



SHUUM

BOUTIQUE WELLNESS HOTEL ★★★★★

WELLNESS MENU

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NEXT GENERATION NATURAL COSMETICS

There are two worlds that meet in our cosmetics: ancient lore and most recent scientific discoveries, purest ingredients and state of the art technology, the genius of nature and sophisticated know-how. For us quality means they blend in harmony with respect for the natural balance of the skin and therefore create harmonious and synergic products. It is this that makes you find high-tech natural cosmetics in every package of TEAM D^R JOSEPH. This is an expression of our appreciation of curiosity and experience, past and future. We combine them with passion and respect as well as logic and intuition – with what is the best of the two worlds.



A stylized, handwritten signature in black ink.

Dr Joseph Franz

HIGHTECH NATURAL COSMETICS
TEAM D^R JOSEPH
SÜDTIROL



HIGH STANDARDS



We are one of very few hotels in Poland which has been awarded wellness premium quality certificate by a prestigious organisation Deutsche Wellness Verband, which has been supporting entities and setting standards in wellness&spa by its unique certification system for 25 years now. A total of 1500 criteria which covered all areas of the activity of the hotel were subject to evaluation, with special emphasis on wellness&spa. In order to be given a premium certificate our hotel had to meet 75 per cent of said criteria. We met 87.6 per cent, which proves top quality of our service and a high standard of the hotel.



PRIVATE WELLNESS ROOM – YOUR PRIVATE SPACE FOR RELAXATION

RELAX package for two

3 hours – massage 60 min. + Sauna 120 min. – 1200 PLN

Private sauna session combined with relaxing aromatic massage ensures complete restoration, boosts wellbeing and enhances full unwinding. A glass of sparkling wine, fresh fruit and sweet snacks will add to the private atmosphere.

VITAL package for two

3 hours – massage 60 min. + Sauna 120 min. – 1000 PLN

Tailor made herbal massage and a private sauna session will restore mind-body balance, unwind and enhance good mood. Cocktail full of vitamins and a plate of healthy snacks will boost the private atmosphere of shared relaxation, strengthen the body and add vital forces.

Private sauna

2 hours without treatments – 400 PLN

Unlimited access to a private biosauna which our guests can book for exclusive use. Cosy ambience and intimate space for relaxation.

TAILOR-MADE MASSAGE

Herbal massage GUESTS' FAVOURITE

60 min. – 400 PLN | 90 min. – 500 PLN

Tailor-made all body massage, including face and head. It is applied on a couch using natural sesame and sunflower seed oil, essential oils and herbal powder (lavender, rosemary, sage). Relieves stress, restores mind and body balance, boosts energy and enhances well-being.

AYURVEDIC MESSAGES

Ayurvedic yoga massage

60 min. – 450 PLN | 90 min. – 550 PLN | 120 min. – 650 PLN

Ayurvedic yoga massage is a unique all body massage, including face and head. It is a combination of a variety of Ayurvedic massages with herbal exfoliation and elements of yoga. During the massage the therapist uses natural oils and herbal powders. The massage is applied on a mat with hands and feet of the therapist. Provides deep relaxation, relieves from stress and chronic pain, helps remove toxins, nourishes skin, soothes mind, strengthens body, improves the functioning of internal organs, boosts regeneration of the body, enhances vital forces, rejuvenates and creates the feeling of internal harmony.

Udvartana

90 min. – 550 PLN

Dynamic all body massage, including face and head. It is applied on a couch, based on natural peeling herbal powders and oils. It helps eliminate excess adipose tissue and toxins, improves the appearance of the skin, reduces cellulite, adds muscle tone and reduces sagging during weight loss, provides lightness to the body and reduces excess sweat. Provides deep relaxation, strengthens and restores energy.

Shiro Abhyanga

30 min. – 300 PLN

Oil head massage which includes also face, neck and shoulders. It is applied in a sitting position using sesame seed and sunflower oil. It is a combination of Ayurvedic massage and acupressure. Induces the feeling of deep relaxation, reduces stress, enhances concentration and boosts vital forces. It improves face and head skin health, has anti-ageing and nourishing effect.

