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for the wellbeing of all,
for the celebration of nature,
honouring traditional therapies,
continued scientific research,
respecting the planet.

Opening Hours

Monday	12pm – 8pm
Tuesday	12pm – 8pm
Wednesday	12pm – 8pm
Thursday	12pm – 8pm
Friday	12pm – 8pm
Saturday	10am – 8pm
Sunday	10am – 8pm

Cancellations

Guests who wish to change or cancel an appointment are kindly requested to provide 24 hours notice, or may be charged 50% of the full treatment price.

Late Arrival

Late arrival may limit treatment time, you will be charged the full price.

The scientific research into the body's healing process and the skin's ability to be at its optimal health, is married with the belief that wellbeing is a symptom of a harmonious mind, body and spirit.

Contact

Wellness & SPA Reception

12-14 Stradomska Street
Kraków 31-058 Poland

+48 12 201 57 54
sol@stradomhouse.com

Online booking available
stradomhouse.com





FACE

SKIN CONSULTATION

If you are looking to learn how to generally improve your skin or suffer from any skin issues, we are here to guide you on how to achieve naturally healthy skin.

30 minutes **PLN 200**

Redeemable against products or future treatments

SOVERAL EXPRESS

Designed for those in a rush or just in need of a quick pick me up. The best of SOVERAL Signature Treatments, plus a Hyaluronic Plumping Mask.

Exfoliation & PH Balance
Firming & Sculpting Face Massage
Anti-inflammation Marble cooling
Plumping Mask
Moisture Locking

40 minutes **PLN 365**

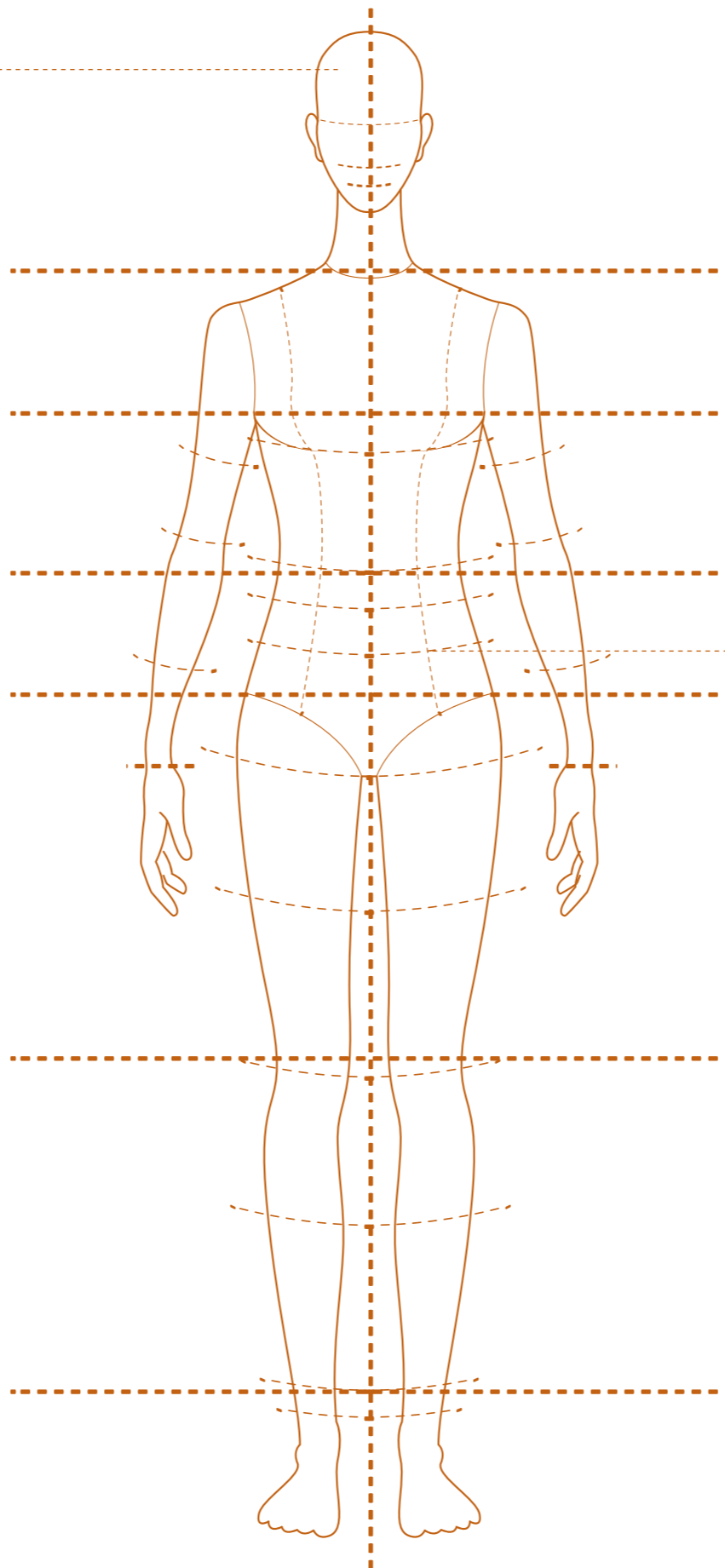
SOVERAL SIGNATURE

To improve skin health, tone and support the skin's own regenerative abilities. Aims to relieve the face of locked muscle tension, clear stagnant lymph pathways and soothe the appearance of fine lines and wrinkles.

Specialised lymphatic activation & drainage of the facial tissues, neck, and chest.
Firming & Sculpting Face Massage
Anti-inflammation Control and Skin's barrier protection.
Moisture locking.

60 minutes **PLN 525**

90 minutes **PLN 740** - Includes a detoxifying & firming mask set with cold marble stones... and extra sculpting massage!



MASSAGE + BESPOKE OIL BLEND

Tailor-made for you. It may be all about de-stressing sending you to a dream world or more of a therapeutic treatment addressing knots, aches and pains and overworked muscles.

Our massage is a combination of:
Remedial, Swedish, Sports Massage, Deep Tissue, Lymphatic drainage, Acupressure, and Soveral's unique techniques such as muscle stretching enflourage and body alignment.

30 minutes **PLN 250**

60 minutes **PLN 400**

90 minutes **PLN 520**

BODY

AROMATIC SALT SCRUB

For instant silky-smooth skin. For dry and weathered bodies. For those wanting to feel squeaky clean.

Mineral salt from Krakow blended with a tailor-made aromatherapy oil.

30 minutes **PLN 240**

POLISH HERBAL CLAYS

Poland has a wealth of herbal traditional therapies, passed on from generation to generation. They are the tried & tested and much-loved traditions of the Polish way of life.

Clays are custom blended to suit your needs, various blends may be done to address different ailments in the body.

The treatment ends with an aromatic balm to hydrate and nourish the skin, leaving it softly scented.

90 minutes **PLN 590**

