



massage
and
treatment
menu



Massage

Although the names of different types of massages are conventional, each massage is preceded by a thorough consultation with our guest to determine preferences and needs. They are always personalized, so remember that the most important information when booking will be the length of your massage. We strongly recommend choosing longer treatment time because we know from experience that tensions accumulated over the years often do not disappear during one 60-minute session. Research has shown that the body needs a minimum of 60 minutes to relax, but the experience of our SPA therapists shows that this time is often not enough. We perform massage as it was a true ritual, which is why we combine them with aromatherapy and hot foot compresses. Come and see for yourself.

Treatments for couples (for two people in the same room)

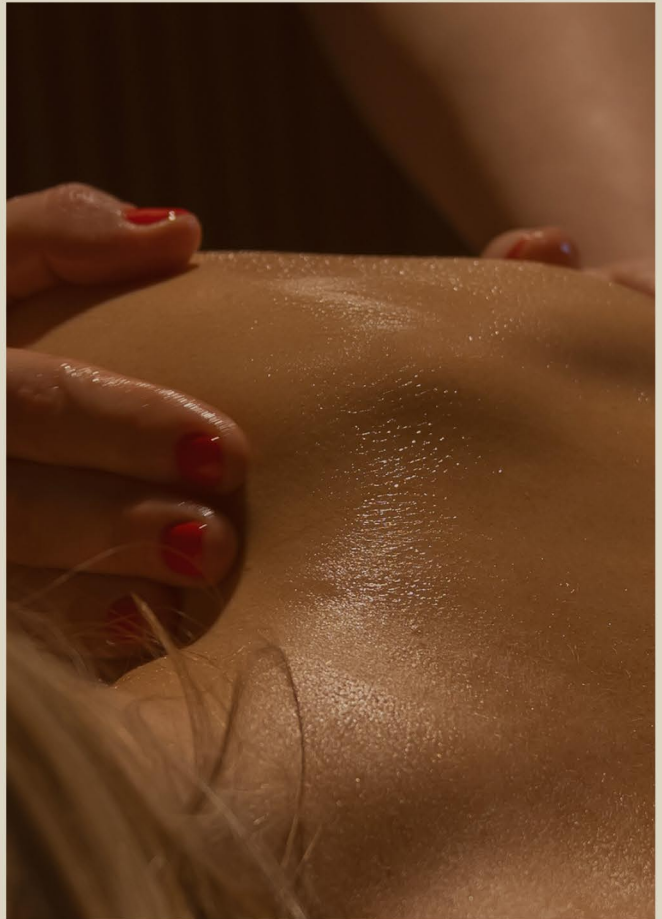
If you want to relax and at the same time spend time with someone close to you, regardless of whether it is your partner or your friend - we offer treatments for two people, in the same treatment room.

Warm oil massage

This is one of the most popular relaxing massages, a sensual ritual for the body, soul and mind. It deeply relaxes, soothes, restores strength and energy. Depending on the preferences of our guests, we can perform the massage very gently or stronger - because each of us perceives relaxation differently. This is an ideal massage for tired, stressed people who want to turn off their mind for a moment and connect with their body. Additionally, warm oil complements the effect of deep relaxation. It has a lot of elements of sensitive, but firm touch and stroking.

What effects will you achieve?

- relaxing, turning off the mind
- getting rid of muscle tension
- general body relaxation





Deep Tissue Massage

This is a massage where we work deeply on the muscles and fascia. If you lead a sedentary lifestyle, do a lot of sports, have a lot of stress in your life and carry a lot of tension in your body, feel that you need something more than "stroking" and a relaxing massage does not work - deep tissue is just for you. Why is this happening? During a deep tissue massage, tension is being released from the patient's muscles, so to achieve this effect, the masseur cannot use strong movements and rigid postures. Moreover, calming and well-thought-out movements allow the tissues to "get used to" the new situation and respond to the masseur's actions.

Therefore, the therapist uses the weight of his or her body, assuming an upright posture, without having to exert much force on the patient's body. The slow and precise movements of the person performing the massage do not strain the muscles, and what's more, they enable easier and more precise access to deep tissues. They also do not cause defensive muscle tension in the patient. Despite its name, this massage does not have to be performed with strong pressure.

What effects will you get?

- deep relaxation of muscles and fascia
- greater mobility in joints and tissues
- general relaxation of the entire body and mind
- body rest



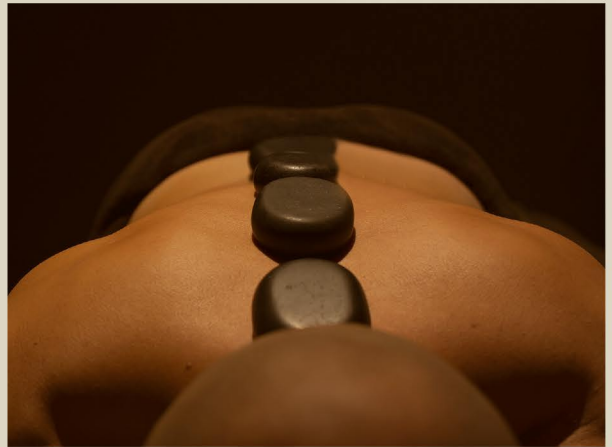
Hot Stones massage

Hot stone massage is a treatment that is not only relaxing, but also therapeutic. The idea behind it comes from the Far East and is related to ancient teachings about the flow of energy in the human body. Our body has chakras, i.e. energy centers where life force accumulates. Health and spiritual problems result from incorrect energy flow between these points. Hot stone massage is one of the methods of unblocking and thus healing the chakras.

