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WELLNESS THERAPY

Offer SPA

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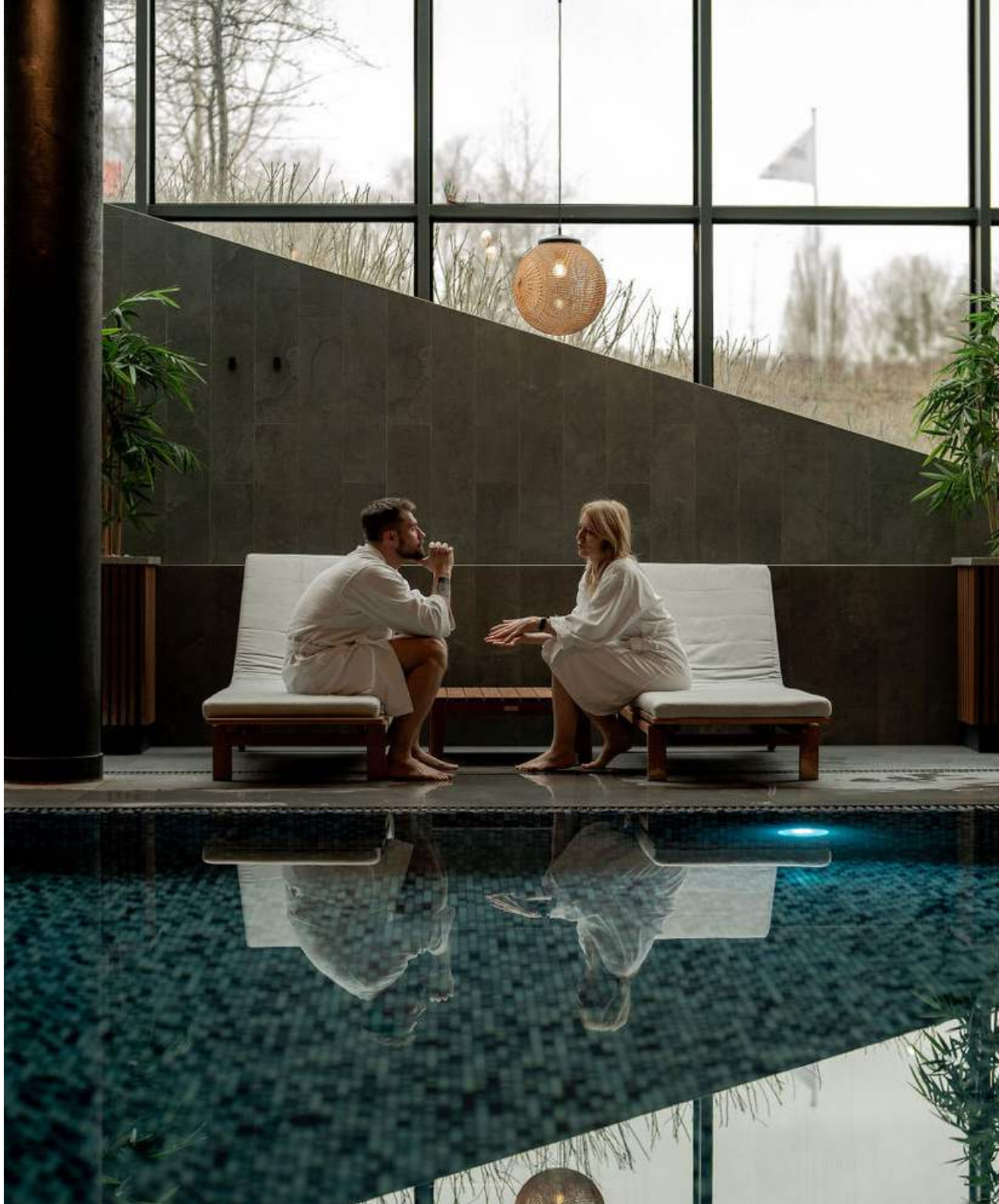


Thera Wellness

Thera Wellness is a thoughtfully designed space for holistic renewal, where relaxation goes beyond a single treatment and becomes a journey toward inner balance and well-being. Through soothing rituals, restorative spa therapies, and experiences rooted in mindfulness, movement, and intentional rest, it gently guides you toward lasting renewal.

Nature is not only an inspiration here, but an integral part of the entire experience. Aromatherapy, the calming energy of the surroundings, and the natural rhythm of the space invite deep relaxation, foster a stronger connection with oneself, and support overall well-being on multiple levels. From yoga, aqua aerobics, and fitness sessions, to a full-size swimming pool, a sauna zone with guided sauna ceremonies, and a sun garden - as well as a summer pool bar and holistic therapies - every element has been designed to nurture balance and encourage positive, lasting change.

Seasonal Offer

October - December 2026

Autumn

Autumn at Thera Wellness brings soothing comfort, warmth and cosiness, with a moment to pause and unwind. Bring balance to your day with warming body massages, an invigorating facial massage with gua sha stones or natural body scrubs. Combine a moment of care with relaxation in the warmth of the saunas and time spent in the water to extend the pleasure of your ritual and restore your inner harmony. With every SPA ritual priced at PLN 300 or more, you will receive complimentary all-day access to the wellness area.

Iris & Pink Pepper *Relaxing massage*

60 min 330 PLN

A relaxing massage performed with warm oil envelops the skin in a subtle fragrance with a light masculine note. Coconut and soybean germ oils, together with beeswax, leave the skin nourished and smooth, while relaxing massage techniques release muscle tension and promote a sense of calm.

He/She Body Ritual with Scrub

60 min 350 PLN

Intense, deep and aromatic Green Coffee & Tobacco or sweet and comforting Marula & Apple Blossom - choose the fragrance that suits your mood and enjoy beautifully smooth, hydrated skin. This full-body exfoliating treatment is completed with a relaxing body massage using a lightweight, nourishing lotion.

Warming Massage for Tired Muscles

60 min 350 PLN

An intense and deep classic massage based on pure essential oils and extracts of ginger, lavender, pepper and rosemary. It is a comforting treatment for physically active individuals and anyone who feels tired, overworked or in need of a soothing reset.

