



**AMINESS**

**SENTLY**

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*friendly to relaxation*

WELLNESS BROCHURE

FACIALS TREATMENTS



NJEGA LICA

### **Skin Essential Care** **40 min / 61 EUR**

Skin essential care is designed to give deep, gentle and effective cleansing, stimulate your skin's healthy functioning and keep it feeling smooth and soft. Sonic cleanser uses low frequency and rapid vibration technology to improve circulation, skin elasticity, collagen production, leaving your skin restored and rejuvenated.

### **Hydra Boost** **60 min / 107 EUR**

Specially created for all skin types to help deeply nourish and hydrate the skin, giving it radiant and healthy glow. Combination of relaxing manual and gua sha face massage with hyaluronic products application is followed by nourishing mask & moisturizer, which will make sure your skin is refreshed and hydrated.

### **Silicium Supreme Care** **70 min / 131 EUR**

Treatment includes the use of hyaluronic and collagen products and massage technique specially designed to slow down the ageing process, reduce wrinkles, tighten and restore skin elasticity. In combination with the specially created two layered anti-age mask, your face & décolleté skin will be completely renewed.

### **Skin Essential Care** **40 min / 61 EUR**

Skin essential care je osmišljen da pruži duboko, nježno i efektivno čišćenje te stimulira zdravlje kožne barijere čineći je glatkom i mekanom. Sonic čistač, koristeći nisku frekvenciju i brzu vibraciju, potiče cirkulaciju, elastičnost kože, proizvodnju kolagena te time pomlađuje i obnavlja vašu kožu.

### **Hydra Boost** **60 min / 107 EUR**

Tretman lica prilagođen svim tipovima kože, dizajniran da duboko njeguje i hidratizira te pruži blistav i zdrav sjaj vašoj koži. Kombinacija opuštajuće ručne i gua sha masaže lica sa proizvodima bogatim hijaluronskom kiselinom koja slijedi hranjiva maska i završna krema pružit će vašoj koži potrebno osvježenje i hidrataciju.

### **Silicium Supreme Care** **70 min / 131 EUR**

Tretman koristi proizvode bogate hijaluronom i kolagenom i masažnu tehniku koja usporava proces starenja, ublažava bore te učvršćuje i obnavlja elastičnost kože. U kombinaciji s posebno kreiranom dvoslojnom anti-age maskom, vaša koža lica i dekoltea će biti potpuno obnovljena i pomlađena.

### **New Man**

**50 min / 83 EUR**

Treatment designed to soothe, soften and regenerate male skin. Your face will feel refreshed, revitalized and ready for action.

### **Natural Lifting Face and Decollete**

**40 min / 71 EUR**

.This treatment helps improve muscle tone, tightens the skin and returns youthful glow to your face. Tailor made use of silicone suction cups, gua sha stones and dermarollers stimulate general circulation and production of collagen/elastin in a natural way.

### **New Man**

**50 min / 83 EUR**

Tretman dizajniran da opusti, omekša i regenerira mušku kožu. Vaše lice će biti osvježeno, revitalizirano i spremno za akciju.

### **Natural Lifting Face and Decollete**

**40 min / 71 EUR**

Ovaj tretman pomaže popraviti mišićni tonus, zateže kožu te vraća mladenački sjaj vašem licu. Prilagođena kombinacija upotrebe silikonskih čašica, gua sha kamenja i dermarolera potiče opću cirkulaciju i stimulira proizvodnju kolagena/elastina prirodnim putem.

HANDS

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MANIKURA

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### **Classic Manicure**

**-- min / 54 EUR**

Fast cleaning, shaping and repairing of nails, so that they can grow healthy. Treatment ends with application of natural protective coat and nail polish.

### **DeLuxe Hand SPA**

**75 min / 74 EUR**

A luxury hand treatment which includes grape seed hand scrub for soft and smooth skin and nourishing anti – age herbal mask followed by classical manicure. Treatment ends with a relaxing hand massage and includes nail polish application according to your preference.

### **Classic Manicure**

**-- min / 54 EUR**

Brzo čišćenje, oblikovanje i popravak noktiju kako bi mogli zdravo rasti. Tretman završava nanošenjem zaštitnog sloja i laka u boji po vašem izboru.

