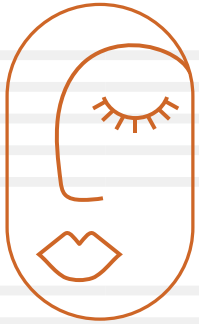


FACE



Alexandra Soveral

With the power of organic bioactive nutrients and the artistry of expert manual tissue manipulation, Alexandra Soveral offers a remarkable transformation in skin regeneration.

SOVERAL METHOD

60 min — 570 PLN

A treatment that restores skin health, radiance, and balance. By combining advanced massage techniques, lymphatic drainage, and nourishing skincare, it helps release muscle tension, stimulate natural regeneration processes, and smooth fine lines and wrinkles.

SOVERAL METHOD PLUS +

90 min — 780 PLN

Includes an additional set of detoxifying and firming masks with massage stones, along with an extra sculpting massage.

SOVERAL EXPRESS

40 min — 395 PLN

Your pick-me-up secret

Designed for those on the go who seek an immediate refresh and revitalization. This express version of the SOVERAL Method treatment is enriched with an intensely hydrating hyaluronic acid mask, providing a plumping and smoothing effect.

2h at SÓL Fit & SÓL Aqua — 80 PLN

For external guests, add 80 PLN to use the saunas, gym and swimming pool for 2 hours (minimum of 400 PLN).

BACK & BODY



Beata Aleksandrowicz

Beata's method is both thorough and ground-breaking, based on her three decades experience, travels and explorations. Her method combines deep tissue and trigger-point techniques with energy work, Thai stretches and touch therapy.

„A superstar who designed one of the best massages in the world ”

— Voted by Tatler

DEEP SÓL

Back 45 / 60 min — 380 / 560 PLN

Beata's method includes 'Trunk and Branch', understanding and addressing the tension in the back. Finding the root cause to ensure an effective relief.

This treatment is indispensable for maintaining overall relaxation, fitness and strength in your entire body.

Body 90 / 120 min — 740 / 890 PLN

Deep-tissue and customised pressure, addresses muscular tensions, aches and pains, alternatively our gentler version can help you relax and reconnect. A 90-minute treatment that gradually increases the ability of your body to relax and releases the tension so often accumulated over time. 120-minutes is a top to toe treatment that also include work on the abdomen, chest and scalp.

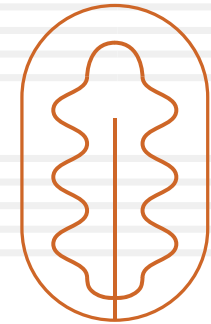
SÓL OIL BAR Aromatherapy Massage

30 / 60 / 90 min — 290 / 450 / 570 PLN

A treatment tailored specifically for you – perfect for relaxation and unwinding. A bespoke blend of natural aromatherapy oils enhances the massage experience, supporting body and mind regeneration.

One Day Pass — 250 PLN

HERITAGE



Shiri Aharoni

Shiri is a face massage expert specialising in Chinese & Taiwanese medicine, with her own line of agate gua sha tools.

GUA SHA

15 / 45 min — 80 / 260 PLN

Rooted in traditional Chinese medicine, this fun ritual combines ancient technique using the Gua Sha tool on the face. Enjoy the plenty health and skin benefits by improving circulation, relieving tension promoting collagen production and a radiant glow.

We recommend the 15 min option to add on at the end of a body / back massage.

SÓL CEREMONY

30 min — 280 PLN

Mineral salt from Kraków, enriched with our aromatherapy oils, acts as a natural exfoliating treatment that gently removes dead skin cells, revealing fresh and radiant skin. The oils immediately soften and rejuvenate the complexion. Perfect for dry and tired skin, this ritual restores smoothness and provides a deep sense of refreshment.

Salt was one of the most valuable raw materials, often referred to as "white gold".

POLISH HERBAL CLAYS

90 min — 650 PLN

A bespoke blend of clays infused with herbal extracts and organic aromatic oils to address any concern you may have. To enhance results we recommend to visit our infra-red sauna before or after.

Wellness Combo — 25 PLN

Add any smoothie to your treatment

*„Sól is one of the best 10 spas
in Europe for 2025 ”*

— Elle Magazine



Opening Hours

Monday	9 am – 8 pm
Tuesday	9 am – 8 pm
Wednesday	9 am – 8 pm
Thursday	9 am – 8 pm
Friday	9 am – 9 pm
Saturday	10 am – 9 pm
Sunday	10 am – 8 pm

Cancellations

Guests who wish to change or cancel an appointment are kindly requested to provide 6 hour notice, or may be charged 50% of the full treatment price.

Late Arrival

Late arrival may limit treatment time, you will be charged the full price. We recommend arriving a few minutes early or visit our saunas before your treatment.

The scientific research into the body's healing process and the skin's ability to be at its optimal health, is married with the belief that wellbeing is a symptom of a harmonious mind, body and spirit.

Contact

Wellness & SPA Reception

12-14 Stradomska Street
Kraków 31-058 Poland

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sol@stradomhouse.com

Online booking available
stradomhouse.com



S Ó L

S Ó L
*for the wellbeing of all,
for the celebration of nature,
honouring traditional therapies,
continued scientific research,
respecting the planet.*

