



eforea™
SPA & HEALTH CLUB

WELLNESS MENU

*EMERGE BRIGHTER



Scan the QR code to view our menu in
below languages:



ENGLISH



CROATIAN



GERMAN

Dear Guests,

Let us take you on a transformative journey of the senses that will help you restore complete balance and wellness of both 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 & Escape Journeys by Thalgo and St. Barth cosmetics.

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

- **THALGO SOURCE MARINE**

60 min. / 110 EUR – corrects the hydration level of dehydrated skin

Hydration is everything. Without it, skin can't thrive – no matter the treatment. That's why we trust this approach. Go-to home essentials? Intense Moisture-Quenching Serum and Reviving Marine Mist. Simple and powerful.

- **THALGO COLD CREAM MARINE**

60 min. / 110 EUR – for dry or sensitive skin

Dry skin needs more – it requires deep, nourishing care. That's why this treatment isn't just a choice, it's a solution. Must-have for home care? Nutri-Comfort Oil Serum – rich, powerful, and essential for restoring dry skin.

- **THALGO PURETE MARINE**

80 min. / 135 EUR – designed for combination or oily skin

Skin needs balance, and this treatment delivers. Shine control without dryness? Yes, it's possible. Go-to home routine for perfect balance: mattifying powder lotion & perfect matte fluide.





THE ESSENTIAL JOURNEY FACIAL TREATMENTS

- **THALGO MAN OCEAN RITUAL**
60 min. / 110 EUR – designed for men

Men's skin needs simple, yet powerful care. This treatment is the right choice for healthy skin. For home care – one product makes all the difference: intensive hydrating cream – maintains skin health, soothes after shaving, and supports daily hygiene.



THE ESSENTIAL JOURNEY FACIAL TREATMENTS

- **LIGNE ST. BARTH FACIAL TREATMENT** - 60 min. / 130 EUR - hydration & nourishing
- **LIGNE ST. BARTH CARIBBEAN DE LUXE FACIAL TREATMENT** - 90 min. / 160 EUR
Hydration & nourishing + hand & feet massage

Must-haves from this line: Frangipani Cleansing Milk with a touch of sweet almond – deeply nourishing, even for lashes, enhancing their growth while gently yet effectively cleansing the skin. Melon Tonic – pure hydration and my top pick for pH balance, which is essential for healthy skin. And finally, Mango Butter Cream – soft, creamy, and rich. A true VIP in this skincare story.



THE ESSENTIAL JOURNEY FACIAL TREATMENTS

ANTI-AGE FACIAL TREATMENTS

- **THALGO HYALU PROCOLLAGENE** - 60 min. / 130 EUR – correcting first wrinkles and lines

This treatment targets fine lines right when it matters most.

For home care, we recommend this powerful combo: Intensive Wrinkle Correcting Serum & Collagen Ampoules – a 10-day boost for visible results.

- **THALGO SILICIUM MARINE** - 60 min. / 140 EUR
correcting loss of firmness and smoothing deep wrinkles

And's choice

My personal weekly ritual.

Lifting & Firming eye cream – is my favorite product.

It minimizes puffiness and dark circles.

To maintain healthy skin, I never skip: Collagen Ampoules – an absolute must-have in any serious routine.

- **THALGO EXCEPTION MARINE** - 75 min. / 155 EUR – lifting treatment that resculpts the contours, redensifies the skin and fills out wrinkles

A workout for the skin. It features a strong yet powerful massage that reactivates every cell. For the best results, it's paired with a targeted cream: Redensifying Cream – a powerhouse both in the wellness center and at home. Collagen Ampoules are also a key part of the home routine.



THE ESSENTIAL JOURNEY FACIAL TREATMENTS

PREMIUM FACIAL & BODY TREATMENT

These beauty rituals provide ultimate regeneration for overall youthfulness.

- **THALGO PRODIGE DES OCEANS** - facial
90 min. / 175 EUR - total rejuvenation & global effect
- **THALGO PRODIGE DES OCEANS RITUAL**
120 min. / 250 EUR - face and body

And's choice The magic lies in three exceptional products:
A rich cream, a powerful serum, and most importantly - The mask.
Take home: A nighttime oxygen-infused mask that softens the skin and leaves it feeling like silk.





