



Hotel Seidorf



— 1899 —

SPA Menu



The Philosophy of Seidorf Spa

The exclusive offer of treatments, massages, and rituals at Seidorf Spa has been created on the base of cosmetics by Forlle'd and Aromatherapy Associates which combine skin biostimulation with the therapeutic properties of natural essential oils.

*We operate in two ways. We skilfully combine care and relaxing therapies with technology. For physical and mental regeneration we recommend manual facial therapies – **Forlle'd**, and **AROMA ASSOCIATES** for the body.*

Thanks to the unique combination of low-molecular hyaluronic acid with ionized minerals necessary for the skin, Forlle'd products possess the unique ability to provide important elements to the deep layers of skin in a non-invasive manner.

We are a team of professionals, aware of our guests' needs. We care for the quality, atmosphere and comfort, as well as safety during treatments, combining the experience and skills of therapists with innovative technologies and soothing rituals.



Facial Treatments

ProFACIAL hydrogen cleansing + face massage

Care, deep cleansing, and a lifting effect. The use of radiofrequencies and ultrasounds stimulates skin regeneration by increasing the absorption of active substances. A gentle massage makes the skin more flexible and revitalizes it.

To extend the treatment's effect, we recommend the following products: Hyalogy P - effect Peeling lotion, Hyalogy P - effect refining Lotion, Hyalogy AC Clear Cream.

60 minutes / 470 PLN

Kobido

A Japanese face lifting method based on stimulating deep anatomical structures. It combines elements of deep tissue massage, lymphatic drainage, lifting techniques, and acupressure. Working on normalizing facial muscle tension results in better circulation of interstitial fluids, which helps the skin regain its natural glow, and visibly reduces dark circles under the eyes, reduces expression lines, deeply nourishes the skin, and makes the face regain a more clearly defined oval shape. A properly performed Kobido massage not only allows to achieve the effect of rejuvenated skin, but basing on an initial tissue examination, it helps to find problematic and tense physiological structures that hinder the outflow of lymph and change the biomechanics of muscles and joints in the face. The effects are noticeable already after the first treatment, and a series of massages allows to maintain the changes for a long period of time.

To extend the effect, we recommend Hyalogy Lift Cream.

75 minutes / 550 PLN

Immediate soothing of sensitive skin by FORLLE'D

It has a soothing effect and brings relief to sensitive skin. It provides nutrients, protecting against external factors. A gentle massage makes the skin more flexible and revitalizes it.

To extend the effect of the treatment, we recommend the following products: Hyalogy P-effect reliance gel, Hyalogy P- effect essence.

60 minutes / 470 PLN

NEW! HYDRAFACIAL Sensitive. Cleansing & extreme moisturizing

Hyaluronic acid complex for dry and dehydrated skin. A unique combination of Profacial hydrogen cleansing - exfoliating the epidermis, introducing active ingredients and antioxidants individually matched to the skin problem with the use of ultrasounds.

In order to extend the effect of the treatment, we recommend the following products: Hyalogy Lift Cream, Hyalogy FH essence, Hyalogy P-effect Essence.

45 minutes / 470 PLN

NEW! HYDRAFACIAL ANTI-AGE. cleansing & rejuvenation

An exfoliating treatment combined with the Hyalogy P-Effekt Essence serum including natural collagen and hyaluronic acid. Thanks to the use of radiofrequency, it renews the skin matrix, improving its firmness and elasticity. A perfect option for regenerating mature skin, an important element of a sustainable slow aging therapy.

In order to extend the effect, we recommend the following products: Hyalogy Lift cream, Hyalogy P- effect essence, Hyalogy FH Essence.

60 minutes / 590 PLN

NEW! A lifting treatment for the eye area by Forlle'd

This highly efficient treatment is designed for delicate skin. It reduces dark circles under the eyes, eliminates swelling, smoothes out wrinkles, improves microcirculation, and restores the skin structure. Perfect before surgical procedures in the field of aesthetic medicine.

To extend the effect of the treatment, we recommend the following products: Hyalogy Daily and Nightly cream for eyes, Hyalogy Eye Moistlift, Platinum Eye Cream.

