

## 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 balneotherapy 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 for you, tailored to your 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.

## DISCOUNTS

- 10% for the National Senior Citizen Card holders,
- 10% for Large Family Card holders,
- 10% for Warsaw City Card,
- 10% under UMCS Graduate Programme.

Current promotions on the website: [www.evapark.pl](http://www.evapark.pl)  
Promotions and discounts cannot be combined.



### Konstancin Hydrotherapy Centre EVA Park Life & SPA

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

🕒 Monday - Thursday: 10.00 a.m. - 8.00 p.m.  
Friday - Saturday: 10.00 a.m. - 9.00 p.m.  
Sunday: 10.00 a.m. - 6.00 p.m.

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✉ [spa@evapark.pl](mailto:spa@evapark.pl)

🌐 [www.eva-park.com](http://www.eva-park.com)



# SPA

TREATMENT AREA

## Did you know that...

- Konstancin is the only health resort town in Mazovia,
- it has its own brine spring located at the depth of 1,750 metres and owned by the spa,
- the beneficial effects of the brine for health and beauty are used in all our SPA treatments

Try them to feel the healing power of balneotherapy!



## Balneotherapy treatments in Konstancin

**Brine relaxation massage** 60 mins **220 pln**

**Brine welcome session**  
full body scrub + massage 90 mins **300 pln**

**The power of brine**  
full body scrub + lotion massage 60 mins **250 pln**

**Illuminating iodine-brine full body treatment**  
scrub + mask + lotion massage 90 mins **350 pln**

**Morning session in Konstancin**  
breakfast 8.00 – 10.00 a.m. + full body massage 60 mins **230 pln**

**Duchess Anna Potulicka Ritual**  
pool + graduation tower + peeling + mask  
+ body massage + facial massage  
+ gift: a bottle of brine 1 person / 150 mins **600 pln**  
couple / 150 mins **1000 pln**

**Gentleman Ritual**  
pool + graduation tower + body massage  
+ moisturizing facial treatment  
+ gift: a bottle of brine 1 person / 120 mins **550 pln**  
couple / 120 mins **900 pln**

## Facial treatments

Face, neck and décolleté massage	30 mins	<b>150 pln</b>
Facial lymphatic drainage	30 mins	<b>160 pln</b>
Cavitation peeling	45 mins	<b>180 pln</b>
Illuminating treatment with vitamin C	60 mins	<b>330 pln</b>
Anti-wrinkle peptide smoothing treatment	60 mins	<b>330 pln</b>
MangoLift Collagen Therapy lifting treatment	60 mins	<b>380 pln</b>
Pumpkin treatment with manual cleansing	90-120 mins	<b>330 pln</b>
Mango Peel brightening treatment for hyperpigmentation	60 mins	<b>330 pln</b>
Azelaic Peel exfoliation treatment	60 mins	<b>330 pln</b>
Revitalizing anti-aging treatment	60 mins	<b>330 pln</b>
Eyebrow adjustment and henna	45 mins	<b>65 pln</b>
Henna for eyebrows	30 mins	<b>55 pln</b>

## Specialized treatments for face and body

Intracuticals – a highly oxygenating and nutritious treatment	60-90 mins	<b>590 pln</b>
Maximus – lifting treatment	1 treatment 4 treatments	<b>400 pln</b> <b>1200 pln</b>
Icoone for face – treatment improving facial oval	1 treatment 5 zabiegów	<b>200 pln</b> <b>900 pln</b>
Icoone – body shaping treatment	1 treatment 10 treatments	<b>350 pln</b> <b>2400 pln</b>
Maximus – arms or calves	1 treatment 6 treatments	<b>300 pln</b> <b>1600 pln</b>
Maximus – thighs, buttocks or abdomen	1 treatment 6 treatments	<b>400 pln</b> <b>2100 pln</b>
Lymphatic drainage suit treatment	1 treatment 4 treatments	<b>60 pln</b> <b>200 pln</b>

## Hand and foot care

Paraffin hand treatment	25 mins	<b>40 pln</b>
Hand SPA	40 mins	<b>100 pln</b>
Foot massage	30 mins	<b>130 pln</b>
Foot SPA	60 mins	<b>150 pln</b>

## Body rituals for one

Relaxation back massage	25 mins	<b>150 pln</b>
Relaxation massage with nourishing shea butter	60 mins	<b>220 pln</b>
Relaxation massage with aromatic candle wax	60 mins	<b>230 pln</b>
Hot stone massage	60 mins	<b>250 pln</b>
Anti-cellulite treatment peeling + bandages + massage	120 mins	<b>320 pln</b>
Slimming treatment peeling + mask + stretch + lotion massage	90 mins	<b>280 pln</b>

## Care rituals for one

Expectant Mom body mask + face massage	90 mins	<b>250 pln</b>
Bride peeling + face massage + body massage	120 mins	<b>400 pln</b>
Sweet delight peeling + chocolate mask + chocolate massage	120 mins	<b>400 pln</b>

## Body rituals for two

(price for two)

Romantic rendezvous candle massage + a glass of prosecco	60 mins	<b>440 pln</b>
Ritual for couples massage + dinner + a glass of wine	60 mins	<b>690 pln</b>
Best friends scrub + face mask + a glass of prosecco	120 mins	<b>690 pln</b>
Mom and daughter scrub + face mask + body massage	120 mins	<b>600 pln</b>
Newlyweds vitamin cocktail + face massage + body massage	90 mins	<b>690 pln</b>
Relaxation massage for two with shea butter/oil	60 mins	<b>400 pln</b>

## Care rituals for teens

(aged 12-18)

Chocolate Heaven warm chocolate massage	back / 20 mins body / 40 mins	<b>65 pln</b> <b>100 pln</b>
Honey Relish liquid honey massage	back / 20 mins body / 40 mins	<b>60 pln</b> <b>90 pln</b>
Vitamin Adventure vitamin oil massage	back / 20 mins body / 40 mins	<b>55 pln</b> <b>85 pln</b>
Sea Moisture Face treatment for oily skin	40 mins	<b>120 pln</b>