



LA GRÂCE  
SPA

Radisson **BLU**  
HOTEL, GDANSK



LA GRÂCE



Book  
your visit

Experience deep relaxation with exceptional treatments, oriental massages, and masterful rituals from THALGO. Take a moment to rest and recharge, rejuvenating both your body and mind and leaving you feeling completely at peace.

# TABLE OF CONTENTS:

✿	Rituals	3
✿	Facial Care	6
✿	iBeauty Treatments	8
✿	Personalized Facial Treatments and Rituals	11
✿	Marine Care - Body Treatments and Peelings	14
✿	Massages	17
✿	Reservation	21







# RITUALS

Travel across the seas and oceans and relax with our SPA rituals. Fully enjoy the moment in peace and serenity.

## Mer Des Indes

Harmonizing Ritual Inspired by Ayurveda.

 — 90 minutes  — 520 PLN





A harmonizing ritual inspired by Ayurveda and based on the science of Marma restores balance to the mind and body, helping to relieve tension and stress. At the heart of the formula (93% ingredients of natural origin) is the Harmonising Marine Complex, a blend of Indian red algae and aromatherapeutic oils traditionally used in Ayurveda. This unique combination promotes overall harmony of body and mind while leaving the skin nourished and radiant.

## Iles Pacifique

Relaxing Ritual of the Pacific Islands.

A sensory journey to the Pacific islands with a nourishing and relaxing treatment.

 — 90 minutes  — 520 PLN





A relaxing ritual that invites you on a sensory journey to the most beautiful Pacific Islands, where crystal-clear waters and sun-warmed sands await. Enjoy a trip to paradise with the remineralizing power of algae. Wrap your body in the scent of Monoi and escape from daily worries. An exquisite Lomi Lomi-inspired massage, combined with the soothing warmth of sand pouches, carries you to a land of beauty and carefreeness, evoking the bliss of sunlit holidays and deepening the sense of relaxation that frees your body and mind from tension and stress.

## Merveille Arctique

Regenerating Merveille Arctique Ritual.

A refreshing and relaxing treatment with soft, powdery notes that evoke the sensation of fresh snow, promoting rest and relaxation.



 — 90 minutes  — 520 PLN



A ritual inspired by the power of the five oceans. It offers wonderful sensory experiences through the combination of warmth and coolness, promoting deep relaxation and rest. Embark on a journey to discover the wonders of the Earth's northern polar landscapes: pristine white ice-covered terrains, sensual hot springs, and incredible marine life. Enjoy ancient Scandinavian rituals, where warmth and refreshing cold alternate to calm the body, relieve tension, and reduce stress. A sea salt scrub remineralizes the skin, while a massage with cool spheres stimulates the senses.

## Joyaux Atlantique

An energizing Joyaux Atlantique Ritual.  
A refreshing ritual inspired by the Atlantic Ocean beaches. Floral and fruity notes awaken the senses and boost energy.

 — 90 minutes  — 520 PLN





Inspired by the beauty and energy of the Atlantic Ocean beaches, full of color and nature's vitality. Minerals provide deep sensory experiences by removing negative energy, supporting harmony and body-mind renewal. A relaxing massage with mountain crystals promotes balance and emotional calm. A pink sand scrub, rich in magnesium and trace elements, nourishes the skin, leaving it smooth and revitalized. The treatment soothes the senses, relieves stress, and induces deep relaxation. It invites complete rejuvenation and inner peace. Perfect for restoring vitality and reconnecting with nature.

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## Cold Cream Marine

A relaxing ritual for dry skin.

 — 90 minutes  — 490 PLN





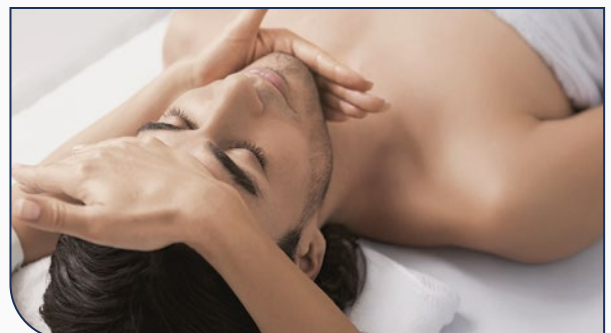
A deeply relaxing treatment designed for dry and very dry skin. Wonderful moments of bliss wrap the skin in the Cold Cream Marine complex, soothing tension and discomfort while restoring lipid levels to skin damaged by cold and friction. Gentle, calming massage movements and soothing techniques restore firmness, softness, and silkiness to the touch, even for the most irritated skin.

