



SPA & WELLNESS
MENU

Mediterranean
Garden



AMADRIA PARK
IVAN

TRETMANI ZA TIJELO // BODY RITUALS

THALASSO NJEGA / THALASSO CARE

Thalassotherapy Seaweed Treatment | 45 min | 440,00 kn

Tretman sa čistim koncentratom morskih algi – potiče detoxikaciju i revitalizaciju organizma. Definira tjelesnu konturu te učinkovito tretira prekomjernju težinu.

Treatment with pure sea algae concentrates – detoxifies and revitalises the body. Defines body contours and effectively treats excess weight.

Thalassotherapy Body Slimming | 45 min | 400,00 kn

Definira figuru tijela, smanjuje celulit i zaglađuje kožu. Stimulira i pojačava cirkulaciju kao i upijanje morskih minerala.

Defines and shapes the body, reduces cellulite, smooths the skin. Stimulates the circulation and absorbs the seaweed minerals.

Thalassotherapy Sea Mud Treatment | 75 min | 530,00 kn

Tretman prirodnim morskim blatom opušta tijelo, umiruje grčeve u mišićima, ublažava ukočenost i lokaliziranu i prekomjernu masnoću. U kombinaciji s morskim solima, tretman uklanja i mrtve stanice kože.

Natural sea mud treatment relaxes the body, soothes muscle cramps and relieves stiffness. It smooths localised, excess fat, and in combination with sea salts it removes dead skin cells.

Thalassotherapy Lymphatic Drainage Treatment | 45 min | 370,00 kn

Idealan tretman za osobe s mekanim celulitom, lošom cirkulacijom, te umornim natečenim i bolnim nogama.

Ideal treatment for people with soft cellulite together with poor circulation, fatigue and leg pain.

Sea Salt Body Scrub | 30 min | 250,00 kn

Originalan i učinkovit tretman eksfolijacije tijela uz vrlo intenzivan učinak opuštanja.

The original and effective exfoliation treatment for very deep relaxation.

Morska kupka / Sea Soak | 30 min | 250,00 kn

Kombinacija morske soli, algi i morskog mulja pruža osjećaj uranjanja u more. Izuzetno dobar kod osoba koje pate od zastoja tekućine i za tonifikaciju kože.

The combination of sea salt and algae together with sea mud replicates the benefits of bathing in sea water. Exceptionally good for those suffering from fluid retention and lack of skin tone.

NJEGA TIJELA / BODY CARE

Body Polish | 40 min | 270,00 kn

Dubinsko čišćenje kože koje poboljšava regeneraciju stanica, za nahranjenu, nježnu i glatku kožu.

A deeply cleansing salt scrub that encourages cell regeneration for the softest, smoothest and most nourished skin.

Cleopatra Milk & Honey Ritual | 90 min | 540,00 kn

Razmazite svoje tijelo pilingom na bazi meda i mlijeka te uronite u bogatu mliječnu kupku.

The body is pampered with a honey and milk scrub followed by immersion into a sumptuous milk bath.

Absolute Spa Ritual for Woman | 120 min | 970,00 kn

Kombinacija masaže tijela s odgovarajućim tretmanom lica.

Combination of body massage with a suitable facial treatment.

Body Nectar Nourishing Wrap – Frangipani | 50 min | 410,00 kn

Ovaj njegujući tretman natapa kožu vlagom čineći je mekanom i fleksibilnom, a kombinacija egzotičnog kokosa i frangipani cvijeta štiti kožu i daje joj blistavost i sjaj. Tretman idealan za trudnice i mlade mame.

A nourishing treatment that moisturises the skin whilst giving it radiance and glow. Combination of exotic coconut and frangipani flower protects the skin leaving it soft, supple and luminous. This treatment is ideal for pregnant women and young mothers.