Hasta Abhyanga

30 min. – 250 PLN

Traditional Ayurvedic massage of lower and upper arms and hands applied while the body is in a lying position on a couch. Uses natural sesame seed oil and includes elements of acupressure. Due to its relaxation properties reduces stress, relieves muscle tension, and alleviates pain and strain.

Pada Abhyanga

30 min. – 250 PLN | 60 min. – 350 PLN

Traditional Ayurvedic foot and calf massage applied using natural sesame seed oil. The massage uses elements of acupressure. Brings instant calmness and relaxation to tired legs, soothes weary feet, makes the body feel relaxed, releases stress related tension, relieves pain and provides skin care.

THAI MASSAGES

Thai Yoga Massage ^{NEW}

Thai Yoga Massage is an old bodywork therapy which includes the face and is applied without oils on a mat. It incorporates many techniques such as physical pressure, breathing, reflexology work with energy lines and yoga. The therapist uses their palms, forearms, knees and feet to strengthen and improve flexibility of the body by kneading and stretching. Thai yoga massage provides deep relaxation, relieves body tension and pain and moreover stimulates internal body organs. It also detoxifies, soothes the mind and restores vital energy.

60 min. – 450 PLN

90 min. – 550 PLN

120 min. – 650 PLN

Thai oil massage ^{NEW}

Thai oil massage is a combination of a delicate relaxation massage with deep techniques of massage, pressure and mobilisation. The massage includes also head and face. It is applied using natural and essential oils. It relieves stress, reduces tension, nourishes skin and provides deep relaxation.

60 min. – 400 PLN

90 min. – 500 PLN



BODY MASSAGES VITALIS DR. JOSEPH

Relaxation aroma massage

Slow, delicate massage which combines relaxation techniques of classical massage and natural essential oils. Soothes, calms down and relieves stress.

partial body massage **30 min.** – 250 PLN

all body massage **60 min.** – 350 PLN

all body massage **90 min.** – 450 PLN

Vital aroma massage

Intensive classical massage with elements of deep tissue massage using natural essential oils. Regenerates, relieves pain and induces relaxation.

partial body massage **30 min.** – 250 PLN

all body massage **60 min.** – 350 PLN

all body massage **90 min.** – 450 PLN

Basalt stone massage

90 min. – 450 PLN

Delicate massage with warm stones using essential oils applied to the whole body and face. Gives a perfect warm up, eliminates muscle tension and promotes deep relaxation.

Relaxation massage of head and shoulders

60 min. – 350 PLN

It is a combination of manual massage with a warm basalt stick applied on shoulders, neck and head. By promoting deep relaxation and calmness the massage relieves tension.

FACE MASSAGES

Kobido GUESTS' FAVOURITE

60 min. – 450 PLN

3 × 60 min. – 1250 PLN

A combination of deep relaxation massage, lymph drainage with intensive lifting and acupressure. It is an alternative to aesthetic surgery: it smoothes wrinkles, slows down the ageing process accelerates rejuvenation of the skin, tones it and redefines face contours. It has an effect of deep relaxation and makes the skin restore its natural radiance.

Kobido based on hyaluronic acid

90 min. – 650 PLN

Japanese massage of face, head, neck and décolleté with natural cosmetics based on hyaluronic acid. The massage includes natural enzymatic peeling, injection of bio certified serum with botanic hyaluronic acid and a moisturising mask. It has a strong nourishing effect, removes body tension, redefines contours and has an anti-ageing effect.

Face massage

30 min. – 250 PLN

Massage tailored to the needs of your skin – anti-wrinkle, lymphatic or relaxation. Choose a massage to fight signs of ageing, remove puffiness, or enhance relaxation.

FACE TREATMENTS TEAM D^R JOSEPH

Face cleansing

60 min. – 350 PLN

Tailor-made TEAM D^R JOSEPH method. This basic care treatment can be applied to every skin. Deep cleansing organic products combine cleansing and exfoliating, massage with a bulb and face care mask. Deep cleanses the skin, boosts absorption of cosmetics leaving the skin radiant, smooth and free from irritations.

