



Facial Treatments

Individual Facial Treatment

280 pln | 50 min

A personalized treatment tailored to your skin's specific needs - hydrating, nourishing, and rejuvenating while restoring a healthy glow. Ideal for skin requiring special care.

Japanese Face Lifting Massage

280 pln | 50 min

An advanced three-phase facial massage inspired by the traditional Japanese Kobido technique. The treatment combines precise lymphatic drainage movements with intensive muscle stimulation, delivering an immediate lifting effect without the use of a scalpel.

ME-Normalizing Massage

280 pln | 50 min

Relieves tension in the masseter muscles (chewing muscles), reducing strain on the temporomandibular joint and relaxing the face, which helps diminish expression lines. Stimulation of the vagus nerve (through gentle massage of the neck and ear area) calms the body while improving skin tone and circulation - particularly beneficial for women during perimenopause and menopause.

Transbuccal Therapy

170 pln/person | 30 min

Precise transbuccal work (through the oral cavity) releases chronic tension in the jaw muscles, fascia, and temporomandibular joint (TMJ), providing relief from headaches and bruxism while restoring facial harmony.

Transbuccal Therapy + Acupuncture

300 pln/person | 50 min

The synergy of transbuccal therapy and acupuncture provides a comprehensive treatment for tension-related conditions - releasing deep myofascial tension in the face and jaw area while regulating nerve conduction and reducing pain at its source.

Facial Treatments

Sinus Therapy

300 pln/person | 50 min

Sinus therapy involves the manual release of tension within the cranial bones and facial soft tissues, combined with sinus drainage techniques - facilitating mucus flow and restoring proper ventilation.

Ear Candling & Ear Coning

150 pln | 25 min

Unlike the Ayurvedic Karna Purana (oil massage), this treatment uses ear candles. The vacuum effect and smoke provide cleansing on both a physical and energetic level. The therapy warms the body, reduces tension, and restores harmony.

Netra Vasti - Relief for Dry, Tired Eyes

250 pln | 50 min

An Ayurvedic therapy involving bathing the eyes in warm medicated ghee. It deeply hydrates, regenerates the corneal epithelium, and stabilizes the tear film. Studies confirm its effectiveness in treating dry eye syndrome and eye fatigue.

Nasya + Karna Purana - Ayurvedic Respiratory Detox

250 pln | 50 min

A combination of two classical Panchakarma procedures: Nasya (administration of herbal oils through the nasal mucosa) and Karna Purana (therapeutic oiling of the ears and auditory canal). This treatment works on a tissue level, restoring patency and neuroimmune balance.

Ayurveda - Rituals for Body & Mind

Abhyanga

300 pln | 50 min

A traditional Ayurvedic therapy using warm oils combined with rhythmic, targeted massage movements. It deeply nourishes the tissues, removes toxins, and restores the body's natural vitality.

Ayurveda - Rituals for Body & Mind

Abhyanga + Ayurvedic Herbal Steam Bath - Deep Cleansing Ritual

360 pln | 80 min

The combination of a nourishing oil massage and an herbal steam bath creates a powerful detoxifying ritual. The treatment dissolves muscle tension, flushes out toxins, and restores perfect balance - leaving a feeling of deep relaxation and inner renewal.

Shirodhara - Ayurvedic Therapy for a Calm Mind

330 pln | 50 min

A continuous stream of warm oil gently massages the forehead, inducing a state of deep relaxation and inner peace. The treatment reduces stress, improves sleep quality, and restores inner balance - like meditation in liquid form.

Shiro Abhyanga + Ayurvedic Herbal Steam Bath - Detox for Head & Body

460 pln | 110 min

This extended massage covers the head and entire body, combined with a session in an herbal steam bath to provide deep relaxation and cleansing. It effectively reduces stress and muscle tension, supports detoxification, and restores energetic balance.

Udvardhana - Ayurvedic Firming Massage

300 pln | 50 min

A traditional Ayurvedic procedure (classified as a pre-Panchakarma treatment) involving the application of a finely ground synergistic blend of grains and medicinal herbs (churna) over the entire body. The treatment is performed using rhythmic upward strokes.

Ratnaabhyanga - Crystal Massage for Body & Soul

360 pln | 80 min

Stimulation of marma points using semi-precious stones restores dosha balance and regulates the flow of prana throughout the body.



Ayurveda - Rituals for Body & Mind

Pada Abhyanga + Ionic Foot Bath

290 pln | 80 min

A synergy of two worlds: the ionic bath removes toxins through the feet, while the Ayurvedic marma point massage regulates energy flow and improves circulation.

Ayurvedic Herbal Steam Bath

60 pln/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 treatments.

