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# SPA MENU

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## LET US TAKE YOU TO THE WORLD OF THE ORIENT

Plunge into the unique atmosphere of the Bali Spa, envelope yourself in the sensual fragrance of Asian aromatherapy oils, feel the soothing touch of therapists from the island of Bali.

The cosy Farmona Business & Spa Hotel, located in a picturesque old park, constitutes an oasis of peace, where 60 guests can rest in comfortable conditions. The hotel Wellness & Spa offers a wide range of beauty treatments carried out only with the use of natural products. The guests have a choice of treatments based on the achievements of both European and Far East natural medicine.

Here the symbiosis with nature and the belief in the fact that it is an inexhaustible source of beauty, harmony and relaxation form the basis for the philosophy of the Farmona Natural Cosmetics Laboratory. Wellness & Spa has been designed in line with the Chinese Feng Shui principles. The furniture was hand-made by the artists on the island of Bali, regarded as the Asian capital city of SPA.

The tinkling of the stream running across the stone floor, the power of nature from the hundred years old trees in the old park surrounding SPA, the aromatherapy fragrance of natural essential oils and relaxation music favour the peace and balance. It is here where the Indonesian therapists, the graduates from the best schools of massage and natural therapy on the island of Bali take care of your body, mind and soul.

The majority of Asian rituals is based on the author's prescriptions and techniques of massage and the products used in them originate from the most distant beauty spots of the world: China, Laos, Indonesia and Sri Lanka. Many of them are prepared directly before the treatment, based on plant extracts, herbs and exotic spices. In classical face and body treatments we combine the modern achievements of cosmetology, spectacular treatment of products of the best brands in the world, as well as the healing power of crystal clear water from the source surging in the park.



## EXCLUSIVELY IN FARMONA WELLNESS & SPA:

- ✦ Indonesian therapists, graduates from the best schools of massage and natural therapy on the island of Bali
- ✦ An exclusive programme designed by Bali's best therapists exclusively for Farmona Wellness & Spa.
- ✦ Original, known for thousands of years, treatments from the Indonesian Archipelago, available exclusively for the members of royal families in days gone by
- ✦ Mud bath, sauna, a Turkish hammam, traditional Thai herbal bath
- ✦ Classical and oriental body massages
- ✦ Exclusive face treatment Menard
- ✦ A well-shaped body programme Diego Dalla Palma
- ✦ Cinq Mondes rituals inspired by ancient cultures from all over the world
- ✦ Comprehensive face and body treatment, for men and women, based on Farmona System Professional products.

## SPA OPENNING HOURS:

- ✦ Monday - Sunday from 9 a.m to 9 p.m.

## INFORMATION AND RESERVATIONS:

- ✦ +48 12 252 70 20



MASSAGES

The phenomenon of human touch was discovered thousands of years ago in eastern countries. Numerous schools of massage were established there, each of which is distinguished with a unique nature. The Indonesian school is singled out with the holistic approach to the work on the body. The massage is understood in it as a peculiar experience which brings about physical and mental regeneration and activates vital internal forces.

**FOUR-HAND  
GALANGAN MASSAGE**

**PRICE:** 290 pln

Time: 60 min.

The luxurious massage is made simultaneously by two therapists in the rhythm of traditional Bali music. It combines relaxing and energising properties.

**GUNUNG KIDUL  
HOT STONES MASSAGE**

**PRICE:** 290 pln

Time: 90 min.

The massage is started with a warming-up massage with oil, then the massage with stones is carried out. It stimulates the vascular system and lymphatic system, it balances

energy and has a deep effect on the muscular tissue. It is perfect for rheumatic pains, migraine and disorders in menstruation.

### JAVA AROMATHERAPY MASSAGE

It includes the elements of Ayurveda and traditional Chinese medicine. A massage that soothes and

PRICE:

290 pln

Time: 90 min.

relaxes. It improves one's sense of well-being and physical condition.

### LOMI LOMI

Intuitive body massage, women dedicated. The therapist uses the soft part of the forearms to make slow, smooth and repetitive movements. This produces a feeling of well-being, serenity and calmness. The massage has

PRICE:

270 pln

Time: 75 min.

a rejuvenating effect by stimulating the lymphatic and the circulatory system. It detoxifies the body and boosts the metabolism.



