Five Elements

THE FIVE ELEMENTS BRAND WAS CREATED AS A UNIQUE COMBINATION OF THE ANCIENT CHINESE FENG SHUI PHILOSOPHY AND MODERN WELLNESS PROGRAMMES.

THE FIVE ELEMENTS STORY STARTS IN THE HOTEL AMBASADOR WITH THE ELEMENT OF WATER, WHICH HAS PARTICULAR IMPORTANCE IN FENG SHUI AS THE SYMBOL OF LIFE.

By synergising spiritual and physical elements – through a unique ambience, an individual approach and specific programmes – we help you discover a newer, deeper sense of your body’s well-being and health. Following the idea that a harmony of energies is needed to achieve feelings of calmness and relaxation, we have created unique ambiences based on the principles of Feng Shui and space design, in which you will feel different and relaxed.

Each area has its own energy that affects humans. Therefore, if we want to feel calm and relaxed in a room, it must have a harmony of energies.

BETWEEN FANTASY AND REALITY
The centre covers an area of 1,300 square metres over two floors. The first floor offers a variety of water facilities: a large indoor pool with heated seawater, a whirlpool and an attractive outside view. This area also includes saunas and a large modern bar. The upper floor is reserved for carefully arranged rooms for massages and other treatments. The interior’s modern design leaves a long-lasting impression on visitors.

As a special feature, this concept introduces a selection of top-quality cosmetic products by renowned international brands, which completes the offer of the exclusive FIVE ELEMENTS Wellness & Spa centres of the Remisens Hotels.
NIANCE® – SWISS PREMIUM ANTI-AGING

NIANCE®, as a genuine premium Swiss brand, is synonymous with highly-effective and utterly pure first-class skin-care. NIANCE® represents Swiss expertise in developing innovative and dynamic concepts in the luxury anti-aging skin-care sector. NIANCE® supplies effective products and holistic treatment methods for visibly rejuvenating the skin. The expertise we have gathered through intensive research activities in our Swiss laboratories provides you with the chance to provide your skin with optimum care based on the very latest results in skin science.

NIANCE® is beauty care with no compromises. The purest formulations and the most innovative active ingredients will deliver a unique anti-aging effect to your skin. We have developed a unique concept never before seen anywhere else in the world – NIANCE® Multi-Anti-Aging!

SOTHYS

Sothys is a world famous brand that has existed since 1946, and which is today renowned throughout the world. As a professional brand, it is committed exclusively to beauty salons, and wellness and spa centres, offering a complete range of products for professional and home facial and body care, and also make-up. Sothys offers integrated beauty programmes, high-technology professional treatments, and exclusive treatments for home skin care.
Massages

DREAM MASSAGE (100% CUSTOMER MASSAGE, MASSAGE OF YOUR CHOICE)
An individual approach as the basis of wellness finds its full expression here. This special Sothys massage is adapted to your wishes and needs – the choice of aromas and massage techniques is entirely yours, which guarantees complete relaxation in accordance with your own wishes. This treatment hydrates the skin, provides it with nourishment and restores its shine.
Price: 500 kn (60 min)

HANAKASUMI (JAPANESE MASSAGE TECHNIQUE)
This extraordinarily pleasant, fragrant and relaxing treatment makes your skin soft and has a relaxing effect. Oriental massage technique and exotic cherry blossom-rice peeling.
Price: 500 kn (60 min)

ORIENTAL MASSAGE WITH AROMATIC PINDAS
This special ritual, inspired by the exotic Far East, will fill your body with energy and your spirit with pleasure. The treatment includes the application of a ginger-based peeling balsam and a special massage technique with aromatic pindas targeted at certain body chakras based on ancient Indian rituals.
Price: 500 kn (60 min)

CANDLE MASSAGE
Fragrant aromas on your body and in the room will help you relieve stress and completely relax.
Price: 390 kn (45 min)
AROMATHERAPY
A massage that uses various aromatic oils according to the individual needs of each client. Magical scents will liven up all your senses.
Price: 360 kn (45 min)
  500 kn (75 min)

