



GRANO SPA

place to be

EN



GRANO HOTEL

★★★★

SOLMARINA

RELAXATION GUARANTEED
BOOK YOUR SPA APPOINTMENT
IN ADVANCE



TO ENSURE YOU SECURE A CONVENIENT
APPOINTMENT AT OUR SPA,
WE RECOMMEND BOOKING IN ADVANCE.
PLEASE CONTACT OUR SPA RECEPTION:
GRANO.SOLMARINA.SPA@GRANOHOTELS.PL
TEL. +48 58 582 89 80





GRANO SPA

place to be

Grano SPA is a place
created for you

A place where nature combines with
innovation
and a bit of magic flowing
from the power of
therapeutic touch

A place where
the here and now counts

You are the one
who counts



B O D Y



M I N D

S O U L





SIGNATURE BODY TREATMENTS

GRANO NATURE RITUALS

Elemental-inspired signature body rituals
Chosen according to the needs of the skin

In harmony with nature
Using phytocosmetics and aromatherapy

BRISA

benzymatic peeling + soothing
body mask + relaxing care
90 min 650 pln

EL SOL

citrus peeling + nourishing mask
and revitalizing massage
90 min 650 pln

SUELO

body brushing + mud mask
+ massage with drainage elements
90 min 650 pln

VIENTO

floral aromatic peeling + smoothing
mask + lifting body massage
90 min 650 pln





RELAXING MESSAGES



Soothing massage techniques
from corners around
the world provide
feeling of deep relaxation
and harmony
Carefully selected procedures

