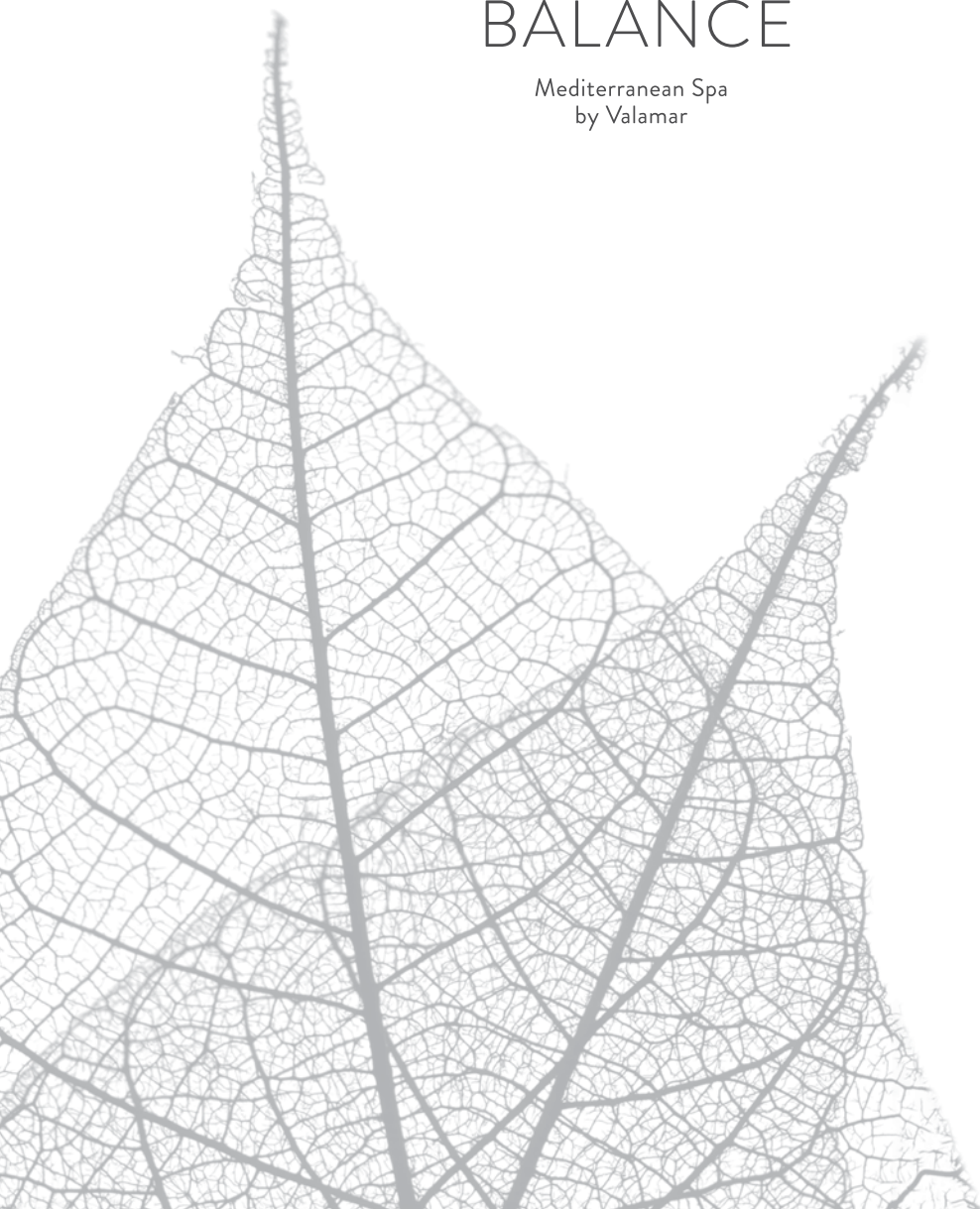




BALANCE

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. Prices in euros.



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' | 450 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 | B | A vitamin-enriched treatment that acts as an antioxidant. It nourishes and soothes the skin, relieving it from daily stress. 45' | 450 kn |

ANTI-AGING

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|--------------------------|---|---|--------|
| SUBLIME SKIN ACTIVE LIFT | | A combination of a special lifting massage technique and innovative cosmetics, which helps to restore skin's tone and volume. 60' | 550 kn |
| SACRED NATURE FACE | B | A treatment in which 100% organic products are used to hydrate the skin and replenish it with nurturing ingredients. 45' | 500 kn |



WHAT MEN WANT

| | | | |
|-------------------|--|--|--------|
| PURE PERFORMANCE | | Deeply cleanses, refreshes and provides adequate care for oily and combination skin. 30' | 260 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.