HAMMAM

Short Hammam Break | 25 min | 320,00 kn

Tradicionalni ritual uključuje uživanje u parnoj kupelji, pling tijela pomoću rukavice „kesse“, te express masaža tijela sapunicom od maslina.

This traditional ritual includes the pleasure of a steam bath, a body scrub with Moroccan 'Kesse' gloves and a short massage with olive soap.

Traditional Hammam Experience | 50 min | 620,00 kn

Tradicionalni ritual uključuje uživanje u parnoj kupelji, piling tijela pomoću rukavice „kesse“, te masažu tijela sapunicom od maslina.

A traditional ritual that includes the pleasure of a steam bath, a body scrub with Moroccan 'Kesse' gloves and a massage with olive soap.

Oriental Hammam | 75 min | 710,00 kn

Ovaj ritual uključuje uživanje u parnoj kupelji, piling tijela pomoću rukavice „kesse“, masaža tijela u oblaku pjene na bazi maslina, ritual polijeivanja tijela i glave toplom vodom, te hranjiva maska za tijelo i lice.

A ritual that commences with a pleasant steam bath, body scrub with Moroccan 'Kesse' gloves and body massage with an olive-based foam wash, followed by a ritual of pouring warm water over the body and head, and a nutrition mask for face and body.

Total Oriental Hammam | 90 min | 980,00 kn

Ritual uključuje uživanje u parnoj kupelji, piling tijela pomoću rukavice „kesse“, masaža i pranje tijela pjenom na bazi maslina, polijeivanje tijela i glave toplom vodom, te relaks Aroma masaža tijela.

A complete ritual that commences with the pleasure of a steam bath, body scrub with Moroccan 'Kesse' gloves and body massage with an olive-based foam wash, followed by a ritual in which warm water is poured over the body and head, then a relaxing massage.

TRETMANI LICA // FACIAL TREATMENTS

Aromatic De-stress Facial Treatment | 90 min | 510,00 kn

100% prirodna multivitaminska koktel maska koja hrani, hidratizira, relaksira i vraća idealnu ravnotežu vašoj koži. Intuitivna masaža leđa, i tretman lica s maskom od koktela žitarica. Učinkovito djeluje na posljedice stresa, umora i iscrpljenosti.

A 100% natural multivitamin cocktail mask that nourishes, hydrates, relieves and restores the ideal balance and well-being of the skin. Freestyle back massage, and facial treatment with a mask of mixed grains effectively addresses stress, fatigue and exhaustion.

Pro-collagen Treatment | 60 min | 590,00 kn

Potiče proizvodnju prirodnog kolagena, učvršćuje i tonira kožu.

Stimulates the production of natural collagen, strengthens and tones the skin.

Pro-definition Lift and Contour | 60 min | 640,00 kn

Ovaj lifting tretman zateže i podiže kožu – pravilno konturira lice.

A lifting and contouring facial that delivers a profoundly sculpted effect.

Dynamic Resurfacing Treatment | 60 min | 660,00 kn

Idealan tretman za kožu s ožiljcima od akni, te za neujednačen ton kože, povećava zaglađenost kože do 32%.

An ideal treatment for targeting blemishes, acne scarring, uneven skin tone and fine lines, revealing 32% smoother skin.

Superfood Pro-radiance Treatment | 60 min | 580,00 kn

Prirodni nutritivni poticaj kože koji eliminira stres i umornu kožu.

A nutritional boost that packs powerfully-energising and detoxifying active ingredients into stressed, dull skin.

Sensitive Skin Treatment | 60 min | 450,00 kn

Tretman za osjetljivu kožu koja se nježno tretira kombinacijom umirujućih sastojaka.

Sensitive skin is gently treated with a combination of soothing ingredients.

Anti-blemish Mattify Treatment | 70 min | 450,00 kn

Pure facial treatment – regulira i prozračuje, čisti masnu kožu.

Pure facial treatment – regulate oily skin and clear congestion.

