



MERA SPA

mera spa menu





Welcome Hero!

Yes, you are an everyday hero! But... even a hero needs to relax. The same as we need food and physical activity we need to rest.

In Mera Spa we will help you to overcome the hardships of everyday life.

You earned it!

Relaxation is our natural state. Rested people are beautiful and feel happy. Do not treat relaxation as a reward – it is a normal, and essential part of our life.

You need it and deserve to experience relaxation of a highest quality.

We know how to take care of it, because SPA is our passion.

Let us take care of you. We are a team of passionate professionals with deep understanding of our mission, who will put the whole heart in the time we devote to you. Let us release your beauty.

MERA SPA

HELPFUL INFORMATION

- Please arrive approximately 10 minutes before the beginning of your treatment. You will need this time to fill out your consultancy card, to change your clothes and to prepare yourself for the treatment.
- If you are a guest at our hotel, please arrive at the spa lounge dressed in the hotel gown and slippers.
- For guests who are not staying at our hotel, we have prepared a dressing gown, slippers and a towel. You can collect them before the treatment at the main reception desk or at the MERA SPA reception desk. Our employees will inform you where to go to change your clothes and use a shower.
- All guests are encouraged to take a short shower before arriving for the treatment, in order to prepare the body for the rituals.
- We recommend you not to take any valuables or jewelry to the SPA. MERA SPA is not responsible for lost jewelry and other valuable objects. Please note that safety deposit boxes are provided at the hotel reception free of charge.
- Looking after the aura of relaxation and peace, we kindly ask you to turn off or mute your mobile phones before entering MERA SPA.
- In order to use the whole variety of treatments, you have to be at least 16 years old.
- Children older than 4 years old and teenagers can undergo special treatments at the written consent of their parents or caretakers.
- Please do not bring or consume alcohol shortly before or during your visit in the SPA as this is a health hazard and can cause injuries.

CEREMONIES OF MERA

The highest level of care
- rituals during which we will take care
of your body from the feet
to the top of the head



CEREMONIES OF MERA

AMBER GLOW CEREMONY

🕒 120 MIN. 💰 590 PLN

Amber brilliance by Mera SPA... This ritual is an unique set of luxurious moments full of positive energy provided by amber, known as the Gold of the Baltic Sea. Our Mera Amber Cosmetics filled with amber extract bring powerful moisturizing, nourishing and firming properties. Amber peeling will smoothen your skin, body mask with amber extract will nourish your skin, while the massage with amber butter will influence your body with negative ions, enhancing the flow of oxygen to your brain and blood and consequently increasing your energy and improving your concentration and mood. Face massage with amber will harmonize and soothe your mind. Visit us and try this exceptional treatment flavored with a pinch of amber magic...
By **MERA AMBER**

BIO MARINE CEREMONY

🕒 120 MIN. 💰 590 PLN

Holidays at the seaside resort - Sopot. This unique ceremony allows you to relax and recover away from city bustle. That ritual uses ingredients of marine origin. The ceremony consists of: salt body scrub, a mask with spirulina and algae, Maderotherapy (massage inspired by the Chinese and Columbian traditions) and facial care. Ceremony was designed to reduce the harmfulness of pollution caused by city life. By **SCENS**

ORGANIC & VEGAN CEREMONY

🕒 90 MIN. 💰 480 PLN

Wonderful, ultra-calming and comforting ritual using Baobab, Lavender and Bergamot oils as well as extracts of Hibiscus. This ritual includes a relaxing body massage and a facial care which highly hydrates , nourishes the skin and stimulates all senses. It restores vital strength and feeling of wellbeing. By **SCENS**



BODY CARE

SCENS love for nature, 100% natural, 100% vegan. We are convinced that flowers and plants has great power, we also love animals. That is why our products are free from any ingredients of an animal origin.

BODY CARE

WRAPPED BEAUTY

✔ 90 MIN. 💰 430 PLN

Highly effective innovative treatment procedure with an application of special bandages, soaked with powerful active ingredients, guarantees sensational effects. The treatment also includes peeling and an intensive slimming or draining massage, that will moisture your skin and make it firm already after the first session. Several sessions together with the recommended home care will help you to achieve an anti-cellulite, lifting, slimming or firming effect.