30 minutes / 450 PLN

Illuminating vitamin C 30% by FORLLE'D

A treatment that protects the skin against photo-aging, with a strong antioxidant effect. It regulates pigmentation processes, evens out the colour, and prevents age-related discoloration. The combination of vitamin C with low-molecular platinum shows a great synergistic and detoxifying effect, possesses anti-inflammatory properties, and eliminates signs of oxidative stress, protecting the skin against all forms of free radicals. It reduces the visibility of fine wrinkles and thickens the skin. It is a non-invasive way to rejuvenate the skin.

To extend the effect of the treatment, we recommend the following products: Hyalogy VCIP cream, Bio VC 100 essence, Hyalogy BW Concentrate.

60 minutes / 550 PLN

Seidorf**by FORLLE'D***

The treatment combines the most effective elements of Forlle'd care. It takes advantage of technologies awarded with the Nobel Prize together with traditional care used by Japanese women every day. The ritual bases on products containing unique low-molecular ingredients such as hyaluronic acid (5nm) and platinum. Spectacular effects are achieved thanks to the use of 2 exclusive masks. As a result, it strongly moisturizes, illuminates and evens out the colour, thickens the skin and smoothes out wrinkles, restoring the triangle of beauty. The massage used during the treatment has a firming, smoothing, and relaxing effect. Already the very beginning of the treatment introduces you to a state of relaxation, thanks to a massage with the use Japanese brushes. The treatment instantly restores the skin's youth, leaving it radiant, smooth, and rejuvenated.

In order to extend the treatment's effect, we recommend the following products: Hyalogy A essence, Hyalogy Platinum Face cream, Hyalogy Re-Dify Cream

80 minutes / 900 PLN

Lifting treatment by FORLLE'D

A luxurious treatment restoring the triangle of youth. It takes advantage of the combination of ultra-modern technologies awarded the Nobel Prize with traditional Japanese care. The ritual's spectacular effects are achieved thanks to the use of an exclusive lifting mask in a straight sheet, which firms even such a sensitive area as the skin on the neck. As a result, it rejuvenates the face oval, thickens the skin, and smoothes out wrinkles, restoring the triangle of beauty. The pleasant massage used during the treatment lifts and prevents lymphatic stagnation. After this treatment, the skin is firm and radiant, and the face is spectacularly rejuvenated.

In order to extend the effect of the treatment, we recommend the following products: Hyalogy Lift Cream, Hyalogy FH essence, Bio Pure HA 100 Essence

60 minutes / 720 PLN

Platinum restoring treatment by FORLLE'D

A luxurious and effective anti-aging treatment by FORLLE'D that takes advantage of combining the latest technologies awarded with the Nobel Prize with traditional Japanese care. The ritual is based on super products containing effective and unique low-molecular ingredients such as hyaluronic acid and platinum, which act at the cellular level and, during the treatment, intensively stimulate the skin to regenerate. It counteracts the causes and effects of photo-aging of the skin, with an intense antioxidant, moisturizing and detoxifying effect. It effectively reduces pigmentation processes, lightening discoloration preventing it from appearing. It eliminates visible signs of oxidative stress, restores the skin's radiance, easily smoothes and reduces wrinkles. The massage performed during the treatment supports the penetration of micro elements, has a lifting effect and prevents lymph stagnation. After the treatment, the face is refreshed, radiant, and visibly rejuvenated.

To extend the effect of the treatment, we recommend the following products: Hyalogy Platinum Face cream, Hyalogy Platinum essence, Hyalogy Platinum Lotion, Hyalogy Platinum eye cream

60 minutes / 700 PLN

NEW! Hyalogy Re-Dify + eye area revitalizing and rejuvenating treatment

The treatment affects almost all parameters of the skin aging process. It has an effective impact on most exogenous factors. The combination of highly purified plant extracts, low-molecular ingredients, biomimetic peptides and oligopeptides increases the skin's elasticity, improves the way it looks and restores its vitality. Result:

radiant, even, smooth, and firm skin immediately after just one treatment! Improves the properties of the skin, firms and thickens it, smoothes out wrinkles, making them less deep, and prevents new ones from appearing, improves skin metabolism, brightens, has a biostimulating and anti-aging effect.