Intensive Hydration Treatment | 30 min | 250,00 kn
Tretman koji daje svježiu, blistavu, čišću i ljepšu kožu.
Treatment that delivers fresh, glowing, cleansed and beautiful skin.

Face Lifting Treatment | 30 min | 250,00 kn
Zaglađena i blistava koža u rekordnom vremenu.
Smooth and glowing skin in record time.

MASAŽA // MASSAGE

HOLISTIC MASSAGE

Svojim izborom holistične masaže osjećajte se relaksirano.
Feel relaxed and rejuvenated with your choice of holistic massage.

Classic – Swedish | 45 min / 60 min | 330,00 kn / 430,00 kn
Intuitivna masaža tijela, prilagođena potrebama klijenta. Opušta mišiće i poboljšava cirkulaciju.
Freestyle body massage tailored to the client's needs. It relaxes the muscles and improves circulation.

Mediterranean Massage | 50 min | 410,00 kn
Jaka, progresivna masaža, smanjuje napetost u mišićima putem sporih dubokih pokreta, idealna masaža za sportske tipove.
Strong and progressive massage. Reduces muscle tension through slow deep movements. Ideal massage for athletic types.

Sports Therapy Massage | 30 min | 280,00 kn
Po izboru masaža leđa ili nogu
Choice of back or leg massage.

Aromatherapy Massage | 50 min | 410,00 kn
Vrlo ugodna i učinkovita opuštajuća aroma masaža u kojoj se koriste mješavine esencijalnih ulja i balzama prema potrebi klijenta. Masaža pomaže opustiti tenzije te uravnotežuje vitalnu energiju tijela.
A deeply therapeutic, effective massage using a blend of essential oils selected by the client. Helps relieve tension and balances the body's vital energy.

Deep Tissue Massage | 80 min | 560,00 kn
(tjera stres, opušta mišiće / stress away, muscle melt)
Opuštajuća intuitivna masaža s visokokvalitetnim Elemis uljima na bazi kamilice, lavande, ružmarina i morskog bora.
Relaxing freestyle massage with high quality Elemis essential oil blend based on chamomile and lavender, or rosemary and coastal pine.

Mum-to-be Massage | 50 min | 410,00 kn
Masaža osmišljena za buduće mame nakon prvog tromjesečja, nježnim tehnikama uklanja napetost.
Designed for mothers-to-be, after their first trimester. Gentle techniques relieve tension to areas under stress.

De-stress Massage | 30 min | 290,00 kn
Opuštajuća masaža vrata, glave i vlasišta, pomaže kod pojačanog stanja stresa, napetosti i glavobolje.
Relaxing neck, head and scalp massage relieves stress, tension and headaches.

Raindrop Massage | 60 min | 580,00 kn
Nježna aromaterapeutska masaža leđa, specifična po direktnom kapanju pažljivo biranih eteričnih ulja na kralježnicu, radi se u kombinaciji s masažom stopala. Ulja djeluju još nekoliko dana nakon masaže.
A gentle aromatherapy back massage, that includes a direct drip application of carefully selected essential oils to the spine, combined with a foot massage. The oils continue to work several days after the massage.

Thai Oil Fusion Massage | 70 min | 550,00 kn
Kombinacija Thai stretchinga i Deep tissue masaže donosi energizirajuće rezultate i povećani raspon kretanja. Savršeno za aktivne goste i one koji uživaju u stretchingu.
A combination of Thai stretching and deep tissue massage delivers energising results and increased range of motion. Perfect for active people and those who enjoy deeper, more therapeutic work.

Shiatsu Massage | 70 min | 620,00 kn
Shiatsu masažna terapija utemeljena je na drevnom kineskom meridijanskom sustavu. Tehnike, uključujući specijalizirane tlačne, gnječne i udarne metode koje se tradicionalno izvode bez ulja, imaju za cilj poboljšati stanje mišića istodobno pomažući promicanju iscjeljivanja Qi.
Shiatsu massage therapy was founded on the ancient Chinese meridian system. Techniques include specialised pressure, kneading and percussion methods, traditionally performed without oil, aim to improve muscle condition while simultaneously helping to promote the healthy flow of Qi.

