



SPA & WELLNESS  
MEDITERRANEAN GARDEN  
PRICELIST



AMADRIA PARK  
IVAN

## TRETMANI ZA TIJELO // BODY RITUALS

<b>Sweet and Salty body scrub   25 min  </b>	<b>70,00 €</b>
<b>Seaweed body relax treatment   60 min  </b>	<b>150,00 €</b>

## HAMMAM

<b>Short Hammam Break   30 min  </b>	<b>76,00 €</b>
Tradicionalni ritual uključuje opuštanje u parnoj kupelji, pling tijela pomoću rukavice „kesse“, te express masažu tijela sapunicom od maslina.	
<i>This traditional ritual includes the pleasure of a steam bath, a body scrub with Moroccan 'Kesse' gloves and a short massage with olive soap.</i>	

<b>Traditional Hammam Experience   50 min  </b>	<b>124,00 €</b>
Tradicionalni ritual uključuje opuštanje u parnoj kupelji, piling tijela pomoću rukavice „kesse“, te masažu tijela sapunicom od maslina.	
<i>A traditional ritual that includes the pleasure of a steam bath, a body scrub with Moroccan 'Kesse' gloves and a massage with olive soap.</i>	

## TRETMANI LICA // FACIAL TREATMENTS

Personalizirani tretmani lica prilagođeni vašim potrebama i stanju vaše kože.  
*Personalized facial treatments adapted to your needs and the condition of your skin.*

<b>Ocean origins facial   25 min  </b>	<b>85,00 €</b>
<b>Ocean origins facial   50 min  </b>	<b>115,00 €</b>
<b>Ocean origins facial   80 min  </b>	<b>165,00 €</b>
<b>Dermo lounge ocean eyes   15 min  </b>	<b>35,00 €</b>
<b>Dermo lounge ocean glow   15 min  </b>	<b>35,00 €</b>

## SPECIAL TECH ADD ON:

<b>Lift'in 3D   15 min  </b>	<b>30,00 €</b>
Specijalizirani tretman mikro strujom, led svjetlom i ultrazvukom	
<i>Specialized treatment with micro current, led light and ultrasound</i>	

<b>LED Beauty Mask   15 min  </b>	<b>30,00 €</b>
Specijalizirani tretman infracrvenim svjetlima potiče prirodnu proizvodnju kolagena, zateže opuštenu kožu, smanjuje bore i fine linije, tretira akne i upale. Pomladite se i osvježite našom LED maskom.	
<i>Specialized treatment with infrared lights stimulates the natural production of collagen, tightens sagging skin, reduces wrinkles and fine lines, treats acne and inflammation. Rejuvenate and refresh with our LED Beauty Mask Treatment.</i>	

## MASAŽA // MASSAGE

<b>Hot Stone Massage   50 min  </b>	<b>82,00 €</b>
Masaža vrućim kamenjem s Balijske i esencijalnim uljima. Djeluje duboko na mišiće, opušta cijelo tijelo i daje koži intenzivnu hidrataciju.	
<i>Hot stone massage with stones from Bali and essential oils. It acts deeply on the muscles, relaxes the whole body and gives the skin intense hydration.</i>	

<b>Aroma Spa Massage   30 min  </b>	<b>52,00 €</b>
<b>Aroma Spa Massage   50 min  </b>	<b>73,00 €</b>
Odaberite svoj mediteranski miris (citrusi, lavanda, smilje ili mandarina) i aromaterapijom uklonite stres. Pomno odabrana esencijalna ulja ublažavaju eventualne tegobe, vraćaju vitalnost i regeneriraju kožu.	
<i>Choose your mediterranean scent (citrus, lavender, immortelle or mandarin) and remove your stress with aromatherapy. Carefully selected essential oils will reduce ailments, restore your vitality and regenerate the skin.</i>	

<b>Amadria Park Choco Massage   60 min  </b>	<b>86,00 €</b>
Senzibilna masaža toplom čokoladom potiče lučenje hormona sreće, podiže raspoloženje i osjećaj zadovoljstva. Pomladite se prirodnom kombinacijom antioksidansa, vitamina i proteina uz nezaboravan osjećaj tople čokolade na svom tijelu.	
<i>Sensitive hot chocolate massage stimulates the secretion of happiness hormones raising mood and a feeling of satisfaction. Rejuvenate yourself with a natural combination of antioxidants, vitamins and proteins with an unforgettable sensation of hot chocolate on your body.</i>	

<b>De Stress Massage   30 min  </b>	<b>52,00 €</b>
Opustajuća masaža vrata, glave i vlasišta, pomaže kod pojačanog stanja stresa, napetosti i glavobolje.	
<i>Relaxing neck, head and scalp massage relieves stress, tension and headaches.</i>	

**Freestyle Deep Tissue Massage | 30 min | 52,00 €**  
**Freestyle Deep Tissue Massage | 50 min | 73,00 €**

Preпустите se stručnim rukama terapeuta i opustite tijelo i um posebno odabranim uljima i stručnim pokretima koje će potaknuti cirkulaciju i osloboditi vas stresa. Stimulacijom tkiva smanjite nivo kortizola, potaknite cirkulaciju i vratite energiju Vašem tijelu.

