



NEWSLETTER 2/2022

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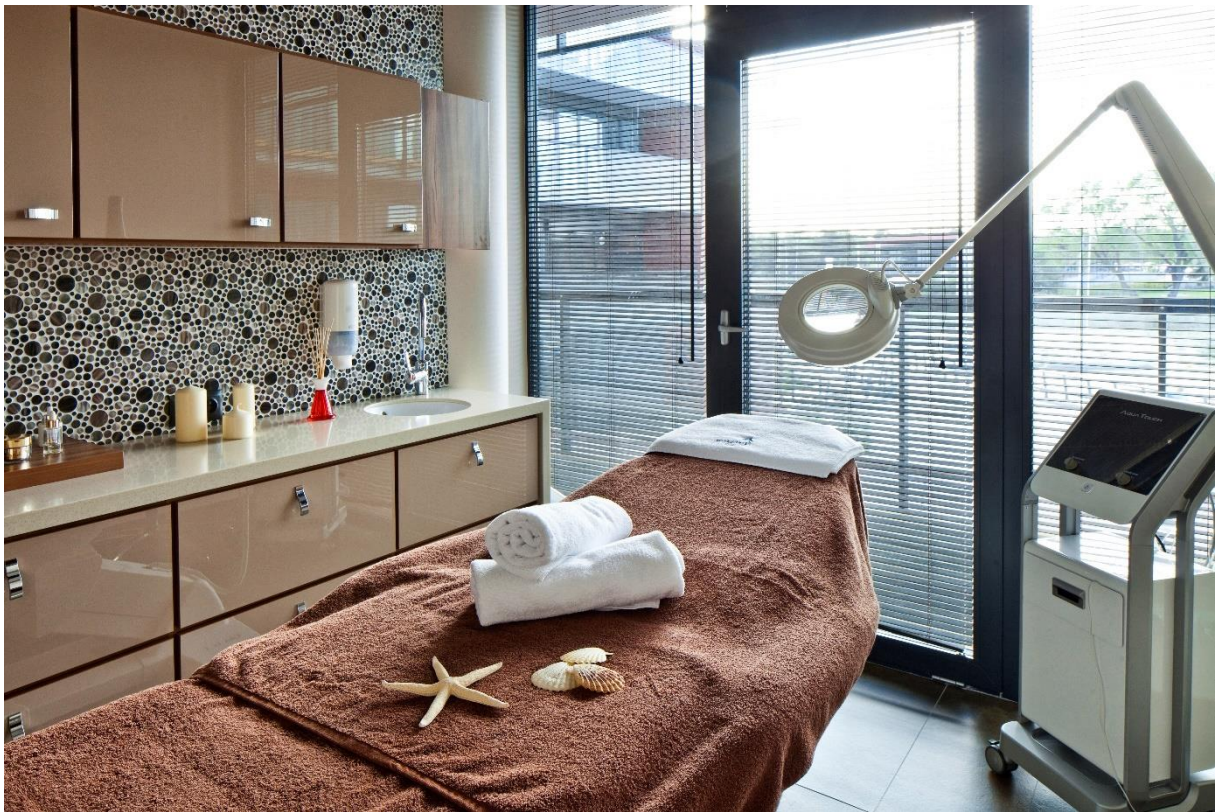
SPA AND WELLNESS IN WARMIA AND MASURIA



arch. Hotel Krasicki****

Warmia and Masuria is above all the Land of a Thousand Lakes, which is known as a region where you can combine active relaxation with luxury thanks to accommodation in numerous SPA and wellness hotels. Picturesque landscapes, numerous forests and lakes, interesting tourist attractions - these are only some of the qualities that the Warmian-Masurian voivodeship has. The region's advantage is also intensively developing recreational tourism and many hotels with professional SPA and wellness offer. Spa and wellness facilities have been created to meet the needs of those seeking respite, rejuvenation and improvement of appearance. In recent years, many comfortable and modernly equipped health and beauty institutes have sprung up in Warmia and Masuria, where you can rest, relax and take care of your physical and mental condition under the guidance of specialists. The undoubted advantage of this form of rest is its availability at any time of the year, so that relaxed and rested guests can admire the beauty of the region in every aspect. What distinguishes our hotels? First of all, their unique location. Some were built on an island (Hotel Mikolajki***** with a view of Mikolajskie Lake from the beauty salon), others are also monuments, as they are located in gothic castles (Hotel Zamek Ryn****, Hotel St. Bruno****). SPA and wellness are not only a fashion and a new lifestyle trend, it is a balance of body and mind, an idea for spending free time.

