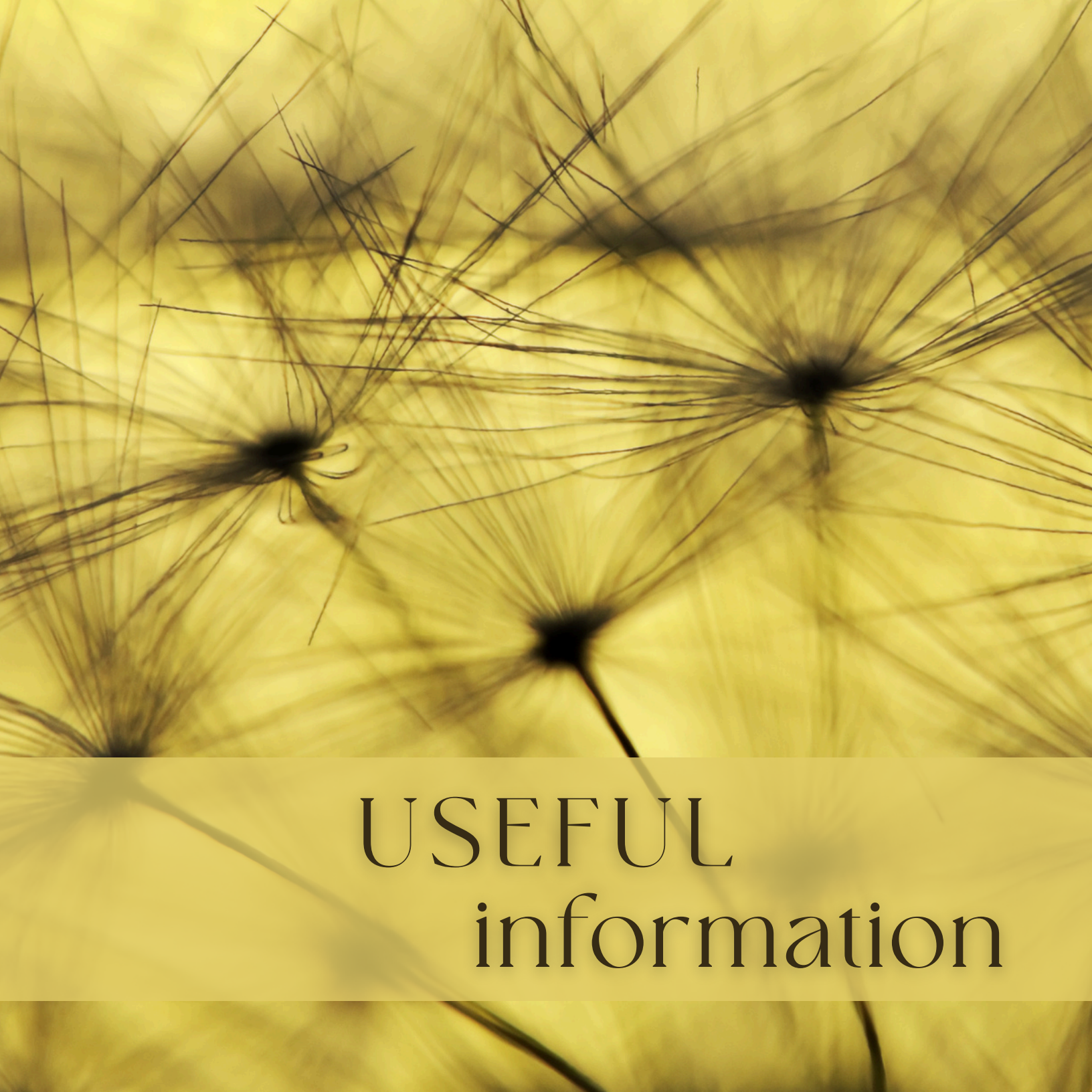
SPA
menu



USEFUL information

Opening hours:
Monday - Thursday: 8.00 – 21.00
Friday - Sunday: 8.00 – 22.00

SPA reception:
+48 58 351 90 85, from room: 9085
almond.spa@granohotels.pl

Single entry to the Wellness zone:
- for an adult – 100 pln
- children under 10 – 50 pln

**towel rental for an additional fee: 10 pln / pcs.*

For a SPA treatment over 200 pln, entry to the Wellness zone is free of charge.

