

NATUROTHERAPY

ANTISTRESS FACIAL MASSAGE

Price: 45 PLN for 30 min.

On face there is a map of the entire body - through the massage and special acupressure points whole body is brought into the harmony. Massage works multidimensional: relieves stress, calms emotions, gives energy, improves sleep, reduces wrinkles, makes your skin look younger.

CHINESE FOOT REFLEXOLOGY

Price: 60 PLN for 30 min., 99 PLN for 60 min.

The massage is performed by Tibetan monks to Caesar for health prophylaxis. On feet there is a map of the entire body - through the massage and special acupressure points whole body is brought into the harmony. Massage works multidimensional: relieves stress, relaxes mind, calms emotions, removes blockages in the energy flow, helps to detoxify the body metabolism, regulate blood pressure, blood circulation and endocrine system, reduces leg swelling, has analgesic and anti-inflammatory influence.

CRANIO-SACRAL THERAPY (CST)

Price:
75 PLN for 60 min.

CST it's a form of manual therapy, which a gentle touch allows you to unlock the tensions around

the skull, neck, spine, shoulders, pelvis, sacrum, diaphragms and fascia system. This is a multidimensional therapy: relieves stress, eliminates the headaches and dizziness, inflammation of the sinuses, ears, eyes, nerves, back pain, sciatica, car accident injuries, stomach pain, releases the accumulated emotions, improves sleep and concentration.



WELCOME!

CONTACT DETAILS:

Mon - Fri 13:00 - 21:00

Sat - Sun 11:00 - 19:00

HOTEL BAST***
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WISH YOU A WONDERFUL DAY!



Anielska Grota
WELLNESS & SPA



OFFER AND PRICE LIST

Discover your piece of Heaven ...



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NEW SPA RITUALS

PACKAGES FOR BACKBONE PAIN



Do you know anyone who doesn't have backbone pain in your surroundings? Unfortunately in our civilization this common spine disorder comes from sedentary lifestyle, lack of movement

and stress. We can help you to release this pain thanks to western physiotherapy, osteopathy and eastern naturotherapy. We are happy when our clients come back to their active and painless lifestyle as the results of our manual therapies.

GYMSTICK FITNESS

Price: 25 PLN for 45 min.

This kind of fitness training system was created by Scandinavian specialist in physical exercises with resistance thanks to special rubber bands at the end of Gymstick. Thanks to this health-promoting team exercises people achieve smooth and slim silhouette, emphasize musculature and painless spine and joints. We invite you to classes every Monday, Wednesday and Friday at 6:30 pm.



TIBETAN SINGING BOWLS SOUND MASSAGE



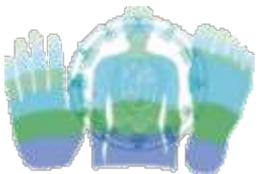
This massage is about 8 thousand years old and comes from Nepal. Natural philosopher Peter Hess' research has proved that all body

cells make a sound of a special frequency - vibration. That is why this sound massage lead to deep relaxation of the body and mind, calms emotions, harmonize soul, what brings regeneration, activates primary standard of health, releases stress, increase creative power. Price: 30 PLN for 30 min., 60 PLN for 60 min.

DR RUDOLPH STONE'S POLARITY THERAPY

Price: 85 PLN for 60 min.

This is special program of health care that assumes the positive patterns of thinking, manual therapy that releases blocked energy, a special diet detoxified and strengthen the body and specially selected polarity yoga exercises. This



therapy is multidimensional: balances the 5 elements in the body, emotions, mind and soul, helps to change old patterns of the subconscious, find a new path in life and feel the joy of existence.

NEWS! SPECIAL PASSES FOR MESSAGES AND NATUROTHERAPIES!

Buy 5 you receive 1 for free, buy 10 you have 2 for free.

OFFER



FITNESS CLUB „Seventh Heaven“

- ✓ 17 PLN for 30 min.
- ✓ 33 PLN for 60 min.
- ✓ For group of 3 people
 - 15 PLN for 30 min.
 - 30 PLN for 60 min.

✓ PASSES TO 30 MINUTES

- Pass for 5 inputs: 85 PLN + 1 FREE OF CHARGE
- Pass for 10 inputs: 170 PLN + 2 FREE OF CHARGE

SAUNA „Heart of Fire“

- ✓ Prices the same as in fitness club
- ✓ Sauna + Jacuzzi 33 PLN for 60 min.



✓ PASS TO 60 MINUTES

- Pass for 5 inputs: 165 PLN + 1 FREE OF CHARGE
- Pass for 10 inputs: 330 PLN + 2 FREE OF CHARGE



JACUZZI „Ocean of Peace“

- ✓ Prices the same as in sauna
- ✓ Sauna + Jacuzzi 33 PLN for 60 min.

✓ PASS ALL INCLUSIVE - 45 PLN/person or 40 PLN for group

- Pass for 5 inputs: 225 PLN + 1 FREE OF CHARGE
- Pass for 10 inputs: 450 PLN + 2 FREE OF CHARGE

PACKAGES

PERSONAL PACKAGES - Compose your own package of SPA Rituals - a unique offer for women and men. There is also a possibility to order a facial scrub, mask, and manicure SPA.

