SHERATON GRAND
Krakow

Spa Treatment Menu

ul. Powiśle 7
31-101 Kraków, Polska
T: 48-12-662-1000
F: 48-12-662-1100

RESERVATIONS

We encourage you to plan your visit in advance to ensure that your preferred treatments are available. Bookings made on the day of service are based upon availability. All reservations must be secured with your phone number and credit card information.

CANCELLATION POLICY

1. If a booking is cancelled less than 3h before the booked treatment or if a treatment is not used on the booked date, we charge a cancellation fee of 100% of the treatment value.
2. For your comfort and that of other guests, please arrive in the SPA lobby at least 5-10 minutes before your scheduled treatment. If you arrive late, the treatment may be shortened without any reduction in price.

PRIOR TO THE SERVICE

1. In order to fully experience the therapeutic benefits of the sauna, we suggest arriving 30-60 minutes before the start of the service.
2. The spa area is a place of silence, relaxation and indulgence, so please be quiet, refrain from loud conversations and do not use mobile phones.
3. Prior to the start of your service, please tell your therapist the areas you would like to focus on and any areas to be avoided. During your service, please do not hesitate to tell the therapist if you feel any discomfort.
4. Using of the services of the SPA area requires prior filling and signing of a health questionnaire and is equal to the Customer’s declaration that there are no health contraindications to perform the treatment. The staff is not responsible for the consequences of treatments performed in spite of existing contraindications that have not been disclosed. A SPA employee has the right to refuse to perform a treatment if there is a contraindication to its performance.
5. The right is reserved to interrupt the treatment by a SPA employee if he/she encounters inappropriate behavior of the Client.

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Body Treatments

Savon Noir & Kessa glove peeling
30 MIN I 300.00 zł

A suggestion for a scrub using Moroccan soap based on black olives and a grainy Kessa glove, it cleanses the skin of the entire body and gives it a smooth texture. Performed as a stand-alone treatment, or as a pre-treatment, especially recommended to prepare the body for a selected massage.

Aromatic scrub
30 MIN I 300.00 zł

The use of appropriately sized exfoliating particles, a blend of vegetable oils, essential oils and vitamin E removes dead skin and impurities. The skin becomes moisturized and nourished. Performed as a standalone treatment, or as a pre-treatment, especially recommended to prepare the body for a selected massage.

Contour Sculpt Pro

Abdomen – 30 min | 300 zł
Buttocks – 30 min | 300 zł
Thighs – 30 min | 300 zł

5-Treatment Package – 1400 zł
10-Treatment Package – 2700 zł

Contour Sculpt Pro is an advanced body contouring technology that uses high-intensity electromagnetic impulses (HI-EMT) to trigger deep muscle contractions. The treatment supports muscle building and strengthening while helping reduce excess body fat. The result is improved muscle tone, enhanced definition, and a lifted appearance of selected areas — without pain or downtime.

Uniqcure Ampules

Sos recovering
30 MIN I 390.00 zł

Rescue ampoule with a soothing effect. Reduces chronic irritation of sensitive, reactive, atopic or vascular skin.

Intensive hydrating
30 MIN I 390.00 zł

Intensive and long-lasting moisturizing concentrate for dry and dehydrated skin. Particularly recommended when traveling and in places with a changeable climate.

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Instant lifting
30 MIN I 400.00 zł

Lifting ampoule for sagging skin in need of lifting and facial oval improvement. Powerfully tightens and strengthens the skin for an immediate effect. Ideal under makeup.

Wrinkle inhibiting
30 MIN I 400.00 zł

Intensive anti-wrinkle ampoule for skin with visible wrinkles, especially around the eyes and on the forehead. For sustained effects or as a cosmetic alternative to botulinum toxin treatments.

Signature Serenity Rituals©
by PARYSEQ HEALTH & SPA

Signature Luxurious Perfumed Ritual ©– VIP SERVICE
80 MIN I 1300.00 ZŁ

Immerse yourself in a luxurious world of exotic perfumes with our proprietary ritual. Inspired by the traditional hammam, the ritual very deeply nourishes the skin, makes it soft and leaves it silky to the touch. At the heart of the treatment is a dedicated, wonderfully relaxing massage that envelops the body with the scent of Arabic perfumes in oil. The ritual is topped off with a glass of Champagne.