Regardless of whether we believe in energy therapy or not, the massage itself is a very professional technique, the effectiveness of which is proven by the opinions of both masseurs, physiotherapists and their clients. Hot stones are placed on the chakras, hands, feet and between the toes. In this case, it creates a real ritual that not only energizes the body, but also soothes tired muscles and a stressed mind.

What effects will achieve?

- soothed body and mind
- deeply relaxed tired and tense muscles
- it is heat therapy
- elevates the mood, good for depression
- improves blood circulation, helps remove toxins
- relieves pain
- helps unlock energy in the body



Bamboo Massage

This is a massage that stimulates deep tissue. Performed using bamboo sticks, it has a relaxing and healing effect.

It is made with warm oil, which will stimulate your senses from the very beginning. Then, we work out the tired and tense muscle tissue both manually and by rolling with bamboo. This divine ritual ends with a head massage that will make you melt completely. Why bamboo?

Because it has a number of valuable properties. It does not irritate the skin, is antibacterial and is rich in silicon compounds, making it a piezoelectric. Rubbing and rolling leads to the creation of energy potential, giving a powerful boost of energy.

Massage relieves fatigue. In addition, it allows you to achieve a state of complete relaxation, regeneration and revitalization. Reduces nervous tension and relieves depression. It also improves lymphatic and venous circulation and increases the elasticity of tendons and muscles, which is why it is recommended for athletes.

What effects will you achieve?

- releasing deep tension
- energy boost
- body relaxation
- lightness in the body



Pregnancy Massage

Massage performed only in the 2nd and 3rd trimester. This is a relaxing massage performed while lying on your side. It is used to reduce muscle tension resulting from changes that occur in a pregnant woman's body and to improve the well-being and relaxation of the future mother. Through touch, the effect of relaxation of the entire body affects not only the mother, but also the baby that responds to touch, which can be noticed during the massage (baby calms down and does not kick). It is recommended to every mother for deep relaxation.

This technique is a discovery in anti-cellulite and firming therapy. This holistic massage is a combination of lymphatic drainage, manual massage techniques with intensive work using special, anatomically designed wooden tools.

Advantages of Maderotherapy:

It prevents stretch marks, fights cellulite and may reduce weight. Massage using wooden tools is aimed at reducing fat tissue, reducing cellulite, firming, smoothing and shaping the body.

Maderotherapy effects:

- elimination of cellulite and accumulated fat
- body shaping
- skin firming
- loss of centimeters
- improving the elasticity and appearance of the skin
- improve circulation
- lymphatic drainage
- stress reduction
- relaxation and general calming of the body

In most cases, the intended and noticeable effects are visible after the third session. However, full therapy involves 10 to 12 massages, performed at least once or twice a week. We must remember that the effect of therapy is individual for each person and depends on many co-occurring factors.



Therapeutic modeling of the face and body – manual therapies unlike any other

Defects in the appearance of the body and face are always only a reflection of what is hidden deep in the tissues, organs, body posture, bones and fascia. The facial and body therapies we offer contain techniques that are intertwined and as a result often produce better results than aesthetic medicine or plastic surgery.

In these therapies, we use elements of myofascial massage, visceral therapy and osteopathic therapies, lymphatic drainage, capillary therapy and other natural body and face techniques.



Facemodeling Program

Holistic facial modeling and rejuvenation program. It is a combination of advanced techniques such as buccal massage, osteoplasty and myoplasty.

Thanks to their use during one treatment session, we can achieve: spectacular effects of aesthetic rehabilitation and achieve long-lasting results

biological rejuvenation of our face and body, even by several years.

Facemodeling program works on the deepest tissue and muscle structures,

thanks to which their deep reconstruction, renewal and healing takes place.

This method combines unique and advanced techniques stimulating the biological and aesthetic regeneration of the face, and its undeniable effect effectiveness is based on the therapeutic effects achieved among millions of people all over the world.

This multitherapy restores tissues to their physiological state harmony, making it perfect for support orthodontic and dental treatment and all aesthetic procedures.

Facemodeling therapy treatments perfectly prepare tissues for face and breast plastic surgery and also provide incredible support in post-operative recovery.

