

# SPA MENU

## RESERVATIONS

Hotel Reception **+48 63 212 11 71**

Number to SPA from hotel room **314**

e-mail: [spa@hotelmoran.pl](mailto:spa@hotelmoran.pl)

## OPENING HOURS

### SPA

MONDAY - FRIDAY **10<sup>00</sup> a.m.- 6<sup>00</sup> p.m.**

SATURDAY **10<sup>00</sup> a.m.- 9<sup>00</sup> p.m.**

SUNDAY **10<sup>00</sup> a.m.- 3<sup>00</sup> p.m.**

### SWIMMING POOL & JACUZZI

Daily **8<sup>00</sup> a.m.- 9<sup>00</sup> p.m.**

### SAUNA

Daily **3<sup>00</sup> p.m.- 9<sup>00</sup> p.m.**

## FACIAL BEAUTY TREATMENTS

### **MYSTERY OF NATURE**

about 60 min/ price PLN 290

A treatment using a strongly regenerating snail protein extract. Increases the synthesis of a basic protein, improves the structure of collagen and elastin fibers while strengthening the skin. Provides an effect of a rested and brightened skin as soon as after the first treatment.

### **SEA PURIFYING**

about 60 min/price PLN 250

Thalgo Purete Marine face ritual. Intensive cleansing and anti-acne therapy. Intended for the care of oily, acne and mixed skin. Thoroughly cleanses the sebaceous glands and regulates their work, preventing the formation of blackheads and inflammation.

### **WONDERFUL ILLUMINATION**

about 60 min/price PLN 200

Thalgo Illuminating Radiance face treatment. Care and illuminating ritual for all skin types. Intensively moisturizes, smoothes and refreshes the epidermis. Perfectly removes signs of tiredness and restores the healthy, radiant look of the skin.

### **INTENSIVE HYDRATION**

about 60 min/price PLN 270

Thalgo Absolute Hydration treatment. A deeply moisturizing ritual, intended for dehydrated skin types. Being taken from the depths of the ocean, the Seve Bleue complex provides the cells with a wealth of marine components: micro-, macroelements, minerals and trace elements. Other active ingredients, including hyaluronic acid, provide long-lasting hydration and stimulate the natural process of skin detoxification.

### **BLISSFUL ALLEVIATION**

about 60 min/price PLN 270

Thalgo Cold Cream Marine treatment. Regenerating and nourishing therapy intended for capillary, thin, sensitive, prone to redness and irritation types of skin. Supports the sealing of blood vessels, alleviates irritation and reduces skin hypersensitivity to external factors.

**We kindly ask you to notify the cancellation of the reserved procedures no later than two hours before the scheduled time.**

## FACIAL BEAUTY TREATMENTS

### **SILICIUM LIFTING**

about 60 min/price PLN 370

Thalgo Silicium Marine treatment. A luxurious rejuvenating and lifting face ritual for people after 40 years of age. Highly concentrated active ingredients (hyaluronic acid, collagen, sea silicon and red algae) and the innovative Derma-Stim massage provide an immediate lifting effect. The treatment shapes the face oval, makes the skin more elastic and tightens it, reduces wrinkles, stimulates the production of collagen and elastin.

### **SECRET OF ETERNAL YOUTH**

about 90 min/price PLN 390

The Thalgo-Lift face treatment is an intensive lifting and anti-aging ritual that is recommended for people after 45 years of age. The treatment is based on algae hormones that inhibit the destruction of collagen, and also have an intensely nourishing and regenerating effect. A unique massage, developed in cooperation with a plastic surgeon, performed on facial muscles and a mask based on biological cellulose and hyaluronic acid provide the biological lifting effect.

### **MAGIC OF THE LOOK**

about 60 min/ price PLN 150

Thalgo Eye Expert face treatment. The solution to all problems that affect the delicate skin around the eyes: wrinkles, dark circles, swelling and dryness. The treatment formula based on collagen and hyaluronic acid reduces swelling, smoothes the eye area, reduces dark circles and wrinkles, removes signs of fatigue and illuminates the skin.

### **CAVITATION PEELING WITH AN AMPOULE, MASK AND A FACE MASSAGE**

about 50 min/price PLN 165

Cavitation peeling thoroughly cleanses the skin, making it smooth and radiant. The ampoule and mask matched to a skin type meet the needs of the skin and the face massage allows you to relax.

### **MAN'S INSTINCT**

about 50 min / price 175 PLN

Protective anti-aging ritual for men, which also deeply cleanses the skin and balances the production of sebum. Intended for all age groups and types of skin; also for men with a beard. The HYDRA-OIL BLEND complex, thanks to the natural ingredients, of oils perfectly moisturizes and nourishes the skin. In the case of beard, it allows its discipline and perfect stylization.

