



GRAND LUBICZ / SPA

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

“The whole
POWER
comes
from within”

Menu SPA

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Body

full body massages

Classic massage

The therapist adjusts the massage to the individual needs of the Client. The classic massage regenerates, improves the elasticity of muscles and boosts blood circulation. It is a medium power massage.

Hot Stone Massage

Combines the relaxing massage techniques with properly heated basalt stones. Warms up the body, loosens tight muscles and boosts blood circulation.

Relaxing AROMA massage with shea butter

A perfect idea for people being exhausted and coping with constant stress. Provides deep moisturisation and nourishes your skin.

Sleep Tight Hemp Massage

Loosens tense muscles, soothes body and mind. Perfect for sensitive skin.

Sea Buckthorn Love relaxing massage

This massage is based on the luxurious sea buckthorn massage. Thanks to the richness of vitamins A, C and E, it shows excellent regenerating properties. Recommended for atopic skin.

LOMI SPA massage

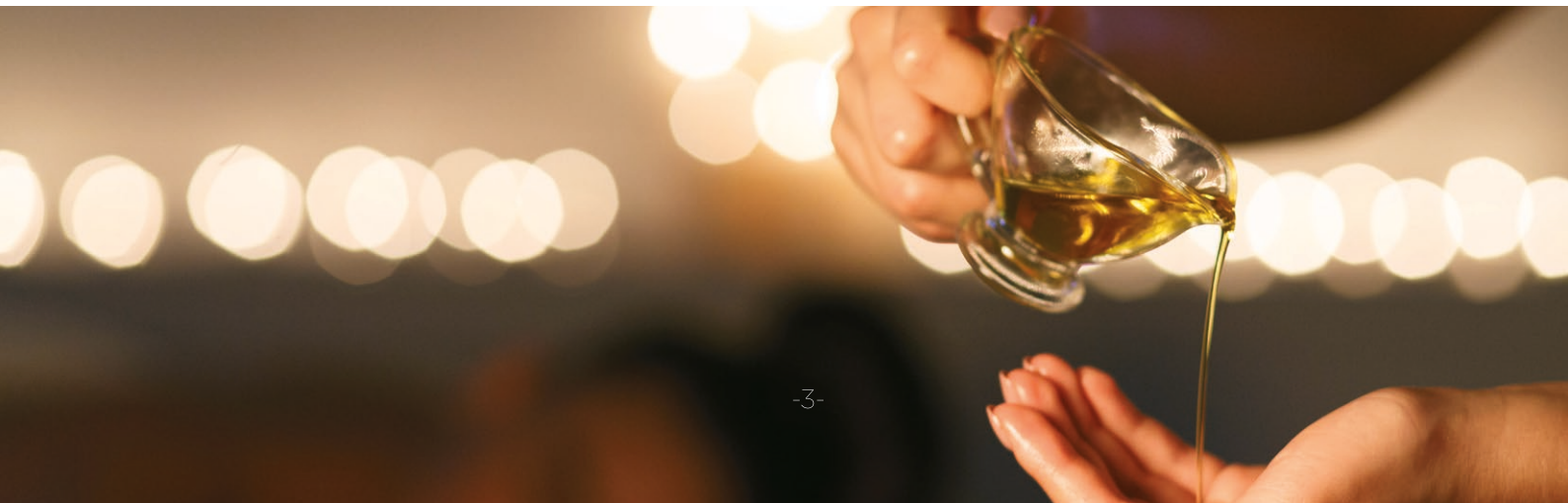
A unique body procedure coming from the Hawaii. Helps to restore the lost balance between body, soul and mind. The characteristic feature of this massage are long and smooth movements performed mostly with forearms.

Udvardhana massage

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

Abhyanga massage

Abhyanga is an Ayurvedic full body massage. If translated literally, its name means 'anointing', i.e. massaging oil into the body. Performed with warm sesame oil. The massage aims at bringing relaxation and restoring the energetic balance within the body.



Partial

massages

Back massage

A relaxing massage against stress.

Foot massage

Shows soothing and regenerating properties, makes your feet light again.

Foot reflexology

Restores the biological balance within the body by stimulating and calming receptors on your feet.

Thai foot massage

The Thai foot massage is a combination of a massage with acupressure performed with a wooden stick.

This massage helps to eliminate toxins from the body.

Shiroabhyanga massage

An Ayurvedic head massage. Aims at loosening the area of head, neck and arms. Perfect for those being exposed to chronic stress.

