



Business Faltom

HOTEL GDYNIA



## MASSAGES AND BODY TREATMENTS

<b>Looseing massage</b> - individual selection of techniques and assessment what client currently need (techniques: classic, sport, relaxation). That treatment guarantees quick muscle relaxation and joints mobility improvement	30 min.	60 PLN
	45 min.	85 PLN
	60 min.	120 PLN
	90 min.	170 PLN
<b>Active massage</b> - recommended for physically active people who care about quick regeneration of muscles. Helps to loosen muscles and avoid future injuries. This kind of massage can be also performed before physical exercises or as a form of passive warm-up.	30 min.	70 PLN
	60 min.	140 PLN
<b>Massage for a tense neck and headaches</b> - massage is ideal for people who spend long hours at the computer or in a sitting position. It relaxes tense muscles and relieves headaches.	30 min.	60 PLN
<b>Relaxing massage</b> - manual massage for every person who needs mental peace. Traditional full body massage combine with elements of stretching. This treatment isn't only relaxation, also deliver positive energy and reduce some muscle tension and pain.	60 min.	125 PLN
	90 min.	170 PLN
	120 min.	230 PLN
<b>Honey massage</b> - effective and sweet therapy. Nourishing-moisturizing massage with warm natural honey and oil. Reduces cellulite, it is also nourishing and ideal for dry skin. Massage with honey is beneficial for our health.	60 min.	140 PLN
<b>Candle massage</b> - the treatment with aromatic, warm candle wax causes quick and deep relaxation. The skin after massage is velvety, smooth and perfectly moisturized.	60 min.	140 PLN
<b>Chocolate massage</b> - warm chocolate perfectly relaxes, stimulates microcirculation, reduces body fat and nourishes skin. Perfect for people with rough, dry skin and for chocolate lovers.	60 min.	140 PLN
<b>Thai massage with hot cotton herbal stamps</b> - the body is massaged in a special rhythm with warm herbal stamps. It releases muscle tensions and reliefs pain. Strongly relaxing by the heat cotton stamps and aroma herbs inside.	60 min.	140 PLN
<b>Hot stone massage</b> - the treatment is relaxing, revitalizing and has healing effect on the whole body. Perfectly eliminates all tension and muscle pain. Helps with insomnia and depression problems. Perfect for people who like warm temperatures.	60 min.	140 PLN
	90 min.	190 PLN

<b>Peeling (body scrub) massage</b> - mechanical removes dead cells. Refreshing and moisturizing whole body scrub + butters skin at the end.	45 min.	100 PLN
<b>Body care treatment</b> 90 minutes (peeling, partial massage, body mask -bodywrapping) 120 minutes (peeling, total massage, body mask- bodywrapping)	90 min. 120 min.	200 PLN 240 PLN
<b>Massage for pregnant women</b> - massage for pregnant women from 4 months of pregnancy, in safe positions- side, sitting or semi-reclined. Especially back or leg massage. Relieving tired backs, reducing endema and "heavy" legs feelings. (*permission on massage from the attending physician, well-being)	30 min. 60 min.	60 PLN 120 PLN
<b>Thai massage</b> - compressing the appropriate points on the body and stretching the muscles. Massage can be performed using fingers, hands, forearms, elbows (knees or feet). Commonly called "yoga for the lazy people". It takes place on mats spread on the floor, which allows free movement around the massaged person. The massage without oils, it is in a comfortable clothing.	60 min.	140 PLN

## ***FACE AND HEAD MASSAGE***

<b>Face massage</b> - the treatment gives the skin elasticity and improves vitality. It works anti-wrinkle, regenerates damage. *Please come for a massage without make-up.	25 min.	50 PLN
<b>Face massage with glass balls</b> - gentle massage with glass balls connected with manual techniques. The treatment is relaxing and soothing. Recommended for sensitive skin, vascular and irritated. Massage balls are great for drainage and helps lymphatic edema.	25 min.	70 PLN
<b>Head massage</b> - reliefs pain, improves blood circulation and nutritions hair bulbs. Eliminates fatigue and improves concentration.	25 min.	50 PLN

## ***FACIAL TREATMENTS***

<b>Cleopatra's touch</b> - the treatment is for problematic skin. The uses GOLD native collagen provide relieves irritation and inflammation skin. The treatment softens the epidermis, slows the appearance of the visible signs of aging, rebuilds the skin.	45-55min.	120 PLN
<b>Goddess Venus</b> - the treatment is for very dry and rough skin which need intensive hydration. The unique composition of algae gives your skin perfectly moisturized.	45-55min.	150 PLN
<b>The secret of Selena</b> - the treatment for tired, gray with the first signs of skin aging. An intensive ampoule with a strong anti-aging effect and reduces wrinkles is used for the treatment.	45-55min.	150 PLN
<b>Aphrodite's beauty</b> - the treatment for mature skin with visible signs of skin aging. Used cosmetics restore skin tension and rejuvenation. Helps cell renewal processes.	45-55min..	180 PLN
<b>Zeus's power</b> - the treatment for men, for all skin types. Gives moisturized and elasticity of the skin. Stimulates cells for reconstruction and self-renewal.	45-55min.	130 PLN

# *HAND AND FOOT MASSAGE*

**Hands and foot massage** - feet and hands are very important in daily life.  
Massage improve circulation, removes callous epidermis and gives sense of  
lightness.

50 min.

95 PLN

## **Online booking**

[www.moment.pl/zdrowy-masaz-hotel-business](http://www.moment.pl/zdrowy-masaz-hotel-business)

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