Pool passes:
- 10 entries (valid for 3 months) – 800 pln
- 20 entries (valid for 3 months) – 1250 pln
- monthly Open pass (Monday to Thursday) – 900 pln

REGULATIONS

1. Please make sure to come to the spa 10 minutes before your scheduled appointment. It is time needed to fill in the consultation card without any rush, as well as for guests coming from outside to get changed.

2. Ideally, you should come to the spa in your bathrobe, and leave any valuables (such as jewellery), in your room. We do not take responsibility for lost items.

3. We recommend taking a shower beforehand to prepare the body better for the procedure.

4. Guests over the age of 16 can enjoy the full range of treatment services, as well as the pool area. For younger visitors, please ask for a parent or legal guardian to be present.

5. Every guest is equally important to us and, respecting everyone's time, we would like to inform you that if you are late for your treatment, we will shorten it. To avoid such a situation, we would strongly encourage you to call us so that we can react in time and adjust the schedule.

6. For services cancelled later than 8 hours after their scheduled time, you will be charged 50% of the value of the requested service. It will be credited to the Guest’s overall hotel bill.

7. Alcoholic beverages are strictly forbidden on the spa area. We also ask that you do not consume it just before the treatment.

8. We kindly ask you to turn off or mute your phone before entering the treatment area in order not to disturb other Guests while they are relaxing.

9. Due to safety reasons, we reserve the right for a member of staff to refuse a treatment if there are any counter-indications.

FULL BODY massages

Classic massage

25 min. / 250 pln
50 min. / 350 pln

Classic massage is the solution for the overtired and stressed. Massage relieves tension, with a direct effect on muscle regeneration. It improves blood circulation, nourishes tissues and increases joint mobility. Luxurious grape seed oil leaves skin deeply moisturised.

Relaxation massage

Oil
25 min. / 220 pln
50 min. / 320 pln

Shea butter
25 min. / 250 pln
50 min. / 340 pln

An extremely relaxing and restorative treatment that relieves stress and improves mood. Slow and deep movements will relax and calm you, having a soothing effect on both body and mind at the same time. The abundance of vitamins and minerals contained in the precious oils provides a silky and perfectly moisturised skin effect.

Almond massage

70 min. / 390 pln

Our own original massage, involving both body, face and head. It is a compilation of oriental techniques, the combination of which ensures the elimination of stress and its negative effects. It is mainly dedicated to people who are overwhelmed by work and in need of calming down.

Hot stone massage

50 min. / 360 pln

A therapy using hot volcanic stones, dating back to ancient times. It relieves pain, improves blood and lymph circulation and speeds up the metabolism. It works regeneratively after physical activity. Particularly recommended during the autumn/winter period.

Candle massage

50 min. / 340 pln

An aromatherapy full-body massage that restores silky smoothness and elasticity to the skin. Once dissolved, the candle turns into a nutrient-rich oil that includes, among others, soya bean sprouts and beeswax. This treatment is recommended especially for dry and sensitive skin.

Prenatal massage

50 min. / 310 pln

A health-promoting relaxation treatment, performed after the end of the first trimester. It helps to remove the state of tension and accompanying discomfort. Through gentle touch, there is an improvement in the well-being of both the mother-to-be and the baby. It eliminates lymphedema, and counteracts the loss of skin firmness.

PARTIAL massages

Kobido *50 min. / 320 pln*

Originating in Japan, a lifting facial massage that also includes the neck and head. It is an alternative to aesthetic medicine. This treatment softens facial wrinkles, reduces dark circles under eyes, as well as brightens and improves the condition of the skin. It stimulates collagen and elastin production, boosts cellular regeneration and relieves muscle tension and migraine headaches.

Facial massage *25 min. / 190 pln*

A deeply relaxing treatment for face, neck and neckline, which is preceded by a gentle make-up remover. This treatment provides excellent nourishment and hydration to the skin while stimulating cells and muscles to work, resulting in a fresh and beaming appearance.

Head massage *25 min. / 190 pln*

A calming ritual to relieve stress and exhaustion. Used against migraine headaches, it can be used as a substitute for painkillers, bringing relief and sedation. Alternate deep movements, interspersed with gentle stroking with fingertips, improve micro-circulation, thereby strengthening the hair follicles. It is also recommended for people suffering from insomnia.

Foot massage *25 min. / 190 pln*

Relaxing massage combined with pressure, provides balance in the body and helps eliminate toxins from it. Our feet, which are our foundation, play an extremely important role in preventative health care – the stimulation of the receptors located there corresponds to the various organs of our body.

