



INewellness

Spa & Wellness Menu

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Massages

NOURISHING FULL BODY MASSAGE

The ritual begins with the subtle art of breathing, which helps to clear the mind and induces a state of blissful relaxation. The next step is a massage with a natural, soothing oil. The treatment is completed by covering the feet and back with a pleasantly heated towel.

(Nourishing massage with elements of classic massage, performed with natural oils and aromas)

350 PLN | 50 min 400 PLN | 70 min

AROMATHERAPY MASSAGE

The ritual begins with the subtle art of breathing, which helps to clear the mind and induces a state of blissful relaxation. The next step is a massage with natural shea butter. The treatment is completed by covering the feet and back with a pleasantly heated towel.

(Relaxing massage based on natural shea butter. It will soothe and relax tense muscles)

 250 PLN | 20 min 350 PLN | 50 min 400 PLN | 70 min

HOT STONE MASSAGE

The ritual begins with the subtle art of breathing, which helps to clear the mind and induces a state of blissful relaxation. The next step is a massage with a delicate herbal oil. The treatment is completed by covering the feet and back with a pleasantly heated towel.

(Warming full body massage with hot stones, based on natural oils, relaxes and relieves muscle tension)

350 PLN | 50 min 400 PLN | 70 min

CHOCOLATE MASSAGE

A relaxing full body massage with natural chocolate, ending with a hot cup of drinking chocolate.

350 PLN | 50 min

RELAXING BACK, SHOULDERS AND NECK MASSAGE

The ritual begins with the subtle art of breathing, which helps to clear the mind and induces a state of blissful relaxation. The next step is a massage with sesame oil. The treatment is completed with a warm buckwheat eye pillow, providing additional relief after the massage.

(Massage based on natural sesame oil with added aromas)

250 PLN | 25 min

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HERBAL STAMP MASSAGE

The ritual begins with the subtle art of breathing, which helps to clear the mind and induces a state of blissful relaxation. The next step is a massage with herbal stamps, prepared from natural, dried herbs. The treatment is completed by drinking natural green tea.

(Massage with herbal stamps, which, when heated, bring relief to tense muscles)

300 PLN | 50 min

THAI FOOT MASSAGE

Thai foot massage with elements of Thai reflexology. It stimulates reflex points on the feet, and as a result, improves the overall health of the body. The treatment is completed by covering the feet with a pleasantly heated towel.

(Foot and calf massage, preceded by a floral bath, relaxes and restores vitality)

200 PLN | 25 min

Body Treatments

FULL BODY SCRUB

An aromatic full body scrub, perfect before a massage, but also as a standalone treatment.

220 PLN | 25 min

BODY RELAX TREATMENT

A moisturizing and relaxing-smoothing body treatment, preceded by dry body brushing, and completed by covering the entire body with a pleasantly heated towel.

360 PLN | 50 min

SEA BUCKTHORN RELAX

An aromatic sugar or salt full body scrub with dried sea buckthorn, combined with a full body massage based on natural oils and aromas, ending with a hair oil treatment and a gentle scalp massage performed with a wooden massager.

450 PLN | 70 min

HAIR OIL TREATMENT

A scalp massage combined with brushing, followed by hair oiling and a scalp massage performed with a wooden massager.

190 - 220 PLN | 25 min

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CARE RITUAL FOR HER (feminine fragrance notes)

An aromatic bath in a whirlpool tub, a full body sugar scrub combined with a relaxing massage, a scalp massage and hair oiling, ending with a fruit cocktail.

990 PLN | 120 min

CARE RITUAL FOR HIM (masculine fragrance notes)

A beer bath in a whirlpool tub, a relaxing full body massage combined with a head and face massage, ending with a beer tasting.

990 PLN | 120 min

VIP SPA (Private spa for two)

VIP SPA SUITE

A romantic enclave for two, combined with an aromatic whirlpool bath, aromatherapy, and a session in the steam room where a natural scrub and shea butter are available, ending with a glass of wine.