FOUR-HAND RELAX MASSAGE
Experience the special four-hand massage in which two therapists relax your body with synchronised massage movements.
Price: 480 kn (40 min)

ANTI-STRESS CLASSICAL MASSAGE
This full body massage relaxes, relieves pain and has a beneficial effect on your overall psychophysical condition.
Price: 320 kn (45 min)
  230 kn (25 min)

NECK AND BACK MASSAGE
Treat yourself to this brief but effective relaxation.
Price: 170 kn (15 min)

SCALP MASSAGE
Gentle massage movements and the stimulation of reflex points have a fantastic soothing effect.
Price: 180 kn (15 min)

FACIAL MASSAGE
Price: 200 kn (20 min)
Facial care

**INTENSIVE**
The special intensive treatment includes NIANCE® Premium-Glacier-Eye-Deluxe – the luxury treatment for the eye area. This nurturing and comforting intensive treatment provides your skin with moisture, nutrients and vitamins. It has a smoothing effect on lines and small wrinkles caused by dryness, making the skin tender and soft. Additional luxurious care of the eye area helps you look bright and awake. Slight skin irritation is smoothed out and your complexion shines with new freshness.

Price: **790 kn (60 min)**

**DELUXE**
The luxury anti-aging treatment includes NIANCE® Premium-Glacier-Eye Deluxe – the luxury treatment for the eye area. This premium treatment provides for firmness and smoothness. Your skin will be supplied with essential micro-nutrients, accelerating the skin’s natural repair function. Optimal supply with moisture smooths your skin, and lines and small wrinkles are erased. Enhanced microcirculation results in a rosy and young-looking complexion. Additional care of your eye area removes traces of overtiredness and weakness. A high-performance anti-aging application for demanding skin.

Price: **1.200 kn (120 min)**

**MEN POWER**
The multi anti-aging treatment for men. This premium treatment for gentlemen provides new freshness and firmness. Intensive supply of cells with micro-nutrients and moisture make pale or tired complexions a thing of the past. Your eye area enjoys additional luxury care, and your complexion is given a smooth, beautiful appearance.

Price: **1.000 kn (90 min)**

**ULTRA MEN**
Intensive facial treatment for men. An effective turbo-treatment for dry or tired skin. Intense skin hydration and enhanced micro-circulation lets the skin look relaxed and recreated.

Price: **450 kn (30 min)**
INDIVIDUAL FACIAL TREATMENT
Price: **1,400 kn (120 min)**

COLLAGEN & HYALURONIC (ANTI-AGING TREATMENT)
This treatment tightens the skin, smooths out lines, and gives your skin a youthful appearance and healthy glow.
Price: **630 kn (75 min)**

HYDRADVANCE (DEEP SKIN HYDRATION TREATMENT)
An intensive facial treatment providing hydration and nourishment for all types of dehydrated skin.
Price: **600 kn (75 min)**

SECRET FACIAL TREATMENT (EXCLUSIVE ANTI-AGING TREATMENT)
A high-tech treatment, which is the most exclusive and prestigious Sothys treatment. Fragments of gold, sea pearl dust, essential oils of 17 types of rose, and marine elements such as Spherulites, chlorelline, palmaria palmata increase the flow of oxygen into the skin and protect it against harmful free radicals.
Price: **790 kn (75 min)**

SECRET FACIAL AND BODY TREATMENT (EXCLUSIVE FACIAL AND BODY TREATMENT)
Would you like to feel the divine touch of comfort for 120 minutes? Then this is the treatment for you! The most exclusive cosmetics ingredients, amazing aromas, perfect massage movements, fantastic results – this treatment will reveal to you the best of the best. Facial, body massage, foot massage, hand massage – a magical treatment for the entire body, leaving you with a long-lasting sensation of pleasure.
Price: **1,200 kn (120 min)**

