



## Wellness and aesthetic medicine offer







## Wellness treatments





## Recognized partners



All treatments are performed using safe and proven products of prestigious companies - leaders of the biotechnology market. We cooperate with leading brands - YONELLE and KLAPP.

YONELLE

**KLAPP**  
COSMETICS

## Yonelle treatments



Yonelle Medesthetic cosmeceutics and treatments are characterized by a strong, and simultaneously skin-friendly action and superb efficiency. It is the result of the infusion of overcoming the barrier of the epidermis by the active ingredients, with the use of technology enhancing this process, and the use of therapeutic doses of biologically active substances commonly used in the pharmacy and aesthetic medicine. This allows to achieve medesthetic effects in a non-invasive way, making it the perfect alternative to medical procedures.

Yonelle Medesthetic offer meets the needs of every type of skin care of all ages. facial, neck, cleavage and back of the neck massage developed by specialists at Yonelle Medesthetic, being an integral part of treatment, stimulate circulation, improve flexibility and overall condition of the skin, firm, prevent the creation of wrinkles. They have outstanding anti-stress, soothing and calming effect. Together with proper active care they are a great anti-aging therapy.



## **Infusion Superlift "LIFT VILLA ALINA"**



Super intensive treatment strongly lifting and firming mature skin 40+. The innovative, multi-phase treatment with retinol infusion. It provides absolutely spectacular effect of rejuvenating the appearance of mature skin! It provides strong lifting, firms, smoothes and reduces the visibility of wrinkles.

**Duration: 75 minutes**

## **H2O Infusion Express "EXPRESS HYDRATION"**



The treatment instantly revitalizing tired skin. Intense, fast treatment of SOS type, instantly improves firmness, hydration and tone of mature skin and reduces wrinkles. The perfect way to dazzle with smooth skin.

**Duration: 75 minutes**

## **Biofusion Second Skin "REGENERATION WITH VITAMIN C"**



Treatment with vitamin C biologically regenerating normal, mature, dry, dehydrated, prone to "tightness" and irritation. The skin is subjected to the process of biological regeneration, thanks to the biofusion technology.

**Duration: 75 minutes**



## **Progressive revival "NEW SKIN"**



Medesthetic treatment with the effect of "new skin". Multi-phase treatment using medesthetic procedure of PROGRESSIVE EXFOLIATION™, which gives stunning effect of clearly rejuvenated "new skin" of face and hands. The skin looks as if it underwent metamorphosis - becomes silky smooth, soft to the touch, full of life and youthful vitality.

**Duration: 75 minutes**

## **H-Refito Repair with Retinol, folic acid and Nanodiscs™ "RETINOL HYBRID"**



The treatment reduces wrinkles and furrows static and fixed mimic lines. Recommended for dry and normal skin, with clear, well-established signs of aging: wrinkles, furrows, less distinctive oval of the face. Excellent visible results also in the case of skin with uneven skin tone, uneven distribution of melanin. The procedure speeds up the metabolism of the epidermis and its biological regeneration.

**Duration: 90 minutes**

(the price of the treatment includes Mezzoroller DMN™ which the patient takes home after the treatment)

The treatment is also available in a version without micro-needling technique: REFITO VITAL.

**Duration: 60 minutes**



## **H-Shikimi New Look with Shikimic Acid, Peptides and Nanodiscs™ "SHIKIMIC HYBRID"**



The treatment rejuvenates and improves the appearance and structure of oily skin. Recommended for acne, oily, combination, prone to blackheads skin of all ages. It gives very good results revitalizing the skin excessively thickened skin, with conspicuous pores, dull, grey unhealthy looking, with acne scars and blemishes

**Duration: 90 minutes**

(the price of the treatment includes Mezzoroller DMN™ which the patient takes home after the treatment)

The treatment is also available in a version without micro-needling technique: SHIKIMI NEW LOOK. "T" Shikimi treatment - for oily and combination skin, contaminated, prone to acne, pimples, papules and blackheads.

**Duration: 60 minutes**

## **Anti-Wrinkle Mezo "MEZO-REJUVENATION"**



Intensive anti-wrinkle treatment. The treatment for mature skin using active ingredients biocompatible with the skin, which thanks to "meso" phase penetrates deep into the skin. Visibly smoothes the skin, reduces wrinkles, while improving facial contours. Also recommended for men.

