



eforea™

SPA & HEALTH CLUB

TREATMENTS MENU
MENI TRETMANA



Scan the QR code to view our e-menu version.

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 Journeys by Sothys, Chiavalon 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.

Dragi gosti,

pozivamo vas na posebno putovanje za sva osjetila – vrijeme posvećeno vama, vašem tijelu i umu, kako biste ponovno pronašli ravnotežu i osjećaj potpune dobrobiti. Vaša wellness priča počinje upravo ovdje. Dobrodošli u prvi eforea Spa & Health Club na jadranskoj obali.

Kreirali smo naš Health & Wellbeing menu kako biste bezbrižno mogli isplanirati svoj boravak i prepustiti se vrhunskom iskustvu opuštanja i njege.

Na sljedećim stranicama očekuju vas trenuci čistog užitka uz ekskluzivne Essential Journeys by Sothys, Chiavalon te Escape Journeys našeg lokalnog brenda Quarnero. Vjerujem da ćete iz našeg spa centra izaći opušteni, obnovljeni i puni nove energije.

Želim vam ugodan boravak, a ako vam zatreba bilo kakva pomoć, moj tim i ja stojimo vam na raspolaganju.



Ana Mićanović,
eforea Spa & Health Club Manager





SOTHYS

PARIS

BEAUTY TREATMENTS
TRETMANI LJEPOTE

GLOW FACIAL TREATMENT

A high-performance facial treatment designed to restore radiance, energy, and balance to tired, stressed skin.

This luxurious 1h15 treatment combines advanced Sothys techniques with powerful botanical and marine active ingredients to counteract the visible effects of daily environmental stressors such as pollution, stress, and fatigue. The skin is deeply cleansed, revitalized, and re-energized through a multi-phase protocol that includes skin renewal, an activating massage, and radiance-enhancing mask for a healthy, glowing complexion.

75 min | € 150

*Deep Cleansing Add-on

An intensive deep cleansing treatment designed to purify the skin, unclog pores, and remove impurities. This targeted add-on enhances any facial by refining skin texture, reducing excess oil, and leaving the complexion fresh, clear, and perfectly prepared for further care.

15 min | € 25

INTENSIVE MOISTURIZING TREATMENT

HYDRA HYALURONIC ACID4

A 6-step treatment designed to deeply hydrate, nourish, and visibly plump the skin, restoring a fresh, youthful glow.

Luxurious textures combined with high-performance active ingredients deliver intense comfort, leaving the skin feeling replenished, soft, and perfectly hydrated.

75 min | € 150

TRETMAN LICA ZA SJAJ I BLISTAVOST KOŽE

Visokoučinkovit tretman lica osmišljen za vraćanje blistavosti, energije i ravnoteže umornoj i stresno opterećenoj koži.

Ovaj luksuzni tretman u trajanju od 1h15 kombinira napredne Sothys tehnike s moćnim biljnim i morskim aktivnim sastojcima kako bi se suprotstavio vidljivim učincima svakodnevnih štetnih utjecaja poput zagađenja, stresa i umora. Koža je dubinski očišćena, revitalizirana i ponovno energizirana kroz višefazni protokol koji uključuje njegu kože, aktivirajuću masažu i masku za blistavost kože.

75 min | € 150

*Dodatak: Dubinsko čišćenje

Intenzivan tretman dubinskog čišćenja koji pročišćava kožu, uklanja nečistoće i odčepljuje pore. Ovaj ciljani dodatak unapređuje svaki tretman lica, poboljšava teksturu kože, smanjuje višak sebuma te ostavlja ten svježim, čistim i savršeno pripremljenim za daljnju njegu.

15 min | € 25

INTENZIVNI HIDRATANTNI TRETMAN

HYDRA HYALURONIC ACID4

Tretman u 6 koraka osmišljen za dubinsku hidrataciju, njegu i vidljivo zaglađivanje kože, vraćajući joj svjež i mladolik izgled.

Luksuzne teksture u kombinaciji s visoko učinkovitim aktivnim sastojcima pružaju intenzivan osjećaj ugone, ostavljajući kožu nahranjenom, mekom i savršeno hidratiziranom.

