPHISTICATED and luxurious treatment smelling of oranges. Immerse yourself in the orange warmth and forget what ails you the most...

This ritual is a perfect choice for everyone who loves fresh fragrance notes, warm touch and relaxing massages. It all begins with a warming bath enriched with a sweet tasting session. Then, a full body scrub caresses your senses and pampers your nostrils with orange sweetness.

The ritual ends with massaging the receptors on your face with extremely nourishing oils to give you relaxation and soothing. 140 min. PLN 450

Intensive SIGNATURE massage with elements of the sports massage – do you like intensive massages? And want to see the results right away? So, choose our signature intensive massage with sports elements. It's so much more than a classic massage only. These well-composed techniques show a beneficial influence on your muscular system, loosen tensions and remove pain caused by faulty posture and sitting lifestyle or – quite on the contrary – by too intensive exercising. Try, feel and say what you think. 75 min. PLN 360

INNOVATIVE Prestige Spa massage – everyone deserves something truly special from time to time. This unique combination of a classic and a relaxation massage is one of its kind, indeed. Such a combination of techniques is hard to find. They overwhelm your senses with a nourishing candle, warm your body up with the touch of stones and boost your vitality by influencing the reflexology zones on your feet.

If you try the Prestige Spa massage once, it's more than certain you will come back for more before you even know it... 90 min. PLN 350

JAPANESE KOBIDO LIFTING MASSAGE – Kobido is one of the oldest massaging techniques in the world. It is a unique, irreplaceable massage which shows strong lifting, yet at the same time relaxing properties. This Japanese beauty ritual loosens deep muscles and makes your skin firm. The tense muscles of your neck, neckline, head and nape of neck will love this massage too. By activating the nerves, this massage boosts the energy flow, which results in a natural lifting of the face oval.

* A perfect choice for people struggling with bruxism and migraines. 60 min. PLN 280



ARTUS RESORT

FULL BODY MASSAGES

Honey-almond lotion massage (scrub + massage)	50 min. PLN 320
Real hot chocolate massage	50 min. PLN 280
Warm and aromatic candle massage	50 min. PLN 270
Classic massage + hot stone massage	50 min. PLN 250
Draining bamboo massage	50 min. PLN 250
Prenatal massage in the lateral position with aromatherapeutic karité butter	50 min. PLN 240
Hot stone massage	50 min. PLN 230
Aromatic karité butter massage	50 min. PLN 210
Back part massage – classic or relaxing	50 min. PLN 200
Classic massage	50 min. PLN 190

PARTIAL MASSAGES

Back massage with warm aromatic and nourishing candle	25 min. PLN 170
Partial massage, classic massage and hot stone massage combination	25 min. PLN 160
Back hot stone massage	25 min. PLN 150
Prenatal massage in the sitting position	25 min. PLN 150
Bamboo drainage of legs	25 min. PLN 140
Foot massage with elements of reflexology	25 min. PLN 130
Back massage with aromatherapeutic karité butter	25 min. PLN 130
Classic back massage	25 min. PLN 120



ARTUS RESORT

SIGNATURE PRESTIGE SPA MASSAGES

Chocolate whole body massage preceded by a scrub and crowned with a body lotion. 90 min. PLN 390

Honey-almond scrub-massage of the whole body and face 75 min. PLN 360

Intensively slimming anti-cellulite massage being a combination of a few various techniques enriched with the manual massage, cupping therapy, bamboo sticks and bamboo. 75 min. PLN 360

Intensive massage with elements of the sports massage – our signature warming massage. The well-composed techniques show a beneficial impact on the whole muscle system, removing tensions and pains. Recommended both before and after an intensive training. The masseurs adapts the elements of the massage to the individual needs of the patient. 75 min. PLN 360

Innovative PRESTIGE SPA massage – this massage is a fusion of 3 techniques which overwhelm yoursenses with the scent of the nourishing candle, warm your body up with hot stones and influence the reflexology zones on your feet. 90 min. PLN 350

Therapeutic mud relief begins with a cleansing herbal scrub of your back with a loosening, warming therapeutic mud compress. The treatment ends with a *back or a *whole body massage.
*50 min. PLN 250 *80 min. PLN 330

Lymphatic drainage of arms and legs with back massage. 50 min. PLN 210

Head and neck massage with Indian nourishing oils. 30 min. PLN 160



ARTUS RESORT

YONELLE

PREMIUM CATEGORY – exclusive multi-phase treatments against ageing and providing immediate results. Recommended especially for mature skin, being in urgent need of refreshment and rejuvenation.

