



## warm welcome

to the Zalace OSpa & Wellness

#### Dear guests,

The Hotel KVARNER PALACE has been encouraging its guests to enjoy a wellness holiday next to the sea for over 130 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 20<sup>th</sup> 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

## "Active and relaxed" Ralace Ospa & Wellness oasis of tranquility

- Wellness reception with professional advice
- Diverse massage and beauty offerings with exclusive and natural skincare products
- Massage and treatment rooms
- Heated freshwater indoor pool
- Heated infinity seawater outdoor pool
- Charming sauna area with steam bath, 2 Finnish saunas, an infrared cabin, and Feng Shui warming loungers
- Relaxation and rest area
- Fitness room

#### WELLNESS WING

- Heated indoor and outdoor seawater pool with lounge and relaxation area (Planned for 2026/2027: different typs of saunas, steam baths, outdoor jacuzzi, cold water pool, shower area.)
- 30,000 m<sup>2</sup> hotel park with Feng Shui power spots and spacious sunbathing terraces
- Complimentary sunbeds and umbrellas by the pools, in the garden, and at the beach (subject to availability)
- Varied activity program with morning or aqua aerobics, yoga, Pilates, and more
- Two sand tennis courts with floodlights



## 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.



Mediterranean micro healthy climate

Sustainable well-being

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## PALACE SPA Signature Treatment

#### Wine therapy with full-body exfoliant & massage

The elemental force of the grape has been wellknown ever since antiquity. The vital ingredients of the grape – in particular the active substance polyphenol 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 18<sup>th</sup> 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-NECK-FACIAL 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

#### 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

#### 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











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



#### 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

#### 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



## 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-enhacing 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. Finaly 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

#### THALGO SILICON BEAUTY

Afastaction beautifier with marine algae, 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 E

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

#### 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 E

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 wellbeing. Cleansing – peeling – massage with rose oil – mask and final care.

60 pampering minutes

EUR 85,00

## Anti-aging facials

#### 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

EUR 38,00

## New at the Palace Spa

## Experience green luxury



## PHARMOS NATUR ~ ALOE VERA, THE QUEEN OF MEDICINAL PLANTS

Exclusive Pharmos Natur Aloe Vera Treatments! This unique care with fresh Aloe Vera provides your skin with pure moisture, freshness, and vitality. The high-quality active ingredients are deeply absorbed by the skin - perfect for indulging it intensively in summer and making it glow. Treat yourself to this natural pampering experience and feel the invigorating power of nature!

Discover the wonderful effects of the Aloe Vera fresh plant leaf - an exceptional moisture booster! While water can only transport care substances superficially, "the 100 % untreated, nutrient-rich and certified organic Aloe Vera pure organic juice in all Pharmos natur products " transports repairing and regenerating plant nutrients deep into the cell structure. The highlight of our treatments is the application of a fresh Aloe Vera plant leaf.



## PHARMOS NATUR Green Luxury

#### The BiophotonactivE® Complex

The BiophotonactivE® Complex activates the versatile active ingredients in PHARMOS NATUR products, leading to intensive cellular regeneration. The microbiome of your skin finds a new balance. A wonderful process of regeneration, repair, and rejuvenation begins. Experience it, feel it and see it.

#### FACIAL TREATMENTS

Feel the power of nature! Experience the core of all PHARMOS NATUR treatments on your skin: the Sacred Aloe Vera Fresh Plant Leaf. Your self-healing powers are activated. Lightness and vitality spread throughout. Your skin radiates, deeply regenerated and rejuvenated. Your soul feels uplifted, and your spirit invigorated.

### FACE, NECK, AND DÉCOLLETÉ TREATMENT

Includes a five-minute personal consultation55 pampering minutesEUR85,00

#### for mature skin with loss of elasticity

#### LOVE YOUR AGE Power Treatment

LOVE YOUR AGE products strengthen the collagen and elastin connective tissue. They tighten, smooth, and improve skin density. With plant-based hyaluronic acid and a combination of specifically rejuvenating medicinal plants, wrinkles, fine lines, and uneven skin tone are visibly reduced, and skin elasticity is improved.

NELLI VERA strengthens the collagen and elastin connective tissue from within.

Result: Firmed and smoothed skin with a youthful, vibrant radiance.

80 pampering minutes

EUR 130,00

#### Facial Treatments TEENIE Face Treatment

A preventive care treatment for young skin, especially suitable for blemished skin or acne. Blemished skin receives a deep cleansing and a healing mask, while normal and dry skin enjoy a brief massage and a moisturizing mask. YACONVERA restores internal balance. The result: The skin is clarified and balanced, and inflammation is soothed.

50 pampering minutes EUR 80,00

#### SUMMER SUN FRESH BOOST – Refresh Your Glow

Experience a wonderful, deeply effective moisture booster for your sun-exposed skin. In this short treatment, feel the highly regenerative power of the special Aloe Vera fresh plant leaf application. Your skin is flooded with pure moisture, smoothed, and its elasticity enhanced. You'll be delighted! 25 pampering minutes EUR 40,00

## Body Treatments INTENSIVE MOISTURE Body Treatment

An intensive moisture massage infused with nourishing active ingredients. Freshly prepared Aloe Vera gel delivers an extra boost of biophotons for a radiant, fresh, and youthful appearance. It naturally strengthens connective tissue and replenishes moisture reserves. ALOE VERA BIOURSA nourishes the mucous membranes and supports the immune system. The result: silky-smooth skin, renewed vitality, and lasting freshness.

50 pampering minutes

EUR 80,00



#### EYELASHES AND EYEBROWS

Eyelash dyeing	EUR	25,00
Eyebrow correction	EUR	15,00
Eyebrow dyeing	EUR	25,00

#### MAKE-UP

Evening make-up
Day-time make-up

#### 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	FUR	55.00

#### PEDICURE

EUR 40,00

EUR 30,00

Cosmetic removal of hard skin, cuticle and nail correction.

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

### Spa etiquette

#### DAILY OPENING TIMES

Wellness Reception: 9:00 AM – 6:00 PM Sunday: Closed Sauna & Steam Bath: 3:00 PM – 6:00 PM (Earlier upon request) Subject to change. Please also refer to the information in the weekly program or the morning bulletin.

#### 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 17. In order to guarantee your preferred times, we recommend that you book your appointments when you are booking your room.

#### CANCELLATION & LATENESS POLICY

To cancel a reserved treatment, please inform us 12 hours before your scheduled appointment. Late cancellations or non-arrivals will be charged 85% of the treatment cost. If you arrive late, the treatment duration will be adjusted accordingly.

#### 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.





# .. since 1895

#### 4\* HOTEL KVARNER PALACE – GRAND HOTEL OF THE KVARNER RIVIERA PALACE SPA & WELLNESS

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