



E

PALACE SPA
WELLNESS &

Crikvenica



A warm welcome to the Palace Spa & Wellness

Dear guests,

The Hotel KVARNER PALACE has been encouraging its guests to enjoy a wellness holiday next to the sea for over 120 years now, even if it was simply called a "cure" in those days. Crikvenica – the "seaside health resort on the Adriatic" – was named an imperial and royal climatic health resort back in 1906. This is thanks mainly to the acknowledged mild microclimate but also to the miles-long sandy beach. The famous doctor, Dr Heinrich Ebers, applied thalassotherapy to guests in the Hotel KVARNER PALACE as early as before the turn of the 20th century.

So you cannot have gone wrong with your choice of wellness location either!

The yearning for rest and relaxation has long since lived in us humans. A perfect setting for satisfying this yearning is the Hotel KVARNER PALACE – today as back then.

... Tradition since 1895



Competent advice and professional care

An overview of our prescription for your feeling of well-being

- ✧ Spa reception with professional advice
- ✧ Wide range of various massage and beauty treatments using exclusive, natural skin-care products
- ✧ Massage and treatment rooms
- ✧ Heated indoor fresh water pool
- ✧ Heated Infinity outside pool with sea water
- ✧ Charming sauna complex with steam bath, Finnish sauna, infrared cabin and Feng Shui heated loungers
- ✧ PALACE Spa & Wellness oasis of relaxation
- ✧ Changing area
- ✧ Gym
- ✧ Hotel parkland 30,000 m² in size with Feng Shui power places and spacious lounge terraces
- ✧ Sun loungers and sun umbrellas free of charge according to availability
- ✧ Varied programme of activities including morning gymnastics, yoga, Pilates, aquarobics, and much more
- ✧ Two sand tennis courts with floodlights

Our care product labels



THE OASIS OF A HEALTHY LIFE

The country on the Mediterranean has always been an oasis for a healthy way of life. Countless plants with precious essences flourish here, enriched with the power of the sun and the soil, to bestow us with the energy gained from Mother Nature full of pleasant smells borne by the Mediterranean winds.

The Croatian company “Esensa Mediterana” represents the substance for Mediterranean face and body care. It is the first Croatian range of skin-care products produced based on the active substances of Mediterranean herbs, lavender, rosemary and sage as well as substances from the Adriatic. Esensa also offers an exclusive range of facial care products enriched with caviar and colloidal particles from 24-carat gold.

ESENSA MEDITERANA offers lovely fragrances for massages:

The fragrance of the Kvarner Riviera

This oil contains a mix of lavender, geranium and bergamot and is perfect for use in relaxation massages.

The fragrance of the Mediterranean pine forest

With essential oils comprising lavender, rosemary and pine, this oil is a true delight.

The fragrance of vineyards

The grapevine vitis vinifera combined with essential oils from orange and marjoram. Discover your very own favourite fragrance during a treatment in our PALACE SPA & WELLNESS.



Our care product labels

HEALTH AND BEAUTY FROM THE SEA

THALGO is made up from the Greek word for sea (Greek: thalasso) and the French word for algae (French: algues).

The care concept of THALGO based on maritime algae extracts is completely authentic for man and the body, since the mineral balance of human blood serum is almost identical to that of sea water. By means of a natural, osmotic process, the minerals, trace elements and vitamins contained in algae can be particularly well absorbed by the skin and are exceptionally compatible as well as totally natural.

THALGO has been specialising in the research of active maritime cosmetics for 50 years. Efficient active substances from the depths of the sea with revolutionary regenerating, moisturising and stimulating properties form the basis for unique products. The element of water is considered the cradle of all life on earth and, hence, the basis of the THALGO philosophy.



THALGO
LA BEAUTE MARINE



Mediterranean micro healthy climate

Sustainable well-being



PALACE SPA Signature Treatment

Wine therapy with full-body exfoliant & massage

The elemental force of the grape has been well-known ever since antiquity. The vital ingredients of the grape – in particular the active substance poly-phenol from the seed of the grape – have multiple positive effects on health and beauty. Therapy boosts the circulation and the immune system, stimulates the lipid metabolism, boosts blood circulation and serves the purpose of sustainably tightening the tissue and smoothing wrinkles. This anti-ageing effect provably improves the structure and the appearance of the skin.

During the treatment, we pamper you with a revitalising full-body grapeseed exfoliant and a facial and full-body massage using grapeseed oil. To finish off and to help you relax, enjoy a glass of sparkling wine with grapes or of our house wine, and take in the fragrance of the vineyards combined with the essential oils of orange and marjoram.

