



EN

BLUSPACE



B L U S P A C E



Your space to relax

Soft light, calming sounds and balanced aromas create an atmosphere that fosters deep relaxation. The body regains its lightness, and the mind naturally enters a state of calm.

Each treatment is based on carefully selected techniques and high-quality ingredients that support regeneration, restore balance and improve the condition of the skin.

Everything takes place in a mindful rhythm, with respect for silence, intimacy and your individual needs.

A space created with true relaxation in mind.

BluSPAcE Team

Body Massages

Signature BluSPaCe Relax Massage

Helps to restore inner balance and regain vitality.

Full body massage performed with the unique sea buckthorn & carrot oil by Fito SPA.

60 MIN | 350 PLN

Philippine Massage*

Stimulates the entire nervous system to soothe the body, release muscle stiffness, and relieve pain.

30 MIN | 200 PLN 50 MIN | 330 PLN

Swedish Massage*

Relieves muscle tension, supports natural blood circulation, and helps reduce stress.

30 MIN | 200 PLN 50 MIN | 330 PLN

Thai Massage

Gentle stretching technique focusing on mobilizing stiff muscles and joints.

45 MIN | 350 PLN

Lomi Lomi Massage

Relaxing Hawaiian full body massage performed with forearms and warm coconut oil.

60 MIN | 380 PLN

*The possibility to enrich the massage with a gentle scrub using dried flower blend 'Fruits of Love' or 'Sea Buckthorn Love'.

25,00 PLN / 45,00 PLN



Body Massages

Herbal Detox

A relaxing and anti-stress full body massage performed with an exceptionally aromatic oil enriched with eucalyptus, sage, and rosemary essential oils.

60 MIN | 350 PLN

Elixir of Life

A deeply relaxing full body massage using luxurious Perilla & Licorice oil by Fito SPA.

60 MIN | 350 PLN

Power of Herbal Stamps

Aromatic and pain-relieving massage with warm herbal stamps for full body regeneration.

50 MIN | 350 PLN

Energy of Stones

A warming massage using hot volcanic stones to soothe muscles and restore inner harmony.

50 MIN | 350 PLN





Partial Massages

Soft

Head and neck massage.

30 MIN | 220 PLN

Acupress

Foot massage with elements of reflexology.

30 MIN | 220 PLN

Herbal Relief

Relaxing back and neck massage
with warm herbal stamps.

45 MIN | 320 PLN

Black Gold

Back and leg massage with a peat wrap.

50 MIN | 350 PLN



Body Rituals

Fruits of Love Ritual **body scrub + body massage**

A ritual that brings harmony into everyday life. Based on Marula & Apple cosmetics. This blend of the world's finest oils soothes the body and mind. The experience is completed by a sensual fragrance that leads to blissful relaxation and unwinding.

75 MIN | 420 PLN

Sea Buckthorn Love Ritual **body scrub + body massage**

The "Sea Buckthorn Love" ritual, based on sea buckthorn oil and carrot seed extract with notes of verbena and lemongrass, is a unique experience that will transport you to a distant place of blissful relaxation. Let this magical treatment enchant your senses, nourish your skin, and calm your mind.

75 MIN | 420 PLN

Tibetan Calm **relaxing and tension-relieving** **back massage using 4 technique**

An extraordinary ritual combining cupping therapy for the back with the soothing sound massage of Tibetan singing bowls. Everyone should experience this unique holistic treatment at least once in their life — the relaxing sounds of the Tibetan bowls create micro-vibrations in the body, releasing muscle tension and harmonizing the mind.

60 MIN | 340 PLN



Signature Facial Treatments

Cavitation Peeling with Mask

45 MIN | 260 PLN

Cavitation + Sonophoresis

Cleansing facial treatment
with a vitamin cocktail.

60 MIN | 380 PLN

Face, Neck and Décolleté Massage

30 MIN | 240 PLN

BluSPAcE KOBIDO

Manual lifting treatment inspired by Japanese
facial massage. Tissue stimulation that smooths
wrinkles, restores skin firmness,
and reduces tension.

60 MIN | 390 PLN



Facial Treatments | mesoestetic

Age Element

A personalized, exclusive treatment that combines a unique experience, effective action, and sensory pleasure. Focused on improving skin tone, restoring firmness, or reducing wrinkles. Includes facial massage.

60 MIN | 480 PLN

Meso ANTI-AGING FLASH

Lifting treatment that increases skin tension. An excellent continuation of aesthetic medicine procedures.

50 MIN | 450 PLN

Meso PURERENEWING

A cleansing treatment that reduces pores and improves skin condition. Visible results after the very first session.

50 MIN | 420 PLN

Meso ANTI – STRESS CALM TOUCH

An exceptionally gentle, soothing and calming treatment. Reduces redness and vascular reactivity.

50 MIN | 420 PLN

Meso INFUSION

An exclusive, deeply hydrating treatment with a relaxing facial massage.

50 MIN | 420 PLN





Facial Treatments | TEAM D^R JOSEPH

Herbal Bio-Lifting

A sensual ritual with exceptional aromas introduced into the skin through a delicate massage using floral-herbal stamps. Provides deep relaxation while delivering intense nourishment, stimulation, and revitalization. Restores skin tone, firmness, and elasticity.

80 MIN | 520 PLN

Gentle Touch Ritual

A highly effective treatment that soothes redness, burning sensations, and skin tightness. It calms and restores balance. The therapy combines selected active ingredients with skin-calming and relaxation techniques based on the Team Dr Joseph method.