### SA MOON PRAI MASSAGE WITH HERBAL STAMPS

At first, when the stamps are very hot, the masseuse shortly touches and presses certain places on the body. As the stamps get cooler, the massage gets more intensive. Additionally, Thai herbal ointment brings relief to sore,

**PRICE:** 250 pln / 300 pln

Time: 60 min. / plus Thai herbal bath 90 min.

swollen feet, giving a warming and stimulating effect. The massage is recommended for spinal problems, migraines and neck and arms tension.

### BALI MASSAGE

Massage combining the elements of a few Asian techniques, among others, Ayurveda, the Chinese acupressure and the relaxing massage typical of

**PRICE:** 250 pln

Time: 60 min.

the island of Bali. The smooth yet strong and deep strokes of the therapist bring about holistic renewal.

### CLASSIC MASSAGE

It favourably affects the condition of the skin and muscles, it reduces the symptoms of fatigue and stress. Depending

**PRICE:** 180 pln

Time: 45 min.

on the performance technique it can have a calming or stimulating effect.



**LYMPHATIC DRAINAGE**

**PRICE:** 180 pln

Time: 60 min.

A specialist massage with healing properties, considering selected body areas. It improves the work of the lymphatic

system and removes swelling. It is perfect in the fight against cellulite and purifying the body of toxins.

**BALINESE MASSAGE OF BACK, SHOULDERS AND NECK**

**PRICE:** 180 pln

Time: 45 min.

A massage is especially beneficial for those under stress with a sedentary lifestyle. It relieves muscle tension in the neck and arm area, as well as ameliorating pain in the

lumbar region of the spinal column.



**REFLEXOTHERAPY**

**PRICE:** 150 pln

Time: 45 min.

A healing feet massage coming from China. The knowledge of reflexes is used in them: the energetic points combined with the use of energetic channels

are placed on all types of internal organs in the human body. The pressure and massage of these points stimulates the work of the internal organs.



## BALINESE

An exclusive programme designed by Bali's best therapists and Buddhist monks exclusively for Farmona Wellness & Spa. The prescriptions and techniques used in rituals have been known for thousand of years. Centuries ago they were available only for the members of royal families residing in modern day Indonesia. Their essential part is Balinese massage, nice complement are body masks and scrubs based on a blend of oriental flowers and spices.

### JAVANESE LULUR ROYAL LOVE RITUAL

massage | peeling | head and face massage | bath

A relaxing ritual begins the traditional Bali massage with the use of jasmine oil. The subsequent step is a body peeling based on the Java Lulur the mixture of pounded rice,

PRICE:

360 pln

Time: 120 min.

Balinese imbir, tamarind seeds, and a bath. It is also a unique experience for couples who, in the Bali room for two, can undergo the sensual ritual together.

### VANILLA MOCCA SWEET RITUAL

massage | peeling | head and face massage | bath

The ritual covers a traditional Bali massage based on orange oil, peeling with the use of a mixture of Balinese Robusta coffee and cocoa, a bath

PRICE:

360 pln

Time: 120 min.

with the addition of vanilla milk.

### TOUCH OF GODDESS DEVI SRI

massage | peeling | head and face massage | bath

A deep peeling with detoxifying properties based on Mangir. The ritual starts with a Bali massage, a deep peeling with detoxifying properties based on Mangir the mixture

**PRICE:**

360 pln

Time: 120 min.

of pounded rice, tumeric, Chinese ginger and sandal tree. It finishes with herbal bath.

## CINQ MONDES

The rituals consist of massages and professional cosmetic products inspired by ancient cultures from all over the world, and they are unique because of their finesse and sensuality. In search of natural beauty, they encompass cosmetic formulas which are free from parabens, artificial dyes, silicone or mineral oils. They contain ingredients of exclusively natural and organic origin.

### MAGHREB RITUAL

steam bath | peeling | mask | massage

The ritual is based on traditional north-African body treatment methods. It deeply purifies, smoothes out and calms the senses. The treatment starts with steam bath and deep body peeling with the use of black

**PRICE:**

300 pln / 350 pln

Time: 90 min / plus Thai herbal bath 120 min.

African Beldi soap, rubbing with a special Kassa glove. Then a mud Rassoul mask is put on the entire body. The ritual is crowned with an aromatic north-African massage.

