



www.grudniewscy.pl

Praga-Południe Center

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Miasteczko Wilanów

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02-972 Warsaw
mobile 793 239 239
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— PRICE LIST

one-time treatments and vouchers

Service	Duration	Price
Physiotherapeutic consultation	30 min	100 PLN
Therapeutic massage / Manual therapy of the spine	60 min	180 PLN
Therapeutic massage / Manual therapy of the spine	30 min	100 PLN
Spine massage for pregnant women	30 min	100 PLN
Sports massage for professionals and amateurs	60 min	180 PLN
Classic holistic massage	60 min	180 PLN
Kinesiotaping, medical taping (1 application)	5-15 min	45 PLN
Personal training with a physiotherapist for adults	45 min	120 PLN
Personal training with a physiotherapist for children* (age 7+)	45 min	120 PLN
Anti-cellulite chinese cupping massage – legs and buttocks	30 min	100 PLN
Pinotherapy (pinopressure)	60 min	200 PLN
Dry needle therapy (dry needling)	60 min	200 PLN
Temporomandibular joints therapy*	30 min	120 PLN
Temporomandibular joints therapy*	60 min	180 PLN

* service available in our Wilanów Center

BUY PACKAGE AND SAVE

- Therapeutic massage / Manual therapy of the spine 60 min x 10 visits = 1.600 PLN
- Therapeutic massage / Manual therapy of the spine 60 min x 5 visits = 850 PLN
- Therapeutic massage / Manual therapy of the spine 30 min x 10 visits = 900 PLN
- pine massage for pregnant women 30 min x 10 visits = 900 PLN
- Classic holistic massage x 10 visits = 1.600 PLN
- Sports massage 60 min x 10 visits = 1.600 PLN
- Personal training with a physiotherapist for adults x 10 visits = 1.100 PLN
- Personal training with a physiotherapist for children* x 10 visits = 1.100 PLN
- Anti-cellulite massage x 10 visits = 900 PLN