

So I landed a client and I offered to make a new website as his is from 2012 and it's pretty bad. We agreed that around a week from now we will meet up and I will show him the draft and if he likes it then I will make the visual design

Here is the Link to his page

<http://www.arcadiaspa.pl/index.php?l=1&p=1>

100 pushups

<https://rumble.com/v5179cw-100-pushups.html>

100 squats

<https://rumble.com/v52hfhk-100-squats.html>

100 pull ups

<https://rumble.com/v532h22-100-pull-ups.html>

4 questions

Business objective - Convert first time website visitors into paid clients

1. Who am I talking to?

- a. mostly women from Gdańsk between 35-50 year old
- b. They work throughout the day and they like to give themselves in for some pleasure from time to time.

2. Where are they now?

- a. they are at my website
- b. Market awareness 3 - Solution aware
- c. Market sophistication 5- Market is tired of everything
- d. Current State-
 - i. Tired with everyday life
 - ii. Low energy
 - iii. Muscle or bones pains
 - iv. they want to forget about stress
 - v. their thought are unorganized
 - vi. they want to feel young again
 - vii. They have more body fat then they would like to have
 - viii. Their skin isn't as smooth and beautiful as before
 - ix. They start to have wrinkles
- e. Dream State
 - i. Relaxed
 - ii. Calmed
 - iii. Organized thoughts
 - iv. Feels like an 18 year old again
 - v. not feeling the pain they used to
 - vi. Stretched
 - vii. escape from daily life

- viii. Looks like a young beauty
- ix. Low body fat
- f. CURRENT DESIRE - 5.5/10
- g. BELIEF IN IDEA - 6/10
- h. TRUST IN COMPANY/PERSON - 0/10

3. What do I want them to do?

- a. Wi Spa
 - i. Homepage + Sales Page
 - 1. Grab their attention
 - 2. get interested in my page
 - 3. book an appointment
 - ii. About us page
 - 1. Grab their attention
 - 2. Build trust in their company and connect with the reader
 - iii. The Wi Spa experience
 - 1. Grab their attention
 - 2. Do experience play
 - iv. Services page
 - 1. Grab attention
 - 2. boost desire and belief in product a little bit, and show them products you have to offer
 - v. News page
 - 1. Boost more trust in company
 - vi. Contact page
 - 1. Grab attention
 - 2. Make it easier for them to contact them
 - vii. Reservation page
 - 1. Book appointment
 - viii. Shop page
 - ix. My account page

4. What do they need to experience/think/feel to do that?

5. Wi Spa

- a. Homepage + Sales page
 - i. Grab their attention
 - 1. Simple CTA pops out to subscribe to email newsletter
 - 2. Photos on a whole screen
 - a. Beauty
 - b. Movement (the photos are slowly zooming in and changing)
 - c. Shiny
 - d. Elegant
 - e. Generally photos of their SPA
 - 3. CTA at the bottom
 - a. "Subscribe"
 - ii. get interested in my page

1. grab attention via BIG 'W'
 2. short introduction
 - a. Introduce mechanism
 - b. CTA
 - i. return often
 - c. Boost desire
 - i. ultimate relaxation and restoration
 - ii. in the heart of LA
 - iii. be transported worlds away by [their mechanisms]
 - d. Introduce cool products
 - e. Boost trust
 - i. Best Family Fun Spa – Los Angeles 2010
 - f. Handle objection
 - i. We have floor just for you
 - ii. Privacy, intimacy
 - g. "make it all about you"
 - h. Reduce cost
 - i. Boost desire but saying it is necessary
 - iii. book an appointment
 1. "Relax"
 - a. Build trust, boost desire and keep their attention
 - i. WORLD CLASS AMENITIES
 - ii. Photos of their spa
 1. Beauty
 2. Shiny
 3. Luxury(they care about it)
 2. CTA
 - a. **COME AND EXPERIENCE WI SPA**
 - b. come to SPA = get to the dream state
 - i. Inner and outer beauty, nurture your soul
 3. "Directions"
 - a. Reduce cost
 - i. Minutes away
 - ii. affordable
 - b. Tailor the experience
 - i. convenient
 - c. boost desire
 - i. place to de-stress and be pampered.
 - d. Address,email,phone
 4. SPA hours
 5. Announcements
 6. At the bottom they have social media,tripadvisor,Privacy policy
- b. About page**
- i. Grab attention
 1. Luxury photo of their lobby

2. "Welcome to Wi Spa"
 - ii. Build trust in their company and connect with the reader
 1. "Enjoy Some You-Time"
 - a. Photo of a girl getting face mask
 - b. the short introduction from welcoming page
 - c. 2 buttons:
 - i. Spa etiquette
 1. General rules
 - ii. Before your service
 1. Photo of entrance
 2. Experience play
 - a. not only do we provide a dream state but also a communal atmosphere and a different attitude towards the role of a spa.
 3. Boost belief in idea
 - a. Old korean stuff+ modern treatment
 4. "Here are some guidelines:"
 - a. Say for who this is not
 - b. Handle objections
 - i. Sleeping area
 - ii. Free wifi
 2. "Equal Employment Opportunity"
 - a. Photo of herbs
 - b. Build trust in them
 - i. They state that they provide equal employment and they have reasonable accommodation for disabled people.
 - ii. it connects with the reader because most women care about all that stuff and they will like this spa more as it appears tolerant and understanding
 3. "Equal Access"
 - a. Photo of 2 chineses people smiling
 - b. Handle objection
 - i. They say that they do not deny access by race,gender,color, citizen status etc.
 4. 2 Buttons
 - a. FAQS
 - i. Experience play
 1. "WHAT DISTINGUISHES WI SPA FROM OTHER SPAS?"
 2. luxurious services and affordable cost
 3. many services
 - b. Restaurant menu
 5. "the best experience ever"

- a. Builds massive trust in company
 - i. Video of a famous actor and a news reporter experiencing their spa.

6. Bottom as before

c. The wi spa experience page

- i. Grab attention
 - 1. Big headline
- ii. Experience play
 - 1. "Get away from the city for an hour. Or stay away for a day."
 - a. Reduce cost
 - i. Minutes away
 - ii. affordable
 - b. Tailor the experience
 - i. convenient
 - c. boost desire
 - i. place to de-stress and be pampered.
 - d. Experience play
 - i. Staff 24/7 for your every need
 - ii. "We aim to delight you with a relaxing, refreshing and memorable experience each time you visit"
 - iii. Comfortable, distinct, luxury gender floors
 - iv. List their products
 - v. "world class destination spa"
 - 2. Maintain attention
 - a. Photo of their lobby
 - i. beauty
 - ii. luxury
 - iii. comfortable
 - iv. warm
 - v. Things that reader cares about
 - 3. "SIGNATURE SAUNA ROOMS"
 - a. Experience play
 - i. exclusive sauna rooms
 - ii. Get to the dream state thanks to minerals in it
 - b. Introduce new mechanisms
 - i. "THE BULGAMA"
 - 1. Picture of the product
 - 2. Boost belief in idea
 - a. shortly describe and list out the benefits connected with dream state
 - ii. "The salt sauna"
 - 1. Picture of the product
 - 2. Boost belief in idea

- a. shortly describe and list out the benefits connected with dream state
 - iii. "The clay sauna"
 - 1. Picture of the product
 - 2. Boost belief in idea
 - a. shortly describe and list out the benefits connected with dream state
 - iv. "The Jade room"
 - 1. Picture of the product
 - 2. Boost belief in idea
 - a. shortly describe and list out the benefits connected with dream state
 - v. "The ice sauna"
 - 1. Picture of the product
 - 2. Boost belief in idea
 - a. shortly describe and list out the benefits connected with dream state
- 4. "COMMON AREAS"
 - a. Boost desire
 - i. "common area, uncommon amenities"
 - b. 4 pictures next to each other of those areas
 - i. "JIMJILBANG"
 - ii. "Restaurant"
 - iii. "Rooftop terrace"
 - iv. "The Gym"
 - v. short description under each
- 5. bottom as usual

d. Services page

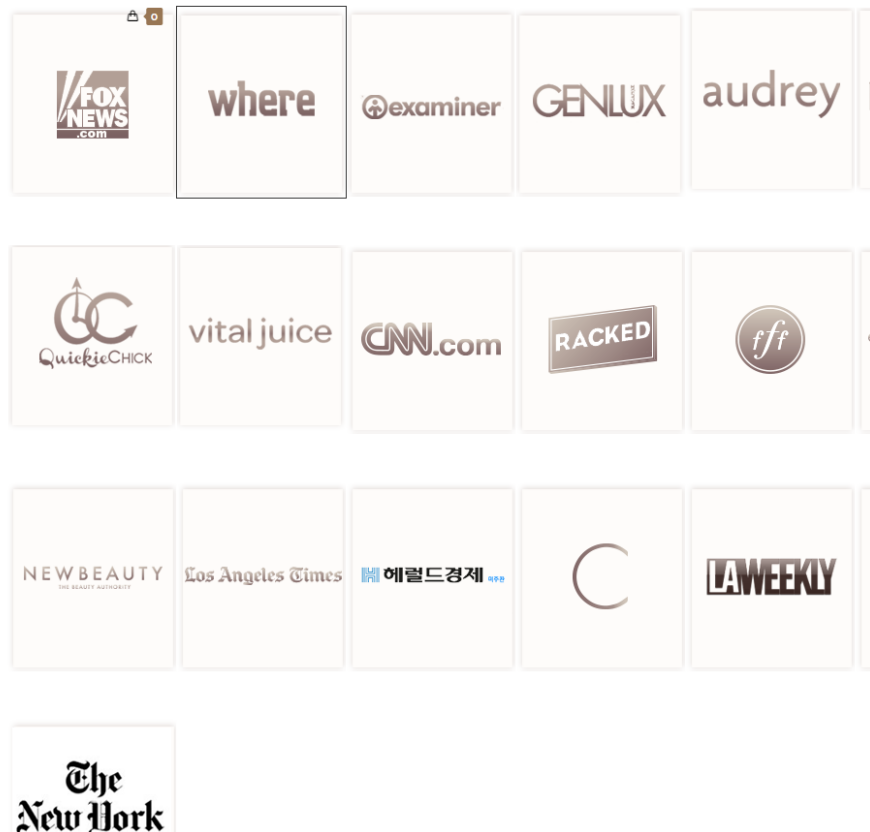
- i. boost desire and belief in product a little bit, and show them products you have to offer
 - 1. 4 main sections
 - 2. under each section 3 photos connected to it
 - 3. beneath the photos they introduce each of the products individually
 - a. Boost belief in idea + Boost desire
 - i. explain how it works and connect it to the dream state
 - ii. On the left time, on the right price
 - 4. bottom as usual

e. News page

- i. Build more trust in company
 - 1. "Press and blog"
 - 2. Attention grabbing photo

