

WELLNESS & SPA

HOTEL CROATIA

DUBROVNIK - CAVTAT



**Vitamin Shot**  
**40 min / 73 EUR**

Njegujući tretman lica sa vitaminom C, vašoj će koži pružiti sve što je potrebno za sjajniji, ujednačajniji i blistaviji ten.

**Hydra Bomb** POPULAR  
**60 min / 121 EUR**

Hidratanti tretman lica obogaćen hijaluronskom kiselinom koji snagom intenzivne hidratacije prodire u sve slojeve kože te joj vraća elastičnost i vlažnost. Ovaj tretman je namijenjen svim tipovima kože i dubinskoj hidrataciji.

**Q10 Boost**  
**75 min / 164 EUR**

Koenzim Q10 poznat po svojim antioksidativnim svojstvima pomaže u borbi protiv starenja kože, smanjuje bore i štiti od utjecaja slobodnih radikala.

**Men Triple Action**  
**50 min / 121 EUR**

Visokoučinkovita formula trostrukog djelovanja za intenzivnu hidrataciju, borbu protiv bora te optimalnu zaštitu. Tretman je potpuno prilagođen potrebama muške kože, brzo se upija i ne ostavlja mastan trag.

**Vitamin Shot**  
**40 min / 73 EUR**

A nourishing facial treatment with vitamin C will provide your skin with everything it needs for a brighter, more even and radiant complexion.

**Hydra Bomb** POPULAR  
**60 min / 121 EUR**

Hydrating facial treatment enriched with hyaluronic acid, which with the power of intense hydration penetrates all layers of the skin and restores its elasticity and moisture. This treatment is intended for all skin types and deep hydration.

**Q10 Boost**  
**75 min / 164 EUR**

Coenzyme Q10, known for its antioxidant properties, helps fight skin aging, reduces wrinkles and protects against the effects of free radicals.

**Men Triple Action**  
**50 min / 121 EUR**

Highly effective triple action formula for intensive hydration, fight against wrinkles and optimal protection. The treatment is completely adapted to the needs of men's skin, it is quickly absorbed and does not leave an oily residue.

More je izvor života s više od 25.000 vrsta algi, od kojih se danas upotrebljava manje od 30. Thalgo laboratoriji, pioniri pomorskoga znanstvenog istraživanja, stekli su jedinstveno znanje o učinkovitosti aktivnih sastojaka iz mora. Koristeći iskustvo i znanje o djelovanju algi i koncentrirajući se na prirodne sastojke koje tijelo najbolje prihvaća, Thalgo nudi proizvode za njegu lica i tijela koji su izrazito učinkoviti, a ujedno i potpuno sigurni te blagi za kožu.

### HEART OF THE OCEAN RITUALI PO TIPU KOŽE

Snaga oceana koncentrirana u srcu tretmana koji djeluju na specifične potrebe kože. Efikasni proizvodi i opuštajuće masaže su dostupne u 3 rituala:

#### THALGO SOURCE MARINE RITUAL

POPULAR

**60 min / 157 EUR**

Ovaj ritual podiže razinu hidracije kod dehidrirane kože, vraća joj blistavost i pruža baršunasti osjećaj na koži.

The sea is source of life with more than 25.000 species of algae, of which less than 30 species are used today. Thalgo laboratories, known for their pioneering work in the field of maritime scientific research, have acquired unique knowledge about the efficiency of active ingredients from the sea. By using its experience and knowledge about the effects of algae and focusing on the natural ingredients that are best accepted by the body, Thalgo can offer facial and body care products which are exceptionally efficient while at the same time completely safe and gentle on the skin.

### HEART OF THE OCEAN RITUALI PO TIPU KOŽE

The vital force of the Oceans concentrated at the heart of a carefully tailored treatment to meet the specific needs of every skin type. Effective signature professional products and a sensorial, relaxing massage are available in 3 treatment rituals:

#### THALGO SOURCE MARINE RITUAL

POPULAR

**60 min / 157 EUR**

This facial lastingly corrects the hydration level of dehydrated skin, deeply replenishes and restores the skin's velvety-smooth feel and original radiance.

**THALGO COLD CREAM MARINE  
RITUAL**

**60 min / 182 EUR**

Ritual koji će umiriti suhu i/ili osjetljivu kožu sadrži ekskluzivni THALGO Cold Cream Marine koji dubinski hrani i jača otpornost osjetljive kože.

