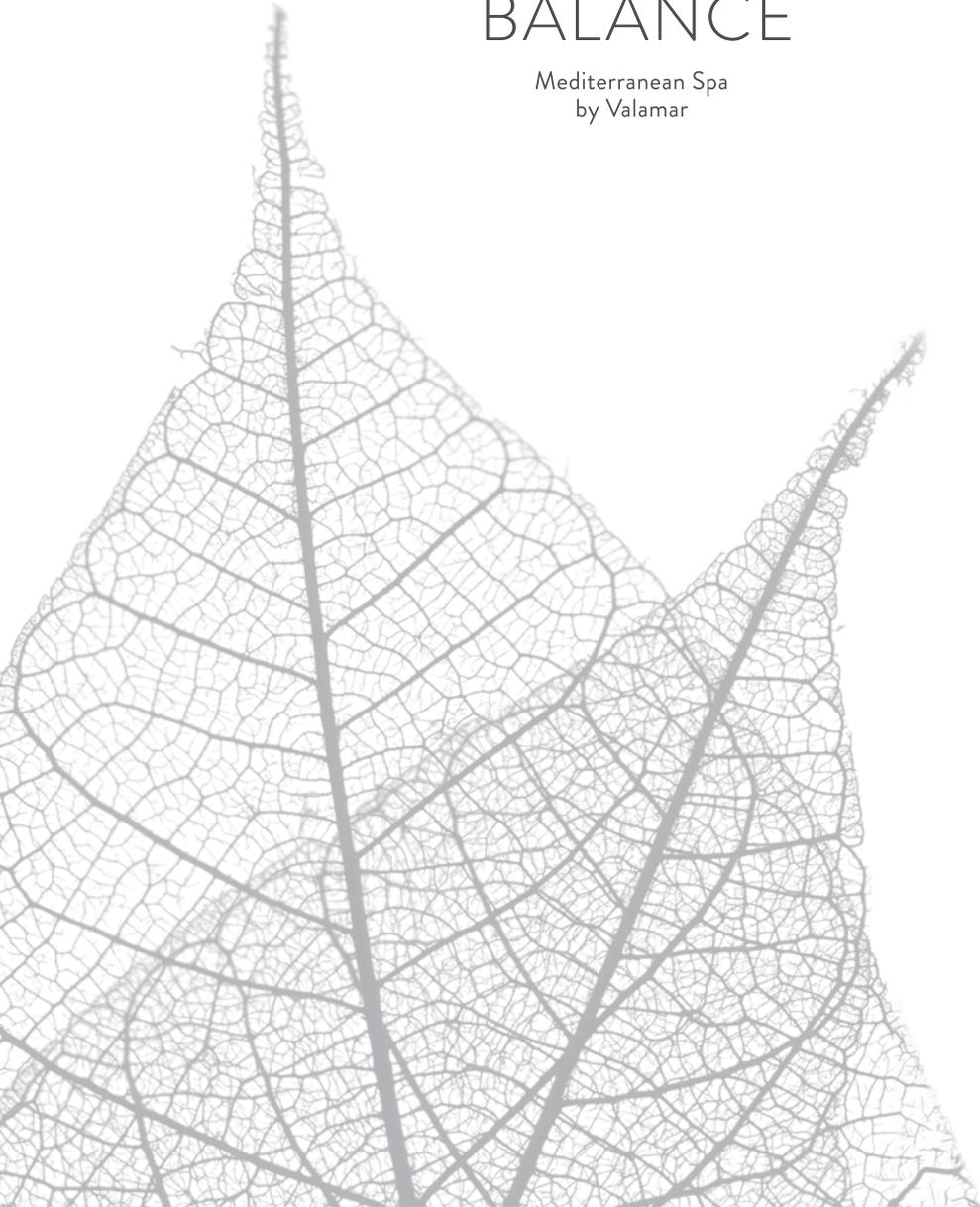




# BALANCE

Mediterranean Spa  
by Valamar



# SPA ETIQUETTE

## **CHOOSE THE BEST FOR YOURSELVES**

Whether it is the music, light, room temperature, conversation or silence during your treatment, we always try to adapt to the needs and wishes of our clients.

