



Konstancin  
Hydrotherapy Centre  
EVA Park Life & SPA

05-510 Konstancin-Jeziorna  
ul. Sienkiewicza 2  
(entrance from ul. Żródlana)

Mon - Thur: 10.00 a.m. - 8.00 p.m.  
Fri - Sat: 10.00 a.m. - 9.00 p.m.  
Sun: 10.00 a.m. - 6.00 p.m.

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## SPECIAL OFFERS

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+48 667 550 828 or  
+48 22 484 28 88 ext. 333

## Unique microclimate

Surrounded by the green and peaceful Spa Park with a brine graduation tower and a unique health resort microclimate, EVA Park Life & SPA offers the perfect conditions for a deep rest and relaxation. It is ideal for recreation combined with beauty and regenerative treatments.

## The restorative power of the brine

When creating our rich and varied offer of SPA treatments, we draw on the natural wealth of the spa town of Konstancin-Jeziorna. The brine extracted from our own spring feeds the brine pool, which is a perfect starting point for further beauty treatments. Our Guests can also enjoy an antiseptic and refreshing brine pearl bath in the hot tub, or an aromatic scrub with iodine-bromine salt.

## Professional health & beauty and wellness treatments

EVA Park Life & SPA offers a wide range of various balneo-therapy treatments, using the healing power of brine and latest advances in cosmetology. From moisturizing and firming treatments and procedures for lifting and improving the oval face to programs eliminating signs of fatigue, vascular problems or acne. High quality, top-of-the-range equipment will help you sculpt your body or reduce cellulite. Our qualified staff will help you choose an ideal program tailored to individual skin needs.

## Relaxing massages

Massages and body care rituals are a perfect way to relieve stress or pain, even persistent. Depending on the needs of our Guests, we offer various treatments to help relax sore muscles. Our body rituals improve circulation and increase metabolism, as well as provide blissful relaxation and care with the use of natural aromatherapy oils.

# BRINE WATER SPA

## Brine treatments in Konstancin

### The power of brine

body scrub + application of nourishing balm 40 mins 220 pln

### Illuminating iodine-brine body treatment

body scrub + nourishing body mask + application of illuminating oil 60 mins 350 pln

### Brine welcome ceremony

body scrub + brine relaxation body massage 80 mins 350 pln

### Brine relaxation back massage

25 mins 170 pln

### Brine relaxation body massage

1 person / 60 mins 250 pln  
couple / 60 mins 480 pln

### Morning session in Konstancin

breakfast in Eva Park Restaurant (8:00-10:00) + brine relaxation body massage 1 person / 60 mins 280 pln  
couple / 60 mins 540 pln

### Duchess Anna Potulicka Ritual

one-time unlimited access to the Wellness Zone (pool, jacuzzi, saunas) + body scrub + nourishing body mask + brine relaxation body massage + moisturising facial treatment + gift: a bottle of brine 1 person / 150 mins 700 pln  
couple / 150 mins 1200 pln

### Gentleman's Ritual

one-time unlimited access to the Wellness Zone (pool, jacuzzi, saunas) + brine relaxation body massage + moisturising facial treatment + gift: a bottle of brine 1 person / 90 mins 550 pln  
couple / 90 mins 900 pln

### Relaxation time

one-time unlimited access to the Wellness Zone (pool, jacuzzi, saunas) + brine relaxation body massage 1 person / 60 mins 340 pln  
couple / 60 mins 660 pln

## Body contouring treatments

### Icoone

Patented technology that allows for precise work on connective tissue. It is an innovative generation of vacuum massage. Each treatment plan is tailored individually and may encompass various body areas. The procedure eliminates cellulite, aids in fat tissue reduction, enhances skin firmness and elasticity, reduces lymphatic swelling, and mitigates signs of skin aging.

30 mins (20 mins BASE + 1x 10 mins FOCUS)

1 treatment 250 pln  
5 treatments 1000 pln  
10 treatments 2000 pln

40 mins (20 mins BASE + 2x 10 mins FOCUS)

1 treatment 300 pln  
5 treatments 1250 pln  
10 treatments 2500 pln

50 mins (20 mins BASE + 3x 10 mins FOCUS)

1 treatment 350 pln  
5 treatments 1500 pln  
10 treatments 3000 pln

60 mins (20 mins BASE + 4x 10 mins FOCUS)