Intensive face cleansing

90 min. – 450 PLN

Treatment for problem, oily skin with imperfections which combines TEAM D^R JOSEPH method and classic skin cleansing. This deep cleansing improves the condition of the skin and boosts absorption of cosmetics.

Individual care treatment

90 min. – 500 PLN

Individual care treatment with organic products tailored to specific needs of your skin. The treatment involves face cleansing with individually selected exfoliation, serum, massage and face care mask. Nourishes, hydrates and regenerates.

Biodynamic manual facelift

120 min. – 600 PLN

Deep care with organic products tailored to the needs of your skin. It is a combination of face cleansing with exfoliation, biodynamic face lifting massage, and serum carefully selected to meet the needs of your skin, massage and face care mask. Skin looks visibly lifted, beautiful and relaxed.

Instant POWER LIFT for men

60 min. – 400 PLN

Special care treatment created to meet the needs of men's skin. It is a combination of e.g. cleansing and exfoliating, serum and face massage. Energises and soothes irritated skin leaving it relaxed and rested.

Natural face lift with BASIC ultra sounds

60 min. – 400 PLN

a pre paid 3 × 60 min. – 1100 PLN

Deep care treatment. It is a combination of enzyme exfoliation and cavitation peeling followed by the introduction of carefully selected serum to meet the needs of your skin using ultra sounds. Strengthens and smoothes your skin leaving it toned and radiant.

Natural face lift with INTENSIVE ultra sounds

90 min. – 500 PLN

a pre paid 3 × 90 min. – 1400 PLN

Natural BASIC face lift enriched with face, neck and décolleté mask. The treatment significantly strengthens, smoothes and tones skin. Nourishing and hydrating benefits make the skin radiant.



BODY TREATMENTS VITALIS TEAM D^R JOSEPH

Tense back massage

60 min. – 400 PLN

A unique massage of the back using deep penetrating organic products, bulb, hot towels and Tibetan cupping. Relieves back tension, strengthens spine and enhances deep relaxation.

Belly toning massage

40 min. – 300 PLN

Relaxing belly massage using deep penetrating organic products, manual, bulb and Tibetan cupping massage. Ideally complements slimming and detoxification. Alleviates tension, boosts gut health and tones skin.

Cellulite treatment

with algae mask **90 min. – 550 PLN**
without algae mask **60 min. – 400 PLN**

A combination of manual massage with Chinese bulb massage based on organic products, an ideal complement to slimming and detoxification. Leaves your skin smooth, toned and free from toxins.

Herbal peeling

40 min. – 200 PLN

Fine grain all body peeling using organic herbs and apricot stone powder which cleanse, smooth and refresh.

Salt peeling

40 min. – 200 PLN

Intensive all body peeling based on salt from the Dead Sea and organic essential oils which cleanse, smooth and detoxify.

Vitamin mask

50 min. – 250 PLN

Mask rich in anti-oxidants with vitamin extracts from sea-buckthorn, grapes and baobab. The treatment includes massage of face and head. Makes the skin look visibly younger, hydrated, nourished and relaxed.

HIGHLY RECOMMENDED!

Create your dream treatment and combine any peeling of your choice with a mask. Add a massage if you wish.

HAND AND FOOT TREATMENTS

Manicure	50 min. – 180 PLN
Manicure and classic nail varnish	60 min. – 200 PLN
Hybrid manicure	80 min. – 220 PLN
Pedicure	60 min. – 210 PLN
Pedicure and classic nail varnish	70 min. – 230 PLN
Hybrid pedicure	80 min. – 250 PLN
Hybrid nail polish removal	20 min. – 70 PLN

MEDICAL TREATMENTS AND MESSAGES

Lymphatic drainage	30 min. – 250 PLN 60 min. – 350 PLN
Manual therapy	30 min. – 250 PLN 60 min. – 350 PLN
Sports massage	30 min. – 300 PLN 60 min. – 400 PLN
Classic massage	15 min. – 90 PLN
„Regeneration“ package	Package price – 700 PLN

Doctor's consultation and 10 physiotherapeutic massages prescribed by a doctor.

