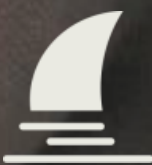


EN

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

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: 60 min.



treatment price: 289 pln

Hydrating treatment 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: 60 min.



treatment price: 319 pln

Brightening and smoothing treatment

A treatment aimed at people with grey, uneven complexion lacking radiance. It causes immediate skin brightening and smoothing. The skin is healthy and cleansed of dead cells and toxins.



treatment time: 60 min.



treatment price: 299 pln

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: 60 min.



treatment price: 329 pln

Cleansing treatment with green clay

A treatment dedicated to mixed, polluted skin with dilated pores. Effectively restores balance, proper production and release of sebum, reduces irritation and combats imperfections.



treatment time: 60 min.



treatment price: 319 pln

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

BODY TREATMENTS

Toxin cleansing 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: 80 min.



treatment price: 299 pln

Firming and shaping 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: 90 min.



treatment price: 349 pln

Treatment against stretch marks

An innovative treatment for those with loss of skin elasticity and stretch marks. This treatment protects collagen and elastin fibres from degradation. The treatment counteracts skin laxity caused by the passage of time and changes in body weight.



treatment time: 90 min.



treatment price: 349 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: 30 min.



treatment price: 129 pln

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

RITUALS

Ritual „Young birch buds”

The ritual with young birch buds extract perfectly moisturises and regenerates the skin and reduces swelling. The peeling, enriched with vitamins and minerals, gives the skin a smoothing and moisturising sensation, giving it a healthy glow. The skin after the massage is soft, smooth and pleasant to the touch.



treatment time: 75 min.



treatment price: 299 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: 299 pln

Ritual „Aromatic vegan plum ”

The ritual begins with a scrub based on cane sugar with a marzipan aroma, giving the skin a smoothing sensation. The treatment aims to moisturise and restore the epidermis. The products used in the ritual are 100 % natural and vegan. The final stage of the ritual is a full body massage with natural oil rich in acids and vitamins.



treatment time: 90 min.



treatment price: 349 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: 299 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: 90 min.



treatment price: 349 pln

MEN'S ZONE

Cell Detoxium 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.

 **treatment time:** 60 min.

 **treatment price:** 289 pln

Detox Body 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:** 80 min.

 **treatment price:** 299 pln

Ritual „the power of relaxation”

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:** 299 pln

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

MASSAGES



Relaxation massage

Massage effectively removes muscle tension, enhances well-being and gives total relaxation.

 **treatment time:** 30 min. / 60 min.  **treatment price** 119 pln / 219 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:** 30 min. / 60 min.  **treatment price** 119 pln / 219 pln

Hot stone massage

An extremely calming and relaxing massage using heated basalt stones. The pleasant warmth of the stones and the smooth movements effectively eliminate stress and its negative effects.

 **treatment time:** 30 min. / 60 min.  **treatment price** 139 pln / 239 pln

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:** 20 min. / 50 min.  **treatment price** 129 pln / 229 pln

Neck and head massage

This massage is extremely relaxing and relieves tension in the shoulder and neck.

 **treatment time:** 20 min.  **treatment price** 129 pln

Face massage

An intensely invigorating facial massage that improves skin micro-circulation for more oxygenated skin and a radiant and healthy appearance.

 **treatment time:** 30 min..  **treatment price** 119 pln

Foot massage

A pleasant and relaxing massage that stimulates the receptors responsible for the various body parts and organs.

 **treatment time:** 30 min.  **treatment price** 99 pln

Szczegółowe informacje dotyczące przebiegu zabiegów oraz użytych kosmetyków dostępne u obsługi SPA oraz pod adresem spa@navigatorhotel.pl

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