75 min | € 150

SOOTHING PROFESSIONAL TREATMENT WITH SPA™ THERMAL WATER

The ultra-gentle textures of this treatment have been formulated to respect the sensitivity of all skin types, especially sensitive and reactive skin, providing comfort, soothing care, and protection.

50 min | €120

YOUTH INTENSIVE TREATMENT

An exclusive anti-aging facial treatment designed to visibly rejuvenate the skin, improve firmness, and restore a youthful glow. Combining Sothys' signature Digi-Esthétique® massage technique with advanced active ingredients, this intensive treatment targets the visible signs of aging and fatigue. The skin appears smoother, firmer, revitalized, and radiant, with visibly reduced wrinkles and improved skin texture. Suitable for all skin types.

75 min | €150

UMIRUJUĆI PROFESIONALNI TRETMAN SA SPA™ TERMALNOM VODOM

Ultra nježne teksture ovog tretmana formulirane su kako bi poštovala osjetljivost svih tipova kože, posebno osjetljive i reaktivne kože, pružajući osjećaj ugođe, smirenosti i zaštite.

50 min | € 120

INTENZIVNI TRETMAN ZA MLADOLIK IZGLED

Ekskluzivan anti-age tretman koji kroz 5 ključnih koraka i 8 visoko učinkovitih formula vidljivo pomlađuje kožu, poboljšava čvrstoću i vraća mladenački sjaj licu. Tretman kombinira Sothysovu jedinstvenu Digi-Esthétique® masažnu tehniku s naprednim aktivnim sastojcima za intenzivno djelovanje protiv znakova starenja. Koža nakon tretmana djeluje zaglađeno, učvršćeno, revitalizirano i blistavo, uz vidljivo smanjenje bora i znakova umora. Pogodan je za sve tipove kože.

75 min | €150

SECRETS DE SOTHYS®

Experience the art of perfect skincare.

Soin Excellence Secrets de Sothys® elegantly combines advanced techniques and exceptional ingredients to create a unique treatment and an unforgettable experience of complete well-being.

From the very first treatment, your skin reveals a radiant, renewed, and rejuvenated glow. A level of effectiveness and visible results unlike any other Sothys treatment.

75 min | € 190

SECRETS DE SOTHYS® DELUXE

Experience the art of perfect skincare & back massage

This exceptional treatment begins with a 30-minute deeply relaxing massage, creating a sense of complete immersion and preparing the skin and mind for the next steps. It is the perfect choice for those who seek profound relaxation and total escape.

Soin Excellence Secrets de Sothys® then elegantly combines advanced techniques and exceptional ingredients to deliver a unique facial treatment focused on intensive care and regeneration.

From the very first treatment, your skin reveals a radiant, renewed, and rejuvenated glow – offering a level of effectiveness and visible results unlike any other Sothys treatment.

105 min | €250

SECRETS DE SOTHYS®

Doživite umjetnost savršene njege kože.

Soin Excellence Secrets de Sothys® na elegantan način spaja vrhunske tehnike i iznimne sastojke, stvarajući jedinstven tretman i nezaboravno iskustvo potpunog blagostanja.

Već nakon prvog tretmana koža otkriva blistav, obnovljen i pomlađen izgled. Razina učinkovitosti i vidljivih rezultata kakvu do sada nije pružio nijedan Sothys tretman.

75 min | €190

LUKSUZNI RITUAL SECRETS DE SOTHYS®

Doživite umjetnost savršene njege kože uz masažu leđa

Ovaj izniman tretman započinje 30-minutnom duboko opuštajućom masažom koja stvara osjećaj potpune uronjenosti te priprema kožu i um za daljnje korake. Idealan je izbor za one koji traže duboku relaksaciju i potpuni bijeg od svakodnevice.

Soin Excellence Secrets de Sothys® zatim na elegantan način spaja napredne tehnike i iznimne sastojke, pružajući jedinstven tretman lica usmjeren na intenzivnu njegu i regeneraciju.

Već nakon prvog tretmana koža otkriva blistav, obnovljen i pomlađen izgled – razinu učinkovitosti i vidljivih rezultata kakvu ne pruža nijedan drugi Sothys tretman.