Magnolia Facial Massage with Gua Sha

45 min 350 PLN

An invigorating body treatment that brings vitality and the lightness of summer. The ritual begins with a gentle bamboo body scrub to smooth and refresh the skin. It is followed by a relaxing massage using a citrus body balm with an enveloping citrus-woody fragrance featuring notes of grapefruit, rosemary and juniper berries.

Herbal Hot Stone Massage

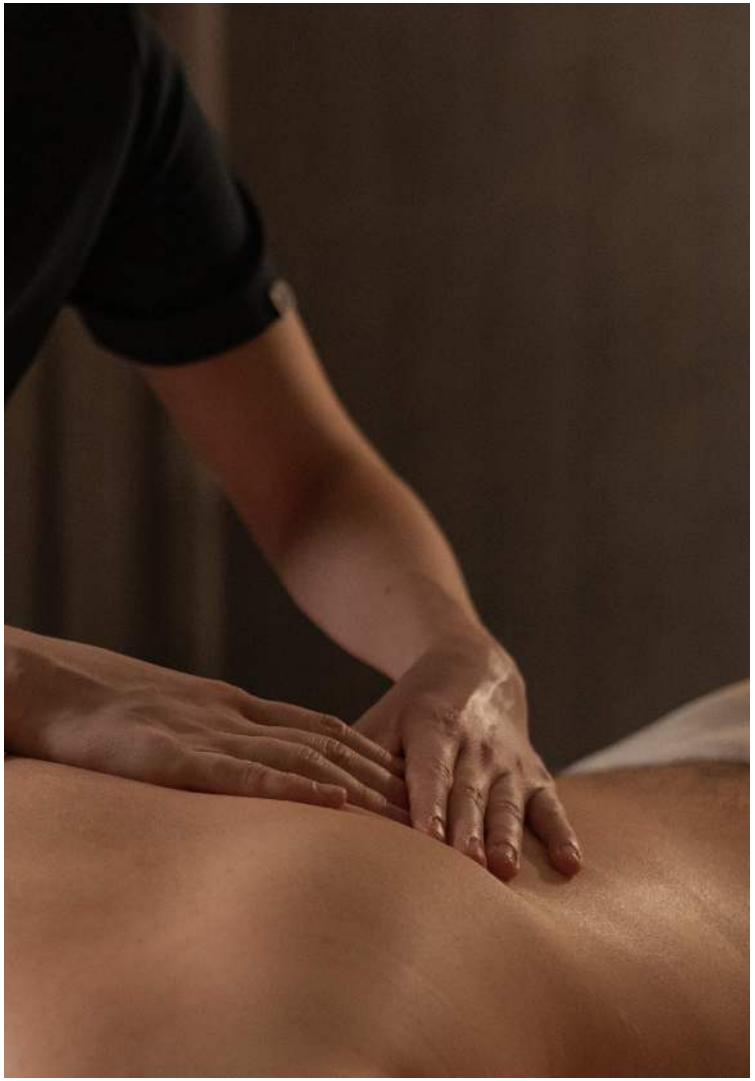
60 min 350 PLN

A warming relaxation massage using heated stones and shea butter. Targeted botanical aromatherapy combines, among others, notes of lavender, lemon, marjoram, thyme, cypress, calendula, orange and mandarin, enhancing the feeling of harmony. Kneading, stroking and rubbing techniques release tension and envelop the senses in soothing warmth.

Body Massage

Relaxing Body Massage

Relaxing massages at Thera Wellness are created with care for every detail. We use natural oils, butters and aromatherapy blends to help you calm your mind and body. Choose the technique and intensity that fits your needs and let relaxation become a regular part of your wellness routine.



Sea Waves

45 min 300 PLN

Our signature body massage inspired by the gentle movement of the sea. It is performed with oil enriched with marine extracts. The massage helps to firm the body, supports detox, strengthens the organism and improves circulation.

Active ingredients: grapeseed oil, jojoba oil, argan oil, sea water, algae, microminerals

Green Earth

45 min 300 PLN

A soothing full body massage infused with botanical aromatherapy. Drawing on the power of over twenty plant, herbal and fruit extracts, it calms the nervous system, clears the mind and brings you back to a grounded sense of balance.

Aromatherapy: lavender, lemon, marjoram, thyme, cypress, calendula, orange, mandarin

Deep Sleep

75 min 450 PLN

A calming evening spa ritual designed to support deep rest and more restful sleep. Gentle, unhurried techniques stimulate the parasympathetic nervous system, soften tight muscles, reduce stress levels and help relieve tension headaches. It is an ideal choice for unwinding at the end of the day.

Aromatherapy: lavender essential oil, ylang-ylang essential oil, petitgrain

Morning Energy

75 min 450 PLN

An energetic ritual created to start the day with clarity and drive. It combines elements of Eastern mindfulness with precise Western massage techniques. The treatment feels like a refined "espresso for the body", releasing accumulated tension, boosting circulation and setting a bright, positive tone for the hours ahead.

Aromatherapy: pink grapefruit, rosemary, juniper and pine essential oils

Thera *Signature Massage*

60 min 360 PLN

A bespoke signature massage that artfully blends oriental lomi-lomi techniques with classic massage. Naturally unscented, it is an ideal choice for Guests with sensory sensitivity or allergies who still wish to experience a deeply relaxing, enveloping touch.

Active ingredients: 100% natural shea butter

Rose Garden

75 min 450 PLN

A deeply soothing aromatherapy massage that restores emotional balance and quiets a busy mind. It is particularly recommended for Guests experiencing exhaustion, overwhelm or mental overactivity. The ritual combines a grounding breathing practice with precise neuromuscular work to gently release stored tension and create a sense of inner spaciousness.

Aromatherapy: damask rose, geranium, palmarosa

Enhance your Relaxing Massage with our Dedicated add-ons.

