

relaxation awaits.



MARZENIA

SPA SERVICES AT THE MATHER

TRANSFORMATIVE WELLNESS

At Marzenia, a sanctuary named with the Polish word meaning hopes and aspirations, our focus is to enhance the resilience of your skin and body.

Marzenia’s spa treatments fuse ancient wisdom with modern methodologies, centered around our Blend Bar featuring a live garden wall, collection of dried herbs and aromatics, and library of global wellness recipes. These elements underscore our commitment to natural wellness, allowing for personalized, herb-infused therapies that detoxify, revitalize, and balance. Our range of solutions is as diverse as the needs they meet, each crafted to address specific conditions of the skin and body.

Through thoughtful consultation, we strive to create transformative experiences for the mind, body, and spirit. From our signature tea ritual to custom-blended treatments and Tibetan Sound Bowl Ritual, every moment is designed to enhance one’s overall sense of rejuvenation, balance, and inner harmony.



GUIDED BY RESEARCH & RITUAL

SIGNATURE RITUALS

Your spa experiences begin with our signature Five-Elements Tea Ritual, where you’ll enjoy a specially curated blend of teas inspired by the five elements. Immerse yourself in the flavors and aromas, setting the stage for a truly transformative journey.

SKIN

Marzenia’s skin-care experts combine scientific knowledge with luxurious Comfort Zone products to provide personalized treatments that nurture and revitalize your skin. Following more than 20 years of constant research, Comfort Zone’s laboratory takes inspiration from its Scientific Garden to deliver us high-end, clean, result-driven, sustainable skin care, which combines the best of science and nature for truly enriching and unique experiences.

SCIENCE

Medical and scientific studies guide us in the services and experiences within Marzenia. Enjoy the therapeutic benefits of our Breath Lounge with a halogenerator. Delve into our infrared sauna, where light therapy works to boost circulation, relieve muscle tension, and promote cellular renewal. Complete your journey with our multisensory Gharieni Welnamis wave bed, an innovative experience that combines gentle vibrations, music, and binaural acoustic beats for deep relaxation and restoration.



SIGNATURE TREATMENTS

FACE

The Joy of Beauty Facial (60 minutes)

A customized consultation and bespoke power-packed facial is designed especially for your skin's needs, whether targeting age protection, hydration, purification, or soothing.

ADVANCED FACIAL ENHANCEMENTS

Eye Recovery (15 minutes)

Take triple action against dark circles, puffiness, and wrinkles, providing immediate lifting and luminosity.

Glow Peel (15 minutes)

A quick boost of AHAs with Double-Peel Method for instant glow and vitality. Choose from our Delicate, Brightening Lactic, or Glycolic Age Well peels.

Peel-Off Mask (15 minutes)

An innovative, intensive treatment. Choose from replumping, soothing, or purifying.



BODY

Signature Tranquility™ Escape (60 or 90 minutes)

This unique escape brings immediate and lasting peace to your mind and body, encouraging serenity in your everyday life. Working in unison, an exquisite blend of essential oils, including rose, sweet orange, geranium, and vetiver, plus a renewing scrub for the back with nourishing massage oils and custom-designed massage movements, combine to create a sublimely restful and memorable experience.

Tranquility™ Pro-Sleep Restorative Massage (50 or 80 minutes)

This innovative massage acts on three different sensorial pathways—scent, tactile, and hearing—for profound relaxation. Inspired by Indonesian Sea Malay Massage, this ritual acts in synergy with our Tranquility Sound, dry brushing techniques, and essential oil blend to effectively induce a state of deep rest. Ideal as jet lag recovery or for those with insomnia and irregular sleep.

Customized Massage (50 or 80 minutes)

Fully customizable to meet your needs. Expert therapists apply pressure ranging from light to firm, as well as draw upon a wide variety of modalities such as Swedish, Deep Tissue, Therapeutic, Reiki, and Energy Work.

Deep Body Renewal & Glow (50 minutes)

A smoothing, renewing, and regenerating treatment for restored skin tone, elasticity, and hydration. An ideal treatment for skin that needs moisture and increased elasticity, and for those who want to combat stretch marks. With a regenerating and revitalizing action, the skin is re-oxygenated to feel soft, silky, and compact.

HAND & FOOT TREATMENTS

Specialist Hand Care Manicure (45 minutes)

This moment of care for the hands includes delicate cleansing, bespoke exfoliation, and ultra-hydration and nourishment. Nails are filed and shaped, and the cuticles are groomed. A choice of buff or Dazzle Dry vegan gel polish completes the experience.

Specialist Foot Care Pedicure (50 minutes)

Restores and protects the feet, with a smoothing, renewing action for localized callosity, providing deep repair and nourishment. Nails are then filed and shaped, and the cuticles are groomed. A choice of buff or Dazzle Dry vegan gel polish completes the experience.

Advanced Hand, Foot, and Nail Care Enhancements



SELF-SPA JOURNEYS

PERSONAL WELLNESS RETREAT: A SELF-SPA EXPERIENCE

(90 minutes)

Step into your own serene wellness haven, thoughtfully designed for holistic healing and rejuvenation, in our exclusive spa suite.

Private Infrared Sauna

Begin your wellness journey with advanced technology that gently heats the body, promoting deep muscle relaxation, enhancing detoxification, and boosting circulation, all within a comfortably warm environment.

Therapeutic Steam Shower

This soothing experience is not just about relaxation; it's a healthful ritual that purifies the skin, supports respiratory health, and offers a moment of peaceful reflection.

Blend Bar

Engage in a sensory journey at our custom blending bar, where you can create your own natural scrubs and muds. Choose from a variety of organic herbs and natural ingredients to exfoliate, nourish, and rejuvenate your skin.

Gharieni Welnamis Wave Bed

This state-of-the-art bed combines acoustic waves and gentle vibrations to induce a deep state of relaxation. Its therapeutic benefits include reducing stress, enhancing sleep quality, aiding muscle recovery, and promoting overall mind-body equilibrium.

This self-spa journey is crafted as a holistic wellness experience, focusing on nurturing and harmonizing your physical, mental, and emotional well-being.



BREATH LOUNGE

HALOTHERAPY SESSION

(30 minutes) Complimentary, subject to availability.

Our Breath Lounge, with its mesmerizing Himalayan salt wall and advanced halotherapy technology, invites you on a unique wellness journey backed by evidence-based research. Regular sessions can significantly enhance your overall wellness, offering both physical and mental health benefits.

Advanced Halogenerator

At the heart of the Breath Lounge is our halogenerator, which meticulously disperses microscopic salt particles into the air. These particles, renowned for their natural healing properties, are inhaled deeply into your lungs, providing a host of respiratory benefits. Halotherapy is

known to aid in alleviating symptoms of asthma, allergies, and other respiratory conditions, as well as improving overall lung function.

Therapeutic Wellness

During your session, you'll relax in a comfortable setting, breathing in the salt-infused air. This process not only purifies the respiratory system but also promotes better breathing, skin health, and can have a calming effect on the mind. The negatively charged ions in salt particles may also help to reduce stress, anxiety, and fatigue.