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## Whisky & Tobacco

Masculine Energy Whisky & Tobacco.

 — 90 minutes  — 520 PLN



A ritual designed for men who value self-care and confidence. A sugar scrub with the intriguing scent of whisky and tobacco leaves intensely hydrates, regenerates, and softens the skin. A body massage with Shea Butter Whisky & Tobacco relaxes the body and eases fatigue. With its nourishing properties, the skin becomes firmer and exudes a beautiful, sensual fragrance.





# FACIAL CARE

Anti-aging treatment.

Experience Thalgo's expertise in anti-aging  
and give your skin a second youth.

## Spiruline Boost

A smoothing, energizing treatment.



 — 60 minutes  — 390 PLN



A treatment based on spirulina enriched with marine magnesium. It relaxes facial features, smooths wrinkles, and restores skin's natural radiance.

## Hyalu-Procollagene

A wrinkle-filling treatment.



 — 60 minutes  — 390 PLN



A spectacular effect of smoothing and filling wrinkles. The treatment combines three types of hyaluronic acid and marine pro-collagen with the use of Roller Boosters.

## Silicium Lift

A firming treatment.



 — 60 minutes  — 420 PLN



An anti-aging firming treatment rich in marine silicon, inspired by "face fitness." It combines an exclusive modeling technique with a professional double mask - a collagen mask with hyaluronic acid and a Cryo-modelling sculpting mask.

## Exceptional Marine

A densifying treatment.

 — 90 minutes  — 450 PLN



An exclusive rejuvenating and lifting treatment with a facial massage developed in collaboration with a plastic surgeon - a ritual that stops time. It provides the effect of a natural biological lift.



# iBeauty TREATMENTS

Thalgo's exclusive iBeauty treatments combine modern technology with natural ingredients, offering comprehensive skin care.





# Thalgo iBeauty Technologies



iBeauty Technologies are innovative Thalgo devices designed for advanced skin care. They combine three non-invasive, completely safe technologies with proven effectiveness: cavitation peeling, ultrasound therapy, and radiofrequency.

The device enables intensive skin care programs - hydrating, cleansing, detoxifying, and rejuvenating. The treatments are completely safe, with visible results from the very first sessions. Utilizing advanced Thalgo iBeauty technologies, the device works precisely, adapting to each individual's unique skin needs. The combination of technology and professional Thalgo cosmetics ensures comprehensive care, improving skin condition at every stage of the treatment. It targets various concerns, restoring hydration, radiance, and firmness.



## Three key functions of the device:



### Radio-frequency – Tri-polar radiofrequency head

This groundbreaking technology is widely used in professional skin rejuvenation, cosmetics, physiotherapy, and medicine. How does it work? Radiofrequency waves heat collagen fibers to a temperature of 40–45°C, causing them to contract, tighten, and rebuild their structure. The increased temperature also stimulates fibroblasts to produce collagen and elastin, enhancing skin firmness and elasticity. Additionally, this method supports the deeper penetration of active ingredients into the skin layers.



### Sequential Ultrasound – Sequential Ultrasound Therapy (Thalgo Patent)

iBeauty uses advanced sequential ultrasound technology, similar in power to medical devices, with parameters that change over time. This allows for precise treatments tailored to individual skin needs. Three distinct programs are available: drainage, infusion, and stimulation:

- Drainage - an ideal preparation for further cosmetic treatments.
- Infusion - delivering active ingredients deep into the skin.
- Stimulation - improves microcirculation and revitalizes the skin.



### Sound Vibration – Ultrasonic Peeling

Ultrasonic peeling is a painless method of deep skin cleansing. It safely removes impurities and dead skin cells without side effects. A special Peeling Lotion is sprayed onto the skin, creating microscopic gas-filled bubbles that burst under ultrasonic waves. This process breaks down dead skin cells and reveals a younger skin layer free from excess sebum, bacteria, and toxins. It also improves skin circulation. The treatment is gentle yet effective, leaving the skin smooth, refreshed, and revitalized. It enhances the skin's ability to absorb active ingredients from subsequent treatments.



