



WELLNESS MENU

*EMERGE BRIGHTER





Dear Guests,

Let us take you on a transformative journey of the senses that helps you restore complete balance and wellness of body and mind.

Your refreshing wellness experience starts here! Join us at the first eforea Spa & Health Club on the Adriatic Coast in Croatia.

We have prepared our Health & Wellbeing menu so that you can easily plan your stay and indulge in the ultimate world of wellness.

On the following pages, you will discover moments of pure bliss and pampering through exclusive Essential Journeys by Thalgo and Escape Journeys by our local brand Quarnero.

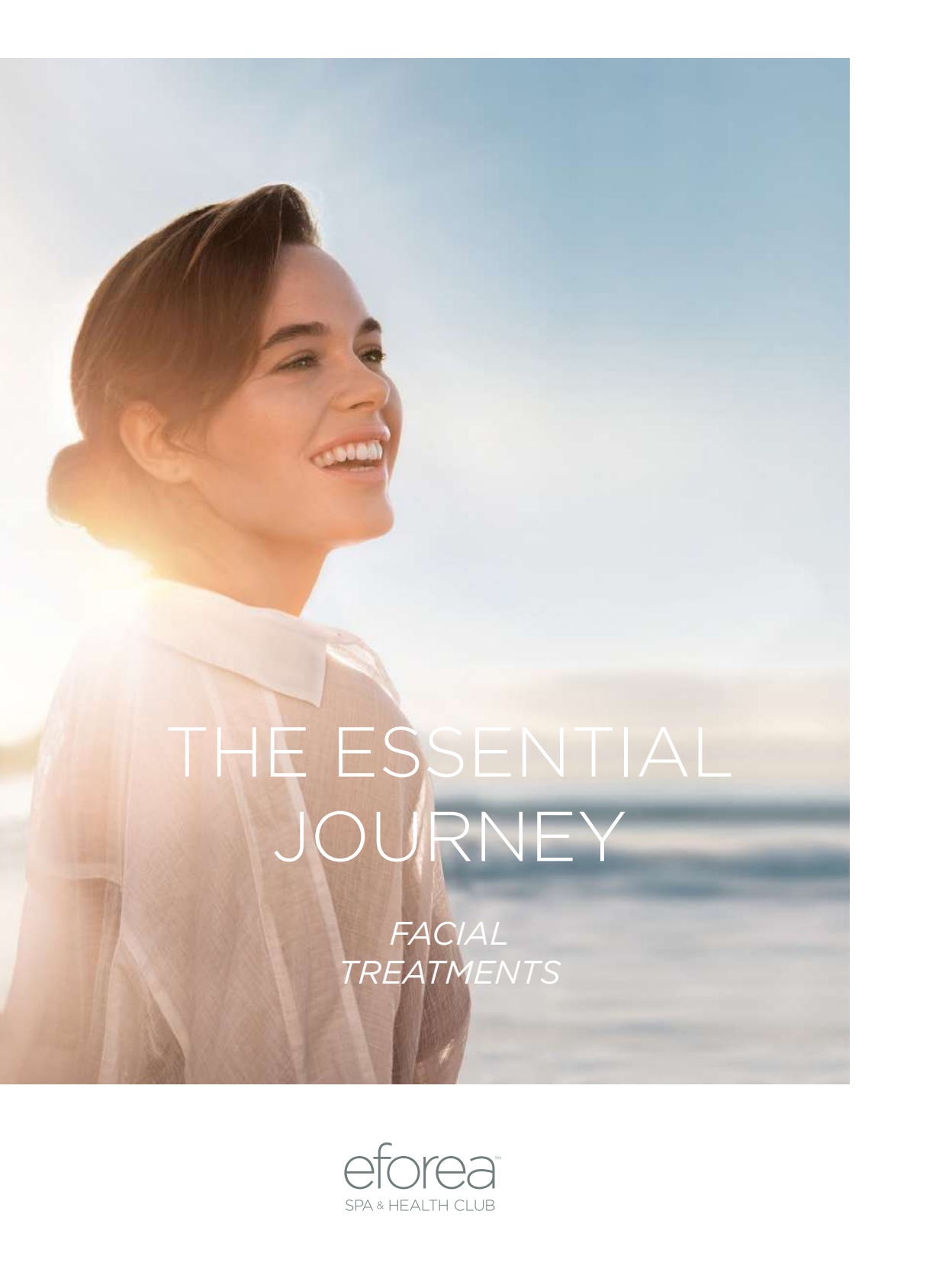
I am confident you will emerge renewed, uplifted and refreshed.

