



The time truly slows down here

This is the place
of RELAXATION & PEACE
you were always looking for

We are here to 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.

Spa is our passion

Visiting MERA SPA means being
treated with extraordinary care
and the awareness of the importance
of the details.

A true recipe for releasing tension
and deep relaxation.

You are always welcome here

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.

SOPOT MARRIOTT RESORT & SPA

Bitwy pod Płowcami 59, 81-731 Sopot, POLAND

SOPOTMARRIOTT.com

T +48 58 7666 000

MERA "HEAD TO TOES" CEREMONIES

GLOW CEREMONY

TIME 120 MIN PRICE 470 PLN

Amber brilliance by Mera SPA... This ritual is a 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 brings powerful moisturizing, nourishing and firming properties. Amber peeling will smooth 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...

MARINE TREASURE CEREMONY

TIME 120 MIN PRICE 470 PLN

Multi effective body care. Thanks to marine salt peeling, and simultaneous application of 4 wraps on the appropriate parts of the body we get a global effect during a single treatment. Of course, in Mera Spa we can't miss what is most essential - deep relaxation, which is achieved thanks to face care treatment, carefully selected essential oils and a relaxing full body massage.

HEAD & FEET CEREMONY

TIME 60 MIN PRICE 220 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.

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BODY MASSAGES

MERA

TIME 75 MIN PRICE 250 PLN

The ritual begins with a feet massage combined with reflexotherapy elements. This body massage with amber stones, based on a luxurious Mera Amber Body Balm full of gold shavings, will fill you up with positive energy and gives your skin a sensual, warm aroma. It reduces the stress and discomfort, simultaneously soothing and relaxing your body.

by MERA SPA

CLASSICAL

TIME 60 MIN PRICE 190 PLN

This relaxing therapy includes a simple but effective massage for the whole body that will help you to combat tiredness and bring your body 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.

RELAXING AROMA

TIME 60 MIN PRICE 190 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.

BODY & SOUL

TIME 60 MIN PRICE 190 PLN

The unique technique of this ceremony draws inspiration from oriental massages. This massage's base moves are stroking and stretching. Its strong point is the use of passive yoga, all conducted on a pure coconut oil, well known for its beneficial nourishing properties.

HOT STONES

TIME 75 MIN PRICE 240 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.

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SILK SHAWL RITUAL**TIME 60 MIN PRICE 220 PLN**

Unique and original ceremony combining traditional massage techniques with usage of a silk shawl. Manual moves bring relief to tense muscles, while the touch of the shawl, even though being delicate, gives a deeply perceptible feeling. Using a shawl, allows the therapist to use rocking, stretching and lifting techniques, which brings the relaxation to a higher level, not available with any other massage.

FOR PREGNANT WOMEN**TIME 75 MIN PRICE 230 PLN****PROFESSIONAL CONSULTANCY WITH THE THERAPIST INCLUDED**

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.

**PROCEEDING YOUR MASSAGE WITH SUGAR
BODY PEELING WILL SIGNIFICANTLY
HELP YOUR SKIN TO DERIVE BENEFITS FROM OUR
HIGH QUALITY OILS, BUTTERS AND CREAMS.**

TIME 20 MIN PRICE 85 PLN**WOULD YOU LIKE TO TAKE A LONGER RELAXATION?****PROLONG YOUR MASSAGE WITH:****PRICE 60 PLN****20 MIN HEAD MASSAGE • 20 MIN BACK MASSAGE
20 MIN FEET MASSAGE • 10 MIN FACE MASSAGE****SOPOT MARRIOTT RESORT & SPA**

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QUICK RELIEFS

Condensed moments of relaxation

BACK MASSAGE

TIME 30 MIN PRICE 130 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)

FEET MASSAGE

TIME 30 MIN PRICE 130 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

TIME 30 MIN PRICE 130 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)

HEAD MASSAGE

TIME 30 MIN PRICE 130 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)

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BODY TREATMENTS

WEALTH OF THE SEA

TIME 90 MIN PRICE 290 PLN

Body treatment with seawater and algae. It begins with an intense body peeling with sea salt crystals that will moisturize, nourish and smooth your skin. An algae mud compress has a powerful detoxifying and regenerating influence on the skin cells. It slims your body, stimulates the burning of the body fat and prevents its accumulation. The whole treatment ends with an intense massage that will additionally model your body. by

BALTIC GARDEN

TIME 90 MIN PRICE 290 PLN

Salt peeling soothes the skin, slows down the aging process and prepares the body for further stages of the treatment. A special concentrate will provide the elasticizing effect. A flower wrap followed by a relaxing massage will end the treatment with deeply nourished and regenerated skin, providing you comfort and improving your mood.

