

# HOTEL SPA FALTOM



## HEALTH & BEAUTY CLINIC

### BEAUTY TREATMENTS – FACE, NECK AND SHOULDERS

#### **CLEANING**

Treatment carried out with application of laser therapy, ultrasounds and Proslim Gold care.

#### **OPTIMAL CLEANING**

This treatment cleans the pores and cleans the skin deeply. It prevents from excessive secretion of sebum, stabilizes the lipids (-). The skin becomes clear, delicate and matt. The skin also regains lightness and glamour.

#### **ILSA 2**

A two-phase balancing treatment destined for fatty skins which face different problems. The effects are as follows : regulation of sebum production, accurate cleaning of the blocked skin pores, moistening, softening of the inflammatory condition.

#### **BOTORELAX**

This is a spectacular treatment which distinctly reduces the mimic wrinkles and prevents the new ones from appearance. It makes the wrinkles be filled in and the skin more tense.

#### **IILSA PRO – VITAMINA C**

The treatment with active C vitamin. The effect is immediate suppleness, reduction of wrinkles in about 40%, brightening of the reddening, comprehensive skin regeneration and revitalization. The skin relaxation is provided by an Asiatic brush massage

#### **ILSA 3**

This is a harmoniously arranged treatment that helps to relax, it allows to feel cool and it also helps to regenerate the whole body and skin. It is a three-stage, complex protection of the mature skin that requires (clearing and intensification of building up the system, moisturising, lifting and vitalization). The effects are visible immediately after the treatment. This type of treatment is best for: dry, sensitive skin with some wrinkles as well as skin that was damaged by the sun and also the skin without the glow with the visible effects of getting older.

#### **COLLAGE LIFT**

The treatment with the usage of the collagen slice. The result is immediately visible. The moisturising effect increases for about 50%. It is completely safe, it does not cause allergy and on the contrary it eases. It can be used even for the most demanding skin, also if the skin is extremely dry (e.g. after sun bathing, solarium)

#### **HYDRALGINA ADN TREATMENT**

This is a regenerating treatment based on nuclei acids. This treatment supports regeneration of tissues and fights with the aging process of the skin. It strongly moistens and regenerates the skin. It is recommended after the periods of intensive sunbaths connected with excessive dryness of the skin and loss of natural aptitude of the skin to keep the water.

#### **SURALIA**

The treatment which is based on phytohormones – The treatment originates from plants and it prevents ageing of the skin. The treatment gives a visible improvement in the skin condition.

#### **SURALIA DOUBLE EFFECT**

This is an exclusive treatment which joins the qualities of deep moistening and biological lifting. It is recommended for tender, allergic skins with shallow blood vessels, prone to have cracking blood vessels. The effect is smoothing and evening of the epidermis surface, a considerable improvement in flexibility and suppleness. The skin gets young colors.

#### **REJUVENATING TREATMENT THALION**

Anti-wrinkle treatment, moisturising, lifting and shaping face oval. The treatment is mostly for demanding clients.

#### **GOLDEN TONING UP**

The toning up treatment for mature skin. It works against ageing and wrinkles. It reinforces and moistens the skin stimulating production of collagen fibers.

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## **GINSENG ENERGY**

Revitalizing treatment destined for mature skin. Its effect is anti-aging. It prevents from formation of wrinkles and aging the skin. It also does not allow the skin to go flabby providing lifting effect.

## **OXYGENATING – STIMULATING TREATMENT**

This treatment is recommended to grey, ashen skins which are deprived of vitality. Also for smokers. This treatment eliminates the effects of damaging results of such factors as : stress, cigarette smoke, pollution of environment, UV ultra-red radiation, air-conditioning and thermal shocks.

## **SURMER - HOT/COLD STONE MASSAGE**

The massage regenerates dry and sensitive skin. It supplements the loss of dampness, rebuilds the lipid coat. It reduces tension, tenders and smoothes the epidermis, reinforces the protective mechanisms of the skin.