Face

massage

Signature lifting face massage

This massage has been based on the knowledge and skills of the Grand Lubicz therapists. It is a fusion of brushing, cupping, lifting and deep relaxation.

Kobido

This Japanese massage works like a lifting treatment. A splendid alternative to aesthetic medicine. Improves thickness and firmness of skin.

Relaxing face-neck-neckline massage

Ideal for everyone. These peaceful, pleasant movements bring profound relaxation and significantly reduce stress.

For pregnant women and new mums

Massage with sea buckthorn oil for pregnant women and new mums*

A gentle and relaxing massage, safe both
for pregnant women and new mums.

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



The art of care, relaxation
and a healthy lifestyle.



Additions to treatments

/ hand mask

/ foot mask

/ face mask

Rituals

Seasonal ritual

This seasonal ritual consists of a scrub with shea butter and a relaxing shea butter massage. Provides deep relaxation for body and mind alike.

Anti-cellulite ritual

This anti-cellulite ritual is composed of a fine scrub which boosts blood circulation and cleanses your skin. The scrub prepares your skin for an anti-cellulite massage with orange-cinnamon oil. It ends with a cooling serum which improves blood circulation and restores the lightness of legs.

Scrubs

Salt citrus scrub for better blood circulation

A scrub composed of 100% naturally derived ingredients, rich in vitamins A, B, C and D with an energetic citrus fragrance. Not only does this scrub remove dead epidermis cells, but it also improves blood circulation.

Seasonal scrub

A wonderfully smelling scrub, the fragrance and consistence of which change depending on the current season.

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.

Price list

BODY / FULL BODY MESSAGES

Classic massage	up to 50 min./250 PLN
Hot Stone Massage	up to 50 min./270 PLN
Relaxing AROMA massage	upto 50 min./260 PLN
Hemp Massage	up to 50 min./280 PLN
Sea Buckthorn Love	up to 50 min./260 PLN
LOMI SPA massage	up to 50 min./320 PLN up to 80 min./390 PLN
Udvertana massage	up to 50 min./330 PLN up to 80 min./410 PLN
Abhyanga massage	up to 50 min./330 PLN up to 80 min./410 PLN

BODY / PARTIAL MESSAGES

Back massage	up to 25 min./170 PLN
Foot massage	up to 25 min./160 PLN
Foot reflexology	up to 50 min./290 PLN
Thai foot massage	up to 50 min./290 PLN
Shiroabhyanga massage	up to 40 min./260 PLN

FACE MESSAGES

Signature lifting face massage	up to 50 min./270 PLN
Kobido	up to 60 min./270 PLN *with a moisturising mask up to 75 min./350 PLN
Relaxing face-neck-neckline massage	up to 25 min./160 PLN

FOR PREGNANT WOMEN AND NEW MUMS

Massage with sea buckthorn oil	up to 40 min./260 PLN
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RITUALS

Seasonal ritual	80 min./350 PLN
Anti-cellulite ritual	80 min./480 PLN

SCRUBS

Salt citrus scrub	up to 30 min./160 PLN
Seasonal scrub	up to 30 min./160 PLN

ADDITIONS TO TREATMENTS

hand mask	/during a treatment 80 PLN
foot mask	/during a treatment 80 PLN
face mask	/during a treatment 80 PLN

*2 masks combined 120 PLN, 3 masks combined 150 PLN

MASSAGES FOR CHILDREN AGED 6-11 YEARS

Chocolate back massage	20 min./150 PLN
Fruit back massage	20 min./150 PLN
Colourful bubbles	20 min./150 PLN

MASSAGE FOR TEENAGERS AGED 12-18 YEARS

Relaxing massage with shea butter	40 min./230 PLN
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OXYGEN INFUSION

Intraceuticals rejuvenate – rejuvenating treatment	50 min./550 PLN
- two ampoules	75 min./930 PLN

Oxygen infusion with face massage and vitamin C	50 min./340 PLN
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Oxygen infusion combined with a face massage and an anti-ageing firming ampoule DMAE	50 min./340 PLN
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Head oxygen infusion combined with head massage	50 min./380 PLN
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WHITE COSMETOLOGY

Regenerating treatment	50 min./440 PLN
Rejuvenating treatment	50 min./420 PLN
Anti-smog detoxifying treatment	50 min./440 PLN