3. “Wi spa in the news”

a. Massive boost in trust (way above the threshold)



b.

c. when you click on them a page from their article pops out about Wi spa

4. “Wi Spa blog”

a. Just their blog

5. usual bottom

f. Contact page

i. Grab attention

1. On the left picture from LA form main page
2. Big sign

ii. Make it easier for them to contact them

1. “RESERVATIONS”

a. Experience play

- i. we will create wonderful experience
- ii. staff 24/7

b. CTA

- i. TO MAKE A RESERVATION PLEASE CALL US OR CLICK THE LINK BELOW.
- ii. button “Book online”
- iii. Phone
- iv. address
- v. opening hours

2. “STAY IN TOUCH”

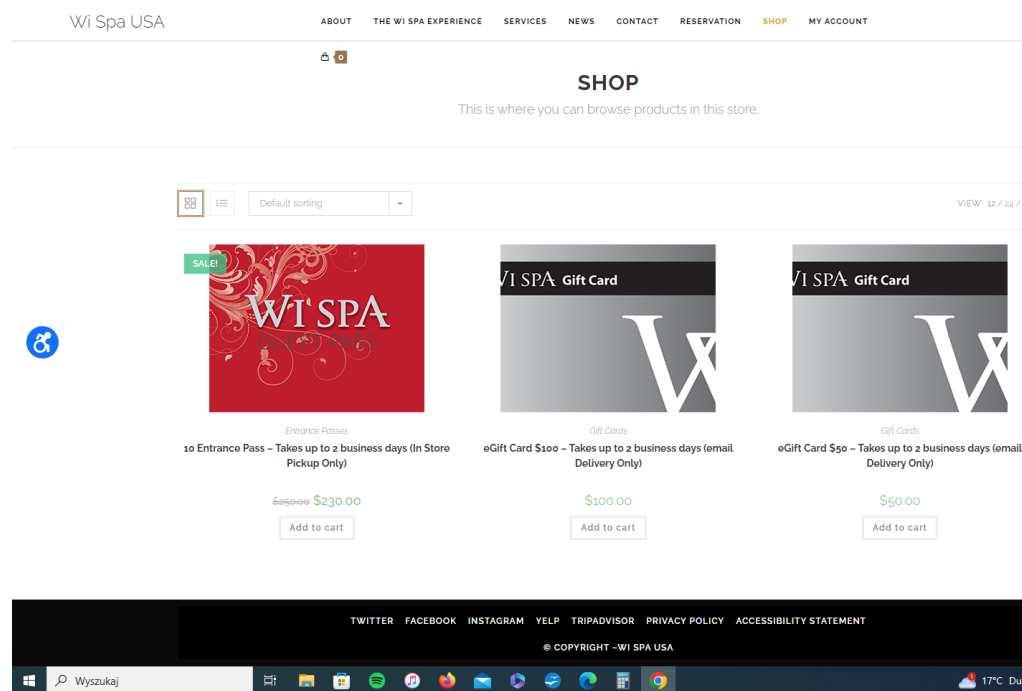
a. form to send the a message

3. "Where to find us?"
 - a. their location in google maps
4. basic bottom

g. Reservation page

- i. book appointment
 1. "Request a service"
 - a. List services that are only available in special terms
 - b. How long in advance you need to make
 - c. Contact form
 2. usual bottom

h. Shop page



1.

i. My account page

- i. you can log in

Roadblocks

They really care about privacy, intimacy, well matched decor, friendly and individualized service, so that they can relax to the maximum. As there are many spas in my city they are afraid they will pick one without those things, especially that the price isn't low and they don't want to waste too much money. Also they want to look younger but they don't want to go through surgical operations.

Solution

Spa with friendly staff that provide an individualized approach, also private well decorated rooms. A spa with a wide range of offers that not only provide massages but also treatments that help them lose fat, cellulite, soften their skin etc.

Product

Spa with 12 years of experiences with certificates of excellence from tripadvisor, best staff, and a wide range of offers including everything they would possibly want.

Also I haven't tested it and my client didn't try to make a new website.

Personal analysis:

1st review:

So I have gone through everything and I have added a few parts such as "Renew yourself", "Spa etiquette" and changed some stuff like welcoming so that it better follows my breakdown. Also I think that my weakness in English is that I don't have a very "rich" language and I feel like some things are repeating. Also for me it feels pretty short, but on the other hand I have provided all the info necessary. I will definitely need to ask my client (or do it myself) to take better photos. And in my opinion the offer page is not very good, like they have so many offers and also the ones that name isn't bolded are just copied and pasted from current website as they were and do you think I should ask my client of how the procedure in each of them goes or live it like that?

Chats Gpt review:

Generally chat made my language a little richer and that's it. Also I mainly focused with him to help me write a new offer page Here are the results:

(don't read it now come back while reading offer page)

MESSAGE THERAPIES

Body Harmony

The most popular type of massage, tailored to be therapeutic, relaxing, or stimulating based on your needs. This treatment improves lymph flow, stimulates circulation, and detoxifies muscles, providing immediate relaxation and long-lasting benefits.

Fullness of Life

A luxurious full-body massage that includes the head, face, hands, and feet. Utilizing heated natural sweet almond oil, this treatment improves circulation, strengthens the immune system, enhances metabolic processes, and calms the nervous system.

Nectar of Abundance

Experience the healing power of hot honey in this unique massage. It strengthens the immune system, alleviates back pain and muscle stiffness, and detoxifies the body. Perfect for reducing stress and improving overall well-being.

Golden Fleece

Indulge in a massage with 24-carat gold oil. This treatment nourishes and brightens the skin, supports microcirculation, and restores internal energy balance, offering a true feast for body and soul.

Phoenix from the Ashes

A specialized spine massage complemented by trigger point therapy. Ideal for chronic pain, degenerative changes, and postural issues, this treatment provides relief and relaxation from the first session.

Ambrosia

Our aromatherapy massage uses blends of essential oils to relax and rejuvenate. It balances energy levels, eases tension, and enhances overall well-being, leaving you feeling refreshed and serene.

Embrace of Morpheus

A relaxation massage designed to relieve tension and stress. Accompanied by candles, aromatic scents, and soothing music, this treatment offers a comprehensive influence on your body and mind.

Olympic Tranquility

A sports massage aimed at accelerating recovery after physical exertion. Four types are available: supportive, pre-exercise, inter-exercise, and post-exercise, each focusing on different aspects of physical fitness and recovery.

Fruit Inspirations

Combine classic massage with full-body exfoliation for a rejuvenating experience. This treatment removes dead skin cells, improves skin tone and texture, and prepares the skin to absorb the benefits of massage oils.

Gentle Touch

A four-hand massage performed by two therapists for double the effectiveness. This unique treatment combines various techniques for an unparalleled experience, offering deep relaxation and rejuvenation.

Warm Touch

A hot chocolate massage that stimulates the senses and has beautifying effects. Rich in nutrients and antioxidants, this treatment enhances circulation, reduces swelling, and improves skin texture.

Life-Giving Mystery

This chocolate massage with exfoliation relieves stress, tension, and fatigue. It moisturizes, smooths, and rejuvenates the skin, starting with a thorough exfoliation to enhance absorption of the chocolate's beneficial ingredients.

Basalt Focal Point

Experience deep relaxation with our hot stone massage. Using stones sourced from environmentally clean areas with high volcanic activity, this treatment eliminates muscle tension and pain, restoring balance and tranquility.

Heavenly Arcadia

A full-body exfoliation and classic massage, including a facial mask. This treatment rejuvenates your skin and soul, providing comprehensive care and profound relaxation.

Coffee Body Treatment

An aromatic treatment rich in caffeine, offering anti-cellulite and slimming properties. Includes a cleansing foam, sugar scrub, caffeine serum, coffee mask, and nourishing anti-cellulite butter for an energizing and detoxifying experience.

Beautiful Mind

A sensory cleansing head massage that relaxes, calms, and eliminates tension. This 25-minute treatment revitalizes the mind by improving blood flow and oxygenation to the brain.

Aromatic Soothing

A candle massage that combines warmth and aromatherapy. The natural ingredients in the melted candle wax moisturize and nourish the skin, providing a deeply relaxing and sensory experience.

Cranberry Charm

Restore vitality to your skin with this cranberry-infused treatment. Includes a cranberry body scrub, mask, and massage with cranberry shea butter, offering hydration, firmness, and a radiant glow.

BEAUTY TREATMENTS

Diamond Microdermabrasion

A gentle, non-invasive treatment using diamond-tipped discs to exfoliate and rejuvenate the skin. This procedure stimulates collagen production, smooths wrinkles, and reduces scars and discoloration, leaving the skin smooth and bright.

Green Soothing Treatment

Ideal for sensitive, couperose skin and rosacea, this treatment strengthens blood vessels, reduces inflammation, and soothes the skin, enhancing resistance to irritation.

Crystal Clear

A facial cleansing treatment using ultrasound and cavitation peeling. This procedure deep cleanses, exfoliates, and eliminates acne-causing bacteria, followed by the application of a nourishing cream and algae mask.

Gifts of the Earth

Designed for sensitive skin prone to redness and swelling, this treatment reduces hyperemia, strengthens blood vessels, and rejuvenates the skin, improving its overall condition.

Sea Breeze

A hydrating treatment using three types of hyaluronic acid for dry and mature skin. It effectively increases hydration, prevents water loss, and leaves the skin smooth and firm.

Microneedling Mesotherapy

An advanced anti-aging treatment that enhances skin penetration of cosmetic substances through microperforation. This stimulates natural skin regeneration and collagen production, reducing signs of aging.