590 PLN | 80 min

AROMA FOR TWO – VIP SPA

An aromatic whirlpool bath, access to the dry and steam sauna, combined with aromatherapy. A relaxing full body massage for two, based on natural oil in a double room, all ending with a bottle of wine and a fruit platter.

990 PLN | 120 min

Baths

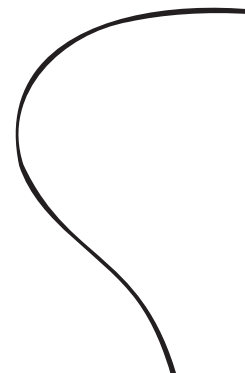
AROMATIC BATH WITH ESSENTIAL OILS

160 PLN | 25 min

BEER BATH

A beer bath in a whirlpool tub, ending with a beer for tasting.

180 PLN | 25 min





Facials

CAVITATION PEELING

Facial cleansing using ultrasound, makeup removal, cavitation peeling, mask or ampoule, cream.

290 PLN | 45 min

CAVITATION PEELING (add-on to a treatment)

60 PLN | max 20 min

KOBIDO

Japanese facial massage that slows down the skin's aging processes, ending with drinking green tea.

390 PLN | 60 min

FACE MASSAGE

Face, neck and décolletage massage, based on natural oils.

220 PLN | 25 min

AGE ELEMENT

Reduces existing signs of aging and prevents the formation of new ones.

490 PLN | 45 min

ANTI STRESS CALM TOUCH

A soothing and irritation-relieving treatment that restores the skin's balance and calms it. In combination with a massage, it has a draining and detoxifying effect on the facial skin. Dedicated to vascular, rosacea-prone, or irritated skin types.

450 PLN | 50 min

PURE RENEWING

A cleansing treatment for oily, combination, and imperfect skin, refreshes and has a sebum-regulating effect.

450 PLN | 50 min

ANTI AGING FLASH

A strong lifting treatment that remodels the facial oval. Additionally, it deeply moisturizes and evens out the skin tone, ideal as a "red carpet" treatment.

500 PLN | 50 min



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GLOW FLASH

A brightening, rejuvenating treatment that eliminates skin dullness and evens out its tone.

550 PLN | 50 min

SKINRETIN

A repairing and rejuvenating treatment. The combination of exosomes with various forms of retinol provides a feeling of refreshment, smoothes the skin, and reduces wrinkles / a manual treatment or performed with a Dermapen.

390 PLN | 30 min 490 PLN | 45 min

MESOECLAT

Immediate action on the signs of skin aging, for all skin types. It gives an immediate effect of smooth, firm, and radiant skin, with a visible rejuvenation effect from the very first treatment.

490 PLN | 50 min

GLOBAL EYECON

A treatment for the eye area, reduces dark circles and puffiness under the eyes, choice of a session with an acid peel or a session with microneedling.

280 PLN | 25 min 380 PLN | 45 min

MICRONEEDLE MESOTHERAPY

An individually tailored acid peel with a cocktail suited to your skin's needs, with a choice of a microneedling or manual session, finished with a mask and cream.

450 PLN | 60 min 650 PLN | 90 min

Hands and feet

MANICURE WITHOUT POLISH (with conditioner)

120 PLN | max 50 min

PEDICURE WITHOUT POLISH WITH CONDITIONER

140 PLN | max 70 min

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PEDICURE DELUXE

Scrub, mask, cream, all combined with a foot massage.

260 PLN | max 90 min

NAIL PAINTING WITH GEL OR REGULAR POLISH

60 PLN | max 30 min

REMOVAL OF GEL POLISH

40 PLN | max 30 min

MANICURE DELUXE

Scrub, mask, cream, all combined with a hand massage.

190 PLN | max 60 min

Brows & Lashes

EYEBROW TINT

40 PLN | max 20min

EYELASH TINT

40 PLN | max 20 min

FULL TINT (BROWS & LASHES)

80 PLN | max 40 min

EYEBROW SHAPING

30 PLN | max 10 min

EYEBROW LAMINATION

190 PLN | max 60 min



KIDS SPA – 4-14 years (under parental supervision)

NAIL PAINTING

Nail painting with water-washable kids' polish.