### **DeLuxe Hand SPA**

**75 min / 74 EUR**

Luksuzni tretman ruku koji uključuje piling od grožđa za nježnu i meku kožu, hranjivu anti age biljnu masku nakon koje slijedi klasična manikura. Tretman završava sa opuštajućom masažom ruku i uključuje nanošenje laka za nokte prema vašem izboru.

FEET

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PEDIKURA

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**Classic Pedicure****-- min / 61 EUR**

Beautifying of toenails and feet, completed by gentle application of nourishing and refreshing foot balsam. The treatment includes application of protective coat and a nail polish.

**Healthy Feet****70 min / 69 EUR**

Includes natural remedy in the form of feet bath which combines sea salt, baking soda powder and combination of essential oil drops. Treatment designed to reduce swelling, relieve tension while at the same time detoxify, disinfect and make your feet beautiful, light and healthy. Treatment also includes detox mask at the end. Standard beautifying of toenails and feet skin follows with application of protective coat and nail polish if required.

**DeLuxe Foot SPA****90 min / 79 EUR**

Specially designed luxury pedicure which includes aromatic foot scrub, nourishing foot herbal mask and wrap. It is followed with beautifying of nails and feet, relaxing foot massage and, if required, nail polishing.

**Classic Pedicure****-- min / 61 EUR**

Uljepšavanje noktiju i stopala, upotpunjeno nanošenjem hranjivog i osvježavajućeg balzama za njegu stopala. Tretman uključuje nanošenje zaštitnog sloja i laka u boji.

**Healthy Feet****70 min / 69 EUR**

Uključuje prirodni lijek u obliku kupke u kojoj kombiniramo snagu prirodnih sastojaka morske soli, sode bikarbone te kombinacije esencijalnih ulja. Tretman stvoren s namjerom da smanji otečenost, oslobodi napetost u stopalima dok u isto vrijeme potiče detoksikaciju, dezinficira te vraća ljepotu i zdravlje vašim stopalima. Tretman završava s nanošenjem detox maske nakon koje slijedi standardno uljepšavanje stopala i noktiju te nanošenje zaštitnog sloja i laka za nokte.

**DeLuxe Foot SPA****90 min / 79 EUR**

Posebno osmišljena luksuzna pedikura koja uključuje aromatični piling stopala, nanošenje hranjive biljne maske i omotavanje stopala. Potom slijedi uljepšavanje noktiju i stopala, opuštajuća masaža i prema potrebi, lakiranje noktiju.



ELISSIAN BODY CARE

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ELISSIAN NJEGA TIJELA

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**SOS After Sun Body Treatment**  
**20 min / 39 EUR**

Treatment specifically created to moisturize the skin after prolonged, unprotected or excessive sun exposure. Application of After-sun body lotion can limit the effects of skin dehydration, replenish part of the moisture, relieve itchiness, decrease inflammation and give an instant soothing relief.

**Body Scrub**  
**25 min / 44 EUR**

A refreshing aromatic body scrub makes the skin velvety smooth and soft due to the balanced ingredients combined with natural nourishing oil of your choice. This is an ideal treatment for an instantaneous renewal of energy and freshness.

**Mediterranean Wrap**  
**45 min / 59 EUR**

Designed to bring you the best of mediterranean sea & soil, treatment starts with application of warm scrub mix of essential oils, mediterranean fruit seeds and sea salt. It is followed by wrap which helps deeper penetration of the ingredients, toning and inducing improved skin condition. Treatment includes relaxing face and scalp massage and ends with aromatic mediterranean balm full body hydration.

**SOS After Sun Body Treatment**  
**20 min / 39 EUR**

Tretman posebno osmišljen da hidratizira vašu kožu nakon dugog, nezaštićenog ili pretjeranog izlaganja suncu. After sun losion za tijelo smanjuje efekte dehidracije, nadoknađuje izgubljenju vlažnost kože, smanjuje iritaciju i upalu te pruža umirujuće olakšanje.

**Body Scrub**  
**25 min / 44 EUR**

Osvježavajući aromatični piling tijela koji kožu čini baršunastom i mekom, zahvaljujući uravnoteženoj kombinaciji sastojaka i hranjivog ulja po vašem izboru. Ovo je idealan tretman za trenutno obnavljanje energije i svježine.