Caviar Rejuvenation

An anti-wrinkle treatment with caviar extract, activating genes responsible for collagen and elastin synthesis. Ideal for mature skin, it nourishes and revitalizes, reducing visible wrinkles.

Cavitation Peeling

A non-invasive treatment that removes dead skin cells, excess sebum, and bacteria, preparing the skin to better absorb products and leaving it visibly smoother and softer.

Sonophoresis

Enhances the penetration of active substances into the skin using ultrasound. This treatment improves blood flow, stimulates metabolism, and addresses various cosmetic concerns, offering deep relaxation and nourishment.

Touch of Beauty

A multi-directional anti-aging treatment for mature skin, improving elasticity, reducing wrinkles, and enhancing overall skin condition. Recommended as a course of treatments for optimal results.

Pearl-Golden Dust

A revitalizing and firming treatment suitable for all skin types. It brightens, firms, and reduces wrinkles, providing long-lasting hydration and a radiant complexion.

Darsonvalization

Uses high-frequency currents to reduce redness and irritation from cosmetic procedures. This treatment has calming, analgesic, and bactericidal effects, complementing other skincare treatments.

Broccoli Magic

Targets skin with signs of photoaging due to UV exposure. Rich in antioxidants, this treatment nourishes and protects the skin, reducing the adverse effects of sun damage.

Why Choose Sculptor II RF Focus?

- **Safe and Comfortable:** Our bipolar device allows precise control of radiofrequency pulses, ensuring safety and comfort with an integrated cooling system that soothes heated skin.
- **Efficient and Convenient:** Enjoy spectacular, visible effects after the first treatment with no downtime. Sessions are quick and can be performed 1-2 times a week.

How It Works

The Sculptor II RF Focus heats collagen fibers to optimal temperatures (45-60°C), transforming radio waves into thermal energy within the dermis. This process shortens collagen fibers, stimulates fibroblast activity, and enhances blood and lymph circulation, leading to:

- Wrinkle reduction and smoother skin
- Improved skin texture and firmness
- Enhanced facial contours and elasticity
- Fat reduction through thermal lipolysis

Additional Treatments

Autumn Renewal

Exfoliation Treatment with 35% Pyruvic, Lactic, and Azelaic Acid

Experience deep exfoliation with a unique blend of acids designed for oily, congested, acne-prone skin. This treatment reduces enlarged pores, scars, pigmentation, and wrinkles while improving skin tone and luminosity.

Phases of Treatment:

1. **Cleansing:** Prepares the skin.
2. **Exfoliation:** Applies the acid mixture.
3. **Neutralization:** Ensures safe exfoliation.
4. **Soothing:** Calms and hydrates the skin with masks.

Collagen Feast

Collagen Stimulating Treatment

Ideal for fatigued skin showing early signs of aging. This treatment deeply hydrates, smoothens, and regenerates the skin, restoring its natural glow and firmness.

Almond Power

50% Almond Acid + PHA Exfoliation Treatment

A year-round peel that smooths, exfoliates, and brightens skin while reducing pigmentation and enlarged pores. It also stimulates collagen and elastin synthesis, aiding in wrinkle reduction and skin tightening.

Phases of Treatment:

1. **Preparation:** Cleansing and protection.
2. **Exfoliation:** Application of the acid mixture.
3. **Neutralization:** Immediate neutralization of acids.
4. **Soothing:** Calming and hydrating with masks.

Diamond Glow

Lifting Treatment

Perfect for mature skin, this treatment remodels facial contours, tightens the skin, and restores radiance, reducing Transepidermal Water Loss (TEWL).

Magical Gaze

Brightening Eye Treatment

Designed for all skin types around the eyes, this treatment addresses dark circles, puffiness, crow's feet, and loss of firmness. It brightens, refreshes, and moisturizes the eye area, restoring youthful radiance.

Recommended: Series of 6 treatments once a week, with monthly maintenance.

Express Caviar Treatment

Caviar Banquet Treatment

Ideal for busy women, this quick caviar-infused treatment rejuvenates and stimulates skin regeneration. The lifting mask with ruby particles shapes the face oval, giving a radiant, youthful look in just 30 minutes.

Brow and Lash Lamination

Enhance and Strengthen

This treatment aligns, strengthens, and regenerates brow and lash hairs using keratin and plant oils, resulting in thicker, shinier, and more disciplined hairs for up to 8 weeks.

Note: Safe during pregnancy and breastfeeding.

Hand and Feet Care

- **Biological Manicure:** Nail care and nourishing hand cream.
- **"Oriental Rose" Paraffin Bath:** Restores smoothness and relaxes.
- **Pedicure with Peeling:** Full foot care and crystal peel.

Ultrasonic Liposuction

Body Contouring Without Surgery

Our ultrasonic liposuction using the Sculptor II device offers non-invasive body shaping and fat reduction for areas like hips, thighs, abdomen, and arms. This painless procedure breaks down fat cells with ultrasound waves, eliminating them naturally over time.

Depilation with Wax

Achieve smooth, soft skin with our effective waxing treatments, complemented by pre- and post-waxing care for optimal results.

Preparation and Aftercare Tips: Ensure hair length is optimal, exfoliate before the session, and maintain regular skin exfoliation and moisturizing between sessions.

Vacuum Massage, BHS

Effective Anti-Cellulite Treatment

Our non-invasive slimming and anti-cellulite treatment revitalizes fat tissue, stimulates collagen production, and enhances detoxification. Each 45-50 minute session promotes body shaping and improved skin condition.

Recommended: Series of 15-20 treatments, twice a week, combined with a healthy diet and exercise.

Exclusive Packages

Slimming and Anti-Cellulite Packages

- **11 Sessions (50 minutes):** 1500 PLN (1 session free)
- **17 Sessions (50 minutes):** 2250 PLN (2 sessions free)
- **11 Sessions (60 minutes):** 1700 PLN (1 session free)
- **17 Sessions (60 minutes):** 2550 PLN (2 sessions free)

Combined Treatment Packages

- **200 minutes radio waves/ultrasound + 10 sessions (50 minutes vacuum massage):** 2860 PLN 2500 PLN
- **5 sessions ultrasound liposuction + 10 sessions (50 minutes vacuum massage):** 2100 PLN - 3160 PLN depending on ultrasound time.

Packages for Her

1. **Full Body Massage "Fruity Inspirations" (80 minutes) + Manicure and Pedicure:** 470 PLN
2. **Massage "Golden Fleece" (50 minutes) + Facial Treatment "Pearl-Gold Dust":** 380 PLN 350 PLN
3. **Manicure + Partial Body Massage "Body Harmony":** 220 PLN 200 PLN

Packages for Him

1. **Sports Massage "Olympic Calm" (80 minutes) + Facial Treatment "Sea Breeze":** 440 PLN 400 PLN
2. **Classic Massage "Body Harmony" (50 minutes) + SPA Pedicure:** 360 PLN 320 PLN

Packages for Couples

1. **Relaxation Massages "Embrace of Morpheus" (80 minutes) + Full Body Peelings:** 780 PLN 650 PLN
2. **Classic Full Body Massages "Body Harmony" (50 minutes) + Facial, Neck, and Decolletage Massages "Blissful Relaxation":** 500 PLN

Honestly I think it's way better as it is shorter and I don't think anybody wants to go through that previous "wall of text". But what's your opinion, are shorter descriptions better or longer ones?

2nd review:

I generally like this copy but I think that maybe I have put too much social proof, do you think maybe that I should delete the google reviews from the homepage and put tripadvisor reviews there instead of in the experience page?

3rd review

After designing it a little bit in wix I have seen that about us page is a little bit short so I reviewed my other top players breakdown and decided to add Our values section. Also I thought that I had little CTAs so decide to add one at the end of homepage

4th review (Endermology page)

So chat helped me make it look more readable and presentable, but my biggest worry is that it is too short and isn't compelling enough, but on the other hand I feel like I have provided all the info necessary.

Value equations

Value= they will finally be able to relax and they will be so happy as they will look young and beautiful without having to do any surgeries × very high likelihood of success (they have only 2 one star opinions and 3 two star opinions and also they have certificates) ÷ they have to book appointment/call and arrive to spa (my spa is in the center of the city so won't take long × they will achieve dream state right after the visit.

How do they go from point A to my website?

Basically my client only has facebook and they have like 400 followers, and they don't run any google or facebook ads, so probably 90% of people or more come to my page via google maps.

What are they thinking?

They have read on google reviews that in some spas (or they have experienced this themselves) that the massage was either so light they couldn't feel it or so strong it hurt them, staff unfriendly and unwilling to cooperate. the bath was too hot and they got burns, etc. Based on that they are saying to themselves they need to make the right choices not to waste a pretty good amount of money.

Note: Could you please firstly focus on the Timeless Endermology page and which descriptions I should pick for my offers. Anyways Thanks for reviewing this for me because it;s my first project and I want to provide them with the best results.

Arcadia spa website

Homepage

(The beginning I would do something very similar as Wi spa has but without social media in the right corner but rather a CTA to call us with a phone number.)



What we offer:

- ✓ Different types of massages.
- ✓ Manicure, pedicure and peeling.
- ✓ Numerous facial cosmetics.
- ✓ Anti-aging treatments.
- ✓ Anti fat/cellulite procedures.

Arcadia spa

The most exclusive path to rejuvenation in Gdańsk .

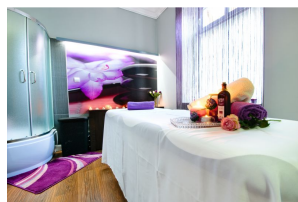
Welcome to Arcadia Spa n,where every detail is designed to meet your needs. You will not only feel as an 18 year old but also look like one without having to leave our spa.

Located in the heart of Gdańsk, Arcadia Spa offers comfort and convenience for both citizens and tourists.

Whether you bring your nearest and dearest or make it all about you, your body and mind will unwind thanks to our seasoned staff.

Relax in your own way

[photos of different kind of offers and rooms]



(I will ask them for more and better pictures, especially of those diplomas.)

The best experince

Testimonial dump (certificate of excellence from trip advisor)

Newsletter

Stay updated with our latest promotions and news!

