

ARIES
Spa



Spa Menu

Szczyrk





Aries SPA is a place where relaxation meets regeneration. Inspired by the natural beauty of the Beskid Mountains, we create experiences designed to support balance, well-being and renewed energy. We believe that modern luxury is about taking the time to pause, care for yourself and consciously choose what serves both body and mind.

Our signature Aries SPA rituals were created to offer a space where you can slow down, restore balance and mindfully care for your well-being. Through the therapeutic power of touch, carefully selected aromas and inspiration drawn from nature, we help you rediscover a sense of calm and harmony.

Welcome to the world of Aries SPA — a place where relaxation becomes an experience that stays with you long after your treatment has ended.



SIGNATURE ARIES SPA RITUALS

Our signature Aries SPA rituals are inspired by nature, the atmosphere of the mountains and the need for genuine rest. Each combines carefully selected massage and body care techniques with aromas and sensory elements that invite you to slow down, release tension and restore inner balance. Created exclusively by us, these experiences bring together mindful body care, deep relaxation, regeneration and a sense of connection with the nature of the Beskid Mountains.



MOUNTAIN REGENERATION

75 min | 490 PLN

A signature body ritual combining a salt scrub with a relaxing full-body massage.

Inspired by the forests of the Beskid Mountains — filled with tranquillity, fresh air and natural harmony. This ritual is an invitation to enter a world where time slows down and the body regains a sense of lightness after an active day. Enveloping forest aromas and carefully selected massage techniques help calm the mind, release physical tension and restore comfort and harmony. The ritual leaves you feeling renewed and connected with mountain nature.

FEMININE HARMONY

90 min | 590 PLN

A signature body ritual combining dry brushing with a massage focused on areas particularly important to women's well-being.

This unique experience invites you to pause and reconnect with the needs of your body. Inspired by the natural rhythms of the female body, the ritual helps release accumulated tension, calm the nervous system and restore a sense of ease and comfort. Special attention is given to areas where stress and physical strain tend to accumulate, helping you regain lightness, relax deeply and rediscover harmony through mindful connection with your body.

MOUNTAIN ENERGY

90 min | 590 PLN

A signature body ritual for men combining an intensive massage with elements of maderotherapy and a refreshing facial treatment tailored to men's skin.

Created for men with active lifestyles, this ritual helps release tension in overworked muscles and restore energy. Inspired by the character of the Beskid Mountains, with aromas of black spruce and grapefruit, it stimulates the senses, refreshes the mind and supports recovery after physical activity. An experience combining effective bodywork with dedicated men's skincare, leaving you with a renewed sense of comfort and vitality.

ARIES SPA FOR TWO

90 min | 950 PLN | 2 OSOBY

A signature ritual for two featuring a synchronised relaxation massage, created for those who wish to unwind together and celebrate time shared.

This experience allows you to leave everyday responsibilities behind and immerse yourselves in an atmosphere of tranquillity, closeness and deep relaxation. Soothing aromas, harmonious massage movements and an intimate setting encourage relaxation and help restore inner balance. The ritual is complemented by time to unwind over a fruit refreshment, allowing you to savour your time together a little longer. Afterwards, you are left with a sense of lightness, relaxation and appreciation for a moment shared together.



VIP SPA SUITE

An exclusive, private space designed for intimate rituals and deep relaxation. Featuring an infrared sauna, bathtubs for aromatic bathing rituals and a massage area for two, the suite invites you to unwind, restore harmony and enjoy wellness in complete tranquillity.

BESKID TRANQUILLITY

90 min | 850 PLN | 2 PEOPLE

A ritual combining a relaxing brine bath, a private infrared sauna session and a soothing back massage with Douglas fir aromatherapy.

An invitation to experience deep relaxation inspired by the tranquillity of the mountains. The aromas of pine needles and forest oils envelop the senses, helping release tension and restore inner harmony. The warmth of the sauna and relaxing back massage support tired muscles, while aromatherapy with Douglas fir oil — inspired by this majestic tree growing on the slopes of the Beskid Mountains — promotes a sense of freshness, ease and well-being.

TOGETHER AT ARIES

150 min | 1360 PLN | 2 PEOPLE

A ritual combining a relaxing brine bath, a private infrared sauna session and a soothing back massage with Douglas fir aromatherapy.