**Mediterranean Wrap**  
**45 min / 59 EUR**

Stvoren da pruži najbolje od mediteranske zemlje i mora, tretman počinje nanošenjem tople mješavine esencijalnih ulja, mediteranskih sjemenki voća i morske soli. Potom slijedi wrap koji omogućuje dublju penetraciju hranjivih sastojaka koji tonificiraju i obnavljaju vašu kožu. Tretman uključuje opuštajuću masažu lica i vlasišta te završava s nanošenjem aromatičnog balsama na cijelo tijelo.

**Dynamic Body Detox**  
**70 min / 109 EUR**

Treatment starts with vigorous body brushing to start the detox process, stimulate circulation and exfoliate dead skin cells. It is followed by seaweed mask wrap which helps in regenerating and nourishing the skin while also reducing cellulite and draining residual toxins from the body. In order to enhance the detox and anticellulite effect, treatment includes kansa vatkii foot & connective tissue cupping massage of critical zones, leaving you refreshed, revitalised and glowing from the inside out.

**Lavander Infinity**  
**70 min / 99 EUR**

This ritual was created in order to detoxify, melt away tension and help you deeply relax. The treatment starts with lavender & sea salt scrub followed by a 45-minute deeply relaxing back & leg massage with lavender oil. It ends with tailor made application of cooling gel to highly stressed points on your body to enhance and stimulate circulation, lymph flow and flexibility while leaving you completely calm and stress free.

**ADD ON****Quick Facial**  
**30 min / 47 EUR****Dynamic Body Detox**  
**70 min / 109 EUR**

Tretman počinje sa energičnim četkanjem cijelog tijela kako bi se potakao proces detoksa, cirkulacija i tijelo oslobodilo odumrlih stanica kože. Potom slijedi wrap od morskih algi koji hrani i regenerira kožu te u isto vrijeme smanjuje celulit i oslobađa zaostale toksine iz tijela. Kako bismo dodatno pojačali detoks i anticelulitni efekt tretmana uključili smo kansa vataki masažu stopala i vezivno tkivnu cupping masažu kritičnih zona koje će vas revitalizirati i osvježiti za kraj.

**Lavander Infinity**  
**70 min / 99 EUR**

Ovaj ritual je osmišljen kako bi vas detoksifikovao, otopio napetost i pomogao vam da se duboko opustite. Tretman započinje pilingom od lavande i morske soli nakon čega slijedi 45-minutna duboko opuštajuća masaža leđa i nogu uljem lavande. Završava prilagođenim nanošenjem gela za hlađenje na jako opterećene točke na vašem tijelu kako bi se poboljšala i potaknula cirkulacija, protok limfe i fleksibilnost dok vas ostavlja potpuno smirenim i bez stresa.

**Quick Facial**  
**30 min / 47 EUR**

MASSAGES

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MASAŽE

## Free Style Massage

**25 min / 49 EUR**

Tailor made partial massage of your choice, dedicated to your particular needs. Created to provide quick muscle pain & stress relief combining all our knowledge and experience.

## Foot Reflexology

**25 min / 49 EUR**

Pressure point techniques are used to focus on reflex points on your feet, to release blocked energy channels, and stimulate the body's self-healing abilities. A heavenly treat for fatigued feet.

## Melt Away Therapy (back & leg)

**45 min / 74 EUR**

Deeply relaxing back & leg massage with lavender oil. It ends with tailor made application of cooling gel to highly stressed points on your body to enhance and stimulate circulation, lymph flow and flexibility while leaving you completely calm and stress free.

## Deep Tissue Massage

**45 min / 79 EUR**

Deep tissue massage focuses on realigning deeper layers of muscles and connective tissue. It stretches and loosens tight muscles, improves joint flexibility through circulation, releases endorphins, and reduces body tension and stress.

## Free Style Massage

**25 min / 49 EUR**

Parcijalna masaža po izboru klijenta, prilagođena vašim specifičnim potrebama. Osmišljena da brzo ublaži bol i nakupljeni stres u mišićima kombinirajući svo naše znanje i iskustvo.

## Foot Reflexology

**25 min / 49 EUR**

Tehnike pritiska koriste se za fokus na refleksne točke na stopala, za oslobađanje blokiranih energetskih kanala i stimuliranje sposobnosti samoiscjeljenja tijela. Rajska poslastica za umorna stopala.