Masaža stopala / Foot Massage | 30 min | 250,00 kn
Cjelokupna revitalizacija organizma putem tretiranja akupresurnih točaka na stopalu.
Revitalisation of the entire body by treating the acupressure points on the feet.

HIDROMASAŽA // HYDROMASSAGE

Relaksirajuća kupka po izboru uz svježe voće i šalicu toplog čaja.
Relax with your choice of fresh fruit and a warm cup of tea.

Kupke po izboru / Bath soak of your choice 200,00 kn
Morska, Lavanda, Mliječna / Sea, Lavender or Milk

Kupke po izboru / Bath soak of your choice 300,00 kn
za dvoje / for two
Morska, Lavanda, Mliječna / Sea, Lavender or Milk

KUTAK ZA MUŠKARCE // MEN'S CORNER

Super Charger For Man | 60 min | 430,00 kn
Tretman lica posebno kreiran za muškarca. Djeluje protiv umora i bora te dubinski hidratizira kožu.
Facial treatment specially created for men. Works against fatigue, wrinkles and deeply hydrates the skin.

Back Treatment For Man | 70 min | 450,00 kn
Kombinacija pilinga i parafango obloga, nakon kojih slijedi duboka terapijska masaža leđa, vrata i ramena. Ovim tretmanom postižemo opuštanje i ukočenost mišića.
A combination of scrub and Parafango wrap (a mix of paraffin wax and mineral mud), followed by a deep therapeutic massage (back, neck and shoulders). This treatment promotes full muscle relaxation.

Total Time Out For Man | 120 min | 900,00 kn
Kombinacija masaže tijela s odgovarajućim tretmanom lica.
Combination of body massage with suitable facial treatment.

Express Energy For Man | 30 min | 250,00 kn
Inetnzivni tretman za osvježanje umornog i sivog tena.
Intensive treatment to refresh a tired and grey complexion.

Muška depilacija / Men's Waxing 150,00 kn
(leđa ili prsa / back or chest)

DODIR LJEPOTE // BEAUTY TOUCH

Oblikovanje obrva / Eyebrow shaping	50,00 kn
Bojanje obrva / Eyebrow tinting	90,00 kn

DEPILACIJA TIJELA / BODY WAXING

Djelomična depilacija / Half leg wax	140,00 kn
Depilacija cijele noge / Full leg wax	200,00 kn
Depilacija nausnica / Upper lip wax	60,00 kn
Depilacija bikini, pazuh / Bikini, armpit wax	100,00 kn

Spa manikura / Spa manicure | 60 min | 320,00 kn

Kupka, piling i masaža ruku; oblikovanje, poliranje i lakiranje noktiju.
Soak, scrub, shape and buff, followed by hand massage and nail polish.

Zen spa pedikura / Zen spa pedicure | 70 min | 350,00 kn

Kupka, piling i masaža stopala; rašpanje, poliranje i lakiranje noktiju.
Soak, scrub, file and buff, followed by foot massage and nail polish.

Manikura ili pedikura s lakom / Manicure or pedicure with nail polish | 40 min | 240,00 kn

Oblikovanje, rašpanje i lakiranje noktiju. / *Shape, file and nail polish.*

Lakiranje noktiju / Nail polish application | 15 min | 80,00 kn

Trajni lak / Perm. veneer nail polish | 40 min | 250,00 kn

Skidanje trajnog laka / Perm. nail polish removal | 15 min | 70,00 kn

(Akрил i gel ne skidamo! / *We do not remove acrylics or gels!*)

Korekcija jednog nokta / Single nail repair | 10 min | 50,00 kn

KUTAK ZA DJECU // KIDS' CORNER

(5 – 14 godina / years)

Sweet rest for princes & princesses | 30 min | 170,00 kn

Relaks masaža tijela s uljem na bazi meda i vanilije.
Relaxing back, neck, arm and leg massage with our honey-vanilla scented oil.