**THALGO SILICIUM MARINE SUPER-  
LIFT**

**75 min / 218 EUR**

Tretman djeluje na gubitak čvrstoće i zaglađuje duboke bore. U srcu tretmana je visoko učinkovita masaža protiv bora i profesionalna učvršćujuća maska koja briše bore i vraća blistavost.

**THALGO COLD CREAM MARINE  
RITUAL**

**60 min / 182 EUR**

A haven of peace for dry or sensitive skin, this treatment delivers the essence of the Cold Cream Marine recipe, a THALGO exclusive, to lastingly nourish and increase the skin tolerance threshold of delicate and fragile skin

**THALGO SILICIUM MARINE SUPER-  
LIFT**

**75 min / 218 EUR**

This THALGO treatment excels in correcting loss of firmness and smoothing deep wrinkles. At the heart of its treatment procedure are a highly effective anti-wrinkle massage and a professional double firming mask that erases wrinkles and restores radiance to the complexion.

### Klasična manikura 50 min / 55 EUR

Brzo čišćenje, oblikovanje i popravak noktiju kako bi mogli zdravo rasti. Na nokte se nanosi lak u jednoj boji.

### Hand Ritual POPULAR 75 min / 85 EUR

Njegujući tretman ruku uključuje manikuru, piling za nježnu i meku kožu, hranjivu masku s aromatičnim uljima i opuštajuću masažu.

### Lakiranje noktiju / Nail Polish 20 min / 24 EUR

## PEDICURES

### Klasična pedikura 60 min / 61 EUR

Uljepšavanje noktiju i stopala, upotpunjeno nanošenjem energizirajućeg i osvježavajućeg balzama za njegu stopala. Tretman uključuje lakiranje noktiju u jednoj boji.

### Foot Ritual POPULAR 90 min / 103 EUR

Posebno osmišljena luksuzna pedikura posebnim esencijalnim uljem, upotpunjena pilingom i maskom za stopala od ljekovitog bilja, masažom stopala, uljepšavanjem noktiju i, prema potrebi, lakiranjem noktiju.

### Lakiranje noktiju 20 min / 24 EUR

### Classic Manicure 50 min / 55 EUR

Quick cleaning, shaping and repair nails so they can grow healthy. Nail polish is applied in one color.

### Hand Ritual POPULAR 75 min / 85 EUR

Caring hand treatment includes manicure, exfoliation for delicate and soft skin, nourishing mask with aromatic oils and relaxing massage.

### Nail Polish 20 min / 24 EUR

## PEDICURES

### Classic Pedicure 60 min / 61 EUR

Nail and foot beautification, completed by applying an energizing and refreshing foot care balm. The treatment includes painting the nails in one color.

### Foot Ritual POPULAR 90 min / 103 EUR

Specially designed luxury pedicure with special essential oil, complete with scrub and foot mask made from medicinal herbs, foot massage, nail beautification and, if necessary, nail polish.

### Nail Polish 20 min / 24 EUR

**Piling tijela / Body Scrub****30 min / 55 EUR**

Osvježavajući aromatični piling tijela koji kožu čini baršunastom i mekom. Ovo je idealan tretman za trenutno obnavljanje energije i svježine.

**Body Wrap****45 min / 67 EUR**

Umotavanjem tijela u foliju smanjuje se celulit, poboljšava izgled kože i potiče cirkulacija.

**Shape Your Body** SIGNATURE TREATMENT**70 min / 140 EUR**

Ovaj tretman počinje brzim četkanjem kojim se otklanjaju odumrle stanice kože i potiče cirkulacija. Potom slijedi body wrap koji otpušta toksine iz tijela. Tretman završava anti celulitnom masažom kojom se poboljšava tonus kože.

**Full Body Care** SIGNATURE TREATMENT**75 min / 152 EUR**

Ovaj tretman započinja aromatičnim pilingom, nakon čega slijedi 45-minutna Stress out- back and leg masaža na kraju koje se izmjenom toplo hladnih obloga stimulira cirkulacija i protok energije.

**Body Scrub****30 min / 55 EUR**

A refreshing aromatic body scrub that makes the skin velvety and soft. This is the ideal treatment for instant energy and freshness.

**Body Wrap****45 min / 67 EUR**

Wrapping the body in foil reduces cellulite, improves the appearance of the skin and stimulates circulation.

**Shape Your Body** SIGNATURE TREATMENT**70 min / 140 EUR**

This treatment begins with a quick brushing that removes dead skin cells and stimulates circulation. This is followed by a body wrap that releases toxins from the body. The treatment ends with an anti-cellulite massage that improves skin tone.