An invitation to experience deep relaxation inspired by the tranquillity of the mountains. The aromas of pine needles and forest oils envelop the senses, helping release tension and restore inner harmony. The warmth of the sauna and relaxing back massage support tired muscles, while aromatherapy with Douglas fir oil — inspired by this majestic tree growing on the slopes of the Beskid Mountains — promotes a sense of freshness, ease and well-being.

A close-up photograph of a woman lying down, her eyes closed, receiving a head spa treatment. A golden ring is being used to massage her scalp. The background is softly blurred, showing shelves with various bottles of products.

HEAD SPA

HEAD SPA is a carefully composed ritual inspired by the Japanese art of hair and scalp care and mindful relaxation. It combines soothing techniques with professional care to support healthy hair, tranquillity and overall well-being. Professional La Biosthétique products are individually selected to suit each guest's needs.

PURIFYING & RELAXING RITUAL

70 min | 490 PLN

A ritual including a scalp exfoliation, relaxing neck massage and hair care individually tailored to your needs.

This experience allows you to pause and step away from the rush of everyday life. Carefully selected techniques help care for the condition of the hair, release tension accumulated around the head and neck, and bring the body into a state of deep relaxation. The ritual leaves you feeling light and pleasantly relaxed.

HOLISTIC HEAD SPA RITUAL WITH FACIAL CARE

90 min | 690 PLN

A ritual combining scalp exfoliation and massage with comprehensive facial and hair care in one experience.

The combination of different techniques provides a holistic approach to self-care, helping release tension and restore a sense of comfort and balance. It is a moment of tranquillity where deep relaxation meets professional care.



REGENERATIVE COSMETOLOGY

Forlle'd – intelligent skin regeneration based on Japanese biotechnology, nanoparticles and active ingredients that support the skin's natural renewal processes.

Forlle'd represents a unique approach to skincare, where science meets mindful care for the skin's condition. Its technology uses low-molecular-weight active ingredients encapsulated in nanostructures, allowing for precise delivery into deeper layers of the skin and supporting its natural regenerative processes. Formulas based on biocompatible minerals, peptides and powerful antioxidants help protect the skin against oxidative stress while improving its texture, comfort and natural radiance.



SOOTHING RECOVERY

50 min | 520 PLN

An intensive regenerating treatment for skin in need of soothing, restoration and renewed comfort.

This concentrated treatment supports the skin's natural protective barrier, helping reduce discomfort and excessive sensitivity. An ideal choice for weakened, dehydrated or particularly demanding skin. After the treatment, the skin feels softer, soothed and naturally balanced.

C+ RADIANCE THERAPY

60 min | 820 PLN

A brightening and revitalising treatment for skin in need of improved tone, renewed vitality and freshness.

Based on the antioxidant properties of vitamin C, the treatment supports processes responsible for a healthy-looking complexion while enhancing radiance and improving skin tone. An excellent choice before an important occasion or as part of a mindful skincare routine for skin showing signs of fatigue and the first signs of ageing.

PLATINUM INTENSE

70 min | 990 PLN

An advanced regenerating ritual based on Forlle'd ionised platinum technology, focused on intensive antioxidant care, radiance and hydration.

Innovative active ingredients combined with a relaxing massage help restore exceptional smoothness, comfort and luminosity. The treatment supports the skin's natural regenerative processes, improves elasticity and gives the complexion a well-rested appearance. Afterwards, the skin feels intensely hydrated, brightened and radiant.

LIFTING GLOW RITUAL

70 min | 990 PLN

An advanced Forlle'd treatment combining intensive lifting skincare with manual techniques inspired by Japanese Kobido massage.

The treatment is designed to improve skin firmness, enhance facial contours and restore a fresh, radiant appearance. The combination of specialised skincare and precise manual techniques supports microcirculation, helps reduce visible signs of fatigue and leaves the skin looking smoother and naturally lifted.



MESOESTETIC

A professional cosmeceutical brand combining science, technology and an individual approach to skincare. Based on the concept of epigenetics, its skincare solutions support the skin's natural mechanisms, helping maintain a healthy appearance, freshness and radiance.

AGE ELEMENT

60 min | 590 PLN

A personalised Mesoestetic treatment combining advanced skincare, individually selected boosters and our signature facial massage.

Every skin has different needs, which is why we have created a ritual tailored to the individual requirements of your complexion. The combination of professional formulas and manual techniques helps restore freshness, comfort and natural radiance. A treatment created for those who value mindful skincare and well-being.



OTODERM THERAPY

A professional skincare therapy combining modern technologies, oxygen and LED light. Carefully selected procedures support the skin's natural renewal processes, helping improve its condition and appearance. A comprehensive treatment designed to refresh the complexion and restore its natural radiance.