Luxurious facial skincare | 25 min | 230,00 kn

Čišćenje lica pjenom, nakon čega slijedi hranjiva maska za lice i masaža. Tretman završavamo kremom za lice i balzomom za usne.
Facial cleanse with a foam cleanser followed by a nourishing face mask and massage. Treatment finishes with our hydrating face moisturiser and lip balm.

Junior manicure | 20 min | 120,00 kn

(oblikovanje i lakiranje noktiju / *shape & nail polish*)

SPA PONUDA // SPA OFFER

SPA DAY ulaz po danu / daily entry 110,00 kn

(korištenje fitnessa, bazena & jacuzzija, svijeta sauna papučice, bademantil i jedan ručnik / use of fitness, swimming pool & jacuzzi, Sauna World, slippers, robe and towel)

KIDS SPA DAY ulaz po danu / daily entry (3 – 15.99 g/yrs) 60,00 kn

(korištenje bazena / use of swimming pool)

FITNESS jednokratni ulaz / per use (16+ g/yrs) 30,00 kn

SAUNE / SAUNA (max. 180 min) 60,00 kn

RUČNIK / TOWEL po danu / per day 10,00 kn

OGRTAČ / BATHROBE po danu / per day 25,00 kn

VANJSKI GOSTI / EXTERNAL GUESTS

SPA DAY ulaz po danu / daily entry 200,00 kn

KIDS' SPA DAY ulaz po danu / daily entry (3 – 15.99 g/yrs) 100,00 kn

(korištenje bazena / use of swimming pool)

FRIZERSKI SALON // HAIRDRESSER

	kratka short	poluduga medium	duga long
ŽENSKO ŠIŠANJE / WOMEN'S HAIRCUT		110,00 kn	
PRANJE KOSE / HAIR WASH	30,00 kn	50,00 kn	60,00 kn
PRANJE, FEN FRIZURA / WASH & BLOW DRY	100,00 kn	120,00 kn	140,00 kn
PRAMENOV I / HIGHLIGHTS	280,00 kn	350,00 kn	400,00 kn
BOJANJE / PERMANENT COLOUR	210,00 kn	250,00 kn	300,00 kn

svi stilovi / all styles

PRELJEV BOJA / SEMI-PERMANENT COLOUR			100,00 kn
KERATINSKI TRETMAN / KERATIN TREATMENT			100,00 kn
MUŠKO ŠIŠANJE / MEN'S HAIRCUT			80,00 kn
DJEČJE ŠIŠANJE / CHILDREN'S HAIRCUT			60,00 kn
SVEČANA FRIZURA / FORMAL HAIRSTYLING			250,00 kn

NAPOMENA: svaka od gore navedenih stavki se posebno zbraja.

NOTE: each of the above items add up separately.