### BENGALORE RITUAL

peeling | massage

The ritual commences with a peeling consisting of sea salt, ground almonds, cinnamon and vanilla oil mixture. The peeling is followed by a deep, rhythmical massage

**PRICE:**

300 pln

Time: 90 min.

with cardamom and vanilla oil and utilises elements of Ayurveda. It has regenerating and purifying properties.

### SIAM RITUAL

peeling | massage

The ritual commences with a peeling consisting of papaya seeds, coconut powder, diatomaceous earth and kemiri oil mixture. The peeling is followed by a relaxing massage

**PRICE:**

300 pln

Time: 90 min.

with delicate, smoothening movements, with Tamanu nut lotion. It has relaxing and soothing properties.



## BALINESE

Bali, known as “the island of gods and demons”, has been famous for its beautifying treatments for thousands of years. Their secret lies in the richness of natural elements and the unique manual techniques used during the treatments. The compositions of oriental herbs, spices and plant extracts suspected of magical properties open the way to the world of beauty which western cosmetology has tried to fathom for hundreds of years.

### MANGIR A DEEP DETOX

massage | peeling | head and face massage

The treatment consists of a traditional Balinese massage, peeling with the use of a Mangir mixture of rice powder, tumeric, wild ginger and sandalwood, head and facial

PRICE:

300 pln

Time: 90 min.

massage as well as application of a nourishing body cream. It has astringent and anti-inflammatory properties.

### EARTH AND FLOWERS

massage | mask | head and face massage

The Earth and Flowers mask is a mixture of pure white clay, cut roses and cinnamon bark. It has perfect purifying, brightening and improving skin texture properties. The ritual starts with a traditional Bali massage, then the mask

PRICE:

300 pln

Time: 90 min.

is put on the entire body. After that a massage of the face and skin of the scalp is made. It's finishing with the application of nutrient body cream.

## BOREH FROM THE ISLAND OF BALI

massage | mask | head and face massage

The treatment starts with a traditional Bali massage, then the warming Boreh mask the mixture of pounded rice, cinnamon bark and anise is put on. After that a massage

**PRICE:**

300 pln

Time: 90 min.

of the face and skin of the scalp is made. It's finishing with the application of nutrient body cream. Perfect for arthritis and muscle pain.

## FARMONA

Skincare treatments by Farmona Natural Cosmetics Laboratory combine modern developments in cosmetology with the skincare properties of natural plant ingredients, spices, herbs and essential oils. The abundance of pleasing aromas and gentle textures makes each treatment a real caress for the senses.

## ACAI REFIRM

massage | peeling | mask | body butter

A firming and oxygenating treatment with an extract of acai berries. Intended for those suffering from skin flabbiness, cellulite, and poorly oxygenated skin. It models the body,

**PRICE:**

290 pln

Time: 105 min.

distinctly improving skin elasticity and flexibility.

## INDIA REVIVE

massage | peeling | mask | body lotion

A purifying and regenerating treatment with bamboo extract. Intended for contaminated, poorly nourished skin that has been exposed to the negative effects of external

**PRICE:**

290 pln

Time: 105 min.

factors. It is ideal whenever an immediate regenerative effect is required.

## AROMATIC HONEY

peeling | mask | massage

A nourishing and regenerating treatment based on natural ingredients such as honey, vanilla and orange. Intended for dry, dehydrated, rough skin that has been over-exposed

**PRICE:**

250 pln

Time: 90 min.

to sun or air-conditioning. It regenerates, moisturises and smoothens.



## DIEGO DALLA PALMA

A well-shaped body and skin bio-revitalisation programme. It has been developed by Italian scientists to remodel the body and remove excess fat tissue and orange peel. Specialised treatments and the pure patented ingredients will restore well-being by creating long-lived beauty.

### ANTI-CELLULITE

behavioural oil | sour peeling or smoothening scrub | foam | modelling bandage or modelling therapeutic peat | massage with draining cream

PRICE:

260 pln

Time: 70 min.

An intense and personalised treatment to counteract different forms of cellulite. It drains and models tissues, and smoothenes orange peel.

### SLIM DESIGNER

behavioural oil | sour peeling or smoothening scrub | foam | massage fluid | lifting mask | modelling bandage or modelling therapeutic peat | massage with a fluid

PRICE:

280 pln

Time: 80 min.