INFUSION SUPERLIFT WITH MICROPUNCTURING

Through the hundreds of thousands of micro-channels created within the skin, retinol and other active ingredients contained in the serum penetrate the skin up to 1000 times better than normally, acting with incomparable efficacy!

An additional asset of the treatment is the possibility of combining them with free home mesoroller therapy.

Approx. 90 min. PLN 550

ACTIVE ENERGY VIT. C FORTE

A treatment with infused 20% vitamin C. Perfect for problematic skin, for it restores the right skin structure and colour. If your skin is problematic, has post-sun discolourations and post-inflammatory scars, this treatment is for you. It brings the right structure of your skin back and prevents further unwanted skin changes.

Approx. 75 min. PLN 520

BIOFUSION SECOND SKIN

A treatment with vitamin C which biologically regenerates mature, dry and dehydrated skin. Thanks to the bio infusion technology applied, the skin undergoes a process of biological regeneration. The starring role in the treatment is played by the biocellulose mask with active vitamin C and snow algae. After the treatment, your skin is bright and smooth. It has an even skin tone and is much firmer, much younger than before.

Approx. 75 min. PLN 490



ARTUS RESORT

YONELLE

INFUSION SUPERLIFT

A super intensive lifting and firming treatment for mature skin. An innovative multi-phase treatment with infused retinol. Provides absolutely spectacular results and visibly rejuvenates the mature skin. Shows strong lifting properties, makes the skin smooth and firm, reduces wrinkles.

Approx. 75 min. PLN 450

MAGNIFICO – FACELIFT

Note! If added to another treatment – 20% discount. Enrich your beauty care with the MAGNIFICO facelift. It's a revolutionary treatment which thickens the skin, stimulates it, boosting the remodelling, oxygenating and lifting of skin. This procedure consists of 4 different technologies. Wonderfully corrects the face oval, reduces wrinkles and furrows, reduces swelling under the eyes.

Face, neck and neckline + second chin lift

Treatment duration

Approx. 45 min. PLN 360

Face lift and firming, collagen remodelling

Treatment duration

Approx. 30 min. PLN 280

Eyelid and eye are lift

Treatment duration

Approx. 15 min. PLN 190



ARTUS RESORT

YONELLE

PRO&CONTRA CATEGORY – specialist treatments

Intended for the skin with visible and noticeable problems. Effectively alleviate the unwanted symptoms and work in two stages by replenishing the skin with the deficient minerals and vitamins (PRO) and removing those which are redundant (CONTRA). If your skin is excessively red, polluted, with visible changes, discolourations and dry spots, these treatments are your rescue.

CONTRA-REDNESS

-regenerating, shrinking capillaries.

A highly effective treatment for couperose skin, improving the appearance and comfort of skin, with fragile blood vessels, prone to dilate. Recommended also for sensitive, hyper-reactive skin, prone to irritation.

Treatment duration

60 min. PLN 330

CBD PRO-PERFECTION

Recommended for combination and oily skin with persistent imperfections. Based on the pharmaceutical-grade CBD cannabidiol and Japanese ubame charcoal. Recommended also for skin with juvenile acne and mature skin with visible imperfections.

Treatment duration

55 min. PLN 310

*Combined with manual cleansing

85 min. PLN 370

MENDEL LIFT PEEL

Lifting treatment with mandelic acid. This treatment is perfect for the skin with the juvenile and mature problems. Provides nourishing and brightening. Visibly reduces wrinkles, improves skin elasticity and firmness. Regulates sebum secretion and soothe inflammation.

Treatment duration

60 min. PLN 310



ARTUS RESORT

YONELLE

CONTRA-DRY

A nourishing treatment for dry, rough skin, prone to flaking, dealing with excessive skin and lack of elasticity. As a result, your skin becomes well-moisturised, nourished, more elastic and visibly lifted.

