



SPA Treatments Pricelist

SANDRA SPA HOLIDAY COMPLEX IN KARPACZ

Preislist valid from 01.01.2020



Welcome to the land of relax...

SPA is the movement of water, smell of oils, heat of sauna, massage, relax. Forget about the problems, restore the harmony of your body and soul. You will be back from this journey with a beautiful body, but also with a rejuvenated soul and an additional burst of vital energy.

BASIC TREATMENTS

Cleansing treatment	from 200 PLN
Microdermabrasion	220 PLN
Cavitation peeling	170 PLN
Normalising treatment	200 PLN
Moisturising treatment	200 PLN
Nourishing treatment	200 PLN
Soothing treatment	200 PLN
Illuminating treatment	240 PLN

ENRICHED TREATMENTS

Moisturizing and smoothing treatment	240 PLN
Revitalizing treatment "Pure vit C"	350 PLN
Moisturising and soothing treatment	240 PLN
Anti-ageing treatment	260 PLN
Lifting treatment	240 PLN
NEW! Anti-wrinkle treatment	240 PLN
Regenerating treatment	240 PLN
"Anti-smog" treatment	400 PLN
NEW! Vitamin A treatments	280 PLN
DERMATOLOGIQUE treatment	280 PLN
NEW! Oxy oxygenating treatment	260 PLN
Face massage	80 PLN





MODELLING TREATMENTS

Modelling treatment	260 PLN
Detoxifying treatment	260 PLN
Slimming treatment	260 PLN
Firming treatment	260 PLN
Regenerating treatment	260 PLN
Drainage treatment	260 PLN

CARE TREATMENTS

Coffee treatment - slimming	260 PLN
Chocolate treatment - relaxing	260 PLN
"Goat milk & lychee" treatment - nourishing	260 PLN
Grape treatment - anti-ageing	260 PLN
Hammam - oriental cleansing treatment	320 PLN
Body peeling	140 PLN

MASSAGES

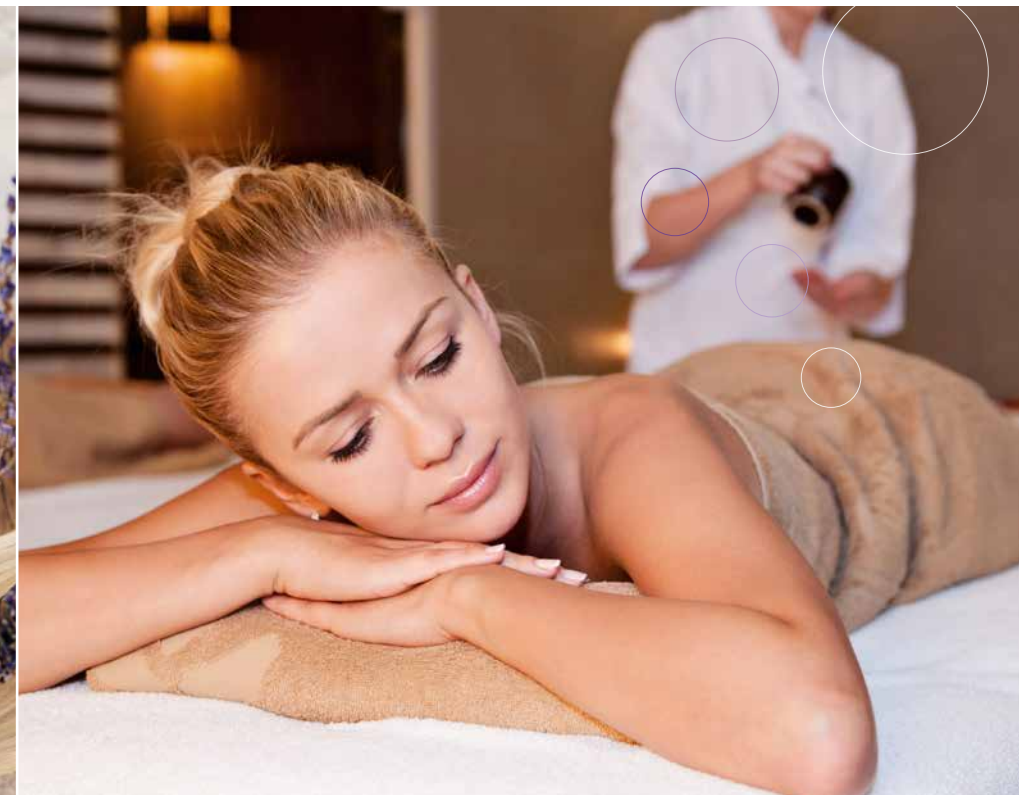
Stone massage	200 PLN
Partial stone massage	100 PLN
Stamp massage	220 PLN
Massage with aromatherapy	160 PLN
Touch of the sun - warming massage	80 PLN

