



# MENU SPA ENGLISH





## Zakopane Relaxation at Aries SPA

*Indulge yourself in a moment of rest and complete relaxation with unique treatments inspired by the charms of Zakopane and the Tatra Mountains.*

*Zakopane Relaxation at Aries SPA combines highlander traditions with modern massage techniques, using natural, local ingredients such as essential oils, herbs and extracts of mountain plants. It is the ideal choice for those seeking harmony, relaxation and renewal in a unique mountain climate.*

**Katarzyna Krzeptowska**  
Manager of Aries Spa Zakopane



## **PINE**

**45 min | 320 zł**

Relaxing back, shoulder and head massage finished with the sound of Tibetan bowls with the scent of mountain pine, which transports you to the coniferous forest and Tatra trails.

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## **HERBAL STAMPS**

**45 min | 290 zł**

Personalized facial treatment with herbal stamps massage releasing tension in the neck, shoulders and décolleté area.

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## **MOUNTAIN STREAM**

**25 min | 260 zł**

The original cold and heat treatment of the back or legs is alternating rubbing and kneading the body with warm herbal stamps and cold marble stones. The technique is referred to as an energy race and is particularly suitable for people with metabolism problems, who are overtired or ill.

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## **CHAMOIS**

**25 min | 200 zł**

A relaxing full-leg and foot massage with the scent of refreshing sage contained in herbal stamps will help you after activities on the slope, in the mountains or after training.

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## **CROCUS**

**15 min | 120 zł**

A self-prepared peeling based on Bochnia salt and herbs from Podhale, which cleanses and prepares the body for subsequent treatments.

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*After the treatment, we invite you for a cup of traditional Podhale herbal tea to complete this special moment of harmony.*

# [comfort zone]

conscious skin science

An Italian cosmetic brand with 25 years of experience in the spa and wellness industry.

Using the latest scientific research and drawing on nature, it offers comprehensive cosmetic lines with aromatherapeutic, biochemical and phytotherapeutic properties. The products combine botanicals, marine ingredients, aromatherapy oils, thermal water, clays and a group of specialised ingredients patented by the brand.

Each treatment [Comfort Zone] transports us into a world of relaxation and tranquillity... Soothes our senses and body... Wraps us in fragrance...

## FACE CARE

### ALCHEMIA OF YOUTH

75 min | 690 zł

Sublime Skin Deluxe - a luxurious lifting treatment for the face and eyes, guaranteeing a spectacular effect of filling in wrinkles, firming the skin and modelling facial muscles based on the techniques of Japanese lifting massage. This treatment has a strong revitalising effect thanks to the use of a unique cocktail of acids, individually selected according to the needs of the skin so as to increase the penetration of the active ingredients applied in later stages.

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### IDEAL COLORITE

60 min | 550 zł

Inspired by scientific dermatological research, the 3-BRIGHT LUMINANT triple action treatment is based on 3-BRIGHT TECHNOLOGY™ for the correction of dark spots, discolouration and uneven skin tone.

The treatment provides a restoration of instant skin radiance, reduction of existing hyperpigmentation and prevention of new discolouration.

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### CRYSTAL GLOW

60 min | 480 zł

Hydra Glow - a unique treatment inspired by cryotherapy, based on two massages Hydra Drain & Hydra Lift using Ice Roller. It is a dynamic treatment created for all those seeking instant radiance, intense hydration and skin vitality. With a unique combination of lactic acid, hyaluronic acid and bioactive extract of regenerative prickly pear, it provides an instant 'GLASS SKIN' for a healthy and radiant appearance.

## SOOTHING ESENCE

60 min | 420 zł

Remedy is an innovative treatment that offers comprehensive regeneration and soothing, restoring the skin to a healthy and balanced appearance. Ideal after intensive stimulating treatments, it brings relief, improves the skin's immunology by strengthening the hydrolipid barrier and is especially recommended for people with atopic dermatitis, rosacea. It offers comprehensive regeneration and soothing, restoring the skin to a healthy appearance.

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## EYE TIME

150 zł

Lifting treatment for the eye area Sublime Eye Patch. Using an innovative hydrogel peptide mask, the treatment visibly reduces signs of ageing, puffiness and eye fatigue. As an addition to any of the brand's [comfort zone] treatments.

## BODY CARE

### THERMAL DETOX GUA SHA

60 min | 560 zł

A treatment inspired by the ancient therapeutic technique of Gua Sha. It combines intensive, revitalising techniques with a relaxing effect, working on the deep layers of the skin and muscles. By combining Gua Sha with draining thermal mud, the treatment effectively stimulates circulation, reduces muscle tension and promotes drainage. Focusing on sensitive areas such as the abdomen or legs, it is perfect for those struggling with cellulite.