1 treatment 400 pln  
5 treatments 1750 pln  
10 treatments 3500 pln

### Maximus

Maximus combines two powerful technologies: tripolar radiofrequency and innovative dynamic muscle activation. The treatment reduces fat tissue and tightens collagen fibres in the dermal layer, resulting in denser and visibly firmer skin. Additionally, the increased temperature stimulates fibroblast activity to produce new collagen.

arms 1 treatment 300 pln  
6 treatments 1600 pln

thighs / buttocks / abs 1 treatment 400 pln  
6 treatments 2100 pln

### Lymphatic drainage in a suit

This is an alternative to lymphatic massage for the lower parts of the body. It eliminates the feeling of heavy legs and swelling. The suit gradually fills with air from the feet towards the abdomen, causing gradual compression of different parts of the body. It stimulates lymph flow, ensuring that the tissues are supplied with oxygen and nutrients.

1 treatment 100 pln  
5 treatments 450 pln

## Care rituals

### Escape to paradise

body scrub + relaxation body massage with oil + facial, neck and décolleté massage 1 person / 110 mins 470 pln  
couple / 110 mins 870 pln

### Sweet delight

chocolate body scrub + chocolate body mask + relaxation body massage with chocolate oil 1 person / 120 mins 450 pln  
couple / 120 mins 820 pln

### Full regeneration

body scrub + nourishing body mask + relaxation body massage with oil 1 person / 120 mins 430 pln  
couple / 120 mins 800 pln

### Complete relaxation

relaxation body massage with oil + facial, neck and décolleté massage 1 person / 80 mins 400 pln  
couple / 80 mins 760 pln

### Deep nourishment

nourishing body mask + relaxation body massage with oil 1 person / 90 mins 350 pln  
couple / 90 mins 670 pln

### Power of nourishment

nourishing body mask + facial, neck and décolleté massage 1 person / 60 mins 300 pln  
couple / 60 mins 580 pln

## Care rituals for two (price for two)

### Romantic meeting

relaxation body massage with oil for two + dinner + a glass of wine 60 mins 850 pln

### Candlelight date

relaxation body massage with aromatic candle wax for two + a glass of prosecco 60 mins 570 pln

### Unique moment

relaxation back massage for two + a glass of prosecco 25 mins 370 pln

## Body massages for one

Relaxation massage with chocolate oil 60 mins 260 pln

Relaxation massage with nourishing shea butter 60 mins 270 pln

Relaxation massage with aromatic candle wax 60 mins 270 pln

Hot stone massage for relaxation 60 mins 270 pln

## Facial, neck and décolleté massages

### Kobido face massage

Kobido is a Japanese facial massage that serves as an excellent alternative to aesthetic medical procedures. It is an effective method for lifting facial contours and restoring firmness and elasticity to the skin.

75 mins 1 massage 300 pln  
5 massage 1350 pln

Relaxation massage for the face, neck and décolleté 30 mins 180 pln

Express Lift massage for the face, neck and décolleté 30 mins 200 pln

## Hand care

Paraffin wax wrap for the hands 25 mins 70 pln

SPA for hands hand scrub + balm application + paraffin wax wrap 40 mins 160 pln

## Treatments for children and teens (aged 12 and above)

Chocolate nourishment chocolate body mask + relaxation body massage with chocolate oil 70 mins 280 pln

### Chocolate delight

relaxation massage with chocolate oil back massage / 20 mins 110 pln  
body massage / 40 mins 160 pln

### Vitamin bomb

relaxation massage with vitamin oil back massage / 20 mins 100 pln  
body massage / 40 mins 150 pln

### Skin care

peeling + face mask 40 mins 170 pln



KLAPP Cosmetics' professional treatments are tailored to suit all skin types. Each treatment line incorporates specific products aimed at delivering essential nutrients for skin regeneration. The effects of these treatments are immediately noticeable, leaving the skin moisturized, supple, and radiant.

#### REPAGEN EXCLUSIVE TREATMENT STRONG

70-90 mins **400 pln**

An innovative treatment designed for mature, oxygen-deprived skin with a loss of elasticity. It actively triggers the skin's self-regenerative capabilities and promotes the synthesis of collagen and elastin. It delivers anti-aging and smoothing benefits.

#### X-TREME HYALURON INFUSION

70-90 mins **390 pln**

A deeply moisturizing treatment suitable for all skin types. The use of flexible bandages during the procedure will help restore the natural contour of the face, providing a more youthful appearance.

#### C PURE FACE INFUSION

70-90 mins **390 pln**

A brightening and pigmentation-reducing treatment designed for gray and tired skin. It helps enhance skin texture, firmness, and hydration while also evening out pigmentation irregularities and deactivating acne-causing bacteria.