I wish you a pleasant stay and should there be anything my team and I can assist you with, please let us know.

Ana Mićanović,
eforea Spa & Health Club Manager







THE ESSENTIAL
JOURNEY

*FACIAL
TREATMENTS*

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 FACIAL TREATMENTS ARE AVAILABLE FOR THREE DIFERENT SKIN TIPES

SOURCE MARINE

Corrects the hydration level of **dehydrated** skin

⌚ 1:00h | EUR 110.00

COLD CREAM MARINE

Designed for **dry or sensitive** skin

⌚ 1:00h | EUR 110.00

PURETE MARINE

Designed for **combination to oily** skin

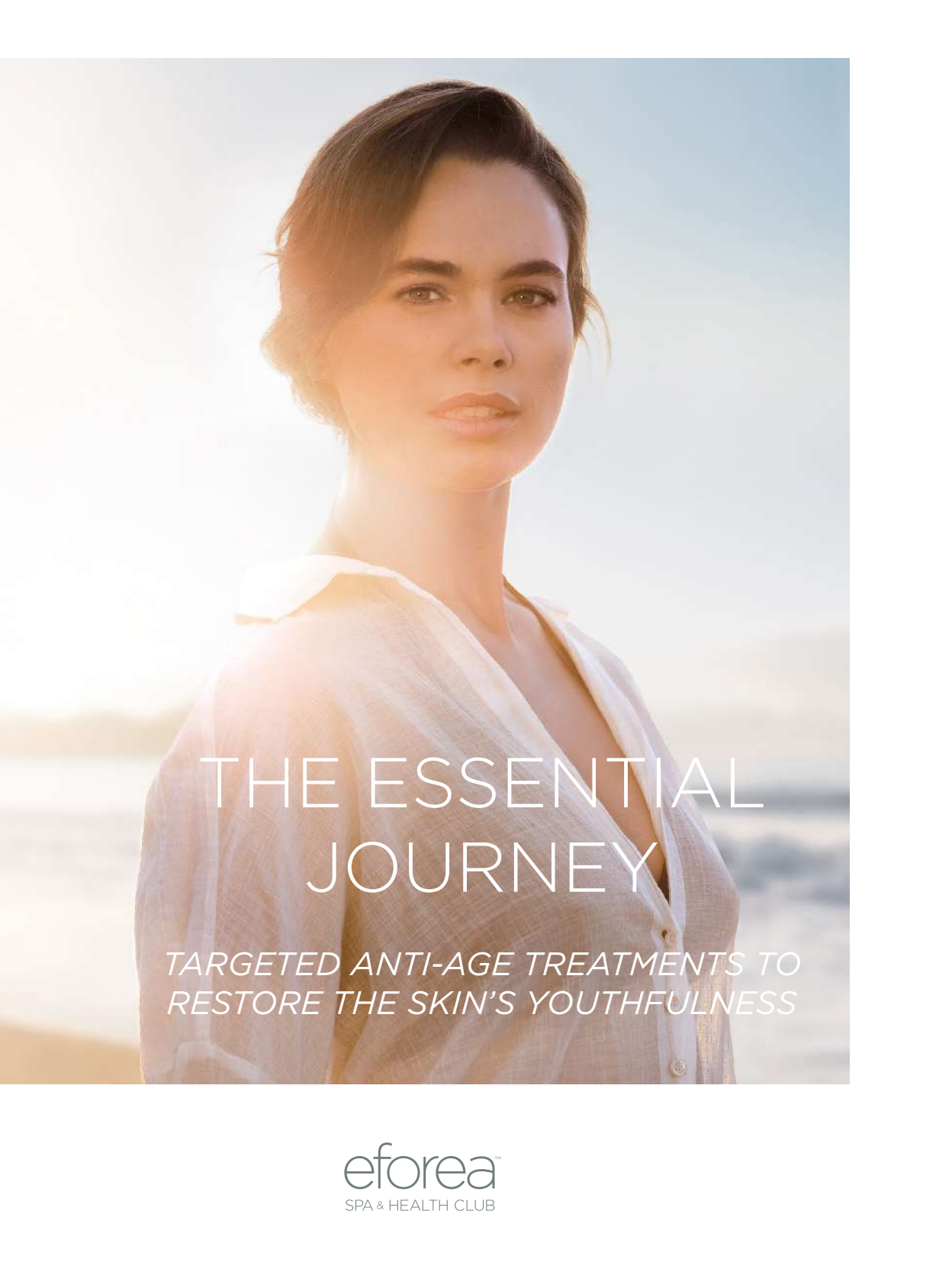
⌚ 1:00h | EUR 110.00

***ADD-ON:** Deep facial cleansing

⌚ 0:20h | EUR 40.00

With each treatment, you can add extra services to create your own treatment:

BATHS (20MIN) PRICE: 45 EUR ▪ PRIVATE SAUNA (30MIN) PRICE: 60 EUR ▪ FLOATING BED (20MIN) PRICE: 45 EUR ▪ FOOT MASSAGE (20MIN) PRICE: 45 EUR ▪ SCALP MASSAGE (20MIN) PRICE: 45 EUR



THE ESSENTIAL JOURNEY

*TARGETED ANTI-AGE TREATMENTS TO
RESTORE THE SKIN'S YOUTHFULNESS*

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TARGETED ANTI-AGING TREATMENTS

HYALU-PROCOLLAGEN

Correcting first wrinkles and lines

 1:00h | EUR 155.00

SILICIUM MARINE

Correcting loss of firmness and smoothing deep wrinkles

 1:00h | EUR 155.00



FOR WHOM: Refreshing the complexion, smoothing out wrinkles, and firm skin are the results after this treatment, inspired by 'face fitness', with a special massage technique

EXCEPTION MARINE

Lifting treatment which rescales the contours, reidentifies the skin and fills out wrinkles

 1:15h | EUR 175.00



FOR WHOM: A complete anti-aging treatment targeting wrinkles, impacting the clarity and firmness of the skin, for women aged 50 and above. You will be left feeling deeply relaxed, with skin that's visibly smoother, brighter, and lifted.

MAN OCEAN RITUAL

The goal is to hydrate, replenish, reduce irritation or purify

 1:00h | EUR 110.00

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BATHS (20MIN) PRICE: 45 EUR ▪ PRIVATE SAUNA (30MIN) PRICE: 60 EUR ▪ FLOATING BED (20MIN) PRICE: 45 EUR ▪ FOOT MASSAGE (20MIN) PRICE: 45 EUR ▪ SCALP MASSAGE (20MIN) PRICE: 45 EUR



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PREMIUM PRODIGE DES OCEANS

FACIAL TREATMENT

This supreme Beauty Ritual provides ultimate regeneration for overall youthfulness.

A perfect alchemy between efficacy and sensory pleasure, this treatment provides the revitalizing benefits of Intelligence Marine Regenerative, a complete concentrate of 63 marine active ingredients – an exclusive THALGO patent.

At its heart, the Prodiges des Océans Mask, providing pure plumping oxygenation, and its specific massage inspired by Kobido, an age-old Japanese manual facelift technique, visibly smooth wrinkles and restore the skin's firmness and elasticity.

THE FACE GLOWS WITH RENEWED YOUTH.

TOTAL REJUVENATION AND GLOBAL EFFECT

🕒 1:30h | EUR 175.00

A scenic view of a rocky coastline. The foreground shows a large, textured rock formation. The background features a clear turquoise sea meeting a hazy, light-colored sky. The overall mood is serene and natural.

SIGNATURE TREATMENTS

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JOYAUX ATLANTIQUE

This energizing massage draws on the benefits of lithotherapy and traditional **African** techniques to intensely stimulate and invigorate the body. Rhythmic, enveloping, and invigorating maneuvers combine with energizing precious stones to refresh and revitalize the body.

PINK SAND SHOWER SCRUB

🕒 0:30h | EUR 65.00

ENERGIZING RELAXATION MASSAGE

🕒 1:00h | EUR 110.00

ENERGIZING RITUAL INCLUDING PEELING, BATH, & MASSAGE

🕒 2:00h (single treatment) | EUR 185.00

*Enjoy a shoulder-to-shoulder **couple** Energizing Ritual among peeling, bath, massage, sparkling wine & sweet surprise

🕒 2:00h | EUR 380.00



MER DES INDES

Stopover in **India** Tranquility on the Sacred River Ganges. This invigorating massage, derived from traditional Indian Ayurveda practices, rebalances inner energy. Combining intense techniques and action with percussive and deep smoothing movements performed over warm precious wood oils, the body and mind regain their essential vitality