CLASSIC RELAXATION MASSAGE

60 min 350 pln / 75 min 500 pln

AROMATIC CANDLE MASSAGE

75 min 550 pln

HOT STONE MASSAGE

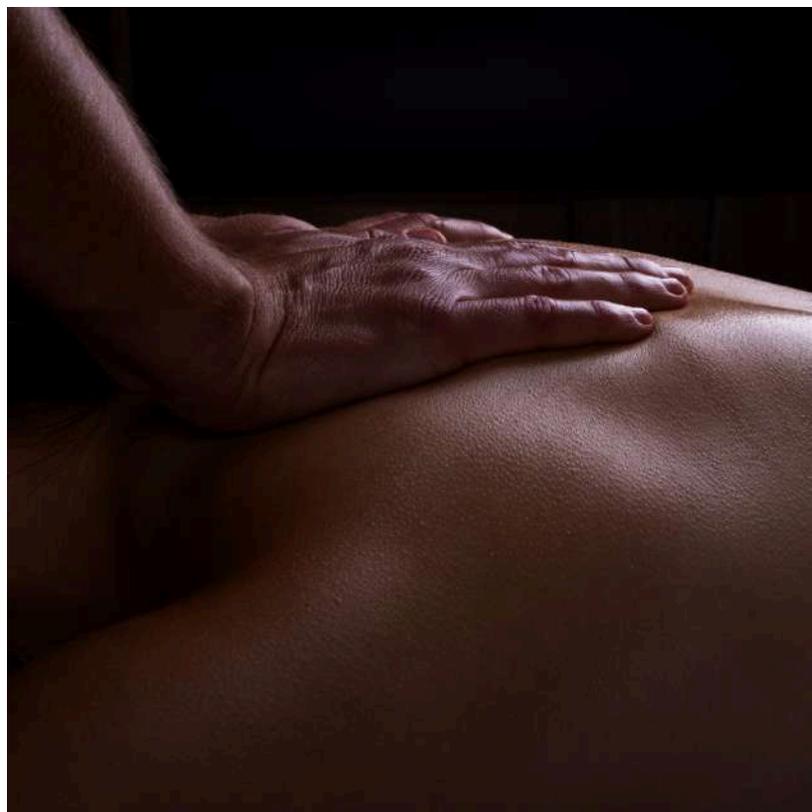
75 min 550 pln

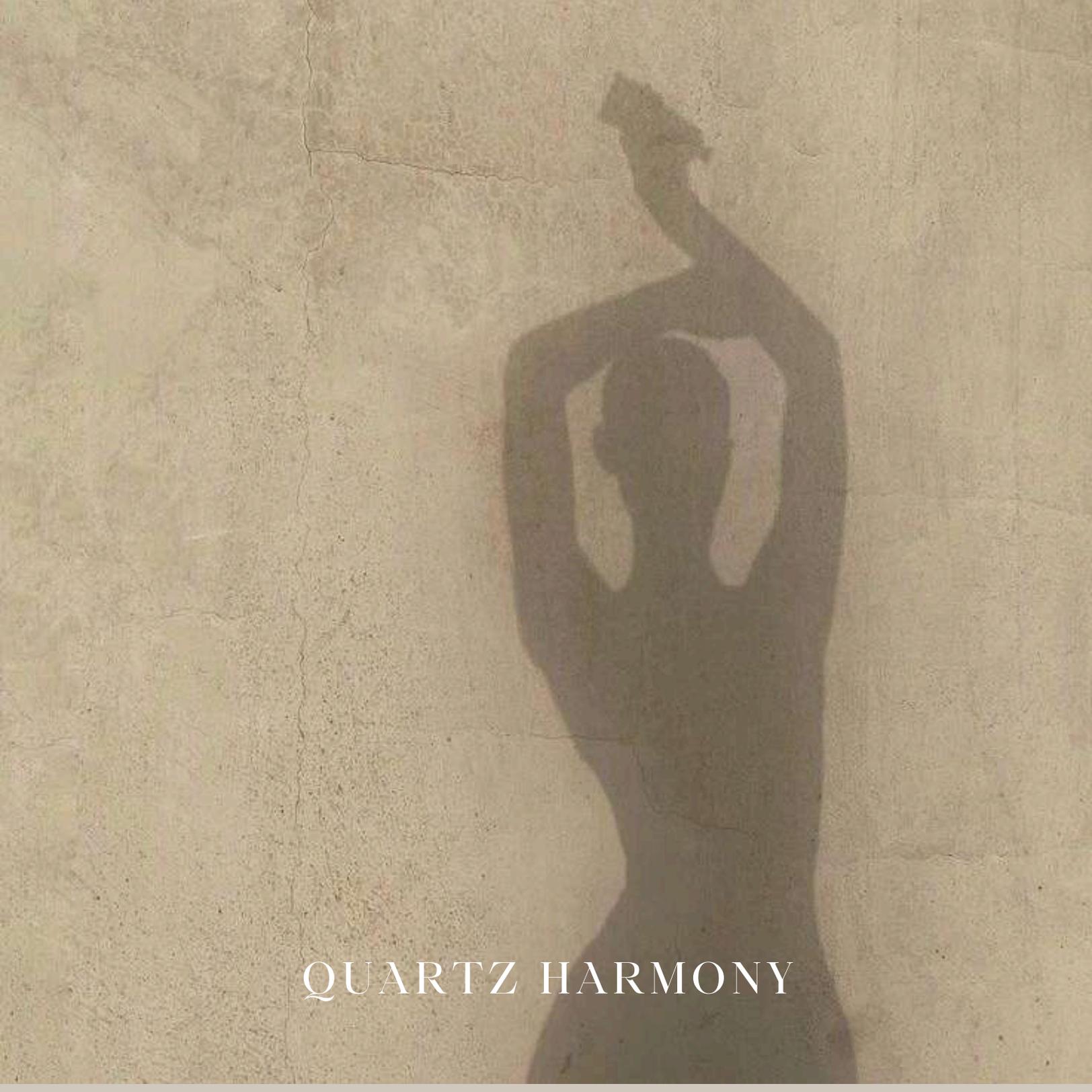
KOBIDO WITH FACIAL REMODELING
ELEMENTS + AMPOULE

60 min 400 pln

ORIGINAL GRANO NATURE MASSAGE
WITH LOMI LOMI ELEMENTS

85 min 600 pln



A shadow of a person in a dynamic pose is cast onto a textured, light brown wall. The shadow is dark and shows the person's arms raised and bent, with hands near their head. The wall has a mottled, aged appearance with some faint cracks and creases. The overall mood is artistic and minimalist.