OXYGEN INFUSION

50 min | 750 PLN

An advanced regenerating treatment combining oxygen infusion for the skin, a session in an oxygen capsule and the beneficial effects of LED light.

The treatment helps improve the skin's condition, supports its natural renewal processes and restores radiance and luminosity. It is particularly recommended for skin in need of refreshing and regeneration, as well as for complexions showing signs of fatigue or increased stress.

OXYGEN THERAPY WITH LED MASK

20 min | 200 PLN

An advanced therapy combining pure oxygen, oxygen anions and LED light to support the body's natural renewal processes and deep regeneration.

The combination of oxygen therapy and LED light supports regeneration and tissue oxygenation while helping reduce the effects of everyday strain on the body. It offers a moment of deep relaxation, encouraging tranquillity and supporting overall well-being. The therapy may be enjoyed on its own or as an addition to selected face and body treatments.



LUXURY BODY CARE

SCENS – holistic body care inspired by nature, combining effective botanical ingredients with a philosophy of mindful self-care.

Scens rituals combine pleasure, skincare and mindfulness. Carefully selected formulas support the skin's natural condition, providing nourishment, smoothness and exceptional comfort. Created for those seeking effective body care in harmony with nature and the individual needs of their body.



SENSORIAL LUXURY EXPERIENCE RITUAL

120 min | 850 PLN

A luxurious ritual combining body exfoliation and massage with intensive facial care and advanced facial contouring techniques.

Carefully selected treatment stages provide comprehensive care for the skin, restoring smoothness, freshness and a radiant appearance. It is a moment of mindful self-care where the effectiveness of natural skincare meets the pleasure of touch and deep relaxation.

DETOX & RESET BODY RITUAL

90 min | 650 PLN

A ritual combining full-body exfoliation, a nourishing mask and massage with elements of wood therapy, focused on areas requiring special attention.

A comprehensive treatment designed to restore a sense of lightness and comfort, particularly when the body feels tired and in need of extra care. The ritual supports natural circulation, helps reduce feelings of heaviness and improves the smoothness and overall condition of the skin.

360 EXPERIENCE MASSAGE

75 min | 490 PLN

A signature Scens full-body massage combining elements of deep bodywork, stretching and a tension-relieving facial massage.

A combination of flowing movements, precise pressure and carefully selected bodywork techniques helps release accumulated tension and reduce stress. An aromatic blend of patchouli and clove oils encourages relaxation, while hemp and arnica oils help soothe muscular tension and provide a sense of comfort.

VEGAN RELAXING RITUAL

60 min | 420 PLN

A relaxing full-body massage performed with vegan oils infused with aromatic notes of lavender and bergamot.

Soothing touch and the gentle pace of the massage help release tension, calm the mind and restore a sense of lightness. The natural aromatic composition envelops the body, creating an experience of tranquility and deep relaxation.

VEGAN RELAXING RITUAL WITH SCRUB

80 min | 590 PLN

The Vegan Relaxing Ritual can be enhanced with a full-body scrub based on an exclusive blend of salt and six essential oils — lavender, geranium, cypress, chamomile, rosemary and bitter orange — to smooth the skin and prepare it for further care.



MASSAGES

Massage is a moment to consciously slow down, allowing the body to regain lightness and the mind to become still. Carefully selected manual techniques help release tension, support regeneration and restore a sense of inner balance. At Aries SPA, each massage is tailored to individual needs, creating an experience that combines mindful body care with deep relaxation and well-being.



SIGNATURE ARIES SPA FACIAL MASSAGE

60 min | 400 PLN

Our signature manual massage includes the face, neck, décolleté and scalp. Carefully selected techniques help release tension, relax the tissues and restore the skin's natural radiance. An experience combining deep relaxation with mindful care for a healthy, glowing complexion.

RELAXATION MASSAGE

50 min | 350 PLN

A full-body massage designed to relax and calm the body while restoring a sense of inner balance. Flowing, harmonious movements encourage deep relaxation and regeneration after an intensive day.

DEEP TENSION RELEASE MASSAGE

50 min | 400 PLN

An intensive massage focused on areas particularly affected by physical strain and stress. It helps relax tense muscles, improve ease of movement and restore a sense of lightness and freedom throughout the body.

HOT STONE MASSAGE

50 min | 400 PLN

A massage using the warmth of natural basalt stones to help relax the muscles and encourage deep relaxation. A unique experience that envelops the body in warmth, bringing comfort and a sense of harmony.