Models the body profile and reduces excess body fat. Stimulates draining while preventing the amount and

volume of new fat cells.

### FIRMING

behavioural oil | sour peeling | massage with fluid |  
shock ampoule | firming veil | body lifting cream

Challenges signs of ageing and loose skin. Provides a quick  
firming and lifting effect.

PRICE:

280 pln

Time: 80 min.

### PUSH UP

behavioural oil | sour peeling | concentrate enhancing  
flexibility | lifting mask | modelling mask | breast lifting  
cream

Effective when firmness of breast skin is lost, with  
strengthening properties, enhancing flexibility and  
working against stretch marks. Particularly suitable during

PRICE:

200 pln

Time: 45 min.

weight loss treatment and after a period of breastfeeding.  
Recommended in combination with the Anti-cellulite or  
Slim Designer treatment.





## MENARD

The top quality exclusive face treatment, radically counteracting the effects of ageing, is based on a thousand-year old tradition of Chinese medicine and the discoveries of Japanese biotechnology and cosmetology. Its main element is represented by patented extracts from black and red reishi mushrooms, efficiently renewing and rejuvenating skin cells.

### SUPREME AUTHENT TREATMENT

make-up removal | peeling | eye zone massage | face massage | Authent mask face, neck and decolletage | hand massage | final care | cosmetic consultation

Absolutely luxurious treatment which guarantees spectacular effect of filling up the wrinkles, firming and sculpting the face contours. An Authent mask stimulates the proliferation of stem cells in the epidermis and dermis. The treatment takes care of

PRICE:

600 pln

Time: 100 min.

the skin in multidimensional way: detoxifies and cleanses the cells in all layers of the skin, complements the deficiencies, moisturizes, nourishes, shapes, and above all, increases the number of cells to make the skin able to deeply regenerate itself.

### EMBELLIR LIFTING TREATMENT

make-up removal | peeling | face massage | collagen mask | hand massage | eye zone massage | eye zone mask | moisturizing mask | final care | cosmetic consultation

Comprehensive treatment with a strong lifting and moisturizing effect ensured by high content of hyaluronic acid and marine collagen. The effect is boosted by the strength of Black and Red Reishi mushrooms, which are

PRICE:

500 pln

Time: 100 min.

eliminating toxins cummulated inside the skin cells. For skin around the eyes there is a separate, specialistic massage, eyelids regain their elasticity, wrinkles around the eyes become less visible and filled up.

## EMBELLIR PURIFYING AND LIGHTENING TREATMENT

make-up removal | peeling | face massage | lightening mask | hand massage | eye zone massage | eye zone mask | moisturizing mask | final care | cosmetic consultation

Specialized treatment for skin with the problem of discoloration. Eliminates freckles and blemishes, prevents their recurrence in the future. Immediately rejuvenates dull complexion. Thanks to rare and

PRICE:

450 pln

Time: 100 min.

unique ingredients of Embellir, skin is completely regenerated and detoxified. The combination of eastern and western massage techniques ensures excellent relaxation and spectacular effects.

## SARANARI FIRMING TREATMENT

make-up removal | peeling | face massage | firming mask | hand massage | eye zone massage | eye zone mask | moisturizing mask | final care | cosmetic consultation

A comprehensive treatment that focuses on all causes of skin photo-ageing. It ensures optimum production and protection of collagen fibres and hyaluronic acid. A separate

PRICE:

380 pln

Time: 100 min.

massage is used for the skin around the eyes, which makes the wrinkles less visible and reduces shade and swelling.

## EMBELLIR STANDARD TREATMENT

make-up removal | peeling | face massage | moisturizing mask | hand massage | final care | cosmetic consultation

Renews and rejuvenates skin cells leaving the skin intensely hydrated, radiant and firm. Traditional Japanese shiatsu massage techniques stimulates the intracellular

PRICE:

300 pln

Time: 80 min.

microcirculation thus the skin is carefully nourished, wrinkles are reduced, swelling disappear and gray complexion brightens. Treatment is ideal for all skin types, especially for mature skin.

