



www.grudniewscy.pl

Praga-Południe Center

Łukowska 1/U-16 Street
04-113 Warsaw
mobile 793 388 855
phone 22 258 76 69
gabinet.praga@grudniewscy.pl

Miasteczko Wilanów

Oś Królewska 18B/U-4 Street
02-972 Warsaw
mobile 793 239 239
phone 22 126 62 12
gabinet.wilanow@grudniewscy.pl

— PRICE LIST

one-time treatments and vouchers

Service	Duration	Price
Physiotherapeutic consultation	30 min	120 PLN
Therapeutic massage / Manual therapy of the spine	60 min	200 PLN
Therapeutic massage / Manual therapy of the spine	30 min	120 PLN
Spine massage for pregnant women	30 min	120 PLN
Sports massage for professionals and amateurs	60 min	200 PLN
Classic holistic massage	60 min	200 PLN
Kinesiotaping, medical taping (1 application)	5-15 min	50 PLN
Personal training with a physiotherapist for adults	45 min	140 PLN
Personal training with a physiotherapist for children* (age 7+)	45 min	140 PLN
Anti-cellulite chinese cupping massage – legs and buttocks	30 min	120 PLN
Pinotherapy (pinopressure)	60 min	200 PLN
Dry needle therapy (dry needling)	60 min	200 PLN
Temporomandibular joints therapy*	30 min	140 PLN
Temporomandibular joints therapy*	60 min	200 PLN

* service available in our Wilanów Center

BUY PACKAGE AND SAVE

- Therapeutic massage / Manual therapy of the spine 60 min x 10 visits = 1.800 PLN
- Therapeutic massage / Manual therapy of the spine 60 min x 5 visits = 950 PLN
- Therapeutic massage / Manual therapy of the spine 30 min x 10 visits = 1.100 PLN
- pine massage for pregnant women 30 min x 10 visits = 1.100 PLN
- Classic holistic massage x 10 visits = 1.800 PLN
- Sports massage 60 min x 10 visits = 1.800 PLN
- Personal training with a physiotherapist for adults x 10 visits = 1.300 PLN
- Personal training with a physiotherapist for children* x 10 visits = 1.300 PLN
- Anti-cellulite massage x 10 visits = 1.100 PLN

The center does not charge fees for the photocopying of the Patient's medical records.