
SPA

MENU

ENG





Grotta SPA

Grotta Spa was created, inspired by the magic of caves and the natural richness of the Karkonosze Mountains, forming a unique place where nature and luxury blend in perfect harmony. This is a space where signature rituals combine the power of rocks, minerals, brine, and copper, ensuring deep regeneration of both body and mind.

Our offer includes exclusive rituals, individually tailored relaxing massages, and professional facial treatments. Every visit to Grotta Spa is more than just a moment of relaxation - it's a journey to the source of balance and tranquility. The embracing warmth of stones, the beneficial properties of salts and essences, and the energy of nature allow you to immerse yourself in silence and find harmony, far from the city's hustle and daily rush.

Join us at Grotta Spa - a place where nature reveals its secrets, and you rediscover your inner peace.

See you soon!

The Grotta Spa Team

Book your dream treatment now:

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✉ spa@tremonti.pl





Grotta SPA Signature Treatments

Treatments harnessing the power of natural rocks and minerals, designed to deeply relax the body, unblock energy flow, and restore natural balance.

Stone Touch of Karkonosze Mountains

90 min | 520 PLN

HOT STONE MASSAGE, GUA SHA FACIAL MASSAGE, AROMATHERAPY

A unique treatment combining the relaxing effect of hot basalt stones with a Gua Sha facial massage. The warmth of the stones wonderfully eases muscle tension, improves circulation, and brings relief to the entire body. The Gua Sha facial massage stimulates microcirculation, smooths the skin, and gives it a healthy, radiant glow. This stone ritual offers not only deep relaxation but also comprehensive regeneration, restoring harmony to the body and mind.

Mineral Path of Power

60 min | 390 PLN

CHAKRA MASSAGE, ENERGY MASSAGE, AROMATHERAPY

An exclusive treatment that harmonizes the body, mind, and spirit by combining chakra massage, the therapeutic power of minerals, and aromatherapy. Minerals are applied to key energy points, supporting inner balance, while gentle massage techniques release tension and promote the free flow of energy. The experience is enhanced by refined essential oil aromas, ensuring deep relaxation and tranquility.

Basalt Tremonti Trail

35 min | 260 PLN

BACK, FOOT & HEAD MASSAGE, AROMATHERAPY

The treatment begins with aromatherapy, soothing the senses and preparing the body for deep relaxation. A back and neck massage using a warm basalt wand effectively relieves muscle tension and improves circulation. To conclude, a head and foot massage promotes deep tranquility, restoring harmony after an active day, helping to regain strength, and achieving complete relaxation.



Signature Rituals for Her & Him

Inspired by the richness of the Karkonosze caves, our signature rituals, based on copper and brine, combine the power of nature with deep relaxation. These exceptional treatments relax the body, nourish the skin, and restore harmony, using the beneficial properties of minerals. Each ritual is a journey into the world of natural beauty and tranquility, perfect for both Her and Him.

Copper Ritual - For Her

70 min | 450 PLN

SUGAR SCRUB, FULL-BODY MASSAGE WITH COPPER

Inspired by the minerals of the Karkonosze Mountains, the copper ritual begins with a sugar scrub that removes dead skin cells, cleanses the skin, and supports its regeneration. The treatment continues with a nourishing body massage using butter enriched with a copper complex, known for its anti-aging properties. It deeply nourishes the skin and supports collagen synthesis. After the treatment, the skin becomes smooth, firm, and subtly radiant, regaining a healthy, glowing appearance.

Brine Ritual - For Him

70 min | 450 PLN

SALT SCRUB, FULL-BODY MASSAGE WITH BRINE

Inspired by the mystical properties of salt caves, this exclusive ritual for men begins with an iodine-bromine salt scrub, which has powerful detoxifying properties, effectively cleansing the skin, removing dead cells, and promoting regeneration. The treatment continues with a relaxing massage, where butter infused with beeswax and almond oil deeply hydrates, nourishes, and firms the skin, leaving it silky smooth and full of masculine energy.

Touch of Karkonosze

Our unique series of treatments offers a holistic approach to relaxation and regeneration, tailored to your individual needs. We provide treatments for both adults and children, as well as specially designed therapies for expectant mothers, ensuring their safety and comfort. This is the perfect way to relax and restore inner balance in the picturesque surroundings of the Karkonosze Mountains.



Individual Touch of Karkonosze

INDIVIDUAL PARTIAL OR FULL BODY MASSAGE

Back Massage	20 min 160 PLN
Full Body Massage	45 min 300 PLN
Full Body Massage	70 min 390 PLN
Foot Massage with Foot Bath and Scrub	35 min 240 PLN

Our massages are designed for deep relaxation and regeneration, combining soothing techniques with a personalized approach to each person's needs. Our therapist carefully adjusts both the intensity and techniques of the massage, focusing on tense areas of the body to effectively release stress and fatigue.

Karkonosze Moment for Mom

35 min | **250 PLN**

DERMIC SALT, MASSAGE OF NECK, DECOLLETAGE, FACE, AND HEAD

A special treatment for expectant mothers, offering deep relaxation and soothing during pregnancy. Focusing on the neck, décolletage, face, and head, our therapist eases tension, reduces stress, and improves circulation, providing relief to the overburdened parts of the body. The gentle massage techniques also support skin health, helping to moisturize and firm it.

