

## SPA & WELLNESS ETIQUETTE



### Spa & wellness 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 i ako je potrebno i 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 Spa terasi nije moguće rezervirati unaprijed. Ukoliko se ležaljka ne koristi 2 sata osoblje wellness centra 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 kontaktirati wellness recepciju najmanje 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 završavaju 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 hotel-ski 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

Djeca do 3 godine dozvoljeno je korištenje bazena samo uz korištenje pelena za vodu. Djeci ispod 16 godina dozvoljeno je korištenje bazena samo uz pratnju roditelja. Djeci ispod 16 godina nije dozvoljeno korištenje sauna i Spa zone. Djeci ispod 12 godina nije moguće odraditi masaže i tretmane. Djeca od 12 do 17 godina koji koriste usluge, roditelji moraju potpisati suglasnost.

*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 and spa area. Children under 12 may not receive massage, children from 12 to 17 require parental permission.*



### Za vašu udobnost / For your comfort

Wellness 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 spa 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.*

Wellness Oasis | radno vrijeme / working hours: 08:00 – 20:00 h |

T + 385 51 295 008 | wellness.grand@amadriapark.com | www.amadriapark.com

Amadria Park Grand Hotel 4 opatijska cvijeta\*\*\*\*

Milenij hoteli d.o.o. | Viktora Cara Emina 6, HR-51410 Opatija | OIB 78796880101



# WELLNESS OASIS PRICELIST



AMADRIA PARK  
GRAND HOTEL 4 OPATIJSKA CVIJETA

## TRETMANI ZA TIJELO // BODY RITUALS

### THALASSO NJEGA / THALASSO CARE

**Sea Salt Body Scrub | 30 min | 300,00 kn**

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

*The original and effective exfoliation treatment for very deep relaxation.*

### NJEGA TIJELA / BODY CARE

**Body Nectar Nourishing Wrap – Frangipani | 60 / 90 min | 700,00 kn / 1.000,00 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.*

## TRETMANI LICA // FACIAL TREATMENTS

**LED Beauty Mask | 15 min | 200,00 kn**

Specijalizirani tretman infracrvenim svjetlima potiče prirodnu proizvodnju kolagena, zateže opuštenu kožu, smanjuje bore i fine linije, tretira akne i upale. Pomladite se i osvježite našom LED maskom.

*Specialized treatment with infrared lights stimulates the natural production of collagen, tightens sagging skin, reduces wrinkles and fine lines, treats acne and inflammation. Rejuvenate and refresh with our LED Beauty Mask Treatment.*

**Pro-collagen Age Defy Treatment | 30 / 60 min | 400,00 kn / 750,00 kn**

Hidratantni anti-ageing tretman za lice i oči potiče proizvodnju prirodnog kolagena, restrukturira konturu očiju, uklanja znakove starenja i smanjuje pojavu finih linija i bora.

*Moisturising anti-ageing face and eyes treatment stimulates the production of natural collagen, restructures the eye contour and reduces the appearance of fine lines and wrinkles.*

**Superfood Pro-radiance Treatment | 30 / 60 min | 400,00 kn / 750,00 kn**

Tretman lica koji vraća sjaj umornoj, bezizražajnoj i beživotnoj koži. Prirodna biljna mješavina dubinski hrani i hidratizira kožu. Idealan je za osobe koje provode puno vremena u zatvorenim prostorima.

*This natural blend of highly concentrated plant-based superfoods deeply nourishes and hydrates the skin for a healthy, radiant glow. It is ideal for people who spend a lot of time indoors.*

## MASAŽA // MASSAGE

**Hot Stone Massage | 50 min | 600,00 kn**

Masaža vrućim kamenjem s Balija i esencijalnim uljima. Djeluje duboko na mišiće, opušta cijelo tijelo i daje koži intenzivnu hidrataciju.

*Hot stone massage with stones from Bali and essential oils. It acts deeply on the muscles, relaxes the whole body and gives the skin intense hydration.*

**Aroma Spa Massage | 30 / 50 min | 350,00 kn / 550,00 kn**

Odaberite svoj mediteranski miris (citrusi, lavanda, smilje ili mandarina) i aromaterapijom uklonite stres. Pomno odabrana esencijalna ulja ublažavaju eventualne tegobe, vraćaju vitalnost i regeneriraju kožu.

*Choose your mediterranean scent (citrus, lavender, immortelle or mandarin) and remove your stress with aromatherapy. Carefully selected essential oils will reduce ailments, restore your vitality and regenerate the skin.*

**Amadria Park Choco Massage | 60 min | 600,00 kn**

Senzibilna masaža toplom čokoladom potiče lučenje hormona sreće, podiže raspoloženje i osjećaj zadovoljstva. Pomladite se prirodnom kombinacijom antioksidansa, vitamina i proteina uz nezaboravan osjećaj tople čokolade na svom tijelu.