**Duration: 90 minutes**

(the price of the treatment includes Mezzoroller DMN™ which the patient takes home after the treatment)





## **Anti-Redness Mezo "MEZO-REGENERATION"**



Regenerating and contracting the blood vessels treatment. Thanks to micro-needling treatment active ingredients deeply penetrate the skin supporting and relaxing the blood vessel walls. As a result, the treatment visibly improves the appearance and comfort of mature and overactive skin, with apparent fragility of vessels and their tendency to expand.

**Duration: 90 minutes**

(the price of the treatment includes Mezzoroller DMN™ which the patient takes home after the treatment)

The treatment is also available in the form of CONTRA-REDNESS without micro-needling technique with mezzoroller.

**Duration: 60 minutes**

## **S.O.S. Eye patches "MEZO-REJUVENATION"**



Anti-wrinkle treatment with hydroinfusive patches on the eye area. Intensively firms, spectacularly brightens the skin, refreshes and gives immediate younger looking skin, removes the signs of fatigue. Recommended during body treatments.

**Duration: 30 minutes**





## **Calming Treatments (KLAPP)**

### **Calming**



It is a soothing treatment. Soy phytoestrogens have a positive effect on the color, hydration, elasticity and firmness of the skin. The active ingredients soothe and keep the moisture in the skin by stimulating the production of hyaluronic acid.

## **Treatments for oily skin (KLAPP)**

### **Skin Balancing**



Normalizing treatment for oily skin – acne skin. Ampoules used in the treatment have antiviral, antibacterial and antifungal qualities. The result of the treatment is purified and mat finish complexion.

## **Moisturizing treatments (KLAPP)**

### **Well-kept man**



Skin caring treatment dedicated for men. It takes into account the specific characteristics of men's skin and its needs. Reduces irritation caused by shaving, and signs of dehydration. Inflammations are reduced and the skin smoothed out. The treatment includes a free session in the Thermo Spa.

### **X-treme**



It is a moisturizing and regenerating treatment. It restores the hydro-lipid balance, has the smoothing, firming and long-lasting hydration effect.



# **Brightening treatments (KLAPP)**

## **Revitalizing and exfoliating treatments**

### **Diamond microdermabrasion**



The use of head covered with diamond crystals allows to cleanse the skin and also reduce the appearance of wrinkles, lighten blemishes, increase the absorption of cosmetics used after treatment.

**Treatment with creamy nourishing mask**  
**Treatment with a PEPTIDES ampoule and algae**

### **Abrahydri**



Wet abrasion using abrasive tablets – guarantees therapeutic effects while getting the pleasure of the treatment. It is dedicated for oily skin to improve skin firmness, hydration and to rejuvenate.

### **Breath for the skin (DERMA-OXY)**



Innovative treatment oxygenating the skin. Concentrated active ingredients reach deep inside the skin. Noticeably improvement in the structure, tension and elasticity of the skin.



## **Excellent regeneration (DERMATUDE - METATHERAPY)**



Medical and Aesthetic activation of tissue, involving the controlled punctures of the skin with a special head. The method of skin rejuvenation, intensively renews and regenerates. Anti-aging effects visible after one treatment.

## **Cavitation peeling**



Performed with ultrasound, painlessly cleans the skin, thanks to it the complexion is smooth, radiant and without irritation. The treatment accelerates penetration and activation of cosmetics deeply into the skin.



# Aesthetic medicine





# Aesthetic medicine treatments



Thanks to cooperation with an experienced team of aesthetic medicine doctors and a plastic surgeon, VILLA ALINA offers its guests a full range of treatments in the field of aesthetic surgery and broadly defined aesthetic and anti-aging medicine. All this is done using secure and reliable products of prestigious companies - market leaders in bio-technology.

Partner company, closely cooperating with Villa Alina in professional aesthetic medicine, is the REVITA Wellness Centre operating in Villa Alina. Full description of treatments in aesthetic medicine is available on REVITA Wellness Centre website under Aesthetic Medicine.