105 min | €250





SOTHYS

PARIS

MASSAGE TREATMENTS

TRETMANI MASAŽA

TRANQUILITY FLOW MASSAGE

A massage treatment personalized through the choice of one of four textures: a softening body massage oil, a hydrating massage cream, a nourishing massage balm, or a nurturing shea body butter, combined with a fragrance experience of your choice. A relaxing massage that leaves the skin softer and delicately scented.

60 min | €130

TRANQUILITY FLOW RITUAL

A body scrub and massage treatment personalized through the choice of one of four textures: a softening body massage oil, a hydrating massage cream, a nourishing massage balm, or a nurturing shea body butter, combined with a sensory experience of your choice for complete relaxation and total skin care. A relaxing ritual that leaves the skin softer and delicately scented.

75 min | €170

MASAŽA MIRA I OPUŠTANJA

Tretman masaže koji se personalizira odabirom jedne od 4 teksture: omekšavajuće ulje za masažu tijela, hidratantna krema za masažu, hranjivi balzam za masažu ili njegujući shea maslac za tijelo, uz mirisno iskustvo po vašem izboru. Opuštajuća masaža koja kožu ostavlja mekšom i nježno mirisnom.

60 min | €130

RITUAL MASAŽE MIRA I OPUŠTANJA

Tretman s pilingom tijela i masaža kojom se personalizira odabirom jedne od 4 teksture: omekšavajuće ulje za masažu tijela, hidratantna krema za masažu, hranjivi balzam za masažu ili njegujući shea maslac za tijelo, uz osjetilno iskustvo po vašem izboru za potpunu relaksaciju i totalnu njegu kože. Opuštajući ritual koji kožu ostavlja mekšom i nježno mirisnom.

75 min | €170

SIGNATURE TREATMENT - HANAKASUMI

A unique ritual inspired by Japanese tradition: a full-body exfoliation using exfoliating gloves combined with a special foot care treatment, brought together in a nourishing and delicately scented experience. The body is revitalized, the mind relaxed, and the skin left softer, smoother, and elegantly fragranced.

60 min | €130

OXY SEASONAL FACE & BODY RITUAL

For revitalized and radiant facial skin with a relaxing massage.

The ritual begins with a 50-minute relaxing full-body massage designed to release tension, calm the body, and restore a sense of complete balance. After deep relaxation, a facial treatment follows, providing the skin with refreshing sensation, hydration, and a radiant glow. This unique ritual combines body and facial care into a complete wellness experience, leaving the skin soft, nourished, and revitalized.

100 min | €230

PREPOZNATLJIVI TRETMAN - HANAKASUMI

Jedinstveni ritual inspiriran japanskom tradicijom: piling s eksfolijacijskim rukavicama cijelog tijela i posebna njega stopala, su spojeni u hranjivom, nježno mirisnom tretmanu. Tijelo je revitalizirano, um opušten, a koža mekša, glađa i profinjeno mirisna.

60 min | €130

OXY-SEZONSKI RITUAL ZA LICE I TIJELO

Za revitaliziranu i blistavu kožu lica uz opuštajuću masažu.

Ritual započinje 50-minutnom opuštajućom masažom cijelog tijela koja oslobađa napetost, umiruje tijelo i vraća osjećaj potpune ravnoteže. Nakon duboke relaksacije slijedi tretman lica koji koži pruža osvježavajuću njegu, hidrataciju i blistav izgled. Ovaj jedinstveni ritual spaja njegu tijela i lica u potpuno iskustvo opuštanja, ostavljajući kožu mekom, negovanom i revitaliziranom.

100 min | €230





SOTHYS

PARIS

BODY TREATMENTS
TRETMANI TIJELA

ANTI-CELLULITE SLIMMING RITUAL

An exclusive SOTHYS body contouring ritual designed to improve skin tone and visibly reduce the appearance of cellulite. The treatment combines exfoliating spray, detoxifying wrap, and targeted massage focused on key cellulite-prone areas such as the legs, thighs, abdomen, and arms.

Through a combination of sculpting techniques, draining movements, and active ingredients, the ritual stimulates microcirculation, supports detoxification, and leaves the skin smoother, firmer, and revitalized. The body feels lighter, redefined, and deeply refreshed.

75 min | € 150

DETOX RITUAL TIJELA

Surrender yourself to a deeply relaxing detox ritual designed for deep skin cleansing, toxin elimination, and complete relaxation of both body and mind. The treatment begins with a scrub containing three types of salt, which gently removes dead skin cells, stimulates microcirculation, and prepares the skin for further care.