FACEMODELING PROGRAM provides:

- immediate rejuvenation and improvement of skin quality;
- lifting the entire oval with lifting the lower part of the face and the corners of the mouth;
- restoring the radiance and tightness of the skin of the face, neck and cleavage;
- stimulation of collagen and elastin supporting regeneration and renewal skin;

- eliminating wrinkles, swelling and dark circles under the eyes;
- effective work on filling and softening the facial features face;
- releasing tension and blockages in the area of muscles and fascia;
- reconstruction of capillaries and better nourishment of tissues.

The FACEMODELING PROGRAM treatment consists of:

- deep tissue massage;
- osteoplasty, improving the mobility of the musculoskeletal system;
- buccal massage, i.e. a massage technique performed inside the mouth, which restores muscle relaxation and elasticity of the deepest muscles structures;
- capillary therapy - vacuum massage with glass cups, improving circulation and lymphatic drainage;
- aesthetic kinesio taping, i.e. dynamic taping that supports tissue regeneration after massage, improves drainage, shapes and lifts





VIZAGOLift

VIZAGOLift® is a comprehensive work, both on the body and face, focusing on restoring youthful and harmonious proportions of the face. During the work, osteopathic techniques, craniocervical therapy, myoplasty, visceral therapy and buccal massage is used. We work with the pelvis and abdomen which are the foundation of the appearance of our face. Thanks to such complex aesthetic manual therapy we influence not only the face but also the entire body, focusing on eliminating all tension, calming the nervous system, regulating stagnation processes, among others lymphatic stagnation and easing pain, as well as correcting body posture.

When performing therapy, we engage the muscular, nervous, circulatory, metabolic and respiratory systems. We focus primarily on the causes of age-related changes (incorrect posture, extreme tension in areas such as dowager's hump, mediastinum, abdominal cavity or lack of pelvic mobility) and not on their symptoms (second chin, drooping facial oval, drooping eyelids, furrows, wrinkles) triggering the body's powerful self-healing process.

We operate globally, not locally, with an effective and long-term rejuvenation effect in mind.



Cosmolifting

It is a holistic facial rejuvenation treatment that lifts the face oval, reduces wrinkles and refreshes the skin. By stimulating points and zones on the face, it has a deep effect on the tissues, stimulating the natural regeneration processes of the face and the entire body. The treatment stimulates the process of removing toxins, tones and firms the skin, minimizes fine lines and reduces deep wrinkles, helps eliminate discolorations and acne, and also has a brightening and refreshing effect on the complexion.

Recommended for women and men of all ages - it works perfectly as a method of preventing aging and reduces the effects of aging on mature skin. This therapy is an ideal alternative to invasive aesthetic medicine treatments.

The essence of Japanese facial cosmofacials is manual massage of facial muscles and stimulation of traditional facial acupressure points combined with deep lifting and lymphatic drainage.

Thanks to the elements of acupressure and facial reflexology, the treatment tones the nervous system, helps calm the mind and relax at a deep level.



Kobido

It is a Japanese facial massage technique. It involves a quite intense massage of the deep tissues of the face. Commonly referred to as a non-surgical face lift. During the Kobido massage, we also relax the muscles of the shoulders, neck, arms and head. It is extremely relaxing, which is why it is an element of every facial ritual at Oasis. If performed regularly, it can lead to a very natural rejuvenation effect.

Kobido consists of 5 stages:

- deep dry work
- relaxation stage with hydrophilic oil
- lymphatic drainage
- lifting stage
- acupressure

With regular Kobido massage it is possible to:

- eliminating muscle tension and at the same time eliminating fine facial wrinkles;
- reducing the signs of skin aging;
- regaining a younger facial appearance as a result of deep muscle massage; -
- lifting the cheeks and facial contours
- stimulation of cellular metabolism, thanks to which regeneration is much faster.



Japanese 3D Lifting belly and breasts

Tension in the fascial lines and incorrect posture result in drooping of internal organs and breasts as well as water or lymphatic stasis, which at first glance is often confused with excess fat tissue.

Japanese Lifting 3D is an innovative technique that consists of a myofascial massage with lymphatic drainage and elements of visceral massage (abdominal layers), which regulates intestinal peristalsis, restores proper tension in the abdominal cavity and supports metabolism. All this to improve the body's digestion and cleansing processes.

During the massage, we also work out the chest and restore firmness and volume to the breasts by working on the pectoral muscle, that droops over time and is one of the causes of breast sagging.

The massage begins with a back massage to correct the posture, which will help relieve tension, often accumulated over the years.

The Japanese Lifting is phenomenal for people with diabetes and pancreas and stomach problems. It supports all body detoxification processes, so it is recommended for people undergoing detox.

Also recommended for men who want to define the abdominal and chest muscles.

What effects can we expect?

- posture correction
- enhanced and firmer breasts
- reducing the volume at the waist
- lymphatic drainage
- improving the functioning of internal organs
- feeling of incredible space in your body



Japanese 3D Lifting legs

Fascia is the connective tissue that permeates and surrounds muscles. The tension of the fascia causes pain and congestion in the legs, which may result in cellulite. Thorough myofascial work together with lymphatic drainage gives phenomenal and long-lasting effects in cellulite therapy.

