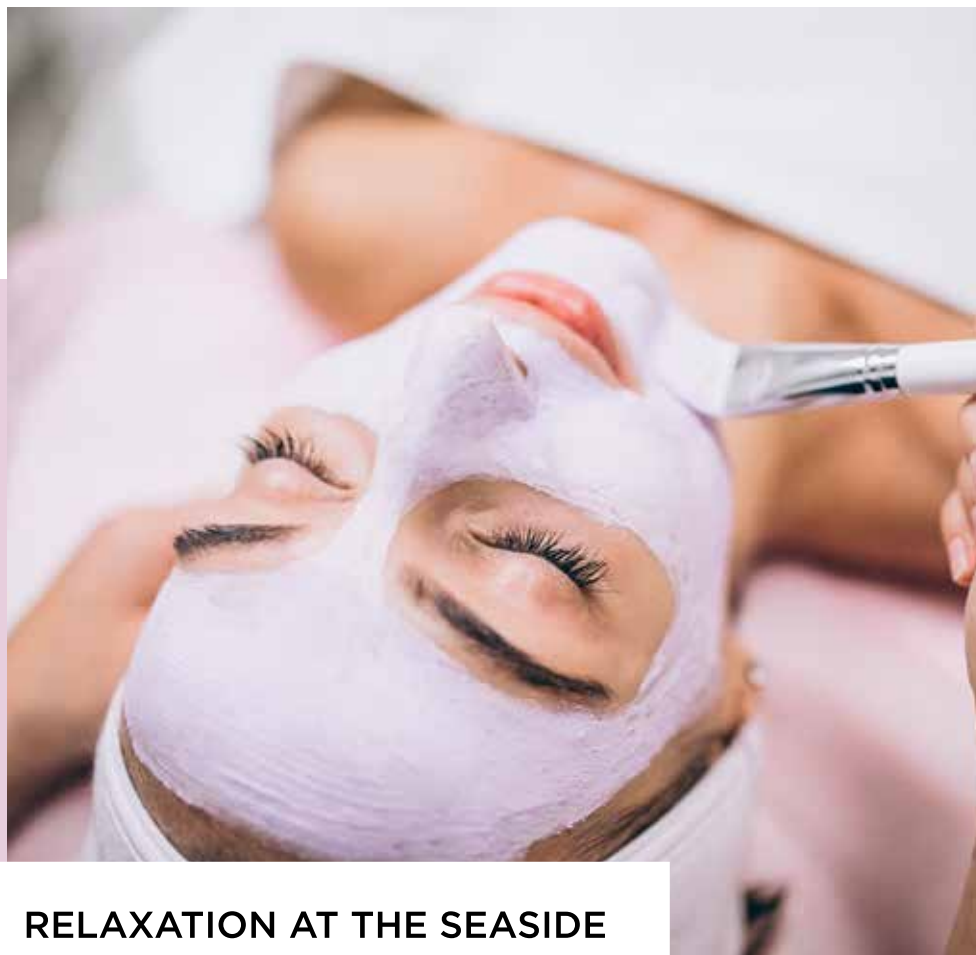




GRAND LUBICZ / SPA

RELAXING JOURNEY FOR YOUR BODY, MIND AND SOUL...



RELAXATION AT THE SEASIDE



Our modern SPA & Wellness Zone in the Grand Lubicz Hotel is a spacious oasis of peace and harmony, a fruit of a passionate fusion between the beauty of body and the beauty of soul.

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FACE

FACE TREATMENTS

Intracutaneous rejuvenate - rejuvenating treatment

This treatment is based on the oxygen infusion. With the power of pure hyperbaric oxygen, it introduces active substances deep into the skin. The combination of low-molecular hyaluronic acid, vitamins A, C, E and green tea rejuvenates, moisturises the skin and reduces smaller wrinkles.

50 min. / 550 PLN
two ampoules - 75 min. / 930 PLN

Regenerating treatment with vitamin C

An intensive antioxidant treatment which strengthens blood vessels, removes discolourations, makes the skin radiant and beautiful. The active ingredients are vitamin C as well as rose hip, lemon and orange extracts.

50 min. / 440 PLN

Anti-wrinkle treatment with retinol

Stimulates the production of collagen, elastin and hyaluronic acid, protects against free radicals, makes the skin brighter and boosts the cellular regeneration. The active ingredients are retinol and a milk peptide complex.

