

Let us take you to the World of the Orient

Plunge into the unique atmosphere of the Bali Spa, envelope yourself in the sensual fragrance of Asian aromatherapy oils, feel the soothing touch of therapists from the island of Bali.

The cosy Farmona Business & Spa Hotel, located in a picturesque old park, constitutes an oasis of peace, where 60 guests can rest in comfortable conditions. The hotel Wellness & Spa offers a wide range of beauty treatments carried out only with the use of natural products. The guests have a choice of treatments based on the achievements of both European and Far East natural medicine.

Here the symbiosis with nature and the belief in the fact that it is an inexhaustible source of beauty, harmony and relaxation form the basis for the philosophy of the Farmona Natural Cosmetics Laboratory. Wellness & Spa has been designed in line with the Chinese Feng Shui principles. The furniture was hand-made by the artists on the island of Bali, regarded as the Asian capital city of SPA.

The tinkling of the stream running across the stone floor, the power of nature from the hundred years old trees in the old park surrounding SPA, the aromatherapy fragrance of natural essential oils and relaxation music favour the peace and balance. It is here where the Indonesian therapists, the graduates from the best schools of massage and natural therapy on the island of Bali take care of your body, mind and soul.

The majority of Asian rituals is based on the author's prescriptions and techniques of massage and the products used in them originate from the most distant beauty spots of the world: China, Laos, Indonesia and Sri Lanka. Many of them are prepared directly before the treatment, based on plant extracts, herbs and exotic spices. In classical face and body treatments we combine the modern achievements of cosmetology, spectacular treatment of products of the best brands in the world, as well as the healing power of crystal clear water from the source surging in the park.

Exclusively in Farmona Wellness & Spa:

- Indonesian therapists, graduates from the best schools of massage and natural therapy on the island of Bali
- An exclusive programme designed by Bali's best therapists exclusively for Farmona Wellness & Spa
- Original, known for thousands of years, treatments from the Indonesian Archipelago, available exclusively for the members of royal families in days gone by
- Mud bath, sauna, traditional Thai herbal bath
- Classical and oriental body massages
- Menard exclusive face treatment
- Mediderma dermocosmetics face care
- Diego Dalla Palma a well-shaped body programme
- Cinq Mondes rituals inspired by ancient cultures from all over the world
- Souvre Internationale face treatment with natural collagen
- BioOleo body treatment with components from Africa, Morocco and Spain
- Comprehensive face and body treatment, for men and women, based on Farmona System Professional products.

Spa opening hours:

Monday - Sunday from 9 a.m to 9 p.m.

Information and reservations:

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MASSAGES

The phenomenon of human touch was discovered thousands of years ago in eastern countries. Numerous schools of massage were established there, each of which is distinguished with a unique nature. The Indonesian school is singled out with the holistic approach to the work on the body. The massage is understood in it as a peculiar experience which brings about physical and mental regeneration and activates vital internal forces.

Four-hand Galangan Massage

time 60 minutes; price 300 pln

The luxurious massage is made simultaneously by two therapists in the rhythm of traditional Bali music. It combines relaxing and energising properties.

Gunung Kidul Hot Stones Massage

time 90 minutes; price 300 pln

The massage is started with a warming-up massage with oil, then the massage with stones is carried out. It stimulates the vascular system and lymphatic system, it balances energy and has a deep effect on the muscular tissue. It is perfect for rheumatic pains, migraine and disorders in menstruation.

Java Aromatherapy Massage

time 90 minutes; price 300 pln

It includes the elements of Ayurveda and traditional Chinese medicine. A massage that soothes and relaxes. It improves one's sense of well-being and physical condition.

Lomi Lomi

time 75 minutes; price 280 pln

Intuitive body massage, women dedicated. The therapist uses the soft part of the forearms to make slow, smooth and repetitive movements. This produces a feeling of well-being, serenity and calmness. The massage has a rejuvenating effect by stimulating the lymphatic and the circulatory system. It detoxifies the body and boosts the metabolism.

