



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 and whirlpool
- ✧ Charming sauna complex with steam bath, Finnish sauna 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.
45 pampering minutes EUR 55,00
- HEAD AND NECK MASSAGE**
Classic massage with individually chosen aromatic oil blends. Relax – let go – and enjoy a sense of well-being!
25 pampering minutes EUR 36,00
- FACIAL OR HEAD MASSAGE**
Relaxes the facial muscles as well as the scalp, has an invigorating, refreshing effect.
25 pampering minutes EUR 35,00

- BACK MASSAGE**
For the tense back and shoulder musculature.
25 pampering minutes EUR 35,00
- PREMIUM CLASSIC MASSAGE**
Our therapists intensively attend to your problem zones.
50 pampering minutes EUR 60,00
- 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 38,00
45 pampering minutes	EUR 55,00

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 38,00
45 pampering minutes	EUR 55,00

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.

45 pampering minutes	EUR 55,00
75 pampering minutes	EUR 80,00

CONNECTIVE TISSUE MASSAGE

Excellent for preventing and reducing weak connective tissue and cellulite.

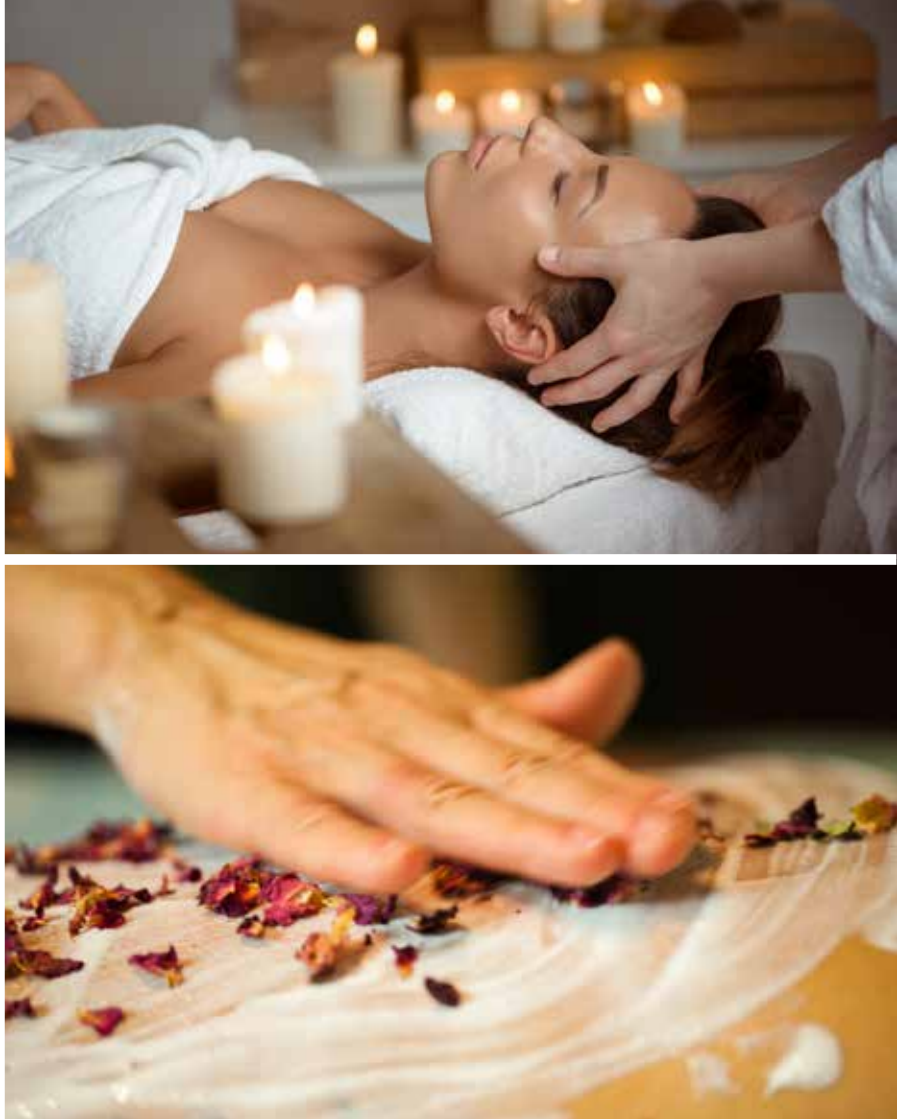
25 pampering minutes	EUR 35,00
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TRIGGER POINT MASSAGE

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

45 pampering minutes	EUR 50,00
75 pampering minutes	EUR 80,00





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 36,00

45 pampering minutes

EUR 55,00

MEDITERRANEAN BALANCE

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

25 pampering minutes

EUR 36,00

45 pampering minutes

EUR 55,00

INNER BALANCE

With lemon balm.