Email-

Subscribe

[It pops up after around 6 secs]

Renew yourself

Come to our spa and see for yourself how our work enhances your beauty and soul



Address:

ul. Na Piaskach 4/2 , 80-846 Gdańsk



Email:

arcadiaspa@arcadiaspa.pl



Phone:

536 499 755

SPA Hours

Monday	9:00 - 18:00
Tuesday	9:00 - 18:00
Wednesday	9:00 - 18:00
Thursday	9:00 - 18:00
Friday	9:00 - 18:00
Saturday	9:00 - 13:00
Sunday	closed

Announcements:

Some kind of news like a holiday or promotion or stuff like that. I want in the future to make them a tik tok page (one of the top players gets,sometimes even 200k views below his videos) so it will also be in announcements.

Blissful escape awaits -> Book appointment

Bottom (the same at each page)

Get to meet us more: Facebook, tiktok, instagram, tripadvisor

About us page

[photo of lobby]

Welcome to Arcadia spa,
the best place to unwind after a long day.

[natural photo of their team and on it text]

12 years ago, just minutes away from the Old town in Gdańsk, a happily married couple decided to found an Arcadia Spa to make all of our lives more enjoyable.

They have made every effort to create a home-like atmosphere with the friendliest, most detailed and delicate service from their experienced team.

Just imagine going for the first time to a new place and immediately feeling safe, secure, understood, and taken care of as it is exactly what we offer.

SPA etiquette

(it's the button and additional page pops out just like in Wi spas where will be general rules and contradictions)

General rules

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..

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Contradictions to the provided offers:

Classical Massage:

- pregnancy and menstruation
- skin conditions (widespread and purulent)
- cancers (oncological lymphatic massage)
- bleeding, hemorrhages, or the possibility of their occurrence
- hemophilia
- varicose veins
- vascular disorders
- hypertension
- atherosclerosis
- any inflammatory conditions (rheumatoid arthritis during exacerbation)
- bacterial, viral, and parasitic diseases
- high body temperature (39°C)

Cavitation Peeling:

- cancers and post-surgical states after their removal
- circulatory insufficiency
- febrile conditions
- presence of metallic foreign bodies in tissues (pacemaker, braces)
- pregnancy

Darsonvalization:

- rosacea
- telangiectasia
- allergic skin conditions
- pregnancy
- hypertension
- swelling
- nervous hyperactivity
- heart diseases
- broken skin continuity
- fever
- asthma
- nervous system diseases
- epilepsy
- metal implants

Radio Waves SCULPTOR II FOCUS 3D:

- acute illness
- high fever
- hypertension
- infectious diseases
- cancers
- heart diseases
- leukemia
- pregnancy
- fresh fractures in the treatment area
- menstruation
- skin allergies
- dermatological diseases
- viral, bacterial, and fungal diseases
- implants (metal, plastic, gold, silicone)
- pacemaker
- diabetes
- circulatory insufficiency
- painful and large varicose veins in the treatment area
- broken skin continuity
- gold threads
- chemical peel
- sensory disturbances

Autumn Renewal:

- Damaged epidermis, irritated skin,
- Immediately after waxing, dermabrasion, or electrolysis,
- Active herpes, viral warts,
- Psoriasis,
- Fungal infections,
- Inflammatory skin conditions,

- Tendency to develop keloids,
- Oral and topical retinoid therapy,
- Pregnancy and breastfeeding period.

Almond Power:

- Allergy to any active ingredient in the preparations,
- Damaged epidermis, irritated skin,
- Active herpes, viral warts,
- Fungal infections,
- Psoriasis,
- Tendency to develop keloids,
- Inflammatory skin conditions,
- Oral and topical retinoid therapy,
- Pregnancy and breastfeeding period.

Brow and Lash Lamination:

- Fresh, unhealed wounds within the eyebrow area,
- Skin fungal infections, especially on the face,
- Bacterial or viral diseases,
- Eye allergies or skin allergies,
- Undergoing chemotherapy,
- Recently underwent plastic surgery around the eyes.

Powder Brow Henna:

- Eye diseases or inflammation of the conjunctiva or eye area,
- Inflammatory conditions of the eyelids,
- Sunburn or recent use of tanning beds,
- Eye sensitivity,
- Skin conditions such as psoriasis or irritations or unhealed wounds,
- Unhealed tattoos, where the skin is still very delicate.

Brow and Lash Henna:

- Allergic and inflammatory skin conditions
- Abrasions, skin damage around the eyes
- Eyebrows freshly after waxing
- Allergy to henna ingredients
- Contact lenses (they should be removed before the procedure)

Ultrasonic Liposuction:

- Pregnancy and breastfeeding,
- Chronic diseases of internal organs,
- Skin changes: rashes, wounds, scars,
- Poor blood clotting,
- Cancer,
- Osteoporosis,
- Arterial hypertension,
- Endocrine disorders (e.g., obesity),

- Taking hormonal medications.

Wax Depilation:

- Inflammatory and purulent skin conditions,
- Phlebitis, varicose veins,
- Diabetes,
- Skin disease (psoriasis),
- Skin changes (swelling, scars),
- Fresh wounds and scars,
- Recent sunburn,
- Advanced pregnancy,
- Epilepsy,
- Skin abrasions and wounds, warts,
- Poor blood clotting,
- Known allergy to wax,
- Recent sunburn,
- Febrile conditions.

Vacuum Massage,BHS:

- Arterial hypertension,
- Skin diseases,
- Active cancer,
- Pregnancy,
- Postpartum state (up to 5 months after natural childbirth and up to 7 months after cesarean section),
- Phlebitis and thrombosis,
- Hernia,
- Decreased clotting ability,
- Lipomas,
- Painful varicose veins,
- Hemangiomas.

Our values

[on the right some kind of photo]

We believe that nothing makes a woman more beautiful than the belief that she is beautiful. That's why we not only nurture your body but also your soul. Our treatments will transport your mind worlds away and bring back your younger spirit and looks.

We understand that each person is different and everyone has their own problems and worries, because of that we personalize each treatment so that you will get the desired outcome.

[On the left photo of the owner/masseuse]

Aneta

Founder/Spa therapist

After 8 years of working as a spa therapist, she decided to start her own spa. Twelve years later, she still comes to work every day with passion and a mission to provide all her clients with the best possible experience.

She graduated from a post-secondary medical school with a degree in Electro Radiology Technician and the University of Management in Gdańsk (now the University of Health).

Aneta loves interacting with other humans and the greatest joy for her is the satisfaction and happiness of clients.

In her free time she likes to spend her time actively doing things such as riding a bike, walking by the sea and skiing. She also enjoys reading books and listening to music.

Equal access

We are committed to providing access to all individuals, regardless of age, color, national origin, citizenship status, physical or mental disability, race, religion, creed, gender, sex, sexual orientation, gender identity and/or expression, marital status, or any other characteristics.

[testimonial dump google reviews]

The Arcadia Spa Experience page

The Arcadia Spa Experience

Enjoy your time with us!

We have created an affordable and luxurious Spa in Gdańsk, to help you deal with stress and find mental clarity.

Our staff will guide you throughout your journey to ensure a relaxing, refreshing, and memorable experience every time you visit us. All of our rooms are convenient, private, and decorated to help you relax right from the start.

[photo of rooms]

Before your service

As soon as you enter, you will be greeted by the gentle ringing of bells, followed by soothing music that fills all our offices. Take a deep breath, and you'll notice a subtle scent of incense, setting a tranquil mood.

As you walk further down the corridor, you will encounter the delightful fragrance and sight of our hand-picked flowers, along with the warm glow of candles. You will also see our display of certificates and diplomas from completed courses, showcasing our dedication and expertise.

When you arrive at the reception area, which also serves as a waiting room, you will be offered a choice of refreshments, whether a drink or a light snack, to enhance your comfort and relaxation.

Signature Offers

Massages

We have to offer many different massages ranging from normal to sports and even chocolate ones! They help with stiff muscles, immune system, stress, mental health, back pains, sleeplessness and many more.

Our massage therapist will tailor each session exactly for your problems, so that you will find maximum relaxation.

[on the right will be some photo connected with it]

Manicure, Pedicure, Peeling and many many others...

Except for our massages we have cosmetic/beauty treatments that will satisfy even the most demanding customer. We believe that you shouldn't only feel beautiful on the inside but also on the outside.

Thanks to our experienced staff and modern equipment will help you take care of your skin, lose fat and cellulite, and get rid of wrinkles.

Just picture yourself the jealousy crumbling onto your friends face as they see you looking 10 years younger.

[on the left will be a photo connected with it]

Timeless Endermology

Our top treatment is definitely Endermology, also known as Vacuum massage. It's an non-invasive treatment designed to reduce the appearance of cellulite and improve a skin tone.

It is the best and fastest 100% natural technique for promoting the breakdown of fat cells. On top of that it gives the benefits of regular massages like loosening muscles and enhancing blood and lymphatic circulation. It is used both for beauty and therapeutic purposes.

Learn more about how it works and how it can specifically help you.

[Go to Timeless Endermology page]

Testimonial dump (tripadvisor reviews)

Check out our offers

and immerse yourself in the world of deep relaxation

(button to click takes them to offer page)

Basic Bottom

Offer page

Side note- this isn't the order that this products will be listed on my page it will be sth like this

Therapeutic back massage (30 min) - 150 PLN

Relaxing face and head massage (30 min) - 120 PLN

Anti-stress back, neck and head massage (45 min) - PLN 200

Classical massage (60 min) - 260PLN



Classical massage is the basic therapeutic massage of any spa offering, and is ideal for first-timers.

It regenerates muscles, increases their elasticity and flexibility, improves tissue nutrition, accelerates metabolism and activates blood and lymph flow.

In addition, it eliminates pain, relaxes the body.

We start the massage through what is known as a "massage, welcome touch, or washing feet with warm facecloths.

We take an individual approach to massage, so you can expect us to focus on your needs to get the best results. Before each massage, our Therapists conduct a thorough interview to understand your needs and problems.

Book

and I haven't put that in order because I will firstly talk to my client what sections he would like to have and where to put everything. Read this after reading personal analysis and also I don't think you should go through all of this as it's a lot of reading.

BODY HARMONY

Classical massage

Classical massage is the most popular type of massage, which, depending on the intensity of its application, can be therapeutic, relaxing, or stimulating. Classical massage includes treatments aimed at improving the psychophysical condition of the patient and is used in the prevention and treatment of many diseases in the fields of orthopedics, neurology, pediatrics, and internal medicine.

