



SPA & WELLNESS
MENU

Mediterranean
Garden



AMADRIA PARK
IVAN

TRETMANI LICA // FACIAL TREATMENTS

FACE TOUCH

Touch: Anti-Ageing

ELEMIS Pro-Collagen Age Defy | 30 / 60 min | 380 / 720 kn

Rješavanje finih linija i bora s klinički dokazanim koristima morskih algi, Padina Pavonica i crveni koralj, koje prkose godinama. Ciljana masaža potiče optimalnu funkciju stanica za bogato njegovanu, kožu mlađeg izgleda.

This clinically proven facial removes wrinkles and fine lines with the benefit of sea algae, Padina pavonica, and red coral. Targeted massage encourages optimal cell function, for deeply nourished and younger skin.

Touch: Skin Solutions

ELEMIS Superfood Pro-Radiance | 30 / 60 min | 380 / 640 kn

Nutritivna opskrba bogata aktivnim tvarima koje vraćaju energiju, superhranom i esencijalnim mineralima dizajnirana za beživotnu kožu pod stresom, kojoj je potreban detoks. Klinički dokazan tretman čini kožu popunjenom, blistavom i optimalnog zdravlja.

Skin energy is restored with the aid of active ingredients, superfoods and essential vitamins and minerals, detoxifying stressed and dull skin. Clinically proven facial leaves the skin healthy, luminous and with a youthful glow.

ELEMIS Anti-Blemish Mattify & Calm | 30 / 60 min | 340 / 720 kn

Otkriće za masnu, problematičnu ili kožu sklonu hormonalnim promjenama. Tretman lica koji matira, protiv masnoće i sjaja, s masažom koja obnavlja mikrocirkulaciju. Dubinski detoks tretman za čišću, svježiju kožu

The best facial for oily, problematic and hormonal skin. Mattify facial treatment balances sebum secretion, targeting oiliness and shine. Deep detox treatment for fresh and clean skin.

DECLÉOR

Aromatic De-Stress Facial Treatment | 90 min | 600 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.

MASAŽA // MASSAGE

HOLISTIC MASSAGE

Svojim izborom holistične masaže osjećajte se relaksirano.

Feel relaxed and rejuvenated with your choice of holistic massage.

Classic – Therapeutic | 30 / 60 min |

300 / 490 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.

Aromatherapy Massage | 50 min |

470 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.

Mediterranean Massage | 50 min |

470 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.

Deep Tissue Massage | 30 / 60 min |

300 / 600 kn

ELEMIS freestyle (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 a high-quality Elemis essential oil blend of camomile and lavender, or rosemary and coastal pine.

TRETMANI ZA TIJELO // BODY RITUALS

NJEGA TIJELA / ELEMIS BODY CARE

Intensely Cleansing Salt Scrub | 30 min | 340 kn Lime & Ginger or Frangipani

Mirisne soli nježno poliraju mrtve stanice kože, potičući regeneraciju novih stanica. Ostavlja kožu spremnom za upijanje hranjivog ulja.

The fragranced salt of your choice will gently slough away dead skin cells, encouraging the regeneration of new cells and perfectly prepping the skin. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

Couture Touch | 60 / 90 min | 700 / 980 kn

Kombinacija masaže tijela s odgovarajućim tretmanom lica.

Combination of body massage with a suitable facial treatment.

Body Nectar Nourishing Wrap - Frangipani | 60 min | 630 kn

Baršunasta tekstura Monoi Ulja pruža-hidrataciju, okrepljujući žednu kožu. Ogrnuti ste toplim wrap-om dok arome i ulja balansiraju raspoloženje i regeneriraju kožu.

The velvety texture of Monoi oil offers super hydration, quenching a thirsty skin. The aromatic oil is applied using sweeping strokes with maximum attention paid to particularly parched areas. You are kept cocooned and warm while the mood balancing aromatics and skin conditioning oils do their work.

THALASSO NJEGA / THALASSO CARE

Thalassotherapy Seaweed Treatment | 45 min | 490 kn

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

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

Thalassotherapy Sea Mud Treatment | 75 min | 580 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 | 410 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.

Thalassotherapy Sea Salt Body Scrub | 30 min | 290 kn

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

The original and effective exfoliation treatment for very deep relaxation.

HAMMAM

Short Hammam Break | 30 min | 400 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 | 670 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.

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 260 kn

Morska ili Mliječna / Sea Soak or Milk Soak

Kupke po izboru / Bath soak of your choice za dvoje / for two 360 kn

Morska ili Mliječna / Sea Soak or Milk Soak

DODIR LJEPOTE // BEAUTY TOUCH

Oblikovanje obrva / Eyebrow shaping 75 kn

Bojanje obrva / Eyebrow tinting 90 kn

DEPILACIJA TIJELA / BODY WAXING

Djelomična depilacija / Half leg wax 140 kn

Depilacija cijele noge / Full leg wax 200 kn

Depilacija nausnica / Upper lip wax 60 kn

Depilacija bikini, pazuh / Bikini, armpit wax 150 kn

Depilacija ruke / Underarm wax 100 kn

Muška depilacija / Mens' wax 200 kn

Spa manikura / Spa manicure | 60 min | 340 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 | 75 min | 380 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 kn