After the scrub, a warm and nourishing detox wrap follows, stimulating circulation, nourishing the skin, and providing a feeling of complete regeneration. The ritual concludes with a relaxing massage that further releases tension and restores a sense of lightness and balance to the body.

75 min | €150

ANTI-CELLULITNI RITUAL ZA OBLIKOVANJE TIJELA

Ekskluzivni SOTHYS ritual za oblikovanje tijela i poboljšanje tonusa kože. Tretman kombinira spray piling, detox oblog i ciljanu masažu usmjerenu na ključne zone sklone celulitu poput nogu, bedara, trbuha i ruku.

Kroz kombinaciju modelirajućih tehnika, drenažnih pokreta i aktivnih sastojaka potiče se mikrocirkulacija, detoksikacija i smanjenje vidljivosti celulita. Koža postaje glađa, čvršća i revitalizirana, dok tijelo poprima osjećaj lakoće i redefnirane siluete.

75 min | €150

BODY DETOX RITUAL

Prepustite tijelo dubinski opuštajućem detox ritualu osmišljenom za dubinsko čišćenje kože, eliminaciju toksina i potpuno opuštanje tijela i uma. Tretman započinje pilingom s tri vrste soli koji nježno uklanja odumrle stanice kože, potiče mikrocirkulaciju i priprema kožu za daljnju njegu.

Nakon peelinga slijedi topli, njegujući detox wrap koji stimulira cirkulaciju, hrani kožu i pruža osjećaj potpune regeneracije. Ritual završava opuštajućom masažom koja dodatno oslobađa napetost i vraća tijelu osjećaj lakoće i balansa.

75 min | €150

DETOXIFYING WRAP ON A FLOATING BED

Surrender to a deeply relaxing detox ritual designed to eliminate toxins, release feelings of heaviness, and restore the skin's freshness and vitality. This warm, nourishing wrap stimulates circulation, revitalizes the body, and creates a profound sense of renewal for both body and mind.

The treatment is performed on a water mattress, enhancing the sensation of weightlessness and deep relaxation. The floating feeling allows the mind to quickly enter a state of theta relaxation – one of the deepest levels of mental and physical calm.

30 min | €60

3SALTS SCRUB

A luxurious body scrub combining Himalayan, Mediterranean, and black volcanic salts to gently exfoliate, remineralize, and revitalize the skin. This renewing ritual stimulates microcirculation, purifies the skin, and restores softness, freshness, and a healthy glow.

20 min | €50

DETOX OBLOG NA PLUTAJUĆEM KREKETU

Preпустите se duboko opuštajućem detox ritualu osmišljenom za eliminaciju toksina, oslobađanje osjećaja težine te vraćanje svježine i vitalnosti kože. Ovaj topli, hranjivi wrap potiče cirkulaciju, revitalizira tijelo i pruža duboki osjećaj obnove tijela i uma.

Tretman se izvodi na vodenom madracu koji dodatno pojačava osjećaj bestežinskog stanja i duboke relaksacije. Osjećaj lebdenja omogućuje umu da brzo uđe u stanje theta relaksacije – jedne od najdubljih razina mentalnog i fizičkog mira.

30 min | €60

PILING TIJELA SA 3 VRSTE SOLI

Luksuzni piling tijela uz kombinaciju himalajske, mediteranske i crne vulkanske soli koji nježno eksfolira, remineralizira i revitalizira kožu. Ovaj obnovljajući ritual potiče mikrocirkulaciju, pročišćava kožu te joj vraća mekoću, svježinu i zdrav sjaj.

20 min | €50



CHIAVALON

CHIAVALON
OLIVE THEORY
ADVANCED HYDRA REPLENISH CREAM
Intensive Olive Infused Hydration

CHIAVALON
OLIVE THEORY
GENTLE
CLEANSING
EMULSION
*Nourishing Olive
Oil Face Cleanser*

CHIAVALON
OLIVE THEORY
SUPREME REJUVENATING CREAM
Advanced Anti-Aging Care

CHIAVALON
OLIVE THEORY
MOISTURIZING
BODY
LOTION
*Olive Oil
Enriched Hydration*

FOUNDATIONS OF OLIVE THEORY COSMETICS - OLIVE OIL, POMACE, AND SCIENCE

Olive Theory – a premium cosmetic line based on our world-award-winning Chiavalon Organic extra virgin olive oil, bioactive elements of olive pomace, and science.