THE ESSENTIAL JOURNEY MESSAGES

- **THALGO MAHANA BODY MASSAGE (PINDE)** - 60 min. / 130 EUR

This massage uses warm pindas for deep relaxation – a true escape for body and mind. Beautiful scents, flowing movements, and a sense of calm that stays with you. For the full experience, we always recommend combining it with a full body peeling. And to continue the ritual at home, we recommend: Îles Pacifique Monoi Oil – nourishing, sensual, and unforgettable. A journey for the senses.

- **THALGO REBALANCING MASSAGE** - 60 min. / 130 EUR

A massage designed for deep relaxation, with movements inspired by Indian traditions and warm, woody notes. A full-body peeling beforehand? Always a good idea – it prepares the skin and enhances every sensation. And for home care, our absolute favorite from this line: Aromatic Shower Oil – a moment of calm and nourishment in every drop. Rooted in tradition, made for modern well-being.



THE ESSENTIAL JOURNEY MESSAGES

Single rituals package including peeling, bath & massage

- **THALGO RELAXING RITUAL (MAHANA)**
120 min. / 185 EUR
- **THALGO REBALANCING RITUAL**
120 min. / 185 EUR

Rituals are my favorite treatments when I want to truly take time for myself. A ritual is more than one treatment – it's a complete experience in one beautiful package. You can choose to give that time to yourself, or even better – share it with someone special.

Couple rituals package including peeling, bath, massage, prosecco & sweet surprise.

- **THALGO RELAXING RITUAL (MAHANA)**
120 min. / 380 EUR
- **THALGO REBALANCING RITUAL**
120 min. / 380 EUR

There are moments meant to be shared, and this is one of them. For an unforgettable atmosphere, enjoy a glass of prosecco and a sweet surprise side by side in our relaxation rooms, with a breathtaking view – because self-care is beautiful, but shared care is unforgettable.



THE ESSENTIAL JOURNEY MESSAGES

- **LIGNE ST. BARTH CARIBBEAN MASSAGE** - 50 min. / 105 EUR
- **LIGNE ST. BARTH INTENSIVE BACK MASSAGE** - 20 min. / 50 EUR
- **LIGNE ST. BARTH COCONUT DREAM** - 50 min. / 105 EUR
- **LIGNE ST. BARTH SCALP, DECOLLATE, NECK & FEET MASSAGE** - 50 min. / 105 EUR
- **LIGNE ST. BARTH SCALP, DECOLLATE & NECK MASSAGE** - 20 min. / 50 EUR
- **LIGNE ST. BARTH GENTLE STEP FEET TREATMENT** - 50 min. / 105 EUR

The blend of natural ingredients used is a gift from nature itself.
A golden piece of advice: Avocado Oil – our house favorite .
Enriched with mango base and delicately scented with Tiare flower,
it's been part of my routine for years. Apply it on wet skin
after showering – that's the secret. Then just slip into a robe
to absorb the excess. The result?
Skin that's soft, deeply nourished, elastic – but never greasy.

Also don't forget coconut oil – the world's most beloved
beauty ingredient. Use it to: remove makeup & nourish hair as a mask.

Or, my strongest tip:
Apply it on wet skin after the sea, dry in the sun, then layer on SPF.
You'll notice incredible results: Your tan will deepen beautifully,
collagen stays protected, and SPF does its job without blocking the glow.





THE ESSENTIAL JOURNEY SCRUBS & BODY TREATMENTS

- **THALGO ISLAND BODY SCRUB** - 20 min. / 55 EUR
or
- **THALGO GINGER EXFOLIATING SCRUB** - 20 min. / 55 EUR

Body peeling is essential – use it regularly if you want clean, healthy skin.

Clothing is often the biggest cause of dull, congested skin.

There are many types of exfoliants out there, but we've chosen ours based on real experience and visible results.

And if you don't have time for it here – do it at home. There's a whole world of body scrubs available. Our personal favorite? Shower scrubs – 2-in-1 formulas that cleanse and exfoliate at the same time.