80 pampering minutes EUR 129,00

Classic massages

During the 18th century, a Swedish travelling salesman out and about in China got involved in the subject of massages. He learned various basic Chinese massage techniques. Once he was back in Europe he honed this massage form, and Swedish massage was born. From there, it spread throughout the whole world and is now world-famous under “classic massage”.

FULL-BODY MASSAGE

Classic deep massage for loosening the musculature and relieving tension.

50 pampering minutes EUR 70,00

HEAD AND NECK MASSAGE

Classic massage with individually chosen aromatic oil blends. Relax – let go – and enjoy a sense of well-being!

30 pampering minutes EUR 45,00

FACIAL OR HEAD MASSAGE

Relaxes the facial muscles as well as the scalp, has an invigorating, refreshing effect.

30 pampering minutes EUR 45,00

BACK MASSAGE

For the tense back and shoulder musculature.

30 pampering minutes EUR 45,00

PREMIUM CLASSIC MASSAGE

Our therapists intensively attend to your problem zones.

50 pampering minutes EUR 75,00

COMBINATION MASSAGE FOOT AND LEG

25 pampering minutes EUR 32,00



Medical massages

CLASSIC MEDICAL MASSAGE

An intensive massage in order to loosen up and relax the entire back and shoulder musculature.

25 pampering minutes	EUR 40,00
50 pampering minutes	EUR 68,00

FOOT REFLEX ZONE MASSAGE

Massaging the foot reflex zones can relax the inner organs, the nervous system, the spinal column and joints.

25 pampering minutes	EUR 40,00
50 pampering minutes	EUR 68,00

LYMPHATIC DRAINAGE

Lymphatic drainage is a gentle massage applying soft, flowing movements. They have a purifying, diuretic effect. The flow of lymph is stimulated, meaning that it has a pain-relieving, curative effect.

25 pampering minutes	EUR 42,00
50 pampering minutes	EUR 68,00

CONNECTIVE TISSUE MASSAGE

Excellent for preventing and reducing weak connective tissue and cellulite.

25 pampering minutes	EUR 42,00
-----------------------------	------------------

TRIGGER POINT MASSAGE

Locally defined muscle indurations in the musculature which are sensitive to pressure and which can cause pain are loosened.

45 pampering minutes	EUR 60,00
75 pampering minutes	EUR 85,00





Wellness massage with aromatic oils

A particularly lovely form of massage which benefits from the various effects of different essential oils: each plant processed into an essential oil has specific healing effects – we use these for various special treatments. Following consultation with our therapists, the mode of action can be specifically adapted to meet your wishes. An unforgettable feeling of pleasure for body, mind and soul.

DEEP RELAXATION

With lavender, rosemary and pine.

25 pampering minutes	EUR 40,00
50 pampering minutes	EUR 70,00

MEDITERRANEAN BALANCE

With ylang ylang, rose, lavender, patchouli and Mediterranean mix.

25 pampering minutes	EUR 40,00
50 pampering minutes	EUR 70,00

INNER BALANCE

With lemon balm.

25 pampering minutes	EUR 40,00
50 pampering minutes	EUR 70,00

ANTI-DEPRESSANTS

With rosemary, rose and St. John's wort oil.

25 pampering minutes	EUR 42,00
50 pampering minutes	EUR 75,00

INDIVIDUAL AROMA MASSAGE

A test determines which oil is the most suitable for you.

50 pampering minutes	EUR 75,00
-----------------------------	------------------

FOUR-HAND MASSAGE

Allow yourself to be pampered by two therapists at the same time.

45 pampering minutes	EUR 120,00
90 pampering minutes	EUR 190,00





Massages around the globe

PURE RELAXATION MASSAGE

This is a massage which was born in the 1980s from the European massage culture. It is a blend of well-known massage forms such as Ayurveda and Lomi-Lomi-Nui. The most relaxing elements from the various massage forms are blended and a special massage is created. In combination with our essential oils, an incomparable deep relaxation awaits you.

45 pampering minutes	EUR 70,00
90 pampering minutes	EUR 130,00

HONEY MASSAGE

This massage is ancient – it is already reported on Cleopatra in ancient Egypt. By means of a special technique, the honey is tapped into the body, which has a great effect on the connective tissue and the skin. Additionally, honey is extremely anti-inflammatory, and can be a real miracle cure for the symptoms of arthritis.