By **AROSHA**

SEABERRY SUPERLOVE

✔ 90 MIN. 💰 430 PLN

Seaberry SuperLove is a ritual combining salt peeling with a body mask, and a full-body relaxing massage. Perfect as an escape from stressful situations we experience in everyday life. Ideal for couples who are looking for a moment just for themselves. The ritual that is performed on the first Polish, all-natural cosmetics based on seaberry oil, which has unique skin rejuvenating and regenerating properties. By **Fito Spa**

BIO DETOX

✔ 80 MIN. 💰 430 PLN

Modelling body treatment designed to aid drainage and reduce cellulite. This effective body treatment helps moisturize, detoxify the body, prevents liquid retention and reshapes your body. All the effects are achieved thanks to the combination of salt peeling, WRAPLESS BODY WRAP (with powerful seaweeds and spirulina) and Maderotherapy massage.

By **SCENS**

BIO FIRMING


✔ 80 MIN. 💰 430 PLN

Intensively firming body treatment, consisting of salt peeling, mask and massage. A therapy full of active ingredients such as orange, carrot and ginger helps regain the skin elasticity and tonicity. The effect is enhanced by the special Maderotherapy technique massage. By **SCENS**

SATIN WAVES

✔ 30 MIN. 💰 230 PLN

In just a few moments your skin will be perfectly smooth. Intensive body peeling combined with a nourishing oil is an obligatory ritual to keep the skin firm and smooth for all four seasons. By **SCENS**

A hand holding a glass of water with a sunset background. The hand is white and stylized, holding a clear glass filled with water. The background is a vibrant sunset over the ocean, with a large wave curling over the glass. The sky is a mix of orange, yellow, and blue, and the water is a deep blue with white foam.

Condensed moments of relaxation and pleasure.
We devote our attention to you till the last minute.

QUICK RELIEFS

QUICK RELIEFS

BACK MASSAGE

🕒 30 MIN. 💰 220 PLN

This massage, combining classical and relaxing massage techniques is perfect to relax aching muscles of back and neck, which are believed to be a barometer of stress and often cause pain and discomfort.

This massage can be recommended to pregnant women. (after 12th week)

HEAD MASSAGE

🕒 30 MIN. 💰 220 PLN

Thanks to many receptors head skin is very sensitive when touched. The skilled hands of our therapist will gently lead you through different levels of relaxation, till you reach the deepest one. The massage is performed on pure avocado oil which is very beneficial for both - skin and hair.

This massage can be recommended to pregnant women. (after 12th week)

FEET MASSAGE

🕒 30 MIN. 💰 220 PLN

Legs and feet are our foundation. For most of our life feet carry the weight of the whole body, moving us from place to place. They also play a very important role in health prevention, as a map of the whole body. Let them take a break and give them a nursing massage that will provide rest and relaxation to the entire body.

This massage can be recommended to pregnant women. (after 12th week)

FACE MASSAGE

🕒 30 MIN. 💰 220 PLN

The treatment begins with a subtle make-up removal. Warm washers cover your face giving you an exceptional sensation of pleasure. The massage is an original combination of full, deep motions of the therapist's hands, spot pressures and deeply relaxing neck stretching. All you need to do in order to appreciate this way towards relaxation is to take it...

This massage can be recommended to pregnant women. (after 12th week)

LIFTING FACE MASSAGE

🕒 40 MIN. 💰 260 PLN

Developed by Mera Spa Trainers - intense lifting. Combination of Kobido massage and the essence of lifting massage techniques - guarantees an excellent effect without the need to reach for invasive aesthetic medicine.

This massage can be recommended to pregnant women. (after 12th week)



MERA SPA

You are always welcomed here – come whenever you feel the need

MASSAGES

MERA AMBER

✔ 75 MIN.  320 PLN

The ritual begins with a feet massage combined with reflex-therapy elements. This body massage with amber stones, based on a luxurious Mera Amber Body Butter full of gold shavings, will fill you up with positive energy and give your skin a sensual, warm aroma. It reduces the stress and discomfort, simultaneously soothing and relaxing your body. By **MERA SPA**

MERA CLASSIC

✔ 60 MIN.  310 PLN

This relaxing therapy includes the whole body massage that will help you to combat tiredness and bring your body, soul and mind into the state of total relaxation. It warms your body and stimulates your vitality. Luxurious sweet almond oil will deeply moisturize and nourish your skin.