The real cause of cellulite is tense fascia that presses on muscle and fat tissue, causing the orange peel effect. Tension relief results in even distribution of fat tissue on the legs, as well as long-term removal of water and lymphatic stagnation.

The Japanese 3D lifting of the legs and buttocks starts with a myofascial massage of the back. This kind of work corrects the posture and slims the waist. Next step is frontal, back and lateral fascia lines of the legs. The massage also includes foot reflexology and lymphatic drainage.

Despite the anti-cellulite effect, the massage is also recommended for men because it wonderfully reduces tension. It will be phenomenal for athletes.

What effects can we expect?

- posture correction
- cellulite reduction or even elimination
- reducing tension in the legs, feet and back
- after a series of treatments, we can expect a walk improvement
- reduction of water and lymphatic stagnation
- feeling of incredible space in your body



Japanese Lifting 3D face

The main reason for facial aging is not reduced collagen production in the skin. The main element of facial aging is... ATTENTION... our posture! Long hours spent at work in a sitting or only other position that forces our bodies to stay one way or another may cause spine curvature. Even small irregularities can cause, for example, sagging facial contours. Thanks to the phenomenal techniques included in this massage, we are able to help our guests "straighten up" and reduce tension in the shoulders and neck, which significantly affects the appearance of our face.

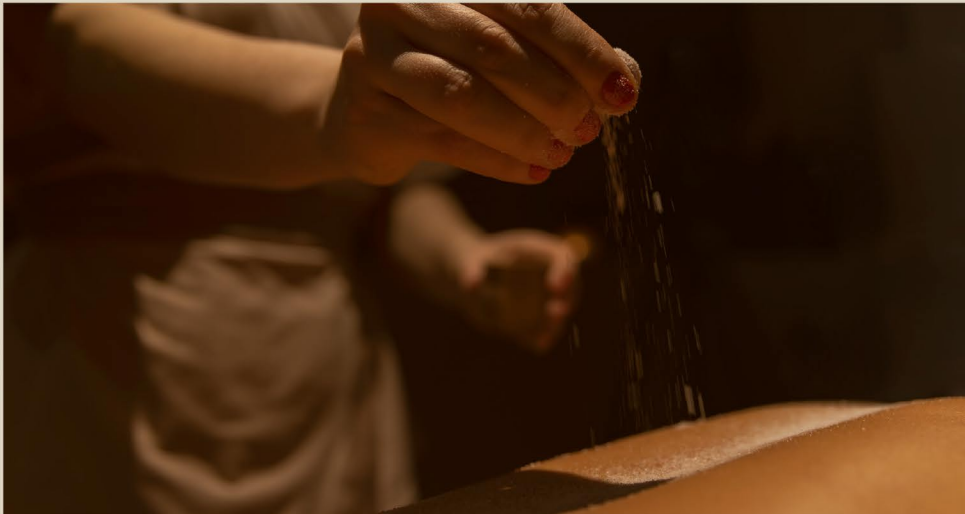
We also start this Japanese therapy with a back massage. It is more extensive than during a Japanese massage on the stomach or legs. It contains really deep myofascial techniques that can even deal with scoliosis. Here, careful development of tensions in the shoulder and neck muscles allows us to obtain a beautiful facial oval, lift drooping eyelids and obtain a younger appearance. Specially developed facial massage techniques, combined with trigger points, provide a phenomenal rejuvenation effect.

What effects can we expect?

- posture correction
- cellulite reduction or even elimination
- reducing tension in the legs, feet and back
- after a series of treatments, we can expect a walk improvement
- reduction of water and lymphatic stagnation
- feeling of incredible space in your body

Body Rituals

At Oaza, we believe in the healing power of plants combined with touch. That is why we have created original body rituals based on special massage techniques. Plants such as algae, lavender, camphor and peat will complement this. The product is specially selected to act not only on the skin, but also on the muscular, nervous, circulatory and joint systems. Feel true relief and regeneration.





Stress Relief Ritual- true relief for the nervous system

Overwork, overstimulation, long hours in front of a computer or on the phone, and excessive responsibilities cause the nervous system to overload. This may lead to symptoms such as concentration problems, sleep problems, irritability, decreased immunity, depression and anxiety.

The Stress Relief Ritual comes to the rescue as it calms the nervous system at a deep level, putting you into an extraordinary state of relaxation. The ritual is a combination of a body care with the therapeutic power of essential oils, topped with a personalized massage.

Whole body scrub prepares the skin for the absorption of active ingredients. Then we apply a warm body mask containing lavender essential oil absolutes.

This lavender is obtained from ecological plantations in Provencal fields and dried in the sun. Absolutes, i.e. 100% plant extract, are a real relief for the senses and a tired body.