**Full Body Care** SIGNATURE TREATMENT**75 min / 152 EUR**

This treatment begins with an aromatic peeling, followed by a 45-minute Stress out-back and leg massage, at the end of which circulation and energy flow are stimulated by changing hot and cold compresses.

**Opuštajuća masaža leđa****25 min / 67 EUR**

Opuštajuća masaža vrata, ramena i leđa kojom se smanjuje osjećaj napetosti, stresa i bolova u području leđa.

**Masaža za stopala****25 min / 55 EUR**

Masaža stopala koja ublažava stres, poboljšava raspoloženje i vraća osjećaj lakoće.

**Masaža lica i tjemena****30 min / 67 EUR**

Masažom lica i tjemena potičemo mikrocirkulaciju. Ova masaža smanjuje migrene, glavobolje, napetost u vratu i ramenima te poboljšava koncentraciju i mentalnu čistoću.

**Stress out - Back and Leg Massage**

SIGNATURE

**45 min / 91 EUR**

Stress out – back and leg masaža jedna je od najučinkovitijih metoda za ublažavanje stresa i njegovih učinaka kao i potporni tretman za sprečavanje problema u našem tijelu povezanih sa stresom. Masažu završavamo izmjenom toplo hladnih obloga kojim stimuliramo cirkulaciju i protok energije.

**Back Relief Massage****25 min / 67 EUR**

A relaxing neck, shoulder and back massage that reduces the feeling of tension, stress and pain in the back area.

**Foot Massage****25 min / 55 EUR**

A foot massage that relieves stress, improves mood and restores a sense of lightness.

**Face & Scalp Massage****30 min / 67 EUR**

By massaging the face and scalp we stimulate microcirculation. This massage reduces migraines, headaches, tension in the neck and shoulders, and improves concentration and mental clarity.

**Stress out - Back and Leg Massage**

SIGNATURE

**45 min / 91 EUR**

Stress out - back and leg massage is one of the most effective methods for alleviating stress and its effects, as well as a supportive treatment for treating stress-related problems in our body. We end the massage by changing hot and cold compresses, which stimulate circulation and energy flow.

### Zero Cellulite 45 min / 97 EUR

Zero Cellulite masaža je specijalizirani tretman koji se koristi za smanjenje celulita i poboljšanje izgleda kože, posebno na područjima poput bedara, stražnjice, trbuha i bokova.

### Swedish Massage 50 min / 91 EUR

Švedska masaža jedna je od najpopularnijih masaža cijelog tijela koja se koristi za opuštanje tijela i uma, poboljšanje cirkulacije i otklanjanu napetosti u mišićima.

### Sports Massage 50 min / 97 EUR

Oporavite se brzo nakon napornog vježbanja ili sportskih aktivnosti. Ova intenzivna masaža dovest će do brzog oporavaka mišića i vratiti tijelo u prirodnu ravnotežu.

### Masaža sa vrućim uljem **POPULAR** 50 min / 109 EUR

Masaža vrućim uljem je opuštajući tretman koji kombinira blagodat topline i hranjivih svojstava eteričnih ulja koja se nanose na kožu umirujućim i nježnijim pokretima. Toplina ulja pomaže u dubokom opuštanju mišića čineći ovu masažu izuzetno umirujućom i ugodnom.

### Zero Cellulite 45 min / 97 EUR

Zero Cellulite massage is a specialized treatment used to reduce cellulite and improve the appearance of the skin, especially in areas such as the thighs, buttocks, abdomen and hips.

### Swedish Massage 50 min / 91 EUR

Swedish massage is one of the most popular full body massages used to relax the body and mind, improve circulation and relieve muscle tension.

### Sports Massage 50 min / 97 EUR

Recover quickly after strenuous exercise or sports activities. This intensive massage will lead to rapid muscle recovery and return the body to its natural balance.

### Warm Oil Energy Massage **POPULAR** 50 min / 109 EUR

Warm oil energy massage is a relaxing treatment that combines the benefit of heat and the nourishing properties of essential oils that are applied to the skin with soothing and gentle movements. The warmth of the oil helps to deeply relax the muscles, making this massage extremely soothing and pleasant.



**Masaža toplim kamenjem****70 min / 121 EUR**

Masaža toplim kamenjem je duboko opuštajući tretman koji koristi zagrijana vulkanska kamenja kako bi se potaklo opuštanje mišića, smanjenje stresa i poboljšanje cirkulacije. Toplina prodire u duboke slojeve mišića čime se povećava protok krvi i ublažava napetost.