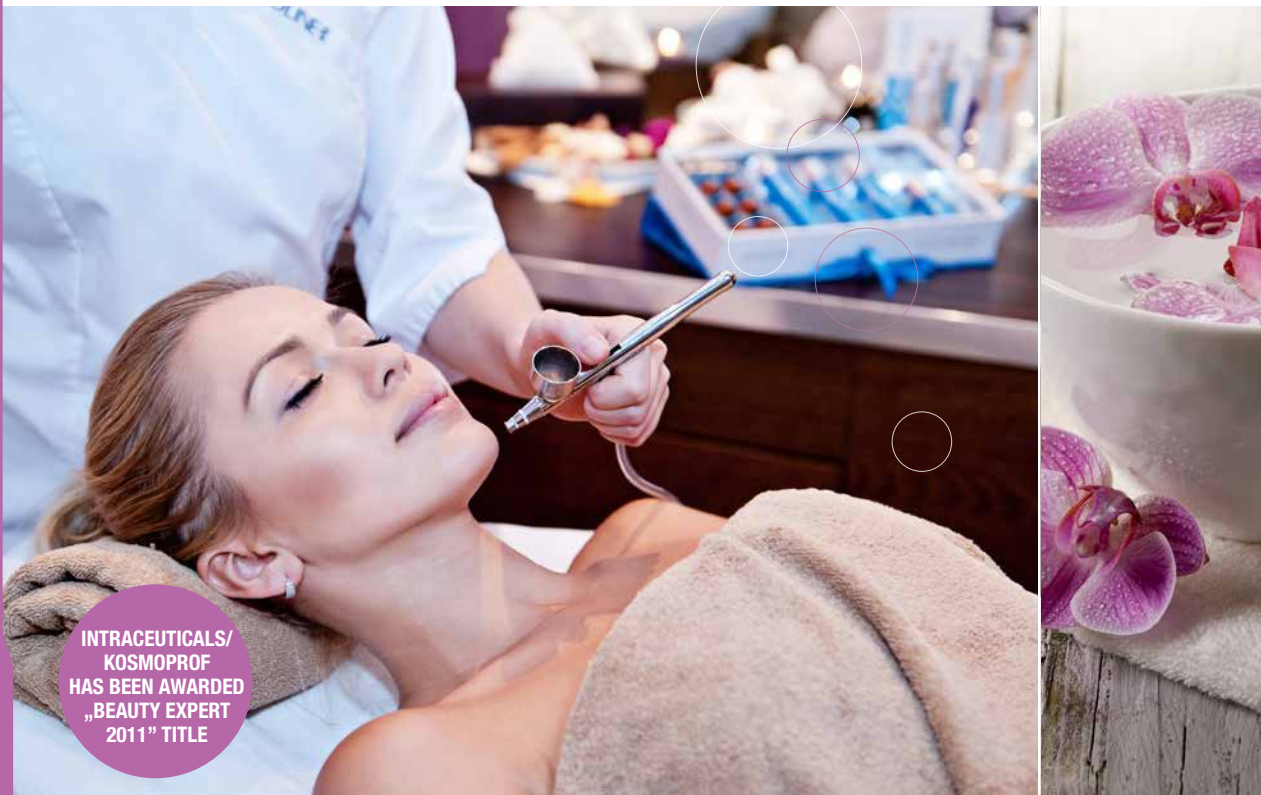
BODYCARE MESSAGES

Complete candle massage	160 PLN
Partial candle massage	80 PLN
Complete relaxation massage + body peeling	270 PLN
Slimming massage + body peeling + ampule	250 PLN
Slimming massage + ampule	200 PLN