## **HIGHLIGHT ANY HEALTH COMPLICATIONS**

Be sure to mention when booking an appointment if there are any health problems to avoid unwanted consequences or in order for our therapist to be able to recommend you some useful advice or treatments.

## **APPOINTMENT BOOKING**

It is important to book appointment on time in order to adapt it to your needs and desires. Please come to your appointment 5-10 minutes earlier in order not to be stressed and in a rush while you prepare for your treatment. In case client is late, wellness reserves the right to shorten treatment time. Reservation can be canceled at least 3 hours before client appointment, otherwise wellness reserves the right to charge 50% of the cost of treatment.

## **PAYMENT**

Payments will be made in Croatian kuna. Credit cards are accepted as well.



## FACIALS

*Give your face the care and protection that will deeply nourish it and defend it from the harmful effects of the environment. The cosmetics created as a combination of nature and science will provide your skin with a feeling of softness, lightness and regeneration. The abundance of organic ingredients balances your skin with nature and draws the best out of it.*

### SKIN SOLUTIONS

HYDRAMEMORY		Deep moisturising that helps skin dehydrated by stress, sun, weather and polluted air. 60'	450 kn
REMEDY		Soothes, protects and restores balance to sensitive and gentle skin prone to redness, broken capillaries and rosacea. 50'	400 kn
ACTIVE PURENESS		Deep cleansing that brings freshness to the skin restoring its balance and compactness, perfect for oily and combination skin. 60'	450 kn
ORGANIC RECOVER FACIAL		 A vitamin-enriched treatment that acts as an antioxidant. It nourishes and soothes the skin, relieving it from daily stress. 45'	450 kn
LONGEVITY EXPRESS		For a quick effect of healthy and fresh skin. 30'	350 kn
LONGEVITY COMPLETE/DETOX		Corrects skin imperfections. 50'	620 kn



#### CRYO FACIAL

Natural and painless, this treatment restores and rejuvenates your face skin by cooling it with liquid nitrogen. 30'

400 kn

#### HEMP FACIAL

Based on organic hemp and red algae, this treatment soothes, deeply hydrates and nourishes your skin. 30'

300 kn

#### RECOVER TOUCH EXPRESS

A multivitamin treatment for your face, neck and décolletage. Deep cleansing, massage and mask will regenerate and protect all skin types, especially those tired and dehydrated from stress. 30'

350 kn

#### WHAT MEN WANT

#### PURE PERFORMANCE

Deeply cleanses, refreshes and provides adequate care for oily and combination men's skin. 30'

250 kn

#### HYDRA PERFORMANCE

A relaxing treatment suitable for men's skin requiring care and hydration. 60'

450 kn



# BODY

*Body skin, as well as facial skin, requires care and attention. Targeted treatments using special massage techniques and certified organic products, rich in hydrating and beneficial nutrients, will regenerate, tone and deeply nourish your skin.*

