





# **Five Elements**

The Five Elements Wellness & Spa brand is a unique concept that combines the ancient Chinese Feng Shui philosophy and modern wellness programmes.

The Hotel Marina wellness centre is dedicated to the element of earth that symbolises the nourishing substance from which all living things emerge and to which they eventually return. By synergising spiritual and physical elements – through a unique ambience and a specific approach – we help you discover a newer, deeper sense of your body's well-being and health.

The area of 800 square metres includes pool facilities, a spa relax zone, fitness centre with TechnoGym equipment, and a beauty and massage centre. The large indoor pool with heated seawater and a view of the surrounding nature is connected to the spa relax zone, which features various saunas, a whirlpool, massage showers and a relaxation area. The interior of the rooms for massages and other treatments, as well as of the entire wellness centre, has a modern design. A special feature of this concept is the 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.

# 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.

# 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: 550 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: 550 kn (60 min)

# SCENT OF THE MEDITERRANEAN

A massage that uses various aromatic oils according to the individual needs of each client (relaxation, purification, stimulation). Magical scents will liven up all your senses.

Price: 400 kn (45 min) 550 kn (75 min)

# ANTI-STRESS CLASSICAL MASSAGE

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

Price: 370 kn (45 min) 240 kn (20 min)

#### **NECK AND BACK MASSAGE**

Treat yourself to this brief but effective relaxation. Price: 180 kn (15 min)

# **COMBINED MASSAGE**

Back massage and foot reflexology. Price: 300 kn (30 min)

# **BODY CARE**

# **BODY EXFOLIATION**

Individual body scrub according to your wishes. Honey, ginger or aromatic oil scrub. Price: 230 kn (30 min)

# LIGHT LEGS

This treatment stimulates microcirculation and boosts the elimination of toxins from the legs. Price: 250 kn (30 min)

# FACIAL CARE

# YOUTH ANTI-AGE TREATMENT

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 (deep skin hydration treatment)

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 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: 380 kn (40 min)

# **ENERGISING TREATMENT WITH SIBERIAN GINSENG**

This special energising treatment prepares your skin for an anti-aging or intensive hydrating treatment and restores skin energy and radiance. Price: 580 kn (75 min)

# DEEP MECHANICAL FACIAL CLEANSING

Price: 400 kn (60 min)

#### **EYEBROW OR EYELASH TINTING**

Price: 60 kn

EYEBROW SHAPING

Price: 60 kn

#### MANICURE

**SPA MANICURE** Price: 280 kn

# PEDICURE

#### **SPA PEDICURE** Price: 300 kn

#### **PARADISO PEDICURE**

Price: 340 kn

#### NAIL POLISH

Price: 70 kn

# PERMANENT NAIL POLISH (SHELLAC)

Price: 170 kn

#### DEPILATION

Full leg hair removal Price: 160 kn

Lower leg hair removal Price: 100 kn

Bikini hair removal Price: 80 kn

Brazilian hair removal Price: 160 kn

Arm hair removal Price: 80 kn Upper lip hair removal Price : 40 kn

Solarium Price: 7 kn (1 min)

Armpit hair removal Price: 60 kn

Back hair removal Price: 100 kn

Chest hair removal Price: 140 kn

# SPA RELAX

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(Children up to 16 years of age are not allowed in the spa relax zone)

The world of saunas is a comfortable place where you can enjoy a Finnish sauna, Turkish bath, infrared sauna, whirlpool.

#### **SPA RELAX DAY**

Use of the spa relax zone, pool and fitness facilities 250 kn

# **HOTEL GUESTS – NO EXTRA CHARGE**

Outside guests (up to 3 hours) 150 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) 60 kn

Fitness Outside guests (up to 3 hours) 50 kn

#### RESERVATIONS

We recommend booking your appointment in advance at the wellness centre reception on 051 505 623.

#### 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 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).

WORKING HOURS 08:00 - 20:00