## Aesthetic medicine treatments which are performed at Villa:

- reduction of body fat,
  - photorejuvenation,
- treatment of hyper pigmentation, erythema (Ellipse),
  - treatment of fungal,
  - hair removal,
- closing the blood vessels,
- removal of scars and scarring (Laser CO2 Flaming),
  - removal of skin lesions,
- Surgical removal of skin lesions - Surgical Diathermy,
  - correction of facial wrinkles,
  - hyperhidrosis treatment (Botox),
- platelet-rich plasma therapy - Centrifuge for platelet-rich plasma,
- fillers: hyaluronic acid or Radiesse - Dermapen / Needle Mesotherapy,
  - Injection lipolysis: aqualix or other available products,
  - cellulite treatment.

Each treatment is preceded by consultation of our specialist.



# Aesthetic medicine devices

## Liposonix



Liposonix® treatment is a non-surgical fat reduction method by which you can get rid of the fat around the waist, hips and buttocks. The procedure requires only one appointment with a specialist and lasts about 1 hour. Liposonix® uses advanced ultrasound technology to permanently eliminate unwanted fat. The results are visible after a few weeks from the first treatment. High-intensity ultrasound energy emitted by a head focuses on the targeted fat. The skin remains intact, while fat cells beneath the surface layers of the skin are permanently destroyed. The treated fat tissue is removed through the body's natural healing and elimination process, and you gain a slimmer figure (one size).

## Surgical Laser CO2 Flaming®



Surgical laser Flaming® CO2 is one of the most gentle lasers to perform non-contact and bloodless cutting treatments, evaporation and coagulation of soft tissue. Indications for surgery: restoration of the skin, flabby skin e.g. arms, stomach, small and deep wrinkles, furrows, uneven skin tone, blemishes caused by medicine and the effects of the sun, enlarged pores, acne scars, burn scars, hypertrophic keloids. CO2 laser causes hemostasis and inhibits effusion, coagulating the blood and lymphatic vessels while disinfecting the treatment area. For the well-being and for medical reasons, the majority of treatments using the surgical laser CO2 Flaming® are performed with the help of additional peripheral devices, such as Cryotherapy apparatus Cryo-T COO-LER® and SAFE System™ - Smoke evacuator.



## Secret RF



An alternative to laser photorejuvenation for every season. Micro-needle system of fractional RF is an innovative and technologically advanced medical device based on the synergistic combination of precisely controlled Bi-polar RF energy, and minimally invasive system of micro-needles, i.e. the system of micro-needling. Secret RF is designed for non-surgical face lift, reduction of wrinkles and scars, and overall thickening and firming the skin, thanks to multiple action on successive layers of the skin. Unlike laser treatments, it is now virtually the only method permitted for the use during the summer. The effects of the SECRET treatment can be divided into those visible at once and those that are activated with time.

## Ellipse®



Ellipse® uses short, safe light pulses emitted by the flash and applies them to treat certain parts of the body with skin problems. Ellipse® is equipped with a computer which very carefully controls both the amount of light and the speed of "delivering" it to the surface of the skin. The rays of light directed towards the skin of the patient contain only wavelengths adapted to the type of the treatment being performed. The treatments are even better, since the device consumes less power and requires no cooling systems. Ellipse® is used to perform the following procedures: treatment of hyperpigmentation and redness, hair removal, vascular lesions (closing capillaries, removal or reduction of flat hemangiomas, spider veins and other vascular lesions), pigmentation changes (removal or reduction of freckles, age spots and other pigmented lesions), sun damaged skin (removal or reduction of age spots, visible blood vessels, erythema and excessive pigmentation, while influencing the improvement in the structure of the skin), acne, surgical scars (impressive results of treatment in case of postsurgical scars).

## Centrifuge for platelet rich plasma



PRP or platelet rich plasma is autologous (derived from the patient who is undergoing a treatment), platelet concentrate in a small amount of plasma which contains cell growth factors. As a result of high speed, a centrifuge allows for the separation of this component from the erythrocytes and leukocytes. Treatments using platelet-rich plasma are used for natural rejuvenation and regeneration of the skin.