Available exclusively as an add-on to massage treatments.

Therapeutic & Regenerative Massages

Full-Body Therapeutic Massage

300 pln | 50 min

A specialized therapeutic massage that effectively relaxes tense muscles, relieves pain, and restores proper joint mobility. Through precise manual techniques, it provides relief for spinal issues and overworked muscles.

Vagus Nerve Massage - The Most Effective Stress Relief

260 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.

Even a single session deeply relaxes, lowers heart rate, and restores a natural state of calm.

Cupping Massage - Deep Relief & Detox in One

260 pln | 50 min

This treatment relieves muscle tension, improves circulation, and releases fascial restrictions by combining deep tissue massage with vacuum therapy.

Therapeutic & Regenerative Massages

“Soul & Body” Massage

280 pln | 50 min

If you wish to experience various Eastern massage techniques, this is the ideal choice. Inspired by Ayurvedic, Thai, and Shiatsu philosophies, the massage focuses on stimulating energy channels, supporting proper energy flow, and activating chakras to maintain balance between body and spirit.

Warm Oil or Shea Butter Massage

260 pln | 50 min

A purely relaxing massage. No therapeutic targeting - only blissful relaxation.

Khadi Vasti - Ayurvedic Thermal Therapy for the Spine

300 pln | 50 min

A therapeutic procedure originating from Ayurvedic medicine (Panchakarma), involving the application of warm herbal oil within a sealed reservoir placed on the lumbosacral area. The treatment utilizes the thermal and pharmacological properties of herbal oils to support spinal health.

Hot Stone Massage

260 pln | 50 min

A treatment combining classical massage techniques with the use of smooth, heated basalt stones with high heat capacity. It utilizes thermal conduction to trigger specific physiological responses within the tissues.

Deep Tissue Massage for the Head, Neck & Shoulders - “Oasis of Calm”

240 pln | 50 min

A specialized massage focused on releasing soft tissue tension in the skull, cervical spine, and shoulder girdle. The treatment targets trigger points and areas affected by chronic overload.

Therapeutic & Regenerative Massages

Tibetan Singing Bowl Massage

250 pln/person | 45 min

A deeply relaxing therapy in which sound vibrations stimulate the body's regenerative processes, improve circulation, and support tissue cleansing. Ideal for stress relief, tension release, and restoring inner balance.

Pressotherapy Session (Drainage, Detox & Cellulite Reduction)

120 pln | 30 min

This treatment applies controlled pressure to the body using specialized compressed-air cuffs. This form of lymphatic drainage is especially beneficial for fluid retention and swelling related to impaired lymph circulation. Excellent for cellulite reduction.

Manual Therapies & Bodywork

Pelvic Manual Therapy

170 pln/person | 30 min

A treatment focused on soft tissues, sacroiliac joints, and pelvic floor fascia to reduce tension and improve mobility within the pelvic girdle.

Visceral Therapy

170 pln/person | 30 min

A manual therapy for internal organs that restores their physiological mobility and tension. Through gentle pressure and tissue mobilization within the abdominal cavity, it reduces fascial restrictions, improves visceral motility, and regulates the autonomic nervous system.

Visceral Therapy + Acupuncture

300 pln/person | 50 min

Visceral therapy precisely restores the mobility and tension of your internal organs, while acupuncture regulates energy flow through the meridians - unlocking the body on both structural and energetic levels.

Fascial & Organ Work

280 pln/person | 50 min

Manual fascial therapy releases restrictions within connective tissue, while organ work stimulates the physiological mobility of internal organs - restoring space and freedom within the abdominal cavity.



Supportive Therapies

Light Therapy

30 pln | 15 min

Benefits include improved performance and cognitive function, better focus and concentration, stimulation of collagen production for healthier skin, increased nitric oxide levels in the blood, improved sleep quality, faster recovery after injuries, and reduced inflammation.

Color Therapy

30 pln | 15 min

A specialized color therapy lamp emits light waves with precisely selected wavelengths that stimulate regeneration, regulate melatonin and serotonin balance, and support overall wellbeing.

TDP Lamp Therapy

30 pln | 20 min

Treatment using a TDP lamp (infrared radiation enriched with minerals), either as a standalone therapy or complementary treatment - stimulates local microcirculation, accelerates tissue regeneration, and reduces muscle tension.

Aromatherapy - Stress Relief / Energizing / Respiratory Support

40 pln | 15 - 30 min

Selective olfactory stimulation using 100% natural essential oils tailored to the body's current needs. Includes selected essential oils, a diffuser, and herbal tea.