Available treatments in the package: peat poultice, Biopton, diadynamic, fango, interdine, cryotherapy, laser therapy, magnetotherapy, TENS, sollux, ultra sounds. **Single treatment** – 70 PLN

YOGA&FITNESS

Free entry for hotel guests upon earlier appointment

Yoga breathing exercises

Would you like to learn to breathe deeply? During the class you will discover how breathing affects emotional and physical aspects of your life. Take a deep breath, breathe in fresh sea air!

Relaxation yoga

Do you desire to calm down and restore inner peace? Thanks to gentle exercises you will communicate with your own body and relax your mind to the sound of Tibetan cups. Ease up and restore the harmony in you!

Dynamic Yoga

Would you like to restore vital forces? Take part in classes where the underlying principle is the harmony of breath and body. The rhythm of your breath sets the pace and the dynamics of work in asana, assists the opening of the body and boosts vital forces.

Yoga Iyengara

Would like to relieve the tension of body parts? Come to classes during which asana is practised with the help of special belts and blocks which assist in correct working in the asanas.

Aquafitness

Would you like to boost well being and enhance all body workout? Take part in rhythm exercises in water which are beneficial to the body, expand stamina and fitness.

Pilates

Is slim body, strengthening deep muscles of the spine, healthy back and flexible muscles your target? Come to a class which combines elements of yoga, ballet, and isometric exercises.

Nordic walking

Would you like to strengthen muscles, boost breathing and vascular system? Join Nordic Walking – regular walking enhanced by the use of special poles that prevent excessive strain of the joints.

SAUNAS&POOL

Enter the state of deep relaxation. Experience relaxing power of water and feel regenerating power of warmth. Steam bath, biosauna, Finnish sauna on the terrace with a view of the seafront park, chillout rooms, including one with a log fire and swimming pools are there for you. Finnish sauna on the terrace with a view of the seafront park is for guests over 16 years old.

Guests are offered:

- access to saunas: steam bath, biosauna, Finnish sauna on a terrace with a view of the seafront park, pools and chillout rooms (one with a log fire),
- bath robe, 2 towels, disposable footwear.

Three-hour entrance ticket to saunas&pool

3 hours – 100 PLN

pre paid ten-entrance ticket to saunas&pool

10 × 3 hours – 900 PLN

Season ticket is valid 3 months and entitles to entry into sauna/pool.

Children aged 3-10 – 50% of entrance price

Children aged 0-3 – entry free

Private biosauna

two-hour entrance without treatment costs – 400 PLN

The price is inclusive of private use of the biosauna, bath robes, towels, disposable footwear, fruit and bottled water.

Body oil Deep Relax Body Oil

100 ml – 90 PLN

USE SAUNA THE RIGHT WAY



- 1 Before entering the sauna take off your swimming costume or trunks.** During your stay in the sauna you can wrap your body in a towel.
- 2 First of all, consider your comfort and well being.** Regular sauna users may stay in the sauna longer, however, the novice may choose to stay a bit shorter.
- 3 First take a shower and dry with a towel.** Dry skin perspires quicker. Warm foot bath before entering the sauna will additionally stimulate perspiration. You may choose to pour warm water over your feet.
- 4 Allow generous time for stay in the sauna.** Full circle takes about 2 hours and it should primarily assist in your relaxation. Using sauna hastily will burden your body. Do not enter the sauna either hungry or immediately after you have eaten.
- 5 In the sauna spread the towel under your body.** The stay should be short – 8 to 15 minutes on the middle or upper bench should be enough. Spend the last 2 minutes in a sitting position to prepare circulation for upright posture.
- 6 After the stay in the sauna go out on the terrace, cool down in fresh air – your body needs oxygen.** Only after that cool down in the shower – preferably by pouring water from feet to head.
- 7 After you have cooled down, a warm feet bath will enhance a state of bliss.** In this way the temperature of the body will be balanced. Another cold shower will strengthen the vascular system and boost the immune system.
- 8 Have a short break to relax.** The break should not be longer than the stay in the sauna. Consider your comfort.
- 9 No drinks are recommended during stay in the sauna,** because drinks considerably reduce the effect of removing toxins from the body.
- 10 Further visits in the sauna should be like the first one.** Three consecutive visits should be enough to reach the desired health results. Further visits do not increase the influence of the sauna on the body.
- 11 Visit in the sauna boosts physical rest and unwinding.** To keep the healing effect do not do any physical activity either before or during sauna. However, a massage in between visits or just afterwards may enhance its relaxing effect even more.