*Indulge in the expert hands of a therapist and relax your body and mind with specially selected oils and professional movements that will stimulate circulation and relieve you of stress. By stimulating tissues, you reduce cortisol levels, stimulate circulation and restore energy to your body.*

**Pinda Massage | 50 min | 86,00 €**

Aromatične pinde ispunjene kombinacijom mediteranskog ljekovitog bilja hrane kožu, a njihov opojni miris opušta i relaksira. Drenažnim pokretima pindama zagrijanim u aromatičnom ulju povećava se protok energije i revitalizira organizam. Koža postaje svilenkasta, a tijelo spremno za nove izazove.

*Aromatic pinda's filled with Mediterranean medicinal herbs nourish the skin, and the intoxicating scent of herbs relaxes and unwinds. Drainage movements of pinda's heated in essential oil increase energy flow and revitalize the body. The skin becomes silky, and the body is ready for new challenges.*

**Sports Massage | 50 min | 86,00 €**

Ova specifična masaža idealan je izbor za rješavanje boli i grčeva u mišićima te opuštanje umornih mišića. Korištenjem različitih masažnih tehnika povećava se protok krvi i tretira mekano tkivo nakon ozljeda. Poboljšava psihofizičku učinkovitost, smanjuje anksioznost i stimulira organizam.

*This specific massage is ideal for pain relief and resolving muscle cramps. It uses a range of massage techniques to increase the blood flow and breaks down inflexible scar tissue. Improves psychophysical performance, reduces anxiety and boosts the body.*

**Amadria Park Luxury Experience Massage | 90 min | 138,00 €**

Masaža ekskluzivnim uljima prilagođena Vašim individualnim potrebama. Vraća tijelo u ravnotežu, regenerira kožu, ublažava stres i vraća osmijeh na lice.

*Massage with exclusive oils tailored to your individual needs. It restores the body to balance, regenerates the skin, relieves stress and puts a smile back on your face.*

## DODIR LJEPOTE // BEAUTY TOUCH

**Oblikovanje obrva / Eyebrow shaping 16,00 €**

### DEPILACIJA TIJELA / BODY WAXING

**Djelomična depilacija (pola nogu / bikini) / Partial wax (half leg / bikini wax) 27,00 €**  
**Depilacija cijele noge / Full leg wax 43,00 €**  
**Depilacija nausnica / Upper lip wax 13,00 €**  
**Depilacija pazuh / Armpit wax 22,00 €**  
**Muška depilacija / Men's Waxing (leđa ili prsa / back or chest) 43,00 €**

### MANIKURA I PEDIKURA / MANICURE AND PEDICURE

**Manikura / Manicure | 45 min | 43,00 €**  
Kupka, piling, maska, oblikovanje i rašpanje noktiju / Soak, scrub, mask, shape and file.  
**Pedikura / Pedicure | 60 min | 65,00 €**  
Kupka, piling, maska, oblikovanje i rašpanje noktiju / Soak, scrub, mask, shape and file.  
**Lakiranje noktiju / Nail polish application 16,00 €**  
**Trajni lak / Perm. veneer nail polish 43,00 €**  
**Skidanje trajnog laka / Perm. nail polish removal 16,00 €**  
(Akril i gel ne skidamo! / We do not remove acrylics or gels!)  
**Make up (na upit) 65,00 €**

### SPA PONUDA // SPA OFFER

**SPA DAY (bazen i sauna / pool & saunas) | (18+ g/yrs) 20,00 €**  
**SAUNE / SAUNAS | max. 180 min | (18+ g/yrs) 15,00 €**  
**ULAZ BAZEN GOSTI KAMPA / POOL ENTRY CAMPING GUESTS 10,00 €**  
odrasli po ulazu / adults per entry (12+ g/yrs)  
**ULAZ BAZEN GOSTI KAMPA / POOL ENTRY CAMPING GUESTS 5,00 €**  
djeca po ulazu / children per entry (3 – 11.99 g/yrs)

### Uključeno u cijenu smještaja

**ULAZ BAZEN GOSTI HOTELA / POOL ENTRY HOTEL GUESTS**

**FITNESS (16+ g/yrs)**

### POKLON BONOVI // GIFT VOUCHERS

Razveselite svoje najmilije poklon bonom u SPA I WELLNESS MEDITERRANEAN GARDEN centru. Dostupno na recepciji Wellness. / Surprise your loved one with a gift voucher for SPA & WELLNESS MEDITERRANEAN GARDEN. Available from Wellness reception.



