

PHYSIOTHERAPY AND OSTEOPATHY

COMPLEX REHABILITATION OF MANY DISEASES
CHILDREN AND BABIES



- ☉ Perinatal traumas
- ☉ Child development disorders
- ☉ Lower muscular tension associated with the Caesarean section colic, fear, insomnia
- ☉ ADHD
- ☉ Backaches, defects of posture, scoliosis, limb abbreviations, clubfoot, flat feet, torticollis.

All diseases such as adults.

ADULTS

- ☉ Any disorder of the skeletal, muscle, neurological, respiratory, digestive, circulatory, endocrine, genitourinary, lymphatic system or multi-organ diseases.



REHABILITATION METHODS

- ☉ craniosacral and visceral osteopathy
- ☉ Bowen technique and Polarity therapy
- ☉ healing and relaxing massages
- ☉ deep and soft tissue massage
- ☉ lymphatic drainage
- ☉ fascial chains and manual therapy
- ☉ trigger points therapy, physiotherapy
- ☉ foot, hand and face reflexology
- ☉ old Chinese ear acupuncture
- ☉ music therapy, choreotherapy

INVESTMENT IN YOUR HEALTH

Price: 90 PLN for 30 min., 180 PLN for 60 min. rehabilitation Pass for 5 entries + 30 minutes for FREE, pass for 10 entries + 60 min. + sauna or jacuzzi 30 minutes for FREE



WELCOME!

CONTACT DETAILS

MON - FRI 1 pm - 9 pm
SAT - SUN 11 am - 7 pm

HOTEL BAST***
SPA & WELLNESS
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www.facebook.com/hotelbast
www.facebook.com/anielskagrotaspa

WISH YOU A WONDERFUL DAY!



Angelic Cave
WELLNESS & SPA



OFFER AND PRICE LIST

Discover your piece of Heaven



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NEW SPA RITUALS

PERSONAL DEVELOPMENT WORKSHOPS



We organize an extraordinary journey into the depths of yourself, in order to discover your talents, strengths and weaknesses and know the way to achieve your goals and dreams. We show how to manage stress and emotions, how to motivate yourself

and others to take action. We work with experts of life and business coaching. 90 PLN for 30 min., 180 PLN for 60 min.

BOWEN TECHNIQUE it is BOWTECH®

manual therapy method The Original Bowen Technique that originates from Australia from native Aborigines. It includes soft touch and activation of special neurological points of human body that helps to reduce stress, brings very deep relaxation, detoxify the organism, release tension of fascia and muscles, brings harmony into whole body, emotions, mind and soul. It cures spine pain, joints degeneration, inner organs disease, sports injuries, car accidents, traumas, problems with fertility and depression.

Price: 90 PLN for 30 min., 180 PLN for 60 min., 270 PLN for 90 min.

TIBETAN SINGING BOWLS SOUND MASSAGE



This massage is about 8 thousand years old and comes from Nepal. Natural philosopher Peter Hess' research has proved that cells all

body make a sound of a special frequency - vibration. That is why this sound massage lead to deep relaxation of the body and mind, calms emotions, harmonize soul, what brings regeneration, activates primary standard of health, releases stress, increase creative power. Price: 90 PLN for 30 min., 180 PLN for 60 min., 270 PLN for 90 min.

DR RUDOLPH STONE'S POLARITY THERAPY

This is special program of health care that assumes the positive patterns of thinking, manual therapy that releases blocked energy, a special diet detoxified and strengthen the body and specially selected polarity yoga exercises. This therapy is multi-dimensional: balances the 5 elements in the body, emotions, mind and soul, helps to change old patterns of the subconscious, find a new path in life and feel the joy of existence. Price: 90 PLN for 30 min., 180 PLN for 60 min.



KINESIOTHERAPY PHYSIOTHERAPY



FITNESS CLUB „Seventh Heaven”

- ✓ 50 PLN for 60 min. Fitness exercises on PRECOR sport equipment
- ✓ 60 PLN for 45 min. Gymstic exercises for spine and cardio

✓ FITNESS PASS FOR KINESIOTHERAPY TO 60 MIN.

Benefits: strengthened spine muscles, burned unnecessary calories, body shaping, regulated blood pressure.

- Pass for 5 entries – price: 250 PLN + 1 FREE entry
- Pass for 10 entries – price: 500 PLN + 2 FREE entry

SAUNA „Heart of Fire”

- ✓ 30 PLN for 30 min.
- ✓ 60 PLN for 60 min.
- ✓ Sauna + Jacuzzi 60 PLN for 60 min.



Benefits: improved immunity, detoxification and of the body, acceleration of fat burning.

JACUZZI „Ocean of Peace”

- ✓ The prices are the same as in the sauna
- ✓ Sauna + Jacuzzi 60 PLN for 60 min.



Benefits: stress-relieved baths, analgesic, reduced muscle tone, harmonized emotions, detoxifies

PASS FOR THERMO-AND HYDROTHERAPY TO 60 MIN.

- Pass for 5 entries – price: 300 PLN + 1 FREE entry
- Pass for 10 entries – price: 600 PLN + 2 FREE entry

PACKAGES

PERSONAL PACKAGES – compose your own package of SPA Rituals - a unique offer for women and men. We recommend you body scrubs, healing and relaxing massages, fascial and foot reflexology.