MANUAL MESSAGES

Complete classic massage	150 PLN
Partial classic massage	80 PLN
Complete relaxation massage	140 PLN
Anti-cellulite massage	100 PLN





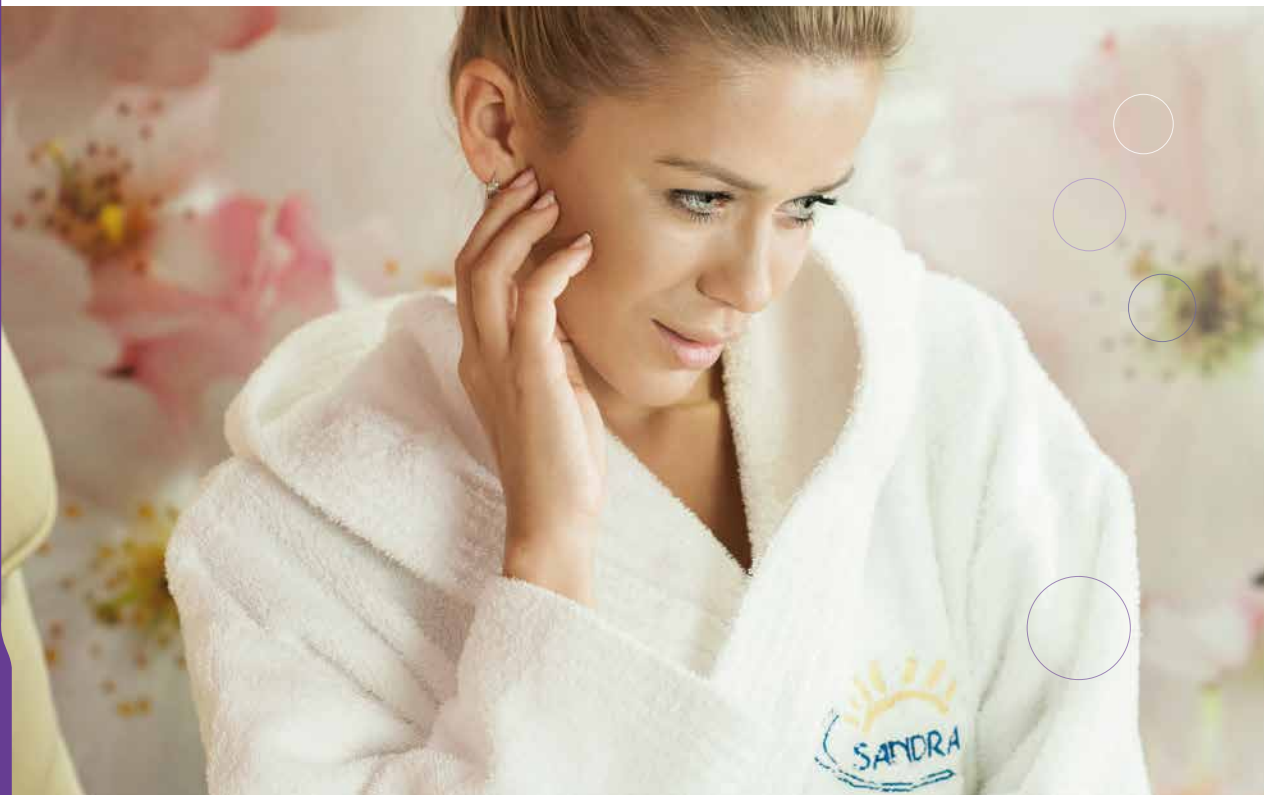
INTRACEUTICALS/
KOSMOPROF
HAS BEEN AWARDED
„BEAUTY EXPERT
2011” TITLE



INTRACEUTICALS – NON-INVASIVE METHOD OF FACE AND CLEAVAGE SKIN REJUVENATION

“Rejuvenate” treatment, rejuvenating and moisturising	430 PLN
Booster treatment (vitamin C + 3, vitamin A, collagen, oxy)	430 PLN
“Atoxelen” treatment, reducing mimic wrinkles	370 PLN
“Rejuvenate” treatment + “Atoxelen” treatment	650 PLN
 NEW! Retouch peptide programme	 280 PLN





