



Facial treatments

Individual facial care treatment

250 pln | 50 min

A personalized treatment designed for your skin's specific needs- it moisturizes, nourishes and rejuvenates, restoring a healthy glow. Perfect for skin that requires special care.

Japanese face lift

250 pln | 50 min

Discover the secret of looking younger with our Japanese facelift. This is an extraordinary three-phase massage that will restore your face's youthfulness and radiance. We start with a drainage, followed by a relaxing deep massage that will relaxes and loosens your muscles. Finally, we will stimulate the relevant muscle areas, making your skin bright, taut and rested.

MEnormalizing Massage

250 pln | 50 min

It relieves tension in the masseter muscles (chewing muscles), which eases the temporomandibular joint and relaxes the face, reducing expression lines. Stimulation of the vagus nerve (through gentle massage of the neck and around the ears) calms the body and improves skin tone (by enhancing circulation), which is especially beneficial for women in the pre- and menopausal stages.

Ayurvedic consultations

Ayurvedic Consultation – Prakriti

220 pln | 60 min

Do you want to discover your true nature? During this consultation, we will determine your constitutional type (Prakriti) so that you can understand how to support your health and energy in everyday life. You will learn which habits, diet, and daily rhythm are best for you to maintain balance of body and mind.

Ayurvedic consultations

Ayurvedic Consultation – Prakriti + Vikriti

540 pln | 90 min

This is an in- depth consultation in which we will not only determine your constitutional type (Prakriti) but also diagnose your current imbalances (Vikriti). Based on a detailed questionnaire you will complete beforehand, I will prepare personalized guidance for you- diet, rituals, and recommendations that will help you return to your natural harmony.

The Power of Ayurveda – natural treatments that transform body and soul

Abhyanga

280 pln | 50 min

This ancient ritual with warm oils deeply nourishes the tissues, removes toxins, and restores the body's natural vitality. Through rhythmic movements, it releases tension, balances energy, and induces a state of profound bliss- a complete reset for the entire body.

Abhyanga + Ayurvedic Herbal Steam Bath – a deep cleansing ritual

340 pln | 80 min

The combination of a nourishing massage and an herbal steam bath creates a powerful detoxifying duo. The treatment melts away muscle tension, flushes out toxins, and restores the body to a state of perfect balance- leaving you with deep relaxation and inner renewal.

Shirodhara – Ayurvedic therapy for a calm mind

300 pln | 50 min

A continuous stream of warm oil gently flows over the forehead, bringing deep relaxation and tranquility. This treatment reduces stress, improves sleep quality, and restores inner balance- like meditation in liquid form.

The Power of Ayurveda – natural treatments that transform body and soul

Shiro Abhyanga + Ayurvedic Herbal Steam Bath – detox for head and body

460 pln | 110 min

The longest massage, covering the head and the entire body, combined with an herbal steam bath, provides profound relaxation and cleansing. It effectively reduces stress and muscle tension, supports the body's detoxification, and restores inner energetic harmony.

Udvaartana – Ayurvedic ritual for a firm body and radiant skin

280 pln | 50 min

This unique exfoliating massage with a blend of herbs and grains deeply cleanses, tones, and stimulates microcirculation- helping to reduce cellulite. It leaves the body feeling wonderfully light and revitalized.

Ratanaabhyanga – Crystal Massage for Body and Soul

360 pln | 80 min

A fusion of Ayurvedic wisdom and the healing power of semi-precious stones- this unique massage not only provides deep relaxation but also harmonizes the flow of energy in the body. Crystals stimulate marma points, while specially selected oils enhance the therapeutic effect, leaving a profound sense of balance.

Pada Abhyanga + Ionic Foot Bath – Detox and Relaxation from the Ground Up

290 pln | 80 min

A combination of an ionic bath (removing toxins through the feet) and an Ayurvedic massage with herbal oils applied to specific energy points (marma). The result is a powerful deep detox.



The Power of Ayurveda – natural treatments that transform body and soul

Khadi Vasti – Ayurvedic Ritual for Back Pain

300 pln | 50 min

A specialized treatment in which a natural “dough reservoir” is formed on the back and filled with warm, medicinal oil. It deeply warms and relaxes the muscles around the spine, bringing immediate relief from back pain, sciatica, and stiffness.

Netra Vasti – Relief for Dry, Tired Eyes

250 pln | 50 min

This ancient Ayurvedic treatment bathes the eyes in healing ghee, instantly hydrating, regenerating, and soothing them—perfect for those who spend long hours in front of a screen. Research confirms its effectiveness in combating dry eye syndrome and visual fatigue.

Nasya / Karna Purana – Ayurvedic Detox for the Respiratory System

250 pln | 50 min

A cleansing ritual of oiling the nose and ears that instantly clears the sinuses, eases allergies, and reduces tinnitus—like a restorative breath therapy.

