



FIVE SENSES

float • spa

SPA MENU

FLOATING

60-Minute Session	160 zł
Starter Package – 3 x 60-Minute Sessions	(*115zł/session) 345 zł
90-Minute Session	210 zł
60-Minute Session for Two	290 zł

*Offer valid for new clients and their first floating sessions only.

FLOATING – PACKAGES

4 sessions 60 min	540 zł save 100 zł
8 sessions 60 min	1000 zł save 280 zł
12 sessions 60 min	1460 zł save 600 zł

MASSAGES

Therapeutic Back Massage _____ 30 min / 170 zł

This massage is especially recommended for individuals experiencing stress or leading a sedentary lifestyle. The treatment focuses on relieving tension in the neck, shoulders, and back muscles, promoting relaxation, restoring mobility, and enhancing overall well-being.

Relaxing Face and Head Massage _____ 30 min / 130 zł

This face and head massage offers deeply relaxing benefits, making it ideal for anyone seeking a break from everyday stress or wishing to unwind after other treatments, such as a therapeutic massage. It is a calming ritual performed using natural oils by Mokosh.

Anti-Stress Back, Neck and Head Massage _____ 45 min / 240 zł

This deeply relaxing massage is designed for busy individuals in need of stress relief. It helps release accumulated tension in the back, neck, shoulders, and head, offering a soothing escape from the discomfort often caused by desk work. The treatment begins with a back massage performed while lying face down. After turning onto the back, attention shifts to massaging and stretching the neck and shoulder muscles, and concludes with a deeply calming head massage.

Classic Full Body Massage _____ 60 min / 280 zł

The classic massage is a fundamental treatment in any spa menu and is perfect for those new to massage therapy. It helps regenerate muscles, improve their flexibility and tone, enhance tissue nourishment, boost metabolism, and stimulate blood and lymph circulation. Additionally, it reduces pain, relieves tension, and provides deep relaxation for the entire body.

Aromatic Candle Massage _____ 60 min / 320 zł

This relaxing massage is performed using only warm oil from a candle made entirely of natural waxes and a fragrant blend of essential oils. The unique composition deeply nourishes and moisturizes the skin, leaving it smooth and velvety to the touch. Carefully selected massage techniques promote deep relaxation and a profound sense of calm.

Deep Tissue Massage _____ 75 min / 340 zł

A deep, tension-relieving massage that targets the deeper layers of muscle and fascia to release chronic tightness and discomfort. It soothes sore muscles, alleviates pain, and restores healthy blood flow. The body is left relaxed and free from muscular tension. This treatment combines deep tissue and myofascial release techniques for maximum effectiveness.

Hot Stone Massage _____ 75 min / 340 zł

A therapeutic fusion of warm basalt stones with elements of relaxing massage, lymphatic drainage, and acupressure techniques. This treatment is a true remedy for a tired and stressed body and mind. It promotes deep relaxation and full-body regeneration. The soothing warmth of the stones enhances circulation and metabolism, supports detoxification, eases muscle tension, lowers stress levels, and brings a calming effect to the entire system.

Five Senses Massage _____ 90 min / 370 zł

*option with body scrub

120 min / 490 zł

A unique, signature massage designed to restore vitality, mobility, and overall well-being. The experience begins with aromatic inhalation and gentle rocking motions that relax the muscles and ease the body into a state of deep calm. The Five Senses Massage combines flowing forearm movements, deep pressure techniques, and elements of stretching. The treatment concludes with a soothing face and head massage, delivering complete physical and mental relaxation.

*Enhance your experience with a full-body scrub to nourish, cleanse, and prepare your skin for the massage.

The treatment time is counted from the moment you enter the therapy room, based on your scheduled appointment time. We recommend arriving at the spa 15 minutes before your treatment. In case of a delay caused by the guest, therapists reserve the right to shorten the treatment time after informing the guest in advance.

FACIAL TREATMENTS

Kobido Massage

80 min / 320 zł

A traditional Japanese face massage, often referred to as a non-surgical facelift. This intensive treatment works on the deeper layers of the skin and facial muscles, stimulating the natural production of collagen and elastin. Despite its dynamic technique, Kobido is also deeply relaxing, helping to release tension in the face, head, chest, and neck areas. For lasting results, a series of treatments is recommended.

