



BEAUTY FIRST

Lukasz Pachorek

BF

PRICE LIST



mamaison

Hotels & Residences



NATURA BISSÉ

More than thirty years of experience guarantee the effectiveness of the treatments created by NATURA BISSÉ, which is leader in research, development and innovation. Its formulas contain the highest concentration of innovative active ingredients which are created with great delicacy and care. It is for these reasons that Beauty First SPA trusts their clients' skincare to the prestigious Spanish luxury skincare company. Discover the exclusive rituals of NATURA BISSÉ and live an unforgettable experience of beauty and relaxation.



FACELIFT OPTIMIZER 60 min 700 pln

Lifts · Fills · Relaxes

Surgical alternative treatment that infuses the skin with all of the benefits of a microinjection without the neurotoxins. Visibly lifts skin after just one treatment due to the innovative highly concentrated ingredients.



THE O2 RELAX 60 min 450 pln

Firms · Nourishes · Tightens

A unique cocktail of bio-identical supplements for the skin restores the essential elements needed to maintain supple, hydrated and wrinkle-free skin. Its regenerating power acts from the deepest layers of the skin, replenishing firmness, elasticity and tone.



THE ESSENTIAL SHOCK 60 min 500 pln

Purifies · Brightens · Balances

This essential exfoliating and invigorating treatment reenergizes cellular functions and reveals perfectly hydrated skin. The revitalizing power of pure oxygen will decongest and brighten a tired dull complexion restoring an even tone and a healthy natural glow.



CARBOXI-EXPRESS 30 min 280 pln

Reveals · Renews · Exfoliates

A lunchtime peel for a glow on the go. Using 5 AHAs, this triple exfoliating treatment will produce unprecedented results leaving your skin extraordinarily soft and luminous in just 30 minutes!

*There is a possibility to order a full range of products Natura Bissé.
If you are interested, do not hesitate to contact with our SPA.*

Natura Bissé
Barcelona

My skin. My secret.

MASSAGES

CLASSICAL MASSAGE

0,5h / 150 pln
1h / 250 pln
1,5h / 360 pln

A treatment with therapeutic and relaxing effects. The techniques used relax tense muscles, improve their condition, reduce joint pains, soothe nerves, make the body more beautiful, improve skin flexibility. The massage has positive impact on cardiovascular, nervous and lymphatic system.

RELAXING MASSAGE

0,5h / 150 pln
1h / 250 pln
1,5h / 360 pln

Perfectly improves mood, relaxes mind and body, relieves and reduces muscular-nervous tensions, stimulates vitality. Care products used in the massage are individually chosen depending on mood and skin condition.

MASSAGE WITH CANDLES

1h / 300 pln
1,5h / 420 pln

Relaxing massage, soothes sensitive skin. Improves skin condition by intensive hydration and firms it. After the massage the skin is soft, flexible, radiant and velvet.

HOT STONE MASSAGE

1h / 300 pln
1,5h / 420 pln

Perfect way to relax deeply. Soothes muscle pains and tensions caused by stress. Improves skin nutrition, increases its flexibility and firmness.

DEEP TISSUE MASSAGE

1h / 300 pln
1,5h / 420 pln

It is one of the most efficient forms of work with soft tissues in many diseases and pains of muscular system caused by stress, tiredness and wrong posture. It reduces limitations in muscle movements. The effect of the massage are: reduced pain, improved posture, better flexibility and movement fluency. It relieves and prevents the return of trouble.

ANTICELLULITE MASSAGE

1h / 300 pln
1,5h / 420 pln

Massage with the use of special techniques which reduce cellulite. The skin gets smoother, more firm and flexible. The massage diminishes lymph storage and stimulates proper body functions, improves blood circulation.

For the special request we can arrange for you:

LOMILOMI – HAWAII TRIP

1,5h / 450 pln

Hawaiian massage brings the feeling of deep relaxation, removes onerous tensions, restores harmony of body and peace of mind. Brings exceptional feeling of joy and blissfulness, removes internal blockages and tensions.

ZANZIBAR MASSAGE

1h / 350 pln

Unusual massage experience through music and rhythm. Zanzibar hour spectacle accompanied by African and Indian melodies, inspired by the cultural richness of this exotic island. Variable rate techniques gradually stimulate, cheer up and restore the joy of well being to finally pass the peace and harmony.

HINDU HEAD MASSAGE

45min / 250 pln

It is a very effective therapy based on traditional Hindu techniques, practiced in India as a family ritual for over 1000 years. Positively influences those body parts which are most fragile for stress and tension – upper back, shoulders, neck, head and face.

ELIMINATION OF HEADACHE MASSAGE

1,5h / 450 pln

It includes comprehensive therapy massage the shoulders, neck, face and head. Deep tissue massage techniques freed from chronic muscle tension shoulder and neck and loosen, causing relaxation and rest. Extremely pleasant facial massage will release the remaining voltage, adding relief. The final culmination of rest and relaxation is a scalp massage. Massage therapist works on the cause of the pain, not for the symptoms.

ABHYANGA – AYURVEDIC MASSAGE 1,5h / 450 pln

Deeply relaxing massage of the whole body. Rhythmical, deeply relaxing movements unblock energy channels and remove toxins from the body. The massage regenerates all the body, stimulates cardiovascular and lymphatic system. Relaxes nervous system, all the body and mind, stimulates metabolism, boosts the immune system.

SPA PACKAGES

SPA RITUAL

1,5h / 380 pln

- Whole body peeling
- Hour classical/ relaxing massage

DE LUX

650 pln

- Whole body peeling
- Hour classical/ relaxing massage
- Face treatment
- Nourishing treatment for hands

FOR HIM

500 pln

- Skin enhancing treatment for men
- Hour classical/ relaxing massage

CLASSICAL

500 pln

- Hour classical/ relaxing massage
- Face treatment

PREMIUM DE LUX PACKAGE

900 pln

- Whole body peeling
- Hour candle massage with gold
- The o2 relax face treatment Natura Bisse
- Nourishing treatment for hands

FOR TWO

450 pln

- Hour classical or relaxing massage for two

*Please arrive at the treatment in a bathrobe and hotel slippers.
Before starting the treatment you will receive a one-time underwear and a towel.*

*Please notify the Spa at least 4 hours prior to your appointment time if you need to cancel or reschedule.
If we are not notified, you will be charged 50% of the full payment for services not cancelled in the time allotted.*



Reservations:

BEAUTY FIRST
HOTEL MAMAISON LE REGINA
ul. Kościelna 12 00-218 WARSAW
Phone: +48 22 531 60 00 / from your room 20