

om thai spa

massages, rituals
aromatherapy
& pop-up store

relaxed body pure mind

om about us

Om Thai Spa is absolutely new in Poland, unique concept which combines a wide range of traditional thai & balinese massage treatments performed by masseuses from Thailand & Bali, with the best polish ecological and vegan cosmetics.

COME AS A DUO

**& RECEIVE 10% DISCOUNT
FOR ANY MASSAGE!
PROMOTION IS VALID FROM
TUESDAY TO THURSDAY**

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om massages

Full body massages

THAI CLASSIC

bestseller!

*without oil, performed through kimono
restores energy balance & activates
passive yoga, elements of acupressure & stretching*

60 min – 180 pln / 90 min – 260 pln

THAI OIL MASSAGE

*with an organic coconut oil
regenerates, eliminates muscle pain & stimulates
with elements of stretching & acupressure*

60 min – 190 pln / 90 min – 270 pln / 120 min – 350 pln

BALINESE MASSAGE

bestseller!

*with an organic coconut oil
deeply relaxes, loosens, calms & soothes
without stretching & acupressure elements*

60 min – 190 pln / 90 min – 270 pln / 120 min – 350 pln

HOT STONE MASSAGE

*with an ecological apricot seed oil
improves blood flow & warms up
antidote for cold hands & feet*

90 min – 300 pln / 120 min – 380 pln

SPORT MASSAGE

*on organic shea butter
for people practicing sports
strengthens weakened & tense muscles*

60 min – 220 pln / 90 min – 300 pln

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om massages

Massages of a selected part of the body performed with a small amount of an organic coconut oil

BACK, NECK & SHOULDERS

relaxing massage of the upper body parts
eliminates muscle tension
a remedy for a tired back

60 min – 180 pln

HANDS & WRISTS

for people working long hours at the computer
improves circulation
deep relaxation for hands & head

60 min – 180 pln

HEAD & FACE

“sit back, relax & enjoy your flight” type massage
works on stress & headaches
eliminates signs of fatigue

60 min – 180 pln

FEET & CALVES

removes toxins from the body
improves well-being and sleep quality
guarantees a feeling of lightness

60 min – 180 pln

RECOMMENDED BY OM THERAPISTS

EXTEND YOUR ONE-HOUR MASSAGE BY AN ADDITIONAL
30 MINUTES FOR A SELECTED BODY PART **+80 PLN**

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om aromatherapy

Aromatherapy massages - essential oils of the polish brand Aromalab added to the base jojoba oil & to the aroma burner

Choose one of the selected ones
aromatherapy quality oils:

TENDERNESS

warm spicy notes with aromas
citrus, an enveloping aphrodisiac

HARMONY

a bouquet of lavender flowers & lemongrass,
calms & refreshes, has a calming effect

DREAM

a blend of lavender, marjoram & lemon,
recommended for fatigue and stress

LAND OF GENTLENESS

notes of geranium & chamomile oil,
helps relieve emotions and anxiety

ANTISTRESS

THE POWER OF RELAXATION

bestseller!

aromatherapy massage of the upper body parts
helps achieve emotional balance
relaxes, releases stress & tension

60 min – 220 pln / 90 min – 300 pln

AROMATHERAPEUTIC MASSAGE

RELAXED BODY PURE MIND

full body aromatherapy massage
extremely relaxing, relieves pain
gives a feeling of peace & harmony

60 min – 220 pln / 90 min – 300 pln

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om facials

Caring facial massages with cosmetics of polish brands

ANTI-AGING 2-STAGE FACE MASSAGE WITH UMAMI

relaxes, brightens, eliminates signs of fatigue & stress thanks to naturally green chlorophyll

MAKE-UP REMOVAL with olive oil with the scent of LAVENDER & ALMOND

MASSAGE with a light serum with the scent of LAVENDER & CUCUMBER

60 min – 220 pln

BRIGHTENING 7-STAGE FACE MASSAGE WITH PHENOMÉ

comprehensive care restoring youthful glow, regenerating facial massage that delays the aging process

MAKEUP REMOVAL with micellar water

TONING with Brilliant illuminating tonic

CLEANSING PEELING with Exfoliating rice particles

REJUVENATING PEELING based on AHA Renew Me acids

GEL MASK improving skin vitality – Vitality Shine

ANTI-AGING Bedazzled anti-wrinkle cream

REJUVENATING SERUM with natural peptides – Smooth Me

60 min – 250 pln

RECOMMENDED BY OM THERAPISTS

EXTEND YOUR ONE-HOUR MASSAGE BY AN ADDITIONAL 30 MINUTES OF FACIAL CARE WITH UMAMI +140 PLN

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om rituals

Care rituals with cosmetics of polish brand Mokosh: peeling (30 min) + massage (60 or 90 minutes)

I FULL BODY PEELING (30 min)

Mokosh salt peeling provides the skin with multidimensional care. The mineral-rich Dead Sea salt massages the body, leaving the skin taut and smooth.