BODY care

Fito Renewal *80 min. / 400 pln*

A luxurious ritual, based on marula extract. The fruit, found in southern Africa, contains eight times more vitamin C than oranges. It has regenerative, anti-inflammatory and firming effects. The treatment begins with a full-body scrub, providing smoothness and elasticity, but above all purification and readiness for further treatment. Then, a deeply relaxing massage over a warm shea butter lotion is provided. It soothes the senses and eliminates stress, while leaving the skin superbly moisturised.

Marine Detox *90 min. / 430 pln*

Anti-cellulite and drainage body care. This treatment eliminates fat roughness and splits fat cells. Active ingredients derived from the sea as well as probiotics nourish the skin microbiome and boost metabolism. They also remove stagnant fluid from the body keeping it light and balanced.

Perfect Firmness *90 min. / 430 pln*

A slimming and firming treatment with thermal action, designed to shape the silhouette and restore skin's youthful tone. This intensive ritual combines natural ingredients with advanced technology to combat excess fat, cellulite, and loss of elasticity. Active extracts of longan fruit, black mallow, and caffeine work in synergy to improve skin density, enhance firmness, and visibly smooth the body.

BODY
care

Scent of the Orient *90 min. / 430 pln*

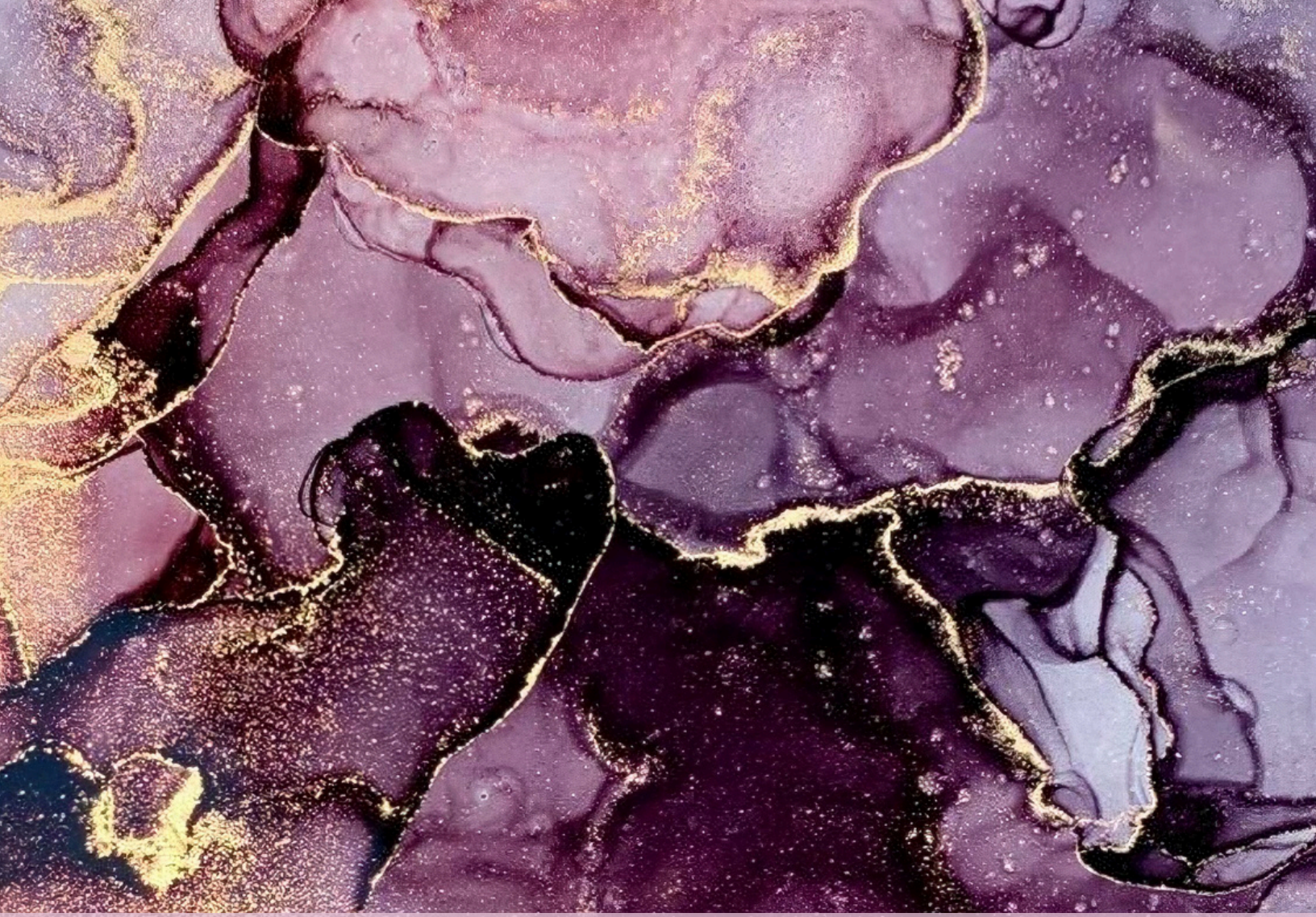
Lose yourself in the sensual notes of fragrance, where the mystique of the Middle East meets the finest rituals of care.The journey begins with an aromatic exfoliation using alum stone and sun-kissed orange blossoms, gently restoring purity and radiance to the skin. Your body is then wrapped in a velvety sesame mask, enriched with golden honey and beeswax - a nourishing embrace that brings deep revitalisation and softness. A holistic facial follows, drawing on the ancestral wisdom of roasted argan oil, black cumin, and prickly pear - precious oils that hydrate, protect, and awaken the skin with antioxidant grace. The ritual culminates in a soothing full-body massage, performed with warm shea butter infused with the delicate scent of neroli - a floral whisper of peace, balance, and pure indulgence.