The direct action of the massage occurs at the site of the massage, improving lymph flow, stimulating circulation, and cleansing muscles of toxins. It involves performing a series of manual massage techniques such as stroking, rubbing, kneading, tapping, and vibration. It provides excellent and almost immediate muscle relaxation. Lasting effects are guaranteed by a series of treatments performed both comprehensively and on individual body parts.

FULLNESS OF LIFE

Relaxing body massage with face, hand and foot massage.

The massage was specially created for our institute and combines many techniques. The treatment is the most comprehensive body therapy, also including an extremely relaxing massage of the head, face, hands, and feet.

The "Fullness of Life" massage improves the functioning of all systems and organs of the body. It stimulates the circulation of bodily fluids—blood and lymph, strengthens the immune system, enhances metabolic processes, and detoxifies the body. This massage calms the nervous system and improves the entire body's function. It is performed using heated natural sweet almond oil.

NECTAR OF ABUNDANCE

Hot honey massage.

Honey has a beneficial healing effect on our body. A warm honey massage strengthens the immune system and has a positive effect on us when experiencing low mood and poor well-being.

A honey massage effectively eliminates back pain, muscle stiffness, and cold symptoms. It is also recommended for problems with blood pressure, lymphatic congestion, and insomnia. This massage removes toxins from the deep layers of the skin, reduces stress, and deeply relaxes.

Regularly performed honey massages are an excellent anti-stress and detoxifying treatment. They help prevent the development of various health conditions by actively supporting the immune system.

GOLDEN FLEECE

Massage with 24-carat gold oil. A true feast for the body and soul.

The unique effects of gold on the skin have been known since ancient times. Alchemists added powdered gold to drinks to relieve limb pain, which is one of the first symptoms of arthritis. Over 5000 years ago, Egyptians used an elixir of liquid gold to purify the mind, body, and spirit. Even Cleopatra succumbed to its undeniable effects, maintaining youthful, bright, and delicate skin thanks to the use of gold flakes. In the 19th century, gold was often used in treating cardiovascular diseases, as an anti-inflammatory agent, and in the treatment of rheumatoid arthritis.

A full-body manual massage with oil containing gold particles perfectly nourishes and brightens the skin, adds elasticity, supports microcirculation, and aids in the skin's regenerative processes. The massage restores internal energy balance, tranquility, and health.

PHOENIX FROM THE ASHES

Spine massage complemented by trigger point therapy.

A massage covering the entire back, shoulders, and upper buttocks. It creates an indispensable method for combating spine ailments. It is effective for chronic overload pain, degenerative changes, and after a "bad night's sleep." It relaxes and provides relief after the first session.

AMBROSIA

Aromatherapy massage.

This massage is the cornerstone of aromatherapy, the most effective and fastest-acting treatment. Aromatherapy massage is a general massage of the entire body or (depending on the treatment goal) a localized massage.

In each case, blends of oils dissolved in natural plant oils are used for massage. During the massage, the oils penetrate deeply into the skin and body. The contact of the oils with the nerve endings in the skin immediately triggers a reaction in the nervous system.

The most desired effect of relaxation and patient relief is achieved during the treatment. Balancing energy levels, easing tension, pain, and stress symptoms leads to the ultimate goal of the treatment – balancing the body and mind.

EMBRACE OF MORPHEUS

Relaxation massage.

This massage allows you to relieve tension throughout the body. It exerts a multidirectional, comprehensive influence on the functioning of the body, deeply affecting the psychosomatic level.

It is particularly recommended after prolonged physical or mental exertion. In our salon, relaxation massage is accompanied by candles, aromatic scents, incense, fragrant oils, and suitable music.

We massage with both warm and cold oils.

OLYMPIC TRANQUILITY

Sports massage. Its main goal is to accelerate the recovery process after physical exertion. The masseur, performing this type of massage, mainly uses rubbing and kneading techniques, focusing on muscles and joints. Four types of massage are distinguished:

- **Supportive (conditioning)** - performed to maintain physical fitness during the break between regular training sessions. It is often combined with physical therapy treatments.
- **Pre-exercise (pre-start)** - the massage complements the warm-up. It involves warming up the muscles and joints that will be involved in the physical effort. It also has a significant impact on mental state by regulating emotional states.

- **Inter-exercise (regenerative)** - this massage is performed during breaks between events or after competitions. In this type of sports massage, rubbing, kneading, and vigorous shaking are utilized.
- **Post-exercise (training)** - its purpose is to speed up the body's recovery processes. This massage prevents overtraining and the occurrence of potential strains or injuries.

FRUIT INSPIRATIONS

Classic massage with exfoliation.

The treatment begins with a full-body exfoliation, which removes dead skin cells from the surface, occurring in the natural skin regeneration process every 28 days. Exfoliation helps to get rid of them, revealing brighter and healthier skin.

After its use, the skin has an immediately improved tone and texture, as exfoliation cleanses it deeper than regular washing, making it better prepared to absorb the active substances contained in massage oils and body lotion.

GENTLE TOUCH

Four-Hand Massage.

The massage originates from a legend about an Asian God renowned for perfection and eternal youth. It's a massage performed by two therapists who utilize techniques such as forearms, elbows, thumbs, and hands.

This massage offers double the effectiveness, as some say it's an extreme experience. By combining various techniques, the masseurs give the treatment a unique character and sensations that cannot be experienced when massaged by a single therapist.

WARM TOUCH

Hot chocolate massage.

Real natural chocolate stimulates the senses, unleashing an uncontrollable desire for chocolate. It has beautifying effects because cocoa beans contain flavonoids, which neutralize aging-accelerating free radicals.

It's rich in iron, magnesium, zinc, and calcium, as well as caffeine - substances that stimulate blood circulation in the skin, reduce swelling, and accelerate fat burning.

LIFE-GIVING MYSTERY

Chocolate massage with exfoliation.

This treatment is based on hot chocolate. Chocolate massage excellently relieves stress, tension, and fatigue while nourishing the skin - moisturizing, smoothing, rejuvenating, and improving skin tone.

The session begins with a thorough exfoliation lasting several minutes. This treatment enhances the absorption and penetration of beneficial ingredients in subsequent cosmetics, facilitates the removal of toxins from pores, and cleanses the skin of dead cells.

BASALT FOCAL POINT

Hot stone massage.

A warm stone massage primarily has a relaxing and therapeutic effect - it effectively eliminates all muscle tension and pain. By allowing the flow of positive energy, it impacts the entire body, leading to deep relaxation and a sense of balance. The stones used for the massage are sourced from specially selected areas with high volcanic activity that are also environmentally clean (e.g., Hawaii, Bali).

The soothing, relaxing music allows you to focus your attention on the specialized touch of the masseuse. And it's not just any touch. For 90 minutes, the body is in contact with stones heated to around 40 degrees Celsius, carefully selected for their smooth surface. Their smooth surface enhances ordinary massage movements with unparalleled intensity.

After a hot stone massage, our body is not only relaxed but also smooth, firm, and thoroughly nurtured.

HEAVENLY ARCADIA

This is a full-body exfoliation and classic massage, including the face, hands, and feet, along with a facial mask.

The treatment provides comprehensive care for the whole body. It works incredibly relaxingly and soothingly, allowing one to get rid of every day's worries. "Heavenly Arcadia" rejuvenates our skin as well as our soul, as beauty is largely a reflection of one's inner being.

The exfoliation gently removes dead skin cells, improving microcirculation and skin tone, smoothing, softening, and preparing for better absorption of cosmetics. The nurturing massage is performed to smooth, firm, and elasticize the skin and subcutaneous tissue (often using preparations to enhance the mechanical action of the massage). This effect is achieved by improving superficial circulation, thereby better nourishing the skin and increasing its tension.

COFFEE BODY TREATMENT

Exceptional rituals that envelop the senses with the aromatic scent of freshly roasted coffee beans from start to finish. Rich in caffeine, coffee has anti-cellulite and slimming properties.

It accelerates metabolism, aids in the removal of toxins from the body, and neutralizes free radicals. The unique PEPHA®-ACTIVE complex, derived from algae, energizes skin cells, thereby speeding up their regeneration.

Each treatment begins with cleansing the body with a mesmerizingly aromatic foam and a sugar scrub. Aromatic caffeine serum and real coffee mask provide the skin with energy,

intensely slim, and detoxify. Coffee rituals, enhanced by the effects of wraps, baths, or specially selected massages, deliver intense sensations and guarantee quick results. To finish, the body is treated with nourishing anti-cellulite butter, whose coffee aroma wraps the skin for hours.

BEAUTIFUL MIND

Sensory cleansing head massage.

This unique ritual impacts all senses - it relaxes, calms, and eliminates nervous and muscular tensions. A head massage brings solace, relaxation, and deep relief.

Overloaded and tense muscles of the scalp and neck hinder the flow of fresh and oxygenated blood to the brain, resulting in headaches, anxiety, and fatigue. Lasting 25 minutes, the massage rejuvenates and revitalizes the mind.

AROMATIC SOOTHING

Candle massage, an incapacitating sensory experience.

Candle massage is a wonderful way to relax and unwind. It offers numerous benefits not only for the mind but also for the skin. The pleasant, warm massage along with calming aromatherapy maintains the harmony of health and beauty.

The aromatic candle wax melts at a temperature of 38 degrees Celsius, turning into warm oil that envelops the skin with a pleasant aroma, imparting softness and smoothness. The candles contain only natural ingredients, which moisturize, nourish, and make your skin elastic, pleasant to the touch, and smooth. It provides relief for dry skin.

CRANBERRY CHARM

The magic power of cranberries will make your dry and undernourished skin glow with vitality.

An aromatic line of cosmetics that restores vitality and youthfulness to the skin. A specially composed set of active ingredients helps the skin regain proper hydration, firmness, and elasticity, while also reducing cellulite and excess fat tissue.

Rich in vitamins, minerals, and flavonoids, cranberry fruit extract slows down the skin aging process, strengthens it, and adds radiance. This series is also designed for the care of skin losing its firmness and elasticity, and for dry skin excessively exposed to sunlight.

The treatment involves: performing a cranberry body scrub, followed by applying a cranberry mask to the body and wrapping it in plastic wrap for 20 minutes. The strong pressure caused by the wrapping stimulates blood circulation, while the warmth opens the pores, allowing for better penetration of the active ingredients of the mask into deeper layers of the skin.