## Thalgo iBeauty Treatments:

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### iBeauty Hydration Corrector

Intensive hydrating and smoothing treatment.

 — 60 minutes  — 350 PLN

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### iBeauty Wrinkle Corrector

Intensive smoothing and filling treatment for deep wrinkles.

 — 60 minutes  — 350 PLN

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### iBeauty Youth Activator

Intensive firming and lifting treatment.

 — 60 minutes  — 350 PLN

# PERSONALIZED facial rituals/treatments

Discover customized, expert-designed treatments  
tailored to your skin's unique needs  
and your personal well-being.



## Express Facial Treatments:

### Flash Lift

Express lifting treatment.

⌚ — 90 minutes 🏷️ — 310 PLN

### Energy Booster

Express smoothing treatment.

⌚ — 60 minutes 🏷️ — 310 PLN

### Sos Treatment

Express soothing & nourishing treatment.

⌚ — 60 minutes 🏷️ — 310 PLN

### Thirst Quenching

Express hydrating treatment.

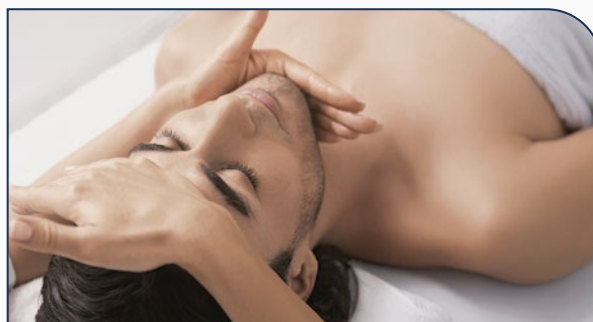
⌚ — 60 minutes 🏷️ — 310 PLN

## Rytuały/zabiegi na twarz:

### Ocean Treatment For Men

Strengthening treatment for men.

⌚ — 60 minutes 🏷️ — 330 PLN



An exceptionally effective treatment designed for thicker, more resilient male skin, often oily or combination. It provides maximum hydration and protection.

### Morski Aquarelle

Treatment for dry & tired skin.



⌚ — 60 minutes 🏷️ — 330 PLN

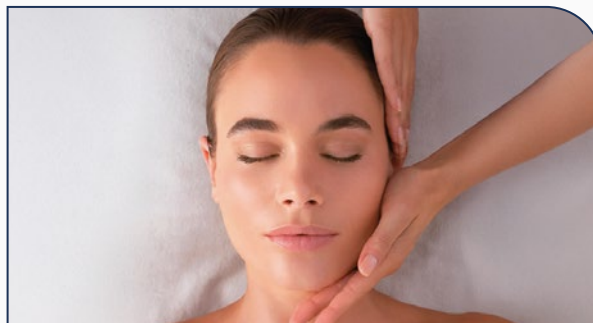


Skin full of life. Designed for dry, tired skin. It brightens, hydrates, and reduces under-eye puffiness. The perfect rejuvenation.

## Hydration Ritual

Hydrating & relaxing ritual.

 — 90 minutes  — 360 PLN





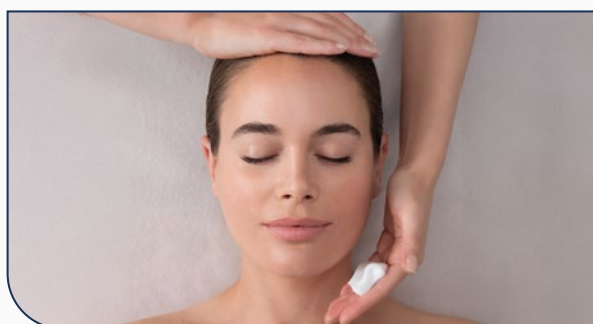
An extraordinary hydrating and relaxing ritual that meets the needs of every dehydrated skin. With remineralizing active ingredients, it intensely hydrates and visibly strengthens thirsty skin.