- **LIGNE ST. BARTH SOFTNESS PAPAYA SCRUB & MASSAGE** - 50 min. / 110 EUR

And's choice Fresh papaya, avocado & coconut oil – nature's finest in one unforgettable ritual. Featuring the world's most iconic shower scrub – Papaya, with ultra-fine exfoliating granules. Combined with the massage, this is a gentle yet powerful treatment that deeply relaxes while nourishing the skin. For me, it's absolutely number one. Softness, glow, and pure island magic – all in one.





THE ESSENTIAL JOURNEY SCRUBS & BODY TREATMENTS

- **THALGO DEFI LEGERETE**
45 min. / 85 EUR

*(Frigi Light Legs)

A cryotherapy treatment wrap that treats feelings of discomfort and tiredness in the legs. The effectiveness of this treatment's algal complex, enriched with menthol and camphor, is widely approved. Painful feelings of tiredness in the legs fade away, creating a streamlined figure.

For home care?

Frigi Spray – to keep that fresh, light feeling going even after you leave the spa.
Relief, recovery, and true refreshment – from the first step.





THE ESSENTIAL JOURNEY SCRUBS & BODY TREATMENTS

- **THALGO SLIMMING TREATMENT** - 60 min. / 120 EUR - piling & wrap

It's powerful, unique, and combines moments of heat and cold to stimulate the lymphatic system and activate stubborn cellulite. A powerful treatment with real results – but home care is essential to maintain its effects. Trusted duo for at-home support: Défi Cellulite Correcteur – targets and smooths the skin. Activ Draining Drink – a delicious iced-tea-flavored detox that helps eliminate excess water.

- **THALGO 3 ALGAE MARINE BODY WRAP** - 45 min. / 95 EUR

Three magnificent types of algae – for a deep body detox. The skin has three layers, and between them, so much can get trapped. These algae work to purify the skin. Rich in iodine, a powerful mineral that supports overall health and balance. But the journey doesn't end at the spa. We think of your wellness beyond our doors, too. For home care, take with you: Énergie Boost Ampoules & Activ Draining Drink



THE ESSENTIAL JOURNEY BODY TREATMENTS

BEFORE SUN CARE

- **ST. BARTH SUNSHINE** - 60 min. / 135 EUR

This innovative, deconstructed full-body massage combines deep relaxation and revitalizing energy to offer an incomparable moment of relaxation.

By releasing tension, the Premium Care oil massage restores a feeling of incomparable lightness to both body and mind.

For a complete experience, the optional application of Roucou Tanning Oil offers additional protection and hydration, while leaving the skin with a natural glow.

This treatment – and this product – are truly exceptional.

In fact, it's the only sun product I've never changed in my entire career, and I never will.

Introducing: Roucou Oil with SPF – a legendary formula. Coconut oil forms the base, and pure roucou extract boosts melanin for faster, deeper tanning.

Apply it to wet skin after a swim, then air-dry in the sun. It contains SPF 6, giving you brief but safe sun exposure. Once dry, layer any higher SPF for added protection. This is also the highlight of one of our signature treatments: A relaxing massage using Roucou and coconut oil, preparing your skin for sun in the most luxurious way. But remember – sun safety throughout the day is a must.

And's choice



THE ESSENTIAL JOURNEY BODY TREATMENTS

AFTER SUN CARE

- **THALGO NOURISHING COLD MARINE WRAP**

60 min. / 130 EUR

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.

- **ALOE VERA & AVOCADO WRAP**

45 min. / 110 EUR

After sun exposure, your skin's pH is key.

Let me share one of the oldest - yet most effective - skin recovery tips. If you get sunburned apply a foam made from gentle, unscented bar soap directly onto the burned area. As the skin tightens and absorbs, reapply the lather gently. Repeat after each shower until the heat and redness calm down. Prevention is always better - wear SPF 30 or 50. And if you're aiming for a deeper tan, there's a way with protection - not by skipping it. But your skin still needs care after. Try our After Sun Treatments, they deeply nourish sun-exposed skin.



ESCAPE JOURNEY

- **LOMI LOMI NUI MASSAGE**
75 min. / 160 EUR
The Queen of All Massages

And's choice A traditional Hawaiian healing massage using flowing, wave-like strokes to relax the body, release tension, and restore inner harmony. Deeply nurturing and rhythmic, Lomi Lomi promotes emotional and physical balance.