Extra time

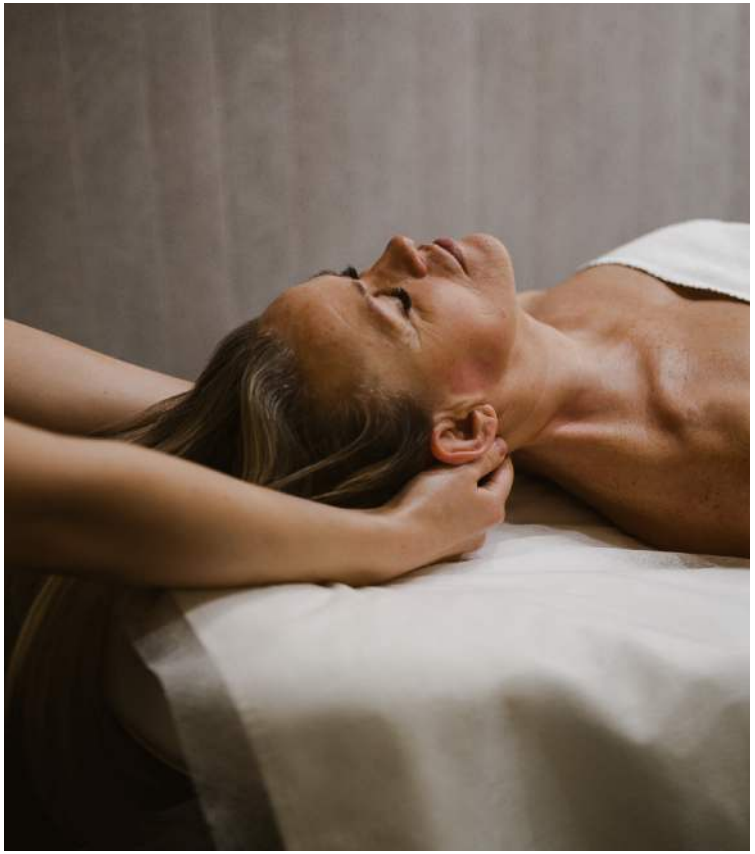
30 min 200 PLN

Extend your massage by an additional 30 minutes and enjoy even deeper relaxation.

Bamboo scrub *Vagheggi*

30 min 240 PLN

Smooth your skin by beginning your massage with a natural bamboo body scrub. Bamboo particles boost microcirculation, support skin regeneration and leave it exceptionally soft.



Regenerating and Therapeutic Body Massage

Therapeutic massages at Thera Wellness are precise manual treatments, created with specific concerns in mind and inspired by the healing properties of herbs and plants. We use only natural herbal extracts, essential oils and cosmetics with proven therapeutic effects to gently ease muscle pain, calm inflammation and release nervous tension.

Classic Massage – regeneration and relaxation

30-60 min 230-330 PLN

Classic massage is a traditional relaxation and therapeutic massage for the whole body, performed with smooth, harmonious movements. It releases tension in tight muscles, improves blood and lymph circulation, reduces stress and supports the body's natural regeneration.

Active ingredients: cottonseed oil, optional aromatherapy

Ginger Therapy for tired muscles

75 min 450 PLN

A deeply relaxing aromatherapy massage focused on releasing tension in the back, using warm, herb infused compresses that gently melt tight muscles and restore a sense of lightness along the spine. Grounded in pure essential oils and botanical extracts, it is a nurturing choice for physically active Guests and for anyone feeling tired, overloaded or in need of a soothing reset.

Aromatherapy: ginger, lavender, black pepper, rosemary

Deep Tissue Therapy

60 min 360 PLN

An intensive manual therapy focused on deep muscles and trigger points, using slow, firm pressure and fascial release techniques. It effectively dissolves chronic tension, improves joint mobility and helps to reduce pain.

Active ingredients: olive oil, beeswax, almond oil, vitamin E, arnica

Eucalyptus support breathing *hot-stone*

75 min 450 PLN

A soothing massage ritual enriched with mindful box breathing practice. The carefully selected essential oils help open the chest, ease each breath and gently clear the airways. Warm basalt stones, combined with classic massage techniques, wrap the body in deep, comforting relaxation.

Aromatherapy: eucalyptus, pine and thyme essential oils, camphor, grounding clay

Nourishing Rituals

Holistic Body Care Rituals with Massage

Our nourishing rituals are natural therapies for both body and mind. They combine full body exfoliation, regenerating body masks and deeply relaxing massages designed for unhurried, all embracing rest. The minerals of the sea, shells and amber wrap you in a sense of soothing coastal calm.

Essence of Freshness *Mokosh*

60 min 450 PLN

A light, refreshing full body exfoliating and moisturising treatment with a salt scrub and a feather light balm. It smooths and firms the skin, helps to reduce the appearance of cellulite and leaves the body pleasantly refreshed thanks to Dead Sea salt, argan, shea and cucumber oils and Asian centella.

Baltic Gold *Saint Malo*

90 min 590 PLN

A nurturing body ritual with amber and marine extracts. It begins with a gentle exfoliation using fine amber particles that naturally smooth the skin. A polar algae mask then hydrates and soothes dry or irritated areas, while a massage with mineral rich marine oil restores firmness, elasticity and a supple, healthy feel.

Shells & Cotton *Saint Malo*

90 min 590 PLN

An intensively exfoliating ritual with delicate shell particles that refine and soften the skin, revealing its silky smoothness and natural glow. After the scrub, an enveloping cotton foam mask is applied to calm, hydrate and bring lasting comfort. The experience is completed with a relaxing full body massage that releases muscular tension, quiets the mind and allows you to fully immerse yourself in a moment of sensual ease.

Slimming and Firming Body Rituals

Our firming and draining rituals are intensive therapies that help to sculpt the silhouette and improve the overall condition of the skin. They combine nourishing full body exfoliation, draining body masks and precise massage with advanced technologies, Colombian contouring techniques and anti-gravity movements, amplifying the effects of slimming, cellulite reduction and detoxification.

Sea Sculpture *Vagheggi*

90 min 590 PLN

A draining, anti-cellulite ritual that harnesses the power of marine ingredients to address cellulite and water retention. The treatment includes a salt body scrub with draining properties, a warming maderotherapy massage performed over a slimming serum and a mask applied to key areas of the body. A full-body manual drainage massage completes the experience, leaving the silhouette feeling lighter and more defined.