## TSUKIKA MOISTURISING TREATMENT

make-up removal | peeling | face massage | moisturizing mask | hand massage | final care | cosmetic consultation

A highly moisturising and revitalising treatment. Cereus extract improves cellular metabolism, whereas moisturising is ensured by the hyaluronic acid. The treatment combines

PRICE:

270 pln

Time: 70 min.

a firming massage and Japanese acupuncture techniques.

## EMBELLIR EXPRESS TREATMENT

make-up removal | short massage | final care

An express stimulating and nourishing treatment. It refreshes, revitalises and oxygenates skin. It utilises

PRICE:

150 pln

Time: 30 min.

the wealth of the Embellir line, in particular the potent extracts of black and red Reishi mushrooms.

## FARMONA

A complementary treatment programme intended for all skin types developed by Farmona Natural Cosmetics Laboratory. Under the watchful eye of renowned dermatologists and biotechnologists, excellent products have been developed, which are effective and safe to use.

## NEURO-LIFT+

make-up removal | peeling | concentrate | massage | bio-nanocellulose mask | cream

Dermo-lifting face treatment. Its main task is to smooth the skin out and improve skin firmness, as well as to regenerate the skin and support and sustain the effects of dermo-

PRICE:

220 pln

Time: 60 min.

cosmetic treatments. Prepared for women in their 40's, who wish for efficient and quick improvement of skin condition.

## ANTI-POLLUTION

make-up removal | peeling | concentrate | massage | two-phase mask | cream

Our skin is exposed daily to many harmful factors such as environmental pollution, air-conditioning, stress, UV radiation, cigarette smoke. The ideal solution to this problem is

PRICE:

220 pln

Time: 60 min.

AntiPollution treatment, based on the latest discoveries in cosmetology.

### HYDRA QUEST

make-up removal | peeling | massage | serum |  
algae mask | cream

Intensively moisturizing face treatment recommended for all skin types, regardless of age. The innovative combination of active ingredients moisturises deeply and extensively,

PRICE:

220 pln

Time: 60 min.

restoring comfort and satiating the thirst of even the most dehydrated skin.

### DERMAACNE+

make-up removal | peeling | mask | serum |  
concentrate | cream

Treatment helps to remove sebum, restore natural pH, shrink the pores, soothe inflammations. It provides naturally

PRICE:

220 pln

Time: 60 min.

beautiful matt skin.

### ANTI A.G.E.

make-up removal | peeling | activator | concentrate  
| two-phase mask | cream

Anti-glycation treatment for all skin types for 25+. It counteracts all changes related to glycation-related skin ageing: loss of firmness and flexibility, gentle lines

PRICE:

150 pln

Time: 45 min.

and wrinkles, yellow shades.

### CAVITATION PEELING

cavitation peeling | ampoule | short massage | cream

The cavitation peeling, which ensures optimum peeling and regeneration of the upper epidermis layers, improves micro-circulation and stimulates face muscles, is

PRICE:

100 pln

Time: 30 min.

recommended for each face caring treatment. It clearly smoothes, brightens and regenerates skin and prepares it to absorb nutritive elements better.

### THAI HERBAL BATH

Owing to its purifying properties, it is recommended as a detoxing treatment. Such herbs as Thai ginger, lemon grass and eucalyptus leaves work to enhance the removal of toxic substances, to soothe and relax. Additionally,

PRICE:

100 pln

Time: 30 min.

it has beneficial properties for diseases of the respiratory and circulatory system.

### CLAY SESSION IN THE MUD BATH

The treatment of body with the use of nutritive clays.

PRICE:

100 pln

Time: 30 min.

### CAVITATION PEELING

PRICE:

50 pln

### HAND CARE:

bath | peeling | mask | massage

Choice of:

-  Hands Repair, hydrating-regenerating treatment
-  Exotic Manicure, nourishing-smoothing treatment
-  Velvet Hands, smoothing treatment

PRICE:

70 pln

Time: 20 min.

### FOOT CARE:

bath | peeling | mask | massage

Choice of:

-  Nivelazione, antibacterial treatment
-  Smooth Feet, refreshing treatment

PRICE:

70 pln

Time: 20 min.

BODY PEELING

PRICE:

100 pln

Time: 30 min.

Choice of:

✦ Mangir

✦ Vanilla Mocca

✦ Javanese Lulur

✦ Acai

✦ Bamboo

✦ Aromatic Honey