**ZAFFIRO ITP ESTHÉTIQUE – THE LATEST WORLD TECHNOLOGY
FOR COLLAGEN FIBER RENOVATION DUE TO ZAFFIRO TERMOLITING**

"Zaffiro" treatment for face and neck	900 PLN
"Zaffiro" treatment for face, neck and cleavage	1150 PLN
"Zaffiro" treatment for cleavage	500 PLN
"Zaffiro" treatment for hands	630 PLN
"Zaffiro" treatment for arms	730 PLN
"Zaffiro" treatment for stomach	850 PLN
"Zaffiro" treatment for the inner part of thighs	850 PLN
"Zaffiro" treatment above knees	850 PLN
"Zaffiro" buttocks treatment	1300-1600 PLN

Buying the package of 4 treatments -15% DISCOUNT
Mixing Intraceuticals and Zeffiro treatments -10% DISCOUNT





VEGAN TREATMENTS

Moisturising and revitalising treatment

280 PLN

Rejuvenating and anti-aging treatment

290 PLN

Fell up whole-body treatment

260 PLN

Conditioning massage

160 PLN





icoone®

Each treatment begins with a basic 20-minute whole body program with a carefully selected therapeutic program tailored to the patient's individual needs, skin condition, and cellulite type (water stagnation, cellulite, fibrous, vascular skin, delicate, loose).

ICOONE WHOLE BODY TREATMENT (40 MIN.)

1 x basic treatment (20 min.)	
2 x focus program for selected body part (10 min.)	
Extra focus (10 min.)	45 PLN
Treatment wear	50 PLN

THE PERFECT TREATMENT FOR ALL YOUR BODY'S NEEDS

ICOONE – facial treatment (40 min.)	220 PLN
ICOONE – body treatment (40 min.)	240 PLN

ICOONE BODY PACKAGES

6 treatments (treatment wear FREE!)	1 300 PLN
12 treatments (treatment wear FREE!)	2 500 PLN