**No-show or cancellation later than two hours notice  
will be charged at 100%**

## BODY TREATMENT

### PERFECT LEGS

about 50 min/price PLN 170

Draining and anti-swelling treatment. Delicate perlite-based peeling effectively refreshes the skin and prepares it for the application of active ingredients. Green clay contained in the mask stimulates blood and lymph circulation and eliminates toxins that cause swelling, a feeling of heaviness and general discomfort of the legs. The cream effectively moisturizes the skin and gently cools, providing a feeling of light, rested legs.

### YOUTH SECRET

about 75 min/price PLN 260

A regenerating and firming treatment for mature skin. It acts against damage caused by age and external factors. A creamy scrub gives the skin a younger look. The mask with black clay strongly regenerates, oxygenates and revitalizes. The cream applied at the end deeply moisturizes and restores proper tension to the skin.

### GYM EFFECT

about 75 min/price PLN 290

Highly effective modeling and anti-cellulite therapy with peeling, an ampoule stimulating the metabolism, a mask based on yellow clay and cream. A treatment created to fight with all types of cellulite and excessively accumulated fat tissue. It makes skin imperfections less visible, tightens and shapes the body.

### FEELING OF LIGHTNESS

about 75 min/price PLN 240

Draining and detoxifying treatment. Creamy peeling effectively refreshes the skin and stimulates circulation. The mask based on green clay strongly stimulates the work of the circulatory and lymphatic systems, supporting the removal of toxins from the body. The cream applied at the end of the treatment moisturizes and drains. The treatment leaves a feeling of refreshing coolness and lightness.

### A COMPLEX FEAST FOR THE BODY

about 80 min/price PLN 320

Multi-directional treatment with peeling, an ampoule stimulating metabolism, a mask and cream application. It allows you to combine masks and creams with different properties in order to satisfy all the needs of the skin during one treatment.

### PEELING COMBINED WITH A BODY MASSAGE

about 50 min/price PLN 190

Aromatic, salt and oil body scrub smoothes, moisturizes and intensively nourishes the skin, and the nutritional Shea butter combined with the massage leaves it silky and exceptionally delicate.

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## BODY RITUALS WITH A MASSAGE

### **INDOCEANE**

about 90 min/price PLN 390

Relaxing ritual. An extraordinary journey to the land of beauty and relaxation that is inspired by the philosophy of the East. An ideal proposition for stressed people. Oriental scrub perfectly cleanses the skin. A massage with hot oils taken from Ayurveda techniques releases the body and mind from tension. Silky mask regenerates and moisturizes the skin.

### **POLYNESIA**

about 90 min/price PLN 370

Nourishing and relaxing ritual. A sensual journey to the Polynesian Islands. Each of the islands is the next stage of deep relaxation. Vanilla peeling from the island of Tahaa provides the skin with silky smoothness. Massage performed with the use of hot stamps filled with sand from Bora Bora deeply relaxes. The last stage of the treatment brightens the body like the rays of the sun on the island of Raiatea.

### **ATLANTIC**

about 90 min/price PLN 370

Regenerating and refreshing ritual inspired by the power of the oceans. Thanks to the combination of the feelings of warmth and a subtle, refreshing coolness, it provides a unique sensory experience. The treatment uses both manual Swedish massage techniques and relaxing, cool spheres. Extremely soft, almost fluffy scent notes of peeling and massage oil bring to mind powder snow, creating the perfect atmosphere for a blissful rest and relaxation.

### **ARCTIC**

about 75 min/price PLN 370

Energizing and moisturizing ritual inspired by the diversity of beaches of the Atlantic Ocean. Peeling and mask mantle the body with extremely sensual scents of flowers and fruits. The massage using the mountain crystals restores the harmonious flow of energy in the body and deepens the feeling of relaxation.

### **SOOTHING MANTLING**

about 75 min/price PLN 310

Thalgo Cold Cream Marine body ritual. A soothing and highly moisturizing treatment for dry and sensitive skin. It soothes the feeling of tension and restores the proper lipid level to the skin. The marine nutrients along with the soothing complex eliminate the feeling of discomfort, making the skin soft, firm and velvety smooth again.

### **GIFTS OF THE SEAS**

about 75 min/price PLN 330

Thalgo Marine Prelude body ritual. Detoxifying and remineralizing treatment. An exclusive peeling with sea salt in combination with a Dead Sea mud wrap effectively removes toxins. The treatment speeds up the metabolism, which leads to the reduction of cellulite and fat tissue. It improves the firmness and elasticity of the skin, adding to its vitality.