*Sensitive hot chocolate massage stimulates the secretion of happiness hormones raising mood and a feeling of satisfaction. Rejuvenate yourself with a natural combination of antioxidants, vitamins and proteins with an unforgettable sensation of hot chocolate on your body.*

**De Stress Massage | 30 min | 350,00 kn**

Opustajuća masaža vrata, glave i vlasišta, pomaže kod pojačanog stanja stresa, napetosti i glavobolje.

*Relaxing neck, head and scalp massage relieves stress, tension and headaches.*

**Freestyle Deep Tissue Massage | 30 / 50 min | 350,00 kn / 550,00 kn**

Prepustite se stručnim rukama terapeuta i opustite tijelo i um posebno odabranim uljima i stručnim pokretima koje će potaknuti cirkulaciju i osloboditi vas stresa. Stimulacijom tkiva smanjite nivo kortizola, potaknite cirkulaciju i vratite energiju Vašem tijelu.

*Indulge in the expert hands of a therapist and relax your body and mind with specially selected oils and professional movements that will stimulate circulation and relieve you of stress. By stimulating tissues, you reduce cortisol levels, stimulate circulation and restore energy to your body.*

**Pinda Massage | 50 min | 700,00 kn**

Aromatične pinde ispunjene kombinacijom mediteranskog ljekovitog bilja hrane kožu, a njihov opojni miris opušta i relaksira. Drenažnim pokretima pindama zagrijanim u aromatičnom ulju povećava se protok energije i revitalizira organizam. Koža postaje svilenkasta, a tijelo spremno za nove izazove.

*Aromatic pinda's filled with Mediterranean medicinal herbs nourish the skin, and the intoxicating scent of herbs relaxes and unwinds. Drainage movements of pinda's heated in essential oil increase energy flow and revitalize the body. The skin becomes silky, and the body is ready for new challenges.*

**Sports Massage | 50 min | 650,00 kn**

Ova specifična masaža idealan je izbor za rješavanje boli i grčeva u mišićima te opuštanje umornih mišića. Korištenjem različitih masažnih tehnika povećava se protok krvi i tretira mekano tkivo nakon ozljeda. Poboľjšava psihofizičku učinkovitost, smanjuje anksioznost i stimulira organizam.

*This specific massage is ideal for pain relief and resolving muscle cramps. It uses a range of massage techniques to increase the blood flow and breaks down inflexible scar tissue. Improves psychophysical performance, reduces anxiety and boosts the body.*

**Amadria Park Luxury Experience Massage | 90 min | 900,00 kn**

Masaža ekskluzivnim uljima prilagođena Vašim individualnim potrebama. Vraća tijelo u ravnotežu, regenerira kožu, ublažava stres i vraća osmjeh na lice.

*Massage with exclusive oils tailored to your individual needs. It restores the body to balance, regenerates the skin, relieves stress and puts a smile back on your face.*

## DODIR LJEPOTE // BEAUTY TOUCH

**Oblikovanje obrva / Eyebrow shaping 80,00 kn**

### DEPILACIJA TIJELA / BODY WAXING

Djelomična depilacija (pola nogu / bikini) / Half leg / bikini wax 160,00 kn

Depilacija cijele noge / Full leg wax 260,00 kn

Depilacija nausnica / Upper lip wax 75,00 kn

Depilacija pazuh / Armpit wax 130,00 kn

Muška depilacija / Men's Waxing (leđa ili prsa / back or chest) 260,00 kn

### MANIKURA I PEDIKURA / MANICURE AND PEDICURE

**Manikura / Manicure | 45 min | 260,00 kn**

Kupka, piling, maska, oblikovanje i rašpanje noktiju / *Soak, scrub, mask, shape and file.*

**Pedikura / Pedicure | 60 min | 360,00 kn**

Kupka, piling, maska, oblikovanje i rašpanje noktiju / *Soak, scrub, mask, shape and file.*

Lakiranje noktiju / Nail polish application 85,00 kn

Make up (na upit) 350,00 kn

## SPA PONUDA // SPA OFFER

**SPA DAY | max 180 min | 250,00 kn**

**SPA DAY | max 180 min | gosti hotela / hotel guests 120,00 kn**

korištenje svih sadržaja wellness oaze (bazen, finska sauna, turska kupelj, ledena fontana, jacuzzi, svježe voće i čaj)

*Use of all wellness oasis facilities (swimming pool, finish sauna, turkish bath, ice fountain, jacuzzi, fresh fruit and tea)*

## POKLON BONOVI // GIFT VOUCHERS

Razveselite svoje najmilije poklon bonom u Wellness Oazi. Dostupno na recepciji Wellnessa. / *Surprise your loved one with a gift voucher for Wellness Oasis. Available from Wellness reception.*