The aim of the treatment is to stimulate blood and lymph circulation, resulting in slimming, smoothing, cellulite reduction, and improving the condition of the skin. After removing the mask, you can either massage the body with lotion or perform a 40-minute massage with cranberry shea butter.

DIAMOND MICRODERMABRASION

Diamond microdermabrasion is a procedure involving the mechanical exfoliation of the skin layers using disposable diamond-tipped discs. Experts classify it as a gentle and non-invasive cosmetic treatment.

During the procedure, the surface layer of the skin is gradually abraded, micro-layer by micro-layer, to the desired level. The exfoliation is gradual and uniform, eliminating the risk of scarring.

Removing the outer layer of the epidermis stimulates natural tissue regeneration through increased production of new cells and activates fibroblasts to produce collagen fibers. The removal of dead cells results in smoother, brighter, and more elastic skin after the first treatment.

Deeper microdermabrasion smooths stretch marks and scars, reduces or completely removes fine wrinkles, and decreases enlarged pores and discoloration. Histological changes affect not only the epidermis but also the dermis (stimulating microcirculation and lymph flow, accelerating the removal of toxins from the deeper layers of the skin).

Microdermabrasion treatments can be performed on all skin types (oily, acne-prone, very sensitive, dry, fair, tanned, pale) and on any part of the body, such as the face, neck, décolleté, back, hands, or legs.

GREEN SOOTHING TREATMENT

Reducing Redness, Capillaries, and Rosacea

This treatment is best for people with sensitive, couperose skin and rosacea. It:

- Strengthens small blood vessels
- Stimulates angiogenesis
- Inhibits the cascade of inflammatory reactions
- Stimulates repair and regeneration processes of the skin
- Soothes the skin and increases resistance to further irritation from external factors

CRYSTAL CLEAR

Cleansing treatment using ultrasound

This facial cleansing treatment uses cavitation peeling. The procedure begins with the application of a peat mask to open up the pores. The skin is then subjected to ultrasound, which:

- Exfoliates the outer corneal layer and removes dead cells, sebum, and other impurities
- Destroys bacteria and microorganisms that cause acne
- Provides deep cleansing
- Eliminates inflammatory conditions

At the end a cream mask and an algae mask are applied. After removing these masks, a cream suitable for the skin type is applied.

GIFTS OF THE EARTH

Treatment for couperose and sensitive skin.

- Young and mature skin with high sensitivity
- Prone to redness, swelling, and telangiectasia (dilated small blood vessels)

TREATMENT EFFECTS:

- Reduces hyperemia and swelling by inactivating histamines, which are responsible for the dilation of capillaries
- Strengthens the walls of blood vessels
- Brightens, moisturizes, and regenerates the skin

SEA BREEZE

Treatment with three types of hyaluronic acid

INDICATIONS FOR TREATMENT

- For dry, dehydrated, and mature skin.

TREATMENT EFFECTS

- Effectively increases skin hydration
- Prevents TEWL (Transepidermal Water Loss) and inhibits inflammatory processes caused by environmental and genetic factors
- Leaves the skin perfectly smooth and firm

MICRONEEDLING MESOTHERAPY

An innovative treatment for effective combating signs of skin aging.

Based on new technology, this treatment ensures enhanced skin penetration by substances contained in cosmetics. This is made possible through microperforation of the skin using sterile micro-needles, which stimulate natural processes of skin regeneration and renewal.

Skin stimulation is gentle, with penetration depth, measuring just a few micrometers, thus avoiding damage to skin germ cells and blood vessels. Micropunctures activate self-renewal processes and stimulate fibroblasts to increase production of collagen fibers.

CAVIAR REJUVENATION

Anti-wrinkle treatment with caviar

INDICATIONS FOR THE TREATMENT:

- Mature skin with visible wrinkles and sagging skin.

EFFECTS OF THE TREATMENT:

- Activates 14 genes responsible for the synthesis, maturation, and networking of collagen and elastin.
- Nourished skin.

CAVITATION PEELING

This treatment effectively removes dead skin cells and reveals a younger layer of skin, free from dead cells, excess sebum, bacteria, and toxic substances, as well as residues of cosmetics. The skin prepared in this way is ready to absorb products better. The result of cleansing is visibly smoother and softer skin, with open pores and hair follicles, disinfected (bacteria and microorganisms are destroyed). The skin may experience slight redness, which will disappear after a few minutes.

SONOPHORESIS

Sonophoresis is a treatment that increases the penetration of active substances through the skin using ultrasound.

It also allows the introduction of substances into the skin that would normally pass through it weakly, such as peptides or vitamins. Ultrasound improves tissue respiration, stimulates metabolism, and sets fluids in oscillatory motion, facilitating the penetration of substances into deeper layers of the skin, increasing the permeability of cell membranes.

Thanks to sonophoresis, many cosmetic problems and defects can be addressed. Properly selected active substances penetrate the dermis through ultrasound, causing relaxation,

improving blood and lymph flow, stimulating cellular metabolism, and regeneration. This is accompanied by a gentle massage that is very pleasant for the skin.

Sonophoresis treatment is suitable for all skin types and is an excellent complement and extension of many cosmetic procedures such as cleansing or diamond microdermabrasion. Sonophoresis works in multiple directions such as:

Strengthening blood vessels - fragile and delicate blood vessels are a problem for many women. When creams don't help, and we lack the courage to opt for laser treatment, it is worth considering sonophoresis treatment using substances that strengthen blood vessels.

Moisturizing and nourishes the skin - unfortunately, even the best active substances contained in creams do not penetrate the skin to such an extent that their properties are fully utilized.

TOUCH OF BEAUTY

Multi-directional anti-aging treatment

INDICATIONS:

- For mature, flaccid, thin skin with numerous wrinkles

EFFECTS OF THE TREATMENT:

- Improvement in skin elasticity
- Reduction of mimic wrinkles

TREATMENT FREQUENCY:

- As a course: 6 treatments twice a week, followed by 4 treatments once a week
- As maintenance: 5-10 treatments 1-2 times a month

PEARL-GOLDEN DUST

REVITALIZING-FIRMING TREATMENT

INDICATIONS:

- Suitable for all skin types
- Recommended for skins requiring brightening and firming, targeting fine structural and mimic wrinkles
- Can be used as a one-time "event" treatment

EFFECTS OF THE TREATMENT:

- Improves skin firmness and tightness
- Contours facial features, enhancing facial oval

- Reduces wrinkles, improves skin elasticity
- Provides long-lasting hydration and smoothing
- Enhances skin complexion
- Intensively refreshes, reduces signs of fatigue and stress
- Slows down skin aging processes
- Gives the skin a radiant and luminous appearance

TREATMENT FREQUENCY:

- 5 treatments once a week initially, then 1 treatment per month for maintenance
- Can also be used once before special occasions.

DARSONVALIZATION

Treatment using high frequency currents.

Darsonvalization is a treatment from the field of electrotherapy, physiotherapy utilizing high-frequency currents. These currents, due to their properties, do not cause muscle contractions at the site of treatment but provide physical stimulation.

During various cosmetic procedures, the skin is often irritated, resulting in redness and marks from punctures or squeezing. Darsonvalization complements these treatments by significantly reducing the effects of cosmetic intervention. The biological action of the currents involves generating a minimal amount of heat in the tissues, affecting the autonomic nerve endings, which results in changes in the functioning of blood vessels.

Darsonvalization has calming, analgesic, therapeutic, and bactericidal effects. It is a method commonly used as a complement to other treatments.

BROCCOLI MAGIC

TREATMENT FOR SKIN WITH SIGNS OF PHOTOAGING

INDICATIONS FOR THE TREATMENT

- Skin exposed to frequent UV radiation with signs of photoaging

EFFECTS OF THE TREATMENT

- Nourishment of the skin
- Protection against the adverse effects of UV radiation
- Antioxidant action

SCULPTOR II FOCUS 3D RADIOFREQUENCY WAVES

Radiofrequency waves represent a global novelty in non-surgical facial lifting, wrinkle reduction, and lipolysis, targeting the reduction of fatty tissue. These treatments are performed using top-of-the-line equipment - the Sculptor II RF Focus device, sourced from a leading global manufacturer of cosmetic equipment, TOPLASER.

Characteristics of the Treatments: These treatments are characterized by a high level of safety. Sculptor II RF Focus is a bipolar device, which allows for controlling the depth and position of the emitted radiofrequency pulses. Sessions are pleasant for the client, as the device is equipped with a cooling system, which pleasantly cools the heated skin. The treatments are time-efficient, require no downtime, and can be performed 1-2 times a week. The effects are spectacular and visible after the first treatment.

Principle of Operation: Collagen fibers are heated to temperatures between 45-60 degrees Celsius, which is the most suitable range for effectiveness and safety of the procedure. The tissue's conditional reflection transforms radio waves into thermal energy in the depth of the dermis, causing shortening of collagen fibers and stimulating fibroblasts to produce new ones. As a result of the heat, blood vessels dilate, improving blood and lymph circulation. This leads to an increased supply of oxygen and nutrients to the cells and facilitates the removal of metabolic waste products. Consequently, the condition of poorly nourished, dull, and dehydrated skin improves. The outcome of these reactions is the smoothing of wrinkles, improvement of facial contour, skin texture, firmness, and restoration of glow and elasticity. The action of radiofrequency waves in subcutaneous tissue initiates the process of "thermal lipolysis" by directly increasing the temperature of fat cells and releasing fatty acids from them. Such treatment is effectively used for reducing fat tissue, body contouring, and cellulite reduction.

AUTUMN RENEWAL

Exfoliation Treatment with 35% Pyruvic, Lactic, and Azelaic Acid

A unique blend of pyruvic, lactic, and azelaic acid at a concentration of 35% and pH 1.3 ensures spectacular exfoliation effects while maintaining comfort and safety during the treatment. It allows for peeling from superficial to medium-deep levels. This peel formula has been developed for oily, congested, acne-prone skin, as well as skin with signs of pigmentation and the initial stages of aging.