## **TREATMENT FOR REDDENING**

This treatment should be used in case of individuals who have very sensitive skin. The indications to take this treatment : reddening, congestion of the skin and the feeling of tightening. The effects are spectacular – it perfectly eliminates reddening and tenders skin irritations.

## **RUTILIA**

A medical treatment destined for the skin with gentle blood vessels, wide red spots and allergies. It is based on healing extracts from hibiscus, chestnut tree, pot marigold and the oak root. It has a tendering and anti-itching effect.

## **RUTILIA II**

The treatment for the sensitive and allergic skin with extended blond-vessels and the once that are extremely fragile because they are not deeply vascularized.

## **OPTIMAL MOISTENING**

Real 'rain-pour' for the skin. A very effective treatment, which provides the upper layers of the epidermis with water. After the treatment the skin becomes tender, flexible and free of any feeling of discomfort. The wrinkles caused by dehydration are getting smooth. The complexion radiates with brightness

## **MOISTENING TREATMENT**

This is a highly concentrated care, regulation of the degree of moistening the epidermis layer and making the water linking processes optimal. This treatment is ideal in case of dry, dehydrating and tense skin. The water balance immediately comes back and the protective system is activated.

## **OPTIMAL LIGHTENING**

This treatment mineralizes and reduces appearance of chromatosis. It causes gradual disappearance of freckles, eliminates chromatosis. The complexion becomes bright and smooth.

## **CLEANING AND WHITENING TREATMENT**

The treatment is based on the cleaning and antibacterial attributes of the red algae, phytoplankton and sea mud. The treatment takes care of the skin and inflammable state – it does not dry up the skin and it does not cause allergy. It is good for the greasy skin, with the acne problems.

## **ALABASTER – TREATMENT FOR THE NECK AND SHOULDERS**

The effect of the treatment is the rise of skin tension; it also has a smoothing and lifting effect as well as it strengthens the neck muscles.

## **ALMOND PEELING**

This is a rejuvenating-regenerating treatment on the basis of 40% almond acid. It increases moistening, stimulates and regains the skin activity. It is destined for seborrhoeic skin with common acne and some color disturbances. It also works as skin revitalization. It may be used without any limitations even by people who like sunbaths in the open air or in a solarium. It may be carried out any time during the year.

## **FRUIT ACIDS**

The treatment is based on glycol acid which activates energetic mechanisms regulating the cells' metabolism. This means better moistening, increasing collagen and elastin production and substantial rebuilding of the skin tissue. It is good for calloused skin with acne and wrinkles.

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## PROCEDURES IN COSMETOLOGY

### FACE LIFTING

It is non-invasive and non-surgical lifting with the usage of the PROSLIM GOLD apparatus that uses the micro-current – the treatment is based on the pulse currents, which are biologically compatible with the currents in the human body. The lifting effect is not only long lasting but also very effective.

### TREATMENT FOR DEEP WRINKLES – FUTURE-TEC

Cleaning the skin by means of ultrasounds. The point stimulation (laser acupuncture). The collagen cells are stimulated, the lymphatic system is activated, the circulation is improved, the shallow wrinkles and deep wrinkles are smoothed. The tissues are oxygenated and intensively moistened.

### TREATMENT OF CLOSING THE BLOOD VESSELS

In this treatment modern, computer-controlled device [Martin ME – K1] is applied. By means of high frequency current, and only by touching the vessel area, the vessel is being closed in a painless way. Minor changes are eliminated during one visit only. This treatment may be applied throughout the year.

### ELECTROSTIMULATION – SLIMMING AND LIFTING TREATMENT

The so called passive gymnastics. It causes loss of centimetres in the measurements. It has also a very good influence on the skin (lifting effect) with the slimming diets and body treatments.

### ELECTROLIPOLISE – TREATMENT BREAKING UP THE ADIPOSE TISSUE

It speeds up metabolism and increases toxin release from the body. It is very good for overweight people and for very slim people with the tendency to cellulite.