QUARTZ HARMONY

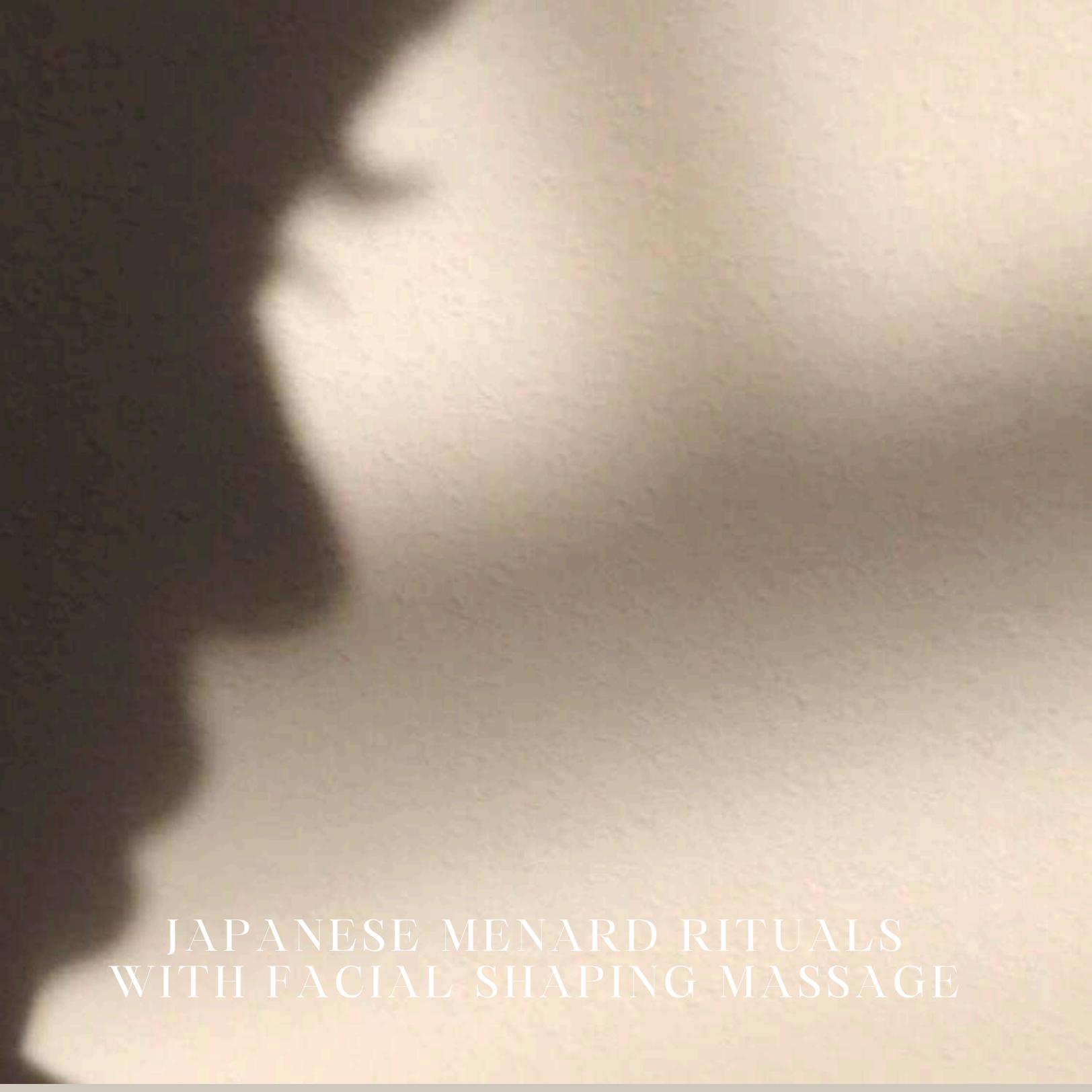


Quartz bed massage uses the therapeutic properties of quartz, which is considered as a purifying stone. Thanks to its structure, quartz helps reduce stress, brings a sense of relaxation and harmony

A unique experience of Psammotherapy (hot sandtherapy), known since ancient Egypt, it has a beneficial effect on well-being and mental comfort, provides complete relaxation, and allows one to focus on the unforgettable experiences of the Mindfulness philosophy.

Treatment price
from 200 pln
including
20 min Relaxing neck, shoulder Massage



A close-up, high-contrast photograph of a person's face in profile, focusing on the skin texture and shadows. The lighting is dramatic, highlighting the contours of the face against a dark background. The skin appears smooth but with natural texture, and the shadows define the jawline and cheekbones.