To extend the effect of the treatment, we recommend the following products: Hyalogy Re-Dify Cream, BW Concentrate, Hyalogy P- Effect Essence

70 minutes / 850 PLN



Rituals

Seidorf ** by Aromatherapy Associates***

An original ritual for people who need inner strength, want to cheer themselves up, seek relief and positive energy. We begin the ritual with a bath in a hot tub, accompanied by nice, relaxing music and candle light. Then a peeling is performed. A pampering massage of the entire body, with the use of a unique mask consisting of Inner Strength lotion and oil, will create good vibrations and a very positive attitude to life.

*The Seidorf ***** ritual also includes a facial massage. Our ritual reaches a culmination point in the form of a relaxing foot massage.*

120 minutes / 850 PLN

Deep sleep by Aromatherapy Associates

A treatment designed especially for guests who require deep relaxation when they experience difficulties falling asleep. The Deep Relax & Sleep original journey constitutes the perfect ritual for a good night's sleep. A pampering massage of the entire body takes advantage of carefully selected movements that bring you to a state of relaxation. The essential serum helps to harmonize our body and mind. Hair oiling combined with an Ayurvedic head massage creates positive vibrations, and the intensely rejuvenating facial treatment brightens and firms the skin.

"Take a little bit of spa with you" We recommend the fragrance of Deep Relax by Aromatherapy.

80 minutes / 600 PLN

Forest therapy by Aromatherapy Associates

A ritual intended for people who require contact with nature, as well as calmness and effectively relieving stress through forest therapy. Forest Therapy begins with an original forest therapy massage related to the art of Ayurewda, as well as shiatsu. Then a warm mask is applied to the hands and feet, and a moisturizing and revitalizing face treatment is also performed. During the facial ritual, hair oiling is carried out along with a very relaxing Ayurvedic head massage, which will put us in a state of deep relaxation. During the entire journey, we are accompanied by an inhalation oil, selected according to the current mood.

"Take a little bit of spa with you" We recommend the fragrance of Forest Therapy by Aromatherapy.

80 minutes / 600 PLN

Rose cuddle by Aromatherapy Associates

A treatment improving the mood and intensely moisturizing thanks to care rich in rose extract, geranium, and palmarosa. It leaves the skin regenerated, radiant, and enveloped in a very nice scent. We begin the ritual with a full-body peeling based on Damascus rose - the queen of flowers, and then we apply a serum. A unique rose extract mask and the rose clay applied later to the feet and hands, wonderfully relax and nourish the skin. The rose ritual also includes a highly moisturizing facial treatment.

"Take a little bit of spa with you" We recommend the fragrance of Renewing Rose by Aromatherapy.

80 minutes / 600 PLN

Perfect body by Aromatherapy Associates

The perfect treatment when we feel that our condition is getting worse and we lack energy. The mix of spicy citrus oils leaves the skin refreshed. A firming and slimming treatment that improves the contours of the body and eliminates excess fluid. We add an anti-cellulite brush to the ritual.

"Take a little bit of spa with you" We recommend the fragrance of Revive by Aromatherapy.

80 minutes / 770 PLN

Herbal relaxation by Aromatherapy Associates

A ritual for the body that stimulates our senses. It includes a body peeling consisting of two unique products and a massage of the entire body taking advantage of a special oil from the Relax collection. The treatment intends to cleanse the body and then put it into a state of calmness.

"Take a little spa with you" We recommend the fragrance of Revive and De - Stress Muscle by Aromatherapy.

80 minutes / 590 PLN

Soothing for the body and soul

A ritual for the body and soul that makes us relax, soothes, and calms us down. It includes an original massage developed by our therapists, and performed on specially warmed quartz sand. This combination results in relaxation and rest for the entire body.

Especially recommended after intense training or winter sports.

60 minutes / 600 PLN



Massages

An amazing experience of aromatherapy

During the treatment, we select 1 of 13 aromatic massage oils, depending on the guest's well-being and individual preferences. Stress and tensions are a thing of the past.

„Take a little bit of spa with you" We recommend the fragrance of Inner Strength by Aromatherapy

60 minutes / 450 PLN

Releasing tension

It relieves tension from the entire body, leaving a feeling of deep relaxation. The used preparations instantly relax the muscles and pleasantly warm you up.

"Take a little bit of spa with you" We recommend the fragrance of De – Stress by Aromatherapy

60 minutes / 450 PLN

Immunity strengthening massage

A unique full-body massage based on eucalyptus, pine, peppermint, tea tree, and lavender that strengthens the immunity, possesses antiviral properties, and clears the respiratory tract. The entire massage is preceded by box inhalation with a special Support Breathe oil.