**Renewal Massage** POPULAR**80 min / 157 EUR**

Obnavljajuća masaža cijelog tijela je sveobuhvatan tretman dizajniran za duboko opuštanje i revitalizaciju tijela i uma. Masaža obuhvaća sve glavne mišićne skupine a to su leđa, ramena, ruke, noge, stopala i glava. Ova masaža idealna je za sve koji žele obnoviti svoju energiju i smanjiti stres.

**Hot Stone****70 min / 121 EUR**

A hot stone massage is a deeply relaxing treatment that uses heated volcanic stones to promote muscle relaxation, reduce stress and improve circulation. The heat penetrates into the deep layers of the muscles, which increases blood flow and relieves tension.

**Renewal Massage** POPULAR**80 min / 157 EUR**

A full body renewal massage is a comprehensive treatment designed to deeply relax and revitalize the body and mind. The massage includes all the main muscle groups, namely the back, shoulders, arms, legs, feet and head. This massage is ideal for anyone who wants to renew their energy and reduce stress.

**Silhouette Glow** POPULAR  
**100 min / 164 EUR**

Ritual počinje s Shape Your Body tretmanom tijela koji potiče cirkulaciju i protok energije. Nakon toga slijedi Vitamin Shot tretman lica koji će vašoj koži pružiti sve što je potrebno za sjajnije, ujednačeniji i blistaviji ten.

**Vitality Booster**  
**120 min / 206 EUR**

Ovaj ritual počinje s opuštajućom masažom cijelog tijela vrućim uljem, uz koju ćete se zasigurno osloboditi nakupljenog stresa. Nakon masaže slijedi Q10 boost tretman lica koji pomaže u borbi protiv starenja, smanjuje bore i štiti od utjecaja slobodnih radikala.

**D-Stress Spa Retreat** POPULAR  
**70 min / 128 EUR**

Tretman počinjemo Stress Out- Back and Leg masažom koja opušta mišiće i sprječava probleme u našem tijelu povezane sa stresom nakon čega slijedi Vitamin Shot tretman lica koji će vašoj koži pružiti sve što je potrebno za sjajnije, ujednačeniji i blistaviji ten.

**Silhouette Glow** POPULAR  
**100 min / 164 EUR**

The ritual begins with the Shape Your Body body treatment that stimulates circulation and energy flow. This is followed by the Vitamin Shot facial treatment, which will provide your skin with everything it needs for a brighter, more even and radiant complexion.

**Vitality Booster**  
**120 min / 206 EUR**

This ritual begins with a warm oil energy massage of the whole body with hot oil, with which you will surely get rid of accumulated stress. The massage is followed by a Q10 boost facial treatment that helps fight aging, reduces wrinkles and protects against the effects of free radicals.

**D-Stress Spa Retreat** POPULAR  
**70 min / 128 EUR**

We begin the treatment with a Stress Out- Back and Leg massage that relaxes the muscles and prevents problems in our body related to stress, followed by a Vitamin Shot facial treatment that will provide your skin with everything it needs for a brighter, more even and radiant complexion.

**Men Ritual** POPULAR**90 min / 164 EUR**

Ritual za muškarce predstavlja idealan način da se posvete svom zdravlju opuštanju i oporavku. Ritual uključuje Men Triple Action tretman lica i 50 minutnu Sportsku masažu.

**Time for Two****120 min / 326 EUR**

Time for Two je luksuzni wellness ritual dizajniran za sve koji žele zajedno uživati u opuštajućem i revitalizirajućem iskustvu. Ritual se sastoji od aromatičnog pilinga nakon kojeg slijedi 50-minutna opuštajuća masaža, posluživanje laganog snacka i prirodnog biljnog čaja. Na raspolaganju je i privatna terasa.

**Men Ritual** POPULAR**90 min / 164 EUR**

Ritual for men is an ideal way to dedicate themselves to their health, relaxation and recovery. The ritual includes the Men Triple Action facial treatment and a 50-minute sports massage.

**Time for Two****120 min / 326 EUR**

Time for Two is a luxurious wellness ritual designed for everyone who wants to enjoy a relaxing and revitalizing experience together. The ritual consists of an aromatic peeling followed by a 50-minute relaxing massage, serving a light snack and natural herbal tea. A private terrace is also available.

POKLON BONOVI SU DOSTUPNI NA  
WELLNESS RECEPCIJI

GIFT VAUCHERS AVAILABLE FOR  
PURCHASE AT THE WELLNESS  
RECEPTION DESK

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