## Melt Away Therapy (back & leg)

**45 min / 74 EUR**

Duboko opuštajuća masaža leđa i nogu uljem lavande. Završava prilagođenim nanošenjem gela za hlađenje na jako opterećene točke na vašem tijelu kako bi se poboljšala i potaknula cirkulacija, protok limfe i fleksibilnost dok vas ostavlja potpuno smirenim i bez stresa.

## Deep Tissue Massage

**45 min / 79 EUR**

Duboka masaža mišićnih tkiva fokusira se na dublje slojeve mišića i vezivnog tkiva. Ona isteže i opušta napete mišiće, poboljšava fleksibilnost zglobova kroz cirkulaciju, otpušta endorfine te smanjuje osjećaj napetosti i stresa u cijelom tijelu.

## **Magnesium Massage** **60 min / 81 EUR**

Treatment uses combination of classical Swedish massage paired with magnesium application to naturally achieve anti-inflammatory, pain relieving and muscle relaxing effects. Magnesium can also reduce migraine pain, help with anxiety and sleep, as well as boosting your energy level.

## **Sport Massage** **50 min / 84 EUR**

Recover fast after a strenuous workout or sports activities and help your body to eliminate metabolites, toxins and lactic acid. Sports massage will help prevent injury as well as rehabilitate and keep your muscles, tendons and tissues in peak condition.

## **Classical Swedish Massage** **50 min / 71 EUR**

Massage stimulating the body, the vascular system and the lymphatic system by combining five main movements directed towards the heart. It is an ideal massage for improving circulation, eliminating toxins, releasing tension and for deep relaxation.

## **Peaceful Pregnancy Massage** **45 min / 75 EUR**

Devoted to special needs of pregnant women. Treatment helps reduce swelling, muscle aches in neck and back, improves circulation and lymph flow leaving you relaxed and at ease.

## **Magnesium Massage** **60 min / 81 EUR**

Tretman koristi kombinaciju švedske klasične masaže i primjene magneziji koji želi dodatno potaknuti protuupalno djelovanje, smanjiti bol i opustiti mišiće. Magnezij također pomaže u smanjenju bolova migrene, pomaže kod tjeskobe i spavanja te podiže razinu energije.

## **Sport Massage** **50 min / 84 EUR**

Oporavite se brzo nakon napornog vježbanja ili sportskih aktivnosti i pomognite svome tijelu da eliminira metabolite, toksine i mliječnu kiselinu. Sportska masaža pomaže u sprečavanju ozljeda i rehabilitaciji mišića, tetiva i tkiva te ih održava u vrhunskom stanju.

## **Classical Swedish Massage** **50 min / 71 EUR**

Kombinacijom pet osnovnih pokreta usmjerenih prema srcu, stimulira se tijelo, krvožilni i limfni sustav. Ova je masaža idealna za poboljšanje cirkulacije, eliminaciju toksina, za uklanjanje napetosti i duboko opuštanje.

## **Peaceful Pregnancy Massage** **45 min / 75 EUR**

Posvećena posebnim potrebama trudnica. Tretman pomaže smanjiti otekline, bolove u mišićima u vratu i leđima, poboljšava cirkulaciju i protok limfe ostavljajući vas opuštenima i opuštenima.

### **Elissian Aroma Massage** **60 min / 89 EUR**

Massage with warm oil combination of almond oil and tailor made mix of essential oils according to your preference. The oils which are used are calming and cleansing at the same time, and in combination with specially created massage choreography aim to revitalise, refresh and relax entire body.

### **Serenity Rose Quartz Massage** **80 min / 119 EUR**

This is the longest and most popular form of full body massage with a balancing effect on the entire body. Treatment is enriched with face Rose Quartz pressure point massage to relieve stress and encourage cell regeneration. After the full face and body massage, you will feel supple and full of energy.

### **ADD ON**

**Magnesium**  
**-- min / 9 EUR**

**Face Mask**  
**-- min / 9 EUR**

### **Elissian Aroma Massage** **60 min / 89 EUR**

Masaža u kojoj se koristi toplo bademovo ulje i kombinacija esencijalnih ulja prilagođena vašim željama. Ulja koja se koriste istodobno smiruju i čiste, te u kombinaciji sa posebno osmišljenom koreografijom pokreta revitaliziraju, osvježavaju i opuštaju cijelo tijelo.