Treatment duration

60 min. PLN 300

CONTRA-SEBUM

Anti-seborrhoea treatment, with shikimic acid and vitamin C
Intended for combination, oily, keratinised skin. Perfectly cleanses, mattifies skin and reduces widened skin pores. Regulates the sebaceous glands, moisturises and evens up the skin tone.

Treatment duration

55 min. PLN 290

* Treatment with manual cleansing

85 min. PLN 350

*Enrich the procedure with an additional S.O.S AROUND EYES treatment with 50% discount and make your eyes shine.

S.O.S AROUND EYES

A fresh, radiant look with perfect moisturisation and illumination of the skin area. Recommended as a continuation of face skin care.

Treatment duration

25 min. PLN 160 / added to a full treatment PLN 80



ARTUS RESORT

BABOR

GOLD OF MOROCCO – a firming treatment which improves the skin elasticity, intensively boosts the production of collagen within your skin, provides the right level of moisturisation, smoothing and nourishing. Enriched with a paraffin bath of hands as well as a massage for your forearms and arms. Approx. 75 min. PLN 420

MIMICAL CONTROL – a lifting and smoothing treatment against mimic wrinkles, gives spectacular anti-ageing results. The preparations used for the treatment work in three ways: they neutralize microtensions within the skin, smooth out wrinkles and prevent loss of elasticity. Approx. 55 min. PLN 390
- Mimical Control treatment with **MAGNIFICO** radio lifting 85 min. PLN 520

VITALISING – as the name itself suggests it, this treatment is a huge dose of vitamins. Recommended mostly for dry, dehydrated skin. After the treatment, the skin is well-moisturised and nourished. Thanks to a special vitamin ampoule applied, the treatment becomes even more effective. Approx. 55 min. PLN 360

BALANCING & PURIFYING – intensive care for skin prone to impurities. Improves skin colour and structure. Thanks to the moisturising and mattifying complex, the treatment restores the right hydration and pH of skin. The treatment inhibits the growth of bacteria and supports the process of inflammation healing. Approx. 55 min. PLN 340
*Treatment combined with manual cleansing 90 min. PLN 400

COMPLEX C – vitamin revitalising and rejuvenating care. It smooths out and evens up the lipid layer of epidermis, stimulates the regeneration process. Extracts of rowan berries, goji berries and acai with a high vitamin C content strengthen and regenerate the skin as well as protect it against the damaging effects of free radicals. Approx. 55 min. PLN 400

*Enrich the procedure with an additional **S.O.S AROUND EYES** treatment with 50% discount and make your eyes shine.

S.O.S AROUND EYES

A fresh, radiant look with perfect moisturisation and illumination of the skin area. Recommended as a continuation of face skin care.

25 min. PLN 160 if added to a full treatment PLN 80

MAGNIFICO – FACELIFT

Note! If added to another treatment – 20% discount.

Enrich your beauty care with the **MAGNIFICO** facelift. It's a revolutionary treatment which thickens the skin, stimulates it, boosting the remodelling, oxygenating and lifting of skin. This procedure consists of 4 different technologies. Wonderfully corrects the face oval, reduces wrinkles and furrows, reduces swelling under the eyes.

Face, neck and neckline + second chin lift	45 min. PLN 360
Face lift and firming, collagen remodelling	30 min. PLN 280
Eyelid and eye are lift	15 min. PLN 190



ARTUS RESORT

EXPRESS TREATMENTS

If you don't have time to enjoy our full treatments, why don't you try some of our TOP express face care procedures?

COSMO S-PEEL TREATMENTS – IMMEDIATE RESULTS FOR YOUR SKIN!

Maximally smooth skin is your dream? Now, you can have it for real! Our Cosmo S-Peel treatments will help you. This modern technology based on acids have been developed with greatest care by a team of specialist chemists and cosmetologists from Yonelle. This innovation provides the results you desire, even if your skin is very demanding and sensitive, and provides them in no time. See how astonishingly effective these treatments can be...

ANTI AGE & ANTI SPOT PEEL A brightening anti-ageing peel for mature skin deprived of firmness, having a bad colour, discolourations and widened pores.

ANTI-ACNE PEEL A peel against skin imperfections, intended for oily and combination, problematic and polluted skin.

ANTI-REDNESS PEEL Reduces red patches on the skin. Intended for couperose skin, prone to redness, sensitive and dry.