JAPANESE MENARD RITUALS
WITH FACIAL SHAPING MASSAGE



TK TOUCH OF KINDNESS

A deeply moisturizing and soothing facial, neck and décolletage treatment. The refreshing, light and enchanting aroma of therapeutic Gardenia brings calm and improves mood.
50 min 500 pln

EMBELLIR ANTI AGING

Includes a proprietary Japanese facial massage. The Embellir line uses the results of years of research into the properties of Reishi mushrooms and technology based on 7 scientific discoveries honored with Nobel prizes.
60 min 650 pln

MENARD AUTHENT

A spectacular treatment for the most demanding. Stimulates the skin's stem cell environment to prevent aging. Includes proprietary facial remodeling techniques and a high-tech mask in two sheets.
75 min 800 pln

COLAX

It uses the function of active collagen, enabling its rapid absorption, further stimulating the natural production of collagen. The skin regains elasticity and incredible firmness.
75 min 700 pln

A global pioneer
in rejuvenating care

Menard is the most luxurious
and advanced anti-aging care

Japanese rituals allow
the skin to be reborn

This is something that must be
experienced at least once in a
lifetime





INNOVATIVE TECHNOLOGIES

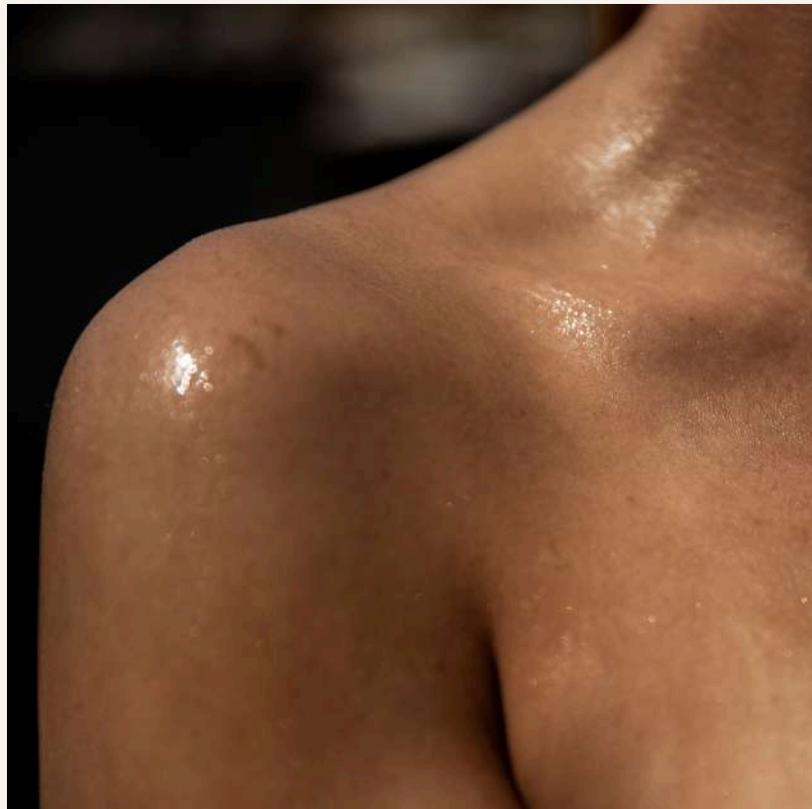


At Grano SPA,
we combine the power
of nature flowing from the elements
with the power of therapeutic touch
and modern technologies.
Our goal is continuous development
based on the selection of innovations
that guarantee safety and
effectiveness.

Storz (AWT)

Acoustic wave therapy.
Used in aesthetic medicine
and physiotherapy.
Cellulite, body firming,
wrinkle reduction,
stretch mark reduction,
slimming,
and reducing muscle pain.

Ask for treatment price in
SPA Reception





FACIAL TREATMENT



ART OF VITAMINS GLOW

This treatment, rich in active ingredients, leaves skin feeling rested, radiant and nourished.

It also restores the skin's natural antioxidant barrier.

55 min 650 PLN

EXPERT INTENSE BANQUET TREATMENT

Express regeneration and refreshment with concentrated active ingredients in an ampoule and mask tailored to your skin's needs. For those who value time and immediate results

40 MIN 450 PLN

PERFECT DESIGN

Advanced treatment for skin requiring deep regeneration

55 min 600 pln

Geneo treatment is a revolutionary skin care. During the treatment skin is gently exfoliated, impurities and dead cells are removed, while oxygen and nutrient are delivered. Your skin will become radiant, hydrated and nourished.