SPA & WELLNESS ETIQUETTE

- Molimo da dođete najmanje 10 min prije zakazanog termina, kako biste imali dovoljno vremena da se pripremite za tretman.
Please arrive at least 10 minutes before your appointment, to ensure you have enough time to prepare for treatment.
- Djeci do 3 godine dozvoljeno je koristiti bazen samo uz korištenje pelena za vodu.
Children up to 3 years are allowed to use the pool only with the use of swim diapers.
- Djeci do 16 godina dozvoljeno je koristiti bazen samo u pratnji roditelja.
Children under 16 years are allowed to use the pool only if accompanied by parents.
- Spa & Wellness Mediterranean Garden je područje tišine. Ne smije se koristiti mobilni telefon, niti glasno razgovarati.
Spa & Wellness Mediterranean Garden is an area of tranquility. Do not use a mobile phone, or talk loudly.
- Molimo vas da prije rezervacije tretmana obvezno naglasite ukoliko ste trudni, ukoliko ste nedavno imali operaciju ili imate bilo kakav zdravstveni problem.
Please note – if you are pregnant, have had recent surgery or have any health issues, be sure to inform us when you make your appointment.
- Ukoliko na izlazu iz Spa & Wellness Mediterranean Garden ne predate narukvicu i ključ za garderobu, isto će vam biti naplaćeno 100,00 kn.
If, upon exiting the Spa & Wellness Mediterranean Garden, you do not return the bracelet and the key to the change rooms, you will be charged 100.00 kn.
- Pri idućem ulazu narukvicu nećete moći koristiti za ulaz jer je kodirana po ulazu.
The bracelet can not be reused for your next visit as it is coded per entry.
- Rezervirani tretman može se odgoditi najmanje 6 sati prije zakazanog termina, u suprotnom klijent snosi 50% cijene tretmana.
Booked treatments may be postponed for a minimum of 6 hours prior to the scheduled appointment, otherwise 50% of the treatment cost will be charged.
- Ukoliko se uopće ne pojavite na zakazani termin, naplaćujemo punu cijenu tretmana.
If you do not show up for a scheduled appointment, we shall charge the full treatment cost.

Spa & Wellness Mediterranean Garden
radno vrijeme / working hours: 08:00 – 20:00
T + 385 22 363 970
info.wellness@amadriapark.com

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Spa & Wellness

THAI OFFER



EXPERIENCE

The ancient form of massage
right here in the Mediterranean



AMADRIA PARK
IVAN

THAI SPA PONUDA // THAI SPA OFFER

Traditional Thai Massage | 60 min / 90 min | 410,00 kn / 560,00 kn
Jača masaža koja se obavlja različitim terapijskim tehnikama, vježbama istezanja za pritisicama na energetske točke na tijelu. Pomaže kod boli u leđima, ramenima i vratu, oslobađa od stresa, glavobolje te emocionalnih poteškoća.

Stronger massage that is performed by using various therapeutic techniques, stretching exercises and pressure on the body's energy points. It assists with back, shoulder and neck pain, stress relief, headache and emotional discomfort.

Thai Relaxation Massage with Aromatic Oils | 60 min / 90 min | 430,00 / 580,00 kn

Opuštajuća masaža cijelog tijela koja smiruje i olakšava bolove. Masaža pomaže u otklanjanju stresa, glavobolje, preopterećosti i lošeg osjećaja te otklanjanju problema sa spavanjem.

Relaxing, calming body massage to help relieve pain. This massage assists in eliminating stress, overload and ill feeling, headaches and sleeping problems.

Thai Oil Fusion | 70 min | 550,00 kn

Kombinacija Thai Stretching i Deep Tissue masaže donosi energizirajuće rezultate te povećan raspon kretanja. Savršeno za aktivne osobe i one koji uživaju u stretchingu.

A combination of Thai stretching and deep tissue massage results in a more energised feeling and an increased range of motion. Perfect for active people and those who enjoy stretching.

Thai Leg Massage | 30 min | 280,00 kn

Thai masaža nogu djeluje opuštajuće na cijelo tijelo te pomaže u otklanjanju boli, napetosti i smanjenju umora.

Thai leg massage acts to relax the whole body and helps in relieving pain, tension and fatigue.

Thai Back Massage | 30 min | 280,00 kn

Tradicionalnom tehnikom i pritisicama duž kralježnice smanjuje se napetost i ukočenost, uklanja bolove u području leđa i vrata i pruža osjećaj rasterećenosti i razgibanosti

Traditional technique and pressure along the spine reduces tension and stiffness, eliminates pain in the back and neck providing a sense of restored balance and flexibility.

Thai Foot Massage | 30 min | 250,00 kn

Masaža akupresurnih točaka na stopalima stimulira rad unutarnjih organa, daje osjećaj lakoće te poboljšava cirkulaciju.