SEASONAL FACIAL TREATMENT (SEASONAL CARE)
A facial treatment based primarily on fruit. This very effective treatment ensures radiance, smoothness and hydration. The water basis and natural fruits provide excellent aromatherapy for your senses. Enjoy pure nature!
Price: **350 kn (40 min)**
ACTIVE CONTOUR (EYE CONTOUR TREATMENT)
A special treatment designed for eye contour care. It affects dark circles and puffiness, eliminates and prevents the formation of wrinkles, and provides elasticity, moisture and firmness.
Price: **300 kn (45 min)**

NATURAL MICRODERMABRASION
This peeling treatment contains 15% glycolic acid and 0.15% salicylic acid with a pH-value of 3. This treatment, which contains fruit acids, is recommended for oily skin to regulate sebaceous glands, cleanse and narrow widened pores, and also for mature skin to remove wrinkles. The treatment is also very effective against skin macules. The results are already visible after the first treatment. These treatments are performed exclusively in the autumn, spring and winter months.
Price: **420 kn (45 min)**

DEEP FACIAL CLEANSING
Price: **300 kn (45 min)**
Body care

MINERAL BATH
Immerse in the water world of sea crystals, fragrant essential oils and the beneficial bubbles of massage jets for a soothing, detoxifying or energising experience.
Price: 220 kn (30 min)

HONEY BODY SCRUB
Special peeling with honey resulting in an incredibly soft skin.
Price: 240 kn (25 min)

AROMATIC GINGER PEELING
Ginger-based peeling-balsam with a rich texture and enchanting, exotic fragrance.
Price: 240 kn (25 min)

ANTI-CELLULITE MASSAGE
Price: 280 kn (25 min)

SLIMMING WRAPS TREATMENT
This intensive treatment stimulates microcirculation and the metabolism, boosting the elimination of toxins from the tissue. Bandages provide gentle compression for the tissue, allowing the powerful active ingredients to penetrate deeper into the skin and have long-lasting effects.
Price: 500 kn (60 min)

SIGNATURE SLIMMING TREATMENT
Precisely tailored to each client, this treatment is performed according to an exclusive Sothys protocol composed of unprecedented products with incredibly sensory textures: slimming peeling wrap, slimming modelling fluid, 3 body serums with active ingredients for each type of cellulite.
Price: 550 kn (75 min)
Exclusive rituals

In the exceptional interior of the Obsidian room, specially designed for rituals, you can enjoy irresistible scents, soft music and relaxing combinations of treatments representing the ideal all-over body care. This luxuriously furnished area and the rituals have been designed for relaxation and enjoyment in pairs or alone.

Five Elements Ritual
Recipe of the house: this special ritual represents a unique combination of the Feng Shui philosophy, the five elements concept, and an ancient massage technique. The burning of sage, an original massage technique using crystal balls, the use of various crystals, shiatsu and Thai massage techniques – these are the elements that we use to achieve a complete energy balance and harmony of body and spirit.
Price: 475 kn (90 min)

OBSIDIAN RITUAL
Experience unforgettable moments in the exceptional ambience of the Obsidian room. The ritual starts with a peeling using sea mineral crystals. A distinctive feature of this treatment is the mini steam sauna for your use only; here you can smear yourself with sea algae that have a beneficial effect on the body.
After relaxing in the steam bath, surrender yourself to aromatherapy – a massage using exotic scented aromatic and essential oils.
And to finish, a natural herb tea of your choice.
Price: 690 kn (120 min) per person

Beauty Harem
Beauty harem – a wellness ritual to remember. Experience unforgettable moments in the unique ambience of the Jaspis room. Begin your treatment in the intimate atmosphere of a Turkish sauna that we have reserved just for you. Feel the widely known healing effect of sea algae that will nourish your body and moisturise your skin. After relaxation in the steam bath, surrender yourself to aromatherapy – a massage with aromatic oils (45 minutes) and exotic scented essential oils. Finish the treatment in a magical way with a natural herbal tea of your choice.
Price: 690 kn (120 min) per person
Jaspis luxury spa

AN ATMOSPHERE SPICED WITH EXOTIC SCENTS, MYSTICAL PLAYS OF LIGHT AND A SPECIAL OFFER PROVIDE AN UNFORGETTABLE EXPERIENCE.
THIS EXCLUSIVE AREA IS AIMED AT PEOPLE WHO LOVE PRIVACY AND LUXURY. THE ATTRACTIVE ROOMS ARE DESIGNED FOR SMALL GROUPS (2-4 PEOPLE) AND INCLUDE A RASUL, CRYSTAL BATH, PRIVATE MASSAGE ROOM AND RELAXATION AREA.