GENEO FACE

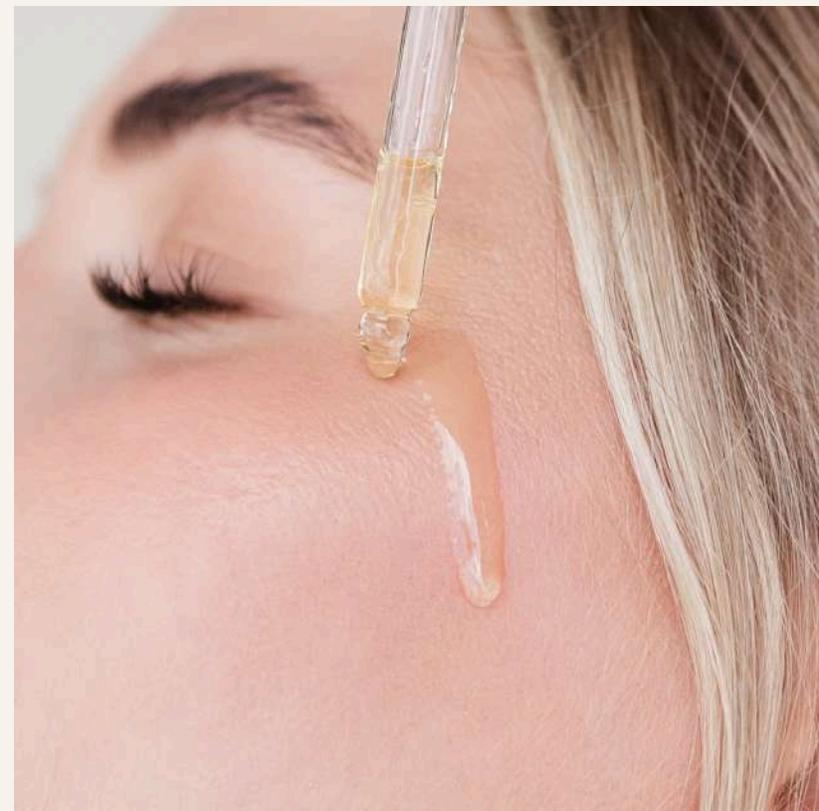
40 min 350 pln

GENEO FACE AND NECK

45 min 400 pln

GENEO FACE, NECK AND DECOLLETAGE

50 min 450 pln





HAIR SPA



HAIR SPA TREATMENT

An expertly selected hair and scalp treatment combined with an original, deeply relaxing head, neck, and shoulder massage.

The ritual is designed to release tension, restore balance, and enhance overall Wellbeing.

The treatment is based on professional cosmetics from renowned brands and developed in collaboration with Prof. Magdalena Górska-Ponikowska (Medical University of Gdańsk), integrating advanced trichological knowledge with premium care expertise.

RELAXING HAIR SPA 75 min 350 pln

A holistic relaxation ritual combining scalp care with a deeply sensory experience. Perfect for those seeking calmness, stress reduction, and improved Wellbeing.

TRYCHOLOGY HAIR SPA 75 min 400 pln

An advanced treatment combining SPA relaxation with professional scalp and hair analysis. Individually tailored trichological techniques support scalp health and improve hair condition.

NOURISHING HAIR SPA 80 min 400 pln

An expert care treatment with individually selected products tailored to your hair's needs, including hydrating, protein, blonde, and curly hair solutions. It regenerates, strengthens, and restores healthy shine and vitality.









AROMATHERAPEUTIC
MASSAGES



AROMATHERAPY WELLNESS MASSAGE

WELL - BEEING

This deeply restorative massage is designed to relieve tension, reduce stress, and ease aching muscles. Using techniques known for thousands of years, it restores balance and provides immediate relaxation and relief.

80 min 550 pln

DEEP FOREST

Immerse yourself in the serenity of nature that nurtures your mind, body, and skin. Release the stresses of modern life and rediscover a feeling of lightness, calm, and inner confidence.

50 min 400 pln

DEEP RELAX

A unique massage ritual designed to improve sleep quality and deeply calm the nervous system. Carefully applied techniques release tension in key areas of the body, soothing the senses and guiding you into profound relaxation.

80 min 550 pln

Aromatherapy combines therapeutic massage techniques with the power of natural essential oils to support both physical and emotional Wellbeing. It is designed to relieve pain, reduce stress, and address soft tissue disorders while restoring balance to the body and mind. The carefully selected aromas enhance relaxation, calm the senses, and create a deeply holistic healing experience.