45 pampering minutes	EUR 70,00
70 pampering minutes	EUR 105,00

POLYNESIA SPA RITUAL

An exotic journey to a feeling of well-being, relaxation and care. A pleasant island-hopping journey!

TAHA'A – the vanilla isle

An exfoliant smelling of the vanilla of Tahiti with coconut shells, white sand from Bora Bora and sea salt.

MANIHI – the island of lagoons

The Mahana massage based on traditional massage techniques using hot sand stamps relaxes the body and mind. The silky massage oil with the fragrance of the tiaré flower moisturises and protects the skin in a totally natural manner.

RAIATEA – the holy island

To conclude, the skin is coated with a precious oil to give it a soft, golden shimmer. Intensively moisturised and regenerated, it discovers a new sense of brightness and glitters softly, just like at the end of a sunny day at the sea!

90 pampering minutes	EUR 125,00
-----------------------------	-------------------

Massages around the globe

LOMI-LOMI-NUI

This treatment is a traditional form of massage from Hawaii. The objective is to attain a complete sense of deep relaxation in order to bring the body, mind and soul back into harmony. With the aid of special techniques and Hawaiian sounds, the flow of energy is improved. Allow yourself to fall into a world full of warmth, idyllic sounds and love, enabling you to awake feeling as if you have been reborn!

75 pampering minutes	EUR 125,00
Pack of 3 á 70 pampering min.	EUR 300,00

HOT STONE MASSAGE

Deep relaxing massage with hot lava stones and applying special massage techniques. Highly recommended for tense muscles.

50 pampering minutes	EUR 85,00
-----------------------------	------------------



Perfect forms – for body and face

LAVENDER DETOX & RELAX TREATMENT

The handling with seaweed, lavender, rosemary and chestnut results in a very intensive body treatment. It purifies, detoxifies, regenerates, works relaxing and invigorating at the same time and refines the skin texture.

A lavender sea salt peeling and a relaxing and lymph flow-enhancing massage with a short reflexology massages drain excess fluid and toxins out. The special massage oil gel as well as the peel-off mask consisting of seaweed, lavender and rosemary promote the blood circulation. Finally the refreshing body moisturizing cream applied.

75 pampering minutes **EUR 110,00**

SEA SALT PEELING

The sea salt peeling lavender & mint are mixed together with the massage oil mediterranean forest into a peeling paste. This special active ingredients stimulate the skin with a gentle peeling effect and promote the blood circulation.

The final care with the body firming lifting cream provides elasticity and resilience.

25 pampering minutes **EUR 42,00**



Intensive facials

THALGO SILICON BEAUTY

Afastactionbeautifierwithmarinealgae,collagen and hyaluronan. Intensive tautening treatment for flabby, tired skin.

Cleansing – exfoliant – massage – mask – day cream.

90 pampering minutes **EUR 120,00**

THALGO FOR THE DISCERNING MALE

Intensive facial care with blue marine algae.The skin is deeply moisturised, treated and tautened.

Cleansing – exfoliant – massage – mask – day cream.

60 pampering minutes **EUR 75,00**

SOURCE MARINE SEA DEPTH TREATMENT

Enjoy wonderful treatment rituals with the vital force of the oceans, which is entirely individual to the basic needs of your skin adjusted. The treatment restores the skin's moisture balance back in balance, moisturizes deep down and gives a velvety soft skin feeling.

90 pampering minutes **EUR 110,00**

AROMA MEDITERRANEAN

Minitreatment with lavender and rosemary. Also for men's skin.

Cleaning – peeling – massage – cooling moisturizing mask

45 pampering minutes **EUR 55,00**





Anti-Aging facial treatments

EXCLUSIVE ANTI-AGING TREATMENT

Hyaluron and vitamins invigorate and rejuvenate the skin. The facial skin becomes fresher and gets more charisma. Cleansing - peeling - steam – revitalizing massage - peel-off mask – day care.

90 pampering minutes **EUR 120,00**

COLLAGEN & CAVIAR – firming Anti-Age treatment

The peel-off mask „Rejuvenating“ with seaweed and highly active anti-age ingredients regenerates and nourishes intense facial skin. A cocktail of active ingredients made from 100% natural caviar extracts, collagens, seaweed and hyaluron has an intensive regenerative effect, reduces wrinkles and stimulates the collagen synthesis. Cleaning - intensive peeling – face, neck and décolleté massage with Collagen caviar cream – mask and final care with Collagen Lift Cream.

