



## Massage

### Warm oil massage

60min – 250PLN  
75min – 300PLN  
90min – 350PLN  
120min – 400PLN

### Deep tissue massage

60min – 250PLN  
75min – 300PLN  
90min – 350PLN  
120min – 400PLN

### Hot stone massage

90min – 350PLN  
120min – 420PLN

### Bamboo massage

90min – 350PLN  
120min – 420PLN

### Pregnancy massage

50min – 250PLN

### Manual therapy

60min – 250PLN

### 3D japanese lifting


80–90min  
belly/breasts – 320PLN  
buttocks/legs – 320PLN  
face – 400PLN


### Facemodelling

90min – 500PLN

### Kobido

50min – 250PLN

 [oaza\\_mindful\\_wellness](https://www.instagram.com/oaza_mindful_wellness)

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Oaza Mindful Wellness is a friendly space for people who want to take care of themselves mindfully.

We work with physical along with mental side of your being. Personalized massages and rituals help to decrease stored tension. This is how you free the mind and lift up the spirit.

Oaza (Oasis) is not only manual therapy, face and body treatments. It is also a mind work, helping you to live a stress free life.

Find peace and inner harmony with us.

Discover [#wellnessingdansk](https://www.instagram.com/hashtag/wellnessingdansk)



## Body Rituals

### Stress reduction ritual

120min – 500PLN

### Camphor ritual

120min – 500PLN

### Slimming- firming ritual

120min – 600PLN

### Anti-cellulite ritual

120min – 600PLN

### Mud ritual

120min – 500PLN



## Skin And Face Therapy

### Herbs Repair Therapy

120min – 500PLN

### Three-stage cleansing treatment

120min – 500PLN

### Skin restructuring – Slow Release

90-120min – 500-600PLN

### Skin restructuring with microneedling

90min – 400-500PLN

### Vitamin C therapy

120min – 600PLN

### Customized face treatment

120-180min – 500-800PLN

### Charlotte Sophie - exclusive face, neck, décolleté treatment

180min – 800PLN



## Mesofusion Platinum Pen - microneedling

### Hydration

face, neck – 600PLN

face, neck, décolleté – 800PLN

### Skin tightening

face, neck – 500PLN

face, neck, décolleté – 700PLN

### Skin revival

face, neck – 500 PLN

face, neck, décolleté – 700PLN

### Discolorations/ skin tone evening

face, neck – 500PLN

### Acne prone skin

face, neck – 500PLN

face, neck, décolleté – 700PLN

### Rosacea

face, neck – 600PLN

face, neck, décolleté – 800PLN

### Eye area

dark circles, loss of elasticity, puffiness, wrinkles – 300PLN



## Energy Sessions

Access Bars 300PLN

Access Energetyczny Face Lift 300PLN

Access Body Proccess 300PLN



## Packages

### LOVE YOUR TOUCH

10 x 60min | 8 x 75min

7 x 90min – 2000PLN

### DETOX YOUR BODY

10 massages – 2500PLN

### LIFT UP

10 therapies – 3500PLN

### GLOW UP

5 treatments – 2500PLN

### STRESS RELIEF

10 x 90min with a therapist – 2500PLN

### FACE DELUX

10 ztreatmments for the face, neck, décolleté – 4500PLN



## Men Zone

### Platinum Man

full body massage plus face ritual  
120min – 600PLN

### Relaxed man

japanesse back massage  
plus deep, lifting face,  
neck, head massage  
90min – 400PLN

### Refreshed man

face ritual with lifting face massage  
90min – 500PLN