NEEDLE TREATMENTS

Dermapen	up to 50 min./450 PLN
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Aquashine PTX mesotherapy	up to 50 min./750 PLN
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Mesotherapy for the eye area	up to 50 min./400 PLN
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Tissue stimulator for the face	up to 50 min./900 PLN
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Tissue stimulator for the eye area	up to 50 min./680 PLN or 1100 PLN
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DMAE mesotherapy for a given body part	- 1 ampoule up to 50 min./650 PLN - 2 ampoules up to 80 min./950 PLN
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Artichoke mesotherapy for a given body part	- 1 ampoule up to 50 min./450 PLN - 2 ampoules up to 80 min./700 PLN
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Fractional laser	approx. 50 min./od 200 PLN
/ face	450 PLN
/ neck and neckline	400 PLN
/ hands	200 PLN
/ body 1 area	400 PLN
/ removal of fibroma	1 pc 60 PLN

FACE TREATMENT ADDITIONS

Manual cleansing	15 min./80 PLN
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Ferulic acid with vitamin C	/during a treatment 170 PLN
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Mandelic acid	/during a treatment 170 PLN
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Combination of mandelic acid and ferulic acid	/during a treatment 220 PLN
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Combination of succinic and ferulic acid	/during a treatment 220 PLN
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Eye area mask	/during a treatment 50 PLN
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Lip area mask	/during a treatment 50 PLN
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TOUCH OF BEAUTY

Powder eyebrow henna	35 min./100 PLN
Classic eyebrow henna	15 min./35 PLN
Eyebrow plucking	15 min./30 PLN
Eyebrow henna with plucking	20 min./45 PLN
Henna of eyebrows and eyelashes with eyebrow plucking	30 min./65 PLN
Eyelash henna	30 min. /35 PLN
Eyelash lamination and lift	55 min. /200 PLN
Paraffin bath for hands	25 min./50 PLN

BEAUTIFUL HANDS AND FEET

Manicure for men	45 min./110 PLN
Classic manicure	50 min./110 PLN
Hybrid removal + classic manicure	50 min./120 PLN

HYBRID MANICURE / without hybrid removal

1 colour	80 min./130 PLN
French/babyboomer/nail embellishments	80 min./140 PLN

HYBRID MANICURE / with hybrid removal

1 colour	110 min./150 PLN
French/babyboomer/nail embellishments	110 min./160 PLN

GEL NAILS / gel nail extensions

1 colour	140 min./190 PLN
nail embellishments	140 min./220 PLN

/ gel nail replenishment

1 colour	110 min./150 PLN
French/babyboomer/nail embellishments	110 min./160 PLN

Nail repair	20 min./40 PLN
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Broken nail extension	15 min./30 PLN
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PEDICURE

/ milling pedicure without painting	50 min./110 PLN
/ pedicure with classic nail polish	80 min./150 PLN

HYBRID PEDICURE	80 min./160 PLN
/ 1 colour, painting only	50 min./120 PLN
/ with hybrid removal	110 min./180 PLN

Massage

for children aged 6-11 years

Chocolate back massage*

Perfect for children aged 6-11 years. Performed with real chocolate.

*the treatment ends with a sweet surprise :)

Fruit back massage

Intended for children aged 6-11 years. Performed with a fragrant fruit oil.

Colourful bubbles

This fragrant bath with colourful bubbles is intended for children aged 6-11 years.

