



**SPA & WELLNESS**  
**UKOJENIE**

**MENU SPA**

*Enter a world of relaxation and experience serenity.*

*At Ukojenie Spa & Wellness, time slows down and the senses find harmony.*

*Here you will find luxurious treatments that have been crafted with beauty and deep relaxation in mind.*

*When creating massages, treatments and rituals, we were inspired by the life-giving energy and precious resources of the Karkonosze Mountains. For the Thermal Rituals, we use cosmetics that are based on thermal water from local sources.*

*With the highest level of relaxation in mind, we have created unique massages, soothing body treatments for the senses and specialized facial care. All this to take care of the beauty and harmony of body and spirit.*

*Each ritual is a journey through scents and sensations that evokes sources of embracing warmth. You will feel subtlety and care in the touch of our professional therapists, that will help you find balance and relaxation.*

*Indulge in a luxurious moment of bliss - immerse yourself in a unique atmosphere where beauty meets nature.*

*See you there,*

*Ukojenie Spa & Wellness Team*



## PROPRIETARY THERMAL RITUALS

UNIQUE SPA CEREMONIES, DEVELOPED BY OUR SPECIALISTS, INCORPORATE NATURAL THERMAL WATERS AND LOCALLY OCCURRING PLANTS. WE HAVE CAPTURED THE POWER OF NATURE'S GIFTS IN OUR PROPRIETARY THERMAL RITUALS.

### *Thermal refreshment - for the body*

**75 MIN / 340 PLN**

Deeply relaxing treatment with an element of aromatherapy, smoothing scrub, full body massage full of relaxation, hands, feet, head and neck, finished with a velvety moisturizing body lotion with thermal water.

### *Hydration ceremony from the heart of the earth - for body and face*

**90 MIN / 390 PLN**

A moisturizing holistic ritual for the face and body. A duet of thermal water and hyaluronic acid, combined with rowan and pine extracts - wonderfully moisturizes and smooths the skin, leaving it silky smooth and fresh. The nourishing power of local cosmetics with a relaxing massage of the face, neck, décolleté and entire body.

## EXCLUSIVE GEMOLOGY RITUAL

### *Pearl of the Karkonosze Mountains - illuminating ritual for the body and face*

**90MIN / 650 PLN**

A sensual body and face ritual with a glow effect. Pearl and corundum crystals in a peeling body massage precisely exfoliate and beautifully illuminate the skin, leaving a subtle glow. The pearl provides the skin with calcium, which stimulates cell renewal and has an anti-aging effect. A rich and multi-step facial care based on pearl, diamond, oligoelements and vitamin C, combined with a warm gemstone massage, provides effective anti-aging care and leaves the skin radiant.

## RITUALS IN THE CROWN OF KARKONOSZE

THE IDEA OF SERENITY SPA & WELLNESS IS RELAXATION AND SERENITY. HERE THE ENERGY OF NATURAL STONES MEETS THE MAGIC OF THE MOUNTAINS. WE HAVE DEVELOPED FOR YOU A SPECIAL OFFER OF MASSAGES COMBINED WITH PEELING, INSPIRED BY THE CROWN OF KARKONOSZE, WHICH TOWERS OVER OUR VALLEY. WE INVITE YOU TO AN UNPARALLELED RELAXING JOURNEY THROUGH THE HIGHEST PEAKS OF THE REGION.

### ŚNIEŻKA

*Relaxing and de-stressing ritual with peridot*

**75 MIN / 350 PLN**

Gentle salt, magnesium-rich peridot, enzymes, a precious composition of plant extracts and essential oils of ylang - ylang, patchouli and cinnamon purify, smooth and nurture the skin. Combined with a body massage with semi-precious stones, it uniquely illuminates, soothes and purifies the skin and provides calming of emotions, soothing and relaxation.

### ŚNIEŻNE KOTŁY

*Smoothing and anti-aging ritual with ruby*

**75 MIN / 350 PLN**

Peeling, properties of ruby salt, enzymes, powerful action of essential oils: cypress and cedar, have a draining and anti-cellulite effect and slow down the skin aging process. Combined with a massage with precious stones, the ritual leaves you with regenerated, firmed, soft and purified skin and the blissful pleasure of an aromatic ritual.

### ŁABSKI SZCZYT

*Slimming and firming ritual with sapphire*

**75 MIN / 350 PLN**

Peeling with sapphire powder rich in iron, salts and enzymes thoroughly cleanses the skin, firms its structure and stimulates collagen synthesis. A composition of essential oils, including peppermint, anise and rosemary, have a draining effect and reduce fat cells. Vitamin E, known as the vitamin of youth, enhances the firming effect. Combined with a body massage with warm semi-precious stones, the peeling ritual shapes the figure, firms the body and provides a unique relaxation experience.