This treatment has some amazing effects such as exfoliation, smoothing, and reduction of enlarged pores and scars, brightening of pigmentation, improvement of skin tone, and luminosity. It also stimulates collagen, elastin and glycoprotein neosynthesis, which remodels the skin making it firmer, more "compact" and reduces the depth of wrinkles. Thanks to its antibacterial and sebostatic properties, it reduces seborrhea, the number of comedones, and seborrheic eruptions, accelerating the healing of acne lesions

The treatment consists of four phases:

Cleansing phase: Includes skin cleansing, protection of sensitive areas from the acid, and preparation of the skin for the acid application by wiping it with a special degreasing solution.

Exfoliation phase: Involves applying the 35% mixture of pyruvic, lactic, and azelaic acid to the skin.

Neutralization phase: Effectively and immediately neutralizes the acid. It allows for controlled and safe exfoliation while simultaneously moisturizing and soothing the skin.

Soothing phase: Alleviates skin irritation and redness, reduces the sensation of heat accompanying acid peeling. It deeply moisturizes, brightens, soothes, and relaxes the skin, providing a pleasant cooling sensation. Two masks are applied in this phase: a soothing and calming gel mask and a moisturizing and soothing alginate mask.

COLLAGEN FEAST

Collagen Stimulating Treatment

Indications for the Treatment:

- Fatigued skin with initial signs of aging.

Treatment Effects:

- Moisturizes and smoothens the skin: The treatment deeply hydrates the skin, leaving it soft and smooth.
- Regenerates and restores skin radiance: It promotes skin regeneration, helping to restore its natural glow.

ALMOND POWER

50% Almond Acid + PHA Exfoliation Treatment

A unique blend of almond acid and polyhydroxy acids (gluconolactone and lactobionic) at pH 1.5 ensures excellent deep exfoliation effects while maintaining complete comfort and safety during the treatment. It's a year-round peeling with UV protection.

It smoothes, exfoliates, and improves the skin's surface structure, while also brightening and evening out skin tone. Also it reduces pigmentation discoloration and enlarged pores. On top of that it stimulates collagen elastin and glycosaminoglycan synthesis, smoothing wrinkles and lightly tightening the skin. Last but not least it accelerates the healing of acne, reduces sebum secretion, and controls skin shine.

Some additional Unique Effects of PHA, Especially Lactobionic Acid are: anti-inflammatory, healing, moisturizing action and reducing redness and telangiectasia.

The 50% almond acid + PHA exfoliation treatment consists of four phases:

Preparation phase: Includes skin cleansing, protection of sensitive areas from acid exposure, and preparation of the skin for the acid application by wiping it with a special degreasing fluid.

Exfoliation phase: Application of the peeling based on a 50% mixture of almond acid and polyhydroxy acids.

Neutralization phase: Effectively and immediately neutralizes the acids.

Soothing phase: Aims to calm the skin. The calming, brightening White Tea cream mask works to soothe the skin, while the plasticizing alginate mask hydrates deeply.

Treatment Frequency:

As a course of 4-6 treatments once a week. Maximum intervals between treatments - 10 days.

DIAMOND GLOW

Lifting treatment

Indications for Treatment:

- Mature skin

Treatment Effects:

- Remodels facial contours and tightens the skin.
- Moisturizes and reduces Transepidermal Water Loss (TEWL).
- Restores radiance to tired-looking skin.

MAGICAL GAZE

Brightening Eye Treatment

Indications for Treatment:

- All skin types around the eyes (especially dry and sensitive skin), with dark circles and puffiness under the eyes.
- Crow's feet wrinkles.
- Loss of firmness, tired skin around the eyes, post-aesthetic medicine procedures.

Action:

- Prepares the skin for further stages of the treatment.
- Removes dead skin cells.
- Softens the skin.
- Brightens, refreshes, and moisturizes.
- Smooths and regenerates.
- Acts as an antioxidant.
- Restores youthful radiance.

Recommendations:

- The treatment is intended for tired skin in need of nutritional supplementation.
- The recommended series consists of 6 treatments once a week, with maintenance of one treatment per month to sustain the effects.

EXPRESS CAVIAR TREATMENT

Caviar Banquet Treatment

We all know how busy our moms' daily lives are: rush, work, managing the household, caring for loved ones - a constant lack of time for themselves.

A quick, caviar-infused lunchtime treatment for women with little time for a visit to the beauty salon - it's the perfect gift idea.

Caviar extract makes the skin more elastic, rejuvenates, and stimulates the regeneration of supportive skin fibers. The lifting mask with ruby strongly shapes and smooths the face oval in 30 minutes.

Recommended for mature, sagging skin. Thanks to the ruby particles, the skin looks radiant, rested, and younger. The mask shapes the face oval, gives a feeling of tension, and lifts the skin. The treatment works perfectly as a "banquet" treatment. Contains protective filters.

The treatment includes:

- Micellar makeup removal.
- Mechanical-enzymatic peeling.
- Micellar toning.
- Ruby lift.
- Creamy finish.

BROW AND LASH LAMINATION

Brow and lash lamination is a treatment that brings hairs into line, gives them the desired direction, and strengthens and regenerates their structure. The procedure is effective due to the use of thioglycolic acid, which affects disulfide bonds.

In the first stage, it breaks them, and then creates new ones. The hair cuticle opens, so in subsequent stages of the treatment, regeneration is essential. For this purpose, keratin and plant oils are used. Additionally, these products act exclusively, complementing the bonds between the scales, improving the condition and elasticity of the hair, restoring proper lubrication, and giving the hair shine. The treatment can be complemented with dyeing, henna, and shaping, depending on the client's needs and expectations.

What are the effects of brow lamination?

Brow lamination is not only a cosmetic treatment but can also be considered a therapeutic procedure. During lamination, the hair is saturated with keratin. As a result, they become thicker, denser, shinier, disciplined, and combable for up to 8 weeks.

After brow lamination, it is essential to follow a few important rules to enjoy the effects of the treatment for as long as possible. For 24 hours after the treatment, swimming in the pool and sauna should be avoided. Brow soaking should also be avoided, as the products need time to absorb properly. It is also important not to touch the brows.

In the following days, you can go about your normal routine, use makeup removers and apply makeup to your brows. You can return to the pool, sauna, and tanning bed after 24 hours. It's also a good idea to moisturize your brows with your favorite oil, and to ensure the effect lasts as long as possible, comb them with a designated brush.

It is important to note that lamination is a safe procedure during pregnancy and breastfeeding.

POWDER BROW HENNA

Powder henna is an innovative method of coloring and styling, entirely based on natural ingredients, to emphasize the color and shape of the brows while making the hairs strong and nourished.

For the henna styling procedure to yield the most satisfying results, significant time is devoted to preparing the brows adequately. The skin and hairs should be thoroughly cleansed and moisturized.

The first step of the treatment involves gentle exfoliation and cleansing of the brow area. Subsequently, the brow shape is defined using measurements, thread, a compass, and a special white paste. Several layers of powder henna in the appropriate color are then applied to the prepared area. After removing the products, unwanted hairs are depilated to ensure perfect styling.

How to care for brows after the treatment?

After a powder henna styling, it's essential to follow a few simple rules to enjoy the effects of the treatment for a long time. Firstly, it's important to remember that the final brow color develops over approximately 24 hours. Therefore, makeup products should not be used in

the brow area during the first 24 hours. Additionally, refrain from touching or rubbing the brows and protect them from contact with shampoos and hair conditioners. Avoid swimming pools and saunas, and limit sun exposure.

Durability of powder henna:

Powder henna has a significant durability, much greater than that of traditional henna. The effect on the skin is visible for up to 14 days, and on the hairs, it can last for up to 6 weeks. It's also worth noting that henna promotes brow hair growth by approximately 60%. This means that the brows regenerate easily, and any single hairs that fall out are quickly replaced by new ones.

BROW HENNA

Brow shaping treatments are often combined with henna. Henna is a natural dye derived from the leaves and shoots of the *Lawsonia inermis* plant. It effectively darkens the brows and enhances their natural color. This dye has many advantages. Firstly, it is waterproof and lasts on the brows for up to 3 weeks. It strengthens and protects delicate hairs.

LUSH HENNA

Henna is also used for dyeing lashes. There are two types of henna used for this purpose: powder and gel, with the gel version having slightly weaker effects. It is applied to the lashes for several minutes to a dozen minutes. The duration of the dye on the hairs depends on the desired intensity of the shade and the type of hair. The effect of henna on lashes lasts longer than on brows.

Brow and lash shaping and henna treatment is recommended primarily for individuals:

- with light or barely visible brows (those with light eye color)
- who don't have time or don't like to do conventional brow makeup with pencil or shadow
- who want to accentuate the color of their lashes and brows
- allergic to mascara
- with uneven brow shapes for coloring
- planning a vacation involving water activities
- who don't want to commit to permanent brow makeup immediately

HANDS AND FEET

Biological Manicure

The treatment includes: nail plate care (filing, nail polishing, removal of cuticles around the nails), and massaging a nourishing cream into the skin of the hands.

"Oriental Rose" Paraffin Bath for Hands or Feet

Carefully prepared products aim to restore velvety smoothness and an attractive appearance to dry skin. The unique combination of massage, warm paraffin, rose scent, and music not only works wonders on the skin but also harmonizes the senses and deeply relaxes.

After the treatment, the skin is moisturized, smoothed, and brightened. Procedure: After performing a fine-grained exfoliation of the hands or feet, we proceed with a relaxing massage. Then, we perform a paraffin bath.

Pedicure with Peeling

The treatment includes: shaping the nails, aromatic foot bath, removal of cuticles, foot filing, crystal peel, and massaging a nourishing foot cream.

ULTRASONIC LIPOSUCTION

Liposuction using the Sculptor II device is a remarkable procedure in the field of body contouring. It is performed without anesthesia and can result in the loss of several centimeters in areas such as the hips or thighs. Unlike traditional liposuction, ultrasonic liposuction does not disrupt the integrity of the skin.

This procedure is recommended for individuals struggling with excessive fat accumulation in areas such as the hips, thighs, abdomen, buttocks, and arms. Only healthy adults are eligible for this treatment. Essentially, it involves shaping the body and eliminating excess fat using ultrasound waves.

During the procedure, ultrasonic cavitation acts on the fat cells, breaking them down into an emulsion. The ultrasound waves damage the cell membranes of the fat cells, causing them to shrink and break apart, reducing their quantity. The released fat and toxins are eliminated from the body through sweat glands, the lymphatic system, and the circulatory system.