Variants of kobido massage

Kobido Massage with Bio-Aesthetic Taping

100 min / 350 zł

Kobido Massage with Nourishing Mask

100 min / 350 zł

Kobido Massage with Nourishing Mask

100 min / 350 zł

Kobido Passes

	<u>Kobido</u>	<u>Variants of kobido</u>
4 massages	1160 zł (280 zł/massage)	1240 zł (280 zł/massage)
8 massages	2240 zł (270 zł/massage)	2400 zł (270 zł/massage)
12 massages	3240 zł (260 zł/massage)	3480 zł (260 zł/massage)

Lifting Transbuccal Facial Massage

60 min / 280 zł

*extended option including a back massage

*80 min / 360 zł

The transbuccal massage is a unique therapy performed inside the oral cavity, designed to restore proper muscle tone and elasticity in the deepest facial structures. This technique involves gentle yet precise kneading of the facial tissues from both inside the mouth and the outer cheeks. It provides targeted stimulation that boosts blood and lymphatic circulation, supports collagen and elastin regeneration, and enhances the skin's natural detoxification process.

More than just a relaxing treatment, intraoral massage offers a holistic approach to beauty—working from the inside out. In cases of facial muscle imbalance, it also has therapeutic benefits beyond aesthetics.

NEW!

Illuminating Face, Neck & Décolletage Massage by FitoSpa

45 min / 220 zł

Discover the secret to radiant skin with our Illuminating Facial Massage featuring the rejuvenating Perilla & Licorice Oil by FitoSpa. This unique blend of precious oils and botanical extracts deeply nourishes the skin, helping to reduce visible signs of aging. Enriched with hyaluronic acid, it delivers intense hydration and protects the skin from moisture loss. Experience how this luxurious formula revitalizes your face, neck, and décolletage, leaving your skin glowing with a youthful aura.

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SPA PACKAGES

NEW!

Sea Buckthorn Ritual by FitoSpa

80 min / 340 zł

A rejuvenating, vitamin-rich, and deeply nourishing ritual for your body. A raspberry seed salt scrub gently exfoliates dead skin cells, softens the skin, and prepares it to absorb all the goodness of the sea buckthorn & carrot butter. After cleansing the body and taking a refreshing shower, enjoy a full-body massage performed with an exceptionally rich oil infused with lemongrass and exotic verbena. This luxurious blend nourishes, regenerates, and deeply moisturizes the skin. After the ritual, your skin will feel silky smooth, radiant, and healthy with a beautiful golden glow.

To complete the experience and nourish your body from within, we'll serve you a cup of green tea with sea buckthorn after the treatment.

Recovery Ritual

120 min / 470 zł

This nourishing and regenerating treatment includes a full-body exfoliation, our signature Five Senses massage, a deeply hydrating body mask, and a relaxing face and head massage. Thanks to the richness of natural oils and active botanical ingredients, the skin is intensely nourished, revitalized, and deeply moisturized. The sensory delight of your chosen Mokosh scent line enhances the experience, immersing the body and mind in deep relaxation and leaving you with a long-lasting feeling of renewal and well-being.

Anti-Stress Package

120 min / 360 zł

This package is the perfect solution for those leading busy lives and dealing with high levels of stress. The experience begins with a floating session, which induces a state of weightlessness, calms the nervous system, relaxes tense muscles, and—most importantly—can reduce cortisol levels in the blood by up to 30%. To extend the benefits of floating, a targeted anti-stress massage follows, focusing on the back, neck, shoulders, and head. This treatment aims to release deep-seated tension, especially in the upper back area. The ritual concludes with a deeply relaxing head massage, leaving you in a state of calm and balance.

FIVE SENSES DELUXE

135 min / 410 zł

GA deeply relaxing experience that combines floating therapy with a classic full-body massage. The floating session gently prepares your body for massage by relieving muscle tension, softening the skin, and calming the mind. As a result, the massage becomes even more effective, with longer-lasting benefits. The massage itself enhances the feeling of deep relaxation while improving your body's overall condition and well-being.

FIVE SENSES EXCLUSIVE

180 min / 570 zł

A comprehensive care ritual for both body and mind, combining floating therapy with the Regeneration Package, featuring our signature Five Senses Massage, all performed with your chosen aromatic line of natural Mokosh cosmetics. The floating session brings the body into a state of deep relaxation and gently prepares the skin and tissues for the next steps. A revitalizing salt scrub exfoliates dead skin cells and stimulates circulation. The unique techniques of the Five Senses Massage release muscular tension, restore flexibility, and enhance physical vitality. The ritual is completed with a deeply hydrating and nourishing body mask and a soothing face and head massage, leaving you fully regenerated—both physically and emotionally.