Therapeutic and Relaxation Massages

Full-Body Therapeutic Massage

230 pln | 50 min

A specialized therapeutic massage that effectively releases tense muscles, relieves pain, and restores proper joint mobility. With precise manual techniques, it brings relief to spinal discomfort and overstrained muscles.

Therapeutic and Relaxation Massages

Classic Massage

220 pln | 50 min

A treatment of pure pleasure—it relaxes tight muscles, reduces stress, and induces a state of deep relaxation. Unlike the therapeutic massage, it does not focus on specific ailments but on the complete relaxation of your body and mind.

Polyvagal Massage – the most effective way to relieve stress

250 pln | 50 min

This unique massage stimulates the vagus nerve—a key element of the parasympathetic nervous system—instantly calming the body’s stress response. Just one session deeply soothes, lowers heart rate, and restores a natural state of relaxation.

Cupping Massage – deep relief and detox in one

220 pln | 50 min

This distinctive treatment eliminates muscle tension, improves circulation, and releases fascia by combining deep tissue massage with vacuum therapy.

“Body and Soul” Massage

260 pln | 50 min

If you want to experience different Eastern massage techniques, this is the perfect choice. Inspired by Ayurvedic, Thai, and Shiatsu traditions, its main focus is stimulating energy channels to restore proper energy flow and activating chakras to maintain harmony of body and spirit.

Massage with Warm Oils or Shea Butter

220 pln | 50 min

An indulgent treatment combining soothing warmth with the nourishing properties of natural oils or vitamin-rich Shea butter. Special massage techniques release muscle tension, while the warmth and active ingredients deeply condition the skin, leaving it silky smooth.

Therapeutic and Relaxation Massages

Hot Stone Massage

220 pln | 50 min

A deeply warming treatment that combines the therapeutic benefits of heat with relaxing massage. It effectively loosens muscles, reduces tension, and improves circulation. The warmth of volcanic stones brings instant relaxation while also detoxifying and strengthening the body.

Head Massage “Oasis of Calm”

220 pln | 50 min

This special massage releases tension in key points of the head, neck, and shoulders, bringing immediate relief from migraines and stress. Gentle, precise movements induce a state of deep relaxation.

Perfect for those under stress, suffering from tension headaches, or in need of a quick mental reset.

Tibetan Singing Bowl Massage

230 pln | 45 min

A profoundly relaxing treatment in which sound vibrations stimulate the body’s natural regeneration, improve circulation, and support tissue detoxification. Ideal for stress relief, tension release, and restoring inner balance.

Ayurvedic Steam Bath – deep cleansing ritual

60 pln per person | 20 min

Immerse yourself in the cleansing power of herbs from our own cultivation. This Ayurvedic steam ritual relaxes the body and enhances the effects of massage. Available exclusively as an add-on to massage treatments.



Therapies

Ionic Foot Detox

60 pln per person | 30 min

A detox treatment through the feet that supports the body's cleansing from toxins, improves circulation, and boosts metabolism. A simple method for better well-being, more energy, and visibly healthier-looking skin.

Presotherapy session

120 pln | 30 min

Presotherapy involves exerting controlled pressure on the body using special cuffs with compressed air. This kind of lymphatic drainage is particularly helpful for stagnation and swelling associated with lymphatic circulation disorders. Great for cellulite.

Light therapy

30 pln | 10 min

Benefits: Improved performance and cognitive function, better concentration and focus, promotes collagen growth- improves skin quality. Increases nitric oxide levels in the blood. Improves sleep quality. Accelerates recovery from injury. Reduces inflammation.

Aromatherapy for stress

40 pln | 15 – 30 min

Selected essential oils + diffuser + herbal tea.

Energising aromatherapy

40 pln | 15 – 30 min

Selected essential oils + diffuser + herbal tea.

Aromatherapy for breath

40 pln | 15 – 30 min

Selected essential oils + diffuser + herbal tea.

Work with energy

Crystal Bed Session – a Quantum Boost of Your Energy

140 pln | 30 min

200 pln | 45 min

Immerse yourself in the transformative power of Vogel crystals and experience a deep cellular reset. This unique session is an instant upgrade of your vibration.

Access Bars – Release Blockages and Rediscover Lightness of Being

220 pln | 50 min

A revolutionary body and mind method that dissolves accumulated stress, fears, and limiting beliefs. Gentle stimulation of 32 energy points on the head clears blockages, bringing deep relaxation and a new quality of life. Feel relief, clarity of thought, and inner harmony.

Ear Candling

150 pln | 25 min

Free yourself from tension, migraines, and energetic blockages. This relaxing treatment warms, cleanses the aura, and restores harmony of body and mind.

Holistic Reflexology – Deep Harmonization of Body and Mind

300 pln | 60 – 75 min

This exceptional treatment activates the body's natural self-healing processes through precise stimulation of reflex points on the feet, face, and hands. It acts as a "reset" for the entire system- restoring energetic balance, reducing tension, and boosting vitality. Ideal for those seeking deep regeneration on both physical and emotional levels.