WRAPPED BEAUTY

TIME 90 MIN PRICE 310 PLN

Highly effective innovative treatment procedure with an application of special bandages, soaked with powerful active ingredients, guarantees you 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.

GRAPE SENSATION

TIME 90 MIN PRICE 270 PLN

Skin ageing is a natural and inevitable process which concerns everyone, independently of age or gender. Grape Sensation is a treatment consisting of sugar peeling, body serum and a body mask - all filled with active ingredients such as: grape, rosemary and olive extracts, effectively preventing skin ageing and combat its signs. A relaxing massage conducted on an aromatic shea butter will leave your body soft and nourished. This treatment can be recommended to pregnant women. (after 12th week, no mask included)

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FACE TREATMENTS

The efficiency merges from uniqueness and deep relaxation.

All treatments begin with a cleansing ritual and peeling. The cleansed face, neck and neckline are treated with a special elixir that deeply penetrates the skin. Next, we perform a face massage and apply an appropriate mask. Each treatment includes a hands or head massage also.

BEAUTY +

TIME 60 MIN PRICE 245 PLN

MORE THAN BEAUTY

Basic face care treatment which focuses on the specific skin needs. Choose the one most suitable for you and enjoy its results: cleansed, brightened and nourished skin.

- hydrating
- cleansing
- calming
- nourishing

As an addition do the skin care - deep relaxation included!

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

MESO-VIT

TIME 75 MIN PRICE 440 PLN

REGENERATION, PROTECTION, BRIGHTENING, "VITAMIN BOMB" EFFECT

A highly effective regenerating, brightening and protective non-invasive aesthetic treatment that soothes and revitalizes the skin. Its main effect is a stimulation of the synthesis of collagen and elastin, which has an anti-ageing result. Additionally you have the "vitamin bomb" effect, caused by three vitamins: A, E and C. Excellent for every skin type.

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SUPREME DHE.AGE - RETINOX

TIME 75 MIN PRICE 440 PLN

REGENERATION, REJUVENATION, FIRING EFFECT

Unique treatment with DHEA "youth hormone", designed for women who look for a modern skin care and rejuvenating effect. A regenerating procedure removes the most visible effects of the aging process, improves the condition of the skin and makes it look younger. Recommended as a mature skin care, the treatment removes wrinkles and makes the skin more smooth, flexible and firm. The effect is visible even after a single treatment.

HYDRA CLINIC

TIME 75 MIN PRICE 380 PLN

INTELLIGENT HYDRATION

An intensive treatment with hydro-nourishing effect. Stimulating the natural mechanisms of skin hydration, it helps to strengthen and protect the lipid coating of the skin, simultaneously improving its elasticity. It is a therapy that provides the skin with an optimal amount of moisture. It also helps to improve the natural process of skin regeneration.

by

SKINJEXION

TIME 75 MIN PRICE 460 PLN

ALTERNATIVE TO INJECTIONS

It is a therapy for deep wrinkles, an alternative to a surgery. Based on a revolutionary conception that inhibits the factors that cause the skin to twitch, removes the wrinkles, fills existing ones and slows down their formation. This way, without any pain or risk, we can obtain the results similar to the effects of Botulinum Toxin, Hyaluronic Acid, Mesotherapy injections.

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BATH RITUALS

Full body scrub, warm water, nourishing butter and a SEA VIEW...

AMBER BATH RITUAL

TIME 50 MIN PRICE 140 PLN

Moments of seaside relaxation inspired by the view from our bath rooms

- watch the waves at your fingertips. Mera Amber Cosmetics used to perform this treatment consist an amber extract, which has beneficial impact on our bodies.

by MERA SPA

FLOWER BATH RITUAL

TIME 50 MIN PRICE 140 PLN

An aromatic floral full body sugar scrub and bath with foam. It will take you to the world of pleasure, pampering your senses and caressing your skin. Together with body balm they will moisturize and nourish your body.

by

**BATH RITUALS ARE A PERFECT INTRODUCTION
TO A MASSAGE**

TIME 40 MIN PRICE 110 PLN

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MALE SPA

CONTINUOUS POWER

TIME 60 MIN PRICE 270 PLN

This anti-stress and regenerating face treatment is composed of a peeling, C, E, B5 vitamin serum and an oxygenating mask. The whole procedure is composed in a way to combine special needs of male skin. The essence of relaxation for men.