Active ingredients: marine algae complex, bladderwrack, pink pepper, Tasmanian pepper oil

Salt & Waves *Vagheggi*

60 min 590 PLN
Hi-tech pressoterapia

A precise ritual designed for specific areas such as legs and thighs, abdomen and arms. A sea salt scrub with marine extracts smooths and mineralises the skin, draining bandages support detoxification, and pressotherapy further enhances circulation and eases the feeling of heaviness. It is an excellent choice for Guests seeking lightness in the body and a visibly more refined shape.

Active ingredients: marine algae, bladderwrack, pink pepper, Tasmanian pepper oil

Technology: pressotherapy

Lava *Vagheggi*

90 min 590 PLN

A multisensory body treatment with anti-gravity massage that effectively refines body contours and firms the skin. A glycolic peel leaves the surface perfectly smooth, while a serum and mask enriched with caffeine and capsaicin alternately warm and cool, acting directly on fat cells and stimulating their breakdown.

Active ingredients: caffeine, capsaicin, volcanic sand, charcoal

Body Lift *Vagheggi*

60 min 590 PLN
Hi-tech lipodrenaż

An advanced treatment that unites three powerful body contouring technologies: ultrasonic liposuction, infrared and vacuum drainage combined with phytocosmetics. This synergy intensively slims, targets stubborn cellulite and firms the skin, while supporting the body's natural regeneration and detox processes. At the same time, lipodrainage improves cellular function. The treatment focuses on selected areas such as thighs and buttocks or abdomen and hips.

Active ingredients: caffeine, capsaicin, volcanic sand, charcoal

Technologies: infrared, ultrasonic liposuction, vacuum drainage

Face Zone

Nourishing Face Massages

Caretreatments with massages relax andrejuvenate, giving an immediate banquet effect offirming andimproving the facial contour. Choose your favourite massage: the jasmine aromatherapy ritual, the energising Magnolia Kobido massage or the intensive mioplastic massage and feel how tension melts away while your skin regains a healthy, radiant glow.

Magnolia (kobido) *Babuu*

60 min 390 PLN

An energising, rejuvenating and sculpting treatment with a Kobido-inspired massage. This multi dimensional care ritual for the face, neck and décolleté naturally and emotionally stimulates the lymphatic system, eases fatigue, calms the nervous system and gives the skin a radiant, healthy appearance.

Active ingredients: magnolia, damask rose, clary sage, frankincense, rosewood, geranium, vitamin C, retinol, bisabolol, rose-seed extract, cotton-seed oil

Jasmine Aromatherapy Massage *Aromatherapy Associates*

60 min 450 PLN

An aromatherapeutic ritual with face, neck and décolleté massage that combines a refined massage technique with pure essential oils and botanical extracts. The ritual begins with deep cleansing, followed by a gentle exfoliation, a hydrating mask and a rich treatment oil tailored to your skin's needs.

Active ingredients: Moroccan blue tansy, sandalwood, jasmine, rock rose, pink algae

Mioplastic Face Massage *Mesoestetic*

60 min 490 PLN

A mioplastic face massage performed with lifting, brightening and reshaping boosters. Its intensive nourishing action directly stimulates and feeds the skin, while the mioplastic techniques release muscular tension and create an immediate smoothing and lifting effect.

Active ingredients: firming peptide complexes, hyaluronic acid, vitamin C

Natural Botanical Care Rituals

Natural face care gently draws on the richness of nature to offer the very best for the skin of the face, neck and décolleté. These holistic rituals restore balance and a healthy, youthful glow, while signature massage techniques invite deep relaxation and softly melt away tension.

Crocus Ritual *Infinity Delay Vagheggi*

60 min 490 PLN

The Delay Infinity treatment is a beautifully banquet ready ritual. It rejuvenates and deeply hydrates the skin, revealing a smooth, luminous firmness. An elegant choice for tired, dehydrated or sensitised complexions in need of gentle renewal.

Active ingredients: golden crocus, black rice, hyaluronic acid, natural oils

Citrus Rejuvenation *Lime Vagheggi*

60 min 490 PLN

A brightening facial ritual for every skin type that bathes the complexion in light and protects it from free radical stress. It restores the skin's natural luminosity and delivers a visibly rejuvenated, fresher appearance.