### WIELKI SZYSZAK

*Illuminating ritual with mother of pearl*

**75 MIN / 350 PLN**

Peeling with pearl and corundum crystals thoroughly cleanses the skin and leaves a beautiful shimmering glow. Peridot, rich in magnesium, helps raise cellular energy levels and helps the skin fight stress. Essential oils of ylang - ylang and tonka nourish, refresh and calm. Combined with a body massage with warm semi-precious stones, the ritual produces smooth, nourished and beautifully glowing skin.

### SZRENICA

*Energizing ritual with mango and sapphire*

**75 MIN / 350 PLN**

Mango peeling with loofah fibers rich in vitamins A and E, eliminates dead skin cells and regenerates the skin. Luxurious massage cream with sapphire powder, rich in iron, combined with an energizing body massage with semi-precious stones, stimulates cells for renewal and invigorates the body. Essential oils of mint and grapefruit close the mineral care leaving a pleasant fresh note.

**GEMOLOGY**  
COSMETICS PARIS





## COMFORT ZONE - TRANQUILITY AND SERENITY

FIND PEACE AND HARMONY WITH RITUALS DESIGNED, TO RELIEVE STRESS, CALM THE MIND AND DEEPLY REGENERATE THE BODY. THESE UNIQUE TREATMENTS COMBINE CAREFULLY SELECTED MASSAGE TECHNIQUES, AROMATHERAPY AND LUXURIOUS OILS TO PROVIDE COMPREHENSIVE CARE AND RELAXATION. IDEAL FOR THOSE IN NEED OF A MOMENT OF RESPITE AFTER A HARD DAY OR A LONG JOURNEY. EACH TREATMENT IN THIS SECTION IS DESIGNED TO RESTORE BALANCE AND ENHANCE INNER PEACE, OFFERING AN UNFORGETTABLE RELAXATION EXPERIENCE.

### *Tranquillity PRO SLEEP - deep sleep and relaxation*

**60 MIN / 310 PLN**

Aromatherapy, brush massage, body oiling, final care  
Tranquillity Pro Sleep is a unique ritual that uses Sea Malay brush massage techniques that lead to deep relaxation. The blend of essential oils stimulates the sense of smell, while the oil used during the massage regenerates the skin. This comprehensive ritual not only calms the mind, but also improves the quality of sleep and regenerates the skin. Particularly recommended after 5pm for those subject to stress, overstimulation and sleep problems, as well as for those who want a unique experience after a long journey. Ideal for anyone who wants to combine relaxation with deep regeneration of mind and body.

### *Tranquillity Face & Body - relaxation and nourishment*

**60 MIN / 330 PLN**

Facial makeup removal, Cleopatra's milk, body and face massage Exclusive face and body ritual with "Cleopatra's bath".in the form of milky oil. The main purpose of this experience is to reduce stress and tension and nourish the skin. An iconic ritual, using an aromatherapeutic blend of essential oils and amaranth oil. The massage covers the entire body, focusing on the back, scalp, face and neck area ending with the feet, providing deep, conscious relaxation. An excellent choice For those in need of a moment of relaxation after a trip, as well as for those experiencing tension.

## **MASSAGES IN THE CLASSIC VERSION**

### **CLASSIC**

**FULL 50 MIN/ 300 PLN**

**PARTIAL 30 MIN / 220 PLN**

In two duration versions for classic relaxation and relaxation of tense muscles.

### **WORLD OF OILS**

**50 MIN / 300 PLN**

Aromatic massage with warm oil melted while burning a massage candle.  
Complete relaxation and nourishment for the skin of the whole body.

### **SHEA BEAUTY**

**50 MIN / 290 PLN**

A strongly nourishing full body massage. Replenishes the hydration deficit and protects the skin, wraps it, makes it more flexible and nourishes it.

### **THE WARMTH OF BASALT**

**50 MIN / 310 PLN**

Warming and relaxing massage with basalt stones. Slowly releasing heat, basalt will release muscle tension and allow you to fully relax.

### **HEAD, NECK AND NECK MASSAGE**

**30 MIN / 190 PLN**

A stress-relieving, mind-soothing head, neck and nape massage.

### **FOOT MASSAGE WITH REFLEXOLOGY ELEMENTS**

**30 MIN /180 PLN**

Balancing the whole body, improving well-being foot and calf massage with reflexology elements.