MEN'S
TREATMENTS



STRESS RELIEF SKIN

This is a concept for an advanced line of men's products that creates a nurturing ritual with a proprietary facial, neck and head massage.

Fragrance note: black spruce + grapefruit
50 min 450 pln

BODY RELIEF RITUAL

A ritual for body and soul starting with a salt and magnesium scrub, a relaxing body massage enriched with stress relief skin care.

The whole ritual filled with notes of black spruce and refreshing grapefruit.
80 min 600 pln

Treatments for men MEN'S WORLD

HAIR SPA for HIM

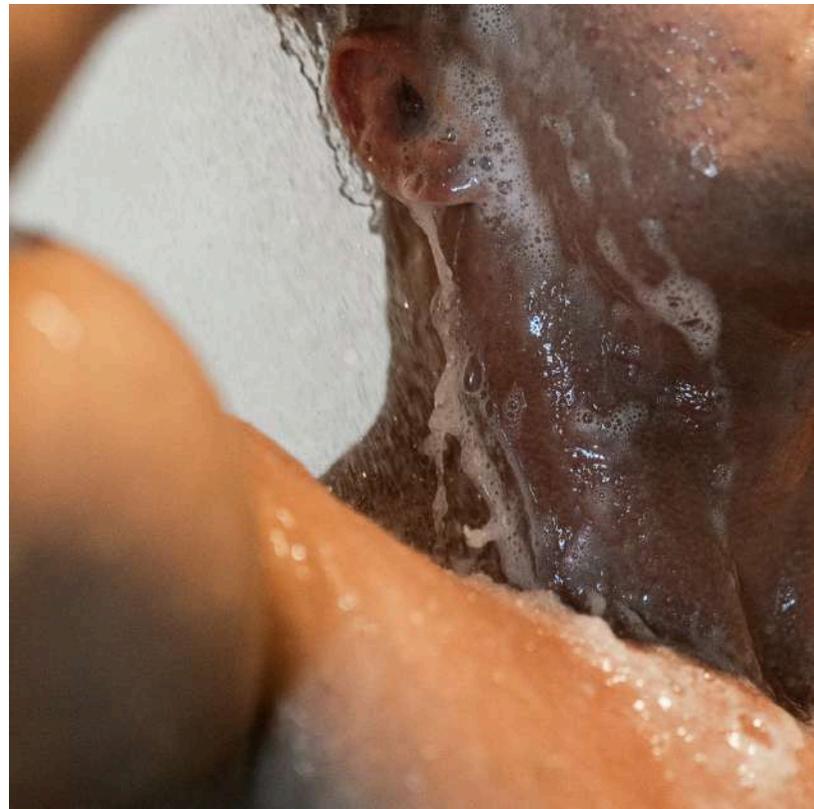
A conditioning Hair SPA treatment with a deeply relaxing head, chin and neck massage, scrub and hair treatment.

60 min 300 pln

MANUAL THERAPEUTIC MASSAGE

A targeted massage designed to relieve pain, reduce muscle tension, and support recovery of soft tissues. Using a combination of therapeutic techniques, it improves mobility, stimulates circulation, and restores physical comfort and balance.