Energy Work

Crystal Bed Session - A Quantum Leap for Your Energy

120 pln | 30 min • 180 pln | 45 min

While you rest in a lying position, a specialized panel filled with Vogel crystals is placed above your body. Thanks to their precise cut and piezoelectric properties, the crystals act as natural amplifiers - focusing and directing LED light of specific wavelengths onto the body's energy centers (chakras). This process synchronizes brainwaves (alpha/theta state) and harmonizes the body's bioelectrical field.

Energy Work

Access Bars - Release Blockages & Restore Ease of Being

260 pln | 50 min

Stimulation of 32 points on the head releases tension within the soft tissues and calms the nervous system, bringing deep relaxation.

Holistic Reflexology

300 pln | 60 - 75 min

This unique treatment activates the body's natural self-healing processes through precise stimulation of reflexology points on the feet, face, and hands. Acting like a "reset" for the body, it restores energetic balance, reduces tension, and boosts vitality. Ideal for those seeking deep physical and emotional regeneration.

Foot Reflexology

270 pln | 60 min

Through precise stimulation of points on the feet, the body's natural healing mechanisms are activated. Even one session may bring pain relief, improved digestion, and deep relaxation.

Facial & Head Reflexology

270 pln | 60 min

Specialized stimulation of reflexology points instantly relieves stress and mental overload, bringing deep relaxation and mental clarity. This is not just a treatment - it is an instant reset for your nervous system.

Systemic Constellations

320 pln | 60 min

This session is based on the premise that some of our beliefs, behavioral patterns, and emotional blockages do not stem from personal experiences, but are inherited from our ancestors - encoded within cellular memory and the subconscious as systemic loyalties (family and transgenerational patterns). According to systemic psychology and modern epigenetic research, traumas, unresolved conflicts, and unconscious emotions from previous generations may influence our decisions, relationships, health, and financial situation. During the session, we identify the sources of these limitations and guide a process of transformation on a subconscious level. This is not a conventional therapeutic conversation, but focused work with the body's informational field and subconscious mind.

Yoga, Breathwork & Meditation

Fascia Yoga

220 pln/person | 75 min

A conscious practice focused on connective tissue through deep, sustained stretching and breathwork techniques - restoring fascial elasticity, recreating space between tissues, and releasing chronic tension patterns.

Pelvic Yoga

220 pln/person | 75 min

A conscious practice focused on connective tissue through deep, sustained stretching and breathwork techniques - restoring fascial elasticity, recreating space between tissues, and releasing chronic tension patterns.

Lymphatic Gymnastics

220 pln/person | 75 min

A sequence of gentle, pulsating exercises designed to activate lymphatic circulation - reducing swelling, supporting tissue detoxification, and strengthening immunity without overloading the joints.

Personalized Yoga Session

220 pln | 75 min

Your key to deep physical and mental regeneration. Yoga tailored entirely to your individual needs.

Buteyko Breathing Method Training

220 pln/person | 75 min

The Buteyko Method is a physiology-based breathing retraining technique that gradually reduces breathing volume and restores nasal breathing, increasing carbon dioxide levels in the body. The result is optimized gas exchange (Bohr effect), regulation of the nervous system, and reduction of symptoms related to chronic hyperventilation.

Meditation & Mindfulness - Individual Session

220 pln | 60 min

A guided mindfulness practice that regulates the nervous system by reducing amygdala activity and lowering cortisol levels.



Yoga, Breathwork & Meditation

Individual Pranayama Session - Your Breath Has

POWER 180 pln | 45 min

A personalized session based on classical yogic breathing techniques (pranayama), which influence the autonomic nervous system by stimulating the vagus nerve and increasing heart rate variability (HRV). Pranayama offers a full spectrum of tools - from energizing techniques (Kapalabhati) to deeply calming practices (Bhramari) - enabling conscious transition from a state of stress into regeneration and providing real control over emotional states.

SPA Rituals & Packages (Day SPA)

Ayurvedic Relaxation

600 pln | 140 min

Overcome fatigue and restore your energy with a unique treatment including a relaxing herbal bath, body scrub, and Abhyanga massage. A deeply regenerative Ayurvedic experience for body and mind.

Anti-Stress Ritual

350 pln | 80 min

Escape stress in just 80 minutes! Includes a hay infusion bath and a massage using specially selected oils.

Hop SPA for Men

360 pln | 80 min

Premium regeneration designed for men. Relax in a bath infused with hop cones, enjoy local beer, and unwind with a classic massage. A true boost of relaxation.