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FOOT REFLEXOLOGY

Foot Reflexology

60 min / 240 zł

Foot reflexology is a holistic healing method originating from ancient Eastern medicine. It is a therapeutic massage technique based on applying pressure to specific reflex points on the feet. Each foot contains over 7,000 nerve endings connected directly to the brain and every part of the body – that's why the impulses triggered during the massage have such a wide range of beneficial effects.

Foot reflexology is especially recommended for those experiencing chronic stress, fatigue, lack of energy, headaches or migraines, digestive issues, joint or back pain, menstrual discomfort, weakened immunity, swollen legs, lymphatic stagnation, or high blood pressure. This deeply relaxing therapy helps restore balance, vitality, and a sense of overall well-being.

Cupping Therapy

Fire Cupping Therapy

30 min / 120 zł

Bańki ogniowe to sprawdzona metoda wspierająca zdrowie, stosowana w tradycyjnej medycynie od wieków. Dzięki podciśnieniu, które tworzy się po przyłożeniu bańki do skóry, terapia stymuluje krążenie krwi i limfy, przyspiesza procesy regeneracyjne oraz wspomaga usuwanie toksyn z organizmu. Regularne zabiegi pomagają w łagodzeniu bólu mięśni, redukcji napięcia i stresu, a także wspierają odporność organizmu. Polecane dla osób borykających się z dolegliwościami bólowymi, zmęczeniem oraz osłabioną odpornością.

Fire Cupping Therapy Packages

Back Massage + Fire Cupping Therapy

60 min / 290 zł

Classical Full Body Massage + Fire Cupping Therapy

90 min / 400 zł

Immunity – 3-Treatment Package: Back Massage + Fire Cupping Therapy

770 zł

Anti-Cellulite Treatment with Chinese Cupping Therapy

45 min / 210 zł

A firming treatment using traditional Chinese cupping massage, which relies on vacuum suction to stimulate the skin and underlying tissues. This method boosts metabolism, effectively reduces fat deposits, and helps prevent the formation of cellulite.

To enhance the results, an anti-cellulite mask is applied to the treated area, followed by wrapping in cosmetic film. The ritual concludes with a relaxing foot or head massage.

The treatment is performed on one of the following targeted areas: legs and buttocks or abdomen and buttocks.

4 massages

720 zł
save 80 zł

8 massages

1400 zł
save 200 zł

12 massages

1920 zł
save 480 zł

The treatment time is counted from the moment you enter the therapy room, based on your scheduled appointment time. We recommend arriving at the spa 15 minutes before your treatment. In case of a delay caused by the guest, therapists reserve the right to shorten the treatment time after informing the guest in advance.

FOR PREGNANT WOMEN

Relaxing Face and Head Massage for Expecting Mothers

45 min / 200 zł

Enjoy a moment of blissful relaxation designed just for you—the expecting mother. This gentle treatment is created to release facial tension and ease stress that often accumulates in the neck and head area. Soft, soothing movements and the therapist’s calming touch will leave you feeling deeply relaxed and at peace. “Glowing Expectation” is not only a relaxing face and head massage—it’s also a special moment of connection with yourself and your baby.

Prenatal Anti-Stress Massage – Back, Neck and Head

45 min / 240 zł

This massage has been specially designed to ease the most common discomforts experienced by expecting mothers. It focuses on areas particularly prone to pain and tension during pregnancy. The gentle yet effective massage targets the back, neck, and head to relieve pressure and alleviate pregnancy-related back pain, especially in the lower back. Tension in the neck and shoulders can significantly affect daily comfort, which is why this treatment aims to bring relief, relaxation, and a sense of lightness to support your well-being during this special time.

Prenatal Full Body Relaxation Massage

60 min / 280 zł

This special massage is designed with the unique needs of expecting mothers in mind. Gentle, carefully guided movements focus on areas most affected by discomfort and tension during pregnancy. The techniques used help relieve muscular tightness caused by the body’s physical changes during this time. The treatment is also highly effective in reducing swelling, a common concern during pregnancy. The therapist’s light, soothing touch stimulates lymphatic circulation and helps reduce fluid retention, bringing a welcome sense of lightness and relief. This prenatal massage is not only a moment of care for your body—it is a blissful escape from the everyday and a gift of true comfort, created especially for you.

Prenatal Hydration & Nourishment Ritual

60 min / 300 zł

This soothing ritual has been thoughtfully created for mothers-to-be who wish to care for their skin during pregnancy while enjoying a moment of deep relaxation. All products used in the treatment are carefully selected from natural, pregnancy-safe ingredients to ensure the highest standard of care. The ritual begins with a gentle exfoliation that leaves your skin smooth, soft, and radiant. To enhance its velvety feel, a hydrating and nourishing body balm—chosen to suit your individual needs and fragrance preferences—is gently massaged into the skin, offering both care and comfort.