MERA RELAX

✔ 60 MIN.  290 PLN

This whole body massage will effectively bring relief to your stressed shoulders, arms and neck. The combination of natural oils, shea butter, together with long and slow, but deep moves of the therapist's hands are a perfect recipe for true relaxation.

MERA AROMA

✔ 60 MIN.  300 PLN

The unique technique of this ceremony draws inspiration from oriental massages. This massage moves are based on stroking and stretching. Its strong point is the use of passive yoga, all conducted on a natural essential oils, well known for its beneficial effect on our body and mind.

HOT STONES MASSAGE

✔ 75 MIN.  350 PLN

This therapy combines relaxation massage techniques with a massage using heated basalt stones. A touch of warm volcanic stones has a beneficial impact on tense muscles, as a result of daily stress.

LYMPHATIC MASSAGE

✔ 50 MIN. 💰 290 PLN

Professional massage which aim is to improve the body's condition by stimulating blood and lymph circulation. By combining the stimulation of appropriate points on the body, gentle and slow hand movements of the therapist, the drained skin gets firm and elastic. This technique helps to prevent water stagnation and gives relief to tired legs.

HEAD AND FEET MASSAGE

✔ 60 MIN. 💰 290 PLN

The essence of pleasure. A ceremony that joins two most pleasurable massages. It begins with a feet scrub and bath, which prepares them for further treatment. Next the therapist applies an amber mask on the feet and wrap them warmly in order to proceed with the head massage. Avocado oil used during this treatment is known for years as a great hair conditioner. The ceremony ends with a delightful feet massage performed on amber butter. by MERA SPA

MOMS TO BE MASSAGE (AFTER 12TH WEEK)

✔ 75 MIN. 💰 350 PLN

The massage is performed in specially designed positions that ensure the comfort and safety. It relaxes the tense muscles that are especially burdened in the time of pregnancy and may cause discomfort and pain. The treatment also helps to minimize the discomfort caused by swollen hands and feet. Simultaneously, the massage brings harmony of thoughts and will fill you up with the power of positive energy. The massage is based on a precious sweet almond oil.

ADJUST THE MASSAGE TO YOUR NEEDS:

PROCEEDING YOUR MASSAGE WITH SUGARBODY PEELING

✔ 20 MIN. 💰 105 PLN

will significantly help your skin to use the benefits of the ingredients in our oils, lotions and massage creams

WOULD YOU LIKE TO TAKE A LONGER RELAXATION?

PROLONG YOUR MASSAGE WITH:

HEAD MASSAGE

✔ 20 MIN. 💰 90 PLN

BACK MASSAGE

✔ 20 MIN. 💰 90 PLN

FOOT MASSAGE

✔ 20 MIN. 💰 90 PLN

FACE MASSAGE

✔ 20 MIN. 💰 90 PLN

BATH RITUAL (BATH + PEELING)

✔ 40 MIN. 💰 150 PLN

GIFT VOUCHER

A MERA SPA gift voucher is the perfect way to show you care. Whether it's a birthday, an anniversary, a graduation, a wedding or a special present for your beloved or you just want to say "thank you".



MERA VOUCHERS ARE THE IDEAL GIFT!
We offer vouchers for selected treatment(s)
or vouchers in any denomination.

To purchase please contact our MERA SPA reception
tel. +48 58 766 60 80
or internal number dialed from your room: 6080
email: spa@mera-spa.com

SPECIAL OFFER

You may find all details
on www.mera-spa.com

SPA SPECIALITES

- Special Offer (20% discount)
- SPA party
- Special seasonal offers
- Special Spa Menu for events and conferences

SPA ACCOMODATION PACKAGES

- romantic, family or relaxation
- special seasonal packages

MERA FIT ACTIVITIES

- Aqua Aerobic
- Nordic Walking
- Yoga
- Swimming Lessons
- Bicycle rent
- Winter swimming
- Pilates

Data contained on this page are for information purposes only and does not constitute an offer with the meaning of the civil code (art. 66, par. 1).



FACE CARE TREATMENTS

Maria Galland Paris – Beauty is a sum of Energy, Precision and Harmony. Effective techniques, innovative formulas, personalized and great results.