60 PLN / max 30 min

CHOCOLATE BACK MASSAGE

Massage with natural warm chocolate, ending with drinking warm milk chocolate.

160 PLN | 20 min

FRUITY BACK MASSAGE

Massage based on natural fruit oils, ending with a fruit tea or lemonade.

160 PLN | 20 min

Physiotherapy

MEDICAL CONSULTATION

200 PLN | 1 os.

LOCAL CRYOTHERAPY

40 PLN | max 5 min

MUD PACK

50 PLN | max 20 min

minLASER THERAPY

30 PLN | max 10 min

minSOLLUX LAMP

30 PLN | max 15 min

MAGNETOTHERAPY

40 PLN | max 10min

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TENS THERAPY

40 PLN | max 10 min

BRINE BATH WITH HYDROMASSAGE

100 PLN | max 20 min

PACKAGE OF 10 PHYSIOTHERAPY TREATMENTS

Excluding brine bath, mud, and massage.

260 PLN / max 10 treatments

* a medical consultation is required when purchasing the package



Treatments for women during and after pregnancy
WE DO NOT PERFORM TREATMENTS
DURING THE FIRST TRIMESTER OF PREGNANCY



REGULATIONS

THE VISIT

To ensure your comfort during your visit to SPA & WELLNESS, we recommend arriving at the reception 10 to 15 minutes before your scheduled appointment. If you arrive late, the treatment may be shortened without the possibility of a price reduction.

ATTIRE

Please come to the SPA & WELLNESS in the bathrobe provided in your room. For non-hotel guests, the SPA & WELLNESS reception will provide you with slippers and a bathrobe, as well as all necessary information regarding preparation for the treatment. Please come to the treatment without jewelry.

HEALTH CONDITION

Before the treatment, please fill out a confidential questionnaire regarding your health and lifestyle. If you are unsure about any health contraindications, you should consult a doctor and bring a medical certificate with you. During the consultation with the therapist, please inform them of any ailments and health problems in order to select the appropriate treatment.

PREGNANCY AND POSTPARTUM PERIOD

When booking, please provide all necessary information regarding your pregnancy so that we can select the appropriate treatment. Manicure and pedicure are the only treatments we perform during the first trimester of pregnancy.

SPA & WELLNESS ETIQUETTE

The use of mobile phones and other electronic devices is prohibited in the SPA & WELLNESS. Smoking is prohibited on the premises of the SPA & WELLNESS. If needed, ask for directions to the outdoor smoking area. A bathrobe and slippers are required in all areas throughout your stay at the SPA & WELLESS. Out of respect for other guests, please keep quiet and minimize noise.

SALE OF COSMETICS

To prolong and complement the effects of your care, we offer the opportunity to purchase products that allow you to continue the therapy at home.

RESERVATION AND PAYMENT METHODS

We recommend booking treatments in advance to avoid disappointment due to lack of availability. To make an appointment, please call us: +48 94 35 34 640 or send an e-mail to: wellness@marinehotel.pl. The prices quoted are gross prices in PLN. SPA & WELLNESS reserves the right to change prices.

CANCELLATION

We understand that plans can change, so it is possible to cancel a reservation up to 12 hours before the scheduled treatment at no cost. In the event of a cancellation 12 hours or less before the scheduled visit, the SPA & WELLNESS reception reserves the right to charge the guest's account for 50% of the treatment value.

CHILDREN AND TEENAGERS IN THE SPA & WELLNESS

The VIP SPA zone is for guests over 18 years of age. Treatments for children aged 8-13 are performed in the presence of legal guardians.

VOUCHER

A voucher is an open ticket to an oasis of peace and relaxation. Choose an amount or a treatment from our offer and give a unique gift to your loved ones, colleagues, or business partners. Ask for details at the SPA & WELLNESS reception.

The Hotel reserves the right to change the opening hours of the spa.