ICOONE FACIAL PACKAGES

6 treatments	1 200 PLN
12 treatments	2 300 PLN

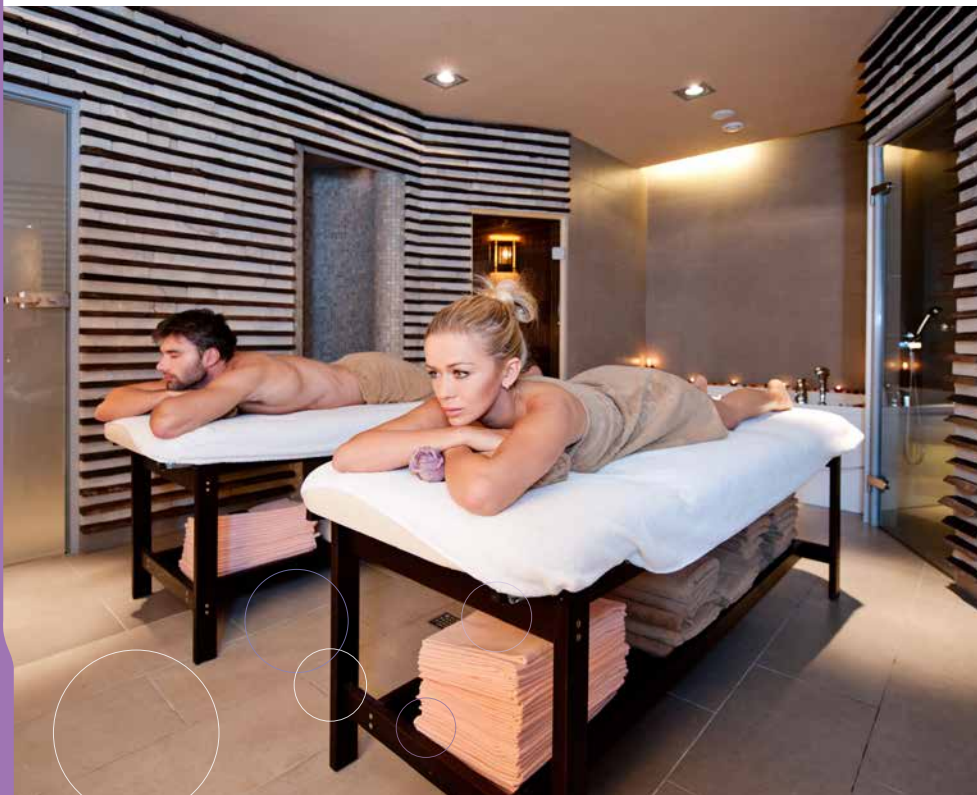
HANDS AND FEET CARE

Manicure without painting	60 PLN
Manicure with conditioner	75 PLN
French manicure	90 PLN
Vinyl manicure	80 PLN
Pedicure without painting	100 PLN
Pedicure with conditioner	110 PLN
French pedicure	110 PLN
Vinyl pedicure	110 PLN
SPA Manicure (peeling, massage, mask)	130 PLN
SPA Pedicure (peeling, massage, mask)	150 PLN
"Beautiful hands" treatment	80 PLN
"Light legs" treatment	120 PLN
Painting nails	30 PLN
Hybrid removal	35 PLN

ADDITIONAL TREATMENTS

Eyebrow and eyelash henna with regulation	40 PLN
Eyebrow regulation	25 PLN
Full legs depilation	150 PLN
Partial depilation	70 PLN
Partial depilation (moustache, beard)	25 PLN
Partial depilation (back, breast)	70 PLN





SPA FOR TWO about 90 min.

Wonderful moments by candlelight
 Bottle of sparkling wine
 Fruits
 Steam bath
 Dry sauna
 Shower experience
 Aromatic bath
 Body peeling
 Relaxation massage (partial)
 Package price: 550 PLN (2 persons)

AROMAS OF THE WORLD about 150 min.

Wonderful moments by candlelight
 Bottle of sparkling wine
 Fruits
 Steam bath
 Dry sauna
 Shower experience
 Aromatic bath
 Body peeling
 Massage with aromatherapy
 Package price: 900 PLN (2 persons)

ROMANTIC SPA about 180 min.

Wonderful moments by candlelight
 Bottle of sparkling wine
 Fruits
 Steam bath
 Dry sauna
 Shower experience
 Aromatic bath
 Body peeling
 Full candle body massage
 Body mask
 Package price: 1 050 PLN (2 persons)

RELAXATION SPA about 150 min.

Wonderful moments by candlelight
 Bottle of sparkling wine
 Fruits
 Steam bath
 Dry sauna
 Shower experience
 Aromatic bath
 Regenerative face massage with peeling
 Relaxing massage
 Package price: 800 PLN (2 persons)

PACKAGE NO. 1

Whole body scrub
Whole body massage
Face massage
Price: 350 PLN (approx. 100 min.)

PACKAGE NO. 2

Whole body scrub
Whole body massage
Face treatment
Price: 470 PLN (approx. 135 min.)

PACKAGE NO. 3

Body treatment
Whole body massage
Face massage
Price: 430 PLN (approx. 120 min.)

PACKAGE NO. 4

Body treatment
Face treatment
Whole body massage
Price: 530 PLN (approx. 165 min.)

PACKAGE NO. 5

Body treatment
Whole body massage
Price: 350 PLN (approx. 90 min.)





MASSAGES

Partial healing massage 15 min.	40 PLN
Chinese cupping spine massage 25 min.	80 PLN
Manual lymphatic drainage 30 min.	80 PLN
Lymphatic drainage "BOA" - 30 min.	45 PLN
VITALAX massage mattress 15 min.	15 PLN
Anti-cellulite ice massage 15 min.	35 PLN
Regenerative ice massage (analgesic) 10 min.	25 PLN

PHYSIOTHERAPY

TENS currents 15 min.	18 PLN
Diadynamic 3x 3 min.	18 PLN
Ionophoresis 15 min.	18 PLN
Galvanization 15 min.	18 PLN
Vacuum massage 15 min.	18 PLN
Vacuum massage + Interdyn 15 min.	22 PLN
Ultrasound 6-8 min.	18 PLN
Phonophoresis 6-8 min.	22 PLN
Cryotherapy - local 3 min.	12 PLN
Laser therapy 1-7 min.	18 PLN
Magnetotron - magnetotherapy 15 min.	18 PLN