FACE CARE TREATMENTS

MERA BEAUTY

🕒 50 MIN. 💰 320 PLN

Reveal your natural beauty during this relaxing face treatment and enjoy deeply nourished skin. **This treatment can be recommended to pregnant women. (after 12 week)**

LUMIN'ECLAT

🕒 75 MIN. 💰 580 PLN

The skin begins to age very early, but first visual signs of aging can be seen around the age of 30. LUMIN'ECLAT is a face care that brings out the glow of your skin, eliminates the first wrinkles and evens out the colour. Thanks to the use of a cold mask and specialized massage, the skin becomes firm and smooth, and the look is fresh.

By **Maria Galland**

LIFT EXPERT

🕒 75 MIN. 💰 580 PLN

Unleash your outer and inner beauty with this lifting and relaxing ritual. Mature skin is a beautiful skin, but it requires specialized and highly effective measures. Thanks to the combination of movements of experienced therapists and highly advanced active ingredients of AGE CONTROL MG COMPLEX, you will restore the vitality of your skin and release your beauty. By **Maria Galland**

ELIXIR REPAIR

🕒 75 MIN. 💰 580 PLN

This regenerating treatment is ideal for undernourished and damaged skins. During the treatment, LE MASQUE ULTRA RICHE is combined with L'ELIXIR to create an even richer texture. A facial is performed with this cocktail of vitamins, natural extracts, oils and waxes to activate the skin and stimulate cellular oxygenation. A full delight for a deep feeling of well-being and relaxation.

By **SCENS**

ETERNAL YOUTH

🕒 75 MIN. 💰 580 PLN

The essence of youth - a high concentration of regenerating, rejuvenating active ingredients provides full antioxidant protection and nourishment necessary to restore skin elasticity and firmness.

By **SCENS**

GET STRONGER EFFECTS OF CARE AND ADJUST IT FOR YOUR NEEDS BY ADDING:

EYE CONTOUR TREATMENT

🕒 15 MIN. 💰 120 PLN

CLEANSING RITUAL

🕒 15 MIN. 💰 90 PLN



MEN'S SPA

Neat, well-groomed, relaxed

MEN'S SPA

ANTI-STRESS ACTION

🕒 40 MIN. 💰 260 PLN

An intensive stress relief back massage, perfect for people who prefer an active style of life. It starts with warming up back muscles, which is followed by a stretching session. The treatment finishes with an intensive pressure massage.

NEW SKIN FOR MEN

🕒 50 MIN. 💰 350 PLN

Cleansing and detoxifying face care composed to meet the unique needs of man's skin. The essence of relaxation in masculine edition. The skin gains energy and vitality, it's brightened and toned. Handsomeness in a nutshell. By **Maria Galland**

THE MALE MINUTES

🕒 40 MIN. 💰 270 PLN

Body care for those who care about the body and the condition of the skin. Intensive salt peeling of the whole body helps to defuse dead cells and stimulates the skin to produce new. It ends with a relaxing neck massage. By **SCENS**

KIDS AND TEENAGERS

For the youngest and young adults.
Our most demanding Guests :)



KIDS AND TEENAGERS

SUPER TEEN

✔ 40 MIN.  260 PLN

A gentle face treatment for teenagers. Subtle formulas of cosmetics that are used in the treatment guarantee the safety of its use for young skin. The treatment begins with a peeling, then the appropriate serum and mask are applied. Finally, the therapist performs a relaxing face massage.

Best for Guests between 12-17 years old.

FOAM ADVENTURE

✔ 20 MIN.  130 PLN

A specially prepared bath with lots of foam will make real fun for every child. Enjoy the stories told by the therapists and games invented by them. Especially for well-behaved children some surprise will come out of foam!

Best for Guests between 2-6 years old.

CHOCOLATE CRAZINESS

✔ 30 MIN.  190 PLN

A real treat for all gourmands! To be all in chocolate - is there any child who does not dream about it? Sweet mask and a massage will make you a walking chocolate. And all this in an atmosphere full of fun and smile :)

Best for Guests between 5-12 years old.


FRUITY BACK MASSAGE

✔ 20 MIN.  180 PLN

Designed to relax over-used or stressed muscles of the active young adult. Great for a power nap before an exam or to unwind afterwards. Ideal also for active and sporty young men and women. Come for a dash of relaxation, senses pampering and a boost of energy for the young body.

Best for Guests between 11-17 years old.

HOT STONES FOR TEENAGERS

✔ 40 MIN.  260 PLN

This therapy combines the techniques of a relaxing massage based on warm oil and massage with heated basalt stones. The touch of warm volcanic stones has a beneficial effect on the muscles exposed to youthful madness.