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## Cold Cream Marine Ritual

Rejuvenating & nourishing ritual.

 — 60 minutes  — 360 PLN





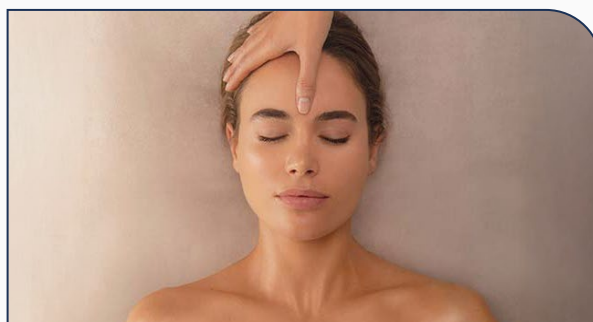
This ritual provides long-lasting nourishment, hydration, and soothing for delicate, dry, and sensitive skin while enhancing its tolerance levels.

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## Kobido Banquet Ritual with peeling and mask

A ritual combining the Japanese art of facial massage with intensive skincare.

 — 110 minutes  — 360 PLN



Kobido massage is a traditional Japanese massage technique that provides a lifting effect, improves blood and lymphatic circulation, reduces muscle tension, and gives the skin a healthy glow. The massage incorporates various techniques, such as stroking, pressure, and rolling, which contribute to skin rejuvenation. This ritual offers intense hydration, firming, and radiance, making it the perfect choice before important events.



# MARINE CARE

## body treatments/peelings

Discover personalized, expert-designed treatments  
tailored to meet your skin's unique needs  
and enhance your well-being.

## Revitalizing Body Wrap treatment with 3 algae

A treatment based on 100% micronized sea algae.

 — 60 minutes  — 450 PLN



A treatment based on 100% micronized sea algae, rich in minerals, vitamins, and trace elements. This powerful mineral concentrate restores well-being and vitality, providing essential nourishment for the skin and body.

## Body Peelings

Discover soft, smooth skin with Thalgo's peelings. 

### Peeling of the 5 Oceans



A refreshing peeling.

 — 40 minutes  — 220 PLN

This refreshing scrub provides effective yet gentle exfoliation, enveloping the skin with its gel-like texture and fresh, marine-inspired scent. Micronized algae filtrate delivers 14 essential minerals and trace elements necessary for healthy skin function. Bamboo particles and plant-based cellulose beads effectively remove dead skin cells, impurities, and stimulate cellular renewal. It also improves skin radiance and enhances overall skin vitality. The product contains 91% natural-origin ingredients. For enhanced exfoliation, apply to dry skin. It leaves the skin feeling soft, smooth, and revitalized after every use.

### Water Body Peeling

Nourishing and regenerating peeling.



 — 40 minutes  — 220 PLN

This body peeling contains 97% natural active ingredients. Sea salt crystals and nourishing plant-based sunflower oils provide effective exfoliation while stimulating the senses. Sea salt promotes regeneration and enriches the skin with essential minerals. Microalgae protect against free radicals, and a trio of oils - sunflower, apricot, and sweet almond - deeply nourish and revitalize the skin, restoring softness and hydration.



## Ginger Body Peeling

Sensory peeling.



 — 40 minutes  — 220 PLN

This unique peeling blends sea salt, sugar, and ginger powder with a harmonizing complex based on red Indian alga Kappaphycus and three essential oils used in Ayurvedic therapies: coriander, cypress, and sage. The sensory effect of this peeling effectively removes dead skin cells and detoxifies the skin, leaving it soft, smooth, and deeply nourished.

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## Exotic Body Peeling

Nourishing and smoothing peeling.



 — 40 minutes  — 220 PLN

A blend of sea salt, white sand from Bora Bora rich in magnesium, and coconut shell powder combined with plant-based oils (jojoba, sweet almond, and apricot kernel) creates a luxurious peeling that leaves the skin velvety smooth, soft, and perfectly nourished.