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

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

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

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

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

SPA PONUDA // SPA OFFER

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|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| SPA DAY ulaz po danu / daily entry | 110 kn |
| korištenje bazena & jacuzzija, svijeta sauna, papuče, bademantil i jedan ručnik. <i>Use of swimming pool & jacuzzi, Sauna World, slippers, robe & towel</i> | |
| ULAZ BAZEN ODRASLI / ADULTS POOL ENTRY per entry (12+ g/yrs) | 40 kn |
| ULAZ BAZEN DJECA / CHILDREN'S POOL ENTRY per entry (3 - 11.99 g/yrs) | 20 kn |
| SAUNE / SAUNAS max. 180 min (16+ g/yrs) finska, aroma te parna sauna / <i>Finnish, bio, steam</i> | 80 kn |
| RUČNIK / TOWEL po danu / per day | 20 kn |
| OGRTAČ / BATHROBE po danu / per day | 30 kn |
| FITNESS jednokratni ulaz / per entry (16+ g/yrs) max kapacitet 15 osoba / <i>max. capacity 15 persons</i> | 30 kn |

VANJSKI GOSTI / EXTERNAL GUESTS

| | |
|-------------------------------------------|---------------|
| SPA DAY ulaz po danu / daily entry | 200 kn |
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POKLON BONOVI // GIFT VOUCHERS

Razveselite svoje najmilije poklon bonom u SPA I WELLNESS MEDITERRANEAN GARDEN centru. Dostupno na recepciji Wellness.

Surprise your loved one with a gift voucher for SPA & WELLNESS MEDITERRANEAN GARDEN. Available from Wellness reception.

SPA & WELLNESS ETIQUETTE

- **Spa dress code**

Dozvoljen je ulazak u saune bez kupaćeg kostima uz obavezno korištenje ručnika. Imajte na umu da naše saune zajednički koriste žene i muškarci. U svim ostalim spa zonama mora se nositi kupaći kostim.

Entry to the sauna without a bathing suit is permitted, however a towel must be used. Please note that our saunas are mixed gender. In all other spa areas a bathing suit must be worn.

- **Tuširanje / Showering**

Tuširanje je obavezno prije ulaska u bazen, jacuzzi i saune te ako je potrebno prije tretmana.

Showering is compulsory prior to entering the pool, Jacuzzi and sauna, and prior to treatment if required.

- **Rezervacija ležaljki / Sunbed reservation**

Ležaljke na wellness terasi nije moguće rezervirati unaprijed. Ukoliko se ležaljka ne koristi dva sata osoblje wellnessa može je ustupiti drugim gostima.

Sunbeds on the wellness terrace cannot be booked in advance. If a chair is not in use for two hours, the staff may allocate it to another guest.

- **Rezervacija termina / Appointment booking**

Kako biste odabrali željeni termin za tretmane molimo Vas kontaktirajte wellness recepciju najmanje jedan dan prije željenog termina.

To book an appointment for a treatment, please contact the wellness reception at least one day in advance.

- **Otkazivanje termina / Appointment cancellation**

Rezervirani tretman može se odgoditi najmanje 3 sata prije zakazanog termina, u suprotnom klijent snosi 50% od cijene tretmana.

A booked treatment may be cancelled up to three hours before the scheduled appointment, otherwise the client is required to pay 50% of the treatment price

- **Kašnjenje na tretman / Arrive on time**

U slučaju nepredvidivih situacija zbog kojih klijent zakasni na termin duže od 15 min, uslugu možda nećemo biti u mogućnosti pružiti. Tretmani završavanju u točno predviđeno vrijeme kako kašnjenje ne bi utjecalo na slijedećeg klijenta. U slučaju kašnjenja tretman će biti naplaćen u cijelosti. Rezervaciju tretmana poslati ćemo na email.

In the case of unexpected situations where a delayed arrival of more than 15 minutes for an appointment occurs, we may not be able to provide the service. Treatments are scheduled to end at a precise time in order to avoid any delays affecting the next client. In the case of a client being late, we shall charge the entire treatment amount. Your appointment will be confirmed via email.

- **Dolazak na tretman / Preparing for treatment**

Molimo da dođete 10 min prije zakazanog termina, kako biste imali dovoljno vremena da se pripremite za tretman.

Please arrive 10 minutes before your appointment so that you have sufficient time to prepare for treatment.

- **Plaćanje / Payment**

Recepcija wellness centra prihvaća većinu kreditnih kartica te gotovinu za plaćanje. Svi hotelski gosti imaju mogućnost korištene usluge teretiti na račun sobe te platiti prilikom odlaska.

The wellness centre reception accepts payment in the form of all major credit cards and cash. Hotel guests may charge utilised services to their room and pay upon check-out.

- **Djeca / Children**

Djeci do tri godine dozvoljeno je koristiti bazen samo uz korištenje pelena za vodu. Djeci do 16 godina dozvoljeno je koristiti bazen samo u pratnji roditelja. Djeci do 16 godina nije dozvoljeno koristiti zonu sauna. Djeci do 12 godina nije moguća masaža, djeca od 12 do 17 uz suglasnost roditelja. Children up to three years are allowed to use the pool only with the use of swim diapers. Children up to 16 years are allowed to use the pool only if accompanied by parents / guardian. Children under the age of 16 are not permitted to use the sauna area. Children under 12 may not receive massage, children from 12 to 17 require parental permission.

Za vašu udobnost / For your comfort

Centar je područje tišine, te poziva na opuštanje i mir. Pušenje i konzumacija alkoholnih pića nije dopuštena u unutarnjem prostoru wellness centra, osim na wellness terasi.

The wellness centre is an area of tranquility, for relaxation and unwinding.

Smoking and alcoholic beverages are not permitted inside the wellness centre except on the wellness terrace.

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