

OFFER

for Group Stays

FOREST SPA

tel: 75 609 90 41

spa@forest-park.pl





Relaxing Neck and Back Massage (duration: 30 min, price: 170 PLN net)

A short but highly effective form of relaxation focused on the cervical and lumbar spine – areas especially prone to tension during long hours at a desk. A combination of classic massage techniques with a selected aromatherapy oil quickly reduces stress and restores inner balance.

Pressotherapy (duration: 30 min, price: 130 PLN net)

A modern, non-invasive compression massage that stimulates circulation, reduces swelling, and relieves muscle tension. It is especially recommended for people who spend long hours sitting or standing. The treatment improves overall well-being, supports the body's detoxification process, and provides a feeling of lightness and deep relaxation.

Regenerating Hand Massage with Paraffin Mask (duration: 30 min, price: 150 PLN net)

The treatment includes a gentle massage with a nourishing balm and a warming paraffin bath that deeply moisturizes and regenerates the skin, bringing immediate comfort.

Express Glow Banquet Treatment (duration: 25 min, price: 160 PLN net)

A luxurious facial and décolleté treatment designed for an immediate lifting, smoothing, and brightening effect. Perfect choice before an evening corporate event or after a long day in the conference room. The skin regains a radiant appearance and vitality.



FOREST SPA

Forest Park Resort & SPA | Źródłana 6B59-850, Świeradów-Zdrój