Sa Moon Prai Massage with Herbal Stamps

time 60 minutes; price 290pln

time 90 minutes plus Thai herbal bath; price 350 pln

At first, when the stamps are very hot, the masseuse shortly touches and presses certain places on the body. As the stamps get cooler, the massage gets more intensive. Additionally, Thai herbal ointment brings relief to sore, swollen feet, giving a warming and stimulating effect. The massage is recommended for spinal problems, migraines and neck and arms tension.

Bali Massage

time 60 minutes; price 260 pln

Massage combining the elements of a few Asian techniques, among others, Ayurveda, the Chinese acupressure and the relaxing massage typical of the island of Bali. The smooth yet strong and deep strokes of the therapist bring about holistic renewal.

Classic Massage

time 45 minutes; price 190 pln

It favourably affects the condition of the skin and muscles, it reduces the symptoms of fatigue and stress. Depending on the performance technique it can have a calming or stimulating effect.

Balinese Massage of Back, Shoulders and Neck

time 45 minutes; price 190 pln

A massage is especially beneficial for those under stress with a sedentary lifestyle. It relieves muscle tension in the neck and arm area, as well as ameliorating pain in the lumbar region of the spinal column.

Bali Massage of Face, Head and Neck

Time 30 minuter, price 120 pln

Relaxing and regenerating face skin. Skin after treatment has young and healthy look. Head massage helps with migraines.

Reflexotherapy

time 45 minutes; price 160 pln

A healing feet massage coming from China. The knowledge of reflexes is used in them: the energetic points combined with the use of energetic channels are placed on all types of internal organs in the human body. The pressure and massage of these points stimulates the work of the internal organs.

Kobido

time 60 minutes, price 250 pln

Kobido is a unique form of massage and means the ancient 'way to the beauty'. It is a ritual with strict rules, based on the tradition of Chinese medicine. Massage stimulates the work of collagen and elastin, oxygenates the skin and reduces mimic wrinkles.

BODY CARE RITUALS

BALINESE

An exclusive programme designed by Bali's best therapists and Buddhist monks exclusively for Farmona Wellness & Spa. The prescriptions and techniques used in rituals have been known for thousand of years. Centuries ago they were available only for the members of royal families residing in modern day Indonesia. Their essential part is Balinese massage, nice complement are body masks and scrubs based on a blend of oriental flowers and spices.

Javanese Lulur Royal Love Ritual

time 120 minutes; massage – peeling – head and face massage – bath; price 370 pln

A relaxing ritual begins the traditional Bali massage with the use of jasmine oil. The subsequent step is a body peeling based on the Java Lulur the mixture of pounded rice, Balinese imbir, tamarind seeds, and a bath. It is also a unique experience for couples who, in the Bali room for two, can undergo the sensual ritual together.

Vanilla Mocca Sweet Ritual

time 120 minutes; massage – peeling – head and face massage – bath; price 370 pln

The ritual covers a traditional Bali massage based on orange oil, peeling with the use of a mixture of Balinese Robusta coffee and cocoa, a bath with the addition of vanilla milk.

Touch of Goddess Devi Sri

time 120 minutes; massage – peeling – head and face massage – bath; price 370 pln

A deep peeling with detoxifying properties based on Mangir. The ritual starts with a Bali massage, a deep peeling with detoxifying properties based on Mangir the mixture of pounded rice, tumeric, Chinese ginger and sandal tree. It finishes with herbal bath.

Bali Chakrapani

time 120 minutes, feet bath – massage – peeling – head and face massage – mask – body cream, price 380pln

A relaxing ritual begins the feet bath and traditional Bali massage with the use of jasmine oil. The subsequent step is a body peeling based on the Mangir the mixture of pounded rice, tumeric, sandal wood and shower. Next step is a head massage and body mask – Earth & Flowers. It is also a unique experience for couples who, in the Bali room for two, can undergo the sensual ritual together.

Bali Chanong Sari

time 120 minutes, feet bath – massage – peeling – head and face massage – mask – body cream, price 380pln

A relaxing ritual begins the feet bath and traditional Bali massage with the use of jasmine oil. The subsequent step is a body peeling based on the Lulur the mixture of pounded rice, Balinese imbir, tamarind seeds and shower. Next step is a head massage and body mask – Boreh from the Island of Bali. It is also a unique experience for couples who, in the Bali room for two, can undergo the sensual ritual together.

