

WELLNESS & SPA

HOTEL ODISEJ

DUBROVNIK - MLJET



Vitamin Shot
40 min / 50 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 / 74 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 / 92 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 / 74 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 / 50 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 / 74 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 / 92 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 / 74 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.

Piling tijela / Body Scrub**30 min / 41 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 / 51 EUR**

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

Shape Your Body SIGNATURE TREATMENT**70 min / 107 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 / 116 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 / 41 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 / 51 EUR**

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

Shape Your Body SIGNATURE TREATMENT**70 min / 107 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 / 116 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 / 43 EUR**

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

Masaža za stopala**25 min / 39 EUR**

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

Masaža lica i tjemena**30 min / 41 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 / 61 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 / 43 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 / 39 EUR**

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

Face & Scalp Massage**30 min / 41 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 / 61 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.

Swedish Massage

50 min / 63 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 / 72 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 / 80 EUR

Masaža vrućim uljem je opuštajući tretaman 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.

Renewal Massage **POPULAR**

80 min / 101 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.

Swedish Massage

50 min / 63 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 / 72 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 / 80 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.

Renewal Massage **POPULAR**

80 min / 101 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 / 124 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 sjajniji, ujednačeniji i blistaviji ten.

Vitality Booster
120 min / 138 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.

Silhouette Glow POPULAR
100 min / 124 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 / 138 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 / 88 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 sjajniji, ujednačeniji i blistaviji ten.

Men Ritual POPULAR
90 min / 96 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.

D-Stress Spa Retreat POPULAR
70 min / 88 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 / 96 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.

POKLON BONOVI SU DOSTUPNI NA
WELLNESS RECEPCIJI

GIFT VAUCHERS AVAILABLE FOR
PURCHASE AT THE WELLNESS
RECEPTION DESK

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