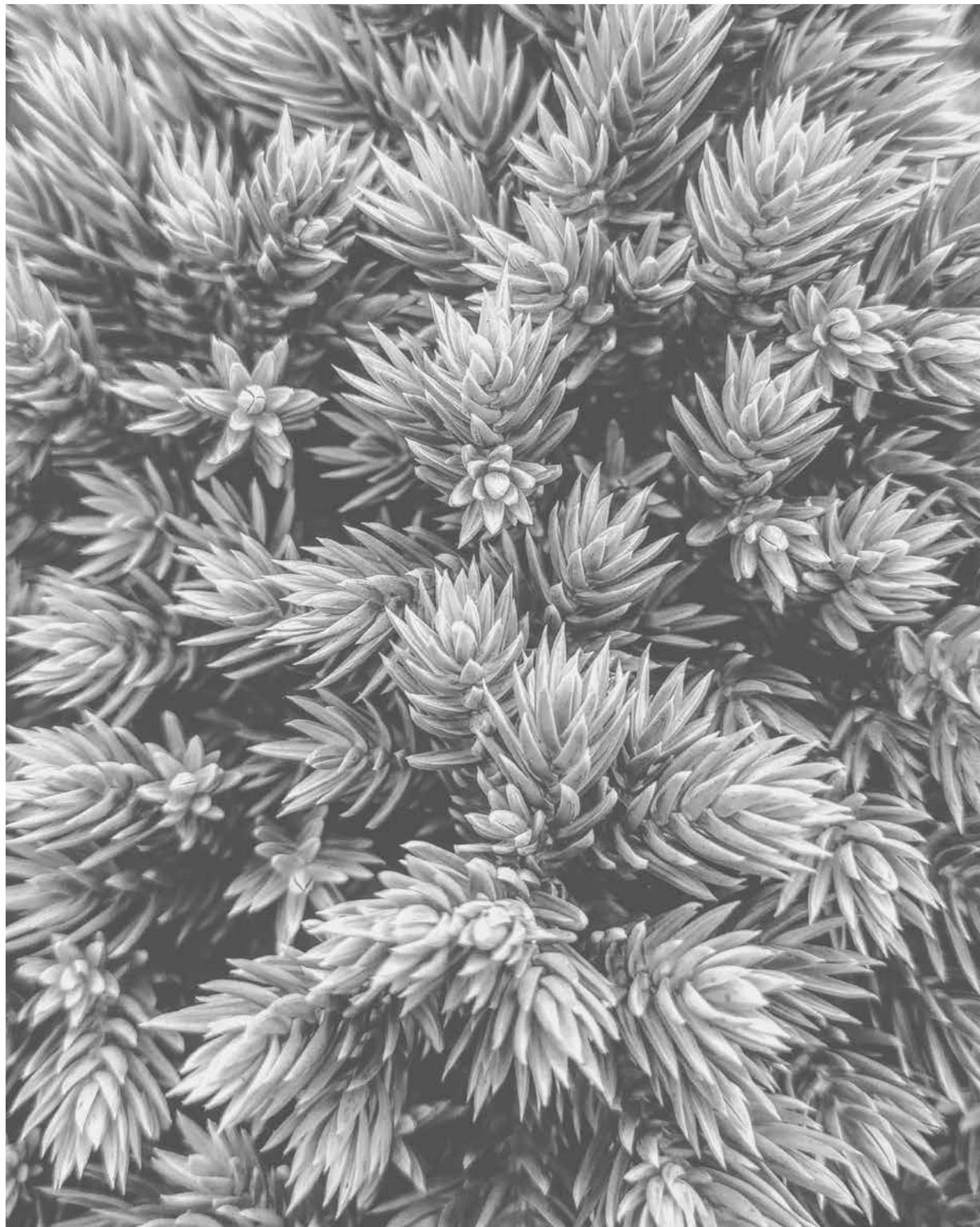
<b>AROMATHERAPY</b>		This intensive treatment rich in essential oils brings a sense of lightness to your body. 60'	<b>550 kn</b>
<b>BODY ACTIVE</b>		An intensive anti-cellulite treatment that firms your body and skin with special massage techniques and wooden rollers. 50'	<b>500 kn</b>
<b>FIRMING &amp; NEW MUM</b>		This hydrating treatment is intended for anyone who wants to improve their skin's elasticity and firmness, and is ideal for new mums. 60'	<b>550 kn</b>
<b>MEDITERRANEAN SUNRISE</b>		 A sea-salt body exfoliation followed by a facial and body massage with antioxidant-rich oil prepare the skin for sun exposure and provide hydration. 60'	<b>450 kn</b>
<b>MEDITERRANEAN SUNSET</b>		 A completely natural organic olive lotion, perfect for deep and intensive skin hydration after sun exposure. 60'	<b>450 kn</b>
<b>CRYO CELL</b>		This intensive treatment includes an anti-cellulite massage with gua-sha and cupping techniques followed by cryotherapy, which mobilises fat cells by exposing your body to temperatures of around -130°C. 45'	<b>500 kn</b>
<b>HEALTHY BACK COMBO</b>		By using special acupressure, cupping and massage techniques, this treatment reduces neck and back pain. 30'	<b>400 kn</b>
<b>RESTLESS LEG TREATMENT</b>		A treatment which combines massage and acupressure for pain relief. It also stimulates lymphatic flow and improves blood circulation in your legs. 30'	<b>300 kn</b>
<b>1 X CRYOSAUNA TREATMENT</b>		This treatment involves short exposure to extremely low temperatures (from -110°C to -190°C) boosting metabolism, regulating hormones, reducing cellulite and regenerating muscle system. 30'	<b>300 kn</b>



