



HOTEL BRYZA

RESORT & SPA

# SPA Menu

# facial treatments

new facial care methods  
• silky radiant skin • a powerful boost of energy

# radiance and brightness

brightness and glow for all skin types

## VITAMINS (Selvert)

A cosmetic treatment using pure vitamin C. Neutralises free radicals, stimulates collagen fibres, and boosts cell renewal. Brightens the skin and gives it a radiant appearance.

50 min.  
450 zł

## ACTIVE REJUVENATION (Sothys)

Rejuvenating treatment to reduce the effects of pollution on the skin, protect it and improve elasticity. Following the treatment, the skin is energized, the complexion brighter and smoother.

50 min.  
400 zł

## DETOX ENERGY (Sothys)

An intensive treatment to restore skin vitality. Protecting the skin, it stimulates cell renewal thanks to ginseng and sea buckthorn extracts. After the treatment, the skin gains brilliance and glow.

75 min.  
450 zł

## WITAMINA C (Yonelle)

Vitamin C-based treatment for instantly illuminated and refreshed skin, reducing the signs of skin discolouration and wrinkles.

50 min.  
450 zł

# normalization and cleansing

beautiful skin at any age, indulge yourself with beautifying cleansing treatments.

## CAVITATION PEELING

This skin cleansing procedure uses a device to generate ultrasonic waves, which produce a cavitation effect when directed at moist skin.

{ with  
another  
treatment  
70 zł

## MICRODERMABRASION (Chamot)

Mechanical exfoliation of the epidermis using a device equipped with diamond heads. The treatment is followed by a soothing algae mask.

{ 50 min.  
370 zł

## CBD PRO-PERFECTION (Yonelle)

A treatment improving the condition and appearance of combination and oily skin with persistent imperfections. Instantly mitigates redness, deeply cleanses, smoothes and restores harmony to skin tone.

{ 50 min.  
350 zł

## PROCEUTIC (Bioline)

A treatment recommended for persons above 40, based on mandelic and glycolic acid, whose effects are enhanced by the application of a retinoid peel-off mask. Reduces the visibility of deep wrinkles and brightens discolouration.

{ 50 min.  
400 zł

## PURA + (Bioline)

Purifying treatment with green clay for combination, impure and oily skin. With its normalizing and balancing effect, the skin becomes brighter.

{ 50 min.  
280 zł

## DEEP CLEANSING by Dr JOSEPH (Witamed)

A treatment with deep cleansing effect thanks to unique plant-based ingredients: phytotherapy and a glass bubble. Skin pores are gently freed, and sebum secretion is normalized. Two masks are applied as part of the treatment. Natural care combined with functional ingredients perfectly addresses the needs of your skin.

{ 50 min.  
420 zł

# relief for the sensitive

## CONTRA REDNES (Yonelle)

A regenerating, capillary-shrinking treatment. It perfectly reduces the redness and brightens the skin, ensuring regeneration and a smooth effect.

{ 50 min.  
280 zł

## DE SENCE (Bioline)

A treatment intended for sensitive, erythematous and reddened skin. It improves hydration, supports and strengthens natural defence mechanisms of the skin and provides a soothing effect. Does not contain parabens and allergens.

{ 50 min.  
300 zł

## ALOE VERA (Klapp)

A moisturising and cooling treatment designed for all skin types exhibiting signs of moisture deficiency. Thanks to panthenol, Aloe Barbadensis leaf extract and juice, as well as hyaluronic acid, it soothes irritations and redness, deeply moisturizing the skin at the same time.

{ 50 min.  
350 zł

## ALQVIMIA, QUEEN OF EGYPT (Witamed)

A sensual treatment with natural aromas introduced deep into the skin by means of massage, which simultaneously enables deep relaxation. Thanks to natural ingredients, it helps to regenerate and rebuild the surface of the skin. The treatment unifies the skin tone and supports the natural process of ceramide production.

{ 50 min.  
600 zł



# moisturizing and elasticity

hydration and rejuvenation for all skin types

## AQUA + (Bioline)

A treatment for dry and dehydrated skin. Thanks to hyaluronic acid used in the procedure, it helps to maintain water reserves in the skin through a profound moisturizing effect.

50 min.  
280 zł

## HYDRA 3Ha (Sothys)

An intensely moisturizing treatment using Boletus edulis extract, which stimulates the synthesis of hyaluronic acid, improves hydration, reduces wrinkles and enhances firmness and elasticity of the skin.