***FREE OF CHARGE** – an ultra-rejuvenating cream for your post-treatment care, which boosts regeneration at home.

Treatment duration

50 min. PLN 350



ARTUS RESORT

EXPRESS TREATMENTS

CAVIPEELING

The cavitation peeling is a painless ultrasound skin cleansing method. After the treatment, your skin is ready for the application of cosmetic preparations. Thanks to the special mask which ends the treatment, we can effectively moisturise and regenerate your skin. The treatment includes a nourishing hand massage.

Treatment duration 40 min. PLN 220

YONELLE ROYAL LIFT

Face, neck and neckline massage. The precise movements are combined in lifting, stimulating and relaxing sequences. They introduce a state of blissful relaxation into your soul right from the very beginning. At the same time, though, they provide intensive stimulation of face muscles. The treatment is performed with a specially selected cream or oil.

Treatment duration 25 min. PLN 160

ADDITIONAL TREATMENTS

Ear candling	PLN 120
Package (eyebrow henna + eyebrow plucking + eyelash henna)	PLN 60
Eyebrow plucking	PLN 35
Eyebrow henna	PLN 30
Eyelash henna	PLN 30
Upper lip / chin hair	PLN 40



ARTUS RESORT

SILHOUETTE SHAPING WITH HI-TECH DEVICES

MAGNIFICO – a device with which the qualified Prestige Spa staff will help you in the fight against flabby skin and the nasty cellulite. The treatment can be performed on any selected area of your body. We recommend preceding your Hi-Tech treatment with a draining scrub, an anti-cellulite mask and a manual massage with a special preparation. Such a combination allows to obtain the most spectacular results after the very first treatment already. Please contact our reception for details.

INTENSIVE DERMOMASSAGE SHAPING – ENDERMOLOGY + IR + RF

5 irreplaceable technologies guarantee maximal results:

1. ultrasonic vacuum liposuction
2. radio waves RF
3. IR radiation
4. suction-vacuum massage (endomassage)
5. mechanical roller massage

RESULTS:

- rapid eradication of cellulite lesions
- strong firming and shaping of the silhouette
- reduction of adipose tissue
- slimmer silhouette
- increased abdominal tension
- stimulated blood and lymphatic system
- smooth body skin

Full body treatment with scrub, mask and massage with lotion	170 min. PLN 620
Full body treatment with scrub	110 min. PLN 550
Treatment for thighs, buttocks and abdomen	80 min. PLN 450
Treatment for thighs and buttocks	60 min. PLN 380
Treatment for abdomen	40 min. PLN 250
Treatment for forearms	30 min. PLN 200

If you purchase a package of 5 treatments, you will get the sixth boosting treatment FOR FREE!



ARTUS RESORT

SILHOUETTE SHAPING WITH HI-TECH DEVICES

VIP LINE – Are you already after a series of treatments to break down body fat? Your skin is not firm enough? Are you slim, but you fear that your body used to be different? You have just stopped breastfeeding and you would like to finally take care of your body and get it back to its former shape? The Vip Line is the right solution for you. Please contact our Spa Reception for details.

RESULTS:

- your skin is firmer
- muscle structures are strengthened (training of isolated muscle groups)
- your body is stronger and the muscle structures more visible
- if performed in a series (minimum 5 treatments), it gives spectacular results!

1 treatment Approx. 35 min. PLN 250

Package of 5 treatments PLN 1100

Package of 10 treatment PLN 2200

TAKE YOUR DECISION AFTER THE FIRST TREATMENT.

CRYOLIPOLYSIS – Beyond all doubt, our most famous treatment against adipose tissue. Cryolipolysis is a non-invasive, painless, yet extremely effective way of eliminating fat cells. During the treatment, the breakdown (lipolysis) of fat tissue takes place. The fat cells are cooled down and gradually eliminated from the body. The thickness of the adipose tissue decreases, which gives a DURABLE post-treatment effect. One application (two heads), one body area.

Treatment with two heads

Approx. 60 min. PLN 400

Buy 3 treatments for a body area of your choice and you'll get the 4th FOR FREE!

Take care of your silhouette with the special treatment package.

Day 1 body shaping with the magnifico device preceded by a scrub and proceeded by a lotion

120 min.

Day 2 slimming manual full body massage with a firming preparation

50 min.

Day 3 cryolipolysis

70 min.