BIOOLEO

Biooleo Cosmetics based on love nature. Highest quality oils and selected natural raw materials imported from Africa, Morocco and Spain. Biooleo promote the idea of drawing from the treasures of nature what is the most valuable and necessary for them to maintain their well-being.

Whisky & Tobacco

time 75 minutes, 300pln

Classic massage with macadamia oil – scrub whisku & tobacco

Body treatment with makadamia oil and srub whisky & tobacco. Makadamia oil nourished your skin with vitamin A and E. Massage with scrub brings holistic renewal.

CINQ MONDES

The rituals consist of massages and professional cosmetic products inspired by ancient cultures from all over the world, and they are unique because of their finesse and sensuality. In search of natural beauty, they encompass cosmetic formulas which are free from parabens, artificial dyes, silicone or mineral oils. They contain ingredients of exclusively natural and organic origin.

Maghreb Ritual Hammam

time 90 minutes; price 350 pln

time 120 minutes plus Thai herbal bath; price 350 pln

The ritual is based on traditional north-African body treatment methods. It deeply purifies, smoothes out and calms the senses. The treatment starts with steam bath and deep body peeling with the use of black African Beldi soap, rubbing with a special Kassa glove. Then a mud Rassoul mask is put on the entire body. The ritual is crowned with an aromatic north-African massage.

Bengalore Ritual

time 90 minutes; peeling – massage; price 350 pln

The ritual commences with a peeling consisting of sea salt, ground almonds, cinnamon and vanilla oil mixture. The peeling is followed by a deep, rhythmical massage with cardamom and vanilla oil and utilises elements of Ayurveda. It has regenerating and purifying properties.

Siam Ritual

time 90 minutes; peeling – massage; price 350 pln

The ritual commences with a peeling consisting of papaya seeds, coconut powder, diatomaceous earth and kemiri oil mixture. The peeling is followed by a relaxing massage with delicate, smoothening movements, with Tamanu nut lotion. It has relaxing and soothing properties.

BODY CARE TREATMENTS

BALINESE

Bali, known as “the island of gods and demons”, has been famous for its beautifying treatments for thousands of years. Their secret lies in the richness of natural elements and the unique manual techniques used during the treatments. The compositions of oriental herbs, spices and plant extracts suspected of magical properties open the way to the world of beauty which western cosmetology has tried to fathom for hundreds of years.

Mangir a Deep Detox

time 90 minutes; massage – peeling – head and face massage; price 310 pln

The treatment consists of a traditional Balinese massage, peeling with the use of a Mangir mixture of rice powder, tumeric, wild ginger and sandalwood, head and facial massage as well as application of a nourishing body cream. It has astringent and anti-inflammatory properties.

Boreh from the Island of Bali

time 90 minutes; massage – mask – head and face massage; price 310pln

The treatment starts with a traditional Bali massage, then the warming Boreh mask the mixture of pounded rice, cinnamon bark and anise is put on. After that a massage of the face and skin of the scalp is made. It's finishing with the application of nutrient body cream. Perfect for arthritis and muscle pain.

Earth and Flowers

time 90 minutes; massage – mask – head and face massage; price 310 pln

The Earth and Flowers mask is a mixture of pure white clay, cut roses and cinnamon bark. It has perfect purifying, brightening and improving skin texture properties. The ritual starts with a traditional Bali massage, then the mask is put on the entire body. After that a massage of the face and skin of the scalp is made. It's finishing with the application of nutrient body cream.

Coffe Time

time 90 minutes; massage – mask – head and face massage; price 310 pln

The ritual covers a traditional Bali massage based on orange oil, peeling with the use of a mixture of Balinese Robusta coffee and cocoa. After that a massage of the face and skin of the scalp is made. It's finishing with the application of nutrient body cream.

FARMONA

Skincare treatments by Farmona Natural Cosmetics Laboratory combine modern developments in cosmetology with the skincare properties of natural plant ingredients, spices, herbs and essential oils. The abundance of pleasing aromas and gentle textures makes each treatment a real caress for the senses.