### **Serenity Rose Quartz Massage** **80 min / 119 EUR**

Najpopularnija i najduža masaža cijelog tijela namijenjena opuštanju, s uravnotežujućim učinkom na cijelo tijelo. Tretman je obogaćen Rozen Kvarc presurom masažnim kamenjem koja otpušta stres i potiče regeneraciju lica. Nakon masaže glave i cijelog tijela, osjećat ćete se gipki i puni energije.

**Magnesium**  
**-- min / 9 EUR**

**Face Mask**  
**-- min / 9 EUR**

A TOUCH OF EAST

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A TOUCH OF EAST

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All Treatments are being performed by specially trained and certified therapists.

### **Thai Massage**

The Thai method of healthy improving have a unique status. The Thai massage involves pressing, twisting and stretching your body with the help of a therapist. The pressings are made with fingers, fists, elbows and even feet. The sensations and the effects are always incredibly pleasant and will help you to restore the spiritual and physical balance

#### **Free Style Thai Massage**

25 min / 49 EUR  
80 min / 119 EUR

#### **Thai Oil Massage**

50 min / 79 EUR

#### **Thai Traditional Massage**

50 min / 79 EUR

#### **Medical Thai Therapy**

50 min / 79 EUR

#### **Foot Reflexology**

25 min / 49 EUR

Svi tretmani se izvode od strane visoko treniranih i certificiranih terapeuta.

### **Tajlandska masaža**

Tajlandske metode unaprijeđivanja zdravlja imaju poseban status. Tajlandska masaža uključuje pritisak, uvijanje i istezanje vašeg tijela uz pomoć terapeuta. Pritisak se vrši prstima, šakama, laktovima, te čak i stopalima. Senzacija i učinci su uvijek neopisivo ugodni i pomoći će Vam u vraćanju duhovne i tjelesne ravnoteže.

#### **Free Style Thai Massage**

25 min / 49 EUR  
80 min / 119 EUR

#### **Thai Oil Massage**

50 min / 79 EUR

#### **Thai Traditional Massage**

50 min / 79 EUR

#### **Medical Thai Therapy**

50 min / 79 EUR

#### **Refleksologija stopala**

25 min / 49 EUR

RITUALS

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RITUALI

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**Holistic Detox**  
**80 min / 110 EUR**

Specially created to induce deep healing process by reconnecting mind, spirit and body. Traditional sequence (body brushing, wrap) is enhanced by power-combination of hands and kansa vatici feet massage which through reflex points affects various systems and organs, clearing blockages in various meridians and restoring balance and harmony. Treatment ends with gentle relaxing lymphatic massage to help body release any residual toxins, tension or pain and facilitate natural energy flow.

**Wine Ceremony**  
**90 min / 119 EUR**

Treatment dedicated to health and well-being of the body by using beneficial properties of grapes and derivatives. It includes grape seed scrub followed by wrap and ends with grape warm oil relaxing massage. Treatment improves skin radiance, supports its regeneration and offers silky smoothness.

**Holistic Detox**  
**80 min / 110 EUR**

Posebno kreiran da potakne duboko iscjeljenje povezujući um, duh i tijelo. Tradicionalni slijed (četkanje, wrap) obogaćen je moćnom kombinacijom masaže ruku i nogu, koja kroz refleksne točke utječe na razne organe i sisteme u tijelu. Uklanja blokade u meridijanima te uspostavlja i vraća ravnotežu i harmoniju. Tretman završava nježnom i opuštajućom limfnom masažom kako bi se uklonili zaostali toksini, napetost ili bol te potaknuo prirodni energetski tok.

**Wine Ceremony**  
**90 min / 119 EUR**

Tretman posvećen zdravlju i blagostanju tijela koristeći blagotvorna svojstva grožđa i njegovih derivata. Uključuje piling tijela sjemenkama grožđa i wrap te završava masažom toplim uljem od grožđa. Tretman poboljšava izgled kože, potiče njenu obnovu i pruža joj svilenkastu mekoću.



**AMINESS**  
**SENTLY**  
**WELLNESS**  
*friendly to relaxation*

**Aminess Sently Wellness**

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