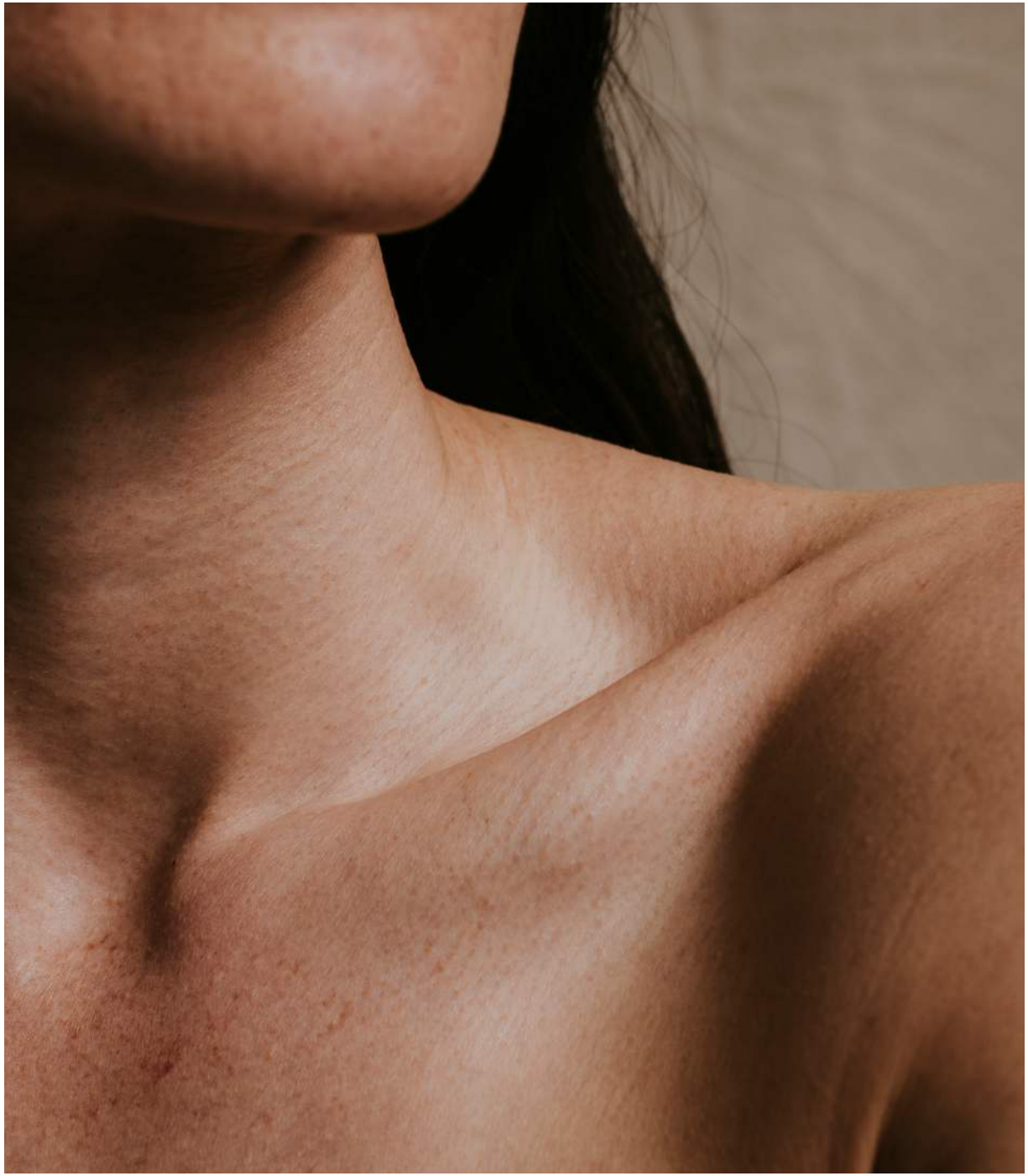
Active ingredients: Lime, calendula, red orange juice, and stable vitamin C

Secret of Longevity *75-25 Vagheggi*

60 min 490 PLN

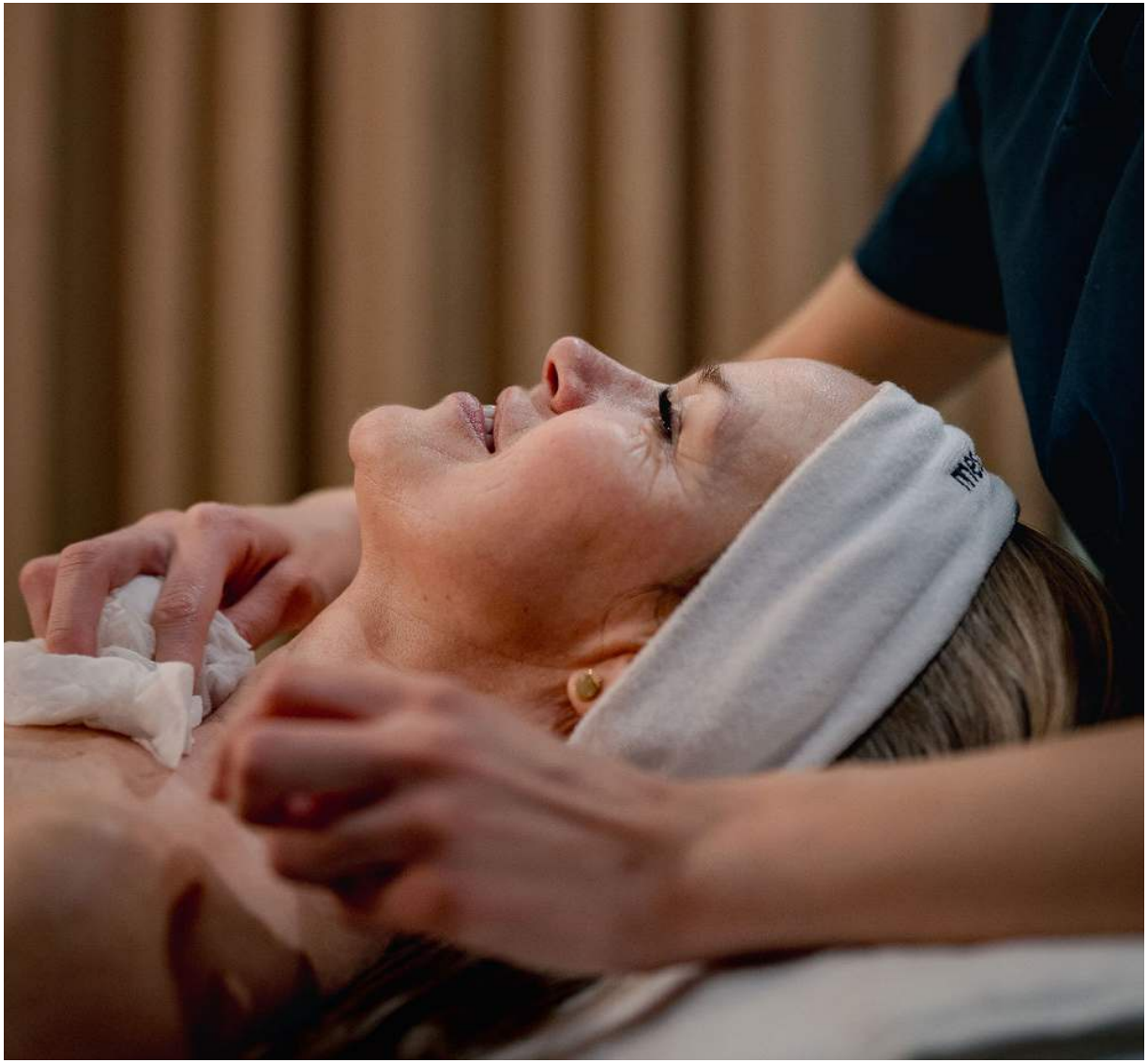
An advanced longevity treatment that targets 12 key causes of skin ageing. Active ingredients in the masks and ampoules oxygenate the skin and deliver powerful anti-wrinkle action, while an anti-gravity face massage provides an immediate lifting effect.