## NOBLE BODY RITUALS - MOUNTAIN WATERFALLS

TOGETHER WITH THE LUXURY GEMOLOGY BRAND, WE INVITE YOU TO A WORLD OF COMPREHENSIVE RITUALS FOR THE WHOLE BODY, REFRESHING THE SENSES. RENEWAL, BALANCE AND NOURISHMENT ARE INTEGRAL ELEMENTS OF OUR RITUALS INSPIRED BY THE STREAMS OF THE GIANT MOUNTAINS. A CLEANSING, RENEWING SCRUB, A MASSAGE FULL OF HARMONY, THE GOOD ENERGY OF PRECIOUS STONES AND SKIN NOURISHMENT. FEEL THE CARES OF EVERYDAY LIFE FLOW AWAY FROM YOU AND SURRENDER TO AN INVIGORATING BATH OF THE SENSES.

### MYI CASCADE

*Mineralizing ritual from the volcano*

**90 MIN / 450 PLN**

A unique experience of powerful skin mineralization, the warmth of a self-heating pack and mineral, volcanic aroma. Peeling with magnesium-rich peridot, stimulates skin cells, reduces stress and fatigue. The Rotorua wrap detoxifies and provides the skin with essential oligoelements. Relaxing body massage with precious stones and shea butter with peridot rich in vitamins, essential oils and oligoelements nourishes, moisturizes and regenerates the skin. A deeply relaxing ritual, it allows you to dismiss stress, forget of fatigue and fully savor the revitalizing effects of minerals.

### SZKLARKA

*Slimming ritual with tea leaves and cocoa beans*

**90 MIN / 450 PLN**

Eliminates, drains, detoxifies. Effective body shaping combined with regeneration and body care. Sapphire scrub thoroughly cleanses and mineralizes the skin. Theobromine from cocoa beans drains, accelerates the release of fat from cells and affects lipolysis. The powerful antioxidant caffeine from young green tea leaves detoxifies and accelerates metabolism to stimulate slimming. A body-modeling massage enhances the cleansing and slimming effects.

### KAMIENČZYK

*Firming ritual with pink pomegranate*

**90 MIN / 450 PLN**

An extremely pleasant treatment that combines the power of precious stones, natural fruit extracts and relaxing massage techniques to restore firmness, radiance and vitality to the skin. Peeling with ruby, rich in chromium, gently removes dead skin, stimulates microcirculation and promotes cell renewal processes. A wrap with pomegranate, cranberry, raspberry and oats strengthens the skin, has an antioxidant effect, restores its firmness and elasticity. Aromatic massage of the body and scalp with precious stones makes the skin more elastic, improves microcirculation and provides exceptional relaxation and indulgence.

### DZIKI POTOK

*Ruby and diamond - anti-aging ritual for face and body*

**90 MIN / 650 PLN**

Holistic anti-aging care with a relaxing massage of the face, shoulder rim and scalp with precious stones. Peeling with ruby salts and application of ruby anti-aging cream, combined with diamond facial care, rich in peptides, oligoelements, plant extracts and vitamins, reduces signs of aging, smooths facial skin, gives elasticity and radiance. It gives an immediate regenerative effect and long-term anti-aging action.



## FACIAL TREATMENTS

JUST AS THE KARKONOSZE STREAMS SHIMMER BETWEEN THE ROCKS, OUR LUXURIOUS FACIAL TREATMENTS SPARKLE AND ILLUMINATE THE COMPLEXION WITH THE BRILLIANCE OF DIAMONDS AND PEARLS. FOR EFFECTIVE CARE AND VISIBLE EFFECT, WE HAVE DEVELOPED TREATMENTS BASED ON THE BEST QUALITY COSMETICS.

OUR QUALIFIED TEAM OF COSMETOLOGISTS WILL PREPARE AN INDIVIDUAL TREATMENT PROGRAM FOR THE BEST EFFECT! FOR INTENSIFICATION OF THE RESULT, TREATMENTS CAN BE COMBINED WITH HI-TECH TECHNOLOGY.

### EXPRESS DETOX WITH BLUE AMBER BIO

**30 MIN / 220 PLN**

Treatment with extremely rare blue amber, detoxifies the skin, works anti-pollution, combats the effects of harmful toxins, screen radiation and air pollution.

Powerful antioxidants, vitamins and oligoelements oxygenate the skin and restore its vitality. White quartz massage.