We found inspiration in what has always been part of our family – in the olive and our passion for excellence. Not only in its oil but also in the pomace, rich in bioactive compounds that science is just discovering, and nature generously provides.

From this connection, Chiavalon Olive Theory was born – from olive tree to skin: a line of cosmetics that combines our top-quality Organic extra virgin olive oil and active ingredients from the pomace with a modern scientific approach.

Everything begins with the olive – the sacred tree of the Mediterranean, a tree that has shaped our landscapes and lives for centuries.

We follow the principle “nothing is made without reason”: simplicity, knowledge, excellence, and tactile pleasure are present in every product. In this balance of old and new, tradition and technology, natural and scientific, our skincare philosophy was shaped.

OLIVE THEORY KOZMETIKA - MASLINOVO ULJE, KOMINA I ZNANOST

Olive Theory – premium kozmetička linija temeljena na našem svjetski nagrađivanom Chiavalon Organic ekstra djevičanskom maslinovom ulju, bioaktivnim elementima komine masline i znanosti.

Inspiraciju smo pronašli u onome što je oduvijek bilo dio naše obitelji – u maslini i našoj strasti prema izvrsnošću. Ne samo u njezinom ulju, već i u komini, bogatoj bioaktivnim spojevima koje znanost tek otkriva, a priroda daruje velikodušno.

Iz te povezanosti rodila se Chiavalon Olive Theory – from olive tree to skin: linija kozmetike koja spaja naše vrhunsko Organic ekstra djevičansko maslinovo ulje i aktivne sastojke iz komine s modernim znanstvenim pristupom.

Sve počinje s maslinom – svetim stablom Mediterana, stablom koje je kroz stoljeća oblikovalo naše krajolike i živote naših predaka.

Vodimo se načelom „ništa nije napravljeno bez razloga”: jednostavnost, znanje, izvrsnost i taktilna uгода prisutni su u svakom proizvodu. U toj ravnoteži starog i novog, tradicije i tehnologije, prirodnog i znanstvenog, oblikovala se naša filozofija njege kože.



**OLIVE
THEORY**
*From Olive
Tree to Skin*

CHIAVALON
OLIVE THEORY
SUPREME REJUVENATING CREAM
Advanced Anti-Aging Care

CHIAVALON GOLDEN OLIVE RITUAL

A holistic ritual inspired by the Mediterranean, combining luxurious face and body care through the power of olive extracts and premium Chiavalon products.

The treatment begins with a relaxing full-body massage that eases muscle tension, stimulates circulation, and deeply nourishes the skin. The ritual then continues with a facial treatment including exfoliation, massage, and a nourishing mask, restoring hydration, freshness, and the skin's natural glow.

What makes this ritual truly special are the high-quality active ingredients derived from the olive fruit, renowned for their nourishing, regenerative, and antioxidant properties. They provide exceptional care for both face and body while creating a profound sense of relaxation and complete harmony of body and mind.

120 min | €280

*Adding an olive body scrub is always a good idea.
20 min | €50

CHIAVALON ZLATNI RITUAL MASLINE

Holistički ritual inspiriran Mediteranom koji objedinjuje luksuznu njegu lica i tijela kroz moć masline i vrhunskih Chiavalon proizvoda.

Tretman započinje relaksacijskom masažom cijelog tijela koja opušta mišiće, potiče cirkulaciju i intenzivno hrani kožu, dok se ritual nastavlja tretmanom lica koji uključuje piling, masažu i masku, vraćajući koži hidrataciju, svježinu i prirodan sjaj.

Posebnost ovog rituala leži u visokokvalitetnim aktivnim sastojcima dobivenima iz ploda masline, poznatima po svojim hranjivim, regenerativnim i antioksidativnim svojstvima. Oni pružaju vrhunsku njegu kože lica i tijela, dok istovremeno stvaraju osjećaj dubokog opuštanja i potpune harmonije tijela i uma.