"Take a little bit of spa with you" We recommend a fragrance from the series Support by Aromatherapy.

60 minutes / 450 PLN

The touch of silk

An original massage that has been created for people who want to free themselves from tension and incorrect body posture. It combines classic massage techniques as well as working with deep tissues and joints with characteristic long and smooth massage movements. It relaxes and restores the balance between different muscle groups, harmonizes emotions, stimulates blood circulation, metabolism, and the production of endorphins. It is a unique massage - it is a ceremony of touch for the body, soul, and mind.

+ full-body peeling (extends the duration of the treatment by 30 minutes)

50 minutes / 450 PLN

80 minutes / 650 PLN

A touch of warmth. Massage with quartz stamps

A remarkable richness of positive emotions, strengthens the acceptance of your own body, takes you on a wonderful journey through the world of natural beauty and perfect well-being.

"Take a little bit of spa with you" We recommend a fragrance from the series Revive by Aromatherapy

60 minutes / 300 PLN

Permanent contour

Permanent Contour Stamps® are filled with salt as well as the highest quality herbs and flowers from the cleanest regions of the world. The treatment bases on a massage with a warm stamp. This allows to achieve the effect of skin renewal and revitalization.

Wine

The unusual fruit acid stamp smoothes out and prevents premature aging of cells.

45 minutes / 450 PLN

Old India

Lime, ginger, lemongrass, and lavender warm up, strengthen blood circulation, and harmonize.

45 minutes / 450 PLN

Alpine Apple

It stimulates metabolism, moisturizes, and firms.

The included fruit acids result in a delicate exfoliating effect.

45 minutes / 450 PLN

Warming with volcanic stones

When in contact with the body, warm volcanic stones give up their valuable energy, restoring its proper flow. They deeply warm the body, speed up blood circulation, relieve muscle tension, and have a relaxing and soothing effect. This treatment is recommended for stressed and exhausted people with increased muscle tension. It is also recommended in cases of rheumatic, muscle, and joint ailments as well as neuralgia.

"Take a little bit of spa with you" We recommend a fragrance from the series Rose by Aromatherapy

60 minutes / 420 PLN





Floating session

Floating on the surface of water, which results in improving well-being, relieves accumulated stress, and minimizes pain. During the session, the senses turn off and the body is overwhelmed with an unusual inner peace. The high concentration of Epsom salt solution allows the body to reach a state of weightlessness and also puts it into an unusual alpha state.

30 minutes / 250 PLN

60 minutes / 350 PLN





FORLLE'd

A Japanese cosmeceutic brand working in a biostimulating manner and taking advantage of advanced technologies and solutions awarded with the NOBEL Prize. Using Forlle'd products ensures successful and non-invasive anti-aging treatment that prevents both time related aging as well as photo-aging of the skin. Forlle'd guarantees immediate and noticeable results; moisturized, smooth, and firm skin.

Using Forlle'd cosmetics:

- 96% IMPROVEMENT IN SKIN MOISTURIZATION
 - 40% WRINKLES REDUCTON
- 55% IMPROVEMENT IN SKIN ELASTICITY
 - 35% ERYTHEMA REDUCTION
- AND IMPROVING THE SKIN COLOUR

Cleansing

Hyalogy Remover For Point Make-Up / Express makeup remover	150 ml	620 PLN
Hyalogy P- Effect Clearance Cleansing/ First cleansing step	100 g	440 PLN
Hyalogy P-Effect Re- Purerance Wash/ Second cleansing step	110 g	520 PLN
Hyalogy Creamy Wash/ The second cleansing step for dry or sensitive	150 ml	610 PLN
Hyalogy P- Effect Refining Lotion/ Deeply moisturizing face serum	150 ml	590 PLN
Hyalogy P- Effect Peeling Lotion/ enzymatic peeling	100 ml	750 PLN