Work with energy

Foot Reflexology

270 pln | 60 min

Through precise stimulation of points on the feet, you activate the body's natural repair mechanisms. Even a single session brings pain relief, improved digestion, and deep relaxation.

Facial & Head Reflexology

270 pln | 60 min

Special stimulation of reflex points instantly relieves stress and mental overload, bringing deep relaxation and clarity of thought. More than just a treatment- it's an instant reset for your nervous system.

Systemic Constellations – Individual Transformation Session

320 pln | 60 min

Break free from limitations inherited through generations- in finances, relationships, health... This is not just talk, but direct work with the subconscious that brings real change.

Individual Pranayama – The Power of Your Breath

180 pln | 45 min

Master the art of conscious breathing- this personalized session is your secret key to controlling stress, emotions, and inner strength. With specially chosen techniques, you will transform anxiety into confidence and chaos into clarity of mind.

Personalized Yoga Session

220 pln | 75 min

Your key to deep regeneration of body and mind. Yoga tailored to your unique needs.



Day SPA

Ayurvedic Relaxation

600 pln | 140 min

Defeat fatigue and restore your energy with a unique treatment: a soothing herbal bath, body scrub, and Abhyanga massage. A deep regeneration of body and mind in the Ayurvedic tradition.

Anti-Stress

320 pln | 80 min

An escape from stress in just 80 minutes! A bath in a hay infusion followed by a St. John's wort oil massage- 320 PLN for deep relaxation and an emotional reset.

Hop SPA for Men

334 pln | 80 min

Masculine regeneration at its finest. Unwind in a hop-cone bath, enjoy a local beer, and relax with a classic massage. A true boost of relaxation.

Hydrotherapy

Bath in a hay decoction

100 pln | 45 min

Relaxing, soothing. Bath + aromatherapy + relaxation on a bed filled with hay + herbal tea + relaxing music.

Bath in goat's milk

100 pln | 45 min

Relax, nourish the skin. Bath + aromatherapy + relax on a bed filled with hay + herbal tea + relaxing music.

A bath that stimulates the heart chakra

100 pln | 45 min

The heart chakra is "responsible" for accepting yourself and others, feeling love, establishing relationships relax on the bed filled with hay + herbal tea + relaxing music.

Hydrotherapy

Throat chakra stimulation bath

100 pln | 45 min

The throat chakra is "responsible" for verbal expression, for efficient communication, for the ability to express oneself in a courageous, understandable, clear way + relaxation on a bed of hay + herbal tea + relaxing music.

Relaxing bath in an infusion of hop cones

100 pln | 45 min

Bath + a bottle of cold beer + relax on a bed filled with hay.

Sauna

Wood-Fired Dry Sauna

160 pln | 60 min for 1-2 people

30 pln | 60 min payment for additional person

Cleanse your body and relax amid greenery, enhancing the experience with birch branches, essential oils, or halotherapy for complete regeneration.

Japanese Sauna

100 pln for person | 50 min

Relax on heated lava stones while cleansing your body, improving circulation, and boosting metabolism. Your skin becomes firmer, your body lighter, and you regain energy and inner balance.

A unique sauna whisk session with the Sauna Master

800 pln | 120 min for 1-2 people

100 pln | 120 min payment for additional person

A ritual combining steam, heat, and aromatic branches that deeply relaxes muscles, supports detoxification, and restores lightness to the body. A luxurious session that releases tension and resets the mind.

Sauna

Towel waving session with the Sauna Master

700 pln | 120 min for 1-2 people

90 pln | 120 min payment for additional person

A spectacular sauna ritual in which the Sauna Master spreads aromatic steam using dynamic towel and fan movements, perfectly synchronized with music.

Zen House ritual

220 pln for person | 90 min

Discover a 7-step ritual at the Zen House that will restore your energy and harmony. Start with a cool down followed by the how sauna overlooking the greenery. Refreshing with energy, followed by pleasant relaxation in the Japanese sauna will bring harmony to body and spirit. In addition, you will rejuvenate your skin with a purifying sea salt scrub. End this ritual with a warm shower and relax with an herbal tea to achieve complete harmony.

What to take?

1. Simple, comfortable cotton clothing (depending on the season you are here).
2. Light cotton/linen clothes if you are going to a session on the Crystal Bed.
3. If you are having oil treatments, take clothes that you won't feel bad about getting stained with oil.
4. Comfortable, non-slip footwear.
5. White, cotton socks (if you have a session on the Crystal Bed).
6. Warm socks - if you want to meditate in the OM Winter Garden.
7. 2 cotton/linen scarves to cover your head and neck (if you have Ayurvedic treatments scheduled, especially SHIRODHARA).
8. A yoga mat if you have one and wish to practise yoga.
9. During the summer season, herbal mosquito repellent, in case you are very sensitive to mosquitoes.