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CRANIOSACRAL THERAPY

Upledger CranioSacral Therapy

60 min / 220 zł

Upledger CranioSacral Therapy is a gentle form of manual therapy that addresses not only physical symptoms but also the client's overall well-being. Characterized by its subtle and non-invasive approach, the therapist typically uses no more than 5 grams of pressure—approximately the weight of a nickel.

By working with soft tissues, as well as the bones of the skull and the sacrum, the therapy influences the craniosacral system—responsible for the development and function of the central nervous system. It also positively affects the muscular, fascial, digestive, endocrine, lymphatic, skeletal, and respiratory systems. CranioSacral Therapy supports and enhances the body's natural self-healing mechanisms, making it suitable for clients of all ages and conditions. The therapist gently facilitates this process by releasing restrictions in connective tissue and improving its flexibility, mobility, hydration, and elasticity.

Recommended for:

- Headaches and dizziness
- Migraines
- Back pain
- Limb pain
- Tingling or numbness
- Irritable bowel syndrome (IBS)
- Bloating, constipation
- Fibromyalgia
- Anxiety and nervous tension
- Concentration difficulties
- Hyperactivity
- Stress
- Post-traumatic injuries
- Autism spectrum disorders
- Depression
- Personality disorders
- Psychosis
- Chronic fatigue
- Learning and memory difficulties
- Dyslexia
- Temporomandibular joint (TMJ) dysfunction
- Excess weight, swelling or fluid retention
- Infant colic
- ADHD
- Sleep disorders
- Brain and spinal cord injuries
- PTSD – Post-Traumatic Stress Disorder
- Endocrine disorders
- Post-surgical recovery issues
- Developmental disorders in infants and children
- Musculoskeletal pain during pregnancy

PACKAGES

4 treatments	760 zł
8 treatments	1440 zł
12 treatments	2040 zł

The treatment time is counted from the moment you enter the therapy room, based on your scheduled appointment time. We recommend arriving at the spa 15 minutes before your treatment. In case of a delay caused by the guest, therapists reserve the right to shorten the treatment time after informing the guest in advance.

RITUALS FOR TWO

Plan a Relaxing Escape for Two at FIVE SENSES Float Spa

We've prepared two individual floating cabins and a spacious, fully equipped double massage room just for you.

Discover our special selection of rituals for two, designed to be shared.
If you're interested in other treatments from our menu – no problem!
We are happy to offer any treatment in a version for two guests.

Relaxation Ritual for Two

135 min / 760 zł

At our unique spa, this ritual is a time you dedicate entirely to each other. Together, create moments that bring harmony, peace, and deep connection. Your visit to FIVE SENSES Float Spa begins with a floating session in separate cabins—offering an hour of individual stillness and blissful relaxation. Afterward, you reunite in our comfortable double massage room for a deeply calming full-body massage.

Floating gently prepares the body for massage by releasing muscle tension, softening the skin, and quieting the mind. This allows the massage to be even more effective, with longer-lasting results. The massage deepens the sense of relaxation, eases muscular tightness, and restores the body's overall balance and well-being.

Massage for Two

90 min / 670 zł

*with Optional Body Scrub

120 min / 870 zł

A massage for two is a precious moment to immerse yourselves in deep relaxation, surrounded by peace, presence, and connection. This special ritual is designed to give you time together—restful, intimate, and truly shared. Our signature Five Senses Massage combines flowing forearm movements, deep pressure techniques, and gentle stretching. The experience concludes with a calming face and head massage that leaves both body and mind in a state of harmony. After the treatment, you are invited to remain in the massage room a little longer—enjoying the comfort of heated beds and the lingering sense of calm.

**Enhance your ritual with a purifying and regenerating full-body scrub, available in three aromatic scents of your choice.*

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PACKAGES

ANTI-STRESS MASSAGE

4 massages	820 zł
	save 140 zł
8 massages	1560 zł
	save 360 zł
12 massages	2240 zł
	save 640 zł

THERAPEUTIC BACK MASSAGE

4 massages	570 zł
	save 110 zł
8 massages	1130 zł
	save 230 zł
12 massages	1620 zł
	save 420 zł

CLASSIC FULL BODY MASSAGE

4 massages	950 zł
	save 210 zł
8 massages	1900 zł
	save 420 zł
12 massages	2720 zł
	save 760 zł

FIVE SENSES MASSAGE

4 massages	1230 zł
	save 250 zł
8 massages	2460 zł
	save 500 zł
12 massages	3520 zł
	save 920 zł