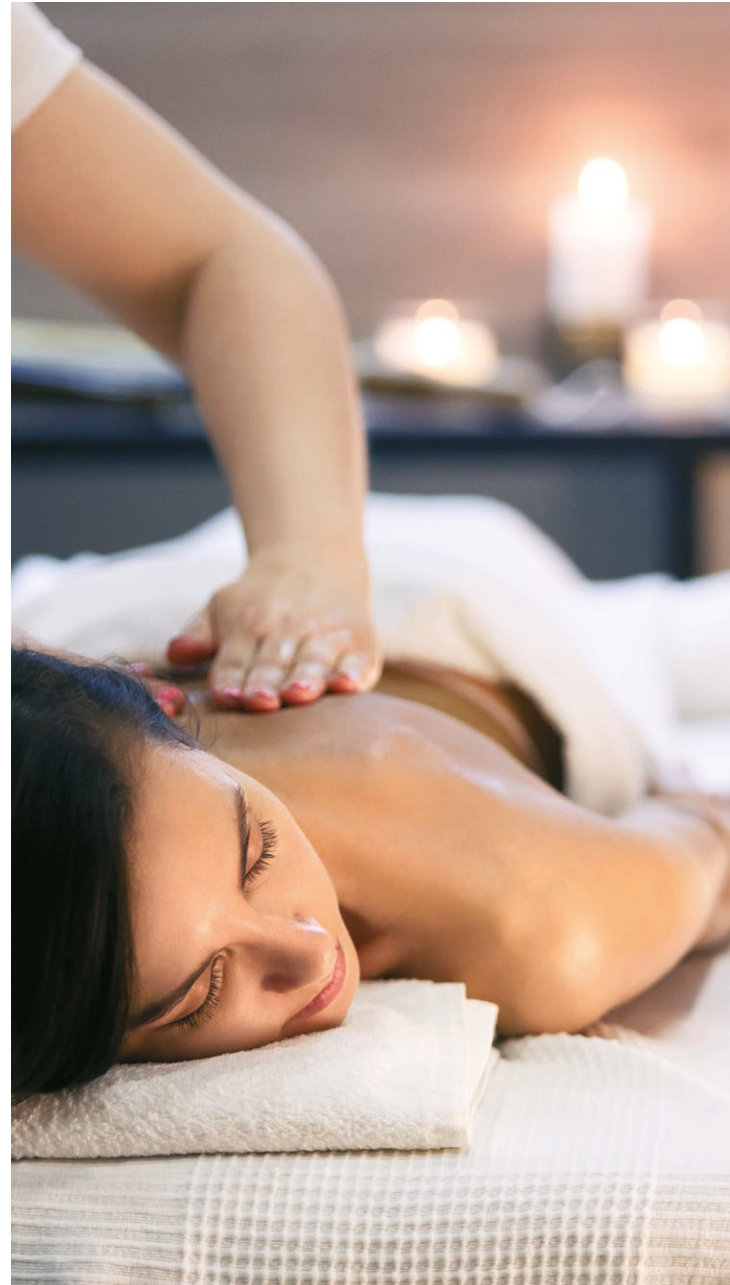
*the child must be attended by their parent/guardian during the bath.

Massage

for teenagers aged 12-18 years

Relaxing massage with shea butter

A relaxing massage with shea butter, the scent of which is always carefully adapted to the current season. The massage loosens tense muscles and brings blissful relaxation.



Face

oxygen infusion

Intraceuticals rejuvenate – rejuvenating treatment

This treatment is based on the so called oxygen infusion. Using pure hyperbaric oxygen, it introduces active ingredients deep into the skin. The treatment combines low-molecular hyaluronic acid, vitamins A, C and E as well as green tea, providing thereby instant rejuvenation, hydration and reduction of smaller wrinkles. Your skin is now thick and firm.

Oxygen infusion with face massage and vitamin C ampoule

Consists of our signature massage and an ampoule with a 20% vitamin C, introduced into the skin using an oxygen infusion machine. It brightens up your skin and boosts its collagen production. Furthermore, it also strengthens blood vessels. It is a year-round treatment which protects your skin against sunburn and brightens it up.

Oxygen infusion combined with a face massage and an anti-ageing firming ampoule DMAE

Consists of our signature face massage and introducing an ampoule with DMAE (dimethylaminoethanol) by means of oxygen infusion deep into the skin. The treatment improves the firmness of skin, has a lifting effect and corrects the face oval.

Head oxygen infusion combined with head massage

The treatment consist of a head massage and an ampoule with biotin and vitamin B6 introduced into the skin by means of oxygen infusion. It is a universal treatment which nourishes hair bulbs and reduces hair loss.

Face

white cosmetology

Regenerating treatment with vitamin C

This treatment is strongly antioxidant, strengthens blood vessels and evens out the skin colour, making your complexion radiant. The active ingredients applied are vitamin C and rosehip-lemon-orange extract. The treatment comprises a peel, a relaxing massage and a mask with vitamin C.

Rejuvenating treatment with snail mucus

The treatment consists of a peel, a face cupping massage performed with a silicone cup, a manual lifting massage with snail mucus and an osmotic mask. Intended for every skin type. As a result, your skin is smooth, well-moisturised and firm as well as has an even skin colour.

Anti-smog detoxifying treatment

This treatment consists of an acid peel, the therapeutic mud, manual cleansing and an osmotic mask. Intended for polluted skin with blackheads. As a result, your skin pores are cleansed and your skin is radiant again.

Face

needle treatments*

Dermapen

This treatment consists in micro-punctures of skin by means of a device combined with an ampoule. It stimulates the production of collagen and elastin in skin, which makes it well-nourished and firm as well as reduces wrinkles. Ends with a soothing mask.

Aquashine PTX mesotherapy

An innovative anti-ageing method using peptides and hyaluronic acid. The advantages of mesotherapy are amongst others: strong skin moisturisation, reduction of wrinkles and improvement of skin firmness.