Platinum Series

Hyalogy Platinum Lotion/ Antioxidant face serum	120 ml	660 PLN
Hyalogy Platinum Essence / Antioxidant serum	15 ml	890 PLN
Hyalogy Platinum Face Cream / Antioxidant face cream	50 g	1370 PLN
Hyalogy Platinum Eye Cream/ Antioxidant eye cream	20 g	1040 PLN
Hyalogy Platinum Skin Care Set	zestaw	1850 PLN
BIO PURE VC 100 ESSENCE/ Serum with vitamin C	15 ml	990 PLN
Hyalogy VCIP Cream/ Brighteningcream with Vitamin C	50 g	1560 PLN
Hyalogy Platinum Face Mask/antioxidant mask	5 szt	860 PLN

Lifting & Firming

Hyalogy serum β / wrinkle reducing serum	30 ml	1100 PLN
Hyalogy serum α / serum for remodelling flabby skin	30 g	1660 PLN
Hyalogy Lift Cream / Uft Cream	50 g	1620 PLN
Hyalogy Daily and Nightly Cream For Eyes/ rejuenating cream forthe eye area	20 g	890 PLN
Hyalogy P- Effect Sheet/ Immediate rejuvenating mask	8 szt	750 PLN
Hyalogy Re – Dify Eye Mask/ rejuvenating mask for the eye area of mature skin	8 szt	990 PLN
Hyalogy Re – Dify Cream / rejuvenating cream for mature skin	50 g	1390 PLN
Hyalogy Re – Dify Lotion/rejuvenating base serum for mature skin	120 ml	850 PLN
BIO PURE HA 100 ESSENCE/ moisturizinganti-agingserum	15 ml	990 PLN
Hyalogy FH Essence/ anti-agingserum for mature skin	30 ml	1720 PLN
Hyalogy Sparkling Gel Pack /Foaming gel tao! mask	5 szt	530 PLN
Hyalogy PD Craem Pack /rejuvenating peptide	100 g	1470 PLN
Hyalogy Body Treatment/ Moisturizing body cream	200 g	750 PLN

Sensitive skin

Hyalogy P- Effect Basing Emulsion / Protective base emulsion	100ml	1040 PLN
Hyalogy P- Effect Reliance Gel / Intensely moisturizing gel	50 g	710 PLN
Hyalogy P- Effect Essence / Anti-aging moisturizing serum	30 ml	1750 PLN
Hyalogy AC Clear Essence / Regulating serum for acne-prone skin	60 ml	650 PLN
Hyalogy AC Clear Cream / Soothing cream for oily and combination skin	50 ml	620 PLN
Hyalogy AC Clear Mattifier / Matting emulsion for oily and combination skin	50 ml	680 PLN
Hyalogy RetiMoist Essence/ Serum with retinol	30 g	920 PLN
Hyalogy P- Effect Nourishing Cream / Delicate nourishing cream	40 g	970 PLN
BIO PURE CE 100 ESSENCE/ Soothing serum with ceramides	15 ml	990 PLN
BIO PURE PL 100 ESSENCE / a nutritional serum with placenta	15 ml	990 PLN
Hyalogy VK Essence / serum soothing rednesses	30 ml	950 PLN
BIO PURE EM 100 ESSENCE/ regenerating serum	15 ml	990 PLN
BIO PURE EG 100 ESSENCE/ stimulating serum	15 ml	990 PLN
Hyalogy Emollient Cream Pack / soothing mask	100 g	1060 PLN

Anti-Aging Series

Hyalogy BW Concentrate/ brightening serum	15 ml	990 PLN
Hyalogy BW Night Cream/ brightening cream	50 g	1090 PLN
Hyalogy BW Intense Mask / Illuminating face mask for each skin type	5 szt	710 PLN
Hyalogy Sculpting Gel / A strong body firming gel	200 ml	590 PLN

For Men

Hyalogy P – effect Washing Foam For Men / Cleansing foam	200 ml	890 PLN
Hyalogy Lotion For Men/ Regenerating lotion for Men	100 ml	580 PLN
Hyalogy Emulsion For Men/ Light cream for everyday use	100 ml	1020 PLN
Hyalogy Eye Moistlift serum/ An eyelid lifting serum	10 g	690 PLN

Protective

Hyalogy P-Effect Protector SPF25 PA++/ Protective sunscreen lotion	30 ml	650 PLN
Hyalogy Protective Cream For Lips/ Regenerating lip cream	9 g	550 PLN

Dear Guests,

*In order to ensure the safety and health of our guests
and employees, as well as to constantly improve the
quality of provided services, before taking advantage
of our offer please read the regulations available at*

www.seidorf.pl/spa

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