50 min. / 460 PLN

Detox treatment with hydrogen purification

Restores the right balance to oily and combination skin. Removes excess sebum and reduces the visibility of skin pores. The main ingredients are mandelic acid and clay.

50 min. / 370 PLN



HEAD AND FACE MESSAGES

Kobido

/ with a moisturising mask

A Japanese face lifting massage, perfect alternative for the aesthetic medicine.

60 min. / 270 PLN

75 min. / 350 PLN

Shiroabhyanga

This Ayurvedic massage shows excellent therapeutic properties. A soothing, relaxing procedure which improves the skin condition and stimulates hair growth.

40 min. / 260 PLN

Relaxing face, neck and neckline massage

Perfect for everyone. These slow, pleasant movements are deeply relaxing. A true stress killer.

25 min. / 140 PLN



CHOOSE YOUR CARE PATH

ADDITIONS TO FACE TREATMENTS / DURING A TREATMENT

Hydrogen purification

Molecules of active hydrogen purify and mattify the skin.
The procedure effectively neutralises free radicals.

max. 15 min. / 120 PLN

Manual cleansing

15 min. / 80 PLN

Ferulic acid with vitamin C

Ferulac with vit. C – an anti-oxidation treatment with vitamin C and ferulic acid.
Can be performed whatever the season. Does not cause skin exfoliation. As a result, your skin becomes radiant, firm, full of healthy shine. Discolourations are gone and small wrinkles are visibly reduced.

170 PLN

Mandelic acid

Perfect for the skin which needs refreshing and cleansing.
Does not cause skin exfoliation. Can be performed whatever the season.

170 PLN

Mandelic acid and ferulic acid

This treatment reduces discolourations, makes your skin firm and fresh.
Perfect as a form of preparing your skin for aesthetical cosmetology procedures

220 PLN

Under-eye mask

Reduces dark circles and swellings under eyes. Makes the skin brighter, better moisturised and firmer. Its main ingredients are algae, vitamin C and collagen

50 PLN

Lip mask

Reduces the thin lines around lips and perfectly nourishes the skin.
The main ingredients of the mask are hyaluronic acid, collagen and algae.

50 PLN

WELLNESS
& SPA



BODY

BODY RITUALS

BESTSELLER! Ritual by Grand Lubicz - Hemp Ritual

80 min. / 420 PLN

If you're looking for a truly original treatment, this one is tailor-made for you. It includes a scrub based on a certified hemp oil as well as a massage loosening your tense muscles and reducing stress.

Brine ritual

80 min. / 380 PLN

Includes a scrub and a massage. The brine used for this ritual comes from the Ustka Health Resort. It has an extremely beneficial effect on the respiratory and the immune system.

Sea buckthorn ritual

80 min. / 380 PLN

Includes a scrub and a massage with sea buckthorn oil. The high concentration of vitamins and antioxidants makes your skin smooth and well-moisturised.

Slimming-Shaping Ritual

80 min. / 480 PLN

An intensive treatment with draining bandages which removes excess water, shapes the body and smooths out the skin. Perfect against cellulite and adipose tissue.

Ritual of the Season - ask the SPA Reception about the Ritual of the Season.

80 min. / 350 PLN

This ritual is always adapted to the season of the year. The Therapists from the Grand Lubicz SPA create it absolutely on their own. This ritual will be like heaven on earth.

RITUALS FOR TWO

BESTSELLER! Ritual by Grand Lubicz - Hemp Ritual

80 min. / 820 PLN

If you're looking for a truly original treatment, this one is tailor-made for you. It includes a scrub based on a certified hemp oil as well as a massage loosening your tense muscles and reducing stress.

Ustka Waterfall Ritual (bath for two, relaxing massage)

80 min. / 740 PLN

A moisturising brine bath with hydromassage and a massage improving your blood circulation, based on a two-phase brine oil. Makes your skin velvety soft to the touch and well-regenerated.

Brine Ritual (scrub and mask for better blood circulation)

80 min. / 740 PLN

A full-body scrub and a massage improving blood circulation. The cosmetics used for the treatment are based on the brine from the borehole in the Ustka Health Resort.

Sea buckthorn (scrub and relaxing massage)

80 min. / 740 PLN

A luxurious sea buckthorn scrub with cranberry seeds and a relaxing massage with sea buckthorn oil, perfect even for the atopy skin. Pure relaxation for body and soul alike.

FULL BODY MESSAGES

The art of care, relaxation and a healthy lifestyle.



BESTSELLER! Massage by Grand Lubicz with hemp oil

Loosens tense muscles, soothes body and mind.