Enhanced version: with Global Lift treatment (available at a reduced price only when packaged with the ritual).
140 MIN I 1950.00 ZŁ

Goddess's Glow Ritual © – NEW!
80 MIN I 950.00 ZŁ

Feel like a Goddess. The ceremony will awaken all the senses, providing a sense of well-being, revitalizing and harmonizing the body and soul. It will leave the skin soft and full of youthful radiance. The subtle fragrance of the perfume will wrap the body in a mist, while golden particles will shimmer in any light, giving a subtle illuminating effect. The ritual will be crowned with a Prosseco glass.

Enhanced version: with AQUATHERM treatment (available at a reduced price only when packaged with the ritual).
140 MIN I 1530.00 ZŁ

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Men's Point Of View Ritual © – NEW!
80 MIN I 950.00 ZŁ

Whisky is a highly respected, dignified liquor, often associated with men's gatherings. A bit of this liquor served in the right glass makes the evening a chance to relax with a palette of flavors and aromas. We serve this aroma in the form of the only one on the market, a wonderfully relaxing ritual, created for the natural care of active and confident men. The ritual is crowned with a glass of whisky.

Enhanced version: with SKEYNDOR MEN (available at a reduced price only when packaged with the ritual).
140 MIN I 1530.00 ZŁ

Relaxing Massages

Cocconut Mellow Session
60 MIN I 500.00 ZŁ

Using warm coconut oil and proper relaxation massage techniques is an ideal way to reduce the discomfort of a long trip, regain lost energy and improve the quality of sleep.

Warm Candle Massage
60 MIN I 530.00 ZŁ

The massage is perfectly relaxing, and the warmth and fragrance of the aromatic Shea butter of the special massage candle has a soothing effect on all the senses. The skin becomes deeply moisturized, velvety and smooth to the touch.

Face massage
30MIN I 390.00 zł

This is a facial massage with elements of work on the neck and neckline. The combination of muscle relaxation, drainage, lifting, and acupressure techniques brings a unique cosmetic, rejuvenating and relaxing effect.

Enhanced version: with customized Uniqcure ampoule (available at a reduced price only when packaged with the massage).
45 MIN I 710.00 ZŁ

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Hot Stone Massage
60 MIN I 530.00 ZŁ

This luxurious treatment combines massage with the use of smooth, heated basalt stones. The heat of the heated stones penetrates the muscles to gently remove tension and fatigue and stimulate the body's self-healing processes.
*Offered as a seasonal experience from October to April.

Orient session – NEW!
60 MIN I 550.00 ZŁ

A relaxing massage that is a composition of oriental techniques derived from natural Thai practices. It is performed with a series of harmonious movements with elements of passive gymnastics. It relieves muscle tension and stiffness and gently relaxes, wrapping you in the noble scent of amber oriental oils.

Happy Feet Massage
45 MIN I 410.00 zł

Getting a foot massage is one of the most pleasant ways to relax, it brings immediate benefits to tense muscles, relaxes, calms and soothes. It also has healing properties, as there are points in the feet called reflexes. By working on the foot reflexes, we cause the removal of toxins blocking energy channels and bring the body to a natural state of energy balance.

Aromatherapeutic Massage
60 MIN I 540.00 ZŁ

A deeply relaxing treatment that will take you to the next level of relaxation through the use of special, individually selected aromatherapy oils and gentle manual techniques. The essential oils used are absorbed through the skin, circulating throughout the body to release their relaxing and therapeutic properties. It is up to you to choose a scent tailored to your needs, and it will guide you closer to Nirvana than your feet ever could.

Therapeutic Massages

Deep Tissue Massage (Strong Pressure) – BESTSELLER
30 MIN I 390.00 zł 60 MIN I 530.00 zł

A relaxation method of persistently abnormal tensions in the body. Each movement is performed very slowly, with a great precision and properly selected pressure. Deep tissue massage is very effective and efficient, and its results are noticeable after just a short session.