Acai Refirm

time 105 minutes; massage – peeling – mask – body butter; price 300 pln

A firming and oxygenating treatment with an extract of acai berries. Intended for those suffering from skin flabbiness, cellulite, and poorly oxygenated skin. It models the body, distinctly improving skin elasticity and flexibility.

Aromatic Honey

time 90 minutes; peeling – mask – massage; price 260 pln

A nourishing and regenerating treatment based on natural ingredients such as honey, vanilla and orange. Intended for dry, dehydrated, rough skin that has been over-exposed to sun or air-conditioning. It regenerates, moisturises and smoothens.

Vegan Nature

time 90 minutes, massage – peeling – body care, price 340 pln

Aromatic body treatment suited to the mood. Vegan Nature is a holistic therapy that always full rest. High-quality ingredients, dedicated to body care and massage. Aromatherapy was inspired fire, water, air and earth.

DIEGO DALLA PALMA

A well-shaped body and skin bio-revitalisation programme. It has been developed by Italian scientists to remodel the body and remove excess fat tissue and orange peel. Specialised treatments and the pure patented ingredients will restore well-being by creating long-lived beauty.

Detox

Time 60 minutes, price 339 pln

Slimming scrub – liquid draining salts – firming body oil – bioenergy massage

Intensive detoxifying treatment to alleviate poorly oxygenated and heavy because of the toxins, tissue. It is also perfect for those who want to try a quick, and effective treatment.

cellDREN

time 90 minutes, price 359 pln

slimming scrub – liquid draining salts – modelling bandage – bioenergy massage with oil

Deep drainage. Reactivation of micro-circulation and lymphatic system. For those with cellular cellulite and orange skin caused by water retention.

cellSLIM

time 90 minutes, price 349 pln

sour scrub – lipo reducing gel – anti cell algea mask – bioenergy massage with firming cream

Tissue regeneration, reactivation of cell metabolism and body sculpting. For people with cellulite.

cellRESHAPE

time 75 minutes, price 359pln

sour scrub – liquid draining salts – anti cell foam mud – modelling bandage – bioenergy massage with firming cream

Reduction the tension of hardened fibers that surround the fat cells and cause the appearance of cellulite dimples. Shock treatment for against stubborn cellulite. For people with hard, fibrous cellulite.

total body FOCUS

time 75minutes, price 359pln

sour scrub – lipo reducing gel – anti cell concentrate – warming mask sauna pack – bioenergy massage with firming cream

Combines all-body anti-cellulite and firming treatment by special lipolytic action on localized adiposity.

FACE, NECK AND DECOLLETAGE TREATMENTS

MENARD

The top quality exclusive face treatment, radically counteracting the effects of ageing, is based on a thousand-year old tradition of Chinese medicine and the discoveries of Japanese biotechnology and cosmetology. Its main element is represented by patented extracts from black and red reishi mushrooms, efficiently renewing and rejuvenating skin cells.

Supreme Authent Treatment

time 100 minutes; make-up removal – peeling – eye zone massage – face massage – Authent mask face, neck and decolletage – hand massage – final care – cosmetic consultation; price 600 pln

Absolutely luxurious treatment which guarantees spectacular effect of filling up the wrinkles, firming and sculpting the face contours. An Authent mask stimulates the proliferation of stem cells in the epidermis and dermis. The treatment takes care of the skin in multidimensional way: detoxifies and cleanses the cells in all layers of the skin, complements the deficiencies, moisturizes, nourishes, shapes, and above all, increases the number of cells to make the skin able to deeply regenerate itself.

Embellir Lifting Treatment

time 90 minutes; make-up removal – peeling – face massage – collagen mask – hand massage – eye zone massage – eye zone mask – moisturizing mask – final care – cosmetic consultation; price 510 pln

Comprehensive treatment with a strong lifting and moisturizing effect ensured by high content of hyaluronic acid and marine collagen. The effect is boosted by the strength of Black and Red Reishi mushrooms, which are eliminating toxins cummulated inside the skin cells. For skin around the eyes there is a separate, specialistic massage, eyelids regain their elasticity, wrinkles around the eyes become less visible and filled up.