Massage of the acupressure points on the feet stimulates the corresponding internal organs, providing a feeling of lightness and improved circulation.

Thai Foot and Palm Massage | 50 min | 410,00 kn

Masažom akupresurnih točaka na stopalima i dlanovima stimulira se rad unutarnjih organa, masaža pruža osjećaj potpunog opuštanja.

Massage of acupressure points on the feet and palms stimulates the function of the internal organs and also promotes a feeling of total relaxation.

De-stress Massage | 30 min | 290,00 kn (masaža lica, vasišta i dekoltea / for face, scalp and décolleté)

Opuštajuća masaža vrata, glave i vasišta, pomaže kod pojačanog stresa i napetosti.

A relaxing massage of the neck, head and scalp, assists with relieving stress and tension.

Thai Balance | 60 min / 90 min | 430,00 kn / 580,00 kn (masaža stopala, ruku, glave i vrata / feet, hands, head and neck)

Različitim terapijskim tehnikama otvaraju se energetske kanali i pospješuje protok energije u tijelu, daje osjećaj duhovne i tjelesne ravnoteže.

Various therapeutic techniques open the energy channels and promote energy flow in the body, giving a sense of mental and physical balance.

Four Hand Massage | 50 min | 800,00 kn

Masaža sa dva terapeuta koji izvode sinhronizirane pokrete. Kombinacija švedske, Thai, shiatsu i refleksne masaže, za potpuno smirenje i oslobađanje od stresa.

Massage performed by two therapists using synchronised movements, a combination of Swedish, Thai, shiatsu and reflex massage, for promoting total calm and stress relief.

Couples Massage | 50 min | 800,00 kn

Relaks masaža za dvoje – izvodi se u istoj prostoriji na klasičan način (na stolu za masažu). Smanjuje napetost mišića te pospješuje protok energije u tijelu.

This relaxing massage for two is performed in the same room on a massage table utilising the classic massage technique. Great for releasing muscle tension and enhancing the flow of energy in the body.

SPA PROGRAMI // LONG SPA TREATMENTS

Doživite Amadria Park jedinstvenu kombinaciju mediteranskih tretmana s tradicionalnom Thai masažom.

Experience Amadria Park's unique combination of Mediterranean treatments with traditional Thai massage.

Thai Marine Deep Relaxation | 100 min | 640,00 kn

Ovaj Spa program obuhvaća originalan i učinkovit tretman eksofolijacije tijela uz vrlo intenzivan učinak opuštanja te opuštajuću masažu cijelog tijela koja smiruje i olakšava bolove. Masaža pomaže u otklanjanju stresa, glavobolje, preopterećosti i lošeg osjećaja te otklanjanju problema sa spavanjem.

This spa treatment includes original and effective body exfoliation for deeply intense relaxation, and a calming body massage to relieve tension. Massage helps in eliminating stress, overload and ill feeling, headaches and sleeping problems.

Thai Balance Marine | 145 min | 910,00 kn

Tretman prirodnim morskim blatom koje opušta tijelo, umiruje grčeve u mišićima, ublažava ukočenost i lokaliziranu i prekomjernu masnoću. U kombinaciji s morskim solima, tretman uklanja mrtve stanice kože. Nakon tretmana slijedi masaža gdje se različitim terapijskim tehnikama otvaraju energetske kanali i pospješuje protok energije u tijelu, daje osjećaj duhovne i tjelesne ravnoteže.

Treatment with natural sea mud that relaxes the body, soothes muscle cramps and relieves stiffness, combines with sea salts to remove dead skin cells. This is followed by massage, and then various Thai therapeutic techniques for opening the energy channels to promote energy flow in the body, providing a sense of spiritual and physical balance.