Zen House Ritual

220 pln/person | 90 min min. 2 people

A seven-step thermal ritual beginning with refreshing cooling, followed by a hot sauna session overlooking greenery. After refreshing the body, relaxation continues in a Japanese sauna, whose gentle warmth deepens muscle relaxation and calms the nervous system. A sea salt scrub removes dead skin cells, stimulates regeneration, and improves skin tone. The ritual concludes with a warm shower and relaxation accompanied by herbal tea, restoring psychophysical balance and deep relaxation.

Hydrotherapy

Hay Infusion Bath

100 pln | 45 min

This treatment utilizes the healing properties of meadow hay, rich in coumarin compounds. The warm infusion releases active phytonutrients that penetrate through the skin and respiratory system, producing warming, anti-inflammatory, and muscle-relaxing effects.

Includes bath + aromatherapy + relaxation on a hay bed + herbal tea + relaxing music.

Goat Milk Bath

120 pln | 45 min

Relaxation and skin nourishment. Includes bath + aromatherapy + relaxation on a hay bed + herbal tea + relaxing music.

Heart Chakra Activation Bath

100 pln | 45 min

The heart chakra is associated with self-acceptance, love, compassion, and the ability to build relationships. Includes bath + relaxation on a hay bed + herbal tea + relaxing music.

Throat Chakra Activation Bath

100 pln | 45 min

The throat chakra is associated with verbal expression, effective communication, and the ability to express oneself clearly, courageously, and authentically. Includes bath + relaxation on a hay bed + herbal tea + relaxing music.

Hop Cone Infusion Bath

100 pln | 45 min

A treatment using a warm infusion of hop cones, rich in bitter compounds with scientifically documented calming properties. The heat dilates blood vessels, improves microcirculation, and the active compounds soothe the nervous system. The experience is completed with a mug of cold beer and relaxation on a hay bed.

Sauna

Dry Sauna with Wood-Burning Stove

160 pln | 60 min for 1-2 people

30 pln | 60 min additional charge per extra person

A dry sauna heated with a traditional wood-burning stove. The heat penetrating deep into the tissues relaxes muscles, reduces tension, and supports detoxification. A window overlooking greenery enhances the calming and regenerative effect. Optionally, the session may be enriched with herbal hydrolats and birch branches to stimulate the skin and improve microcirculation.

Japanese Sauna

100 pln/person | 50 min

A Japanese sauna with a bed of heated volcanic stones that emit gentle, deep warmth - promoting muscle relaxation, detoxification, and improved microcirculation. This thermotherapy stimulates metabolism, firms the skin, and supports nervous system regeneration, bringing a feeling of lightness and inner balance.

VIP Birch Branch Sauna Ritual with a Sauna Master

800 pln | 120 min for 1-2 people

100 pln | 120 min additional charge per extra person

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

Towel Sauna Ritual with a Sauna Master

700 pln | 120 min for 1-2 people

90 zpln | 120 min additional charge per extra person

A spectacular sauna ritual in which the Sauna Master disperses aromatic steam using dynamic towel and fan movements synchronized with music. An intense yet deeply relaxing experience that cleanses the body, stimulates the senses, and promotes profound relaxation.



Consultations

Ayurvedic Consultation - Basic

220 pln | 60 min

Discover your unique constitution (Prakriti) and receive personalized guidance regarding diet and lifestyle to help restore your body's natural balance.

Ayurvedic Consultation - Extended

330 pln | 90 min

An in-depth consultation. In addition to a detailed interview, we pay attention to various aspects of your functioning, including your breathing pattern, which reflects your energy and vitality.

Physiotherapy Consultation

130 pln | 60 min

An in-depth consultation. In addition to a detailed interview, we assess various aspects of your physical functioning, including your breathing pattern, which reflects your energy and vitality.

Additional Notes

What Should You Bring to Łubinowe Wzgórze – The Health Village?

1. Simple, comfortable cotton clothing (appropriate for the season during your stay).
2. Light-colored cotton or linen clothing if you are attending a Crystal Bed session.
3. If you have oil treatments scheduled, bring clothes you would not mind getting stained with oil.
4. Comfortable, non-slip footwear.
5. White cotton socks (if you have a Crystal Bed session).
6. Warm socks if you would like to meditate in the OM Winter Garden.
7. Two cotton or linen scarves to cover your head and neck (especially if you have Ayurvedic treatments scheduled, particularly SHIRODHARA).
8. A yoga mat, if you have one and wish to practice yoga.
9. During the summer season, an herbal mosquito repellent in case you are particularly sensitive to mosquitoes.
10. We invite you to visit lubinowe.pl and wioskazdrowia.pl, where you will find our specialist treatment packages – treatments within packages are carefully selected, and their price is lower than purchasing treatments individually.