Embellir Purifying and Lightening Treatment

time 90 minutes; make-up removal – peeling – face massage – lightening mask – hand massage – eye zone massage – eye zone mask – moisturizing mask – final care – cosmetic consultation; price 460 pln

Specialized treatment for skin with the problem of discoloration. Eliminates freckles and blemishes, prevents their recurrence in the future. Immediately rejuvenates dull complexion. Thanks to rare and unique ingredients of Embellir, skin is completely regenerated and detoxified. The combination of eastern and western massage techniques ensures excellent relaxation and spectacular effects.

Saranari Firming Treatment

time 100 minutes; make-up removal – peeling – face massage – firming mask – hand massage – eye zone massage – eye zone mask – moisturizing mask – final care – cosmetic consultation; price 390 pln

A comprehensive treatment that focuses on all causes of skin photo-ageing. It ensures optimum production and protection of collagen fibres and hyaluronic acid. A separate massage is used for the skin around the eyes, which makes the wrinkles less visible and reduces shade and swelling.

Embellir Standard Treatment

time 80 minutes, regeneration and nutrition of face; make-up removal – peeling – face massage – moisturizing mask – hand massage – final care – cosmetic consultation; price 310 pln

Renews and rejuvenates skin cells leaving the skin intensely hydrated, radiant and firm. Traditional Japanese shiatsu massage techniques stimulates the intracellular microcirculation thus the skin is carefully nourished, wrinkles are reduced, swelling disappear and gray complexion brightens. Treatment is ideal for all skin types, especially for mature skin.

Tsukika Moisturising Treatment

time 70 minutes; make-up removal – peeling – face massage – moisturizing mask – hand massage – final care – cosmetic consultation; price 280 pln

A highly moisturising and revitalising treatment. Cereus extract improves cellular metabolism, whereas moisturising is ensured by the hyaluronic acid. The treatment combines a firming massage and Japanese acupressure techniques.

Embellir Express Treatment

time 30 minutes; make-up removal – short massage – final care; price 160 pln

An express stimulating and nourishing treatment. It refreshes, revitalises and oxygenates skin. It utilises the wealth of the Embellir line, in particular the potent extracts of black and red Reishi mushrooms.

MEDIDERMA

Dermocosmetic face care with peeling and acid. Nanotechnology allows active ingredients to reach the deepest layers of the skin. Treatments do not cause visible exfoliation and irritation and provide an effect of smooth and bright skin.

Peel with ferulic acid

time 90 minutes; cosmetic consultation - make-up removal - peel with ferulic acid - activator + C-vit serum - mask - hand massage - final care; price 300 pln

For skin undergoing the photoageing process, with visible solar lentigos. Neutralises free radicals, stimulates the activity of vitamins C and E in the skin, and regulates skin pigmentation, and so reducing spots and preventing new spots from forming. Perfect for a big night out, causes no flaking, and may be used at any time of the year.

Peel with mandelic acid

time 60 minutes; cosmetic consultation - make-up removal - peel with mandelic acid - activator + C-vit serum - hand massage - final care; price 250 pln

For skin undergoing natural ageing and photoageing processes. Stimulates the production of collagen and elastin. It brightens the skin, reducing dyspigmentation and solar lentigos.

SOUVRE

Souvre Internationale based on natural collagen. Collagen gel perfectly moisturizes dry or damaged skin, restoring firmness.

Collagen young injection

time 60 minutes; price 250 pln

make-up removal – peeling – collagen platinum – massage – mask – cream;

Deep moisturizing and firming face treatment. Hialuronic acid and gold mask make your skin tense, shine and hydrated. After treatment regeneration of skin is faster and wrinkles are shallow.

Collagen regeneration of men skin

time 45 minutes, price 220pln

cosmetic consultation – peeling – collagen platinum – serum – cream,

Treatment for men skin. Skin after treatment is cleansed, soothes irritations. The skin is nourishing and lightened.

Quick effect

Time 30 minutes, price 180pln

make-up removal – peeling – collagen platinum – cream; Express treatment stimulate your skin and nourishing.