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### HARMONY OF RENEWAL

60 min | 490 zł

Deep Body Renewal - a smoothing, renewing and regenerating treatment that restores skin tone, elasticity and optimal hydration. Ideal for skin requiring additional regeneration and elasticity, as well as for those wishing to counteract stretch marks.

Thanks to its regenerating and revitalising action, the skin is left soft, silky and firm. This comprehensive treatment provides intensive care, leaving the skin smooth, supple and youthful.

The treatment can also be performed for pregnant women using the New Life Mum massage protocol.

## SENSORY CLEANSING

60 min | 450 zł

Scrub Massage - Tranquillity™ Body Scrub Ritual is a unique aromatherapeutic scrub ritual that promotes cell renewal, improves microcirculation and skin vitality. During the treatment, an aromatic blend of essential oils envelops the senses, while oily formulas together with sugar crystals leave the skin silky. The massage techniques promote muscle relaxation, reduce mental and physical fatigue and improve posture, while offering a pleasant feeling of lightness and flexibility.

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## VULCANIC AWAKENING

up to 30 min | 290 zł

Body scrub - an extraordinary skin renewal experience thanks to a scrub with volcanic dust particles from Sicily and a formula based on a creamy mask with karite butter and betaglukan. This unique treatment effectively removes dead skin cells, leaving fresh, smooth and radiant skin.

# BODY & FACE RITUALS

## BEAUTY & RELAXATION RITUAL

110 min | 790 zł

The combination of a gentle body scrub, body massage and facial treatment using unique Tranquillity and Sublime Skin products, which combine aromatherapy, natural oils and extracts, allows for deep hydration, smoothing and regeneration of the skin. The treatment not only improves the condition of the skin, but also reduces stress, inducing a state of deep relaxation. It is the ideal opportunity to feel renewed, rested and full of inner harmony.

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## HIMALAYA SALT MASSAGE

70 min | 490 zł

Immerse yourself in a world of deep relaxation and purification with a massage using natural Himalayan salt. Its mineral-rich formula supports detoxification of the body, improves circulation and regenerates the skin, giving it exceptional smoothness. The combination of relaxing massage movements with the properties of the salt restores balance to the body and mind, reducing tension and stress. An ideal treatment for those seeking deep relaxation and an improved sense of well-being. The ritual is completed with a facial massage.

## **KLEOPATRA'S SECRET**

**60 min | 460 zł**

Discover the secrets of beauty that have survived the ages. A ritual inspired by the legendary practices of the queen of Egypt, which combined natural ingredients and luxurious treatments to restore radiance, smoothness and a youthful appearance to the skin.

Aromatherapy facial and full body massage with a "Cleopatra bath". The brand's cult ritual, using TRANQUILITY blend - an aromatic blend of essential oils, and amaranth oil. It relaxes muscle tension and perfectly regenerates the skin.

## **MESSAGES BY COMFORT ZONE**

### **TATRA MADORETARAPIA**

**60 min | 450 zł**

Immerse yourself in a unique massage inspired by the nature of the Tatra Mountains, combining the power of maderotherapy with Tatra traditions. Thanks to the precise movements of the wooden tools, the massage improves circulation, reduces cellulite and shapes the silhouette. Natural wood, combined with relaxing massage techniques, brings deep relaxation and also helps to remove toxins from the body. Tatra Maderotherapy is an excellent choice for those seeking comprehensive relaxation and an improvement in skin and body shape.

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### **ENERGY OF THE 4 SENSES**

**70 min | 490 zł**

Unusual, therapeutic body and face massage stimulating the body's natural ability to regenerate. Based on the ancient tradition of oriental, Mediterranean, Indian and Arab cultures, this is an energising and aromatherapeutic massage with a special focus on muscle relaxation. The treatment begins with a personalised selection from our unique collection of aromatherapy oils.

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### **RITUAL OF SPOILING SLEEP**

**75 min | 420 zł**

**A brush ritual combined with a Wave SPA session**

A unique ritual using marine, Malay and Ayurvedic massage techniques combined with sound and vibration therapy to bring deep relaxation and regeneration. Inspired by the Indonesian Sea Malay massage, it effectively induces a state of deep relaxation. A specially composed soundtrack, synchronised to the rhythm of the heartbeat, helps to achieve a deep state of relaxation and tranquillity, making this ritual a true journey towards harmony of body and mind. Ritual performed after 5 pm.