Essential Journey *90 min. / 430 pln*

A sensually stimulating ceremony accompanied by woody and fruity aromas. The cleansing scrub prepares the skin for further care. With the sweet aromas of pear and rhubarb or the woody accords of cedar contained in precious massage oils, the body is brought back to calm and tranquillity. The treatment helps to restore well-being and vital energy.

Satin Smoothing *25 min. / 120 pln*

A full-body salt scrub that can be a separate treatment or help to prepare the body for a massage. It removes dead cells, stimulating the skin’s renewal process, helping nutrients to penetrate the deeper layers of the skin, moisturising and regenerating it sufficiently. It also improves blood circulation and lymph flow.



SKIN care

Hydra Plus

60 min. / 340 pln

An intensive nourishing skin treatment, primarily dedicated to dry and dehydrated skin exposed to external factors. Immediately restores the right level of hydration and prevents water loss from the skin. Skin firmness and elasticity are improved, wrinkles are smoothed, leading to a revitalised appearance.

Vitamin Glow

60 min. / 350 pln

An energising treatment for tired and dull skin, with antioxidant properties. The active ingredients, rich in vitamin C extract, even out skin tone, lighten discolouration and smoothen its texture. The face looks brighter and more glowing, while the delicate citrus notes regenerate the senses.

Soothing Touch

60 min. / 360 pln

The perfect solution for sensitive and vascular skin. It brings the desired relief by reducing irritation, provides a feeling of comfort and moisturises deeply. By stimulating natural regenerative processes, the skin is strengthened and protected, regaining its smoothness and elasticity.

Youth Injection

45 min. / 300 pln
90 min. / 550 pln

A therapy aimed at mature skin with an anti-aging and lifting effect as its primary objective. It slows down the skin's ageing process, restoring firmness, improving skin density and shaping the oval of the face. As a result, the skin is tighter, nourished and wrinkles are reduced.

SKIN care

Ruby Harmony

70 min. / 360 pln

The ideal prescription for combination skin. The mineral treatment cleanses and mattifies the skin thanks to chromium, silicon and iron, which have exceptional regulating properties. Ruby, moonstone and red jasper help to reduce sebum secretion and narrow the follicle orifices. A semi-precious stone massage with reflexology elements enhances the beneficial effects of the active ingredients and provides a true moment of relaxation.

Amber Protection

70 min. / 360 pln

The treatment uses extracts from a unique blue amber. It protects against premature skin ageing caused by factors such as smog, UV radiation and blue light that is emitted by smartphones and computers. The treatment stimulates all the fundamental functions of the skin: hydration, nourishment, oxygenation, protection and revitalisation, giving the effect of a glowing skin with a healthy appearance. Facial massage using semi-precious stones, enhances effective skincare and transforms it into a true ritual.

DAY SPA packages

Vitalizing *30 min. / 200 pln*

A deeply relaxing massage for the back, along with a head, neck and shoulder massage.

Balance *40 min. / 220 pln*

Head, neck and shoulder massage combined with foot massage.

Harmony *40 min. / 250 pln*

Face, neck and neckline massage, nourishing face mask and hand massage.

Smoothing *55 min. / 230 pln*

Full body salt scrub combined with a relaxing back massage.

**Offer valid from Monday to Thursday and can't be combined with other discounts..*

ALMOND
SPA