120 min | €280

*Dodati piling od masline za tijelo uvijek je dobra ideja.
20 min | €50





eforea™

SPA & HEALTH CLUB

HEAD SPA RITUALS

HEAD SPA RITUALS

YIN BLOOM HEAD SPA RITUAL FOR HER

A deep relaxation ritual including scalp, face, and décolleté massage, gentle scalp care, and aromatherapy essences. Performed using professional products exclusively developed for scalp and hair care.

75 min | €130

*includes hair drying

YANG RISE HEAD SPA RITUAL FOR HIM

An intensive revitalizing treatment including scalp, face, and décolleté massage, deep scalp care, and warm stimulation.

50 min | €100

*Warm Recommendation for Complete Relaxation: enhance your experience by adding a 20-minute massage.

HEAD SPA RITUALS

YIN BLOOM HEAD SPA RITUAL ZA NJU

Ritual dubinske relaksacije koji uključuje masažu vlasišta, masažu lica i dekoltea, nježnu njegu tjemena, aromaterapijske esencije i umirujuće tehnike otpuštanja napetosti. U tretmanu se koriste profesionalni proizvodi, namijenjeni isključivo njezi tjemena i kose.

75 min | €130

*uključuje sušenje kose

YANG RISE HEAD SPA RITUAL ZA NJEGA

Tretman snažne revitalizacije s masažom vlasišta, lica i dekoltea, dubinskom njegom tjemena i toplom stimulacijom za poticanje cirkulacije i vitalnosti korijena kose.

50 min | €100

*Srdačna preporuka za potpuno opuštanje: obogatite svoje iskustvo uz dodatak 20-minutne masaže.





eforea™

SPA & HEALTH CLUB

SIGNATURE TREATMENTS
TRETMANI S POTPISOM

MASSAGES

LOMI LOMI NUI

A traditional Hawaiian healing massage performed with long, rhythmic, flowing movements, creating a sense of complete surrender and deep relaxation. The therapist's movements gently envelop the body like ocean waves, releasing deeply stored tension and energetic blockages. This holistic massage promotes harmony between body and mind, restoring balance and a profound sense of calm.

75 min | €170

HOT STONE MASSAGE & VERONIQUE GABAI

An energy-balancing massage using smooth, heated volcanic stones to achieve deep relaxation of body and mind. The warmth penetrates the muscles, stimulates circulation and energy flow, and releases tension and stress. Performed with a carefully selected blend of natural oils enriched with exclusive Veronique Gabai fragrances.

75 min | €150

MASAŽE

LOMI LOMI NUI

Lomi Lomi je tradicionalna havajska masaža iscjeljenja koja se izvodi dugim, ritmičnim i valovitim pokretima, stvarajući osjećaj potpunog prepuštanja i duboke relaksacije. Pokreti terapeuta nježno obavijaju tijelo poput morskih valova, oslobađajući duboko pohranjene napetosti i energetske blokade. Ova holistička masaža potiče sklad između tijela i uma te pruža osjećaj regeneracije i unutaršnjeg mira.

75 min | €170

MASAŽA VRUĆIM KAMENJEM & VERONIQUE GABAI

Energetska masaža koja koristi zaglađene, zagrijane vulkanske kamenčiće za postizanje dubinskog opuštanja tijela i uma. Toplina kamenja prodire u mišiće, potiče cirkulaciju i protok energije te učinkovito oslobađa napetosti i stres. Masaža se izvodi uz pažljivo odabranu kombinaciju prirodnih ulja obogaćenih ekskluzivnim parfemima Veronique Gabai.

75 min | €150

CLASSIC MASSAGE

A classic massage focused on muscle relaxation, improved circulation, and the reduction of everyday stress.

50 min | €110

INTENSIVE THERAPEUTIC MASSAGE

A stronger, deep-pressure massage focused on the deeper layers of muscles and connective tissue. Recommended for chronic tension and muscle fatigue.

50 min | €150

*MASSAGES – AN ADD-ON OR A STANDALONE TREATMENT

- Masaža leđa – 20 min | €60
- Masaža stopala – 20 min | €60
- Masaža lica – 20 min | €60

KLASIČNA MASAŽA

Klasična masaža usmjerena na opuštanje mišića, poboljšanje cirkulacije i smanjenje svakodnevnog stresa.