50 min. / 290 PLN

Classic massage

The therapist will adjust the massage to your needs. The classic massage shows regenerating properties, improves elasticity of muscles and improves blood circulation.

50 min. / 230 PLN

Aroma massage

Ideal for those who are exhausted and live under constant pressure.

50 min. / 240 PLN

Aromatherapeutic massage

Personalised therapeutic massage.

50 min. / 260 PLN

25 min. / 180 PLN

Hot stone massage

A combination of the classic massage and properly heated basalt stones. Warms up the body, loosens tense muscles and boosts blood circulation.

50 min. / 260 PLN

Relaxing massage with sea buckthorn oil

Based on the luxurious sea buckthorn oil. The power of vitamins A, E and E regenerates and moisturises the skin.

50 min. / 250 PLN

Firming-loosening massage with beech sticks

Makes the skin on legs firm and elastic. Shapes the silhouette, loosens the remaining body parts. Shows healing and relaxing properties.

50 min. / 270 PLN

Udvaartana massage

An Ayurvedic massage with detoxifying, slimming anti-cellulite properties. Based on a combination of powdered herbs with warm sesame oil.

50 min. / 320 PLN

80 min. / 390 PLN

Abhyanga massage

Abhyanga is an Ayurvedic massage of the whole body. Literally translated, its name means "anointment", i.e. when oil is massaged into the skin. Here, we use warm sesame oil. This massage aims at relaxing you and restoring the energetic balance to your whole body.

50 min. / 320 PLN

80 min. / 390 PLN

Lomi Lomi massage

A unique treatment from the Hawaii. Restores the right balance between body, mind and soul. Typical for this procedure are long, smooth movements, mostly performed with forearms.

50 min. / 320 PLN

80 min. / 390 PLN

BODY SCRUBS

Brine scrub

30 min. / 180 PLN

Natural exfoliating particles and brine improve the blood supply and appearance of your skin.

Sea buckthorn scrub

30 min. / 180 PLN

Makes your skin radiant and firm again.

PARTIAL MESSAGES

Back massage

25 min. / 160 PLN

A relaxing anti-stress massage.

Foot massage

25 min. / 140 PLN

Soothes and regenerates your tired feet, making them fresh and light again.

Foot reflexology

50 min. / 240 PLN

Restores the biological harmony to your body by stimulating or calming down the receptors on your feet.

Thai foot massage

50 min. / 240 PLN

The Thai foot massage is a combination of massage and acupressure with a wooden stick. Helps to remove toxins from your body.

ADDITIONS TO BODY TREATMENTS

/ DURING A TREATMENT

Hand mask

80 PLN

A mask in form of gloves. A perfect crowning of a massage or a body treatment. Moisturises and nourishes the skin, does not make epidermis peel, makes the skin smooth.

/ If you purchase both additions (hand mask and foot mask)

the price is PLN 120

Foot mask

80 PLN

A mask in form of socks. A perfect crowning of a massage or a body treatment. Moisturises and nourishes the skin, does not make epidermis peel, makes the skin smooth.

/ If you purchase both additions (hand mask and foot mask)

the price is PLN 120



SPA FOR PREGNANT LADIES AND NEWLY MINTED MUMS*

Bella Mamma Massage

40 min. / 240 PLN

A gentle, relaxing and safe massage for pregnant women and newly minted mothers.

*Can be given from the end of the first trimester up to the end of the 7th month of pregnancy.

Bella Mamma Ritual

80 min. / 380 PLN

A moisturising body treatment which makes your skin elastic and calms down your mind after a busy day.

*Can be given from the end of the first trimester up to the end of the 7th month of pregnancy.

SPA FOR CHILDREN**

Sea buckthorn back massage

20 min. / 130 PLN

A nourishing, citrus-smelling back massage for children over the age of 5 years.

Chocolate back massage

20 min. / 130 PLN

Based on real chocolate. Perfect for children over the age of 5 years.

Fragrant bubble bath

20 min. / 130 PLN

A fragrant bath for children over the age of 5 years.

**A parent or a guardian must be present.



REST AND RELAXATION



AESTHETIC MEDICINE

Plasma mesotherapy

approx. 45 min. / 550 PLN

A treatment using plasma obtained from the centrifuged blood of the patient. After the treatment, wrinkles are smoothed out, the skin is firm, moisturised and revitalised. The procedure is preceded by anaesthesia.