60 MIN | 460 PLN

Drop Ritual

This treatment helps rebuild the skin's natural hydro-lipid barrier, providing deep and long-lasting hydration. The active ingredients used initiate skin processes that improve firmness and restore a healthy appearance.

60 MIN | 460 PLN

Facial Treatments

Herbal Detox

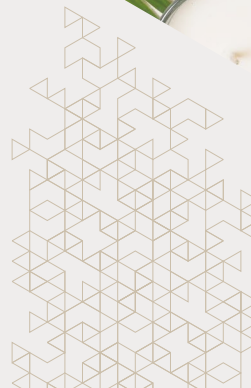
A deep-cleansing ritual suitable for all skin types, performed using the Team Dr Joseph method. The skin is thoroughly purified with exceptional plant-based ingredients — phytotherapy. Pores are gently unclogged and sebum production is normalized.

60 MIN | 460 PLN

A Man's Moment

This is your time. Surrender to hands that will take special care of your skin. A personalized treatment tailored to the needs of men's skin, ending with a relaxing facial massage.

50 MIN | 420 PLN



Spa Etiquette and Useful Information

Voucher

A voucher is an open invitation to an oasis of peace and relaxation. Choose an amount or a treatment from our offer and give a truly special gift to loved ones, colleagues, or business partners. For details, please ask at the BluSPACE reception.

Reservations and Payment Methods

We recommend booking your treatments in advance to avoid disappointment due to limited availability. To schedule an appointment, please call us at: +48 91 40 40 720 (from your room: 9 720) or send an email to: bluspace.swinoujscie@radissonblu.com
All prices are quoted in PLN and include VAT. BluSPACE reserves the right to change prices.

Your Visit

To ensure maximum comfort during your visit to BluSPACE, please arrive approximately 10 minutes before your scheduled treatment. This time allows you to calmly complete the consultation form. If you arrive late, your treatment may be shortened without a reduction in price.

Attire

We kindly ask hotel guests to arrive at BluSPACE wearing a bathrobe and hotel slippers. Please do not bring valuables or jewelry to the spa, and remove any accessories before your treatment. BluSPACE is not responsible for any lost or forgotten jewelry or personal belongings left in the treatment room.

Health Condition

Before your treatment, you will be asked to complete a confidential health and lifestyle questionnaire. If you are unsure about any medical contraindications, please consult your doctor and bring a medical certificate with you. During the consultation, please inform your therapist of any health issues or discomforts so the treatment can be tailored to your needs.

Pregnancy and Postpartum

When making your reservation, please provide all relevant information regarding your pregnancy so we can recommend a suitable treatment.

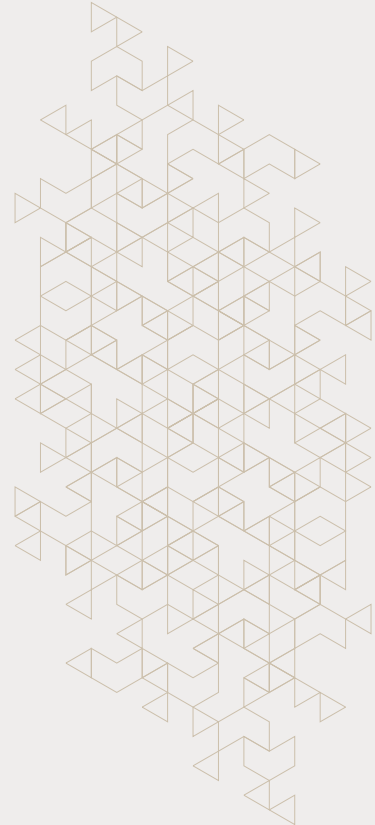
Spa Etiquette and Useful Information

BluSPAcE Etiquette

BluSPAcE is a space of silence and relaxation. We kindly ask you to switch off or silence your mobile phone before entering the spa area.

Cancellations

We understand that plans may change. You may cancel your reservation free of charge up to 12 hours before your scheduled treatment. For cancellations made less than 12 hours in advance, BluSPAcE reserves the right to charge 50% of the treatment value to the guest's account.



The SPA reserves the right for a staff member to terminate the treatment if they encounter inappropriate behavior from the guest (such as aggression, sexual advances, etc.).

Spa Etiquette and Useful Information

Children and Adolescents

Treatments offered at BluSPaCe are available to guests aged 18 and over. Treatments for children aged 8–13 may be performed only in the presence of a legal guardian. A completed qualification questionnaire is required prior to the treatment.

Guests Undergoing or After Oncology Treatment

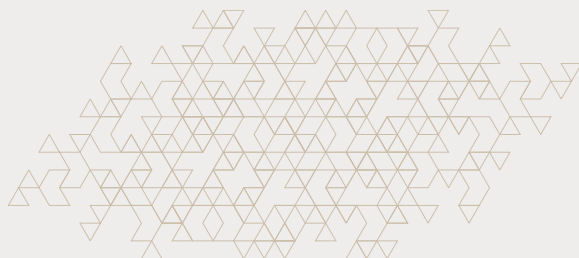
Guests currently undergoing or who have completed oncology treatment are required to present a medical certificate confirming there are no contraindications for the selected massage or facial treatment.

Home Spa

To enhance and prolong the effects of your treatment at BluSPaCe, we offer a selection of professional skincare products for use at home. Our therapist will be happy to provide a complimentary recommendation tailored to your skin's individual needs and help you choose the most suitable products.



B L U S P A C E



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