Best for Guests between 5-12 years old.



DAY SPA PACKAGES

DAY SPA PACKAGES

EACH DAY SPA PACKAGE INCLUDES:

- Great moments of relaxation in a maritime atmosphere
- All-day use of the swimming Pools and Saunas area
- Professional advice regarding SPA and home care
- Bathrobe, towel and disposable slippers during a visit to MERA SPA
- Usage of our relaxation room with a sea view where you can taste specially selected teas and SPA water

PERFECT DAY AT THE SPA

Sugar body scrub • MERA RELAX - full body massage
MERA BEAUTY – relaxing face care

TREATMENT TIME: approx. 2:10 h

SPECIAL OFFER (Mon-Thu): ONLY 640 PLN INSTEAD OF 765 PLN

SPECIAL OFFER (Fri-Sun): ONLY 670 PLN INSTEAD OF 765 PLN

MERA DUO

Sugar peeling for two • Relaxing massage for two

TREATMENT TIME: approx. 1:20 h

SPECIAL OFFER (Mon-Thu): ONLY 720 PLN INSTEAD OF 890 PLN

SPECIAL OFFER (Fri-Sun): ONLY 760 PLN INSTEAD OF 890 PLN

GOOD TO KNOW

RESERVATIONS

We recommend booking your treatments in advance, to be sure that you will be able to enjoy them during your stay at our hotel or on any other day that is suitable to you. Feel free to contact us. Our specialists are eager to help you with the choice of treatments that would perfectly suit your needs. Book your time in the MERA SPA by contacting our reception desk; tel. +48 58 766 60 80 or internal number dialed from your room: 6080; Email: spa@mera-spa.com. Find our special offers for MERA SPA packages on www.mera-spa.com. **Book any massage or treatment and enjoy a whole day of relaxation in our pool and saunas area - for only 50 PLN!** Your comfort and safety are our highest priorities, therefore we kindly ask you to inform our SPA receptionist on any health issues, undergone surgeries and allergies before booking your treatment. You should also inform us if you are pregnant.

MOM AND DAUGHTER

Back massage for two • Face care for two

TREATMENT TIME: **approx. 1:10 h**

SPECIAL OFFER (Mon-Thu): ONLY **860 PLN** INSTEAD OF **1060 PLN**

SPECIAL OFFER (Fri-Sun): ONLY **920 PLN** INSTEAD OF **1060 PLN**

FRIENDSHIP

Sugar peeling for two • Relaxing massage for two

TREATMENT TIME: **approx. 0:50 h**

SPECIAL OFFER (Mon-Thu): ONLY **600 PLN** INSTEAD OF **750 PLN**

SPECIAL OFFER (Fri-Sun): ONLY **640 PLN** INSTEAD OF **750 PLN**

ESCAPE

Quick relief - back and neck massage

TREATMENT TIME: **approx. 0:40 h**

SPECIAL OFFER (Mon-Thu): ONLY **250 PLN** INSTEAD OF **310 PLN**

SPECIAL OFFER (Fri-Sun): ONLY **270 PLN** INSTEAD OF **310 PLN**

* WHEN YOU RELAX IN OUR MERA SPA DURING DAY SPA PACKAGES,
YOU RECEIVE A **15% DISCOUNT** IN OUR MERA BRASSERIE RESTAURANT

CANCELLATIONS

We understand that you may need to change your plans sometimes. As we make time in our SPA especially for you, please inform us if you need to cancel your treatment at least 3 hours prior to its planned start. If the aforementioned conditions are not fulfilled, we will ask you to pay 50% of the treatment's price you booked. For group bookings (5 or more people) please provide us with the cancellation information at least 24 hours in advance. If the previously mentioned conditions will not be fulfilled, we will ask you pay the amount of 60% of booked treatments price.

HOME SPA

In order to prolong and complement the MERA SPA treatment effect, we offer you the possibility of purchasing products that will help you to continue your SPA therapy at home. Therapists' professional recommendation of treatment methods and cosmetics adjusted to the needs of your skin is free of charge and is included in your MERA SPA care procedure.

KEEP IN TOUCH

Join our mailing list to be first to hear about seasonal offers and special promotions.
Sign up online at www.mera-spa.com



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