25 pampering minutes

EUR 36,00

45 pampering minutes

EUR 55,00

ANTI-DEPRESSANTS

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

25 pampering minutes

EUR 38,00

45 pampering minutes

EUR 55,00

INDIVIDUAL AROMA MASSAGE

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

45 pampering minutes

EUR 60,00

FOUR-HAND MASSAGE

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

45 pampering minutes

EUR 100,00

90 pampering minutes

EUR 180,00





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 56,00
90 pampering minutes	EUR 102,00

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 64,00
70 pampering minutes	EUR 95,00

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 105,00
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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!

90 pampering minutes	EUR 115,00
Pack of 3 á 70 pampering min.	EUR 275,00

HOT STONE MASSAGE

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

50 pampering minutes	EUR 70,00
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Perfect forms – for body and face

ESENSA MEDITERANA BODY CONTOURING

The effective use of an exfoliant, an active substance concentrate, algae and highly concentrated oils ensures harmonious, shaped and firm body contours. Additionally, the pampering treatment prevents water deposits, and stimulates the detoxification process.

60 pampering minutes **EUR 69,00**
Pack of 5 **EUR 285,00**

In order to achieve as lasting a tautening effect as possible, post-treatment is recommended for use at home.

THALGO PRELUDE MARINE BODY TREATMENT

A detoxifying body pack with heated, pure marine mud from the depths of the Dead Sea.

This method is particularly relaxing, anti-inflammatory, remineralising, skin tautening and circulation boosting.

60 pampering minutes **EUR 65,00**



Intensive facials

THALGO SILICON BEAUTY

A fast action beautifier with marine algae, collagen and hyaluronan. Intensive tautening treatment for flabby, tired skin. Cleansing – exfoliant – massage – mask – day cream.

90 pampering minutes **EUR 110,00**

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 69,00**

INTENSIVE HYDRO-RELAX TREATMENT

Ideal moisturising product for thirsty summer skin! The skin's own function is boosted. Cleansing – massage – exfoliant – Hydro-lifting serum – Mediterranean oils – moisturising mask – day cream.

60 pampering minutes **EUR 69,00**

AROMA MEDITERRANEAN

Introductory mini treatment with lavender and rosemary. Also available for male skin. Cleansing – exfoliant – massage – cooling moisturising mask.

45 pampering minutes **EUR 49,00**

THALGO COLLAGEN INTENSIVE BEAUTY

A must for timelessly beautiful skin. Particularly intensive treatment for maximum anti-aging results. Intensive tautening, firming effect. Cleansing – exfoliant – steam – deep cleansing – massage – mask – hyaluronan serum – collagen cream.

90 pampering minutes **EUR 105,00**





Anti-aging facials

EXCLUSIVE ANTI-AGING TREATMENT

Revives and rejuvenates the skin thanks to hyaluronan and vitamins. Your skin takes on a fresh appearance and is more radiant. Cleansing – exfoliant – steam – revitalising massage – peel-off mask – day cream.

90 pampering minutes EUR 105,00

CAVIAR LIFT TREATMENT

A source of youth, using fat-soluble caviar and 24-carat gold leaves. This application enriches demanding, dry skin. Caviar bestows the skin with a degree of energy and elasticity. Cleansing – exfoliant – steam – face, neck and décolleté massage – caviar lift mask and luxury day cream.

90 pampering minutes EUR 135,00

Anti-aging facials

THALGO HYALURONAN CARE TREATMENT

Unique care treatment with an active substance complex of maritime hyaluronic acid with immediate effect. Deep cleansing with exfoliant cream – stimulation and deep treatment of the wrinkles – hyaluronan double mask for a skin that feels plumped up and full.

60 pampering minutes EUR 75,00

EYE MASSAGE WITH HYALURONAN

Massage for a taut, wrinkle-free eye area. The eye mask is adapted perfectly to meet the requirements of your skin. With hyaluronan, algae, cucumber extract and wild chestnuts.

35 pampering minutes EUR 49,00

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 28,00



EYELASHES AND EYEBROWS

Eyelash dyeing	EUR 12,00
Eye brow correction	EUR 10,00
Eye brow dyeing	EUR 10,00

MAKE-UP

Evening make-up	EUR 25,00
Day-time make-up	EUR 15,00

DEPILATION

Upper lip or chin	EUR 15,00
Legs, up to the knee	EUR 32,00
Legs, whole	EUR 55,00
Underarms	EUR 15,00
Arms	EUR 30,00
Bikini zone	EUR 29,00
Back (man)	EUR 30,00
Chest or stomach (man)	EUR 30,00

Beauty Services

MANICURE

Classic manicure with hand mask and hand massage

45 pampering minutes, EUR 35,00
excl. nail varnish

45 pampering minutes, EUR 45,00
incl. nail varnish

PEDICURE

Cosmetic removal of hard skin, cuticle and nail correction.

45 pampering minutes EUR 40,00
excl. nail varnish

45 pampering minutes EUR 45,00
incl. nail varnish

NAIL VARNISH

EUR 15,00





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**

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