Mesotherapy for the eye area - against bruising and puffiness

An innovative method using foxglove which reduces puffiness and dark circles under eyes. The treatment is performed with modern needles that do not cause bruises.

Tissue stimulator for the face**

A preparation intended for biorestructuring of the facial skin. Nucleofill Strong is used primarily in areas of dehydrated, flabby skin as a preparation for an instant and minimally invasive facelift. Contains polyclotides.

Recommendations for use as recommended by the manufacturer:

- / flabby and dehydrated facial skin,
- / correcting medium to deep wrinkles in the area of neck and neckline,
- / reducing nasolabial furrows.

Tissue stimulator for the eye area**

A preparation for skin biorestructuring, containing highly purified polynucleotides of natural origin, designed to improve the nutrition of very delicate and thin skin in the eye area. The treatment works on three levels: lifting, anti-oxidation, hydration.

Recommendations for use as recommended by the manufacturer:

- / flaccidness of skin,
- / fine lines and wrinkles, including crow's feet,
- / dark circles under the eyes,
- / pre- and post-treatment (lifting, blepharoplasty),
- / post-treatment (laser resurfacing).

DMAE mesotherapy for a given body part

Mesotherapy for a given body part containing dimethylaminoethanol. The mesotherapy aims at improving the skin firmness and making it less flabby.

Mesotherapy can be applied to the following body areas: abdomen / thighs / arms.

Artichoke mesotherapy for a given body part

Mesotherapy for a given body part containing artichoke extract. Aims first and foremost at reducing cellulite.

The artichoke extract mesotherapy is recommended above all for thighs, abdomen and arms.

Fractional Laser

A treatment that remodels tissues and results in firming the skin, shallowing wrinkles, reducing the skin pores and shininess of skin, shallowing scars as well as reducing discolourations.

The laser is recommended for the following skin areas: face / neck and neckline / hands / body / removal of fibroma.

*Each needle treatment is preceded by anaesthesia and finished with a soothing mask.

**A series of 3 treatments up to 4 weeks apart is recommended, followed by a maintenance dose after 6 weeks.



Face treatment additions

Manual cleansing

Ferulic acid with vitamin C

Ferulac with vit. C – an antioxidative treatment with vit. C and ferulic acid. It is a universal treatment which can be performed regardless of the season, because it does not cause skin peeling. As a result, your skin becomes illuminated, firm, radiant and has an even tone. Smaller wrinkles are visibly reduced.

Mandelic acid during a treatment

Perfect for dull skin which needs refreshing, moisturising and cleansing. Can cause skin peeling, but nevertheless, it is still a year-round treatment.

Combination of mandelic acid and ferulic acid

Makes your skin firm and fresh again. Perfectly prepares it for aesthetic cosmetology treatments.

Combination of succinic and ferulic acid

Succinic acid is rich in vitamin E, called 'the vitamin of youth'. Improves the skin tone, reduces discolourations, rejuvenates. In combination with the ferulic acid, it makes your skin radiant.

Eye area mask

The mask reduces dark circles and swellings, brightens up, hydrates and makes the skin under your eyes much firmer. Based on algae, vitamin C and collagen.

Lip area mask

The mask reduces lines around the mouth and perfectly moisturises your skin. Based on hyaluronic acid, collagen and algae.

Touch of beauty

Powder eyebrow henna

Classic eyebrow henna

Eyebrow plucking

Eyebrow henna with plucking

Henna of eyebrows and eyelashes
with eyebrow plucking

Eyelash henna

Eyelash lamination and lift

Paraffin bath for hands

Beautiful hands and feet

Manicure for men

Classic manicure

Hybrid removal + classic manicure

HYBRID MANICURE

/ without hybrid removal

- 1 colour

- French / babyboomer / nail embellishments

HYBRID MANICURE

/ with hybrid removal

- 1 colour

- French / babyboomer / nail embellishments

GEL NAILS

/ gel nail extensions

/ gel nail replenishment

Nail repair

Broken nail extension

PEDICURE

/ Milling pedicure without painting

/ Pedicure with classic nail polish

HYBRID PEDICURE

/ Hybrid pedicure 1 colour, painting only

/ Hybrid pedicure with hybrid removal

The background of the entire image is a dense, artistic composition of tropical leaves, likely palm fronds, in various shades of green and yellow. The leaves are layered, creating a sense of depth and texture. The lighting is soft, highlighting the edges and veins of the leaves.

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