SPA & WELLNESS  
**THAI OFFER**

**EXPERIENCE**

The ancient form of massage  
right here in the Mediterranean



AMADRIA PARK

## THAI SPA PONUDA // THAI SPA OFFER

AVAILABLE @SPA & WELLNESS MEDITERRANEAN GARDEN & @SPA JURE

**Traditional Thai Massage | 50 min | 73,00 €**  
**Traditional Thai Massage | 80 min | 112,00 €**

Jača masaža koja se obavlja različitim terapijskim tehnikama, vježbama istezanja te pritiscima na energetske točke na tijelu. Pomaže kod boli u leđima, ramenima i vratu, oslobađa od stresa, glavobolje te emocionalnih poteškoća.

*Stronger massage that is performed by using various therapeutic techniques, stretching exercises and pressure on the body's energy points. It assists with back, shoulder and neck pain, stress relief, headache and emotional discomfort.*

**Thai Relaxation Massage with Aromatic Oils | 50 min | 73,00 €**  
**Thai Relaxation Massage with Aromatic Oils | 80 min | 112,00 €**

Opuštajuća masaža cijelog tijela koja smiruje i olakšava bolove. Masaža pomaže u otklanjanju stresa, glavobolje, preopterećenosti i lošeg osjećaja te otklanjanju problema sa spavanjem. *Relaxing, calming body massage to help relieve pain. This massage assists in eliminating stress, overload and ill feeling, headaches and sleeping problems.*

**Thai Oil Fusion | 50 min | 86,00 €**

Kombinacija Thai Stretching i Deep Tissue masaže donosi energizirajuće rezultate te povećan raspon kretanja. Savršeno za aktivne osobe i one koji uživaju u stretchingu.

*A combination of Thai stretching and deep tissue massage results in a more energised feeling and an increased range of motion. Perfect for active people and those who enjoy stretching.*

**Thai Leg Massage | 30 min | 52,00 €**

Thai masaža nogu djeluje opuštajuće na cijelo tijelo te pomaže u otklanjanju boli, napetosti i smanjenju umora.

*Thai leg massage acts to relax the whole body and helps in relieving pain, tension and fatigue.*

**Thai Back Massage | 30 min | 52,00 €**

Tradicionalnom tehnikom i pritiscima duž kralježnice smanjuje se napetost i ukočenost, uklanja bolove u području leđa i vrata i pruža osjećaj rasterećenosti i razgibanosti

*Traditional technique and pressure along the spine reduces tension and stiffness, eliminates pain in the back and neck providing a sense of restored balance and flexibility.*

**Thai Reflexo Foot Massage | 30 min | 52,00 €**

**Thai Reflexo Foot Massage | 50 min | 73,00 €**

Masaža akupresurnih točaka na stopalima stimulira rad unutarnjih organa, daje osjećaj lakote te poboljšava cirkulaciju.

*Massage of the acupressure points on the feet stimulates the corresponding internal organs, providing a feeling of lightness and improved circulation.*

**De-stress Massage | 30 min | 52,00 €**

**(masaža lica, vasišta i dekoltea / for face, scalp and décolleté)**

Opuštajuća masaža vrata, glave i vasišta, pomaže kod pojačanog stresa i napetosti.

*A relaxing massage of the neck, head and scalp, assists with relieving stress and tension.*

**Amadria Park Thai Spa Ritual | 145 min | 181,00 €**

Tretman prirodnim morskim blatom koje opušta tijelo, umiruje grčeve u mišićima, ublažava ukočenost i lokaliziranu i prekomjernu masnoću. U kombinaciji s morskim solima, tretman uklanja mrtve stanice kože. Nakon tretmana slijedi masaža gdje se različitim terapijskim tehnikama otvaraju energetske kanali i pospješuje protok energije u tijelu, daje osjećaj duhovne i tjelesne ravnoteže.

*Treatment with natural sea mud that relaxes the body, soothes muscle cramps and relieves stiffness, combines with sea salts to remove dead skin cells. This is followed by massage, and then various Thai therapeutic techniques for opening the energy channels to promote energy flow in the body, providing a sense of spiritual and physical balance.*

---

---

## THAI PLAŽA MASAŽA // THAI BEACH MASSAGE

**Traditional Thai Massage | 50 min | 73,00 €**

**Thai Oil Massage | 50 min | 73,00 €**

**Thai Reflexo Foot Massage | 30 min | 52,00 €**

**Thai Back or Leg Massage | 30 min | 52,00 €**

**Blitz Thai massage | 20 min | 35,00 €**

---

---

# SPA & WELLNESS ETIQUETTE



## Spa & wellness dress code

Dozvoljen je ulazak u saune bez kupaćeg kostima uz obavezno korištenje ručnika. Imajte na umu da naše saune zajednički koriste žene i muškarci. U svim ostalim spa zonama mora se nositi kupaći kostim.