50 min.  
400 zł

## BIOFUSION (Yonelle)

An intensive treatment for dry and normal, mature and dehydrated skin. Thanks to biofusion technology, the ingredients contained in the mask penetrate into the skin to achieve immediate moisturizing, brightening and smoothing effect.

50 min.  
450 zł

# intense lifting

natural beauty and firmness that defies time

## STRI-PEXAN (Klapp)

Using apple stem cells, this treatment intensively hydrates, reduces signs of fatigue and boosts firm skin.

50 min.  
350 zł

## LIFTING CODE (Bioline)

In this lifting facial treatment, active ingredients contained in the mask penetrate into the tissue and, thanks to the bio-matrix carrier, fill in wrinkles and shape the facial contour.

50 min.  
500 zł

## AGE ELEMENT (Mesoestetic)

A treatment tailored to the individual needs of the skin, based on the latest advances in aesthetic medicine. Reduces existing signs of ageing and prevents further changes, relying on epigenetic active ingredients.

50 min.  
600 zł

## CELLVITALE ANTY AGE (Selvert)

A treatment incorporating plant stem cells obtained from apples, which help slow down the ageing process and stimulate skin cell renewal.

50 min.  
600 zł

## PEPTIDE LIFT (Selvert)

An innovative treatment with an immediate lifting effect, restoring elasticity and natural firmness to the skin that may have deteriorated over time.

50 min.  
550 zł

# nourishment and tone-up

spectacular toning-up effect and improvement of the facial oval

## REGENERATION ABSOLUE (Selvert)

A treatment based on snail mucus protein that promotes collagen synthesis to strengthen and regenerate the skin.

{ 50 min.  
500 zł

## REPAGEN 7 (Klapp)

A unique nourishing and elasticizing treatment for mature oily and combination skin with greyish, lacklustre hue and affected by mature-age acne.

{ 75 min.  
350 zł

## COLLAGEN (Klapp)

A treatment for all types of mature skin requiring intensive anti-aging therapy. The collagen it contains reduces wrinkles, smoothes and makes the skin supple, in addition to restoring skin moisture balance.

{ 50 min.  
450 zł

## ALQVIMIA ANTYSTRESS (Witamed)

Combination of nature and state-of-the-art technology. Thanks to the application of moisturizing and nourishing substances, it eliminates symptoms of the passing of time and stimulates natural physiological repair processes. With its rejuvenating effect, it diminishes wrinkles, improves elasticity, as well as stimulates collagen synthesis.

{ 50 min.  
600 zł

# for the gentlemen

unique treatments tailored to men's active lifestyles  
and particular needs of male skin

## MEN ESTETIC (Yonelle)

Utilizing a hydroinfusion mask,  
the treatment has a revitalizing and  
anti-stress effect, stimulates metabolism,  
and provides a soothing experience.

50 min.  
450 zł

## RECOVERY TREATMENT (Klapp)

This refreshing, cleansing and smoothing  
treatment for all male skin types  
effectively reduces tension and fatigue.

50 min.  
350 zł

## MINERAL AGE (Bioline)

The treatment regenerates  
and reduces visible imperfections  
and eliminates skin shine effect,  
making the face younger,  
healthier and visibly firmer.

50 min.  
300 zł

## NATURAL BALANCE (Bioline)

A treatment which takes advantage  
of a wealth of active ingredients  
to leave the skin visibly nourished,  
radiant and glowing.

50 min.  
300 zł

# eyes treatments

regeneration, smoothing and brightening of the eye area  
to remove any trace of stress and fatigue

## CAVIAR EYES (Bioline)

A lifting and regenerating mask for the area around the eyes and mouth. The plant stem cells, caviar and retinol it contains make the skin in this area more elastic and smooth.

25 min.

150/100 zł

## CELL VITALE EYES (Selvert)

Thanks to stem cells and innovative active ingredients, this treatment eliminates signs of fatigue and intensively hydrates and regenerates the skin around the eyes.

25 min.

270/220 zł

## BEAUTIFUL EYES (Klapp)

Hydrogel patches saturated with active substances are applied on the lower eyelid to supplement skin nutrient deficiencies; patches contain caviar extract with vitamin A, E, and C.

25 min.

150/80 zł

## EYE CONTUR (Sothys)

An anti-wrinkle treatment created and tailored specifically to be applied in the sensitive eye area, combined with a massage using chilled porcelain spoons.

25 min.

150/80 zł

## S.O.S. WOKÓŁ OCZU (Yonelle)

An anti-wrinkle treatment with hydroinfusion patches applied around the eyes. The skin becomes palpably firmer, brighter, and refreshed, resulting in a more youthful, rested appearance.