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| THERMAL MUD | | A thermal mud treatment that enables body drainage and detox, while keeping cellulite at bay. 60' | 450 kn |
| LIGHT LEGS | | An effective treatment for reducing cellulite and relieving fluid retention that makes you feel like walking on air. 60' | 450 kn |
| BODY ACTIVE | | An intensive anti-cellulite treatment that firms your body and skin with special massage techniques and wooden rollers. 50' | 390 kn |
| FIRMING & NEW MUM | | Intended for anyone wishing to improve their skin tone, elasticity and hydration – also perfect for new mums. 60' | 490 kn |
| MEDITERRANEAN SUNRISE |  | 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' | 490 kn |
| MEDITERRANEAN SUNSET |  | A completely natural organic olive lotion, perfect for deep and intensive skin hydration after sun exposure. 50' | 430 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.

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|-----------------------------|---|--|--------|
| MINI FACIAL* | B | A nurturing children's facial treatment. 25' | 230 kn |
| MINI MASSAGE* | B | A sweet balsam body and scalp massage. 25' | 170 kn |
| BFF MASSAGE* | | A relaxing massage for parents and children with honey and vanilla aromas. 25' | 400 kn |
| YUMMY MANICURE OR PEDICURE* | | Nail shaping, cuticle care and nail painting. 25' | 150 kn |
| GIRL'S TIME | | Partial back massage for mums and body massage with sweet honey balsam, facial massage with moisturiser and nail painting for girls. 45' | 500 kn |
| BOY'S TIME | | Partial back and scalp massage for dads and relaxing full-body massage with scented oil, facial massage with moisturiser and hot tub for boys. 45' | 500 kn |

TREATMENTS FOR TEENS **

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|---------------------------|--|--|--------|
| GLAMOUR TEEN | | A refreshing and nurturing facial treatment for girls and boys according to skin type. 45' | 300 kn |
| TEEN MASAGE | | Body massage with scented Tranquillity oil. 30' | 230 kn |
| TEEN MANICURE OR PEDICURE | | Nail shaping, cuticle care and nail painting. 30' | 180 kn |

* up to 12 years of age
** up to 16 years of age



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.

MEDITERRANEAN BALANCE



A body massage with Mediterranean-inspired 100% natural organic oils that nurture all skin types and restore the balance of body and mind.

- back partial or leg massage 30` 210 kn
- full-body massage 45` 310 kn
- full-body, facial and foot massage 75` 500 kn

ORGANIC MUM TO BE



Using natural organic olive or almond oil, this massage nurtures your skin and soothes your body and mind. 40'

280 kn

SWEET ORANGE AROMA



A full-body massage bathed in the fragrances of Mediterranean nature and aromatic sweet orange balsams. 60'

390 kn

MEDITERRANEAN BREEZE



Laid-back and relaxing, just like the Mediterranean lifestyle, this massage relaxes your body and mind with carefully crafted undulating motions. 60'

390 kn

TRANQUILLITY



A facial and body massage with an aromatic essential oil blend for complete relaxation. 60'

480 kn

DE-STRESS MASSAGE



Efficiently releases tension in the parts of the body where it is most frequent, such as your back, neck and face. 45'

320 kn

HEAD DE-STRESS MASSAGE



This facial, neck, décolletage and scalp massage relaxes, eliminates stress and balances your mind with natural and organic products. 25'

170 kn

HOT STONE MASSAGE



This hot stone massage will bring you long-lasting effects of relaxation. 45' / 75'

450 kn /
600 kn



SIGNATURE SCRUBS AND BATHS

*Regenerate and deeply nourish your skin and relax your body and mind with **Balance signature peels and baths**. Sea salt and organic aromatic essential oils are some of the ingredients that will imbue your entire body with the feeling of wellbeing and happiness.*