50 MIN 380 PLN





HANDS AND FEET CARE



HYBRID SPA MANICURE

With a scrub, mask and hand massage.
90min 300 pln

HYBRID SPA PEDICURE

With a scrub, mask and feet massage
90min 300 pln

MEN'S MANICURE SPA + PEDICURE SPA

With a scrub, mask, foot and hand massage
90min 450 pln

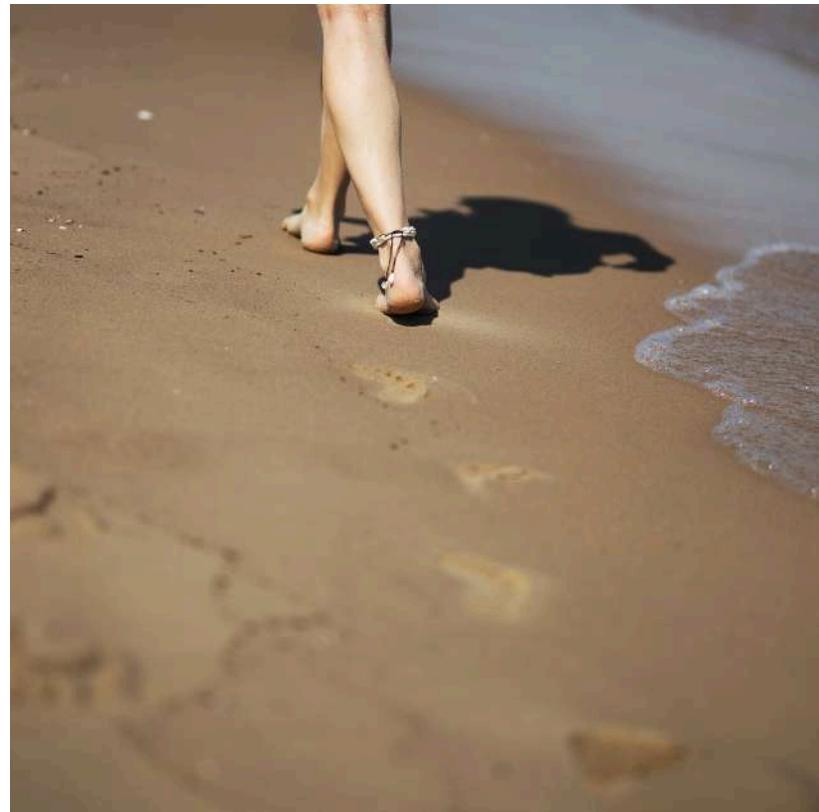
A nourishing care for hands and feet that restores softness, hydration, and a well-groomed appearance. The ritual combines professional care with a relaxing touch to improve comfort and overall Wellbeing.

FOOT MASSAGE

A relaxing foot massage that relieves tension, improves circulation, and brings a feeling of lightness and comfort. Perfect for tired feet in need of quick regeneration
30 min 200pln

FOOT MASSAGE WITH REFLEXOLOGY ELEMENTS

An extended massage enriched with reflexology elements that stimulate specific points on the feet corresponding to the entire body. This treatment supports natural balance, deep relaxation, and overall Wellbeing.
60 min 450 pln





COUPLE'S
TREATMENTS



AROMA PEELING & RELAXING MASSAGE

A deeply relaxing ritual combining an aromatic body scrub with a soothing full-body massage. It smooths the skin, releases tension, and restores a sense of balance and Wellbeing

90 min 1090 PLN / price for 2 persons

GRANO NATURE MASSAGE

A signature massage inspired by nature, using slow, flowing techniques to calm the body and mind. It promotes deep relaxation, regeneration, and inner harmony

85 min 1090 PLN / price for 2 persons

AROMATIC HOT STONE MASSAGE

A relaxing massage using warm basalt stones to ease muscle tension and improve circulation. The heat deeply penetrates the body, enhancing relaxation and restoring energy flow

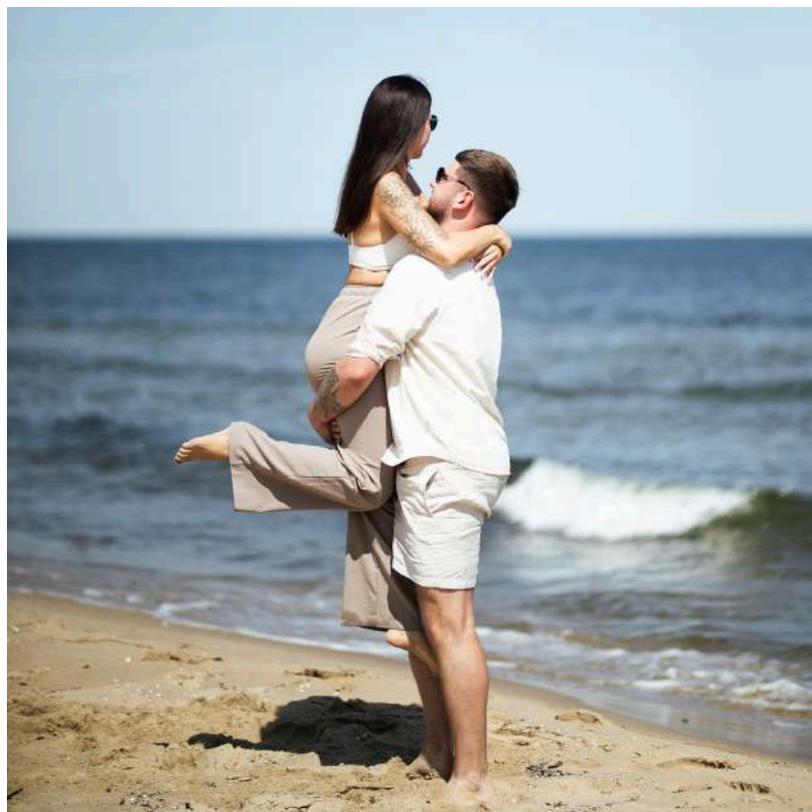
75 min 990 PLN / price for 2 persons.