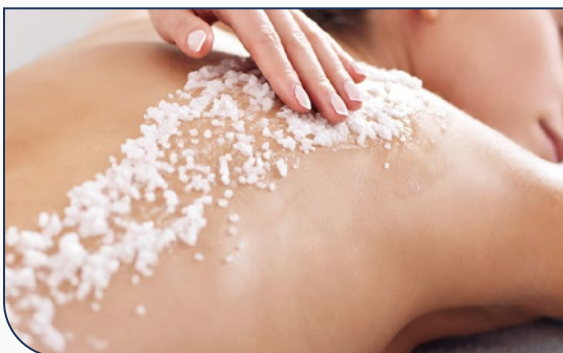
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## Body Peeling with Salt Flakes

Purifying and revitalizing peeling.

 — 40 minutes  — 220 PLN

An elegant formula featuring a trio of sea salt flakes awakens your skin by removing dead cells, smoothing, and revitalizing it. It prepares the skin for further care, leaving it feeling fresh and nourished. Three types of sea salt crystals (Mediterranean salt, rock salt, and magnesium salt) combined with boreal algae and polysaccharides create an exceptional care composition.





# MASSAGES


## La Grâce SPA by Thalgo



Our massages offer moments of zen, allowing you to forget your worries and focus entirely on yourself!





## Relax by the Sea

A gentle and comforting massage that provides ultimate relaxation.

 — 30 minutes  — 210 PLN

 — 50 minutes  — 280 PLN



 — 80 minutes  — 360 PLN



A gentle and comforting massage that provides ultimate relaxation. This soothing treatment offers precious moments of rest and recovery, essential for your health and well-being.

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## Deep Ocean Massage

A deeply refreshing massage that relieves muscle tension and eases pain.

 — 30 minutes  — 220 PLN

 — 50 minutes  — 320 PLN

This unique, powerful treatment combines deep tissue therapy with relaxation, providing relief and restoring balance.

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## Soothing Hot Stone Therapy

Hot stone massage relieves tension and stress, enveloping the body in soothing warmth.

 — 60 minutes  — 350 PLN


 — 80 minutes  — 490 PLN

Basalt stones are used to massage specific areas of the body, stimulating energy points and promoting overall well-being. This is the perfect choice for those seeking deep relaxation, relief from muscle tension, and a soothing, pleasant sensory experience.

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## Chocolate massage



Chocolate therapy for relaxation.

 — 60 minutes  — 350 PLN

This warming chocolate therapy is a unique treatment that combines the deeply relaxing properties of a warm massage with the nourishing benefits of chocolate. This exceptional ritual not only soothes the body but also stimulates the release of endorphins - the happiness hormones - helping to achieve a state of complete relaxation and inner contentment.

## Back and Head Relaxation

Discover a deep massage that effectively relieves tension in the back, neck, and head areas.

 — 40 minutes  — 250 PLN



Back and head relaxation is a treatment focused on reducing muscle tension, improving flexibility, and promoting overall relaxation. The massage begins with an assessment of areas requiring special attention, followed by the application of warm compresses that loosen muscles and prepare them for the massage. This is the ideal choice for those struggling with pain, tension, or stress in the upper body. Enjoy relief, improved muscle mobility, and complete relaxation with this treatment.

## Oriental Massages

### Balinese Massage

The Balinese massage is not only an excellent way to relax but also an effective method for improving overall health and well-being, thanks to its unique combination of massage techniques.



 — 60 minutes  — 350 PLN


 — 80 minutes  — 420 PLN

The Balinese massage is a unique and comprehensive ritual that combines various techniques to ensure deep relaxation and regeneration. The treatment begins with aromatherapy using essential oils from the island of Bali, which promote relaxation and tranquility. Deep techniques are applied during the massage, targeting muscles, reducing tension, and improving blood circulation. The ritual incorporates elements of acupressure, stroking, kneading, and reflexology, with particular focus on the feet, where stimulation of reflex points enhances overall well-being. The Balinese massage offers not just relaxation but also an investment in health, balance, and mind-body harmony.

### Face and Head Massage

Balinese relaxing and nourishing face and head massage.

 — 30 minutes  — 210 PLN



 — 50 minutes  — 280 PLN

The Balinese face and head massage is an excellent way to relax and revitalize the skin. This treatment combines soothing techniques with deep hydration and nourishment, leaving the skin radiant and the mind at ease.

## Lomi Lomi

Relieves tense muscles, releases emotions, and restores vitality.