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## BODY SCRUBS

### **SALT SCRUB | CHOCOLATE-WITH ORANGE**

about 20 min/price PLN 100

It improves blood circulation and firms the skin. It also participates in the breakdown of accumulated fat tissue, which contributes to the reduction of cellulite.

### **SALT SCRUB | MANGO WITH CALENDULA**

about 20 min/price PLN 100

An externally used mango extract cleanses clogged skin pores and helps to get rid of skin blemishes. It deeply moisturises and nourishes the skin.

### **SUGAR SCRUB | MAGNOLIA**

about 20 min/price PLN 100

Thanks to the content of sweet almond oil and shea butter, it perfectly soothes and moisturizes the skin, mantling it with the extremely feminine scent of the magnolia flower. Perfect for dry and sensitive skin.

### **SUGAR SCRUB | COFFEE**

about 20 min/price PLN 100

Macadamia oil, coconut oil and shea butter strongly elasticize and smooth the skin. The aroma of freshly ground coffee spurs into action and puts in a perfect mood.

## CLASSIC MESSAGES

### **RELAXING MASSAGE WITH AROMATHERAPY**

25 min/price PLN 130

50 min/price PLN 170

Sensual massage with the use of relaxing aromatic oils. Delicate, calm massage movements perfectly relax the tensed body. It can be made all over the body or partially - on the back.

### **HOT CANDLE WAX MASSAGE**

25 min/price PLN 130

50 min/price PLN 170

It combines classic Swedish massage techniques with the care properties created on the basis of a mixture of shea butter and avocado candle oil. Warm, aromatic wax provides a wealth of vitamins and nutrients and enhances the feeling of relaxation.

### **MASSAGE – PARTIAL OR WHOLE BODY**

25 min/price 120 PLN

50 min/price PLN 160

A classic massage that has a very wide range of applications. It relaxes muscles, has a beneficial effect on many vital functions and regenerates the body. It reduces tension, acts as an analgesic and relaxes. Performed on a mild oil; it can cover the whole body or part of it - back, legs or hands.

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**FACIAL MASSAGE \***

20 min/price PLN 90

*and in combination with another massage or body care treatment: PLN 50.*

Moisturizing massage of the face, the neck and the cleavage. Prevents the formation of wrinkles and reduces existing ones. Oxygenates, nourishes and stimulates skin regeneration; perfectly relaxes.

**SHEA BUTTER MASSAGE**

50 min/price PLN 180

A nourishing, luxurious massage using warm shea butter. Performed with the use of classic massage techniques. It leaves deeply moisturized and velvety soft skin.

## HEALING MESSAGES

**HOT STONE MASSAGE**

50 min/price PLN 210

Deeply heats, accelerates blood circulation, relaxes and has a strong regenerating effect. The treatment is recommended both to stressed people, with increased muscle tension, as well as those suffering from rheumatic, muscular and joint ailments.

**CHINESE CUPPING (BUBBLE) MASSAGE**

50 min/price PLN 180

It has a wide therapeutic and cosmetic application. It relaxes and brings relief to excessively strained muscles. Strongly drains and supports the removal of toxins from the body. Intensively stimulates the subcutaneous tissue, reduces cellulite, firms and shapes the body shapes.

**HEAD AND NECK MASSAGE**

20 min/price PLN 130

An ideal proposition for people who spend long hours in a sitting position. It reduces the tension of the neck muscles and shoulder girdle, relieves headaches. Anti-stress effect.

**FEET MASSAGE**

30 min/price PLN 120

Relaxes the overloaded muscles and improves the circulation of the feet and the calves. Eliminates the feeling of tired, sluggish legs. Thanks to the numerous reflex points found on the feet, it has a healing effect on the whole body.

**LYMPHATIC DRAINAGE**

25 min/price PLN 130

50 min/price PLN 220

Healing massage aimed at accelerating the circulation of lymph. It reduces swelling and lymphatic exudates. It is also used in body cosmetics, including in combating cellulite, supporting the sliming process and cleansing the body of toxins

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★★★★  
**MORAN**  
HOTEL & SPA

**Hotel MORAN\*\*\*\* SPA**

62-430 Powiedz, Ostrowo 30, Wielkopolska

[www.hotelmoran.pl](http://www.hotelmoran.pl), tel. + 48 63 212 11 71, +48 502 530920, e-mail: [moran@hotelmoran.pl](mailto:moran@hotelmoran.pl)