## Dermapen®



Unprecedented effectiveness, ease and comfort of performing a treatment allows doctors and patients all over the world to enjoy the effects of therapy without undesirable side-effects. DERMAPEN® allows the introduction of active substances deeply into the skin, which is based on automatic puncturing the skin with pulsating needles. The treatment is far more comfortable for the patient, and the precision of the device is comparable to the traditional methods used in mesotherapy treatments. Automatic puncture of the skin increases the efficiency of treatment by enhancing the rate of penetration of active substances into the skin, while reducing patient's discomfort and pain to a minimum. With the patented technology of pulsating needles DERMAPEN® is not only more efficient and secure than previously known methods used in mesotherapy. The treatment also significantly shortens the duration of treatment and the patient's return to daily activities. A fine-tuned depth of injection (in a range from 0.25 mm to 2.5 mm) allows for full control of performed treatment - unlike dermarollers and mesotherapy performed using a syringe and needle, the so-called nappage technique.

## Velashape II



The treatment, showing a remarkable performance in reducing body circumference and cellulite. Recommended especially for women who want to improve the condition of the skin after pregnancy, people who want to relieve pain and muscle tension. After treatment the skin regains firmness, and the body is modelled.

### **Indications for treatment:**

- reduction of the circumference of the body,
  - cellulite reduction,
  - enhancing the effects of liposuction,
- improving the condition of the skin after childbirth,
  - local circulation improvement,
  - pain and muscle tension relief.



## Special packages

### Liposonix – effective slimming



The most effective weight loss without a scalpel. Liposonix® is a non-surgical fat reduction method by which you can get rid of the fat around the waist, hips and buttocks. The procedure requires only one appointment with a specialist and lasts about 1 hour. Liposonix® uses advanced ultrasound technology to permanently eliminate unwanted fat. The results are visible after the first treatment. The package includes accommodation and treatment (the surface of the treated area of 120 cm<sup>2</sup>).

### Vela Shape - Express slimming



The package includes 8 days / 7 nights in a comfortable 2-person Suite with a fully equipped kitchenette, 3 meals per day \* (the menu according to especially developed diet) in a beautiful conservatory in the Art-Deco style with views of the Chess Park, a series of 3 treatments reducing circumference of the body - Vela Shape, 1 Chinese bubble massage.

### Reliable duo

(Secret RF + vampire facelift)



The treatment is performed using the Secret RF device and specially prepared platelet-rich plasma. The innovation of the treatment involves a combination of both methods and the use of synergy, which gives long-lasting rejuvenation effect and is comfortable for the patient.



# Massages and relaxation Day SPA





## Classical massage



Improves overall health and at the same time allows relaxation. the aim of this massage is to call the desired reaction from the skin, muscles, joints, cardiovascular and nervous systems. Because of healing and local impact on a given part of the body is frequently used in certain medical conditions.

**Whole body massage (60 minutes)**

**Partial massage (30 minutes)**

**Head massage (20 minutes)**

## Relaxation Massage



It is a reliable way to relieve muscle tension. Beneficial effects on the nervous system make the massage a therapeutic treatment that improves general well-being of a patient. Relaxation massage is recommended for people exposed to high stress and those whose professional work requires prolonged stay in a particular body position. Relaxation massage will help you relax and unwind.

**Duration: 60 minutes**

## Aromatherapy massage



It is a combination of relaxing massage with aromatherapy. This massage is a very effective method of removing the symptoms of stress, thanks to the healing properties of natural essential oils of plant origin.

**Duration: 60 minutes**



## Hot Stone Massage



The massage uses basalt stones of various sizes. Stone massage technique is drawn from philosophy and medicine of the Far East. Therapeutic effect of the stones improves circulation and provides vitalizing action.

**Duration: 60 minutes**

## Massage with herbal stamps



Unusual Thai massage using stamps filled with aromatic herbs, fruits and spices. According to Thai tradition blend of medicinal herbs is wrapped in a cotton material, then heated and applied to the body in the form of massage. Stamps massage has analgesic effect, removes toxins and stimulates the body to the cell regeneration and restoration. The body and mind are relaxed thanks to intense smell and warmth emitted during the treatment.

**Duration: 60 minutes**

## Chinese Bubble Massage



Anti-cellulite massage with a Chinese bubble is one of the most effective methods to combat cellulite. The negative pressure produced in the bubble causes the suction of the skin and tissue thus affecting their redness and firmness. Bubble massage stimulates circulation, removes toxins and waste products.

**Duration: 40 minutes**



## Hot Chocolate Massage



Massage with hot chocolate relaxes and puts in a great mood. Chocolate improves skin tone and surrounds it with velvety and sensual scent for a long time.