*Entry to the sauna without a bathing suit is permitted, however a towel must be used. Please note that our saunas are mixed gender. In all other spa areas a bathing suit must be worn.*



## Tuširanje / Showering

Tuširanje je obavezno prije ulaska u bazen, jacuzzi i saune i ako je potrebno i prije tretmana.

*Showering is compulsory prior to entering the pool, Jacuzzi and sauna, and prior to treatment if required.*



## Rezervacija ležaljki / Sunbed reservation

Ležaljke na Spa terasi nije moguće rezervirati unaprijed. Ukoliko se ležaljka ne koristi 2 sata osoblje wellness centra može je ustupiti drugim gostima.

*Sunbeds on the wellness terrace cannot be booked in advance. If a chair is not in use for two hours, the staff may allocate it to another guest.*



## Rezervacija termina / Appointment booking

Kako biste odabrali željeni termin za tretmane molimo Vas kontaktirajte wellness recepciju najmanje dan prije željenog termina.

*To book an appointment for a treatment, please contact the wellness reception at least one day in advance.*



## Otkazivanje termina / Appointment cancellation

Rezervirani tretman može se odgoditi najmanje 3 sata prije zakazanog termina, u suprotnom klijent snosi 50% od cijene tretmana.

*A booked treatment may be cancelled up to three hours before the scheduled appointment, otherwise the client is required to pay 50% of the treatment price.*



## Kašnjenje na tretman / Arrive on time

U slučaju nepredvidivih situacija zbog kojih klijent zakasni na termin duže od 15 min, uslugu možda nećemo biti u mogućnosti pružiti. Tretmani završavanju u točno predviđeno vrijeme kako kašnjenje ne bi utjecalo na slijedećeg klijenta. U slučaju kašnjenja tretman će biti naplaćen u cijelosti. Rezervaciju tretmana poslati ćemo na email.

*In the case of unexpected situations where a delayed arrival of more than 15 minutes for an appointment occurs, we may not be able to provide the service. Treatments are scheduled to end at a precise time in order to avoid any delays affecting the next client. In the case of a client being late, we shall charge the entire treatment amount. Your appointment will be confirmed via email.*



## Dolazak na tretman / Preparing for treatment

Molimo da dođete 10 min prije zakazanog termina, kako biste imali dovoljno vremena da se pripremite za tretman.

*Please arrive 10 minutes before your appointment so that you have sufficient time to prepare for treatment.*



## Plaćanje / Payment

Recepcija wellness centra prihvaća većinu kreditnih kartica te gotovinu za plaćanje. Svi hotel-ski gosti imaju mogućnost korištene usluge teretiti na račun sobe te platiti prilikom odlaska.

*The wellness centre reception accepts payment in the form of all major credit cards and cash. Hotel guests may charge utilised services to their room and pay upon check-out.*



## Djeca / Children

Djeca do 3 godine dozvoljeno je korištenje bazena samo uz korištenje pelena za vodu. Djeci ispod 18 godina dozvoljeno je korištenje bazena samo uz pratnju roditelja. Djeci ispod 12 godina nije moguće odraditi masaže i tretmane. *Children up to three years are allowed to use the pool only with the use of swim diapers. Children up to 18 years are allowed to use the pool only if accompanied by parents / guardian. Children under 12 may not receive massage.*



## Spa zona dobna granica / Spa zone age limit

Korištenje spa prostora dozvoljeno je osobama s 18 i više godina. Gostima ispod 18 godina nije moguće odraditi masažu ili tretman.

*Use of the spa is reserved for persons aged 18 years and over. Guests under 18 may not receive massage or treatment.*



## Za vašu udobnost / For your comfort

Wellness centar je područje tišine, te poziva na opuštanje i mir. Zabranjeno je unošenje hrane i pića. Pušenje i konzumacija alkoholnih pića nije dopuštena u unutarnjem prostoru wellness centra, osim na wellness terasi.

*The wellness centre is an area of silence, inviting relaxation and peace. It is forbidden to bring in food and drinks. Smoking and consumption of alcoholic beverages is not allowed inside the wellness center, except on the wellness terrace.*

Spa & Wellness Mediterranean Garden | radno vrijeme / working hours: 07:00 – 21:00 h |  
T + 385 22 363 970 | info.wellness@amadriapark.com | www.amadriapark.com

Amadria Park Ivan, Business & Leisure Hotel

Solaris d.d. | Hoteli Solaris 86, HR-22000 Šibenik | OIB 26217708909