

## BODY THERAPY

### DETOX AND DRAINING RITUAL

90 Minutes | 460 €

The detox and cleansing ritual begins with brushing the whole body. Revitalizing scrub cleanses the skin and gives an extraordinary feeling of smoothness. A body wrap with Mud deeply saturates the skin with minerals, promotes toxin removal and weight loss, prevents the accumulation of fatty acids, makes the skin texture linear and compact, it acts against the imperfections of cellulite and improves skin elasticity. And finally, a full-body modeling massage that will improve blood circulation.

BODY BRUSHING | BODY SCRUB | MUD MASK | MODELING MASSAGE

### TIME OF RITUAL

90 Minutes | 460 €

This treatment relaxes the body and mind, contrasting the frenetic rhythms of daily life. It helps to achieve harmony and rediscover true beauty. A unique moment of mental and physical well-being.

BODY SCRUB | BODY MUD MASK | RELAX AROMA MASSAGE

### QUICK SHRINK ME TREATMENT

90 Minutes | 460 €

Modeling care with mild exfoliation, mud wrap and serum, which is highly concentrated in active ingredients. Thanks to many components, the program promotes cell regeneration and renewal, stimulates the removal of excess fluid and toxins from the body. The treatment ends with modeling massage.

BODY SCRUB | MUD MASK | MODELING MASSAGE

### ANTI STRESS THERAPY

90 Minutes | 450 €

Pamper yourself to relax your body and mind with the power of pure essential oils to soothe the mind, body and soul. The treatment involves gentle massage to reduce stress and promote good sleep.

BODY SCRUB & WRAPPING | HEAD MASSAGE | FOOT MASSAGE | FACE MASSAGE

### BODY SCRUB

30 Minutes | 190 €

scrub cleanse the skin and gives an extraordinary feeling of smoothness.

FOR RESERVATIONS, PLEASE DIAL  
444

WORKING HOURS  
12:00 - 22:00

PRICES INCLUDE VAT 18%

# LOPOTA

# FOREST SPA

  
LOPOTA  
LAKE RESORT & SPA

## SIGNATURE JOURNEYS from FOREST SPA

### THE ROYAL JOURNEY

3 Hours | 750 €

This experience begins with a hydrotherapy bath and body scrub. It is followed by a luxurious mud mask with spirulina extracts, meanwhile, a cleansing facial takes place on the skin. The journey ends with a full body aroma massage and a facial.

HYDROTHERAPY BATH | BODY SCRUB | BODY MASK | FACIAL TREATMENT | AROMA MASSAGE

### MYSTERY OF LOPOTA

2 Hours | 650 €

Journey of Mystery of Lopota begins with revitalizing body scrub. It is followed by body mud with green tea & cedar extracts which deeply saturates the skin with minerals. The treatment ends with a face renewal and full body massage with aroma oil.

BODY SCRUB & MUD | EXPRESS FACIAL & BODY MASSAGE

## FACE THERAPY

### FACE PERFECTION

60 Minutes | 280 €

perfect your beauty and make yourself glow to restore the right rhythm to your skin. The cleansing and preparation line, a universal response for all skin types.

### FACE RENEWAL

40 Minutes | 190 €

Help your skin to be refreshed. Treatment improves skin texture, replenishes hydration

### SECRET OF YOUTH

60 Minutes | 380 €

This facial is designed to target the signs of aging, even out the skin tone and bring luminosity to the skin.

### THE GOLD

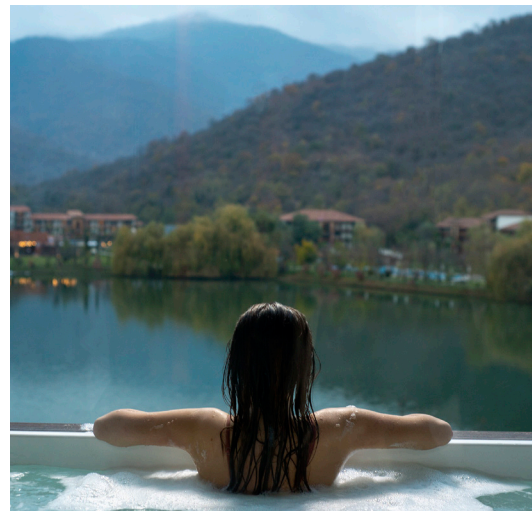
60 Minutes | 580 €

Multifunctional gold treatment - activates cells, produces collagen and rejuvenates the skin

### DEEP HYDRATION FACIAL

60 Minutes | 350 €

Ideal for dry skin



## HYDROTHERAPY

### SEA SALT BATH

30 Minutes | 190 €

Detoxifying and mineralization

### VINOTHERAPY

30 Minutes | 190 €

Relaxation and antioxidation

## MASSAGE COLLECTION

### AROMATHERAPY ANTI STRESS MASSAGE

50/80 Minutes | 250/320 €

Immerse yourself in a unique experience of healing touch. The combination of skillful therapeutic massage techniques and aromatic oils will invigorate the senses and relieve muscle tension. We use exclusively 100% sweet almond oil in our massages, available in three unique fragrances.

### DEEP TISSUE MASSAGE

50 Minutes | 270 €

This massage is performed to break down muscle tension by reaching deeper layers of the muscles' connective tissue. Special massage technique relaxes stiff muscles and improves circulation and overall flexibility, dispelling neck stiffness, lower back pain, and tight shoulders.

### SWEDISH MASSAGE

50 Minutes | 270 €

A classic body massage using soft to medium pressure to encourage circulation, promote relaxation and ease muscle tension. Soft gliding and stimulating movements using hands and forearms help soothe tired and aching muscles and leave you energized and revived.

### HOT STONE MASSAGE

50 Minutes | 260 €

A massage that uses the ancient art of healing with basalt stones. The heat from the stones releases tension in tight, tired muscles and aids your body's own detoxification process. The use of both stones and the therapist's hands allows for the perfect combination of pure relaxation.

### MODELING MASSAGE

50 Minutes | 270 €

A combination of lymphatic drainage and anti-cellulite massage techniques using a special gel or cream. The procedure reduces cellulite and improves skin tone, helps relieve fatigue and swelling.

### BACK, NECK & SHOULDER MASSAGE

30 Minutes | 170 €

This deep tension-releasing massage concentrates on the back, neck, shoulders to relieve stiffness and improve microcirculation.

### FACE & SCALP MASSAGE

30 Minutes | 170 €

Relaxing massage with natural argan oil results in immediate relaxation, leaving the skin looking fresh.

### FOOT MASSAGE

30 Minutes | 170 €

The procedure affects the reflex zones of the feet, contributing to relaxation and pain relief.