Price:

PLN 1090



ARTUS RESORT

SPA CAPSULE

Nourished, fragrant skin, velvety smooth to the touch? Our Spa Capsule will give you that! You can choose from amongst a few different fragrant notes. Not only do they smell differently, but they have also different powers, We start the capsule treatments with a relaxing body scrub so that all the active nourishing substances applied later on can get better absorbed by the skin so that they reach deeper tissues and give better results. What makes these treatments unique is the relaxing head massage performed during the nourishing ceremony.

WATERMELON – anti-cellulite and moisturising properties

COFFEE – stimulates fat burning

MULTIVITAMIN – strengthens and regenerates the skin structure

60 min. PLN 360

CHOCOLATE – firming and relaxing properties

RASPBERRY – nourishing and cleansing properties

*You can enrich your capsule treatment with a relaxing face care massage at a special price.

25 min. PLN 130



ARTUS RESORT

COMPREHENSIVE RITUALS

PROSECCO QUEEN

Sparkling wine ritual all the year round. Do you like the aroma of prosecco? If you do, then you can enjoy it all throughout this treatment. It's a wonderful, extremely relaxing bath with a glass of prosecco in hand. Your skin shall be pampered by a full body massage with a moisturising-nourishing lotion with a gold powder. An unforgettable time, crowned with a relaxing face massage, a carefully selected face mask as well as a hand and foot massage.

Treatment duration:

140 min. PLN 600

LADY YONELLE

An unusual combination of body scrub and face care. You long for the relaxation and smoothness of your body, yet your face needs moisturising and nourishing too? Choose Lady Yonelle. The body scrub massage based on honey, beeswax and almonds perfectly boosts circulation, smooths out and deeply nourishes your skin. Additionally, based on a specialist diagnosis of your complexion, we perform a series of face, neck and neckline treatments and a royal lift.

Treatment duration:

120 min. PLN 570

APEROL O'CLOCK body and face

Luxurious orange treatment

Immerse yourself in the warmth of oranges and forget the ailments of your everyday life. This ritual is a splendid idea for those who love the fresh fragrance note of oranges, the warmth of hands and relaxing massages. The ritual begins with a warming bath and a tasting session, then follows a full body scrub, pampering your nostrils with the sweetness of oranges. The whole work is crowned with a soothing massage based on strongly nourishing oils, stimulating the receptors on your face and body.

Treatment duration:

140 min. PLN 450

GIANT MOUNTAINS

Our regional treasures for your skin. The Giant Mountains are rich in lots treasures of nature. Once, this region was famous for herbal medicine, today, the Prestige Spa is offering you a special ritual with a mixture of herbs dedicated to your skin. Feel the natural herbal scrub and the marvellous power of lavender that will accompany you all throughout the massage. This massage with a nourishing candle is additionally enriched with a head and neck massage.

Treatment duration:

90 min. PLN 380



ARTUS RESORT

FOR MAN

All our treatments are intended for both women and men. However, we have decided to create a set of treatments for men. Their skin is 30% thicker than the skin of women, it produces more sebum and is exposed to frequent irritation caused by shaving.

The ageing processes can be seen on men's skin later than on women's skin, yet they are much more intensive and quicker.

LEGAL JAZZ – the CBD oil introduces you to the world of wellness and pleasure.

If your body needs a break and your mind is longing for peace, this treatment will be the perfect choice. The therapy starts with a massage based on hemp oil and concentrating on those spots of your body which accumulate the most tension. Then, your whole body is massaged with hot stones and bamboo sticks. The procedure ends with a lifting face and neckline massage with a special anti-ageing lotion, rich in CBD and showing thereby excellent soothing properties. Additionally, the treatment is enriched with ear candling, which cleanses your inner ear and regulates the intracranial and sinus pressure.

After the treatment, you'll get a pre-roll, that is, a dried hemp joint so that you can continue the therapy at home – it calms down your mind, reduces stress and helps you fall asleep.

110 min. PLN 540

BEERLAND

A treatment rich in extracts from beer's healthiest ingredients, i.e. hops, malt and yeast. They are a rich source of vitamins B, iron, phosphorus, calcium, magnesium and potassium. They have a rejuvenating effect, smooth out wrinkles, have antibacterial and moisturising ingredients. Try the beer bath combined with a tasting session, feel the power of hop scrub. It's a typically manly world closed by a classic massage with warm aromatic and nourishing oils.