ANTI-STRESS ACTION

TIME 40 MIN PRICE 160 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.

MALE MANICURE

TIME <40 MIN PRICE 90 PLN

MALE PEDICURE

TIME <50 MIN PRICE 120 PLN

KIDS & TEENAGERS SPA

SEA BREEZE

TIME 40 MIN PRICE 140 PLN

A gentle face treatment for the young skin. Subtle and safe formulas of the cosmetics used in the course of this treatment guarantee safety for the young skin. The procedure begins with a soft peeling that is followed by an application of suitable serum and a mask. A relaxing face massage is being performed at the end of the treatment.

FOAM ADVENTURE

TIME 20 MIN PRICE 80 PLN

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

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CHOCOLATE CRAZINESS

TIME 30 MIN PRICE 110 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 massage will make you like a walking chocolate. And all this in an atmosphere full of fun and smile :)

FRUITY BACK MASSAGE

TIME 20 MIN PRICE 80 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.

OTHER COSMETIC TREATMENTS

SPA FOR HANDS AND FEET

MANICURE CLASSIC

TIME <40MIN. PRICE 90 PLN

MERA SPA MANICURE
(WITH NOURISHING MASK AND MASSAGE)

TIME <60MIN. PRICE 130 PLN

LONG LASTING MANICURE (LASTING UP TO 2 WEEKS)

TIME <50MIN. PRICE 130 PLN

PEDICURE CLASSIC

TIME <50MIN. PRICE 130 PLN

MERA SPA PEDICURE
(WITH NOURISHING MASK & MASSAGE)

TIME <80MIN. PRICE 170 PLN

LONG LASTING PEDICURE (LASTING UP TO 2 WEEKS)

TIME <40MIN. PRICE 170 PLN

HYBRIDE NAIL POLISH REMOVAL

TIME <20MIN. PRICE 40 PLN

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DAY SPA PACKAGES

Each DAY SPA package includes:

- all day relaxation in our swimming pools & saunas zone
- professional advice regarding SPA care and home care products
- bathrobe, towel and slippers to be used during your SPA visit
- usage of our relaxation room with a sea view where you can taste especially selected teas and SPA water

FOR HER

TREATMENTS' TIME: APROXIMATELY 2:20 H

SPECIAL OFFER: ONLY 459 PLN INSTEAD OF 550 PLN

- Sugar body peeling
- Relaxing aroma massage
- "BEAUTY+" - tailored facial with a relaxing face massage

FOR HIM

TREATMENTS' TIME: APROXIMATELY 2:00 H

SPECIAL OFFER: ONLY 418 PLN INSTEAD OF 490 PLN

- Classical massage
- "CONTINUOUS POWER" - regenerating face care

FOR US

TREATMENTS' TIME: APROXIMATELY 1:20 H

SPECIAL OFFER: ONLY 470 PLN INSTEAD OF 610 PLN

- Couple peeling in the couple room
- Couple relaxing massage in the couple room

ESCAPE

TREATMENTS' TIME: 0:40 H

SPECIAL OFFER: ONLY 160 PLN INSTEAD OF 190 PLN

- Quick relief - back and neck massage

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SPECIAL OFFERS

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

SPA SPECIALITES

- Monthly Offer (20% discount)
- SPA party
- Special seasonal offers
- Sky party

SPA ACCOMODATION PACKAGES

- romantic, family or relaxation
- special seasonal packages

MERA FIT ACTIVITIES

- Aqua Aerobic
- Nordic Walking
- Yoga (in & outdoor)
- Swimming Lessons
- Bicycle rent

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).

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GIFT VOUCHERS

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

Open Monday – Thursday 10:00 am to 9:00 pm

Friday 10:00 am – 10:00 pm

Saturday – Sunday 9:00 am - 10:00 pm

tel. +48 58 766 60 80 or internal number dialed from your room: 6080

email: spa@mera-spa.com

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GOOD TO KNOW

OPENING HOURS

Treatments area: Monday – Thursday 10:00 am to 09:00 pm; Friday 10:00 am – 10:00 pm; Saturday – Sunday 9:00 am - 10:00 pm

Swimming pools and saunas area: Every day from 7:00 am to 10:00 pm

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.

FOR OUR NONRESIDENT GUESTS

Book any massage or treatment and enjoy a whole day of relaxation in our pool and saunas area - for only 30 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.

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 20% of the treatment's price you booked.

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.

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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

MERA SPA

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