



SCRUBS

BODY SCRUBS

190 PLN/45'

An aromatic full-body exfoliation.
A peeling treatment designed for intensive skin renewal,
providing refreshing and energizing sensory experiences.

SUPPLEMENTARY TREATMENTS 20'

FACE MASSAGE

140 PLN

FACE MASSAGE

with hyaluronic acid

*A facial massage combined with hyaluronic acid
for additional hydration.*

160 PLN

HEAD MASSAGE

140 PLN

HAND MASSAGE

140 PLN

FOOT MASSAGE

140 PLN

SPA wet zone entry

80 zł/person/hour

Entry includes exclusive use of the jacuzzi,
steam sauna, and dry sauna.



Please arrive for your treatment approximately
10 minutes before the scheduled time. This will
allow for a calm completion of the consultation
form, and for Guests from outside the hotel – for
comfortable preparation before the treatment.

Hotel Guests are welcome to come to the
treatment room in the bathrobe and slippers
provided in the room.

Guests from outside the hotel are provided with
a bathrobe, slippers, and a towel. Reception staff
will indicate the appropriate place to change and
prepare before the treatment.

We recommend taking a short shower before the
start of your visit. Cleansed skin absorbs the active
ingredients contained in skincare products more
effectively, enhancing the treatment results.

This is where your path to harmony begins.



Hotel Testa Reception

ul. J. Kilińskiego 11a
81-772 Sopot

tel. +48 722 221 216

info@hoteltesta.pl



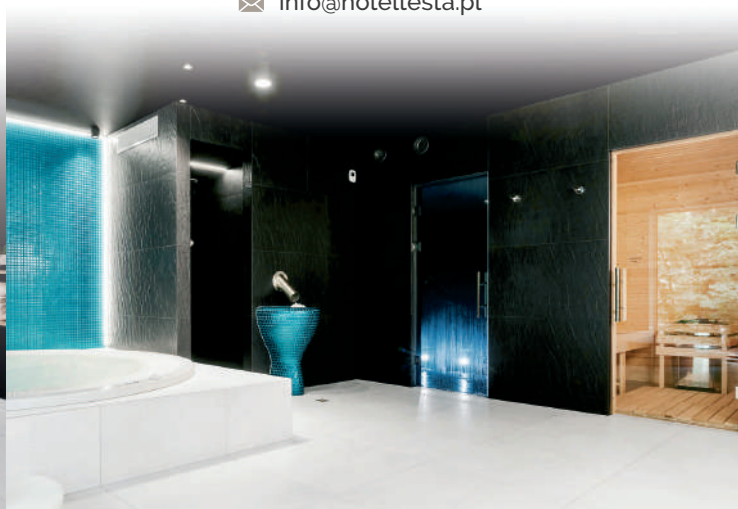
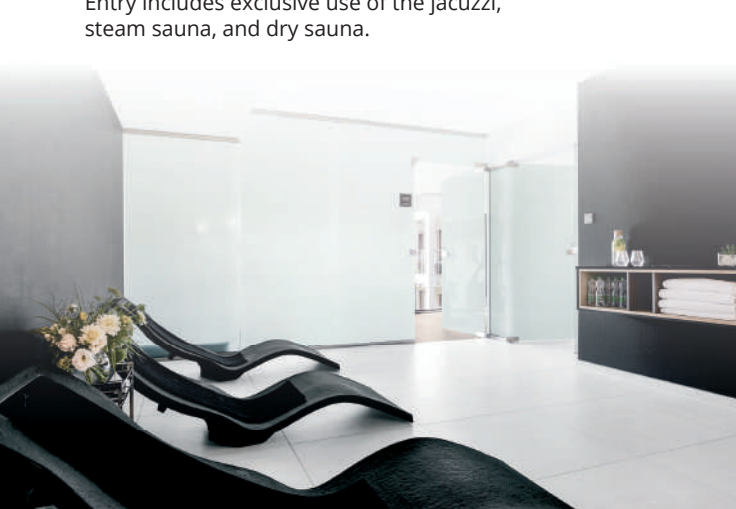
SPA TESTA

unique place
right by the Sopot beach



Immerse yourself
in blissful relaxation.

In our intimate SPA, you will regain peace
in the harmony of seaside colors,
soothing aromas, and rituals
that restore balance
to both body and mind.





FACIAL TREATMENTS



POWER C

230 PLN/60'

A therapy for skin tired by the sun and urban pollution. Powerful antioxidants moisturize, brighten discolorations, improve elasticity, and restore vitality to the skin.

POWER OXYGEN

270 PLN/60'

A detoxifying treatment perfect for those living in large urban areas and exposed to environmental pollutants such as smog and exhaust fumes, as well as for people under constant stress. Recommended for dull, oxygen-deprived skin lacking radiance.

ETERNAL ANTI-AGE

320 PLN/60'

A firming treatment that restores skin density, elasticity, and deep hydration. Suitable for all skin types, both women and men. Especially recommended for dehydrated skin lacking vitality and firmness. An ideal treatment before a "big night out."

GLOBAL LIFT

370 PLN/60'

Active ingredients are selected to sculpt the face, restore facial volume, and soften the appearance of a double chin. Suitable for all skin types, particularly those in need of lifting and tightening.



BODY TREATMENTS

BALTIC RITUAL

420 PLN/90'

Created to regenerate, cleanse, and restore inner balance. This ritual combines a full-body scrub with a 30-minute hot stone massage and concludes with a soothing moisturizing body mask.

ELIXIR OF LIFE

400 PLN/90'

A luxurious scrub and mask in one - Perilla & Licorice. A combination of bochnia salt crystals, diatomaceous earth, and licorice root thoroughly cleanses and smooths the skin, leaving it younger and healthier. During relaxation, a facial or hand massage with hyaluronic acid will be performed.

FRUITS OF LOVE

400 PLN/90'

This ritual combines a full-body sugar scrub with notes of marula and apple blossom, followed by a body massage using a rich butter with an exceptionally sensual scent. The treatment relaxes body and mind while moisturizing and soothing the skin.

BREATH OF THE ORIENT

270 PLN/60'

An exfoliating massage for sensitive skin using Indian oils and spices. The carefully selected ingredients leave the skin velvety soft while regenerating and nourishing it.



MASSAGES

CLASSIC MASSAGE

210 PLN/30'

320 PLN/60'

This is a proven method for reducing muscle tension, improving circulation, and enhancing overall well-being. It supports the body's regeneration, reduces stress, and improves muscle flexibility.

RELAXING MESSAGES

190 PLN/30'

310 PLN/60'

A massage that calms, loosens tension, and restores inner balance. It reduces stress, nervous tension, and fatigue. Ideal for those in need of relaxation and a moment just for themselves.

HOT STONE MASSAGE

230 PLN/30'

340 PLN/60'

A relaxing massage using natural heated basalt stones. The warmth penetrates deep into the muscles, relieving tension, improving circulation, and restoring harmony to body and mind. Perfect for cooler days and for stressed or fatigued individuals.

AROMATIC CANDLE MASSAGE

210 PLN/30'

330 PLN/60'

A luxurious massage performed with warm candle oil that deeply moisturizes and nourishes the skin while enveloping the body in a pleasant aroma. Gentle movements loosen the muscles, calm the mind, and induce deep relaxation.

KOBIDO MASSAGE

330 PLN/60'

A non-surgical face-lifting technique. The intensity and deep-reaching movements stimulate nerve activity and provide profound relaxation.