110 min. PLN 430

TEQUILA MASSAGE

A dynamic massage, enriched with an intensive scrub, which warms your body up, brings relaxation and shows healing properties. Tequila used for the treatment loosens tense muscles and stimulates the lymph nodes. This old Mexican method is ideal for mountain conditions. The procedure is enriched with a tequila tasting session.

75 min. PLN 360

BABOR MEN (Babor cosmetics)

A face care treatment and eye area care in one combined. Supports skin regeneration.

Neutralises free radicals. Brightens up and smooths out skin.

60 min. PLN 380

-BABOR MEN treatment with MAGNIFICO radio lift

90 min. PLN 490

MEN ESTHETIC (Yonelle cosmetics)

Bioregeneration for the tired skin of your face and eyes. Intended for dry, greyish skin, exposed to the computer radiation. Prevents stress, stimulates the metabolism, soothes eyelids.

75 min. PLN 450



ARTUS RESORT

CEREMONIES FOR TWO

Come and enjoy this romantic time for two. One parlour, two bodies, the candle light and aromas that pamper your nostrils. The team of Prestige Spa has composed these signature procedures on their own, with lots of passion and dedication so that every single minute spent with your beloved one is a true bliss which stays in your fond memory forevermore. Each of the ceremonies listed below is enriched with a glass of red wine.

ROMANTIC CEREMONY

Soothes the tense muscles of your body and face. This massage is based on an extremely nourishing and fully natural candle. Your body is caressed by the richness of nourishing and protective ingredients. We will take care of your face as well, providing it with soothing and relaxation to every little inch thereof with a gentle massage. The whole procedure smells softly of various essential oils.

Treatment duration for 2 persons 80 min. PLN 750

GIANT MOUNTAIN CEREMONY

Gives relaxation for your whole body. A natural herbal scrub based on freshly grounded local herbs mixed with mineral salts and nourishing oils. Brings soothing to your soul. Then, we give you a relaxing signature massage based on a warm oil.

You can choose from the following fragrant notes: JASMIN with PATCHOULI or SAGE with LAVENDER

*At the end of the ceremony, each couple is given a present to continue their aromatherapy at home.

Treatment duration for 2 persons 90 min. PLN 680

ORANGE CEREMONY

If you are fond of fruit fragrant notes, such as in this case, oranges, this treatment is for you. Their freshness and aroma perfectly blends with the wonderfully smelling sugar scrub, which energetically stimulates the receptors of your skin and boots the secretion of endorphins.

Treatment duration for 2 persons 80 min. PLN 640

HEALING CEREMONY

An unbelievably relaxing signature massage being a combination of the manual technique and warm volcanic stones. The treatment is based on a warm aromatic oil. The second part of the ritual is the ear candling, which cleanses the inside of the ear as well as regulates intracranial and sinus pressure.

Treatment duration for 2 persons 80 min. PLN 580



ARTUS RESORT

TREATMENTS INSPIRED BY THE EAST

Are you a fan of relaxation and Eastern massage techniques? Or you don't know them yet? We will gladly tell you some more. These massage techniques, like for instance, Ayurveda, Tibetan or Thai techniques, differ a lot from those we usually know. They combine oriental fragrant notes, movements, which are different from the Western ones, even the way in which oils are poured down on the patient's body is different. Words will always fail to describe it, you have to feel it on your very skin.

SHIRO ABHYANGA – with head massage

It's a fusion of Abhyanga with a unique head massage. Effectively relieves stress symptoms, aids memory and concentration as well as improves thinking ability when we are very tired.

Treatment duration

80 min. PLN 400

ABHYANGA – cleansing and rejuvenating

An incredibly relaxing full body massage with Ayurvedic oils which activates the immune system and detoxifies the body.

Treatment duration

50 min. PLN 350

UDVARTANA – Ayurvedic scrub massage

It's an unusual combination of a massage and an extremely pleasant, pro-health scrub. This warm scrub in form of a loose, natural herbal blend wraps up the body in a pre-heated oil. A feeling of blissful relaxation follows. Additionally, the therapeutic influence on herbs detoxifies the body and makes the skin velvety soft to the touch.