FARMONA

A complementary treatment programme intended for all skin types developed by Farmona Natural Cosmetics Laboratory. Under the watchful eye of renowned dermatologists and biotechnologists, excellent products have been developed, which are effective and safe to use.

Retin Gold

Time 60 minutes, make-up removal – peeling – retinol – massage – gold mask – cream, price 230pln

Lifting face treatment. Its main task is to firming the skin and improve condition, as well as to regenerate the skin and support and sustain the effects of dermo-cosmetic treatments. Prepared for mature skin.

Neuro Lift+

time 60 minutes; make-up removal – peeling – concentrate – massage – cream mask – cream; price 230 pln

Dermo-lifting face treatment. Its main task is to smooth the skin out and improve skin firmness, as well as to regenerate the skin and support and sustain the effects of dermo-cosmetic treatments. Prepared for women in their 40's, who wish for efficient and quick improvement of skin condition.

Anti-Pollution

time 60 minutes; make-up removal – peeling – concentrate – massage – cream mask – cream; price 230 pln

Our skin is exposed daily to many harmful factors such as environmental pollution, air-conditioning, stress, uV radiation, cigarette smoke. The ideal solution to this problem is AntiPollution treatment, based on the latest discoveries in cosmetology.

Hydra Quest

time 60 minutes; make-up removal – peeling – massage – serum – cream mask – cream; price 230 pln

Intensively moisturizing face treatment recommended for all skin types, regardless of age. The innovative combination of active ingredients moisturises deeply and extensively, restoring comfort and satiating the thirst of even the most dehydrated skin.

Dermaacne+

time 60 minutes; make-up removal – peeling – mask – serum – concentrate – cream; price 230 pln

Treatment helps to remove sebum, restore natural pH, shrink the pores, soothe inflammations. It provides naturally beautiful matt skin.

Skin Genic

time 45 minutes; make-up removal – peeling – mask – foam activation mask – cream; price 160 pln
Repair & rejuvenating treatment for face. Recommended for all skin types requiring regeneration. Cocoon mask creates occlusion and boosts absorption of active ingredients applied under the foam mask.

Anti A.G.E.

time 45 minutes; make-up removal – peeling – activator - concentrate – two-phase mask – cream; price 160 pln
Anti-glycation treatment for all skin types for 25+. It counteracts all changes related to glycation-related skin ageing: loss of firmness and flexibility, gentle lines and wrinkles, yellow shades.

Cavitation Peeling

time 30 minutes; cavitation peeling – ampoule – short massage – cream; price 100 pln
The cavitation peeling, which ensures optimum peeling and regeneration of the upper epidermis layers, improves micro-circulation and stimulates face muscles, is recommended for each face caring treatment. It clearly smoothes, brightens and regenerates skin and prepares it to absorb nutritive elements better.

ADDITIONAL TREATMENT

Thai herbal bath

time 30 minutes; price 100 pln

Owing to its purifying properties, it is recommended as a detoxing treatment. Such herbs as Thai ginger, lemon grass and eucalyptus leaves work to enhance the removal of toxic substances, to soothe and relax. Additionally, it has beneficial properties for diseases of the respiratory and circulatory system.

Clay Session in the mud bath

time 30 minutes; price 100 pln

The treatment of body with the use of nutritive clays.

Hand care:

time 20 minutes; bath – peeling – mask - massage; price 80 pln, choice of:

- Hands Repair, hydrating – regenerating treatment
- Exotic Manicure, nourishing-smoothing treatment
- Velvet Hands, smoothing treatment

Foot care:

time 20 minutes; bath – peeling – mask - massage; price 80 pln, choice of:

- Nivellazione, antibacterial treatment
- Smooth Feet, refreshing treatment

Eye Contour

time 15 minutes; concentrate - bionanocellulose mask - final care; price 50 pln

The treatment instantly reduces swelling and dark circles, prevent eyelid drooping, eliminate and delay the appearance of signs of ageing in the eye area.

Cavitation Peeling

price 50 pln

Body Peeling

price 100 pln, choice of:

- Mangir
- Vanilla Mocca
- Javanese Lulur

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