



FIVE ELEMENTS
W E L L N E S S & S P A

FIVE ELEMENTS EXCELSIOR

Price list

Lovran is the town of laurel, as its name comes from this aromatic plant. The laurel forests in the surroundings of Lovran are known for their abundance and beauty, and the plant itself has always had a special meaning. In the past, laurel wreaths were used to crown emperors and the winners of sporting events, while ordinary people used the plant for medicinal purposes and as a spice to give a special aroma to traditional dishes.

In Feng Shui, wood is the symbol of life, growth, vitality and activity. Its energy is associated with the eastern side of the world and the awakening of the new day. Your home absorbs the energy of wood in the morning hours, which then remains there until 'recharging' the following day.

Continuing the concept of Remisens Hotels' wellness centres following the *Five Elements* philosophy, after the element of water in the Hotel Ambassador and that of earth in the Hotel Marina, the Five Elements wellness centre in Lovran's Hotel Excelsior is dedicated to the element of wood.

The choice of wood as the element of our Five Elements centre in Lovran was very deliberate, as which of the five elements would be more suitable for the 'town of laurel', which in ancient times was known as Lauriana? In our treatments, we combine the beneficial properties of the local vegetation and climate with natural products of the highest quality.

Immerse yourself in the relaxing world of the 'five elements' and feel the beneficial effects of laurel and olive, indigenous plants that people have been using for centuries, and other carefully selected ingredients in our specially designed treatments and rituals.

SOTHYS

Sothys is a world famous brand that has existed since 1946, and which is today renowned throughout the world. As a professional cosmetics 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.

EXCLUSIVE RITUALS

Rituals with a completely natural basis designed in accordance with the element of wood, the signature element of our wellness centre.

LAUREL

A ritual based on the healing plant that grows abundantly in Lovran and its surroundings. Apart from having a detoxifying effect, laurel is rich in vitamins A and C, iron, calcium and magnesium.

The treatment begins with an exfoliation using sea salt and laurel extract combined with a unique massage technique. A distinctive feature of this treatment is a laurel-based wrap as a final touch.

Price: 500 kn (60 min)

OLIVE

An intensive anti-aging ritual based on olive and immortelle for complete skin regeneration. A special immortelle exfoliation helps erase the traces of time. Warm pads will remove stress and give you a feeling of complete peace and relaxation.

Price: 500 kn (60 min)

ACTIVATED CARBON

Activated carbon has been known for centuries and used in medicine for treating poisoning. The ritual starts with a facial exfoliation, a massage with almond oil and the application of a hydrating mask. Foot reflexology boosts deep cleansing of the body. This treatment uses a special stretching technique with warm towels, which frees the lymph flow, stimulates circulation and provides an unforgettable experience.

Price: 500 kn (60 min)

FACIAL CARE

COLLAGEN & HYALURONIC

Rejuvenate your skin with this new generation intensive treatment. The individual approach to every client and diagnosis of your skin condition guarantee the best way to smooth wrinkles and tighten facial skin.

Price: 580 kn (75 min)

HYDRA 3HA

An intensive facial treatment providing hydration and nourishment for all types of dehydrated skin. The most important ingredient of this treatment is water from pristine sources, whose natural purity ensures deep hydration.

Price: 580 kn (75 min)

SEASONAL FACIAL TREATMENT

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: 380 kn (40 min)

ENERGISING TREATMENT WITH SIBERIAN GINSENG

This special energetic treatment is the ideal way to prepare your skin for an anti-aging or intensive hydrating treatment. It restores skin energy and radiance.

Price: 550 kn (75 min)

NATURAL MICRODERMABRASION

This exfoliation 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.

Price: 400 kn (45 min)

DEEP MECHANICAL FACIAL CLEANSING

Price: 380 kn (60 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 (40 min)

MASSAGES

ANTI-STRESS CLASSIC MASSAGE

This full body massage relaxes, relieves pain and has a beneficial effect on your overall psychophysical condition.

Price: 350 kn (45 min)
240 kn (20 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: 370 kn (45 min)
550 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: 500 kn (40 min)

INDIVIDUAL MASSAGE

A massage targeted at individual problematic areas.

Price: 380 kn (50 min)

NECK AND BACK MASSAGE

Treat yourself to this brief but effective relaxation.