Treatment duration

50 min. PLN 300

THAI FOOT MASSAGE

A traditional Thai pressure massage, preceded by a cleansing herbal scrub. Known for its healing properties, it unblocks the body's energy channels. It makes you relaxed and calm.

Treatment duration

45 min. PLN 220



ARTUS RESORT

TREATMENTS INSPIRED BY THE EAST

TIBETAN THERAPY with Ghassoul clay

This treatment uses Turkish bath techniques. It is performed on the so-called Hammam bed. The treatment begins with a full body scrub using a Savon Noir soap foam. Next, a relaxing massage with hot towels opens up the skin pores. On the body thus prepared for absorbing cosmetics, a firming- regenerating mask with Ghassoul clay and Indian nettle is applied. While the mask is being absorbed, a pressure massage of head, face, neck, arms and legs is performed. The procedure ends with a full body massage with argan oil.

Treatment duration

120 min. PLN 520

TIBETAN THERAPY

This treatment uses Turkish bath techniques. It is performed on the so-called Hammam bed. The treatment begins with a full body scrub using a Savon Noir soap foam. Next, a relaxing massage with hot towels opens up the skin pores. On the body thus prepared for absorbing cosmetics, argan oil is applied and a full body massage is performed afterwards.

Treatment duration

90 min. PLN 410

*Taking a steam bath is recommended prior to the Tibetan treatment.

Full body THAI MASSAGE

A combination of acupressure, passive yoga, stretching and reflexology. The masseur uses their own body, i.e. hands, thumbs, elbows, forearms and also the feet, to perform the massage. Every single movement is made with great precision. These techniques are aimed at releasing tension from the body and allow energy to flow properly. They can be an excellent supplement to the treatment of common headaches, backaches and muscle pains. What is more, they also help with ailments related to circulatory disorders, problems with circulation, metabolic problems and chronic stress.

It also acts as a natural detoxification of the body.

* Please come to the treatment in comfortable sportswear

Treatment duration

60 min. PLN 350

90 min. PLN 400



ARTUS RESORT

SCRUBS

At the ARTUS HOTEL, we apply traditional herb mixtures which refer to the tradition of Karpacz and sugar scrubs. Not only are they excellent care treatments, but also a splendid addition to massages and other body procedures.

The Prestige Spa offers you a rich palette of body scrubs.

EXFOLIATING foam massage – immerse yourself in this wonderfully soft foam from the Savon Noir soap, made of black olives. Discover a brand new dimension of a relaxing scrub from the Far East.

Treatment duration: 30 min. PLN 190 if added to a massage PLN 160

SUGAR SCRUB – an intensively exfoliating scrub which makes your skin smooth and well-moisturised. After the treatment, your skin is velvety smooth to the touch and so sweetly fragrant.

Treatment duration: 25 min. PLN 160 if added to a massage PLN 120

HERBAL SCRUB with herbs from the Giant Mountains – a natural form of body cleansing based on our local health-giving herbs. Your skin will be like silk and your body shall be at peace – the power of the Giant Mountains, its meadows and forests is immense.

Treatment duration: 25 min. PLN 150 if added to a massage PLN 100



ARTUS RESORT

BATH WITH HYDROMASSAGE

At the Prestige Spa, every bath is like a royal feast for your body and senses. At your disposal, there are both our therapeutic baths and the hydromassage with chromotherapy, so loved by our Guests. Tasting sessions are a nice addition to the baths.

WINE BATH – a truly relaxing bath, rich in various pro-health ingredients having anti-oxidation properties and soothing your nervous system.

Approx. 20 min. PLN 180

MILK BATH – the famous bath of Cleopatra. Moisturising, soothing and smoothing your irritated skin.

Approx. 20 min. PLN 150

BEER BATH – it's so much more than bathing and drinking only. The natural ingredients of this bath treat fungal infections, prevent migraine pains and aid in weight loss diets. Beer baths have a beneficial influence on the appearance and colour of your skin.

Approx. 20 min. PLN 150

BRINE BATH – the most effective therapeutic bath applied in the therapy of rheumatic diseases, dermatological diseases, gynaecological diseases, post-traumatic conditions of the musculoskeletal system, in diseases of the vascular system and the respiratory system.

