

A close-up photograph of several overlapping, translucent petals. The petals are in various shades of green, purple, and pink, with prominent vein patterns. The lighting is soft, creating a delicate and ethereal atmosphere. The petals are layered, with some in the foreground and others receding into the background.

R A F F L E S S P A

WE ARE COMMITTED
TO PROVIDING DEDICATED
PERSONAL SERVICE IN
AN OASIS OF REFINED LUXURY



The magnificence and beauty of the lotus is admired by cultures across the world. Elegantly delicate at first glance, the flower's daily transformation is an inspiring symbol of revitalisation and raw natural strength. It begins as a bud of pure vitality beneath the water's surface. At sunrise, it breaks through into the fresh air, radiant in full bloom, then retires once more to the calm stillness of the water when night falls. It is this regenerative rise and retreat following the natural rhythm of the day that influences our vision for a Raffles Spa.

We believe that a balance between exertion and relaxation is the key to achieving a feeling of inner tranquility and rejuvenation.

Raffles Spa Journeys are a considered mix between traditional and local methods, each ready to be expertly personalised to ensure that your sensory escape is everything you hoped for and more. Our thoughtful and knowledgeable therapists will guide you on a journey to rediscover mental, physical and spiritual harmony, leaving you feeling enlivened and transformed.

Escape. Indulge. Transform.

This is Raffles Spa.



OUR PRODUCT PHILOSOPHY

When choosing products for each of the Raffles Spas around the world, we place careful emphasis on many aspects. With luxury in mind, each chosen brand is proven in delivering results-driven treatments which are tailor-made to suit the needs of our valued travellers.

Environmental sustainability is considered whenever and wherever possible, reflecting our social responsibilities as a brand. Our relationships with the product houses are important in ensuring we have the finest spa products and training available for each and every encounter with our guests.

SISLEY

Sisley offers a complete range of products to meet the needs of all different skin types and address multiple skincare concerns, including makeup removal, hydration, anti-aging, sun protection and hair care. Sisley expertise combines an in-depth knowledge of plants, their composition, and the effects these ingredients have on the way skin works, with an understanding of the skin and its mechanisms. Benefit from the unique “savoir faire” and experience of a prestigious brand known for its use of essential oils and plant extracts to create highly effective products of the highest possible quality.

AROMATHERAPY ASSOCIATES

As a leader in aromatherapy, Aromatherapy Associates is committed to addressing your specific concerns and taking you on a sensory journey to enhance your wellbeing. Their passion for essential oils stems from the understanding of therapeutic benefits that positively impact the skin, body, and mind. With over 30 years of expertise, Aromatherapy Associates has consistently delivered award-winning luxury bath, body and skincare products that work on a deeper level to allow your natural radiance and beauty to shine through.





RAFFLES WELLNESS

RAFFLES SPA

The perfect environment for living well, with access available exclusively to hotel guests and private members, offering the following facilities and services:

- Personal training (available at an additional cost)
- The state-of-the-art indoor pool
- Wet areas, complete with sauna, steam room and Jacuzzi
- Relaxation areas
- Shower and locker area

FITNESS CENTRE

We know that exercise is a vital component to daily life, especially for travellers on the go, and we appreciate the desire for high-quality, well-equipped fitness facilities. Our Fitness Centre equipped with Technogym® machines provides spacious, customized, wellness areas and supplies fitness facilities to meet all your needs. Catering to your own fitness level, ability or age, our dedicated wellness professionals are here to assist you in achieving your personal health and fitness goals, supporting you every step of the way.

PERSONAL TRAINING, NUTRITION & LIFESTYLE

Elevate your fitness journey to achieve peak performance and your desired results. Our comprehensive approach combines workouts with personalized one-on-one strength training, fitness coaching, and lifestyle sessions. This includes a body composition assessment BMI (Body Mass Index) conducted by our dedicated trainers. We would be delighted to assist you in crafting a tailored program that strikes the perfect balance between physical activity and relaxation.



MEMBERSHIP

Raffles Spa offers exclusive 1 year membership, giving you access to our comprehensive spa and wellness facilities.