#### A CLASSIC POWER BOOST TREATMENT

60 mins **360 pln**

An innovative treatment designed for skin in need of rejuvenation. This treatment not only slows down the aging process but also accelerates and rejuvenates the skin at the DNA level, effectively preventing the formation of age spots through oxidative detoxification.



Treatments by the Polish brand MedEstelle developed in harmony with the biological nature of the skin. Specialized facial treatments designed with specific needs and requirements of the skin in mind. They combine advanced methods and concentrated therapeutic formulas with unique relaxation techniques.

#### TURBO SENSO LIFT

Premium – 75 mins **450 pln**  
Shot – 60 mins **320 pln**

It offers advanced lifting effect. The proprietary Turbo Lift application technique dramatically firms the skin and enhances facial contours. With its advanced formula, it delivers immediate improvements in skin tension and elasticity, significantly reducing the appearance of wrinkles and preventing their formation.

#### REJUVENATION SENSO GLOW

Premium – 75 mins **450 pln**  
Shot – 60 mins **320 pln**

The treatment delivers visible rejuvenating and illuminating effects for the skin. The modern formula of the Illuminating Anti-Aging Mask instantly smooths and nourishes the skin, restoring radiance and vitality.

#### SENSO SUPER HYDRATION

Premium – 75 mins **430 pln**  
Shot – 60 mins **320 pln**

The treatment soothes all skin types, providing deep hydration with the Super Moisturizing Mask. It delivers a feeling of freshness and relaxation while simultaneously regenerating and smoothing the skin.

#### REDNESS SENSO CALM

60 mins **320 pln**

Specifically designed for sensitive, vascular, and dehydrated skin. It combines corneotherapeutic action to restore the epidermal barrier. Every step of the treatment procedure ensures profound calm and relaxation.

#### BARRIER SENSO REPAIR

45 mins **290 pln**

This treatment combines intensive corneotherapeutic effects, envelops the skin in velvety textures and a relaxing aroma. The specialist Corneotherapeutic Repair Cream-Mask stimulates deep skin renewal and regeneration, fortifying its resilience.

#### DEEP CLEAN

60 mins **320 pln**

Deep-cleansing treatment and calming inflammation. Recommended for acne-prone, seborrheic skin with visibly clogged pores. It unparalleledly improves skin quality and soothes the symptoms of problematic skin. The treatment results in spectacular smoothness, firmness, and visibly tightened pores.

## MEN'S CARE ZONE

#### MEN HYDRA POWER

60 mins **320 pln**

Smoothing and soothing treatment perfect for all types of men's skin. It deeply hydrates and regenerates the skin while strengthening its hydrolipid barrier. It alleviates signs of dehydration, such as tightness and irritation. The treatment restores a healthy and well-groomed appearance to men's skin.

## EXPRESS TREATMENTS

#### EXPRESS SOOTHING

45 mins **220 pln**

A treatment suitable for all skin types, with a particular focus on sensitive, poorly hydrated and easily irritated skin. It provides excellent hydration and revitalizes the skin's appearance, leaving behind a comforting and rejuvenating sensation.

#### PERFECT SMOOTHING

45 mins **220 pln**

A treatment for skin in need of intense smoothing and exfoliation. It rapidly revitalizes and smoothes the skin surface, resulting in a healthier and more youthful look.



## SPECIALIZED FACIAL PROCEDURES

#### OXYGEN INFUSION

40-60 mins **380 pln**

An innovative treatment that combines the effects of hyperbaric oxygen and active substances. It deeply hydrates the skin at a cellular level, providing powerful oxygenation and nourishment.

#### NEEDLELESS

MESOTHERAPY 1 treatment **350 pln** / 5 treatments **1500 pln**

A rejuvenating and revitalizing electrostimulation treatment using the Skinshooter device combined with a high-concentration active ingredient serum.

#### ICOONE

FOR THE FACE 1 treatment **250 pln** / 5 treatments **1000 pln**

A drainage treatment with a lifting effect. Its potent firming action allows for the overall improvement of skin condition, restoring proper firmness, elasticity, thickness and facial contour.

#### MAXIMUS

FOR THE FACE 1 treatment **350 pln** / 5 treatments **1500 pln**

An anti-aging treatment focused on improving facial contours. By heating collagen fibres, it stimulates natural collagen renewal, leading to firmer and more youthful-looking skin.