**SKIN REGIMEN LX** – is the result of 12 years of pioneering research into skin longevity. A new revolution in skin renewal, the patented Longevity Complex™ improved in three key dimensions: effectiveness, naturalness and sustainability, and pleasure of use, protects the longevity of skin cells and delays the rate of cellular ageing. Tailored to every lifestyle, it counteracts the impact of external factors, ensuring younger, healthier looking skin.

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## **DETOX**

**60 min | 550 zł**

This treatment combines the action of AHA, concentrated hyaluronic acid, succinic acid and a unique blend of peptides to revitalise and tone the skin, restoring a healthy, radiant appearance. The detoxifying charcoal mask deeply cleanses pores, reduces imperfections and restores freshness and balance to the skin. The effectiveness of the treatment is enhanced by three precisely selected massage techniques, performed with a double jade and gua sha roller, which stimulate circulation, support the elimination of toxins and improve skin elasticity.

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## **GLOW**

**60 min | 550 zł**

Modern care for dull skin with the first signs of ageing and uneven pigmentation. An innovative mask with Longevity Complex™, pink clay and 10% vitamin C provides intensive anti-oxidation and brightening. Using massage techniques with a jade roller, the skin becomes firmer and facial contours clearer.

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## **REVITALIZING**

**express facial revitalisation**

**15 min | 150 zł**

Discover the power of instant radiance and hydration with our intensive 15-minute facial treatment.

This express treatment not only improves your appearance, but also provides intense hydration and smoothing, making it ideal before important events. Indulge in a moment of luxury and enjoy the instant result of radiant skin.

# SELVERT

## T H E R M A L

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GENÈVE - BARCELONA

SELVERT THERMAL –Swiss perfection and excellence using the most modern and effective advances in biotechnology and pharmacology. At the heart of Selvert Thermal's brand philosophy is the belief that it is essential to support the skin's immune system in order to maintain its health and appearance.

### FACE CARE

#### SOIN D'OR - LUXURY CARE WITH 24K GOLD

90 min | 1390 zt

This is an exclusive skin care treatment that harnesses the power of 24-carat gold, offering an exceptional rejuvenating and revitalising therapy for the face. It is a treatment dedicated to those who wish to give their skin luxury care at the highest level, combining the latest advances in cosmetology with the precious properties of gold. An alternative to aesthetic medicine.

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#### PEPTID LIFT

70 min | 800 zt

This is an advanced anti-ageing treatment that uses the power of peptides to intensively lift the skin. Peptides support collagen production, improve skin elasticity and stimulate its natural regenerative processes. The effect is to smooth wrinkles, improve firmness and revitalise the skin, giving it a younger and more radiant appearance. It lifts the oval of the face in a non-invasive way.

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#### SPLENDOR HYALURONIC & VITAMIN B3

70 min | 790 zt

This luxurious treatment combines the power of hyaluronic acid and vitamin B3 to intensely hydrate, nourish and revitalise the skin. Hyaluronic acid deeply penetrates the skin, restoring optimal moisture levels, smoothing fine lines and improving firmness, while vitamin B3 brightens the complexion, reduces discolouration and strengthens the skin's natural protective barrier.

## LIGNE DE REGENERATION ABSOLUE

70 min | 770 zł

This is an exclusive regeneration treatment that combines modern technology with valuable ingredients to intensively rejuvenate and regenerate the skin. Thanks to the use of specialised preparations, the treatment stimulates natural cell regeneration processes, improving skin structure, firmness and elasticity. The treatment is composed on the basis of snail extract. Strong regeneration of grey, tired and pale skins.

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## AQUAFRESH

70 min | 680 zł

This is an intensive moisturising treatment that provides the skin with deep hydration and refreshment. Thanks to the use of advanced technologies and specialised preparations, the treatment effectively restores the skin's optimal moisture level, smoothing it and restoring its softness.



## FIZJO - MED CURES

Specialised rehabilitation treatments. We rehabilitate, teach health-promoting habits, promote an active lifestyle and give importance to broadly defined prevention.

### HOLISTIC THERAPY\*

60 min | 520 zł

Individually selected therapy preceded by a consultation: fascial therapy, manual therapy, therapeutic massage, trigger point therapy.

\*for details ask a specialist

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### WAVE SPA SEANS

22 min | 90 zł

Sound and vibration therapy, bringing deep relaxation and regeneration.

30 min | 120 zł

60 min | 190 zł

\*Wave SPA session after a selected massage from the menu - 20% discount.