As a valued member, you will enjoy the following benefits:

- One-night complimentary stay at Raffles Europejski Warsaw
- Complimentary 60 minutes massage
- 12 complimentary guest entries per year
- Complimentary body composition analysis using InBody 570 and consultation
- Privileged pricing on all Spa Treatments
- Privileged pricing on Raffles Spa retail products
- Privileged pricing for Raffles Europejski Warsaw restaurants & bar



HYDROTHERAPY WELLNESS EXPERIENCES

STEAM ROOM WELLNESS

Maintained at a temperature range of 42-45°C, our humid aromatic heat therapy provides valuable relief for individuals with asthma and bronchitis by effectively opening the airways and reducing congestion. We recommend each session lasting 10-15 minutes and stress the importance of staying well-hydrated afterward. Incorporating humid heat therapy before or after a massage treatment can significantly enhance circulation, making it an excellent complement to your wellness routine.

SAUNA WELLNESS

Dry heat therapy, which involves maintaining a controlled temperature range of 85-100°C, provides effective relief for muscle discomfort, tension, and joint issues. This therapeutic method offers significant benefits for individuals dealing with conditions such as arthritis, migraines, and post-workout recovery. We recommend each session lasting 10-15 minutes, accompanied by adequate hydration for optimal results.

EXPERIENCE SHOWERS

Experience showers offer a distinct range of multi-temperature water sequences that blend warm and cold jets, creating a truly soothing experience to relax the body.

SPA ETIQUETTE

SPA EXPERIENCE

Raffles Spa offers a variety of luxury experiences using only the very best spa products. Choose from a variety of massages, body treatments, facials and spa day packages.

SPA ENVIRONMENT

Raffles Spa is a quiet sanctuary. For your peace and privacy, phones and other electronic devices are not permitted. If you wish to receive messages during your time with us, please let our staff know.

Members and guests must be a minimum of 18 years of age. Children of members or guests may use the facilities if accompanied by a parent or guardian over 18 years of age.

MAKING SPA APPOINTMENTS

T +48 22 255 95 05

E spa.warsaw@raffles.com

The Spa is located on the -1 floor of Raffles Europejski Warsaw.

Advanced reservations are recommended to ensure availability.

Our Spa Hosts will be delighted to guide you to select your spa experience.

FEES AND SERVICE CHARGE

All prices are inclusive of local sales tax. For your convenience 23% VAT tax will be added to your final bill for each service. Additional gratuities are at your discretion.

SPA CANCELLATION POLICY

If you must reschedule or cancel any spa appointments or packages, please notify the Spa 4 hours in advance. Missed appointments without proper notice are subject to a 100% charge for reserved services. The same applies for no shows.

SPA ARRIVAL AND ETIQUETTE

We recommend you arrive 30 minutes prior to your appointment time to enjoy the facilities and ensure your treatment starts on time. Late arrivals may result in a reduction of your treatment experience.

PERSONAL MATTERS

Please inform us of any health conditions at the time of booking. You will also be asked to complete a medical history form upon arrival, so we may better customise your experience to your needs.

SPA ATTIRE

You will receive a robe and sandals to wear between treatments and a locker for your personal belongings. We request that you please leave jewellery and valuables in your hotel room or the safe provided for you.

GIFT CARDS

Gift cards for all spa services and packages are available for purchase. Please contact our Spa Reception Hosts for further information.

TREATMENT MENU

Raffles Spa Journeys assure the act of inner and outer transformation by travelling from one place to another through sensory pleasures, unique surroundings and rejuvenating sensations. Leave feeling well-rested and, on your journey, to living well.

SENSORIAL EXPECTATIONS

150 mins1300 PLN

Join the ultimate sensory experience with a choice of 13 different aromatherapy blends, allowing your senses to lead you to well-being. This treatment journey offers a holistic approach, starting with guided mindful meditation followed by a bespoke essential oil inhalation. Your skin will be polished before a relaxing aromatherapy massage to stimulate both circulation and the lymphatic system while calming and relaxing the mind. Following this, a nourishing full-body mask will condition your skin as you enjoy a customized facial to energize and stimulate the skin. As a grand finale, a guided meditation session will bring you back to reality with tips and techniques to infuse into your daily routine at home.