### A DIAMOND BANQUET TREATMENT

**30 MIN / 260 PLN**

A cocktail of stimulating oligoelements and up to 30 active ingredients with intensive brightening and anti-aging effects, gives an immediate effect of regenerated, fresh complexion.

### MINERAL MOISTURIZING

**60 MIN / 300 PLN**

Provides intensive, multi-level hydration of the skin. The combination of opal and malachite, rich in silicon and copper, stimulates the synthesis of hyaluronic acid and stimulates the biological activity of the skin, giving deep hydration, comfort and improves skin elasticity. Massage of the face, scalp and hands with semi-precious stones.

### SMITSONITE - A NOBLE TREATMENT FOR SENSITIVE SKIN

**75 MIN / 450 PLN**

A mineral with powerful regenerative power. Smitsonite rich in zinc in a complex with sulfur, licorice and allantoin repairs, soothes and calms the skin, restoring immediate comfort. A multi-step treatment with a rich algae mask regenerates, moisturizes, calms redness and sensitivity and provides skin protection. Relaxing face, hand and scalp massage with precious stones.

### BRIGHTENING WHITE PEARL

**90 MIN / 550 PLN**

A sensual anti-aging treatment derived from molecular cosmetics. An innovative complex of oligoelements, white pearl and vitamin C, combined with a snow mask, effectively reduces hyperpigmentation, evens out color, strengthens blood vessels, brightens the skin and gives it a pearly glow.

### DIAMOND & COLLAGEN

**90 MIN / 750 PLN**

An unparalleled restructuring and deeply hydrating treatment with diamond, botox like peptides and pure native collagen. Provides immediate and long-term results. The collagen patch, concentrated in its pure form, works at three depths of the skin, providing high long-term anti-wrinkle efficacy, restructuring, and immediate soothing of reactive skins.







## HI-TECH TREATMENTS

TO ENSURE MAXIMUM EFFECTIVENESS AND ENHANCE THE THERAPEUTIC EFFECT OF COSMETICS, OUR EXPERIENCED SPECIALISTS WILL SELECT TREATMENTS USING MODERN TECHNOLOGIES, PERFECTLY MATCHED TO THE NEEDS OF YOUR SKIN.

### HYDRODIAMOND

**60 MIN / 350 PLN WITH TREATMENT 290 PLN**

PA combination of hydroabrasion and diamond microdermabrasion techniques. The treatment increases the penetration of active substances contained in ampoules or serums. Active work on the upper layers of the epidermis and the deep layer of the skin. The vacuum influence provides deep pore cleansing, stimulates microcirculation and metabolic processes in the skin, firms it and performs lymphatic drainage. After the treatment, the skin is renewed, oxygenated, firmer and fresher. Effects: normalization of keratinization processes, smoothing of skin texture, improvement of skin condition.

### VACUUM MASSAGE

**30 MIN / 180 PLN OR 90 PLN WITH TREATMENT**

Enhance the effects of other treatments. Deep vacuum massage has a positive effect on lymphatic activation, prevents reduction of skin elasticity, eliminates toxins and by-products of metabolism. Accelerates blood circulation and cell metabolism, which stimulates collagen synthesis and improves the condition of connective tissue.

### CAVITATION PEELING

**30 MIN / 180 PLN OR 90 PLN WITH TREATMENT**

Cavitation peeling is a procedure for gently cleansing the skin of superficial impurities and dead skin cells. Under the influence of ultrasound, it improves blood circulation and the functioning of the lymphatic system, increases the natural level of skin hydration, tissue elasticity, improves local immunity and narrows the dilated mouths of sebaceous glands. As a result, the skin is renewed, its texture is evened out, and the complexion is significantly improved. It becomes smoother and brightened. After cleansing, the absorption of active substances improves.

### NEEDLE-FREE MESOTHERAPY

**50 MIN / 280 PLN OR 190 PLN WITH TREATMENT**

Needleless mesotherapy is a treatment involving the introduction of active substances contained in mesococci into the skin using direct current. It provides deeper penetration than classic techniques that introduce ampoules into the skin. Electroporation opens ion channels in the skin, allowing penetration all the way into the dermis.

### OXYGEN INFUSION

**45 MIN / 190 PLN OR 150 PLN WITH TREATMENT**

Oxygen infusion is a gentle nourishment treatment during which air is mixed with a liquid. The effect is the introduction of pure oxygen combined with active substances into the deep layers of the skin. Thanks to the high pressure, oxygen molecules and serums penetrate deep into the skin, stimulating skin rejuvenation.