ADDITIONAL SERVICES:

TARGETED BODY MASSAGE

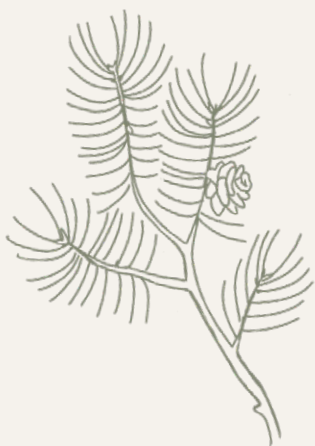
25 min | 200 PLN

Choose from: back, legs/feet or head/neck.

FULL-BODY SCRUB

25 min | 200 PLN

Available as an addition before a selected massage.



FAMILY RITUALS AT ARIES SPA

At Aries SPA, we have created a special experience for parents and children, allowing them to enjoy wellness time together in the same treatment room. These short yet delightful rituals are designed to be safe and suitable for younger guests while offering parents a deeply relaxing experience.



CHOCOLATE DELIGHT

25 min | 450 PLN | 2 PEOPLE

A unique ritual combining relaxation and joy.

For the child: a back massage using warm chocolate.

For the parent: a back massage using warm chocolate.

FOREST JOURNEY

25 min | 360 PLN | 2 PEOPLE

A ritual inspired by the scent of a mountain forest, designed to restore lightness and energy.

The aroma of Douglas fir feels like a breath of fresh mountain air — relaxing the senses, releasing tension and allowing you to leave everyday concerns behind.

For the child: a gentle back massage with a forest-scented oil.

For the parent: a relaxing back massage with elements of stretching.

LAVENDER COMFORT

25 min | 330 PLN | 2 PEOPLE

A gentle ritual that envelops you in tranquility and strengthens a sense of closeness.

The aroma of lavender soothes the senses, encourages relaxation and creates a moment of shared calm.

For the child: a hand and foot massage with lavender oil.

For the parent: a choice of hand and foot massage or head and neck massage.

ADDITIONAL SERVICES:

LUXURY ALESSANDRO PARAFFIN TREATMENT

25 min | 200 PLN

Available as an addition to face or body treatments.

LIGHT AND/OR OXYGEN THERAPY

20 min | 200 PLN

Available as an addition to face or body treatments.

CAVITATION PEELING

20 min | 100 PLN

Available before a selected facial treatment.

STRENGTHENING EYE CONTOUR TREATMENT

20 min | 100 PLN

Available as an addition to face or body treatments.

ARIES SPA TERMS & CONDITIONS

1. By using the services of Aries SPA, guests confirm that they have read and accepted these Terms & Conditions.
2. Aries SPA services are available to guests aged 16 and over. Guests under the age of 18 require the consent and presence of a parent or legal guardian during the treatment.
3. For your comfort, we recommend arriving at the SPA 10 minutes before your scheduled appointment.
4. If a guest arrives more than 10 minutes late, the treatment time will be shortened accordingly, while the full treatment price will still apply.
5. To ensure the highest standard of service, guests are asked to complete a Guest Form before their treatment. The form is completed only during the first visit and provides us with information about the guest's current health condition. Aries SPA is not responsible for consequences resulting from treatments performed despite existing contraindications that were not disclosed by the guest.
6. A reservation may be cancelled free of charge until 6:00 p.m. on the day preceding the scheduled treatment.
7. If a reservation is cancelled after 6:00 p.m. on the day preceding the scheduled treatment, or if the guest fails to attend the appointment, Aries Hotel & SPA Szczyrk will charge a cancellation fee of PLN 50 gross for each reserved 30-minute period of service.
8. The fee referred to in point 7 will be added to the guest's hotel bill.
9. A cancellation is considered valid once it has been confirmed in writing by an Aries SPA employee.
10. Guests who are intoxicated or under the influence of narcotic or psychoactive substances are not permitted within Aries SPA.
11. Aries SPA is not responsible for valuables left unattended on the premises.
12. Aries SPA is a place of relaxation and tranquillity. We therefore kindly ask guests to maintain a quiet atmosphere and refrain from using mobile phones within the SPA area.
13. An Aries SPA employee has the right to refuse to perform a treatment if any contraindications are identified.
14. The SPA Manager reserves the right to discontinue a treatment if a member of staff encounters inappropriate behaviour from a guest, including aggression, inappropriate propositions or similar conduct.





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