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Signature Healing Power© (Medium Pressure) – BESTSELLER
30 MIN I 410.00 zł 60 MIN I 550.00 zł

This massage combines elements of Eastern and Western bodywork methods, such as deep tissue massage, myofascial release, and trigger point therapy, with techniques from Thai massage and shiatsu. Its uniqueness lies in the therapist "listening" to the client's body and responding to the reactions of the muscles and fascia. It is recommended for chronic pain. The healing power is gradually felt in both superficial and deep structures, without significantly exceeding the pain threshold, to adapt to the individual needs of the client.

Signature Hemp chillout session– NEW!
60 MIN I 530.00 ZŁ

A medium-strength massage covering mainly the back, shoulders and neck, which is the most suitable form for people leading fast and busy lives, prone to frequent nervous situations and living under constant high levels of stress. The well-known benefits of the massage treatment, are complemented by the sensational and scientifically proven properties of CBD hemp oil. This oil is especially recommended for people struggling with depression, panic attacks, neuroses or sleep problems.

Signature ZEN scalp session – NEW!
30 MIN I 410.00 ZŁ

Zen is defined as „calm mind." Passed down through generations, the Eastern practice of good touch in this massage focuses on the upper back, shoulders, neck and head, areas that particularly accumulate tension, problems and stress. Indulge in a powerfully relaxing head massage for headache relief, improved sleep, scalp health, mental clarity, neck and shoulder muscle relaxation and overall well-being. The massage is the perfect ending to many of the massages on offer

Enhanced version: the ritual of oiling the hair with individually selected oil + IR + EMS
45 MIN I 510.00 ZŁ

Facial Care

Global Lift
60 MIN I 720.00 ZŁ

An innovative anti-wrinkle strategy with a broad spectrum of action, designed to reshape the face, regain oval volumetry and alleviate the double chin resulting from a decrease in tissue tone of mature skin. The object of GLOBAL LIFT therapy is to improve the work of cells presenting slowed metabolism, responsible for tissue weakening, loss of elasticity and elasticity of mature skin.

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Aquatherm
60 MIN I 650.00 zł

Aquatherm is a range of products created on the basis of French thermal water. Its daily use allows deep hydration and normalization of sensitive skin. Specially selected active substances, allow to improve the comfort of the skin and help reduce redness and feelings of irritation.

Power retinol
60 MIN I 620.00 zł

A professional treatment designed to rejuvenate the skin and counteract the effects of aging caused by natural biological processes or sunlight. Smoothes wrinkles and fine lines, while evening out skin tone, thanks to gradual exfoliation of the stratum corneum. It stimulates cell renewal and has a strong antioxidant effect, leveling the harmful effects of free radicals.

Clear balance
60 MIN I 630.00 ZŁ

The line is designed to normalize the 3 main causes of acne: seborrhea, excessive keratinization and inflammation. Astragalus extract, ursolic acid and bacuchiol effectively regulate excessive sebum secretion, while a special complex of peptides and anti-inflammatory plant substances increases the skin's resistance to pathogenic bacteria, preventing the development of acne lesions.

Skeyndor Men
60 MIN I 650.00 zł

The products of the SKEYNDOR MEN line, are developed on the basis of a composition of ingredients with action, smoothing, moisturizing and strengthening. The properties of organic silicon promote tissue renewal and protect against microinjuries caused by shaving. Rejuvenating Vitamin C, visibly brightens and improves tissue tone of the skin delaying the aging process.

Corrective
80 MIN I 750.00 zł

Modern treatment recommended for skin with deep wrinkles and visible signs of aging. An innovative combination of three mechanisms of action - biological peeling, filling and deep relaxation - provides intensive smoothing of even the deepest wrinkles. It is a cosmetic alternative or an ideal complement to aesthetic medicine treatments. As a result, wrinkles disappear gradually and naturally from the first sessions, and the skin is smoothed, brightened and rested.

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