### LIMPHATIC DRAINAGE

It increases metabolism, it helps to get rid of toxins from the body, it prevents from stopping water in the body, it is a perfect treatment for swallowing.

### MICRODERMABRASION

It is an electrically controlled treatment that removes the layer of the hard skin with the usage of the special corund crystals. Perfect for: after acne scars, extended pores, minor stretch marks, deep wrinkles and sun discoloration.

## TREATMENTS APPLIED ONTO THE BODY

### ‘SILVER’ TALASSO-THERAPY

Peeling, shower, algae application all over the body, 30 min. The activation phase and the head massage is connected with acupressure, shower, delicate massage of the whole body.

### ‘GOLDEN’ TALASSO-THERAPY

Peeling, shower, pearl bath in algae, algae application all over the body, 30 min. The relaxation phase and compress activation, SPA face massage and acupressure of the head, shower, delicate massage of the whole body.

### ‘PLATINUM’ TALASSO-THERAPY

Luxurious treatment with the massage and face care. Peeling, shower, pearl bath in algae, algae application all over the body, 30 min. The activation phase is joined to relaxation by the music and special beauty treatment applied onto the face, shower, massage of the whole body based on algae cream.

### TALASSO-DETOX

De-toxicating treatment which removes toxic substances and deposits from the organism. It is excellent as the first SPA treatment. Peeling, shower, algae-detox application all over the body. The activation phase by the music, shower, lymphatic massage of the whole body.

### TALASSO-FIRMING

Firming the selected parts of the body with algae spirulina. This treatment is recommended along with diets, after pregnancy, in case of going flabby. Peeling, shower, algae application onto the selected parts of the body (abdomen, legs, shoulders, buttocks), 30 min. the activation and relaxation phases by the music and the firming mask onto the face, shower, firming cream application.

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## **TALASSO – BUST / ' BUST FIRMINESS'**

This treatment makes the bust firm. Peeling, compress with algae, cream application.

## **TALASSO „HEAVY LEGS'**

This treatment is recommended to swelled legs, varicose veins. Peeling, lymphatic massage onto the lymph-draining gel, plastic algae application, 30 min. Relaxation phase afterwards.

## **CHOCO SPA**

Chocolate therapy makes the body relaxed, stimulates the organism to produce endorphins, the so called happy hormones. It also eliminates stress, makes our body and senses rest, adds energy and models the silhouette. Peeling, shower, application of warm chocolate compress onto the whole body including the face, 30 min. The activation and relaxation phases connected with SPA face massage or another treatment : Californian aromatic, fan massage based on algae oil, the final stage is hot chocolate to drink.

## **GRAPES TERAPHY**

This treatment rejuvenates and revitalizes the skin, feeds it in its deep layers, lessens the stress, adds freshness and vitality. The treatment comprises the following : peeling, application form grape pulp all over the body including the face, 30 min. The activation and relaxation phase by the music, shower, delicate massage of the whole body.

## **COFFEE TREATMENT**

This treatment stimulates rebuilding of the collagen and elastin fibers. It increases firmness and flexibility of the skin. It gives the anti-aging effect. The Coffee Treatment reduces fat and prevents it from accumulation. It also makes the silhouette slimmer and more attractive. It smoothes the skin, relaxes the muscle tension of the abdomen and legs. It prevents from losing suppleness.

## **GOLD TREATMENT**

This treatment is based on gold algae, which are capable of absorbing and processing the vital energy of the sun. The objective of this treatment is to provide the skin with energy and acting against the ageing processes. Protection of DNA cells, stimulation of metabolism provided.

## **PEARL TREATMENT**

This treatment prevents the skin from ageing, protects DNA cells, stimulates metabolism and provides the skin with energy. It also improves moistening, feeds the skin and makes it firm.

## **HONEY TRATMENT**

Nourishing and revitalising treatment. Thanks to the perfect nourishing attributes of honey, the treatment causes that the skin is nourished, regenerated, it slows ageing processes and speeds up metabolism.