The mask works in two ways - it penetrates the bloodstream through the cell membranes of the epidermis cells and thus to the internal organs, as well as the fragrance molecules of the essential oil through the nasal cavity, straight to the limbic system, which is responsible for emotions and memory. We mix the mask with warm hydrophilic oils and massage. At the end of the ritual, we wash off the mask with warm compresses to complete the experience.

We suggest not taking a shower immediately after the treatment so that the product can "work" in the body for some time.





Mud Ritual - pain relieving and anti-inflammatory compress for joint and muscles

If you suffer from joint and muscle pain or chronic fatigue and pain, it may be long-term inflammation. The mud ritual will save your body.

The peat that make up the mask are plant organic deposits that were formed for a long time without access to air and at an appropriate temperature and increased humidity. As a natural raw material it contains nutrients that penetrate deeply into the skin, nourish and detoxify it, helping to cleanse it of toxins.

Thanks to their high heat capacity, they cause strong, deep and uniform overheating of tissues (up to 45C), which generates healing processes. Combined with a massage tailored to your needs, it effectively relieves pain, improves blood supply to tense tissues, restores blood flow and relaxes the tension of stiff muscles.

Purpose of the treatment:

- improving blood supply and tissue metabolism
- nutrition and cell regeneration
- detoxifying and anti-inflammatory effect
- muscle relaxation
- alleviating joint pain
- relief from all diseases and inflammations of joints and muscles
- deep skin hydration

Procedure:

At the beginning of the ritual, we perform a body scrub to thoroughly exfoliate dead skin. After a shower and washing off the remains of the scrub we apply peat on the prepared skin and mix it with warm oils. We perform a personalized body massage. We finish the ritual by removing the peat mask and applying warm compresses. We suggest not taking a shower after the treatment, as the product residues will "work" as an extension of the ritual. The products do not stain clothes.



Camphor Ritual - natural bandage for tired muscles and skin's impurities

This ritual is a quest for lost energy for those with too many responsibilities, for brave ones or longing for a bit of relief from everyday challenges. For those struggling with muscle and joint pain and unpleasant disfunctions of disregulated skin such as eczema, acne, blocked pores, excessive oil production and blackheads.

The mask we apply to the body has a strong antibacterial as well as pain relieving. Instantly relieves muscle pain and tension. A mixture of algae, camphor and natural minerals restores harmony and balance to tense back, neck and legs.

Additionally, clay detoxifies and soothes irritated skin, shrinks enlarged pores, disinfects and heals pustules. Algae deeply hydrates and nourishes the skin, accompanied by natural vitamin E. In the first phase of the treatment, it cools and then warms the muscles and tissues to improve blood flow in places of stagnation.

Perfect treatment for those who play intense sport.

Purpose of the treatment:

- cleansing and detoxification of the skin
- improving blood supply and tissue metabolism
- relieving skin itching
- anti-inflammatory and disinfecting effect

Procedure:

At the beginning of the ritual, we perform a body scrub to thoroughly exfoliate dead skin. After a shower and washing off the remains of the scrub, we apply camphor to the skin and mix it with warm oils. We perform a personalized body massage. We finish the ritual by removing the camphor mask with applying warm compresses. We suggest not taking a shower after the treatment, as the product residues will "work" as an extension of the ritual. The products do not stain clothes.



Slimming and firming ritual - relief for abdomen



This is a slimming and firming treatment intended for all people whose skin has lost its firmness and elasticity due to the aging of collagen and elastin fibers, has quickly lost excess weight or is undergoing slimming treatments.

We perform Japanese 3D Lifting massage here. Thanks to this, we are able to reduce centimeters around the waist, effectively firm the skin and lift sagging breasts.

We start the treatment with a strong body scrub, which exfoliates dead skin and prepares it to absorb active ingredients later on. Then we perform a Japanese abdominal massage, which starts with a corrective back massage. We work with fascia and viscerally, releasing tension in the diaphragm, draining stagnation, and lifting the breasts. Such an intense, but very relaxing massage will improve blood circulation, drain toxic deposits and firm the skin.

The next step is to wrap the body with the ocean mask. The active ingredients are a composition of algae and vitamins, which in a short time has a very grooming effect - it deeply moisturizes and nourishes the skin and has strong toning, mineralizing, firming and slimming properties.

It is recommended to perform a series of 10 treatments.

What can we expect?

- improving skin firmness and tightness
- break down adhesions in the tissue
- reduction and elimination of excess water and swelling
- the skin is deeply moisturized and smooth
- loss of centimeters around the waist
- lifted and firmer breasts



Anti-cellulite ritual - reducing any type and level of cellulite

Cellulite, lymphatic stagnation, swelling - if this applies to you, you've come to the right place.

This is a treatment during which we perform Japanese 3D Lifting massage. American scientists' research on fascia has shown that it is the main cause of cellulite. Adhesion and tension of this connective tissue causes the skin to "pull" down, resulting in "orange peel" appearance. Fat tissue begins to be distributed unevenly and water and lymphatic stagnation occurs.