WELLNESS&SPA ETIQUETTE

Wellness&spa is the space of tranquillity, chill out and relaxation

In order to enjoy wellness please read the following guidelines. Talk in a low voice. Do not use phones or tablets. Leave them in the hotel room.

Pool bag

For the period of your stay in the hotel and considering your comfort and ecology we have prepared a black bag with the hotel logo. In it, you will find a bath robe and disposable footwear. Add your favourite items: a book, a bottle of water and take with you while going to wellness&spa.

Dress code

Leaving the room to go to sauna or to have a treatment, put on the bath robe which you will find in the hotel room. Do not take jewellery or any other valuables with you. You will be more comfortable during a treatment. We must not be held liable for any valuables left in wellness&spa. Put on comfortable clothes for sports activities or a yoga class – preferably pants or sports leggings and a t-shirt. Yoga and Pilates classes are done barefoot.

We are eco

Considering the environment and ecology we recommend that the towel be used more than once. You will be offered a clean towel at any time at wellness&spa reception desk or from the room service should you need one.

Saunas and pools

Entry to Finnish sauna and chillout room with a log fire and terrace is for guests over 16 years old. Use bath robe and non-slippery footwear in saunas and pools. Please remember to put on a swimming costume or trunks while going to the pool. Take a shower before each entry in the pool, Jacuzzi or sauna. Before entering biosauna and Finnish sauna take off the swimming costume or trunks and dry your body carefully. Before using the bench spread the towel. For hygiene considerations the whole body including feet should be on the towel. You can enter each sauna and steam bath either nude or wrapped up in a towel.





Yoga&fitness room

Read the yoga&fitness timetable (information is available at the reception desk). Hotel guests are offered complimentary yoga classes. The number of participants is limited. Please register for a class at the wellness&spa desk. Cardio fitness equipment can be used in between yoga classes. Please wear clean trainers. If you are under 16 years old, please come with an adult.

Wellness&spa guests

Wellness&spa is available to hotel guests and guests to wellness&spa (non-hotel guests) who are offered lockers for personal belongings. We are not liable for any valuables left in the spa&wellness. Non-hotel guests are offered a pool bag with a bath robe, towels and disposable footwear for the time of treatment and day spa stay at the wellness&spa reception desk.

Booking treatments

In order to book a convenient date and time please book your treatment time (by e-mail: wellness@shuumhotel.pl or by telephone +48943554050) a few days before the scheduled treatment time or before arrival. Should you fail to book a treatment we may be unable to guarantee a treatment in the desired time. If you do not know which treatment to choose the staff of the wellness&spa reception desk will be happy to help you choose one.

Before treatment

Avoid heavy meals. Have the last light meal no later than 2 hours before a treatment or yoga class. Women should allow at least 24 hours between depilation and treatment time. Men should not shave on the day of facial treatment. Please come to a treatment without make-up on.

Coming to treatment

Please come at least 10 minutes before the scheduled treatment time. This preparation time allows you to enjoy the treatment. Treatments start punctually. Coming late you shorten treatment time while its price remains unchanged.

During treatment

Inappropriate behaviour is not accepted. In such case all therapists are entitled to discontinue treatment. Costs are non-refundable.

Cancellations

Booked treatment can be cancelled up to six hours before scheduled time. To cancel your treatment please contact wellness&spa reception desk calling 94 355 4050 or ext. 150. Otherwise we reserve the right to charge full treatment cost.

HOME WELLNESS

Delivery of cosmetics and supplements

Extend the time of massages, treatments and diet.
Follow our advice and continue therapy at home.
At the wellness&spa reception desk we will offer advice which care products will meet your needs best.
We are also at your disposal when you leave the hotel.
We will be happy to send your favourite cosmetics and supplements home.



The Hotel reserves the right to change prices.

Contact: wellness@shuumhotel.pl

tel. +48 94 355 4050 | ext. 150

Opening hours daily: 7.00 am – 10.00 pm



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