

# PRISMA

## SPA MENU

We invite you to a SPA where you can regain energy and embrace soothing comfort. Discover unique rituals of regeneration crafted with Alba1913's natural galenic formulations. Our facials, body treatments, and customized massages combine the heritage of herbs and innovative active ingredients with carefully tailored manual techniques. Calming interiors and gentle music complete the experience, offering true rest for both body and senses.

### LEVEL -1

PURO Gdańsk

### Book your experience:

+48 504 941 895  
gdansk@prismaspa.pl

Online booking  
via QR code



## 80 Minutes

Advanced holistic rituals for complete renewal and deep relaxation

### Lux Facial

420 PLN

An immersion in deep comfort: soothing hydration, gentle aromas and a tailored facial massage that leave you feeling balanced, calm and completely renewed.

### Lux Body Treatment

400 PLN

A cocooning ritual for the whole body — a revitalizing scrub and nourishing massage that ease away tension, soften the skin and wrap you in lasting relaxation.

### Lux Face & Body Massage

400 PLN

From head to toe, a flowing massage with warm shea butter or candle that melts away stress and harmonizes body and mind, enhanced with calming touches for the face.

## 50 Minutes

Classic regenerating rituals to restore balance and natural glow

### NEW: LA DOLCE VITA

#### Piano Piano Facial

700 PLN

Smart-aging, illuminating, antioxidant treatment with elements of a lifting facial massage.

BESTSELLER

#### Glow Facial

350 PLN

Hydrating and refreshing, with elements of a relaxing facial massage. Nominated for the Vogue Beauty Award.

#### Glow Body Treatment

330 PLN

Revitalizing full-body scrub followed by a relaxing massage with nourishing shea butter.

BESTSELLER

#### Glow Body Massage

320 PLN

Relaxing, soothing full-body massage with natural hydrating and nourishing cosmetics.

## 25 Minutes

Quick energizing treatments – perfect for a daytime break or an evening reset

### NEW: LA DOLCE VITA

#### Espresso Facial

370 PLN

Smart-aging, illuminating, antioxidant “banquet treatment.”

#### Flash Facial

230 PLN

Hydrating treatment with elements of a relaxing facial massage.

#### Flash Body Treatment

220 PLN

Revitalizing full-body scrub finished with nourishing butter application.

#### Flash Back Massage

200 PLN

Relaxing massage of neck, shoulders, and back using a soothing mist with essential oils.

## SPA for TWO

Bring someone special to the SPA.

Start your experience together in the dry or steam sauna, then enjoy treatments or massages held at the same time in neighbouring rooms. Each of you can choose a different ritual and meet afterwards in the relaxation area. Enjoy a shared moment of renewal — unwind in your own rhythm, yet in harmony with each other.

Parallel bookings are not available through the app.

## DAY SPA

A comprehensive head-to-toe ritual of relaxation and renewal: **Sauna** with Alba1913 x PURO Hotels signature aromatherapy, professional treatments, plus a **non-alcoholic cocktail** and an **Alba1913 cosmetic gift**.

### Day SPA

990 PLN

#### LA DOLCE VITA

The journey starts in the sauna with Alba1913's bespoke aromatherapy, where heat and botanicals detoxify and calm. A full-body ritual releases tension and nourishes, followed by a luxury facial for radiant glow. The experience ends with a refreshing cocktail, leaving you uplifted and immersed in Italian-inspired pleasure.

Includes:

- Lux Body Treatment 80 min
- La Dolce Vita Piano Piano Facial 50 min

### Day SPA Glow

630 PLN

Includes:

- Glow Body Massage 50 min
- Glow Facial 50 min

### Day SPA Lux & Glow

700 PLN

Includes:

- Lux Body Treatment 80 min
- Glow Facial 50 min