## **DESERT FIRE**

The treatment except the desert sand from the Arizona desert of the warming up and easing the tiredness and stress effects; was enriched with the red algae, mineralizing golden mud from the Arizona desert, copper, magnesium, zinc.

## **MAROCCAN MUD**

The treatment makes you relax as well as make you calm, and natural oils used here have, soothing effect, it helps the body realise the tension and the accumulated stress. Tired skin gains glow; it becomes nourished, and cleaned.

## **SPA CAPSULE**

The treatment that causes slimming and body shaping is on the basis of the brown alga. It combines the usage of the stream with the infrared warmth, light therapy, aromatherapy, hydrotherapy and vibration massage. The apparatus increases the absorption of the substances, which nourish and lift the skin as well as reduces cellulite and improve slimming processes.

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## SPECIAL OFFER FOR MEN

### **OXYGENATING – STIMULATING TREATMENT ONTO THE FACE – ACADEMY.**

This treatment helps the skin regain vitality and energy, removes toxic substances, tenders, refreshes and smoothes the skin

### **'AFTER JOURNEY'**

Relaxation. Revitalization. Rest. Pearl bath in sea salt, aromatic massage all over the body.

### **'MORNING BREEZE'**

This treatment adds energy and refreshes the body. Peeling of the whole body, shower, dynamic massage of the whole body.

### **'BUSINESSMAN'S REST' - WELLNES TREATMENT**

Relaxation. Rest. Slimming. Peeling of the whole body, shower, pearl bath in algae, algae application all over the body, 20 min. The rest phase plus SPA face massage, shower, delicate massage of the whole body.

### **PEARL BATH WITH THE AROMATIC PEAT**

It is a 20 minute pearl bath in the bath tube with the water massage and with the addition of the restoring peat. It includes natural minerals and enzymes. It loosens the muscles, relieves the pain, improves blood pressure and gets rid of the stress.

### **ARIZONA FIRE**

The treatment is enriched with the red algae and mineralizing Arizona gold sand; copper, magnesium, zinc. It absorbs nourishing and therapeutic minerals and you feel relaxed and healthy.

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### **VACU WELL**

Innovative device that is the combination of a running machine and vacuum capsule, it helps during the slimming process, it causes better blood supply in the body, as well as stimulates lymphatic system that is responsible for removing excess of liquids and metabolism products, it also increases fitness condition.

### **SALT CAVE**

Is a unique method of using salt in order to cure and recreate and rehabilitate the body. An original build causes that the heated salt evaporates, negatively ionizing the air and thanks to it air is filled with valuable microelements. Its concentration is much higher than at the sea. Séances in the salt cave cure: respiratory disorders, thyroid hypofunction, cardiovascular problems, skin problems, alimentary canal problems, it also helps in neurosis problems, depression and it slows down ageing.

### **LIGHT THERAPY**

#### **Laser therapy**

#### **Exposure to sollux lamp**

#### **Exposure to biopton lamp**

Laser therapy is a new type of cure. Due to many researches it was stated that low power laser radiation has anti-inflammatory and anti allergic effect, it relieves the pain as well as it has anti bleeding effects, it slows down ageing process, all injuries cure quicker, it cures swellings, haematoma and strokes as well as increases ability of the immune system

### **MAGNETOTHERAPY**

Pulsating magnetic fields has a huge influence on the body. It relieves the pain, speeds up healing processes of the wounds and fractures, it has anti-inflammatory effect and it expands blood-vessels.

### **ULTRASOUNDS**

They relieve the pain, lower the muscles tension, they cause blood-vessels expanding, increase absorption processes, and slow down ageing processes and arthritis. The usage of the ultrasounds is useful in joints degeneration, neuralgias, after injuries and with some skin problems.

We cordially invite you to use the hotel terrace. For guests disposal are: deckchairs, armchairs and umbrellas.

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