AROMATHERAPY MASSAGE

A holistic massage combining therapeutic techniques with carefully selected essential oils. It reduces stress, relaxes the body, and restores emotional and physical balance

80 min 990 PLN / price for 2 persons

How about a date for two? Treatments for two with a glass of Prosecco, provide unforgettable moments of rest and relaxation surrounded by candlelight, relaxing music and carefully selected compositions of essential oils.





MUM TO BE
(AFTER 1 TRIMESTER)



LEGS, FEET, BACK AND NECK MASSAGE

A gentle, soothing massage focusing on legs, feet, back, and neck to relieve tension and promote relaxation. Safe and comfortable for expectant mothers, it eases discomfort and improves circulation.

60 min 400 pln

FACIAL CARE TREATMENT WITH HEAD, SHOULDER AND NECK MASSAGE

A nurturing facial treatment combined with a calming head, shoulder, and neck massage. Designed to relax muscles, refresh the skin, and provide a moment of wellbeing, suitable for pregnant women.

50 min 600 pln

BODY TREATMENT WITH PEELING, FOOT MASK AND RELAXING BODY MASSAGE

A full-body ritual including gentle exfoliation, a hydrating foot mask, and a relaxing body massage. Helps reduce stress, improve skin condition, and ensure comfort and relaxation for expectant mothers.

80 min 650 pln

Treatments selected for the healthy condition of the mother-to-be's skin. They are designed to relieve muscle tension and pain in the areas subject to stress. They eliminate stress and anxiety. They provide comprehensive and safe care.





CARE ALLOWANCES



Enhance your treatment
with our luxurious add-
ons and take
your experience
to the next level.
Ask your Therapist or at the Spa
Reception for pricing.

FACE MASK

Boost your facial treatment with an extra nourishing or hydrating mask tailored to your skin's needs.

HAND MASK

Pamper your hands with a deeply moisturizing mask for soft, smooth, and rejuvenated skin.

AMPOULE

Intensify your treatment with a concentrated ampoule, selected individually to address your skin concerns.

EYE PATCHES

Soothe and refresh the delicate eye area with hydrating and revitalizing patches.



PACKAGES
HAPPY HOURS
MONDAY- THURSDAY
12:00-15:00

DAYSPA TO BE NATURAL

A FULL-BODY SEA BUCKTHORN SCRUB EFFECTIVELY AND THOROUGHLY
CLEANSES THE SKIN, LEAVING IT SOFT AND BEAUTIFULLY RENEWED. IT
PREPARES THE SKIN FOR THE NEXT STEP - A NOURISHING SHEA BUTTER
MASSAGE WITH A FRESH CITRUS FRAGRANCE

300PLN / 60MIN

DAYSPA TO BE SMOOTH

FULL BODY SALT SCRUB COMBINED WITH RELAXING BACK MASSAGE

230PLN / 55MIN

DAYSPA TO BE GLAMOROUS

A GENE0 FACIAL TREATMENT DELIVERING AN INSTANT EFFECT OF
REJUVENATED, FIRM, AND NATURALLY SMOOTH SKIN THROUGH
SIMULTANEOUS EXFOLIATION, NOURISHMENT, AND OXYGENATION

300PLN / 40 MIN

DAYSPA TO BE TOUCHED

A TARGETED MASSAGE FOCUSING ON SELECTED PAINFUL AREAS OF THE
BODY, ENHANCED WITH TRIGGER POINT THERAPY USING ACOUSTIC WAVE
TECHNOLOGY

300PLN / 50MIN

GRANO SPA
place to be

FEEL FREE TO CONTACT AND BOOK
INTERNAL NUMBER 8080 OR +48 58 582 89 80

GRANO.SOLMARINA.SPA@GRANOHOTELS.PL