GINGER EXFOLIATING SCRUB

⌚ 0:30h | EUR 65.00

REBALANCING, ENERGIZING & RELAX MASSAGE

⌚ 1:00h | EUR 110.00

REBALANCING RITUAL INCLUDING PEELING, BATH & MASSAGE

⌚ 2:00h | EUR 185.00

*Enjoy a shoulder-to-shoulder couple Spiritual Rebalancing Ritual among peeling, bath, massage, sparkling wine & sweet surprise

⌚ 2:00h | EUR 380.00



MERVEILLE ARCTIQUE

This exclusive massage is inspired by **Swedish** massage and deep tissue massage techniques renowned for the muscle relaxation they bring. Intense movements to warm, knead, and stretch the muscles, combined with Relaxing Cold Massage Balls for a symphony of hot and cold sensations on the surface of the skin.

SALT FLAKE PEELING

🕒 0:30h | EUR 65.00

SWEDISH DEEP TISSUE MASSAGE

🕒 1:00h | EUR 115.00

ANTI-TENSION RITUAL INCLUDING PEELING, BATH & MASSAGE

🕒 2:00h | EUR 185.00

*Indulge in our shoulder-to-shoulder couple's Anti-Tension Ritual, featuring a combination of peeling, bath, massage, sparkling wine, and a sweet surprise.

🕒 2:00h | EUR 380.00



ILES PACIFIQUE

Stopover in **Bora Bora**, the Island of White Sand. This traditional massage, with its origins in Polynesian culture, invites you to enjoy an amazing sensory experience. Slow, powerful movements, performed with the hands, forearms, and pouches of warm sand, bring a feeling of relaxation and total escape.

ISLAND BODY SCRUB

🕒 0:30h | EUR 65.00

MAHANA BODY MASSAGE

🕒 1:00h | EUR 115.00

RELAXING RITUAL INCLUDING PEELING, BATH & MASSAGE

🕒 2:00h | EUR 185.00

*Enjoy a shoulder-to-shoulder couple Pure Healing Ritual
Relaxing ritual among peeling, bath, massage, sparkling wine & sweet surprise

🕒 2:00h | EUR 380.00



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PREMIUM PRODIGE DES OCEANS

FACIAL&BODY TREATMENT

ULTIMATE REVITALIZATION & RELAXATION

Indulge in the Ultimate Treatment Experience where innovation and technical expertise blend with luxury and sensorial delight. This exceptional ritual offers the epitome of revitalization for total youthfulness and profound relaxation. Harnessing the revitalizing power of Intelligence Marine Regenerative, a complete concentrate of 63 marine active ingredients – an exclusive THALGO patent – this ritual combines a facial massage inspired by age-old Japanese manual facelift techniques to visibly smooth wrinkles and restore the skin's firmness and elasticity. The body massage employs maneuvers that relieve tension for complete relaxation, providing a moment of pure pleasure that extends from head to toe, leaving you deeply revitalized and smoothed

PRODIGE DES OCEANS RITUAL FOR FACE AND BODY

 2:00h | EUR 265.00



BODY TREATMENTS

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DEFI LEGERETE ❄️

Treatment for tired and heavy legs (Frigo light legs)

Address feelings of discomfort and fatigue in the legs with this cryotherapy body wrap.

The effectiveness of the algae complex used, enriched with menthol and camphor, is well established, making it ideal for summer and the sensation of heavy and tired legs

🕒 0:45h | EUR 95.00

SLIMMING TREATMENT

Peeling, wrap and massage experience the performance and effectiveness of this professional slimming treatment on our specialized bed. An ultra-exfoliating peel and a highly active hot/cold-effect double body wrap with massage to reshape your figure, smooth cellulite, and firm and tone your skin

🕒 1:00h | EUR 120.00

NOURISHING COLD MARINE-WRAP

Indulge in comfort with this Cream Balm body wrap on our magnificent floating bed. Enriched with Cold Cream Marine and fruit butters, it offers 100% pampering, leaving the skin infinitely soft with a velvety feel. A soul and body retreat

🕒 1:00h | EUR 120.00

3 ALGAE MARINE BODY WRAP

This “Thalassotherapy” body wrap, performed on our floating bed, utilizes a patented algae cream rich in minerals, vitamins, and trace elements to achieve a fit body and general revitalization, preparing you to face everyday stress

🕒 🚫 0:30h | EUR 85.00



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ESCAPE JOURNEY

HOUSE RECIPE FEAT. QUARNERO

Inspired by Croatian herbalist tradition, Quarnero was founded in Opatija in 2010 on the principle of Mother Nature being our healer, together with the idea of using only the most potent Mediterranean herbs in their purest form.