Hotel Mikołajki*** Conference&SPA**



arch. Hotel Mikołajki*****

The SPA & Wellness hotel complex is equipped with 10 treatment rooms, in which professional staff carries out body and face procedures, relaxing massages and rituals with the application of top brand cosmetics. A wide range of swimming zones for children and adults guarantee relaxation for every age group. There is a complex composed of a dry sauna, a wet sauna, a salt sauna, an infra red sauna, bowls for foot wetting, a mud bathhouse and heated benches. Other facilities include: a Jacuzzi, a sun slope, an impression shower and a relaxation room with a view of the lake. In the Sauna World, the so-called Sauna Nights rituals attract guests who want to indulge in applying swamp compresses, tasting delicious cocktails or frozen fruit. Moreover, there is a fitness room at the guests' disposal.

www.hotelmikolajki.pl/en/

Hotel St. Bruno** Giżycko**



arch. Hotel St, Bruno****

The castle Medi.SPA of the Hotel St. Bruno**** in Giżycko has an amazingly wide offer suitable for every age group. The highly qualified staff will help you choose a suitably personalised treatment, allowing you to relax to restful music. Medi.SPA cooperates with many luxury brands such as Yonelle, EllaBache, Thalgo, Fitospa and BioOleo. Taking a closer look at the offer, we can notice something that is rare in many beauty salons and spas - facial treatments for men. Another positive surprise turns out to be the children's menu! These treatments are safe and it is a great idea to spice up your child's time. At the same time, adults can avail themselves of the offer for themselves. Attention should also be paid to a group of pregnant women who are often overlooked in cosmetic procedures. The staff includes qualified masseurs, cosmetic service technicians and cosmetologists

www.hotelstbruno.pl

GrandHotel Tiffi*****



arch. GrandHotel Tiffi*****

The true gem of this hotel is the Tiffi Spa Dharma. You can experience here the culture of the Far East aimed at attaining a perfect symbiosis of the healthy body and mind. Qualified therapists from Tibet, India, Thailand and Bali have prepared a range of oriental and Ayurveda treatments which lead into the world of deep relaxation and exceptional experiences. The uniqueness of this place is highlighted by Ayurveda treatments, which are carried out according to Old-Indian techniques, with the use of original Ayurveda oils. Ayurveda is the knowledge about life and longevity, derived from the sanctuary Ananda in the Himalayas. What's more, for these oriental treatments the world-famous brands of organic cosmetics, such as Panpuri are used, whereas women's beauty is enhanced by means of cosmetic brands, such as Elemis and Klapp. Treatments are accompanied by carefully selected meditation and relaxation music.

www.grandhotel.tiffi.com/en/

Hotel Robert's Port****



arch. Hotel Robert's Port****

The Witalna Przystań (Vital Harbour) SPA has 6 treatment rooms, including a double one for couples with a whirlpool bath. This gives you the chance to relax alone, for two or with friends. The offer of treatments includes suggestions for every season of the year and every skin type. You can experience here moisturising, regenerating, cleansing, slimming and many other treatments. Before you decide on a treatment, you can have a consultation to choose something perfect for your needs. The SPA crew are very skilful and experienced, but they are also very optimistic, amiable and cheerful. As a result, every relaxing experience begins with the contact with the staff. Very important are applied cosmetics, of which products by Babor and Yonelle are used. Moreover, you can enjoy a stay in the Wellness Zone which includes a swimming pool, a jacuzzi, a dry sauna, a steam bath, a infrared sauna, a health Kneipp path and a relaxation room.