MEDITERRANEAN ORGANIC BODY SCRUB



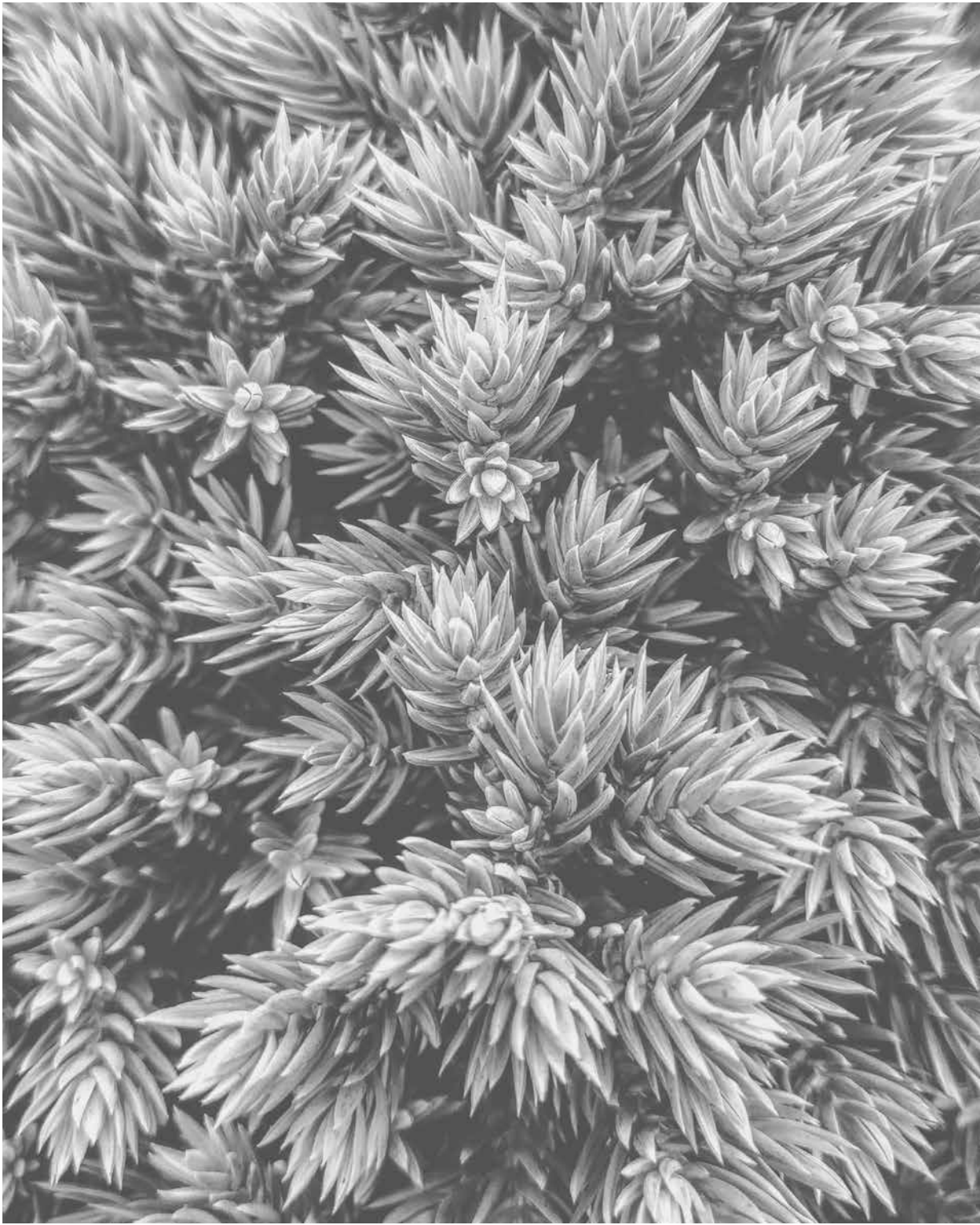
This sea salt and aromatic essential oil body exfoliation with organic Mediterranean herbs as the main ingredient will regenerate, deeply nourish and protect your skin, body and mind. 30'

200 kn

SWEET ORGANIC BODY SCRUB

| A sweet body exfoliation with soothing scented oil followed by the application of moisturising body lotion. 30'

250 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. 60'

500 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. 60'

470 kn

SEA SALT RITUAL

Body exfoliation with sea salt enriched with rosemary, lavender and lemon essential oils; Mediterranean Balance body, face and foot massage. 60'

500 kn

**ROMANTIC
MEDITERRANEAN
RITUAL**
(ritual four couples)

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. 60'

1000 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 feet mask. 60'

520 kn

**SACRED NATURE
BODY**

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

520 kn



MANICURE AND PEDICURE

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|-----------------------------------|---|---|--------|
| SPA MANICURE | | Polishing, shaping, exfoliation, mask and hand massage. 45' | 200 kn |
| SPA PEDICURE | | Full foot and toenail care as well as exfoliation, mask and foot massage. 70' | 250 kn |
| CLASSIC PEDICURE | | Full foot care. 50' | 200 kn |
| ORGANIC SPA PEDICURE | B | Exfoliation, mask and foot massage with natural olive products from Istrian organic olive groves. 30' | 190 kn |
| FOOT MASSAGE | | A relaxing massage for tired feet. 20' | 150 kn |
| NAIL PAINTING 15' | | 70 kn | |
| PERMANENT NAIL POLISH 45' | | 200 kn | |
| PERMANENT NAIL POLISH REMOVAL 25' | | 80 kn | |



WAXING

| | |
|--------------------------------------|--------|
| Full leg waxing | 160 kn |
| Full leg and bikini waxing | 200 kn |
| Upper or lower leg waxing | 90 kn |
| Upper or lower leg and bikini waxing | 150 kn |
| Bikini waxing | 80 kn |
| Back, chest or stomach waxing | 200 kn |
| Arm waxing | 80 kn |
| Armpit waxing | 50 kn |
| Upper lip waxing | 40 kn |
| Eyebrow shaping | 40 kn |



SPA & GYM

ENTRY TO SPA

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| 1 visit | 70 kn |
|---------|-------|

GYM

| | |
|-----------|--------|
| 1 visit | 30 kn |
| 2x / week | 140 kn |
| 3x / week | 180 kn |
| unlimited | 220 kn |

Balance Mediterranean Spa by Valamar
Monday - Sunday: 08:00 - 21:00

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VALAMAR
All you can holiday