Karkonosze Moment for Children

20 min | **160 PLN**

MELON BACK MASSAGE

A gentle back massage for children using hypoallergenic Shea Butter with a fruity melon fragrance. Designed with the youngest in mind, the treatment gently relaxes tense back muscles, improves circulation, and supports the child's development. It is an excellent way to introduce a child to a state of calm and harmony in the peaceful atmosphere of our spa.

IMPORTANT: Treatment is available for children over 6 years old, only in the presence of a parent or legal guardian. We recommend taking advantage of the option for a joint massage at the same time, in our two-person treatment room.



Face Treatments

Discover the power of nature in our skincare rituals, inspired by the richness of the mountains, the beneficial effects of salt caves, and the healing power of herbs. Each treatment is a harmonious blend of tradition and modern cosmetology, designed for deep regeneration and a radiant complexion.

Discover our skincare lines:

Berkovicz

A line of cosmetics inspired by the richness of Polish mountains, combining natural plant extracts with modern active ingredients like plant stem cells. Thanks to this unique formula, these cosmetics nourish, regenerate, and care for the skin, restoring its healthy glow.

Dermic Salt

A line of cosmetics based on the power of brine, which, due to its high mineralization and natural nourishing ingredients, effectively improves blood circulation and supports skin regeneration. The brine forms a protective „salt coat” on the skin’s surface, providing it with a healthy, radiant appearance.



BERKOVIC
TATRA COSMETICS

REDUKCJA PRZEBARWIEŃ
ANTYOKSYDACYJNE
SERUM ROZJAŚNIAJĄCE
WITAMINA C

- + askantyny
- + glikozyd askorbylu
- + peptyd biometaliczny
- + kompleks 7 ziół górskich

30 ML / 1 FL. OZ.

Vitamin Glow

70 min | 420 PLN

BERKOVICZ, FACIAL MASSAGE, VITAMIN C, ALGAE MASK, HAND MASSAGE

A luxurious treatment that regenerates and restores the skin's glow using antioxidant serum with Vitamin C and an individually selected algae mask that enhances the absorption of active ingredients. A facial massage with Berkovicz products relaxes, improves skin elasticity, and evens out the complexion. The ideal choice for those wanting to brighten their complexion, ensuring a healthy, radiant, and youthful look.

Oxygen Touch of Karkonosze

50 min | 380 PLN

MONDUNIQ, FACIAL MASSAGE, OXYGEN INFUSION

An innovative treatment combining oxygen infusion with a cocktail of active ingredients individually selected for the skin's needs, along with a relaxing facial massage. This treatment oxygenates, moisturizes, and regenerates the skin, giving it a radiant glow and healthy appearance. An excellent choice for those looking for effective skincare and a moment of full relaxation.

Lifting Touch of Karkonosze

60 min | 350 PLN

BERKOVICZ, FACIAL MASSAGE, LIFTING MASSAGE, CREAM MASK, HAND MASSAGE

An exceptional treatment combining lifting facial massage techniques, including the Kobido massage, with luxurious Berkovicz cosmetics inspired by the richness of Polish nature. This treatment intensively firms, smooths, and shapes the contours of the face while relaxing the muscles and improving microcirculation. The perfect choice for those who want to combine deep relaxation with youthful, radiant skin.

Salt Brine Renewal

35 min | 250 PLN

DERMIC SALT, MASSAGE OF THE NECK, DECOLLETE, FACE AND HEAD

A treatment combining a relaxing massage of the face, neck, decollete, and head with intensive care using natural brine. Thanks to its high mineralization, the skin is deeply moisturized, regenerated, and rejuvenated, gaining a healthy and radiant appearance.

Spa Etiquette

Reservation

We encourage our Guests who wish to use the SPA services to make advance reservations to ensure the most convenient appointment. Our qualified staff will provide all necessary information about our services and assist in selecting treatments.

Arrival

Guests are requested to arrive at the SPA at least 5 minutes before the scheduled appointment to complete a consultation form regarding any known intolerances, illnesses, allergies, or pregnancy. The consultation form is required before the first treatment or in case of a change in health status.

Cancellation of reservation

Free cancellation of reservations is possible no later than 4 hours before the scheduled treatment. For cancellations made after this time, the Hotel reserves the right to charge the Guest 50% of the treatment price.

Late arrival

SPA & Wellness reservations are valid for up to 15 minutes past the scheduled time. If a Guest is more than 15 minutes late for a treatment, SPA & Wellness reserves the right to cancel the reservation (with payment still required) or shorten the treatment duration without reducing the service price.

Preparation for the treatment

During body treatments, we kindly ask Guests to undress. To ensure comfort and privacy, disposable underwear is available for both women and men in the treatment room. Guests may also choose to remain in their own underwear if preferred.

Duration of the treatment

The treatment duration includes the time from when the Guest is invited into the treatment room, including time for changing and a brief moment of relaxation after the treatment.

Kids at spa

The SPA treatments are available to adults. Children aged 6 and above may use treatments appropriate for their age only in the presence of a parent or legal guardian. We recommend taking advantage of the opportunity for a joint massage at the same time in our dual treatment room.

Pregnancy

Treatments for pregnant women are offered starting from the 14th week of pregnancy, ensuring full safety and comfort during the treatment. From the first trimester, we can offer safe and relaxing facial care treatments tailored to the needs of expectant mothers.

Grotta SPA is located in building number 5.