We start the ritual with a whole body scrub to smooth the skin and prepare it for better absorption of active ingredients. Then we perform a Japanese leg massage, starting from the back. Here we work deeply on the fascia to relax it, restore proper blood and lymph circulation, and drain stagnation. Afterwards we apply a warm mask with active ingredients and wrap the body. Wash off the product with warm compresses.

The main ingredient - basil, stimulates the metabolism of fat tissue and circulating water in the body, and horse chestnut extract removes dissolved and undesirable fat and excess water that causes swelling. Liposomes made of sphingolipids are designed to enable deep penetration of honey and hyaluronic acid components, which helps the skin restore its young and healthy appearance. After a series of treatments, you can achieve significant loss of centimeters and cellulite reduction.

It is recommended to perform a series of 10 treatments.

Treatment goals:

- improving blood supply and tissue metabolism
- lymphatic drainage
- cellulite reduction
- body shaping
- nutrition and cell regeneration
- posture correction
- reducing tensions

Skin therapies for the face, neck and décolleté - rituals



Our facial rituals are a truly unique experience that will not only take care of your skin, but also reduce stress. Our signature rituals are designed to relax you, eliminate tension in the face, shoulders, neck, head, arms and hands, and take professional care of your skin. The products we work with are organic and based mainly on plant extracts. All this to bring you closer to the roots. Our grandmothers and great-grandmothers used only what they could pick from the fields and it had healing and nourishing properties. Today we have the luxury to combine technology with the magical power of herb and plant extracts. Each ritual is preceded by a consultation and skin analysis. Thanks to this, we will select a personalized ritual, and you do not have to know which treatment to choose, we will do it for you. Our beauty treatments are 120 to 180 minutes pure relaxation.

Come and let us take care of you.



Herbs Repair Therapie



It is a unique mixture of specially developed and autoclaved herbs - adaptogens, or more precisely, selected ingredients from them. It can be combined with various bases in the form of gels, chemical peels, masks or creams in order to give it a directed action and response aimed at skin problems such as:

- comedonal, pustular, papular and even nodules acne,
- rosacea,
- thin and delicate, vascular and sensitive skin
- mature, dry wrinkled and sagging skin
- post-inflammatory and drug-induced discoloration, freckles, melasma, sun spots,
- scars and skin irregularities
- dehydrated skin with a disturbed barrier

Herbs Therapy includes: melissa, mint and horsetail, which provide over 20 types of acids with various adaptogenic effects on the skin and over 300 active compounds.

The beneficial effects of the Herbs Therapy were achieved only thanks to good technology and research on the influence of individual herbs on each other in Medex laboratories. Their synergism allowed for the active use of their optimal power of individual components to obtain long-lasting results and enable the regulation of individual skin functions.

Thanks to the synergy of the herbal mixture combined with various bases (chemical peels of various concentrations, serums, creams, masks), we can customize treatments. It is innovative and unique because it contains adaptogenic substrates. Adaptogens have a high ability to regulate processes that occur incorrectly in our skin. 95% of these substrates cannot be found in any creams or masks. It is a year-round treatment, there is no peeling of the skin, it does not cause sensitivity and it contains a large amount of antioxidants that protect us against the harmful effects of UV radiation.



3-step cleanse

This is a top deep skin cleansing treatment for all skin types from MEDEX, which can be used alone (as an express/lunch treatment) or before any other care treatment. It consists of 3 or 4 steps depending on the needs of the skin. It is pleasant and painless, patented and based on 3 or 4 different peels acting on the skin's structures.

Intended for all skin types, even sensitive and rosacea type. Its great advantage is that it is perfect for irritated and red skin with a feeling of constant discomfort (burning, tightness) and that it can be used on sensitive eye area. Intended for all - mature, gray skin in need of revitalization, as well as combination, oily and acne skin with excessive sebum secretion and enlarged pores.

The aim of the treatment is, FIRST OF ALL, to thoroughly cleanse it or to prepare the it to absorb further active ingredients in more extended treatments.

In case of acne-prone skin with enlarged pores and excess sebum, the skin becomes matte, yellowish color and dead skin is removed. The bacterial flora is regulated and its pathogenic bacteria are reduced, which in turn limits the development of acne papules and pustules.

Gray, tired, thin skin, smoker's skin or hypoxic skin is brightened, moisturized, improves blood and lymph microcirculation and strengthens the walls of blood vessels.

Mature and thin skin is smoothed, firmness and elasticity improved.

For dry, sensitive skin and rosacea - calming and eliminating the redness, calming the skin, strengthening the vessels, soothing and calming the hyper-reactivity of skin receptors and strengthening the immune system.