PACKAGES FOR COUPLES – make a magical gift for beloved person - spend with us a unique engagement, proposal, wedding anniversary. SPA Ceremonies for Newlyweds. We provide an unforgettable SPA Rituals, for the exclusive use, romantic dinner with candles and music, lodging in the historic scenery of the Hotel BAST***.

PACKAGES FOR PREGNANT WOMEN – we take care of future Mums and relieve back pain and swelling of the legs which occur very often during pregnancy. We use kinesiotaping to support abdominal muscles. We provide relax for body, mind and soul thanks to special massages after the first 3 months of pregnancy.

FAMILY PACKAGES - prophylactic, relax or pain relieve SPA Rituals which improve family bonds. Shantala massage courses for couples with children, partnership and parenthood coaching, The Awareness of Family Closeness courses, Indian drum dance rituals, Tibetan singing bowls sound massages.

OCCASIONAL PACKAGES – We organize a birthday and name-day, bachelor parties, hen nights, meetings for friends, themed evenings, health education lectures.

BUSINESS PACKAGES we organize integrations events, training and business gifts in the form of SPA & WELLNESS rituals for Employers and Employees.

PACKAGES FOR ACTIVE PEOPLE – This specially composed offer for sportsmen, both amateurs and professionals, for prophylactic treatment, better regeneration after training, minimalise the micro injuries thanks to physiotherapy, naturotherapy and biological regeneration.

COMPREHENSIVE REHABILITATION PACKAGES thanks to the unique combination of the latest achievements of Western medicine, physiotherapy and osteopathy with Eastern ancient wisdom of traditional Chinese medicine, Ayurveda, reflexology we can help our clients to heal and return to an active daily life without any pain.

MASSAGE OFFER



ANTISTRESS FACIAL MASSAGE

Price: 90 PLN for 30 min.
180 PLN for 60 min.

KOBIDO: 270 PLN for 90 minutes

Benefits: on the face there is a map of the entire body - it is brought into harmony, sleep improves and it makes you look younger.

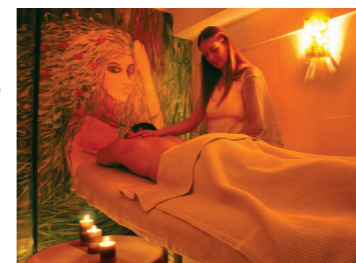
MEDICAL MASSAGE

Benefits: reduces stress, relaxes and relieves pains in neck and spine.

LYMPHATIC DRAINAGE

Benefits: improves blood and lymph circulation, reduces swelling, detox.

✓ Price: 90 PLN for 30 min., 180 PLN for 60 min., 270 PLN for 90 min.



REGENERATION HONEY OR CHOCOLATE MASSAGE

Benefits: harmonizes the body, emotions, mind and soul, removes back pain, detoxifies the body, improves sleep.

✓ Price: 90 PLN for 30 min., 180 PLN for 60 min., 270 PLN for 90 min.



(CST) CRANIO-SACRAL THERAPY

Price: 180 PLN for 60 min.

CST is a form of manual therapy (osteopathy) with gentle touch, helps to unblock tension in the skull, neck, spine, joints, shoulders, pelvis, sacrum, diaphragm, fascia system and internal organs. It helps to release stress, traumas, accidents, pains and heals any diseases.

ANCIENT CHINESE FEET REFLEXOLOGY

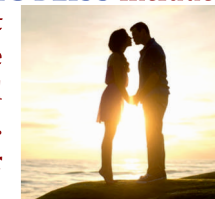
Price: 180 PLN for 60 min.

This massage performed by the Tibetan monks to Caesar for health prophylaxis. On the feet there is a map of the entire body - it is brought into harmony. It has analgesic and antiinflammatory influence.



SWEET CEREMONY FOR SENSES

MASSAGE CEREMONY ANGELIC BLISS includes extraordinary connection of ancient temple massages from all over the world with application of essential oils for your individual needs. Deep sacred journey into your inner world. Price: 350 PLN per 90 minutes.



ORGANIQUE BODY SCRUBS – favored by our clients come from world pioneer in natural cosmetology that guarantee high quality organic ingredients and relaxation of senses thanks to essential oils aromatherapy. They cause gentle friction that exfoliate old epidermis and leaves young and vital skin. We invite you to try various fragrances of salt and sugar body scrubs: Price: 90 PLN for 30 minutes.

Kinds of body scrubs:

- ☉ Coffe body scrub - improves concentration, act against cellulite, increase detoxication
- ☉ Chocolate body scrub - gentle tanned your skin and invigorate hormons of happiness
- ☉ Eternal gold body scrub - luxury mote of gold make you feel very bold
- ☉ Intense anti-ageing grape body scrub – become younger on your soul your body will look tall.
- ☉ Orange & chilli body scrub – will relax your mind and on body beautiful fragrance you will find
- ☉ Black Orchid body scrub - sensual fragrance to embed like warm pled

WE ORGANIZE FAMILY EVENTS



- ✓ Birthdays, name days, communions, Women's Day, Mom, Dad, Grandmother, Grandfather, Valentine's Day
- ✓ Engagements, Weddings Anniversaries
- ✓ SPA rituals for Two
- ✓ Relaxation concerts of Tibetan singing bowls
- ✓ Intuitive dances with drums