



VALAMAR SANFIOR

HOTEL & CASA ★★★★★



enjoy the gifts of  
GODDESS  
SENTONA

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SENTONA



# GODDESS SENTONA

## PATRON OF TRAVELLERS

Welcome to Rabac - the region of goddess Sentona, patron saint of travellers. Her name marks tradition, quality, authenticity and wholesomeness this area is renowned for and those characteristics are immersed in every aspect of our lifestyle in order to become closer to nature and to find the right balance of body, mind and spirit in these fast paced times.

For us, the heritage of Sentona is a lot more than just a myth, it is a philosophy we live by and would like to share with all our guests at Hotel & Casa Valamar Sanfior through authentic menus, signature wellness treatments using time old recipes and ingredients hand-picked from our own surroundings and most of all through tours, experiences and animation programs for all ages. Follow the footsteps of Goddess Sentona and discover why Rabac and Labin are destinations for pleasure, health and spiritual rejuvenation.

### Sentona menus

Celebrations begin in our Sentona restaurant and Delfino bistro through unique menus evoking the spirits of the old Liburnians and Romans who we all know, took great care in nourishing their bodies with exquisite ingredients and imaginative recipes. Step back in time by savouring the tastes of traditional Istrian pasta with asparagus and goat cheese chips, delectable lamb with spring onions, mouthwatering combination of turkey breasts and aromatic sage and of course, memorable traditional sweets combining lavender honey, Mediterranean figs and best local produce.

### Sentona cocktail

Don't miss out on the unique opportunity to see how the Sentona philosophy is applied to a very special cocktail which we offer in our bars. Delectable aromas of lavender syrup and wild berries mixed with some of your favourite spirits will let you experience the true meaning of Sentona's philosophy. You'll be relaxed, elevated and free of everyday stress after the first sip.

### Fun and entertainment

Teachings of Sentona can be found throughout the region and that is why we have also prepared special tours and animation programs for all ages, especially children who will love to embark on a trail full of legends and stories while surrounded by pristine nature. Their discovery will be enriched with a search for Sentona's treasure, making of their very own Sentona dress and a whole range of creative activities all under the watchful eye of our professional animation team.

### Sports and recreation

If you want to become as one with nature, then select one of many walking tours on offer or discover them all. Whether you are after spiritual fulfilment where we recommend a visit to the path of saints which lets you pay homage to all female patron saints of the region, natural exploration through the paths of hidden grace or Sentona's path, or you want to follow the path of local legends and myths though the trail of St Lucia's spring, you are sure to return home full of new found energy and wisdom. All you will need for this exciting venture is a pair of comfortable walking shoes and a detailed map which is available at the reception.

### Beauty and wellness

Well-being is so much more than just any beauty treatment at your wellness centre. To let you truly find the balance you are searching for, Sentona's signature revitalising massage, pedicure and facial treatments give you the needed boost using hand picked herbs and essential oils such as sage, bay leaf, top grade local olive oil and calming lavender leaving you feeling like a true Goddess.

For all information, bookings and details regarding our vast Sentona offers and services, please do not hesitate to contact our staff.

They are at your disposal 24 hours a day and will be happy to assist you.