ESSENTIAL ELEMENTS

120 mins.....1150 PLN

Inspired by the elegance of Polish meadow flowers, including rose, geranium, and evening primrose, this treatment journey offers a refined harmony for your skin, body, and spirit. It commences with a guided meditation, creating a serene space for your thoughts. As skilled therapists work to alleviate tension with a soothing massage, a warming mud mask quietly commences its soothing ritual, melting away the stresses of the day. Continuing this symphony of well-being, a personalized facial incorporates subtle massage techniques to enhance your skin's natural radiance. To conclude, a closing meditation sequence gently guides you back to the present, leaving you refreshed and revitalized, as if you've experienced a refined oasis of tranquility.

FACIALS BY SISLEY

SISLEYĀ ANTI-AGING FACIAL

90 min1015 PLN

Sisley presents a 90-minute treatment, thoughtfully crafted to deliver instant skin revitalization, with a dedicated 20-minute segment focused on muscular remodeling. This exclusive protocol incorporates a series of highly effective massage techniques and leverages the power of Supremĳa At Night The Supreme Anti-Aging Skin Care. The features are redefined, lines smoothed, and the skin gains a heightened level of tone and vitality, ultimately radiating a more youthful and healthier appearance.

ROSE PLUMPING FACIAL

90 min935 PLN

Embark on a timeless experience that delivers an exceptional sense of well-being. This authentic beauty rendezvous, infused with a delightful natural rose scent, offers a gentle and pleasurable journey that relaxes the face, softens features, and unveils the skin's inherent radiance. Witness a fresher complexion, plump-looking skin, and the gentle fading of signs of fatigue and aging.

ADVANCED LIGHTENING FACIAL

60 min670 PLN

The Phyto-Aromatic Lightening Facial leverages Sisley's advanced technology from the Phyto-Blanc range. Through a precise application protocol, it effectively restores clear and even skin. Whether used periodically or as a complement to your daily routine, it offers a genuine relaxation experience while delivering immediate radiance and brightness to your complexion.

PURIFYING FACIAL

60 min 620 PLN

Specifically designed for combination, oily, and problematic skin, the Phyto-Aromatic Purifying Facial deeply cleanses and purifies while maintaining optimal hydration. It minimizes pore visibility, purifies the complexion, and supports an even skin tone. This rejuvenating treatment restores the face's clarity, freshness, and youthful radiance, making it suitable for men's skin as well.

THE EXPERT MEN'S FACIAL

60 min680 PLN

Exclusively designed for men, our Phyto-Aromatic Facial for Men presents a unique and rejuvenating ritual. This experience seamlessly blends efficiency and relaxation to leave your skin hydrated, toned, and liberated from fatigue.

RAFFLES EUROPEJSKI WARSAW SIGNATURE MASSAGE

60/90 min 630/835 PLN

Our signature treatment begins with a consultation and aroma test, allowing us to tailor the experience to your emotional and physical requirements. This comprehensive session is designed to melt away stress and tension from head to toe. Choose from our selection of thirteen signature oils, each carefully crafted with natural plant and flower essences, offering delightful exotic scents and powerful therapeutic properties. This intensive massage ritual blends Eastern and Western techniques, enabling our skilled therapists to address your body, mind, and spirit harmoniously.

ASIAN FUSION MASSAGE

90 min 780 PLN

Soothe your body and promote its natural healing with the warming synergy of lemongrass and ginger, expertly combined with a range of holistic massage techniques. This restorative experience commences with an aromatherapy back massage and the comforting warmth of a shoulder pad, followed by targeted pressure points on the legs to enhance circulation and lymphatic function. The journey concludes with an Ayurvedic scalp massage and a foot reflexology sequence, calming the mind and rebalancing the body. By uniting these exceptional massage techniques, we ensure a comprehensive treatment that nurtures you from head to toe, leaving you in a state of complete tranquility.