Quarnero products are handmade in small batches during the New Moon phase when the natural energies of regeneration and rebirth are at their strongest. Oils and salts are made with the 'music of the plants' as the backdrop.

As a result, Quarnero oils and salts are as close to Nature as possible, where the body can instantly recognise and respond to the biodynamic plant actives, which accelerate its own power of regeneration.

ROYAL SHELL MASSAGE

Indulge in the pleasant and truly relaxing Lava Shells body massage, offering an idyllic treatment by combining the warmth of the shells with deeply relaxing massage techniques, providing a sense of balance throughout the body and mind. An excellent alternative to hot stone massage

 1:15h | EUR 130.00

HOT STONE MASSAGE

Experience the deep muscle relaxation as basalt stones are worked into tense areas. This massage not only brings sparkling vitality but also intensely hydrates the skin, making it perfect for relieving tension and severe muscle spasms

 1:15h | EUR 130.00

LOMI-LOMI MASSAGE

Originally practiced by Hawaiian master healers, this massage restores the flow of energy (Mana) through the body, promoting awareness and balance of body, mind, and soul with fluid movements mimicking the ocean's waves and a mother's embrace

 1:15h | EUR 160.00

TUI NA MASSAGE

Combining various Chinese techniques, Tui Na aims to establish a harmonious flow of life energy (qi) through the body, encouraging self-healing with acupressure, stretching, and different pressures affecting soft tissues, muscles, and tendons

 1:15h | EUR 140.00

AROMA MASSAGE

This holistic treatment combines the benefits of a classic massage with aromatic compounds, promoting physical, emotional, and mental well-being. Choose from 7 colors, each offering a fragrance recipe for deep relaxation during the massage.

  1:15h | EUR 140.00

EFOREA ETIQUETTE



DAILY OPENING TIMES

Hydrothermal Zone: 06:00 - 22:00

Treatments Zone: 09:00 - 21:00

Fitness Centre: 24h (for inhouse guests),

06:00-22:00 for external guests.



APPOINTMENTS & RESERVATIONS

Please book your appointments prior to arrival, to make sure that we can cater for your needs the best way possible. Send us an e-mail to costabella.eforea@hilton.com or call us at +385 51 600 161. If calling from within the hotel, you may use the shortcut button WELLNESS on the phone. We look forward to your visit.



TIMES

Treatment times stated are approximate and the duration may vary slightly.



MEDICAL CONDITIONS

Please inform the therapist before the treatment about any medical issues that must be considered.



PREPARATION FOR TREATMENT & SHAVING

We recommend that male guests shave 3 hours before a facial treatment at the latest.

We recommend not shaving on the day of a planned salt scrub. Exfoliations should also be avoided in the event of sunburn.



PREGNANCY

Certain rules apply during this special time and we'd be happy to advise you about suitable treatments during your pregnancy.



CANCELLATION & NO-SHOW

- If you wish to cancel an appointment, please do so at least 6 hours before the agreed start.
- If you cancel the appointment at least 4 hours before the scheduled time, 50% of the treatment price will be charged.
- If you do not cancel within the specified deadlines, the full price of the booked treatment will be charged.



LATE ARRIVAL

If you arrive late, please understand that we will have to change or shorten the treatment.



SAUNA RULES

Access is only permitted to those aged over 18. Please also observe the sauna rules on display. Mobile phone, tablet & co. devices all have a silent function. Please use this out of respect for others and do not take photographs or film anywhere in the sauna area.



GIFT VOUCHERS & PRESENTS

We'll be happy to provide treatment gift vouchers for your loved ones. Alternatively you may visit rijekacostabella.hilton.com to purchase our vouchers online.

“Hedonism is a philosophical direction or lifestyle that emphasizes pleasure and satisfaction as the highest good. It suggests that maximizing pleasure and minimizing pain should be the main goal of our actions and decisions. All hedonistic directions recognize pleasure and pain as the only important elements of what they describe. As a theory of value, hedonism claims that only pleasure is intrinsically valuable, while pain is intrinsically worthless. Embrace the philosophy of hedonism and savor the present moment with us. Experience hedonism, even if only for a moment.”

CONTACT US

MAKE AN APPOINTMENT TODAY

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RESORT & SPA

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