BALNEOTHERAPY AND HYDROTHERAPY

Peat - partial paste lubricating 20 min.	45 PLN
Peat - partial slices 20 min.	35 PLN
Peat bath 20 min.	70 PLN
Whole body pearl-ozone bath 15 min.	30 PLN
Lower limb whirlpool bath 15 min.	25 PLN

LIGHT THERAPY

Sollux 15 min.	12 PLN
Bionic- ZEPTER 7 min.	18 PLN

NATURAL MEDICINE

HOPI candles 30 min.	45 PLN
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Prior to using the services offered at Sandra SPA users are obliged to familiarise themselves with the Terms & Conditions, as well as to follow its regulations during their stay at the SPA. The user of the Sandra SPA services is assumed to have acknowledged these Terms & Conditions.

1. Within the premises of Sandra SPA the users agree to conduct themselves in a quiet fashion. The visitors are requested to hold conversations in a voice that allows other users to enjoy relaxation and leisure.
2. Individuals in poor health or physical condition, as well as pregnant women should use SPA services with utmost caution accordingly to their condition.
3. Should the visitor arrive late for his/her appointment, the delay time is deducted from the total treatment time.
4. In order to ensure safety for the SPA users and improve the effectiveness of treatments it is vital that the user informs the SPA employee prior to the treatment of:
 - any taken medications,
 - past diseases,
 - cardiovascular diseases (thrombosis, varicose veins),
 - allergies,
 - pregnancy.
5. The SPA services shall not be used by:
 - individuals under the influence of alcohol, psychoactive substances and other narcotic drugs,
 - individuals with open wounds or acute inflammation of the skin.

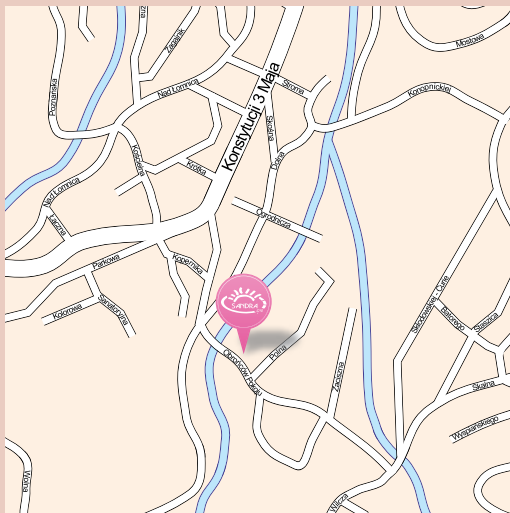
Sandra SPA also recommends:

- to arrive for body treatments/massages in a robe and pool shoes,
- to avoid large meals for at least an hour before the treatment,
- to avoid sunbathing directly before and after the treatment,
- to drink a lot of non-carbonated water after the treatment.

6. Should the user behave inappropriately, the therapist can abort the treatment.
7. Cancellation and rescheduling policy:
 - **individual and group bookings:**
The SPA reception desk personnel should be informed about a cancellation or rescheduling of an individual booking at least 8 hours prior to the booked appointment, whereas in the case of group bookings, the SPA reception desk personnel requires a 72 hours' notice to cancel or reschedule. In the case that an appointment is not cancelled within the specified time limit or the user fails to inform the SPA reception desk about the cancellation, the SPA reception desk reserves the right to charge 60% of the total cost of the booked service to the individual user and 100% of the total cost to the group user.
 - **external bookings:**
Visitors from outside Sandra SPA should settle a prepayment of 50% of the treatment cost.
8. All complaints should be reported to the SPA personnel in the course of treatment or directly after the treatment on the same day. Complaints reported after the specified time limit should not be accepted or investigated.

Ask our expert about customised treatments and book an appointment at our Spa

Date	Time
Treatment 1	
Treatment 2	
Treatment 3	
Treatment 4	
Treatment 5	



SANDRA SPA

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58-540 Karpacz

Booking

+48 75 75 19 151
+48 75 75 19 152
+48 75 75 19 153

Cosmetic reception counter

+48 75 75 19 441

Swimming pool reception counter

+48 75 75 19 280

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www.sandraspa.eu
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