Mesotherapy for the face Aquashine BTX

approx. 50 min. / 750 PLN

An innovative anti-ageing method with peptides and hyaluronic acid. Mesotherapy moisturises the skin, reduces wrinkles and discolourations, makes your skin firm. The procedure is preceded by anaesthesia.

Eye area mesotherapy - Revitalise

approx. 40 min. / 440 PLN

A 100% safe and effective mesotherapy of the eye area. Makes your skin firm, well-moisturised and radiant. The main ingredient of the preparation used is the non-cross-linked hyaluronic acid.

Dermapen

approx. 50 min. / 450 PLN

A skin microneedling treatment. For the purpose, a special device with an ampoule is used. Stimulates the production of collagen and elastin. Your skin is nourished and much firmer, wrinkles are reduced. At the end, a soothing mask is applied.

Fractional laser

approx. 50 min. / 350 PLN

This treatment remodels the tissues, as a result of which the skin becomes firmer, wrinkles are visibly reduced, skin pores are less visible, the skin is not shiny and scars are shallower. After the treatment, a special soothing mask is applied.

MACHINE TREATMENTS

Liporadiology

approx. 20 min. / 120 PLN

A fusion of the vacuum technique, radiofrequency technology, roll massage and vibrations. Helps to reduce cellulite and improves the skin firmness. Intended for the following body parts: thighs, buttocks, calves, abdomen or arms.

Cryolipolysis

1 application approx. 30 min. / 120 PLN

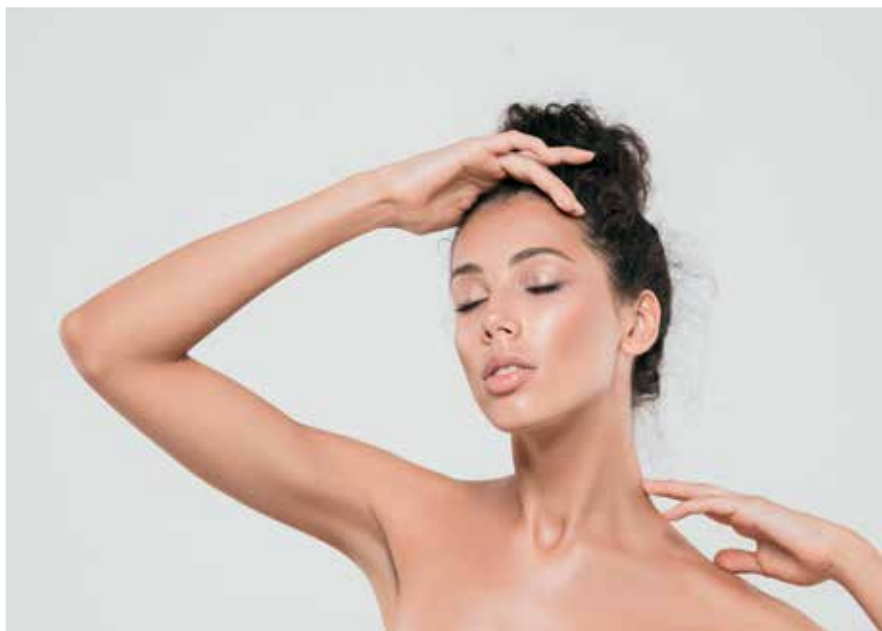
Consists in reducing the adipose tissue by cooling it down.

TOUCH OF BEAUTY

Classic manicure	45 min. / 100 PLN
Hybrid manicure	50 min. / 120 PLN
Classic pedicure	45 min. / 150 PLN
Hybrid pedicure	55 min. / 170 PLN
Hybrid removal	20 min. / 30 PLN
Powder henna of eyebrows	35 min. / 100 PLN
Classic henna of eyebrows	15 min. / 35 PLN
Henna and plucking of eyebrows	20 min. / 45 PLN
Henna of eyebrows and eyelashes with eyebrow plucking	30 min. / 65 PLN
Lamination and lifting of eyelashes	55 min. / 200 PLN
Eyebrow lamination with henna	45 min. / 180 PLN
Paraffin bath for hands	25 min. / 50 PLN

„OUR MAIN VALUES ARE A SHARED
SENSE OF PURPOSE, LOYALTY
AND WORKING IN A GREAT ATMOSPHERE,
WHICH WE TRY TO CREATE FOR YOU,
DEAR GUESTS”.

SPA& MEDICAL RESORT
GRAND LUBICZ TEAM





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GRAND LUBICZ / SPA