## **CRIOTHERAPY**

**30 MIN / 130 PLN OR 80 PLN WITH TREATMENT**

Cryotherapy is an ideal solution for finishing any exfoliation treatment. It soothes irritated skin, reduces redness, accelerates regeneration and promotes skin cell rejuvenation. This is the natural effect of cold on human skin. The low temperature constricts facial blood vessels, reducing inflammation and swelling.

## **RF LIFT - RADIO WAVES**

**50 MIN / 290 PLN OR 200 PLN WITH TREATMENT**

Bipolar radiofrequency energy is a modern technology used for non-surgical skin tightening and firming in the early stages of aging (sagging, loss of elasticity). The heat stimulates the tension of collagen fibers. The overall effect is thicker, radiant skin with reduced deep wrinkles. This is an absolutely painless method of rejuvenation, with no recovery period!

## **HYDRABRAZION**

**50 MIN/ 260 PLN OR 200 PLN WITH TREATMENT**

The latest skin care technology, an excellent alternative to diamond microdermabrasion. During the treatment, hydropeeling, properly selected for the skin, gently exfoliates dead skin cells, leaving the skin radiantly smooth. Active hydration of the skin during the treatment positively distinguishes hydrabrasion from other methods. The action of the vacuum stimulates microcirculation and thus improves metabolic processes in the skin, increases its tension, providing a gentle lifting effect. The effect - soft moisturized skin - is visible immediately.

## **HYDROGEN PEELING**

**50 MIN / 290 PLN OR 250 PLN WITH TREATMENT**

Hydrogen ions are natural antioxidants with small particle size. These molecules easily penetrate the deepest layers of the skin. They destroy free radicals - slowing down the skin's aging process, showing antioxidant and rejuvenating effects. Hydrogen cleansing soothes inflammation and helps eliminate blackheads.

## **SONOFOREZA**

**30 MIN / 180 PLN OR 100 PLN WITH TREATMENT**

Sonophoresis is a procedure of introducing preparations into the skin using ultrasound. Ultrasound vibrations cause activation of metabolism, blood circulation, lymphatic drainage, which reduces swelling and improves skin tone. It is a treatment that allows you to deliver active substances, improve skin elasticity.





## PACKAGES

### LUXURY SPA FOR TWO WITH A GLASS OF PROSECCO

**90 MIN / 920 PLN**

Aromatic full body massage with nourishing warm oils will bring the aromatic full body massage with nourishing warm oils will put you in a state of deep relaxation, while additional exclusive facial care for the lady and a moisturizing ritual for the gentleman will complement the special time for two.

#### FOR HIM

The power of minerals and oligoelements. This innovative treatment combines the action of trace elements of silicon, copper and sulfur from jade and peridot to regenerate, hydrate, soothe and protect men's skin.

#### FOR HER

The most valuable minerals and active ingredients. Diamond, pearls, vitamins, peptides and plant extracts in the hydrogel mask restructure, smooth, intensely moisturize and give the skin a subtle glow.

### MEN ZONE - BACK AND FACE REGENERATION

**90 MIN / 550 PLN**

Relaxing massage of the back, face and scalp with warm, precious stones, combined in synergy with mineral care with a self-heating back pack made of Rotorua volcanic lava and a facial treatment. A complex of hyaluronic acid and silicon from jade, deeply and long-term moisturizes the facial skin, regenerates and inhibits the aging process.

### MOM SPA - FOR MOMS-TO-BE

**75 MIN / 490 PLN**

A unique, relaxing and safe treatment created for the comfort and needs of moms-to-be. The ritual combines gentle body care with skin nourishment and a moment of deep relaxation. Gentle and thorough body scrub with mango, lemon and loofah fibers, application of a rich in vitamins A, D, E and F shea butter with peridot, and a detoxifying and protective natural, vegan facial care with blue amber, combined with a with a soothing massage of the eye area with white quartz.

### FAMILY TIME

**45 MIN / 360 PLN**

A shared moment for parent and child.  
A nourishing massage with fruity and sweet fragrance notes in a room for two.

## THE BRAND WITH WHICH WE CREATED THE PERFECT TREATMENTS

### GEMOLOGY COSMETICS PARIS

A mineral cosmetics brand that is based on precious stones. Gemology's unique cosmetics and emotion-creating rituals provide the skin with precious oligoelements - zinc, magnesium and copper - for effective, precious care. It is a vegan, organic, responsible and certified brand with an innovative skin oligotherapy concept.

### HOME CARE

To maintain and sustain the effects of treatments, our specialists will suggest appropriate home care. Ask at the spa reception for details.

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