JASPIS DE LUXE RITUAL
Experience the magic of One Thousand and One Nights in the company of your friends!
Feel the beneficial effect of mud on your skin in a room filled with warm, moist air (rasul) and enjoy perfect relaxation in a crystal bath. After that, surrender to a relaxing massage.
Soft music, exotic scents, strawberries in chocolate and champagne – your satisfaction is guaranteed. Our recommendation!
Price: 1950 kn (3.5 hours for 2-4 people)

JASPIS RITUAL
Experience the magic of One Thousand and One Nights in the company of your friends!
Feel the beneficial effect of mud on your skin in a room filled with warm, moist air (rasul) and enjoy perfect relaxation in a crystal bath.
Soft music, exotic scents, strawberries in chocolate and champagne – your satisfaction is guaranteed. We recommend it!
Price: 1450 kn (2 hours for 2-4 people)

RASUL
Discover the benefits of Oriental culture...
In the moist, warm air of the Turkish sauna you will smear yourself with medicinal mud that has a superbly beneficial effect on even the most sensitive skin. The mud ensures deep cleansing of the skin and stimulates the elimination of toxins.
Price: 250 kn (20 min)
Manicure

MANICURE
Price: 220 kn

MANICURE FOR MEN
Price: 200 kn

DEEP DERMAL MASK
Price: 80 kn

SPA MANICURE
Price: 300 kn

Pedicure

PEDICURE
Price: 300 kn

PEDICURE FOR MEN
Price: 280 kn

SPA PEDICURE
Price: 380 kn

Shellac

Say hello to the future! Shellac is the latest UV technology, and has a patent pending. It combines the lightness of nail varnish and the durability of gel. This is the first innovation in colouring that does not break and lasts longer. Shellac is applied like varnish, just with a brush, but can be removed in only 10 minutes without the need to scrub your nails. The result? A beautiful shine that lasts 14 days and which is truly addictive!
**Solarium**

Price: **7 kn / min**

**Make-up**

**EYEBROW SHAPING**
Price: **50 kn**

**EYEBROW OR EYELASH TINTING**
Price: **70 kn**

**Depilation**

**FULL LEG HAIR REMOVAL**
Price: **190 kn**

**FULL LEG HAIR REMOVAL**
Price: **190 kn**

**LOWER LEG HAIR REMOVAL**
Price: **110 kn**

**LOWE R LEG HAIR REMOVAL**
Price: **110 kn**

**BIKINI HAIR REMOVAL**
Price: **120 kn**

**BIKINI HAIR REMOVAL**
Price: **120 kn**

**BRAZILIAN HAIR REMOVAL**
Price: **150 kn**

**BRAZILIAN HAIR REMOVAL**
Price: **150 kn**

**ARM HAIR REMOVAL**
Price: **100 kn**

**ARM HAIR REMOVAL**
Price: **100 kn**

**ARMPIT HAIR REMOVAL**
Price: **100 kn**

**BACK HAIR REMOVAL**
Price: **150 kn**

**BACK HAIR REMOVAL**
Price: **150 kn**

**CHEST HAIR REMOVAL**
Price: **190 kn**

**CHEST HAIR REMOVAL**
Price: **190 kn**

**CHEST AND BACK HAIR REMOVAL**
Price: **300 kn**

**CHEST AND BACK HAIR REMOVAL**
Price: **300 kn**

**UPPER LIP HAIR REMOVAL**
Price: **50 kn**

**UPPER LIP HAIR REMOVAL**
Price: **50 kn**
Remisens relax Programmes

LADIES DAY
Hydradvance facial treatment, honey peeling, anti-stress massage, manicure.
Price: 1270 kn (190 min)