Active ingredients: NAD+Activator, Lapacho bark extract, Lavandula Hybrida, bio-fermented peptide



Luxurious Japanese Rejuvenating Rituals

Forlle'd rituals owe their remarkable effectiveness to cutting edge technology honoured with a Nobel Prize. Carefully selected active ingredients penetrate into the deeper layers of the skin, while a lifting Japanese facial massage sculpts the features and encourages deep relaxation. Each treatment follows the philosophy of Japanese skincare, combining two-step cleansing with a soft foam, brush massage and the application of masks and serums tailored precisely to your skin's needs.



Luxurious Lifting Ritual *Forlle'd*

60 min 690 PLN

A Japanese ceremony created for the most demanding skin, designed to improve firmness and elevate facial contours. Gentle double cleansing with foam and brushes makes the ritual feel exquisitely pleasant from the very first minutes.

Active ingredients: low-molecular hyaluronic acid, biomimetic peptides, ionised minerals (Ca2+, K+, Zn2+, Na+, Mg2+), ceramides-3, squalane, Japanese cherry-leaf extract, hydrolysed pearl proteins

Vitamin C Radiance Ritual *Forlle'd*

60 min 690 PLN

A comprehensive rejuvenating treatment that leaves the skin looking healthy, luminous and full of life while strengthening capillaries. This luxurious vitamin C ritual delivers a true glow effect, making it a perfect banquet facial.

Active ingredients: vitamin C (30%), low-molecular hyaluronic acid, concentrated platinum serum, Japanese swertia extract, cordyceps sinensis

Active Platinum Ritual *Forlle'd*

60 min 690 PLN

A Japanese ritual with powerful antioxidant, hydrating and detoxifying properties. It rejuvenates, regenerates and brings the entire face into a state of deep relaxation.

Active ingredients: low-molecular platinum, low-molecular hyaluronic acid, ionised minerals (Ca, Zn, Mg, Fe, Cu), ceramides-3, biomimetic peptides, chlorella, ubiquinone (coenzyme Q10), reishi, squalane

Regenerating Facial Therapies for Distressed Skin

Mesoestetic therapies offer a comprehensive regenerating programme for concerns such as acne, discolouration, excess sebum, recurrent breakouts and disrupted skin function at any age. Treatments with carefully balanced blends of cosmetic acids provide visible, therapeutic results from the very first session.

Anti-acne *Mesoestetic*

60 min 450 PLN

A targeted anti-acne therapy that reduces excessive sebum production and deeply purifies the skin. It improves overall skin function, soothes inflammation and helps prevent new imperfections from forming. An acid-based peeling refines and refreshes the complexion, restoring clarity and glow, while active ingredients in the mask calm irritation and accelerate regeneration.

Active ingredients: a blend of acids including glycolic, succinic, salicylic, caffeic, lactic, citric, malic, tartaric and glyceric acids, plus chamomile oil, aloe vera extract, retinol, bakuchiol, algae extract, chamomile and rosemary

Brightening *Mesoestetic*

60 min 450 PLN

A corrective brightening treatment that helps prevent hyperpigmentation and evens out skin tone. It imparts natural freshness, smoothness and firmness, supporting the skin's restorative processes.

Active ingredients: a blend of acids including glycolic, kojic, salicylic, tranexamic and hexylresorcinol, as well as caffeic acid, chamomile oil, glycerin, emollients, aloe vera extract, Rhodosorus marinus algae extract, chamomile and rosemary

Retiskin *Mesoestetic*

60 min 590 PLN

A retinol based rejuvenating and regenerative therapy with strong anti-ageing benefits. It smooths fine lines and wrinkles, brightens discolourations and stimulates collagen production, leaving the skin visibly firmer and more luminous. The application of a concentrated retinol ampoule and mask, combined with a signature massage, produces a noticeable clinical cosmetic effect after just one treatment.

Active ingredients: retinol, retinal, bakuchiol, exosomes, ceramides, Centella asiatica, lactic acid, wild rose and pistachio extracts

Spectakular Skin Rejuvenation and Lifting

These rejuvenating and cleansing treatments combine state of the art technology with the potent benefits of botanical extracts. Precisely selected active ingredients deliver instant visible results that continue to improve over time. The price of each treatment depends on the area being treated (face, neck, décolleté).

Spectacular Lifting *Zaffiro*

60-90 min 1000-1200 PLN

A rejuvenating treatment that includes a gentle waterpeel with vitamin ampoules, followed by thermal lifting to give an immediate firming effect. A regenerating peptide ampoule and soothing mask complete the ritual, leaving the skin calm, supple and beautifully lifted. An excellent choice for mature skin where loss of density and firmness is already visible.

Microneedle Radiofrequency *Rfrax*

60-90 min 1000-1200 PLN

A high-tech treatment in which controlled micro needeling encourage the skin to renew and rebuild from within, while masks and ampoules rich in active ingredients nourish the tissue and support regeneration. Particularly recommended for thin, delicate skin with visible loss of firmness and elasticity.

Monopolar Wave *Infinity Delay Vagheggi*

60 min 650 PLN

A noninvasive rejuvenating treatment for skin with the first signs of ageing. Monopolar radio wave stimulation encourages the skin's natural rebuilding processes, providing an immediate improvement in facial contours and overall skin texture.

Deep Skin Cleansing and Refreshment

Personalized cleansing treatments using hydrogen cleansing and cavitation technology.

Hydrogen Cleansing

40-60 min 350-550 PLN

A cleansing ritual with antioxidant and oxygenating effects. Tailored masks and ampoules help regulate skin functions and are selected to match your skin's current needs. In the extended version, the treatment is enriched with a nourishing sheet mask and a rejuvenating stimulation of facial muscles, leaving the complexion smooth, clear and full of life.

