

Adresse: Grodzka 54
31-044 Kraków, Polska
Tel./Fax: +48 12 633 65 56
E-Mail: krakau@ernesto-travel.pl
www: www.krakau-polen.de
skype: krakau-ernesto-travel



SPA in Krakow

1st day **Arrival to Krakow**

- 9.05** Arrival to Krakow. Transfer to the Hotel Farmona. Checkin.
10.30 Spa. A Finnish steam bath is for our clients for free.
13.30 Departure into the city-centre.
15.00 Free time for shopping and relaxing or optionally: guided tour of Krakow. Wawel Hill with the castle and its beautiful courtyard and Cathedral (sightseeing inside). Romanesque, Gothic, Renaissance and Baroque architecture of the Old Town (Stare Miasto), the biggest market square in Europe (Rynek Glowny), the Town Hall, Collegium Maius – an ancient building belonging to the Jagiellonian University, the Cloth Hall (Sukiennice), Saint Mary's Church (sightseeing inside) with the famous altar by Veit Stoss. A walk to the antique walls of the Old Town through Florianska Gate and to the Barbican. During the sightseeing: multimedia presentation about the story of amber called "*Polish Gold*". In 1978, Krakow was listed as a World Heritage Site by UNESCO.
20.00 Dinner at the hotel. Overnight in Krakow.

2nd day **Spa and Wieliczka**

- 8.00** Breakfast at the hotel.
9.00 Spa at the hotel.
12.30 Free time for lunch.
15.30 Departure for Wieliczka.
16.00 Guided tour in the Wieliczka Salt Mine – one of the oldest salt mines in the world. Many famous people have visited this place, such as Mikolaj Kopernik, Johann Wolfgang von Goethe, Dmitrij Mendeleev, Boleslaw Prus, Ignacy Paderewski, Karol Wojtyla, etc. In 1978, the Wieliczka Salt Mine was listed as a World Heritage Site by UNESCO. Wieliczka is also known for its healing treatments. In the saltmine there is always 14 Celsius degrees and there is a microclimate that is heavily laden with sodium chloride, magnesium and calcium ions. The air is bacteriologically pure. The salt excavations create a "natural inhalator" which helps to strengthen the immune system and increase oxygen intake.
20.00 Dinner at the hotel. Overnight in Krakow.

3rd day **Departure.**

- 6.00** Breakfast at the hotel.
7.00 Checkout the hotel and transfer to the airport. Departure from Poland.

Services and prices:

Ernesto Travel Services:

1. 2 nights in a 4-star-Hotel&Spa Farmona with breakfast;
2. 2 meals: dinner on the first as well as on the second day;
3. Transfer from the airport to the hotel;

4. Transfer from the hotel to the airport;
5. Spa: two massages, hair treatment, a finnish steam bath;

Optionally:

6. Guided tour in Krakow with the entrance into cathedral and Mariacki Church;
 7. Guided tour in Wieliczka (transport as well as the entrance fee are included) - optional
- Each of our client receives two massages as well as one of the sixth different hair treatments.

Massages to choose:

1. Massage from Bali or Sa Moon Prai Massage.
2. Massage Truffle and Champagne or Regenerating / Puryfing Gift of Nature based on mud

Hair spa:

horsetail, radish, nettle, camomile, aloe, algae

The price does not include:

1. Alcoholic beverages,
2. Flight ticket,
3. Lunches,
4. Tips and pocket money,
5. Health insurance and travel insurance,
6. Everything what is not specified in the point Service of the Ernesto Travel.

Price per person in a double room: **270,00 EUR**

Price per person in a double room: **340,00 EUR** (including trip to Wieliczka)

Krakow Sightseeing Tour: **100,00 EUR** per group

Descriptions:

Massage from Bali

A typically relaxing 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 steady, but strong and deep movements of therapists bring you to blissful stress relief.

Sa Moon Prai Massage

During the battle of Ayuthaya, the historic capital of Thailand, the wounded soldiers landed in Buddhist temples where they were treated with healing massage and herbal compresses. Today this technique is broadly used in Asian SPAs. Therapeutic Sa Moon Prai massage is a combination of two ancient healing concepts – energy massage and herbal medicine. Hot stamps filled with a herbal mixture are called the “hot pressure”, having an effect similar to acupuncture. The massage is performed along the sen energy lines, acupressure points and joints. Hot herbal compresses remove muscle pain. The massage is recommended for spinal problems, migraines and Western civilization diseases – neck and arms tension.

Truffle and Champagne

An exclusive treatment recommended for city skins and grey skins. The abundance of nutritive substances makes the complexion regain its former brightness and true moisturisation level. It returns the flexibility and the wrinkles become shallow. The treatment is recommended for men and women.

Regenerating / Puryfing Gift of Nature based on mud.

The treatment is recommended for mature, grey and tired skin. It stimulates the natural regeneration processes taking place in the skin, increases the vitality of the collagen fibres responsible for their flexibility and smoothes out wrinkles. It returns the texture, firmness and defines the shape of the face. The complexion after the treatment is clearly refreshed and regenerated.

Hair spa

Personalized Farmona hair spa treatment chosen from the list

**ENJOY YOUR SPA WEEKEND IN KRAKOW WITH ERNESTO TRAVEL AND
FARMONA HOTEL&SPA**

All the pictures thanks to the Hotel&Spa Farmona