II FULL BODY MASSAGE (60 min / 90 min)

Nourishing, regenerating & antioxidant body butters stimulate skin renewal & regeneration processes. Included natural vegetable oils provide maximum hydration.

THAI RITUAL REVITHAIZATION

caring thai massage with salt peeling of the whole body

90 min – 380 pln / 120 min – 460 pln

BALI RITUAL BALI TIME

caring balinese massage with salt peeling of the whole body

90 min – 380 pln / 120 min – 460 pln

ASK US ABOUT CURRENT OFFER

OF AVAILABLE MOKOSH PEELINGS & BODY BUTTERS!

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om 2in1

Massage + skin care

I MASSAGE

Thai or balinese relaxation that eliminates accumulated stress tension in the body, restoring balance, reducing stress & anxiety of mind; improved circulation & acceleration metabolism as an integral element of the massage.

II SKIN CARE

Comprehensive care for the skin's needs provided thanks Mokosh cosmetics rich in active ingredients; maximum firming, hydration and nourishment of the skin, unique scents of balms and butters.

OM FOR WOMEN

thai or balinese full body massage
with a selected care cosmetic

60 min – 240 pln / 90 min – 320 pln

OM FOR MEN

thai or balinese full body massage
with a selected care cosmetic

60 min – 240 pln / 90 min – 320 pln

ASK US ABOUT CURRENT OFFER

OF AVAILABLE MOKOSH BODY BUTTERS!

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*om*original massages

Cooperation with polish brands

BODY BRUSHING OM SMOOTH SKIN

NEW!

I RITUAL OF DRY BODY BRUSHING (30 min)

II ALL BODY CARE MASSAGE (60 min) on firming body butter with the scent of Vanilla & Thyme by Mokosh

BUY A HHUUMM BRUSH IN OUR POP-UP STORE OR BE ECO & TAKE YOUR OWN!

90 min – 350 pln

SOOTHING MASSAGE OF PMS SYMPTOMS

NEW!

aromatherapeutic, warming upper massage & lower back, abdomen, head & face

ESSENTIAL AROMALAB OIL – Land of Gentleness with the scent of lavender will calm down and soothe your hormones

THE HOT WATER ILOVEGRAIN BOTTLE with cherry seeds warms & has a relaxing effect on the abdominal area

HERBAL SELA HERBALS INFUSION – GAJA administered after the massage relieves menstrual symptoms

60 min – 250 pln / 90 min – 330 pln

CARING 4-STEP FACE MASSAGE MATCH'A YOUR SKIN WITH POLEMIKA

NEW!

multifunctional caring facial massage with POLEMIKA polish cosmetics based on Matcha green tea

CLEANSING with hydrophilic cleansing butter

TONIZATION with antioxidant mist

MOISTURIZING with an antioxidant cream

BRIGHTENING with anti-aging eye cream

60 min – 230 pln

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om special offers

Package 1H + 1H = -10% OFF

PACKAGE

Combine any two hour-long massage sessions & create a package of them & we will reduce its regular price by 10%

PASSIVE JOGA + THAI RELAX

1 hour of thai classic (without oil) + 1 hour of thai oil on organic coconut oil

120 min – 333 pln

BALI RELAXATION + ANTI-AGING

1 hour of balinese relaxing massage with ecological oil coconut oil + 1 hour face & head massage with Umami

120 min – 369 pln

ANTISTRES + REGENERATION

1 hour of antistress aromatherapy upper body massage + 1 hour thai foot massage

120 min – 360 pln

MASSAGES FOR TWO

COME AS A DUO & RECEIVE 10%
DISCOUNT ON ANY MASSAGES!
PROMOTION IS VALID FROM
TUESDAY TO THURSDAY

GIVE GOOD BACK

-20 PLN FOR A VOUCHER PURCHASED JUST
AFTER YOUR MASSAGE! ASK OUR RECEPTION
ABOUT THE UNIQUE IDEA OF OM THAI SPA

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