25 min.

150/80 zł





# needleless mesotherapy

## NEEDLELESS MESOTHERAPY (Klapp)

A treatment containing superior-quality active substances and six types of serums introduced into the skin by means of the Skinshooter by means of electroporation.

50 min.  
350 zł

- purifying serum for oily skin with dilated pores, prone to eczema and irritation.
- smoothing serum for the eye area
- brightening serum for grey, lacklustre skin with imbalanced pigmentation.
- 40+ serum for skin requiring regeneration, with deficiencies in the fibre structure
- 50+ serum for skin with deficits due to hormonal changes, tissue atrophy and wrinkle formation
- 60+ serum for skin with visible collagen deficiencies and slowed down regeneration process.

## MESOTHERAPY & DETOX (Klapp)

A detoxifying treatment supports the skin in the elimination of toxic substances, reduces fatigue, restores regular facial contours, adds firmness to the outline and rejuvenates the face.

75 min.  
420 zł

# body treatments

smooth and supple body,  
perfectly shaped silhouette



# detoxifying and slimming treatments

firm and elastic skin thanks to sea minerals and aromatic fruit oils

## BODY SCRUB

A coarse-grained scrub based on plant oils with excellent abrasive and conditioning properties as well as an exotic, sweet scent.

20 min.

130 zł

## DRENUJĄCY (Bioline)

Based on brown algae extract, the treatment exerts its effect on strategic body areas affected by imperfections such as cellulite and water retention.  
(additional scrub available at 50 PLN).

50 min.

300 zł

## INVIGORATING & REMINERALIZING TREATMENT (Chamot)

A body treatment containing micronize laminaria algae which promotes regeneration, stimulates overall metabolism, intercellularexchange and eliminates toxins  
(additional scrub available at 50 PLN).

50 min.

350 zł



# moisturizing treatments

## FRUIT-FULL MOISTURIZATION (Yocata)

A light creamy mask with a strong fruity fragrance that deeply moisturizes, nourishes and tones up the skin (additional scrub available at 50 PLN).

50 min.  
280 zł

## LUMINOUS YOCATA (Yocata)

A body treatment to boost epidermal hydration. Copper pigments brighten the skin and give it a warm glow. (additional scrub available at 50 PLN).

50 min.  
280 zł

## WHITE FLOWERS WRAP (Bioline)

A nourishing and revitalizing body mask which provides intense moisture replenishment. Packed with active ingredients, it reduces orange peel and leaves the skin smooth and moisturized. (additional scrub available at 50 PLN).

50 min.  
320 zł

## BLUE BREEZ (Klapp)

A deeply moisturizing treatment. Thanks to hyaluronic acid as one of the ingredients, it replenishes water deficiencies in the deeper skin layers and provides protection against moisture loss (additional scrub available at 50 PLN).

50 min.  
400 zł

# firming & anti-cellulite treatments

## THERMOSHAPE (Bioline)

Partial treatment for selected body parts (thighs, hips, buttocks), intensively reducing accumulated fatty tissue.

Smooths the skin and improves its condition (additional scrub available at 50 PLN).

50 min.  
300 zł

## BODY BANDAGE (Klapp)

Intensive anti-cellulite treatment to accelerate fat tissue burning. The body is wrapped in bandages saturated with active ingredients, causing loss of centimetres in thigh circumference and lifting the buttocks (additional scrub available at 50 PLN).

50 min.  
320 zł

## GUAM (Sothys)

A unique combination of highly effective, natural slimming ingredients (algae, clays, mineral salts) guarantees smooth, firm and elastic skin as well as a finely modelled figure. (additional scrub available at 50 PLN).

50 min.  
350 zł





# additional treatments

look beautiful and well-groomed every day

## PUSH-UP TREATMENT (Selvert)

A treatment for the bust area,  
which smoothes the skin,  
makes it supple and improves its elasticity.  
The bust immediately becomes firmer  
with a lifting and modelling effect.

50 min.  
220 zł

## EYE AND FACIAL OVAL TREATMENT (Sothys)

Designed to preserve youthfulness  
and perfect facial shape,  
it visibly reduces signs of fatigue and ageing.

50 min.  
200 zł

## EYEBROW GROOM AND SHAPE

Removal of excess hair  
in the eyebrow area to obtain  
a symmetrical appearance.

15 min.  
50 zł

## LASH & BROW HENNA

Treatment involving henna  
powder or gel applied to an area  
of preference (eyelashes, eyebrows).