**Duration: 60 minutes**

## Face massage



Facial massage is a very pleasant and relaxing treatment. Additionally, it improves resilience and elasticity of the skin. It gives radiance the skin and improves its tone.

**Duration: 20 minutes**

## Yonelle Massages



The concept of care based on holistic impact at the same time on: the body, senses and emotions.

## Exfoliating massage lux 2 in 1

Extremely pleasant massages an integral part of which is the application of manual techniques using natural body scrub based on perlite, mineral of volcanic ash, and natural, high-quality oil, selected according to the type of treatment. Specialized cream used at the end gives spectacular results.



## Sports Massage



Sports massage is recommended for athletes and physically active people. It has a lot in common with classical massage, except that it is performed with greater strength and energy. Eliminates the effects of overtraining, warms and relaxes the muscles, prevents muscle sores after exercise. Used among many athletes as a part of a training. It helps prevent injuries. Sports massage of the whole body efficiently affects the rebuilding muscle mass and improves mood.

## Ice massage



Ice massage is an anti-cellulite massage. It stimulates and clears the blood microcirculation in areas where excessive fat builds up. It causes strong blood circulation, which also remains for some time after the treatment, so that the body quickly burns fat. Ice causes better metabolism of the areas affected by cellulite and contributes to its reduction. Ice massage performed systematically toughens and strengthens blood vessels. Significantly improves their functioning. When the blood and lymph circulate more efficiently, they remove accumulated toxins in the cells better and support the release of fatty acids. Drinking a large amount of water at the same time we help the body remove toxins from the body.

**The duration depends on the patient's feelings (10-20 minutes)**

**Sports massage and ice massage complement each other perfectly,  
so it is worth combing the both.**





## **Silk Perfect Contour**



Exfoliating body massage with modeling and relaxing effect. Perfect when the body needs stimulation of processes related to body contouring, and the skin - intensive and comprehensive care and strengthening. Potent professional cosmetics stimulate the functions of the skin, giving anti-aging effect. Sensual scents of sophisticated perfume notes provide an aura of luxury and uniqueness. Recommended especially during slimming treatments and in the prevention of cellulite, stretch marks and flabby skin. The treatment is safe for breast feeding women.

**Czas trwania: 60 minut**

## **Silk Bio-Revital**



Facial massage is a very pleasant and relaxing treatment. Additionally, it improves firmness and elasticity of the skin. It gives the skin radiance and improves its tone.

**Duration: 60 minutes**



# Recommended treatments

## Capsule NeoQi MEDIQ®



Treatments using the capsule allow to cleanse the body of harmful toxins, soothe the skin, relax tense muscles and nervous system. Eliminate fatigue, increase intellectual capacity and concentration. The capsule is ideally suited for supporting the treatment of numerous diseases of the joints, bones, knees, shoulders, and chronic pain. Improves the immune system, which increases the body's natural resistance to stress, viruses and external factors.

## Recommended treatment in Capsule NeoQi MEDIQ®

Treatments in the capsule are used for deep cleaning, firming and smoothing the skin. The treatment begins with the selection of a suitable product. Then a peeling and specially selected mask are applied on the selected parts of the body.

**Duration: 50 minutes**





## Thermo-Spa Trautwein®

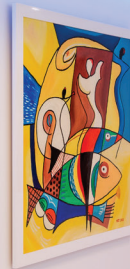


These specialized beds along with the environment, appropriate music, products used during the treatment (high-quality essential oils, algae, flower petals and others) create an atmosphere of total relaxation. Optional "Concerto" module allows to relax in an unusual and somehow feel the music all over the body.

### Recommended treatment in the Thermo-Spa Trautwein®

The treatment with the use of oil (anti-cellulite, detoxifying, firming, shaping), the combination of the water heat and its relaxing effect combined with beneficial effects of the cosmetics. The bed is electrically lowered into the water tank, and the body begins to feel weightlessness.

**Duration: 30 minutes**





# Series of reliable duos

– we recommend special packages

## Dermatude + Dermaoxy



The use of both treatments enhances mutual action, which contributes to achieving faster and better results of skin rejuvenation.

## Secret RF + Dermaoxy



This innovative combination of using both devices enhances the final lifting effect and skin hydration.



[www.villaalina.pl](http://www.villaalina.pl)

# Come visit us



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