90 pampering minutes **EUR 135,00**

Anti-aging facials

THALGO HYALU-PROCOLLAGENE

The innovative anti-aging line with its triple wrinkle correction helps for all types of wrinkles. With the first „maritime“ fillers, consisting of three types of hyaluron and a pro-collagen, the wrinkles are immediately visibly filled. Deep cleansing with peeling cream – treatment of the wrinkles – hyaluronic double mask.

70 pampering minutes **EUR 95,00**

OPTIMAL DEFENCE

This treatment is ideal for redness, couperose and sensitive facial skin. Horse chestnut, centella asiatica and rosemary as well as argan, jojoba and rose oil strengthening on the capillary vessels, give calming and well-being. Cleansing – peeling – massage with rose oil – mask and final care.

60 pampering minutes **EUR 85,00**

FACE MASK WITH ROSE OIL OR HONEY

A real delight for body and soul. The fragrance of rose oil itself ensures a feeling of well-being. The oil has a highly calming, relaxing effect. Honey helps to relieve the skin of its dead flakes. It revitalises the skin, and disinfecting it draws impurities out of the pores.

25 pampering minutes **each EUR 38,00**

FACE MASSAGE WITH ORGANIC OLIVE OIL

Pure nature on your skin! It is especially effective for combatting wrinkles, dry and dull skin, is highly revitalising and bestows your skin with a rejuvenated look.

25 pampering minutes **EUR 38,00**





EYELASHES AND EYEBROWS

Eyelash dyeing	EUR 25,00
Eye brow correction	EUR 15,00
Eye brow dyeing	EUR 25,00

MAKE-UP

Evening make-up	EUR 40,00
Day-time make-up	EUR 30,00

DEPILATION

Upper lip or chin	EUR 15,00
Legs, up to the knee	EUR 35,00
Legs, whole	EUR 55,00
Underarms	EUR 25,00
Arms	EUR 35,00
Bikini zone	EUR 35,00
Back (man)	EUR 40,00
Chest or stomach (man)	EUR 40,00

Beauty Services

MANICURE

Classic manicure with hand mask and hand massage

35 pampering minutes	
without varnish	EUR 35,00
45 pampering minutes	
with nail varnish	EUR 45,00
with shellac	EUR 55,00

PEDICURE

Cosmetic removal of hard skin, cuticle and nail correction.

40 pampering minutes	
without varnish	EUR 45,00
45 pampering minutes	
with nail varnish	EUR 55,00
with shellac	EUR 60,00





Water as a source of energy



Nature as a source of energy

Spa etiquette

DAILY OPENING TIMES

Spa reception: 9 a.m. to 7 p.m. | Sauna and steam bath: 3 to 7 p.m. (earlier on request)

APPOINTMENTS AND RESERVATIONS

Please feel free to arrange an appointment by mail at: wellness@kvarnerpalace.info or by telephoning our spa reception at: +00385 (0) 51 38 06 07. In order to guarantee your preferred times, we recommend that you book your appointments when you are booking your room.

CANCELLATIONS

Please let us know in good time if you have to cancel or change an appointment. In the event of a cancellation made one day in advance, 50% of the amount will be charged. In the event of a cancellation made on the same day, 100% of the amount will be charged.

LATENESS

Out of respect for the guests after you, we ask for your understanding that, should you turn up late for an appointment, the treatment time will be reduced by the amount by which you are late.

INDIVIDUAL ATTENTION

At the start of the treatment, our therapists will ask you about any special wishes you have, and ask about any problems, enabling them to offer you the best possible care. Please also provide details of any health issues, since certain treatments may not be suitable for you.

PEACE AND QUIET

Following your treatment, enjoy at least half an hour's relaxation and ensure that you drink adequately. Please refrain from using your mobile telephones in our PALACE SPA and, out of respect for other guests, please converse in quiet tones. Please do not forget to lock your valuables in the room safe before going for your treatment.

MINIMUM AGE

Access to our spa area is reserved for adults and youths aged 16 and above in search of rest and relaxation.

Changes, misprints and other errors reserved.



Tradition ...



... since 1895

**4* HOTEL KVARNER PALACE – The exclusive holiday world at the Adriatic coast
PALACE SPA & WELLNESS**

Ul. Braće Dr. Sobol 1, 51260 Crikvenica, Kvarner Riviera / Croatia
Tel. 385 (0) 51 38 06 07 · Fax: 385 (0) 51 38 00 38 · wellness@kvarnerpalace.info · www.kvarnerpalace.info