 — 50 minutes  — 320 PLN


 — 80 minutes  — 420 PLN



Lomi Lomi is a traditional Hawaiian massage characterized by smooth, flowing, rhythmic movements that help deeply relieve tense muscles, release stored emotions, and restore vital energy throughout the body. This holistic and soothing ritual combines profound physical relaxation with mental and emotional healing, promoting inner peace, balance, and harmony while supporting overall well-being and stress relief.

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## Shiatsu

A pressure-point massage that strengthens the body and boosts vitality.

 — 50 minutes  — 320 PLN



 — 80 minutes  — 420 PLN



Shiatsu, also known as point massage or acupressure, is a traditional technique that involves stimulating specific points on the body. Its purpose is to strengthen the body, improve energy flow, and enhance overall vitality and well-being.

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## Reflexology for the feet

A holistic foot therapy that eases tension, promotes relaxation, and reduces pain.

 — 30 minutes  — 210 PLN

 — 50 minutes  — 280 PLN

Reflexology for the feet is a holistic therapy focusing on stimulating specific points on the feet connected to various organs and systems in the body. This technique helps release energy blockages, relieve tension, and improve overall well-being. Reflexology works with the body's energy to restore balance and harmony, supporting energy flow and strengthening overall health. Additionally, it provides a deeply relaxing experience, promoting mental clarity and emotional balance.



## SPA for Two

Enjoy a special moment together at SPA La Grâce.

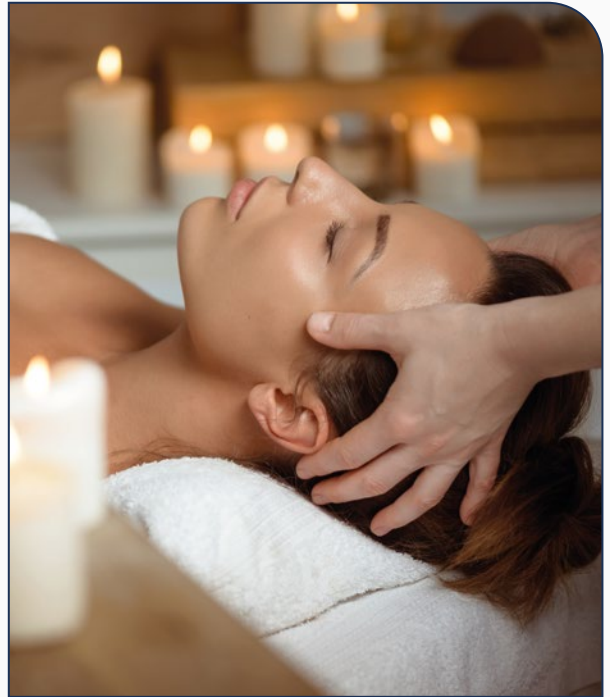
 — 120 minutes  — 630 PLN

Indulge in this exceptional experience to share relaxation, rejuvenation, and bliss with your loved one. Treatments for two are performed in unison, creating a serene and unforgettable bonding experience.

### Choose from massages:

- Relax by the Sea
- Deep Ocean Massage
- Soothing Hot Stone Therapy

Additionally, personalized facials are designed to restore radiance, vitality, and enhance your skin's glow.



## Give the Gift of La Grâce SPA Voucher

A stay at La Grâce SPA is always a thoughtful and cherished gift that will bring joy to your loved ones. It's the perfect way to show care and offer moments of relaxation and rejuvenation. If you're looking for a gift idea, we're happy to help:

**A gift voucher worth 500 PLN**

The amount can be used for all treatments and packages at La Grâce SPA.

All our gift vouchers are valid for 6 months from the date of purchase.

# Book your appointment

**In person at the address:**

Radisson Blu Hotel Gdańsk  
Długi Targ 19, 80-828 Gdańsk

**By phone or email:**

Phone: 695 177 423  
E-mail: [lagracespa@gmail.com](mailto:lagracespa@gmail.com)

**Opening Hours:**

Monday - Friday: 12:00 PM - 9:00 PM  
Saturday: 9:00 AM - 9:00 PM  
Sunday: 9:00 AM - 4:00 PM



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