## MASSAGES

*The nature contained in the fine textures of essential oils that we use in massages absorbs into all the pores of your skin and relaxes your body and mind.*

<b>MEDITERRANEAN BALANCE TOUCH</b>	B	A body massage with Mediterranean-inspired 100% natural organic oils. It nurtures all skin types and restores the balance of your body and mind.	partial back or leg massage, 30'	250 kn
			full-body massage, 60'	490 kn
			full-body, facial and foot massage, 90'	720 kn
<b>ORGANIC MUM TO BE</b>	B	Using natural organic olive or almond oil, this massage nurtures your skin and soothes your body and mind. 45'		380 kn
<b>SWEET ORANGE AROMA</b>	B	A full-body massage bathed in the fragrances of Mediterranean nature and aromatic sweet orange balsams. 60'		490 kn
<b>MEDITERRANEAN BREEZE</b>	B	Laid-back and relaxing, just like the Mediterranean lifestyle, this massage relaxes your body and mind with carefully crafted undulating motions. 60'		490 kn
<b>TRANQUILITY</b>	B	A facial and body massage with an aromatic essential oil blend for complete relaxation. 60'		500 kn
<b>DE-STRESS MASSAGE</b>		Efficiently releases tension in the parts of the body where it is most frequent, such as your back, neck and face. 45'		250 kn
<b>HEAD DE-STRESS MASSAGE</b>		This facial, neck, décolletage and scalp massage relaxes, eliminates stress and balances your mind with natural and organic products. 25'		170 kn
<b>HOT STONE MASSAGE</b>		This hot stone massage will bring you long-lasting effects of relaxation. 60'		500 kn
<b>HEMP MASSAGE</b>		Relieves mental and physical tension, relaxes muscles, eliminates imperfections and hydrates your skin. 30' / 60'		250 kn / 490 kn
<b>FOUR-HAND MASSAGE</b>		This body massage brings you double pleasure and benefits of 100% natural organic oils inspired by the Mediterranean. It nurtures all skin types creating balance between your body and mind. 50'		900 kn



## SIGNATURE AUTHENTIC RITUALS

*Embark on a journey through time and experience our region through a mosaic of historical and natural traces. Each of our rituals is a story, and each is interpreted through a carefully designed palette of sensations, movements and scents.*

*Choose the one you prefer, indulge in a new dimension of wellness and discover the authentic side of our destination that you will long remember.*

### MEDITERRANEAN ESSENCE RITUAL

Body exfoliation with lavender flowers in olive oil; Mediterranean Balance body and foot massage; face massage with grape seed oil. 75'

700 kn

### MEDITERRANEAN SECRET RITUAL

Sugar body exfoliation with nourishing almond oil and sweet orange and tangerine essential oils; Mediterranean Balance body, face and foot massage. 75'

700 kn

### CRYO REGENERATION

A combination of massage with hemp extract oil, which releases muscular tension and cryotherapy treatment, which stimulates muscular system regeneration and revitalises your whole body. 90'

1000 kn

### ROMANTIC MEDITERRANEAN RITUAL (ritual za dvoje)

Your relaxing hour at the Spa; sea salt and lavender in olive oil body exfoliation; body, face, foot and scalp massage with warm organic and essential oils of the Mediterranean. 150'

1500 kn

### ORGANIC OLIVE PULP BODY RITUAL

Exceptionally nourishing and relaxing, this ritual is dominated by the benefits of organically grown olives. It includes a massage, an exfoliation and a full-body, face and foot mask. 75'

700 kn



**SACRED NATURE  
BODY**

Body exfoliation and massage using certified organic products rich in nutrients that moisturise and nourish your body. 60'

500 kn

**HORMONE RITUAL**

This anti-stress body massage complemented with a short exposure to extremely low temperatures (from -110°C to -190°C) boosts metabolism, regulates hormones and revitalises your skin. 75'

800 kn

**AFTER SUN RITUAL**

Using natural, bio oil lotion from Istrian organic olive groves, this massage provides deep and intensive hydration while preventing skin burns. 45'

500 kn

**HEMP RITUAL**

A hydrating and relaxing body treatment with organic hemp and red algae peeling enriched with a full-body massage with hemp oil. 75'

900 kn

**NEW MAMA GLAM**

This treatment, intended for pregnant women and new mums, includes body status assessment, myofascial relaxation and soothing massage. 60'