PACKAGES FOR COUPLES - Make a magical gift for beloved person - spend with us a unique engagement, proposal, wedding anniversary. We provide an unforgettable Spa Rituals, for the exclusive use, romantic dinner with candles and music, lodging in the historic scenery of the Hotel BAST ***.

HONEYMOON PACKAGES - Special offer "Road to Paradise" will make you remember this wonderful time forever. Bachelor parties and hen nights, SPA Ceremonies for Newlyweds, stylist and make-up artist advice and wedding photos sessions, Suite for Newlyweds, bargain rates for wedding Guests.

PACKAGES FOR PREGNANT WOMEN - We take care of future Mums and relieve back pain and swelling of the legs which occur very often during pregnancy. We use kinesiotaping to support abdominal muscles. We provide relax for body, mind and soul thanks to special massages after the first 3 months of pregnancy.

OCCASIONAL PACKAGES - We organize a birthdays' and namedays' parties, meetings for friends, themed evenings, health education lectures.

BUSSINESS PACKAGES - We organize integration events for Employers, Employees, business coaching, mentoring, exclusive SPA Rituals and Gifts for Business Guests.

PACKAGES FOR ACTIVE PEOPLE - This specially composed offer for sportsmen, both amateurs and professionals, for prophylactic treatment, better regeneration after training, minimalise the micro injuries thanks to physiotherapy, naturotherapy and biological regeneration.

PERSONAL DEVELOPMENT WORKSHOPS - We organize an extraordinary journey into the depths of yourself, in order to discover your talents, strengths and weaknesses and know the way to achieve your goals and dreams. We show how to manage stress and emotions, how to motivate yourself and others to take action. We work with experts of life and business coaching.

MASSAGE OFFER

"SOURCE OF RELAX"

CLASSICAL MASSAGE

Advantages:

This massage improves muscle flexibility, reduces stress, relaxes and relieves pain in the neck and spine.

- ✓ Price: 60 PLN for 30 min.
- ✓ Price: 99 PLN for 60 min.



LYMPHATIC DRAINAGE

Advantages: It improves blood and lymph circulation, reduce swelling. Price: 60 PLN for 30 min. and 99 PLN for 60 min.



ANTI-CELLULITE MASSAGE WITH CHINESE BULBS

Advantages: It gives the skin elasticity and firmness, reduces cellulite thanks to special formulas which increase fat burning.

- ✓ Price: 60 PLN for 30 min.
- ✓ Price: 120 PLN for 60 min.

HONEY MASSAGE REGENERATION (2 massage therapists)

- ✓ Price: 60 PLN for 30 min. and 120 PLN for 60 min.

Advantages: It harmonizes the body, mind and soul, removes the blockades from the back, purify, pulls out toxins from the body, regenerates the skin, eliminates cellulite, wrinkles and striae, minimalize joints and spine ache, regulates blood circulation, strengthens the immune system, improves sleep.

AROMATIC RELAXATION MASSAGE

- ✓ Price: 99 PLN for 60 min. and 140 PLN for 90 min.

Advantages: This massage helps to relax after a hard day, relieves stress, calms, soothes, neutralize emotions, restores strength.

SPORT MASSAGE

Advantages: Sports massage removes signs of sorenes, hot joints, muscles tentions, stimulates blood circulation, prevents common injuries, regenerates tissue, strengthens joints and muscles and affect the overall health of the athlete.

- ✓ Price: 70 PLN for 30 min.
- ✓ Price: 130 PLN for 60 min.



BODY SCRUBS

Body scrubs, favored by our clients, became the constant part of our offer. Scrub consistency causes gentle friction that exfoliate old epidermis and leaves young and vital skin. Besides, our body scrubs are produced by **ORGANIQUE COSMETICS COMPANY**- world pioneer in natural cosmetology that guarantee high-quality natural ingredients and relaxes senses thanks to aromatherapy. We invite you to try various fragrances of salt and sugar body scrubs. PRICE: 60 PLN for 30 minutes.

Coffee body scrub has caffeine effective ingredient, that speeds up cell metabolism and detoxication processes. The molecules of ebony give slimming effect by reducing fluids captured in tissues; teophylline and teobromine regulates the neurotransmitters that energize mind and improves concentration. It's excellent choice for people who want anticellulite effects in order to keep slim body during fat burning treatment.



Chocolate body scrub - consist of: cocoa butter which is known for complete biointegrality with human skin; extract of cacao - tree that slim and firm silhouette and gives anticellulite effect. Abundance of nutrients: magnessium, potassium, calcium, iron and antioxidants extract

from Echinacea perfectly stimulates immune system. Besides, this product has substances that gives the skin tanned colour. It's great choice for people with rough and dry skin, who want to have slim and healthy body.

Body scrub with lychee and goat milk is appreciated since ancient times. It's fulfilled with deficit micro and macronutrients, fatty acids that smoothes, greases and rejuvenates the skin. Thanks to antioxidants from lychee and aloe extract this scrub works inflammatory and soothes the skin. It's the best choice for people with allergic, sensitive, dry skin that needs to be strengthen. It is suggested for women during pregnancy.



NEWS! For men and women we offer **VANILLA BODY SCRUB** (greases the skin and improves mood), **FOREST BODY SCRUB** (refreshes the skin and soothes senses); **SALT BODY SCRUB** with essential oils: rosy or lavender and the purest on earth Himalayan salt that has 84 macro and micronutrients, that cleans the body and relaxes the mind.