50 min | €110

INTENZIVNA TERAPEUTSKA MASAŽA

Snažnija masaža usmjerena na dublje slojeve mišića i vezivnog tkiva. Preporučuje se kod kroničnih napetosti i mišićnog umora.

50 min | €150

*MASAŽE – DODATAK ILI SAMOSTALNI TRETMAN

- Masaža leđa – 20 min | €60
- Masaža stopala – 20 min | €60
- Masaža lica – 20 min | €60



COUPLE'S RITUALS

TIMELESS DUO ESCAPE

A romantic experience beginning with a warm aromatic bath, followed by a soothing 60min full-body massage and finished with fruit and tea.

90 min | €300

SWEET MOMENTS FOR TWO

A shared sauna body peel, 50 min couple massage, sweet surprise, and sparkling wine.

75 min | €280

RITUALI ZA PAROVE

BEZVREMENSKI BIJEG RAME UZ RAME

Romantično iskustvo koje započinje toplom aromatičnom kupkom, nastavlja se opuštajućom masažom od 60 min te završava svježim voćem i toplim čajem.

90 min | €300

SLATKI TRENUCI ZA DVOJE

Zajednički sauna piling, masaža od 50 min, slatko iznenađenje i pjenušavo vino.

75 min | €280

EFOREA ETIQUETTE



DAILY OPENING TIMES

Hydrothermal Zone: 06:00 - 22:00
Treatments Zone: 08:00 - 21:00
Fitness Centre: 24h (for inhouse guests),
06:00-22:00 for external guests.

RADNO VRIJEME

*Hidrotermalna zona: 06:00 - 22:00
Zona tretmana: 08:00 - 21:00
Fitness centar: 24 sata (za goste hotela),
06:00 - 22:00 za vanjske goste.*



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.

TERMINI I REZERVACIJE

*Molimo vas da svoje termine rezervirate unaprijed, prije dolaska, kako bismo vam na najbolji mogući način mogli pružiti željenu uslugu.
Pošaljite nam e-mail na healthclub@hiltoncostabella.com ili nas nazovite na +385 51 600 161.
Ako zovete iz hotela, možete koristiti brzu tipku WELLNESS na telefonu. Radujemo se vašem dolasku.*



TIMES

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

TRAJANJE TERMINA

Navedena vremena tretmana su okvirna i trajanje može neznatno varirati.



MEDICAL CONDITIONS

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

ZDRAVSTVENA STANJA

Molimo vas da prije tretmana obavijestite terapeuta o svim zdravstvenim stanjima koja je potrebno uzeti u obzir.



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.

PRIPREMA ZA TRETMAN I BRIJANJE

*Muškim gostima preporučujemo da se obrijе najkasnije 3 sata prije tretmana lica.
Preporučujemo da se ne brijete na dan planiranog tretmana pilinga sa soli. Pilinge također treba izbjegavati u slučaju opekline od sunca.*



PREGNANCY

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

TRUDNOĆA

Tijekom ovog posebnog razdoblja vrijede određena pravila te ćemo vas rado savjetovati o prikladnim tretmanima tijekom trudnoće.



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.

OTKAZIVANJE I NEDOLAZAK

- *Ako želite otkazati termin, molimo da to učinite najmanje 6 sati prije dogovorenog početka kako biste izbjegli troškove otkazivanja.*
- *Ako otkazete termin 6-4 sata prije zakazanog početka tretmana, naplatit će se 50 % cijene tretmana.*
- *Ako otkazete unutar 4 sata prije zakazanog početka tretmana, naplatit će se puna cijena rezerviranog tretmana.*

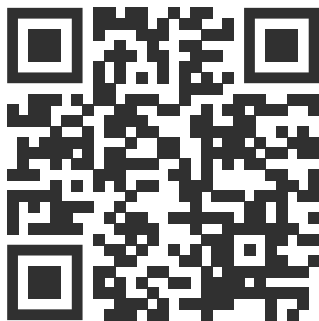


LATE ARRIVAL

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

KAŠNJENJE NA TERMIN

U slučaju kašnjenja, molimo za razumijevanje da ćemo tretman morati prilagoditi ili skratiti.



*FIND US ONLINE
PRONAĐITE NAS ONLINE*

Opatijska ulica 9
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