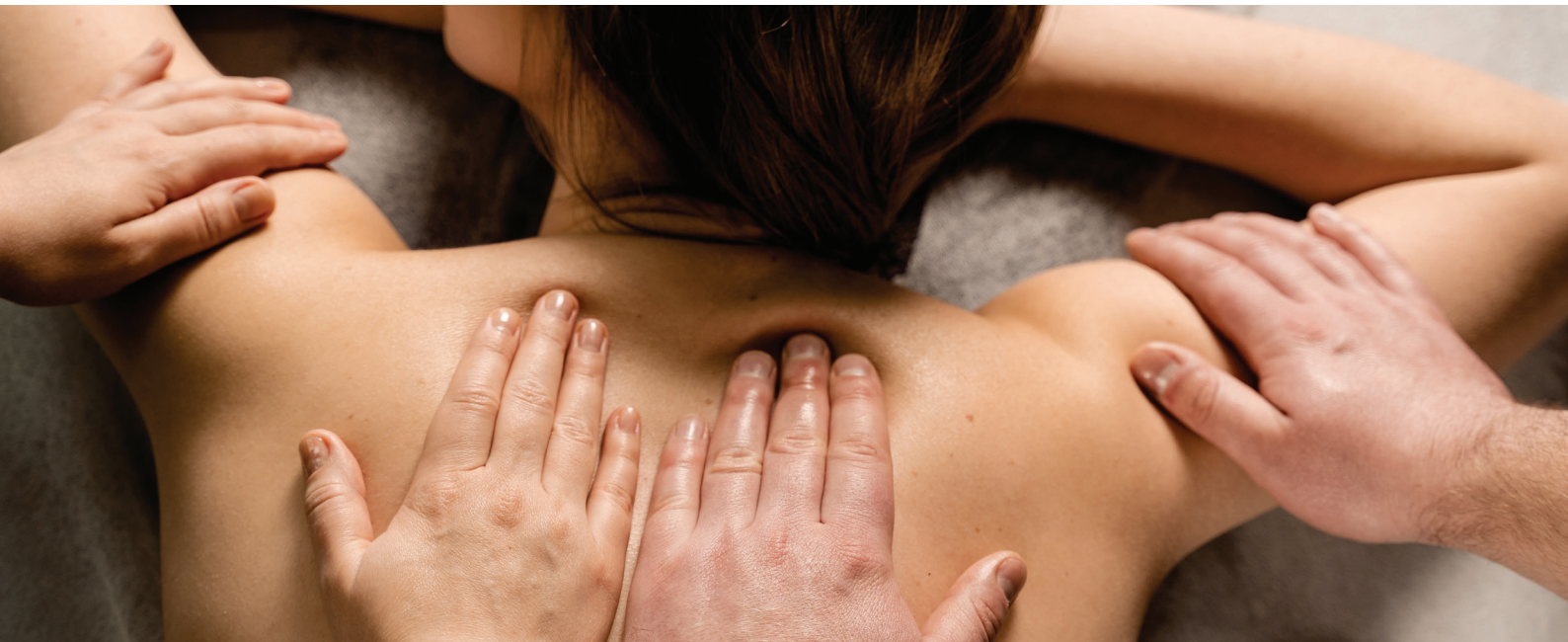




ESCAPE JOURNEY

- **FOUR-HAND MASSAGE** - 30 min. / 132 EUR
- **FOUR-HAND MASSAGE** - 50 min. / 176 EUR

A four-hand massage is a luxurious treatment where two therapists work simultaneously, mirroring each other's movements to create a deeply relaxing and harmonized experience. This synchronized technique helps relieve stress, improve circulation, and promote total body relaxation.



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 to avoid the cancellation charges.
- If you cancel the appointment 6-4 hours before the scheduled start of the treatment, 50% of the treatment price will be charged.
- If you cancel within 4 hours before the scheduled start of the treatment, 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 16. Please also observe the sauna rules on display. Mobile phone, tablet & co. devices are not allowed in the sauna zone. 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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