MANAGER DAY
Ultra Men, anti-stress massage, manicure.
Price: 900 kn (140 min)

AMBASADOR SPA DAY
Anti-age treatment, aromatherapy, manicure, pedicure.
Price: 1455 kn (255 min)

DISCOUNTS:
3, 4, or 5 treatments – 5%
6, 7 or 8 treatments – 10%
9 or more treatments – 15%

Spa relax

THE SOPHISTICATED AND COSY SPA RELAX AREA WILL THRILL YOU WITH ITS INVISIBLE TRANSITION INTO NATURE. THE SPECTACULAR WHIRLPOOL, FINNISH SAUNA, BIO-SAUNA, TURKISH BATH, ICE FOUNTAIN, TEAS... WHAT A MAGNIFICENT CHOICE! RELAX AND SURRENDER YOURSELF TO FANTASY... THE COCOON RELAX ROOM IS PARTICULARLY INTERESTING – AN UNUSUAL AREA WITH WATERBEDS, WHERE YOU CAN BE SURE OF FORGETTING ALL ABOUT THE WORLD OUTSIDE.

Hotel guest no extra charge
Outside guests (up to 3 hours), Sunday-Thursday 160 kn
Outside guests (up to 3 hours), Fridays, Saturdays and public holidays 180 kn

Pool supplement 30 kn
Additional spa relax hour 50 kn
Bathrobe 30 kn
Towel 20 kn
**POOL**
Hotel guests [no extra charge](#)
Outside guests (up to 3 hours), Sunday-Thursday **60 kn** – indoor pool only
Outside guests (up to 3 hours), Fridays, Saturdays and public holidays **70 kn** – indoor pool only

**FITNESS**
Outside guests (up to 2 hours) **70 kn**

**SPA RELAX DAY**
Use of the spa relax zone, pool and fitness facilities **300 kn**

### WELLNESS & SPA CLUB CARD

<table>
<thead>
<tr>
<th>SERVICE</th>
<th>1 MON</th>
<th>2 MON</th>
<th>NOTE</th>
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<td>Fitness</td>
<td>300</td>
<td>500</td>
<td>for 1 month = 10 sessions, for 2 months unlimited sessions</td>
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<tr>
<td>Pool</td>
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<td>Pool + Fitness</td>
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<td>700</td>
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<td>Spa Relax</td>
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<td>Spa Relax Mon - Thu</td>
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<td>600</td>
<td>2 x weekly, up to 3 hours (Mon – Thu)</td>
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<td>Spa Relax + Pool</td>
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<td></td>
<td>unlimited sessions</td>
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<tr>
<td>Monthly</td>
<td>800</td>
<td></td>
<td>entry to the spa relax zone, fitness and pool (unlimited) + 10% discount on all services</td>
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<tr>
<td>Monthly Mon - Thu</td>
<td>600</td>
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<td>Mon – Thu, 10% discount on all services</td>
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OPENING TIMES
7 – 21

RESERVATIONS
We recommend booking your appointment in advance at the wellness centre reception on 051 743 880.

CANCELLATIONS
To cancel your appointment, please let us know at least 6 hours before the treatment start time. For cancellations up to 4 hours before the start time, 50% of the treatment price will be charged. For later cancellations, 100% of the treatment price will be charged.

GIFT VOUCHERS
Invite your loved ones or business partners to an unforgettable experience!
Gift vouchers can be purchased at the wellness centre reception.

HOUSE RULES
- Please switch your mobile phones to silent mode upon entering the wellness centre.
- We kindly ask you to arrive 10 minutes before the beginning of your treatment. In the event of late arrival, it will not be possible to prolong the treatment.
- Children up to 16 years of age are not allowed in the spa relax zone (saunas).
- Please inform your therapist or the person at reception about any serious health condition you might have (heart issues, high blood pressure or similar).