600 kn



## TREATMENTS FOR KIDS

*The imaginative and playful product textures, scented with vanilla, strawberries and chocolate, will make the treatments even more fun, while organic ingredients, such as honey and almond oil, will nourish delicate children skin.*

*The cosmetics are dermatologically tested and contain no parabens, silicones, sulphates, mineral oils, alcohol or phenoxyethanol.*

<b>MINI FACIAL*</b>		A nurturing children's facial treatment. 25'	<b>200 kn</b>
<b>MINI MASSAGE*</b>		A sweet balsam body and scalp massage. 25'	<b>190 kn</b>
<b>BFF MASSAGE*</b>		A relaxing massage for one parent and a child with honey and vanilla aromas. 25'	<b>350 kn</b>
<b>YUMMY MANICURE OR PEDICURE*</b>		Nail shaping, cuticle care and nail painting. 25'	<b>170 kn</b>
<b>GIRL'S TIME</b>		Partial back massage for mums and body massage with sweet honey balsam, facial massage with moisturiser and nail painting for girls. 45'	<b>550 kn</b>
<b>BOY'S TIME</b>		Partial back and scalp massage for dads and relaxing full-body massage with scented oil, facial massage with moisturiser for boys; hot tub for both dads and boys. 45'	<b>550 kn</b>

### TREATMENTS FOR TEENS

<b>GLAMOUR TEEN</b>		A refreshing and nurturing facial treatment for girls and boys according to skin type. 45'	<b>330 kn</b>
<b>TEEN MASAGE</b>		Body massage with scented Tranquillity oil. 30'	<b>240 kn</b>
<b>TEEN MANICURE OR PEDICURE</b>		Nail shaping, cuticle care and nail painting. 30'	<b>220 kn</b>

\* up to 12 years of age



# MANICURE AND PEDICURE

CLASSIC MANICURE		Complete hand and nail care. 40'	180 kn
SPA MANICURE		Polishing, shaping, exfoliation, mask and hand massage. 60'	340 kn
CLASSIC PEDICURE		Complete foot care. 50'	200 kn
SPA PEDICURE		Complete foot and toenail care as well as exfoliation, mask and foot massage. 80'	370 kn
ORGANIC OLIVE FOOT CARE		Exfoliation, mask and foot massage with natural olive products from Istrian organic olive groves. 60'	300 kn
FOOT MASSAGE		A relaxing massage for tired feet. 30'	250 kn
NAIL PAINTING 20'		80 kn	
PERMANENT NAIL POLISH 60'		320 kn	
PERMANENT NAIL POLISH REMOVAL 25'		70 kn	
STRIPLAC 45'		250 kn	
SPA PERMANENT NAIL POLISH 90'		500 kn	
SPA NAIL POLISH 30'		200 kn	



## WAXING

Full leg waxing		250 kn
Upper or lower leg waxing		150 kn
Jax Wax bikini waxing		180 kn
Back, chest or stomach waxing		190 kn
Arm waxing		150 kn
Jax Wax armpit waxing		100 kn
Jax Wax upper lip waxing		60 kn
Eyebrow shaping		70 kn



## PACKAGES

<b>FACIAL OR MASSAGE PACKAGE (3 treatments)</b>	10% off 3 massages or facial treatments of your choice	10 %
<b>FACIAL OR MASSAGE PACKAGE (5 treatments)</b>	20% off 5 massages or facial treatments of your choice	20 %
<b>SUN BURN CRYO (small package)</b>	3 CRYOSAUNA treatments	800 kn
<b>SUN BURN CRYO (big package)</b>	5 CRYOSAUNA treatments	1100 kn
<b>AFTER SUN RITUAL PACKAGE</b>	5 After Sun rituals	2000 kn
<b>ANTI-CELL PACKAGE</b>	3 Cryo Cell treatments	1200 kn
<b>PAIN MANAGEMENT</b>	4 partial leg or back massage treatments	800 kn
<b>HORMONE BALANCE PACKAGE</b>	4 Hormone Balance rituals	2500 kn



## SPA ZONE

### USE OF THE SPA ZONE

Children 90'

25 kn

Adults 90'

45 kn

Balance Mediterranean Spa by Valamar  
09:00-21:00

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VALAMAR  
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