15/25 min.  
50/100 zł

## HANDS / FEET MASK (Klapp)

Rich in natural ingredients, this mask  
is applied on the hands or feet  
with immediate moisturizing  
and smoothing effect.

with  
another  
treatment  
70 zł

# massages

the perfect massage is an art,  
it ensures supreme well-being  
and blissful relaxation.



# exsotic massages

## SHIATSU MASSAGE

This massage, performed on a special mat, involves deep pressure on points responsible for muscle tension, thanks to which it eliminates pain and regulates the functioning of the nervous system.

80 min.  
410 zł

## THAI MASSAGE

Massage on a mat—while in sportswear—consists of stretching individual parts of the body with the aim of calming it, relaxing and improving the work of the entire system.

80 min.  
450 zł

## BALI MASSAGE

Massage performed by expert therapists from the island of Bali, belonging to the oriental genre of massage. An intensive and profound holistic ritual, providing physical and mental relief. The aim of the massage is to improve the flow of blood and lymph in the body, which brings about deep relaxation.

50/80 min.  
310/450 zł

## AYURVEDA MASSAGE

Relaxing full body massage using warm oil, combined with a session in a steam sauna, the aim of which is to restore the body's energy balance. The massage is performed on the entire body, face and auricles.

80 min.  
450 zł

# aromatic experience and relaxation

## AROMAMASSAGE

Relaxing full-body massage using a nourishing lotion containing shea butter and aromatic oils.

50 min.  
280 zł

## AROMATIC WAX MASSAGE

A relaxing massage using candle wax combined with a unique scent. The body becomes more supple while the natural ingredients penetrate deep into the skin to refresh it.

50 min.  
300 zł

## AMBER MASSAGE

Using warm and cold amber stones, the massage takes advantage of their properties to relieve nervous tension, improve mood and boost vitality, as well as produce a soothing, relaxing effect.

50 min.  
310 zł

## LOMI MASSAGE

With relaxing forearm movements, the massage induces relaxation and harmony on the physical and mental planes alike. It reduces muscle tension and alleviates internal blockages.

80 min.  
410 zł

## HOT STONE MASSAGE

The combination of warm basalt stones with relaxing massage techniques has a beneficial effect on the tired, stressed body and mind of the present-day person.

80 min.  
410 zł

# medicinal & healing massages

## CLASSIC MASSAGE

Thanks to a range of particular techniques, this massage relaxes tense and aching muscles as well as alleviates joint pains and headaches.

25/50 min.  
190/290 zł

## SPORTS MASSAGE

An intensive full-body massage that enhances protection against injuries eliminates the effects of overtraining, warms and relaxes the muscles as well as prevents soreness following exercise.

50 min.  
300 zł

## FASCIAL MASSAGE

Fascial massage is a massage modality which involves stretching and massaging the connective tissues or fascia; it is used to treat muscle pain, joint inflammation, injuries, overload and chronic pain.

50 min.  
350 zł

## CHINESE CUPPING

In this procedure, a silicone bubble is used to massage a selected part of the body. It acts as a lymphatic massage, improves blood circulation, accelerates metabolism, enhances fat burning processes, removes excess toxic substances, and reduces cellulite.

25 min.  
180 zł

## FEET REFLEXOLOGY

Compression massage to improve the functioning of various organs. It reduces stress and deeply relaxes aching feet.

40 min.  
220 zł

# hair styling

## HAIR STYLING

### WASH & STYLING

(hair wash with conditioner, blow dry, modelling and spray)

### WASH & STYLING (extensions)

### WASH, STYLING & CUT

### MEN'S HAIR CUT

### CHILDREN'S HAIR CUT / FRINGE TRIM

under 45 min.

short/medium/long

120/140/160 PLN

under 55 min.

170/190 PLN

under 55 min.

150/180/200 PLN

under 45 min.

100/120 PLN

under 30 min.

100/50 PLN

## HAIR COLOURING

Tint + modelling (customer's colouring product)

Tint + modelling & cut (customer's colouring product)

Tint + modelling under

Tint + modelling & cut

Highlights 1 colour + modelling

Highlights 1 colour + modelling & cut

Highlights 2 colours + modelling

Highlights 2 colours + modelling & cut

under 85 min.

short/medium/long

200/230/250 PLN

under 85 min.

220/250/300 PLN

under 85 min.

250/280/300 PLN

under 85 min.

280/320/340 PLN

under 175 min.

300/380/420 PLN

under 175 min.

330/420/460 PLN

under 175 min.

320/400/440 PLN

under 175 min.