Cavitation Peeling

40 min 300 PLN

A gentle cleansing treatment for sensitive and couperose prone skin. The noninvasive cavitation peel refreshes the complexion, clears the pores and enhances the absorption of active ingredients. It works beautifully as a stand alone treatment or as a soft, refining introduction to more advanced facial rituals.

Men's Zone

Massages and Treatments Designed for Men's Skin

Men's skin has its own needs and preferences and benefits from a truly individual approach. With this in mind, we have created dedicated rituals that relax, refresh and revitalise, working quickly and effectively to restore energy, clarity and a healthy glow.

Green Coffee & Tobacco *Mokosh*

45 min 360 PLN

A body scrub with a warm, smoky-spicy aroma and fine sea-salt crystals that refreshes and revitalises the skin, leaving it smooth, refined and subtly infused with a distinctly masculine scent.

Forest Body Massage *Kovalite*

60 min 360 PLN

An intensive full-body massage that blends classic techniques with deep tissue work ideal for tired muscles or a "rest day" after training. Created specifically with the needs of the male body in mind, it eases tightness, restores mobility and brings a grounded feeling of strength.

Aromatherapy: black pine, grapefruit

Men's Manicure

40 min 150 PLN

A natural, classic manicure that gives the nails a neat, well-groomed shape and perfect cuticles while maintaining a discreet, masculine finish.

Platinum Ritual for Mature Skin *Forlle'd*

60 min 690 PLN

A Japanese ceremony with antioxidant, hydrating and detoxifying properties. It includes two step cleansing with an active foam, a relaxing Japanese massage and a regenerating mask, leaving mature skin comfortable, supple and visibly renewed.

Stress Relief – Men's Facial and Beard Ritual *Kovalite*

60 min 450 PLN

A pine and grapefruit scented regeneration for men's skin, created by a man for men. The treatment deeply cleanses, rejuvenates and restores moisture, while natural extracts provide antibacterial and conditioning benefits for both skin and beard.

Active ingredients: niacinamide, primrose, black spruce, grapefruit

Men's Pedicure

60 min 210 PLN

A classic pedicure that lightens and refreshes tired feet, restoring a natural, healthy look to the skin and nails.

Mum to Be Zone

Rituals for Pregmant and Breastfeeding Women (from 12 weeks)

Especially for expecting and new mums, we have created a treatment menu that cares for the skin in a safe, natural way and invites the whole body to relax. Treatments are performed from the second trimester of pregnancy. If you are unsure whether a treatment is right for you, please consult your doctor before booking.

Primrose Face Massage *Vagheggi*

45 min 390 PLN

A signature relaxing ritual with massage of the face, neck, décolleté and shoulders, performed with a cream enriched with primrose extract. The treatment begins with a gentle smoothing peel, followed by the application of an oligoelement serum for a fresh, rested glow.

Rehydra Moisturising Ritual *Rehydra Vagheggi*

60 min 450 PLN

The Rehydra ritual is the essence of deep hydration and nourishment for every skin type, especially dry, normal or moisture-depleted complexions. It leaves the skin comfortably supple, soothed and visibly plumped with moisture.

Active ingredients: arnica, marshmallow root, hyaluronic acid, panthenol, allantoin

Aqua Classes for Expecting Mums

45 min 70 PLN

A safe, small group aqua workout in warm water, perfectly adapted to the needs of pregnant women. Gentle movements strengthen the muscles, improve circulation, reduce swelling and ease back tension, while the buoyancy of the water lightens the whole body. A shared, uplifting atmosphere allows mums to be to relax and feel supported.

Mom To Be

60 min 390 PLN

A full body massage performed with 100% natural shea butter that relieves tired back muscles, soothes the nervous system, reduces swelling and supports the prevention of stretch marks.

Lullaby for the Face and Body Ritual

90 min 690 PLN

A delicate care ritual created with future mums in mind. It includes a relaxing massage with a light oil containing English chamomile, jojoba and apricot kernel oils, combined with a hydrating facial treatment. Natural ingredients calm the senses, strengthen the skin's protective barrier and bring the whole body into a state of deep, nurturing comfort.

Yoga Practice for Expecting Mums

55 min 50 PLN

Gentle group classes designed to strengthen the body and settle the mind. Breathing exercises, hip opening poses and soft stretches ease tension, improve circulation and support the body in preparing for birth.

Kids Zone

Treatments for Children and Teenagers 3-14 years

Treatments for our youngest Guests are performed with gentle, natural Mokosh products. We know that a visit to the spa is a special experience, so we warmly encourage you to share this moment of relaxation with your child.

Fruity Manicure 3+

20 min 70 PLN

A delicate little beauty ritual for our youngest Guests. Nails are gently shaped and given a joyful pop of colour with a safe conditioning polish or a fun, glittery varnish that washes off easily with soap and water. A light hand massage with a lotion scented like juicy passion fruit completes the experience. As a sweet keepsake, your child takes home their very first polish.

Candy Massage 3+

20 min 160 PLN

A cosy body massage with cranberry butter that smells just like sweets, offering a perfect, comforting treat for our youngest Guests.

Balans

60 min 450 PLN

Pumpkin, avocado, pineapple and lavender work together in an innovative way to restore balance and glow to oily, problem-prone skin. Recommended from the age of 12 to gently support care for complexions with breakouts and excess sebum.

Eye Zone

Brow and Lash Styling

Naturally defined eyes beautifully enhance the features, while long lasting styling brings everyday comfort and saves precious time. We work with tints and natural henna, always tailoring the shade to your desired result.

Brow and Lash Styling

30 min 160 PLN

A nurturing eye area treatment that includes tinting the brows and lashes and shaping the brow arches for a harmonious, polished look.

Lash or Brow Tint

30 min 90 PLN

Gives the hairs a vivid, refined colour and highlights the natural beauty of your eyes. We use a range of tints and henna shades with different levels of coverage to achieve your perfect finish.

Brow Shaping

20 min 60 PLN

Brow-shaping treatment that gives the arches a beautiful, natural line tailored to your features.