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### PHYSIOTHERAPEUTIC CONSULTATION

up to 15 min | 100 zł

In case of purchasing a Physio-Med. Aries Spa, the physiotherapy consultation is free of charge in the price of the treatment.

## HI-TECH TREATMENTS

INTRACEUTICALS “celebrity treatment” - This is an Australian method of non-invasive skin rejuvenation. Its effectiveness is ensured by combining hyperbaric oxygen technology with hyaluronic acid and active ingredients.

### REJUVENATE WITH VIT. C - Oxygen INFUSION

75 min | 790 zł

This is an advanced treatment that combines oxygen therapy with vitamin C, intensively moisturising and revitalising the skin. Vitamin C brightens the complexion, reduces discolouration and stimulates collagen production, while pressurised oxygen promotes skin regeneration and detoxification, restoring a younger, radiant appearance.

## **COLLAGEN BOOSTER - Oxygen INFUSION**

**75 min | 750 zł**

This is a treatment that uses pressurised oxygen to deeply infuse collagen into the skin, improving firmness, elasticity, hydration and stimulating regeneration, resulting in the smoothing of wrinkles and restoring a radiant appearance.

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## **ENDERMOLOGIE ®**

**15 min - 40 min | 90-190 zł**

This is a mechanical and completely natural method of tissue stimulation. Endermologie is an extremely effective treatment in the fight against resistant adipose tissue, cellulite of varying degrees of intensity and loss of skin firmness and elasticity. The treatment is based on a vacuum massage using special heads that suck in the skin folds.

It is possible to hire an endermologie outfit

## **FACE AND BODY MESSAGES**

Performed with individually selected classical massage techniques with the use of high quality preparations in the form of oils, creams, butters as well as wax, candles and stones.

## **CEREMONY FOR TWO VIP Cabinet treatments for 2 people**

**approx. 80 min | 630 zł**

This is a unique ritual created for couples, which combines a relaxing massage with the unique experience of the infrared sauna. During the ceremony, couples can enjoy relaxation together. It is the perfect opportunity to spend time in harmony, taking care of your health and relaxing in a unique atmosphere.

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## **WHOLE BODY MASSAGE WITH HEAT CANDLE AND DRY BRUSHING**

**70 min | 440 zł**

This is a unique treatment that combines a relaxing massage with a warm candle with the activating and detoxifying effects of dry brushing. The treatment relaxes, smooths the skin, improves its firmness and restores a healthy, radiant appearance.

**\*a dry body peeling treatment , without massage, completed with body care 15 min | 150 zł**

### **JAPANESE “NON-SURGICAL LIFTING OF THE FACE”**

**70 min | 400 zł**

A traditional Japanese massage of the face, neck, décolleté and head, which gives immediate rejuvenating and modelling effects.

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### **HOT STONE MASSAGE**

**70 min | 390 zł**

Manual body massage combined with hot stones

\*recommended in the spring /autumn-winter period

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### **MASSAGE ARIES - author's massage with cranberry 60 min | 390 zł**

Relaxing body and head massage scented with fresh cranberries. Enriched with warm stones and the author's massage scheme, it relaxes tense parts of the body and leads to a balance between body and mind.

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### **ARIES GINGER RITUAL author's ginger massage**

**40 min | 320 zł**

Warming, ginger back massage with elements of head massage, ending with a massage with the sound of Tibetan bowls.

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### **ARIES APPLE BLOSSOM MASSAGE author's refreshing massage with the scent of apple blossoms**

**40 min | 320 zł**

Combination of author's back and head massage techniques, ending with a massage with the sound of original Tibetan bowls. The massage relaxes and enhances your well-being, wrapping your body in the summer scent of apple blossoms.

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### **WHOLE BODY MASSAGE**

**50 min | 290 zł**

Relaxing Swedish body massage.

Possibility to extend it with a SPA hand and head massage - **15 MIN | 80 zł**

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### **BACK / LEGS MASSAGE**

**25 min | 200 zł**

Relaxing Swedish massage of a selected part of the body back or legs.

## ORIENTAL MESSAGES

Oriental massages, full of original techniques and world-class innovation. Inspired by the East and West, these are unique therapeutic techniques that combine tradition with a modern approach to health and relaxation. Performed by qualified physiotherapists, these massages offer a wide range of benefits such as reducing stress, improving circulation, relieving pain and restoring energy balance in the body. The only such massage on the Polish market created by the world champion in oriental massage Ewa Wardęga.

### ZEN FLOW

**60 min | 500 zł**

Massage inspired by Eastern techniques using rubber balls combines traditional therapeutic methods with modern tools, providing deep relaxation and regeneration. Thanks to the flexible balls, the therapist precisely works on tense muscles, trigger points and areas of energy blockages, applying pressure in line with the principles of acupressure or deep tissue massage.