www.hotel-port.pl/en

Hotel Anders****



arch. Hotel Anders****

The SPA facility of the Anders Hotel is the winner of the SPA PRESTIGE AWARDS (2018 and 2019). The SPA&Wellness zone consists of 8 SPA parlours, a 16x8 m swimming pool with additional attractions in the form of water massages, a counter-current, geysers, 3 saunas (steam, dry, infrared), a jacuzzi. In the eight comfortable surgeries in the NaturalSPA complex, qualified personnel take special care of the guests who come. Classic and oriental massages, relaxation and rejuvenation rituals are a balm for body and soul. "The Masurian Sauna World" with tepidarium (a dry sauna, a steam sauna, a infrasauna), swimming pool baths and whirlpool baths bring soothing tranquillity. The natural formulas of cosmetics of world-renowned brands stimulate the senses and give the expected results. The NaturalSPA means professionally equipped rooms and service at the highest level, relaxation and rest. It is here that the fascinating, mysterious and beautiful forest and crystal Masurian water provide positive emotions, make you happy, move you, calm you... Naturally in Masuria!

www.hotelanders.pl/en

Hotel Zamek Ryn****



arch. Hotel Zamek Ryn****

The legendary Hospitality, which is the mission of the Hotel CASTLE RYN****, goes together with the relaxation and top comfort of Guests. The Stress Reduction Centre in the innovative Princess Anna SPA was created out of the need to provide guests with a state of inner harmony and to eliminate the omnipresent stress and its effects. Personalised treatment paths, rejuvenation programmes taking into account personality types and stress sensitivities contribute to the holistic philosophy of this unique place. The invaluable and almost forgotten secrets of the monastic knowledge of herbs and medicinal plants are going to be used anew in the care and therapeutic ceremonies, cleansing the body and mind of the guests. Original - proprietary - components, methods and their unobvious combinations have been created for a completely new quality of relaxation. The avantgarde spaces are underpinned by details and the uniqueness of their arrangements, sensations and scents

www.zamekryn.pl/en/

Hotel SPA Dr Irena Eris Wzgórze Dylewskie*****



arch. Hotel SPA Dr Irena Eris Wzgórze Dylewskie*****

The hotel's Dr Irena Eris Skin Care Institute specializes in comprehensive wellness-based rejuvenation and holistic body care. There is a wide range of treatments available here, including beauty, slimming, rejuvenating, skin condition improving treatments, massages, including oriental ones, high-tech treatments, as well as a wide offer of aesthetic medicine treatments. In this institute only Dr Irena Eris cosmetics are applied. Currently, they are sold in more than 50 countries around the world. The most significant customers are European countries, including Spain, Austria, Slovakia, Bulgaria, Estonia, Lithuania, Romania, Ukraine and also countries of Asia and the Middle East - Taiwan, Hong Kong, Korea, Turkey, United Arab Emirates, Saudi Arabia, Jordan. Dr Irena Eris has been accepted into the prestigious COMITÉ COLBERT in 2012- the club of the most luxurious European brands- as the only Polish brand and the only non-French cosmetic brand. Members of Comité Colbert are brands and institutions that are synonyms of luxury, reliability and high quality. Comité Colbert is the exclusive club started in 1954 by Jean-Jacques Guerlain- the creator of the famous cosmetic company. Until recently the committee involved only French brands: Boucheron, Louis Vuitton, Cartier, Chanel, Dior, Hermès, Hotel Ritz or the Veuve Clicquot champagne. You can relax during treatments, but also in a spa centre with two swimming pools, Jacuzzi, and a complex of four saunas. If you prefer to spend time outside, there are two Jacuzzis on a terrace.

www.drirenaerisspa.pl/en/wzgorza-dylewskie

Hotel Krasicki****



arch. Hotel Krasicki****

The Saint Catherine's SPA in the Krasicki Hotel**** is a place where Guests can not only relax, but also achieve harmony of soul and body. The rich offer of treatments and closely guarded castle procedures make it possible to select treatments tailored to guests needs – from their physical condition to their mood. Putting yourself in the hands of the best cosmetologists and physiotherapists you can feel special. St Catherine's Spa has been appreciated many times both by guests and experts in the beauty industry, receiving titles such as Best Holistic Spa in Poland, Most Inspiring Spa or Best Health & Beauty. Therapists work with carefully selected selective brands of cosmetics available only in high-end practices. Before and after the treatments, guests can use the Wellness Zone. Located in the Gothic basement, the swimming pool with a geyser, counter-currents, a sauna complex and a jacuzzi provide a feeling of intimacy and put you in a good mood.

www.hotelkrasicki.pl/en/