The full effects of the procedure may take one to two months to manifest. After this time, all fat tissues damaged by ultrasound will be eliminated from the body. The procedure is painless and non-invasive, requiring no recovery time like surgical procedures.

After the procedure, it is important to follow a healthy diet to prevent the accumulation of fat in the areas where it was removed. It's important to limit carbohydrate and flour-based product intake. A light diet should be combined with individually tailored exercises. Drinking about 2.5 liters of water per day is recommended to achieve the full draining effect.

Ultrasonic liposuction is not used for significant weight loss but rather as a method to reduce fat deposits and cellulite while helping to reshape the body. It should not be considered a treatment for obesity.

DEPILATION WITH WAX

The most effective method of hair removal involves applying a layer of warm wax to the area to be depilated and then removing it using a fabric strip or, in the case of stripless wax, by pulling off the wax itself along with the hair. Each waxing session at our institute is accompanied by a complete ritual using cosmetics both before and after the depilation. The result of waxing (smooth, soft skin) lasts for about 3 weeks, depending on how quickly the hair grows for each individual. After 3 weeks, the hair starts to become visible again, and after 4 weeks, the treatment should be repeated.

Preparation for Waxing:

The hair to be treated must have the appropriate length, not too short or too long. Optimal lengths are:

- Bikini area: 0.5 cm - 1.5 cm,
- Face: 0.5 cm,
- Limbs: 0.6 cm.

It is advisable to exfoliate the skin with a scrub the day before hair removal. Removing dead skin cells will allow the wax to adhere more easily to the hair. Avoid applying any creams or lotions to the skin on the day of the treatment and avoid sunbathing the day before waxing.

Skin Care After Waxing:

A very important treatment between waxing sessions is body exfoliation, especially for those prone to ingrown hairs. Ingrown hairs can become embedded in the skin, causing inflammation. To prevent this, it's essential to regularly exfoliate the skin, perform massages with a rough brush (in the direction of hair growth), and use softening and moisturizing balms. However, avoid exfoliating on the day of the waxing session, and for sensitive skin, avoid exfoliation for up to 3 days before waxing.

PACKAGES

Slimming and Anti-Cellulite Treatment Packages

Endermologie (Vacuum Massage) Treatment Packages

- 11 Sessions of 50-Minute Vacuum Massage: Pay for 10 sessions (1500 PLN) and get 1 session free.
- 17 Sessions of 50-Minute Vacuum Massage: Pay for 15 sessions (2250 PLN) and get 2 sessions free.
- 11 Sessions of 60-Minute Vacuum Massage: Pay for 10 sessions (1700 PLN) and get 1 session free.

- 17 Sessions of 60-Minute Vacuum Massage: Pay for 15 sessions (2550 PLN) and get 2 sessions free.

Ultrasound or Radio Waves Treatment Packages

- By purchasing 200 minutes of radio waves or ultrasound, you save 240 PLN.
 - PACKAGE PRICE: ~~4600~~ PLN 1360 PLN
- When purchasing 3 sessions, you receive a 10% discount.

Packages Combining Radio Waves or Ultrasound with Endermologie

- 200 minutes of radio waves or ultrasound for selected body parts and 10 sessions of 50-minute vacuum massage.
 - PACKAGE PRICE: ~~2860~~ PLN 2500 PLN
- 200 minutes of radio waves or ultrasound for selected body parts and 10 sessions of 60-minute vacuum massage.
 - PACKAGE PRICE: ~~3080~~ PLN 2700 PLN
- 5 sessions of ultrasound liposuction or radio waves and 10 sessions of 50-minute endermologie, package price depends on radio waves or ultrasound time:
 - 20 minutes: 2100 PLN
 - 40 minutes: 2500 PLN
 - 60 minutes: 3160 PLN
- 5 sessions of ultrasound liposuction or radio waves and 10 sessions of 60-minute endermologie, package price depends on radio waves or ultrasound time:
 - 20 minutes: 2150 PLN
 - 40 minutes: 2700 PLN
 - 60 minutes: 3320 PLN.

PACKAGES FOR HER

PACKAGE I

- 80-MINUTE FULL BODY MASSAGE "FRUITY INSPIRATIONS"
- MANICURE AND PEDICURE
- FREE -> CLASSIC NAIL POLISHING
 - PACKAGE PRICE: 470 PLN

PACKAGE II

- 50-MINUTE MASSAGE "GOLDEN FLEECE"
- FACIAL TREATMENT "PEARL-GOLD DUST"
 - PACKAGE PRICE: ~~380~~ 350 PLN

PACKAGE III

- MANICURE WITH POLISHING
- PARTIAL BODY MASSAGE "BODY HARMONY"
 - PACKAGE PRICE: ~~220~~ 200 PLN

PACKAGES FOR HIM

PACKAGE I

- 80-MINUTE SPORTS MASSAGE "OLYMPIC CALM"
- FACIAL TREATMENT "SEA BREEZE"
 - PACKAGE PRICE: ~~440~~ 400 PLN

PACKAGE II

- 50-MINUTE CLASSIC MASSAGE "BODY HARMONY"
- SPA PEDICURE
 - PACKAGE PRICE: ~~360~~ 320 PLN

PACKAGES FOR COUPLES

PACKAGE I

- 2X 80-MINUTE RELAXATION MESSAGES "EMBRACE OF MORPHEUS"
- TWO FULL BODY PEELINGS
 - PACKAGE PRICE: ~~780~~ 650 PLN

PACKAGE II

- 2X 50-MINUTE CLASSIC FULL BODY MESSAGES "BODY HARMONY"
- 2X FACIAL, NECK, AND DECOLLETAGE MESSAGES "BLISSFUL RELAXATION"
- FREE -> 2 FACIAL AMPOULES
 - PACKAGE PRICE: 500 PLN.

Bottom as usual

Timeless Endermology

[on the left picture of a person getting this message]

Vacuum Massage

Lose the fat

Endermology, also known as vacuum massage, is a cutting-edge procedure that involves massaging the skin with two moving rollers in a hermetic chamber under negative pressure

Its main purposes are to reduce cellulite, firm and tighten the skin, body contouring and many more. The best part is that you are going to see some results even after the first session!

[On the right a photo of a person getting this massage]

How does it work?

Initial Placement: The therapist places the handpiece on the treatment area. The device creates a vacuum, lifting the skin and underlying tissues.

Massage Motion: The therapist moves the handpiece in smooth, sweeping motions. This action combines with suction to massage the skin, stimulating blood flow and promoting lymphatic drainage.

Fat Metabolism: The treatment revitalizes inactive fat tissue, increases metabolism, and stimulates fat release, aiding in body shaping and cellulite reduction.

Collagen Production: It stimulates fibroblasts to produce more collagen and elastin, strengthening connective tissue and firming the skin.

[on the left photo connected with this topic]

Benefits:

Improved Blood Circulation: In our fast-paced lives, poor circulation can lead to various health issues. Vacuum massage enhances blood flow, ensuring better oxygen and nutrient delivery to tissues, which promotes skin health and speeds up healing processes.

Lymphatic Drainage: Modern living often results in the accumulation of toxins and fluids in the body. Vacuum massage aids in lymphatic drainage, helping to reduce swelling and puffiness and improving immune system efficiency.

Cellulite Reduction: Many people struggle with cellulite despite maintaining a healthy lifestyle. Vacuum massage breaks down fat deposits and improves circulation, significantly reducing the appearance of cellulite and making the skin look smoother and more toned.

Enhanced Skin Elasticity: Aging and environmental factors can reduce skin elasticity. Vacuum massage stimulates collagen and elastin production, maintaining skin firmness and preventing sagging and wrinkles. Also it can significantly diminish the visibility of stretch marks.

Pain Relief: Daily activities can lead to muscle pain and stiffness. Vacuum massage relaxes tight muscles, reduces inflammation, and promotes the release of endorphins, providing natural pain relief.

Enhanced Athletic Performance and Recovery: Athletes often face muscle soreness and long recovery times. Vacuum massage reduces muscle soreness and inflammation, improving recovery times and athletic performance.

Improved Skin Texture and Tone: Many seek smoother, more even-toned skin. Regular vacuum massage promotes the regeneration of healthy skin cells, leading to noticeable improvements in skin texture and tone.

Relaxation and Stress Reduction: Stress is an unavoidable part of modern life. Vacuum massage provides a soothing effect, reducing stress levels and promoting relaxation and mental well-being.

Non-Invasive Treatment: Many prefer non-invasive methods for health and beauty. The BODY Health BHS 301 offers a safe alternative to invasive procedures, delivering significant benefits without the need for surgery.

Versatility: Addressing multiple areas of the body is often desired. The BODY Health BHS 301 is suitable for various parts, including the face, arms, legs, and abdomen, providing comprehensive treatment.

Customizable Treatments: Individual needs vary greatly. The BODY Health BHS 301 allows for customizable settings, ensuring targeted and effective results for specific concerns and areas of focus.

[I am not gonna do it this way but rather something more readable such as here <https://fivesenses.pl/en/offer/floating/>. But right now I don't have an idea how to do it]

FAQ

Am I going to see progress after one treatment?

Yes, but to get the best results we encourage 15-20 sessions, with an average of 2 sessions per week.

Is it going to hurt?

Definitely not. We will adjust everything as you want so that it will be a relaxing and pleasant session.

How can I boost the effects of endermology?

If you want to get the maximum out of each treatment we encourage you to eat healthy, Light stretching exercises and drink at least 2.5 liters of water a day.

[I can't think of any more, especially because I don't want to copy and paste from google. I will ask my client for more.]

Book Your Endermology Session Today!

Look slimmer and younger without enduring surgeries. Achieve your dream state of being relaxed, calm, and youthful.

[Book Endermology Session]

Gallery page

Find out your self how our saloon looks

[photos of their spa]

Contact page

Reservation

Our staff will assist you in creating the best spa experience possible. To make a reservation please click the link below or call us directly.

Book appointment

Phone:

999 999 999

Opening hours



Mon-Fri 9:00-18:00

Sat 9:00-13:00

STAY IN TOUCH

[Basic form to send a message]

[Google maps]

Location

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