INTENSIVE MUSCLE RELEASE

60/90 min 680/890 PLN

Delve into a deeply rejuvenating treatment tailor-made for relieving tight, stressed, and aching muscles. Our Swedish-style massage seamlessly combines the soothing heat of volcanic stones with muscle-stretching techniques and the application of circulation-enhancing essential oils. The dynamic trio of black pepper, rosemary, and ginger provides a gentle, warming effect to relax muscles and disperse lactic acid buildup, reducing stiffness and discomfort. Meanwhile, calming lavender lends its soothing, anti-inflammatory properties to complete this therapeutic journey.

SLEEPY TIME RELAXATION

60/90 min 605/805 PLN

This treatment incorporates centering and grounding techniques to cultivate a deep sense of calm and serenity. It's suitable for both day and evening relaxation, depending on your choice of the deep or light relaxation blend. The massage techniques target the back, scalp, face, and neck, promoting mindful relaxation.

This treatment is especially beneficial for travelers or those grappling with high levels of stress, offering a rejuvenating escape for both the body and mind.

MOTHER TO BE PREGNANCY MASSAGE

60 min 515 PLN

Experience nurturing support during times of constant change. Select from our curated trio of pregnancy-safe oils, each designed to nourish and pamper your body.

This massage incorporates traditional aromatherapy techniques, focusing on pressure points in the upper back and offering special attention to light shoulders, effectively relieving stress and tension. Your legs will receive a soothing massage to alleviate the heaviness often associated with pregnancy, while a full scalp and facial massage, using a treatment oil tailored to your skin type, brings this comprehensive top-to-toe treatment to a perfect conclusion.



BODY TREATMENTS BY SISLEY

SISLEY'S ABSOLUTE SLIMMING BODY TREATMENT

90 min 780 PLN

The Absolute Slimming Phyto-Aromatic Body Treatment is designed to effectively target stubborn fatty deposits. It employs a series of slimming techniques, such as kneading, twisting, friction, and palpating-rolling massage. These techniques, combined with the use of recommended Sisley slimming products, work together to initiate the process of smoothing away dimples and enhancing the skin's appearance.

INVIGORATING SISLEY SCRUB

60 min 560 PLN

Experience the unique Phyto-Aromatic Exfoliating treatment, where the power of aromatherapy combines with an invigorating full-body scrub to leave your skin irresistibly soft and smooth to the touch. Following the exfoliation, a nurturing aromatherapy body oil is applied to lock in moisture, ensuring your skin remains beautifully hydrated.

COUPLE TREATMENTS

Personalize your couples' experience by choosing from our menu of treatments to meet your specific preferences for the day. Whether you're planning a gathering with friends or aiming to create a memorable impression for a special occasion, we can cater to all your needs. Our VIP suite offers an exclusive and private environment where you and your partner can unwind for hours.

Enhance your experience with the following upgrades:

- Flower arrangements and candlelight ambiance
- Balloons for special celebrations
- A delectable lunch or snacks selection
- A choice of alcoholic or non-alcoholic beverages



EXTRA TIME

For those looking to enhance their spa experience or seeking shorter, targeted sessions, we offer the option to extend our existing treatments with additional time and services. Discover a thoughtfully curated selection of 30-minute mini treatments, meticulously designed to address your specific skincare needs while ensuring complete relaxation and rejuvenation.

Explore our range of mini treatments and extra services, including:

30 MINUTES BACK, NECK AND SHOULDER MASSAGE	350 PLN
30 MINUTES EXPRESS BODY SCRUB	350 PLN
30 MINUTES EXPRESS FACIAL	350 PLN
30 MINUTES HEAD AND SCALP MASSAGE	350 PLN
60 MINUTES PERSONAL TRAINING	250 PLN
60 MINUTES NUTRITION CONSULTATION	200 PLN
DAILY USE	280 PLN

TO BOOK YOUR SPA JOURNEY

T + 48 22 255 95 05

E spa.warsaw@raffles.com

OPENING HOURS

Pool: 7:00 AM - 10:00 PM

Spa Treatments: 10:00 AM - 8:00 PM

Spa Facility & Fitness Centre: 7:00 - 10:00 PM

RAFFLES EUROPEJSKI WARSAW

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