Vitamin C Therapy

This is a unique antioxidant treatment to counteract skin aging. Every day, regardless of whether we sleep or are active, the skin is bombarded by a number of internal and external factors (UVA and UVB radiation, blue light, tobacco smoke, alcohol, coffee, stimulants, industrial pollution, pesticides in food, fast pace of life), causing the so-called oxidative stress and the formation of free radicals. Free radicals are unstable molecules that strive to stabilize their form at all costs by damaging healthy cells or collagen. Such damaged cells enter subsequent free radical reactions, initiating the entire cascade of the oxidative stress. As a result, skin aging and disruption of its functions and regeneration.

In response to this MEDEX Laboratories have created a panacea that inhibits, reduces and reverses its effects. Stable vitamin C widely known but little appreciated, is one of the most effective antioxidants preventing free radical reactions. It is stabilized four times and does not oxidize in contact with atmospheric air. During use it is released only in the deeper parts of the skin where it is needed. This is because it is placed in different types and sizes of liposomes.

Liposomes in cosmetics are carriers of active ingredients where the substance packed in them is gradually released. They can contain rich substances that would not be able to penetrate the skin on their own. Additionally, the structure of the liposome protects the substance contained in it against external factors, thanks to which it is introduced unchanged. Therefore, liposomes most often contain substances that act only on the surface and do not penetrate the epidermis - such as vitamin C.

To prepare the skin, we first perform 3 Step Cleanse.

What effects can we achieve?

- deep hydration and nourishment of the skin
- brightening, reduction of sun and acne discolorations
- anti-radical therapy, protects against oxidative stress
- anti-aging therapy
- improving skin elasticity



Slow release Peels

The Slow Release formula is simply exfoliation of the skin with a chemical peel, but completely different from all others. Acid particles are released gradually over 2-3 days, penetrating increasingly deeper layers of the skin. Thanks to this formula the skin has the opportunity to adapt physiologically to the factors and adjust the rate of repair and regeneration to the proportion of controlled damage. Standard side effects and post-procedure complications are reduced by 80%.

We guarantee the stability of the peel during the entire exfoliation process and in the post-treatment procedure. Penetrating deep into the skin, they do not change their properties under the influence of factors bombarding them, but retain their formula and therefore their original effectiveness.

The genetics of the skin are also protected. By acting on the skin with various factors, we influence the metabolism, mitotic cell renewal, changing and sometimes even drastically disturbing the original functions of the skin. This can lead to many positive but also negative effects. Therefore, the Slow Release formula does not interfere with the genetics and genotype of the skin, it does not cause gene mutations, it just harmonizes with the skin. During the treatment, the skin condition is assessed and the appropriate preparation is selected.

Effects we can expect:

- reduction of discoloration/skin unevenness/post-inflammatory discoloration
- eliminating acne/rosacea/excessive oil production
- reduction of enlarged pores
- skin hydration
- scar/wrinkle reduction



Charlotte Sophie

This is the most exclusive facial ritual in our Oasis. If you want to give your skin something truly unique - it will be Charlotte Sophie.

Medex has created a line for the most demanding consumers. The main ingredient of Charlotte Sophie products is caviar, obtained from their own breeding ponds. The algae used in these products are sourced in Mauritius and dried in full sunlight.

During this ritual, we perform a deep face lifting massage and prepare the skin first with 3-Step Cleanse and then with the Herbs Repair Therapy. The skin prepared in this way will fully absorb the active ingredients.

Products from the Charlotte Sophie line have a protein element that supports granulation. Granulation is an inflammatory process in which the skin works very hard.

Granulation tissue is the tissue that forms at the bottom of an open wound and consists of newly produced blood vessels, fibroblasts and collagen. One of the wound healing processes (secondary healing) is wound granulation. It involves the formation of tissue called granulation tissue at the site of damage. Therefore, the skin stimulated during this ritual will have a regenerating and anti-aging effect.

What skin will benefit most from this ritual?

- saggy, dull, thin
- dry, with a disturbed barrier, with atopic dermatitis
- mature, with clear signs of aging
- in need of deep hydration, stimulation and regeneration



Personalized Ritual

If you want to take care of your face, neck and décolleté in a unique way, but you have no idea which ritual will be right for you, we suggest choosing a personalized therapy. During this ritual we determine the needs of the skin and combine the above treatments in such a way as to obtain the best possible results and at the same time introduce you to a state of deep relaxation. This ritual usually takes the longest because we combine different treatments, for example 3 Step Skin Cleanse with the Herbs Repair Therapy.



Mesofusion Platinum Pen

Microneedling

Microneedling involves intensive, very dense and appropriately deep puncturing of selected areas of the face or other parts of the body that we want to regenerate. During one treatment tens of thousands of micro punctures are created on the face. Microneedling can be used on all skin types, even when the skin is very thin and delicate.

What distinguishes Platinum Pen are ultra-thin titanium needles. The cartridge has laser-sharpened needles coated with atomized gold. This increases the comfort of the treatment, the quality, shortens the duration of the treatment and also eliminates the flow of blood plasma to the skin surface, thanks to which the product we apply on the skin can penetrate even more effectively.

The number of treatments needed depends on the patient's skin.