Approx. 20 min. PLN 100



ARTUS RESORT

HAND AND FOOT CARE

SPA MANICURE – a regenerating treatment for dry and damaged hands, (hand peeling, nail plate treatment and conditioning of the hand skin in several stages). Approx. 75 min. PLN 180

Manicure with classic nail painting PLN 130

Hybrid manicure PLN 150

Japanese manicure PLN 130

Paraffin bath for hands added to manicure or any other treatment PLN 100

SPA PEDICURE – a regenerating treatment for dry and damaged feet (peeling, milling of the feet, nail plate treatment and a multi-stage foot skin conditioning). Approx. 90 min. PLN 220

Hybrid pedicure PLN 220

Pedicure without nail painting PLN 180

Pedicure with classic nail painting PLN 130

Hybrid removal PLN 60

Paraffin bath for feet added to manicure or any other treatment PLN 100



ARTUS RESORT

MINI SPA

The Prestige Spa offers lots of fun for the Little Ones too.

Our offer is extremely popular both with younger and older kids. Take your child to the SPA parlour and enjoy these magic moments together!

- FRUIT PARADISE WITH MUM OR DAD** – a massage with a lotion sweet smelling of fruits for the child as well as a tropical back massage with a nourishing candle for the parent. 25 min. PLN 250
- CHOCO&COCO** – a massage with real warm chocolate, enriched with coconut oil and sweet snacking. 25 min. PLN 150
- ANIMAL PLANET** – based on a face massage, a nourishing mask turning your child into their favourite animal as well as a massage of hands and feet. 25 min. PLN 150
- FOAM MASSAGE** – on a heated stone bed, an unusual attraction for children. During the massage, the child can play with special bubbles. 25 min. PLN 170
- MULTIVITAMIN** – a full body massage with fruity lotions. Moisturises your child's skin and boosts the well-being of the Little One. 25 min. PLN 120
- COLOURFUL NAILS** – painting nails – for girls up to the age of 10 years Approx. 30 min. PLN 100



ARTUS RESORT

OUR DAY SPA BESTSELLERS

They are available for the non-resident Guests – enjoying the treatments and the AQUA wellness zone at our hotel.

Recommended as a gift – for you, for your love, for your family.

ROMANTIC FOR TWO

Unique relaxation for two that will certainly leave memories to last for long.

- Relaxation in the Wellness Zone (pool, sauna, Jacuzzi, relaxation zone for adults)
- Wine tasting session
- Aromatic relaxing full body massage with nourishing oils.

Treatment duration: 50 min for 2 persons PLN 640

LUXURIOUS TIME FOR YOU

An exclusive solution for everyone who needs peace within and relaxation for their body.

- Bath in donkey milk with a glass of wine
- Full body scrub
- Any chosen massage from the menu 'full body massages'
- Luxurious face care from the PRO&CONTRA YONELLE or BABOR category
- Cosmetic gift for your skin care
- Relaxation in the Wellness Zone (pool, sauna, Jacuzzi, relaxation zone for adults)

Treatment duration: 160 min PLN 790



ARTUS RESORT

OUR DAY SPA BESTSELLERS

GIRLFRIENDS JUST WANNA HAVE FUN

Every now and then, each of us needs some lady time with her best friends. How about chit-chatting in the SPA zone? That's going to be the time of your life.

The package includes:

- Aromatic full body massage with a nourishing candle in a double massage parlour
- Royal Lift de Luxe – a luxurious face massage
- A glass of wine to drink
- Access to the Relaxation Zone in the Wellness Zone (pool, saunas, Jacuzzi, relaxation zone for adults)
- 20% discount on a drink at the hotel club
- 20% discount on a lunch or dinner at the hotel restaurant

Treatment duration: 80 min for 1 person PLN 500

FAMILY RELAXATION

The time spent with your close ones is important and precious. It will be a memorable gift, indeed.

A massage and a lots of fabulous fun in the Wellness Zone of the Artus Resort.

We offer:

- **For children:** chocolate body massage with real chocolate 25 min.
- **For mum:** nourishing aromatic back massage with candle 25 min.
- **For dad:** classic back massage 25 min.
- Access to the AQUA zone (pool with slide, saunas, Jacuzzi)

Price for 2+1 family PLN 450

Price for 2+2 family PLN 600

*for every additional child PLN 150