

EN

SPA MENU



NAVIGATOR

NEW DIMENSION OF RELAXATION

From feeling good to beauty.

We are pleased to invite you to the newly opened SPA at the Navigator Hotel. In elegant, modern interiors, accompanied by relaxing music, we will help you enter a completely new dimension of rest and relaxation.

Our face and body treatments are based on professional Italian cosmetics **Diego dalla Palma Professional**. It's an exclusive line in which dermo-cosmetic skin care and the Italian cult of beauty merge into the Third Dimension of Beauty. It takes on the latest challenges facing skin care today and sets new paths for it. It's hyper-active, effective and safe. Satisfies the needs of beautiful appearance and well-being.

For exceptional sensations during rituals and massages responsible are cosmetics of a reputable brand **Norden Cosmetics**. These are high-quality products based on natural ingredients and recipes, effective and skin-friendly. Their goal is long-lasting, balanced and effective action not only on the skin, but also on the entire body.

At the Navigator Hotel – located in the vicinity of the Natura 2000 protected area – we are aware of our responsibility towards the environment. Our cosmetics are natural and biodegradable, free from unnecessary impurities and skin irritating ingredients. The production process is environmentally friendly, uses solar energy and minimizes water consumption. The cosmetics are not tested on animals.

All treatments and rituals are safe for pregnant women. Our qualified staff will make sure that every expectant mother feels beautiful, comfortable and safe.

The SPA at the Navigator Hotel is not only a place for treatments – it is an environment that seduces and makes everyone want to be a part of it and come back to it.

A new dimension of relaxation for couples.

Our hotel SPA has – the only one in the area – a double treatment room, where we can perform selected treatments or massages for two people at the same time. The experience of coexisting and compassion thus enters a hitherto unknown sphere.

FACIAL TREATMENTS

Cell Detoxium

cleansing and detoxifying treatment

A deeply cleansing treatment that increases cell vitality thanks to the CELL DETOXIUM complex. This active ingredient detoxifies cells and stimulates the elimination of toxic substances. For pure and balanced skin ready for regeneration.



treatment time: 50 min.



treatment price: 260 pln

Hydration

moisturizing treatment

Moisturizing with hyaluronic acid. Intensive treatment that improves the functioning of the skin barrier. It reduces the discomfort and tension associated with dry skin. Hyaluronic acid helps maintain optimal hydration and slows down aging.



treatment time: 50 min.



treatment price: 280 pln

Sensitive

treatment for sensitive skin

The treatment restores the natural physiological barrier of the skin and increases its resistance to adverse environmental factors. The Sensitive line uses vitamins C, E and F and ceramides to protect blood vessels from damage.



treatment time: 50 min.



treatment price: 260 pln

Icon Time

revitalizing anti-aging treatment

An ideal treatment for all skin types 30-40-50+. Cell bio-revitalization and protection of the skin support system is an intensive anti-aging treatment formulated to combat wrinkles and loss of tension. Enriched with the precious energizing properties of silver, gold and platinum.



treatment time: 50 min.



treatment price: 270 pln

Detailed information on treatments and used cosmetics are available at the SPA staff and at spa@navigatorhotel.pl

BODY TREATMENTS

Detox

detoxification treatment

An intensely detoxifying treatment for tissues that are heavy and poorly oxygenated due to accumulation of toxins. Perfect for people experiencing heavy legs and water retention. It works great for pregnant women.



treatment time: 70 min.



treatment price: 250 pln

Total Body Focus

modeling treatment

This treatment combines the global effect on cellulite and loss of skin tension through the special action of active ingredients. Effectively accelerates reduction of cellulite nodules and helps to combat the accumulated fat tissue of the abdomen, thighs and hips.



treatment time: 80 min.



treatment price: 270 pln

Happy Hands

hand nourishment

The regenerative treatment for the hands begins with the application of a soothing and repairing exfoliating mask that perfectly nourishes and smoothes the skin. Then, a massage based on a specialized cream, which includes snail protein filtrate, jojoba oil, hyaluronic acid, shea butter and rice oil, will effectively smooth and regenerate tired hand skin.



treatment time: 30 min.



treatment price: 70 pln

Baby Feet

smoothing feet

An ideal treatment for dry, cracked and excessively calloused feet, aimed at regenerating them and restoring their natural softness. The treatment uses active ingredients with a strong exfoliating effect. Colloidal flour with strong softening and soothing properties creates a protective filter on the skin to counteract dryness and cracking of the skin, restoring its softness and comfort.



treatment time: 30 min.



treatment price: 70 pln

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RITUALS FOR BODY AND SOUL

Original ritual based on shea butter

The ritual begins with an aromatic peeling to prepare the skin as best as possible to receive all the nutrients. The next step – a massage based on 100% shea butter – combines relaxing and therapeutic techniques, and the miraculous effect of the spread will take care of everything that requires care, sensitivity and regeneration.



treatment time: 70 min.



treatment price: 250 pln

Ritual „grapefruit explosion”