What type of skin is this treatment for?

- acne, polluted, with enlarged pores
- with acne scars and discolorations
- in need of revitalization and thickening, or wrinkle reduction
- anyone who needs appropriate stimulation



Men's Zone

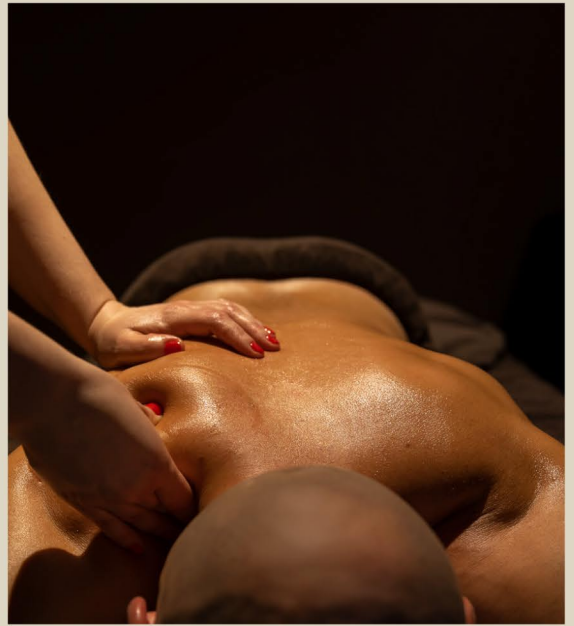
Nowadays it is a common thing a man to come to the SPA or Wellness zone. Men are increasingly willing to use these services, especially wellness, i.e. treatments and massages. In our Oasis every massage and ritual will be suitable for men, even the ones reserved for women, such as the Japanese 3D Leg Lifting.

However, we have created 3 special packages that will make gentlemen feel exceptionally taken care of.



Platinum Man

This ritual is 120 minutes of deep relaxation, from head to toe. It is a combination of a body massage and a facial treatment. First we perform a thorough consultation to personalize the ritual. We determine the length of each stage together with you. If you need a longer massage to reduce tension, we will extend its duration and shorten the facial treatment. We always tailor body massage to your needs. Relaxing, gentle, strong, dynamic, slow? We will determine this during your consultation. The facial care part includes a relaxing massage of the face, head and chest. The treatment will be selected by your SPA therapist.



Relaxed Man

It is 90 minutes of real manual therapy for the back, neck, face and head. Like every ritual at Oasis, we start with aromatherapy and warm foot compresses. Then we move on to a Japanese back massage. These are special myofascial and lymphatic drainage techniques that will relieve tired muscles, straighten your body posture and drain lymphatic deposits, which will provide an energy boost and a feeling of lightness in your back.

The next step is a lifting kobido facial massage. During this part, we reduce tension in the face, neck, shoulders and head, and also lift the oval and cheeks, leaving the face extremely fresh and rested.

This ritual is about 120 minutes of relaxation and magic for your face, neck and chest. Each ritual is preceded by a consultation and skin analysis. We start with thorough cleansing and perform a lifting Kobido facial massage. Then we perform a care treatment tailored to the skin's needs. You will leave feeling relaxed and more beautiful!



Come and let us take care of you!

Energy work



During the session, we release the tension from 32 Bars energy points located on the head, where beliefs and mental programs cause blockages. They limit our ability to create reality. Releasing this load allows the mind to be cleared of unnecessary patterns, which causes us to function differently. The "empty" point stops to be a barrier to the flow of energy. Due to the release of accumulated tension, clear thinking appears (also in the case of taking psychotropic drugs). The body has more energy and strength, resistance to stress and disease increases. In short, we reset the mind and throw away unnecessary "garbage and viruses".

Access Bars® session has a positive impact primarily on your well-being and confidence in your own abilities. It helps you get over depression, low points, anxiety and problems, make important decisions, and change what needed to be changed (often for a long time). Positive effects appear in many areas: financial, creativity, happiness, health, sexuality, communication, joy of life, gratitude.

Research conducted in 2017 confirmed the positive effect of the session on reducing stress, insomnia and emotional and mental disorders, improving heart coherence and increasing the number of neural connections in the brain. The Bars® session has been approved and received the International Certification for Manual Bodywork Therapies in the United States (National Certification Board for Therapeutic Massage and Bodywork (NCBTMB)).

What to expect from an Access Bars session:

- release from tension and racing thoughts,
- increasing self-confidence and joy of life
- ease and ability to make decisions and changes in life
- increasing concentration and intellectual capabilities
- strengthen the ability to deal with difficult emotions

Access Body Process-Body Transformation Processes

Access Body® are energetic body processes in which we activate and start the flow of energy in the body that has previously been blocked. They support, deepen and shorten Access Bars therapy. Each body process involves gently placing your hands on the body of the person receiving the session and activating the energy. The processes are pleasant to feel, although in some processes during the session emotions such as anger, irritation, trauma may emerge - which are actually the driving force for change.