This type of massage effectively reduces tension, improves energy flow and relieves pain in areas such as the back, neck or joints. Thanks to the dynamic action of the balls, the treatment not only relaxes, but also restores balance to the body and mind, introducing a state of deep relaxation and regeneration.

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### VITAL TOUCH

**60 min | 650 zł**

Massage inspired by western techniques such as a-shiatsu (foot massage), Thai massage, Balinese massage, enriched with original techniques using Scarves massage is a unique therapy combining precisely selected elements of various traditions. This type of massage is an excellent combination of manual therapies that provide relief from muscle and joint pains while putting the body into a state of deep relaxation. The slings allow for unique techniques to lift, stretch and smooth the tissues, making each treatment tailored to the individual client's needs.

This holistic approach not only provides physical relief, but also enhances wellbeing and restores inner harmony.

## SPACE OF MIND - HINDUS HEAD MASSAGE

25 min | 220 zł

This is a relaxing head massage inspired by traditional Indian techniques that has a soothing effect on the body and mind. Performed with gentle, flowing movements, it focuses on massaging the scalp, neck and shoulders, stimulating circulation, reducing tension and relieving stress. Using natural oils, the treatment not only relaxes but also moisturises the skin, improving the condition of the hair.

‘Peace of Mind’ is the ideal way to deeply regenerate, relax and restore inner harmony.

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## BAMBUS STICK FOOT THERAPY

25 min | 220 zł

The bamboo stick foot massage is a unique Thai foot massage that combines traditional techniques with the use of a bamboo stick, providing deep relaxation and regeneration. Gentle pressure and precise movements performed with the bamboo stick help to relax tension, improve circulation and stimulate reflex points on the feet. The treatment has a soothing effect on the whole body, restoring balance and harmony.

Foot therapy is ideal for those seeking solace after a busy day, an improved sense of well-being and deep relaxation.





## ADDITIONAL SERVICES

SPA PEDICURE	60 min   180 zł
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HYBRYDIC PEDICURE	90 min   250 zł
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HYBRYDIC PAINT REMOVAL	approx. 30 min   45 zł
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EYEBROW / EYELASH HENNA	30 min   35 zł
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EYEBROWS HENNA + EYEBROWS ADJUSTMENT	45 min   45 zł
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EYEBROWS HENNA + EYELASHES + EYEBROWS ADJUSTMENT	60 min   60 zł
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CAVITATION PEELING for facial treatment - facial skin cleansing with ultrasound	100 zł
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## SPA RULES & REGULATIONS

1. The use of Aries SPA facilities is tantamount to reading and acceptance of these rules & regulations.
2. SPA services are available to persons 16 years of age or older. Minors require consent and the presence of a legal guardian during treatments.
3. We recommend you arrive 10 minutes prior to your appointment time to enjoy the facilities and to ensure your treatment starts on time.
4. Being late more than 10 minutes may result in a reduction of your treatment experience, while the treatment price remains the same.
5. To ensure that the highest quality services are provided to you at the SPA, please fill out the Guest Card prior to the treatment. We ask you to fill it out only once on your first visit so we can familiarize ourselves with the current state of your health. Members of staff are not responsible for any consequences resulting from treatments performed despite existing contraindications, which were not disclosed.
6. Should you wish to reschedule or cancel any spa appointments, please notify the SPA by 6:00 p.m. the day prior to the scheduled appointment.
7. An appointment canceled after 6:00 p.m. the day prior to the scheduled appointment or a missed appointment is subject to a charge of PLN 50 for every 30 minutes of the reserved treatment.
8. The charge referred to in clause 7 will be added to the Guest's hotel bill.
9. Cancellation of the reservation is considered to have been made at the time of its written confirmation by an Aries SPA employee.
10. It is prohibited to be under the influence of alcohol, narcotics or psychoactive substances on the Aries SPA premises.
11. The SPA staff is not responsible for valuable items left at the SPA.
12. Aries SPA is a place to restore your energy and relax. As a courtesy towards other Guests, we ask you to keep the noise down and refrain from the use of mobile phones inside the SPA area.
13. An employee has the right to refuse to perform the treatment should there be any contraindications.
14. The SPA manager reserves the right to terminate the treatment should a member of staff encounter inappropriate behavior of the Guest (aggression, unambiguous proposal, etc.).
15. Aries SPA reserves the right to change its treatment offer and opening hours at any time without notice.



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