The unique action of grapefruit combines a slimming and anti-cellulite effect. The treatment begins with a delicate fruit peeling. Then the applied mask, combined with a relaxing massage, causes long-lasting hydration and silky smoothness.



treatment time: 75 min.



treatment price: 270 pln

Ritual „linden relief”

An unusual soothing and deeply moisturizing ritual, especially recommended for sensitive skin. A gentle massage, preceded by a sugar peeling, soothes and calms the sensitive skin, and the mask applied at the end firms and regenerates it.



treatment time: 75 min.



treatment price: 270 pln

Ritual „jasmine romance”

The subtle aroma of jasmine will soothe your thoughts and ease any tension. The treatment begins with a velvety peeling, which provides gentle exfoliation and smoothing. After that aromatic butter will intensely regenerate and nourish the skin.



treatment time: 75 min.



treatment price: 270 pln

Ritual „silky smooth”

Deep hydration, silky shine and rejuvenation are just a few properties of this unique treatment. It begins with a peeling rich in silk proteins, which perfectly improve the level of skin hydration. At the end, a nourishing massage based on a luxurious milk will leave the skin smooth and moisturized.



treatment time: 75 min.



treatment price: 270 pln

MEN'S ZONE

Cell Detoxium Men

cleansing and detoxifying face treatment for men

A deeply cleansing treatment dedicated to men, which increases the vitality of cells thanks to the CELL DETOXIUM complex. This active ingredient detoxifies cells and stimulates the elimination of toxic substances. For pure and balanced skin ready for regeneration.



treatment time: 50 min.



treatment price: 260 pln

Detox Body Men

detoxification treatment for men

An intensely detoxifying treatment for tissues that are heavy and poorly oxygenated due to accumulation of toxins. Perfect for people experiencing heavy legs and water retention.



treatment time: 70 min.



treatment price: 250 pln

Ritual „the power of relaxation”

cleansing and relaxing ritual for men

An extremely pleasant and relaxing ritual consisting of peeling and massage. Perfectly cleanses the skin of toxins and exfoliates dead epidermis, preparing it for a dose of nourishing substances. The ritual ends with a relaxing massage which relaxes tense muscles.



treatment time: 75 min.



treatment price: 270 pln

Detailed information on treatments and used cosmetics are available at the SPA staff and at spa@navigatorhotel.pl

MASSAGES

Classic massage

Classic massage effectively removes muscle tension, improves well-being and gives you complete relaxation. It consists of many tricks that effectively affect the tensions associated with stress and everyday activities.



treatment time: 50 min.

treatment time: 25 min.



treatment price: 180 pln

treatment price: 110 pln

Massage with candle oil

A unique massage performed with warm candle oil, consisting of natural ingredients. The soothing warmth and relaxing scent not only relax the muscles, but also have a positive effect on the mind and soul. Thanks to the ingredients contained in the oil, the skin becomes soft to the touch and perfectly moisturized.



treatment time: 60 min.

treatment time: 30 min.



treatment price: 200 pln

treatment price: 140 pln

Hot stones massage

Extremely calming and relaxing massage with the use of heated basalt stones. Pleasant warmth of stones and smooth movements effectively eliminate stress and its negative effects.



treatment time: 60 min.

treatment time: 30 min.



treatment price: 200 pln

treatment price: 140 pln

Body peeling

Before each massage, we recommend a peeling that will perfectly cleanse, smooth and prepare the skin to receive all the nutrients during the selected treatment.



treatment time: 25 min.



treatment price: 100 pln

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SPA ZONE REGULATIONS

1. Please come to the SPA treatments 10 minutes before the agreed time of the visit. If the Guest is late for the treatment, the delay time will be deducted from the total treatment time.
2. SPA is a zone of silence and relaxation, so please:
 - don't use a mobile phone
 - don't smoke
 - don't take alcoholic beverages or other intoxicants while staying within the SPA
3. In order to increase the effectiveness and safety of treatments, we recommend:
 - inform the therapist about any contraindications before the procedure
 - use the swimming pool, jacuzzi and saunas always before treatments
 - avoid heavy meals at least one hour before the treatment
 - avoid depilation at least one day before treatment
4. The most comfortable outfit for the person going to the treatment is a bathrobe. Treatment underwear will be prepared in the treatment room.
5. The SPA staff reserves the right to discontinue the treatment if they encounter inappropriate behavior.
6. Hotel Navigator Guests may decide to transfer the costs of SPA products and treatments to the account of the room in which they are checked-in. This invoice will be paid on departure from the hotel.
7. Guests using only the SPA and not checked-in at the hotel pay their bill at the hotel reception – immediately after the end of the treatment.
8. We recommend booking the treatments at least a few days before the planned date. The treatment is booked after the service checks the availability of the dates.
9. Treatments are intended for people over 16 years old.
10. The hotel is not responsible for items left by guests in the SPA area.
11. Guests using SPA services simultaneously accept the applicable regulations.

Treatment reservations:

spa@navigatorhotel.pl