Price: 180 kn (15 min)

FACIAL MASSAGE

Price: 200 kn (20 min)

LYMPHATIC DRAINAGE

Lymphatic drainage removes surplus liquids from the face or body. Increased lymph flow enables the removal of toxins from the body, allows a better supply of oxygen, water and nutrients to cells, and stimulates better cell function.

Legs: 360 kn (45 min)
Full body: 550 kn (75 min)

ENERGISING RITUALS

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: 530 kn (60 min)

ORIENTAL MASSAGE

A superb protocol inspired by ancient oriental rituals: application of special syrup to prepare the body for exfoliation using special Sothys accessories, followed by body modelling to nourish the skin. A feeling of complete relaxation.

Price: 530 kn (60 min)

HANAKASUMI (Japanese foot massage technique)

This extraordinarily pleasant, fragrant and relaxing treatment makes your skin soft and has a relaxing effect. It includes oriental foot massage technique and exotic cherry blossom-rice exfoliation.

Price: 530 kn (60 min)

BODY CARE

HONEY BODY SCRUB (care)

Special exfoliation with honey resulting in an incredibly soft skin.

Price: 250 kn (20 min)

FRAGRANT GINGER EXFOLIATION (detox)

Ginger-based exfoliating scrub with a rich texture and enchanting, exotic fragrance.

Price: 250 kn (20 min)

LIGHT LEGS

This intensive treatment stimulates microcirculation and boosts the elimination of toxins from the legs. Bandages provide gentle compression and relieve the sense of tiredness and tension from the legs.

Price: 300 kn (45 min)

SLIMNESS MODELLING

With active ingredients, special anti-cellulite massage, and serums adapted to the individual type of cellulite, this treatment with Sothys cosmetic products provides excellent results.

Price: 340 kn (45 min)

VIP PROGRAMME

LAURUS DELUXE – a treatment crowned with laurel

Your journey starts with an exfoliation with silk gloves that will give your body new freshness and strength. The relaxation continues with a special massage with olive oil and laurel extract. The ritual ends with relaxation in a whirlpool with soft music in the background, fruit in chocolate and a glass of sparkling wine!

Price: 1,400 kn (2.5 hours) for two people

MANICURE

SPA MANICURE

Price: 250 kn

PARADISO MANICURE

(manicure + Shellac)

Price: 300 kn

PEDICURE

SPA PEDICURE

Price: 300 kn

PARADISO PEDICURE

(pedicure + Shellac)

Price: 320 kn

Shellac

The future is here! Shellac is the latest UV technology that 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 gives you a really special feeling!

Makeup

EYEBROW SHAPING Price: 50 kn

EYEBROW OR EYELASH TINTING Price: 60 kn

Depilation

FULL LEG HAIR REMOVAL

Price: 150 kn

LOWER LEG HAIR REMOVAL

Price: 100 kn

BIKINI HAIR REMOVAL

Price: 80 kn

BRAZILIAN HAIR REMOVAL

Price: 150 kn

ARM HAIR REMOVAL

Price: 80 kn

ARMPIT HAIR REMOVAL

Price: 80 kn

BACK HAIR REMOVAL

Price: 120 kn

CHEST HAIR REMOVAL

Price: 160 kn

UPPER LIP HAIR REMOVAL

Price: 50 kn

Spa Relax

Hotel guests – no extra charge

Outside guests (up to 3 hours)

160 kn

Pool supplement

30 kn

Bathrobe

30 kn

Additional towel

20 kn

POOL

Hotel guests – no extra charge

Outside guests (up to 3 hours)

50 kn

Children up to 12 years

30 kn

FITNESS

Outside guests (up to 2 hours)

50 kn

SPA RELAX DAY

Use of the spa relax zone, pool and fitness facilities

300 kn

SPA CLUB CARDS

Service	1 month	2 months	Note
Fitness	250	450	1 month = 12 sessions, 2 months = unlimited
Pool	300	500	1 month = 10 sessions, 2 months = unlimited
Spa Relax	450	700	1 month = 10 sessions, 2 months = unlimited
Monthly	700		Admission to the spa zone, fitness and pool (unlimited) + 10% discount on all services

WORKING HOURS

8:00 – 20:00

RESERVATIONS

We recommend booking your appointment in advance at the wellness centre reception or on telephone number 051/480/765 .

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)