Thai Rejuvenation | 115 min | 800,00 kn

Tretman sa čistim koncentratom morskih algi – potiče detoksikaciju i revitalizaciju organizma, definira tjelesnu konturu te učinkovito tretira prekomjernu težinu. Za potpuni doživljaj slijedi Thai (jača) masaža koja kombinira različite terapijske tehnike, vježbe istezanja te pritiske na energetske točke tijela. Pomaže kod bolova u leđima, ramenima i vratu, oslobađa od stresa, glavobolje te emocionalnih poteškoća.

Treatment with pure sea algae concentrates detoxifies and revitalises the body. Defines body contours and effectively treats excess weight. For a complete experience, this is followed by a stronger Thai massage performed by using various therapeutic techniques, stretching exercises and pressure on the body's energy points. It assists with back, shoulder and neck pain, stress relief, headache and emotional discomfort.

Traditional Treatments Pairing

Hammam & Thai | 130 min | 1.100,00 kn

Ovaj Orijentalni Spa program predstavlja spoj Tradicionalnog hammam rituala koji uključuje uživanje u parnoj kupelji, piling tijela pomoću rukavice „kese“, masažu tijela u oblaku pjene te kombinaciju Thai masažnih tehnika koje donose energizirajuće djelovanje. Smanjuje napetost i ukočenost. Savršeno za aktivne osobe.

This Oriental Spa treatment combines a traditional hammam ritual of pleasant steam bath, body scrub with 'kese' gloves and body foam massage, together with Thai massage techniques that bring about an energising action, reducing tension and stiffness. Ideal for active people.

Exotic Spa Ritual | 100 min | 790,00 kn

(za duboku hidrataciju kože / for deep skin hydration)

Exotični ritual obuhvaća piling tijela frangipani cvijetom, umatanje tijela u frangipani ulje te opuštajuću masažu cijelog tijela koja smiruje i olakšava bolove. Masaža pomaže u otklanjanju stresa, glavobolje, preopterećosti i lošeg osjećaja te otklanjanju problema sa spavanjem. Tretman je pogodan za trudnice.

Exotic ritual includes body scrub with frangipani flower, body wrap in frangipani oil and a relaxing body massage that calms and relieves pain. Massage assists in eliminating stress, overload and ill feeling, headaches and sleeping problems. Treatment is suitable for pregnant women.

SPA & WELLNESS ETIQUETTE

- Molimo da dođete najmanje 10 min prije zakazanog termina, kako biste imali dovoljno vremena da se pripremite za tretman.
Please arrive at least 10 minutes before your appointment, to ensure you have enough time to prepare for treatment.
- Mediterranean Garden Spa & Wellness je područje tišine. Ne smije se koristiti mobilni telefon, niti glasno razgovarati.
Mediterranean Garden Spa & Wellness is an area of tranquility. Do not use a mobile phone, or talk loudly.
- Molimo vas da prije rezervacije tretmana obvezno naglasite ukoliko ste trudni, ukoliko ste nedavno imali operaciju ili imate bilo kakav zdravstveni problem.
Please note – if you are pregnant, have had recent surgery or have any health issues, be sure to inform us when you make your appointment.
- Ukoliko se odlučite za tradicionalnu Thai masažu bez ulja, molimo vas dođite odjeveni u udobnu pamučnu odjeću.
If you have booked an oil-free Traditional Thai Massage, please dress in comfortable cotton clothing for your treatment.
- Rezervirani tretman može se odgoditi najmanje 6 sati prije zakazanog termina, u suprotnom klijent snosi 50% cijene tretmana.
Booked treatments may be postponed for a minimum of 6 hours prior to the scheduled appointment, otherwise 50% of the treatment cost will be charged.
- Ukoliko se uopće ne pojavite na zakazani termin, naplaćujemo punu cijenu tretmana.
If you do not show up for a scheduled appointment, we shall charge the full treatment cost.

Spa & Wellness Mediterranean Garden

Amadria Park Ivan, Business & Leisure Hotel

radno vrijeme / working hours: 08:00 – 20:00

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