Hand and Foot Zone

Nourishing Hand and Foot Treatments

Choose the perfect treatment for you. If you love a natural look, go for a classic or Japanese manicure or pedicure. For long lasting results, we offer hybrid styles in over 150 colours to choose from.

Japanese Manicure

40 min 140 PLN

A nourishing treatment that regenerates and strengthens splitting nails, leaving the nail plate smooth and glossy with no need for polish.

Classic Manicure

60 min 150 PLN

A treatment that gives your nails and cuticles a perfectly neat, refined look. We use long-wear polishes so the effect of beautiful, well-groomed hands lasts even longer.

Hybrid Manicure

70-90 min 165-185 PLN

Lets you enjoy a flawless manicure for up to 3 weeks. We work with SPN products, using strengthening protein bases and building nylon bases that ensure durability and protection of the nail plate. Choose a single-colour look or a classic French. If you dream of nail art, please inform Reception in advance so we can reserve just the right amount of time for you.

Classic Pedicure

75 min 210 PLN

A classic pedicure gives your feet a healthy, fresh appearance, while long-wear polishes let you enjoy your favourite colour for many days.

Hybrid Pedicure

75-90 min 230-250 PLN

A hybrid pedicure keeps your feet beautifully groomed for many weeks. For this treatment we use SPN products with strengthening building and nylon bases. Choose a single colour look or a classic French. If you would like nail art, please inform Reception in advance so we can book the right amount of time especially for you.

Enhancements for Your Manicure and Pedicure

Choose the perfect treatment for you. If you love a natural look, go for a classic or Japanese manicure or pedicure. For long lasting results, we offer hybrid styles in over 150 colours to choose from.

Paraffin Regeneration

30 min 190 PLN

A rescue treatment for dry, irritated skin on the hands and nails. The treatment is performed with paraffin gloves or socks combined with moisturising, regenerating masks and exfoliations.

Removal of Hybrid Polish Applied in Another Salon

30 min 60 PLN

Removal of hybrid polish using gentle e-files. Hybrid styles applied at Thera Wellness are removed free of charge during your manicure or pedicure treatment.

Nail Reconstruction

30 min 60 PLN

Nail Reconstruction.

Nail Art (one nail)

20 min 30 PLN

Strefa Wellness

Unwind in our yoga house, enjoy time in the pool area and make the most of our 24/7 gym. Choose the programme that suits you and become part of our wellness community.

Admission for children under 4 is free, and children aged 4–12 receive a 50% discount. Children and teenagers under 18 may use the pool area only under adult supervision. Please remember that the Wellness Zone is a space for quiet relaxation, therefore inflatable toys are not allowed. The sauna area is reserved for adults only (18+).

Entry Tickets

Morning Pool 7:00–9:00 adults only

120 min 70 PLN

Every morning we dedicate our pool to guests who want to focus on active training.

Full Day Access to the Wellness Zone

OPEN 190 PLN

A single full day pass with no time limits for a day of pure relaxation. With this ticket you can make the most of sauna sessions, unwind in the garden, pool and jacuzzi, and relax in our quiet zones. On sunny summer days our pool bar opens in the garden, serving drinks, light snacks and wholesome meals.

1-Hour Access to the Wellness Zone

60 min 90 PLN

A one-hour pass to the Wellness Zone gives you access to the pool, saunas, jacuzzi and the summer garden.

2-Hour Access to the Wellness Zone

120 min 140 PLN

A two-hour pass lets you enjoy an extended moment of relaxation in all wellness areas.

Private Rassoul Session

Private Rassoul steam bath treatment 18+

30 min 120 PLN

A rassoul steam ritual that regenerates, purifies and nourishes the skin. Before the session you receive a set of Moroccan clays which, activated by heat and high humidity, gently exfoliate the skin while minerals leave it smooth and conditioned. An active entry ticket to the Wellness Zone is required to book this experience.

Group and Individual Training

Activity Schedule

Full Day Gym Access

OPEN 50 PLN

Enjoy unlimited training time with a day pass to our gym, equipped with modern fitness machines and free weights. If you prefer guided workouts, join our circuit-training sessions or book a personal training session.

Personal Training

60 min 200 PLN

One to one coaching with a personal trainer ensures safety, efficiency and motivation. Our coaching team will guide you towards a healthier lifestyle and support you in achieving your training goals.

Aquaerobic

45 min 70 PLN

A water based workout that is an energising way to start the day. Classes take place on fixed days and at regular times.

Private Yoga Practice

60 min 450 PLN

If you want to deepen your practice and value privacy, choose an individual yoga session with our instructor, tailored to your needs and abilities.

Group Yoga Practice and Fitness Classes

55 min 50 PLN

Pick the classes that resonate with your body and mindset. Explore our class schedule and join us to move, stretch and recharge together.

Swimming Lessons

45 min 250-350 PLN

Swimming lessons are perfect for both children and adults. Our 25-metre pool at Thera Wellness provides an ideal setting for improving your technique. Sessions are held individually or, on request, in pairs.

Opening Hours

Wellness – daily 7:00 AM – 9:00 PM
SPA – daily 9:00 AM – 9:00 PM
Gym – daily 24/7

Activity Schedule

Treatment Reservations and Reception Contact

recepcja@therawellness.pl
+48 577 599 773

Thera Wellness

Bitwy pod Płowcami 54
81-731 Sopot
Radisson Blu Hotel, Sopot

SPA Etiquette

Preparing for Your Treatment

Please arrive 10 minutes early for your treatment. Before your treatment, you will be asked to complete a short health questionnaire and change into a bathrobe. The SPA area is located on level 0 of the Radisson Blu Hotel, Sopot. Each treatment includes a consultation, which typically lasts about 3-5 minutes.

Holistic Journey

For every treatment priced at PLN 300 or more, you will receive complimentary all-day access to the sauna and pool area. Please remember to bring your swimsuit and pool flip-flops.

Quiet Zone

The Thera Wellness SPA is a space of regeneration, which is why it is partially covered by a silence zone.

Cancellation Policy

Spa time is reserved especially for you, so we kindly ask you to notify us of any cancellations at least 6 hours in advance.