350/440/480 PLN

## HAIR CARE

Kerastase biological hair regeneration (1 ampoule)

Scalp cleansing

Caviar hair

with another treatment 100 PLN

with another treatment 50 PLN

with another treatment 120 PLN

# hands & feet care

## HANDS

Manicure w/o polish	45 min.	140 PLN
Japanese manicure	50 min.	160 PLN
Manicure & polish	50 min.	160 PLN
Hybrid manicure	50 min.	180 PLN

## FEET

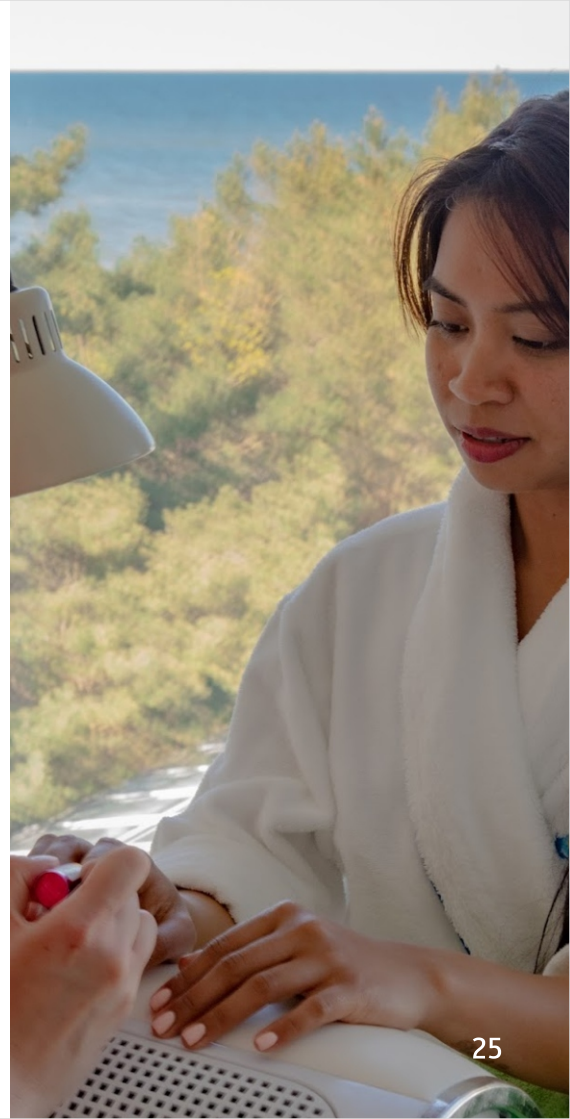
Pedicure w/o polish	50 min.	180 PLN
Japanese pedicure	80 min.	200 PLN
Pedicure & polish	80 min.	200 PLN
Hybrid pedicure	80 min.	220 PLN

## HANDS & FEET

Manicure + pedicure w/o polish	80 min.	280 PLN
Japanese manicure + pedicure	110 min.	320 PLN
Manicure + pedicure & polish	110 min.	320 PLN
Hybrid manicure + pedicure	110 min.	330 PLN

## MISCELLANEOUS

Hybrid polish removal	20 min.	60 PLN
Nail repolish	20 min.	100/110 PLN
Acid exfoliating scrub for pedicure		100 PLN





## BOOKING RULES:

1. Please book treatments by phone at +48 58 675 54 50/452 or via email: [spa@bryza.pl](mailto:spa@bryza.pl)
2. Treatments are shortened in the case of late arrivals.
3. Treatment may be cancelled no later than 3 (three) hours prior to the appointment.  
Failure to advise us will require payment of the full price for the treatment.
4. Non-guests are required to provide a payment card number when booking.

### GENERAL INFORMATION:

1. Please arrive approx. 5 minutes before the scheduled treatment.
2. Treatments are available to adults only.
3. Please wear a hotel dressing gown and slippers for the treatment.  
Disposable underwear will be provided at the clinic.
4. It is recommended that following treatment, patrons have a drink of water or tea and take time to relax in the SPA area.

### WELLNESS AREA:

treatments available

(body, face, hand, feet, massages)

10 a.m. – 10 p.m.

INDOOR POOL

8 a.m. – 10 p.m.

OUTDOOR POOL (open during the summer season)

10 a.m. – 6 p.m.

GYM

8 a.m. – 10 p.m.

SAUNAS

12 p.m. – 9 p.m.

- herbal sauna

- dry sauna

- steam sauna

TANNING PARLOUR

10 a.m. – 10 p.m.

HAIR DRESSING

on selected days



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RESORT & SPA

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