



WELLNESS & SPA
MENU

Mediterranean
Garden



AMADRIA PARK
IVAN

Izaberite savršen ritual za Vaše lice i tijelo, uživajte u kombinaciji pilinga, masaže i maske, sve to prožeto ugodnim mirisima mediterana.

Choose the perfect ritual for your face and body. Enjoy a combination of exfoliation, massage and mask, all infused with fragrant scents of the Mediterranean.

TRETMAN DOBRODOŠLICE ZA TIJELO WELCOME BODY RITUAL

Amadria Ceremony | 75 min | 480,00 kn

Našim ritualom dobrodošlice olakšati ćemo Vam opuštanje. Tretman rezultira svježom i blistavom puti, a tijelo je opušteno i puno energije. *Ease into relaxation with our Welcome ritual. Treat yourself to a soothing scalp and back massage and find yourself in pure bliss while you relax and recharge.*

TRETMANI ZA TIJELO // BODY RITUALS

Lime & Ginger or Frangipani Body Scrub | 40 min | 270,00 kn

Dubinsko čišćenje kože koje poboljšava regeneraciju stanica, za nahranjenu, nježnu i glatku kožu. *A deeply cleansing salt scrub that encourages cell regeneration for the softest, smoothest and most nourished skin.*

Glowing Ceremony | 90 min | 510,00 kn

Tretman koji obuhvaća cjelokupan ritual ljepote učiniti će da vaša koža izgleda kao okupana suncem. *This treatment includes an all-over body ritual that will leave your skin looking sun kissed.*

Milk & Honey Cleopatra Ritual | 90 min | 510,00 kn

Razmazite svoje tijelo pilingom na bazi meda i mlijeka te uronite u bogatu mliječnu kupku. *Pamper your body with a honey and milk scrub and immerse yourself into a sumptuous milk bath.*

Absolute Spa Ritual for Woman | 120 min | 970,00 kn

Od stopala do glave, posebna terapija za kožu lica i tijela prilagođena klijentu. Kombinacija masaže tijela s odgovarajućim tretmanom lica. *Special head to toe treatment for face and body, individually tailored to each client. Combination of body massage with suitable facial treatment.*

Body Nectar Nourishing Wrap – Frangipani | 50 min | 410,00 kn

Ovaj njegujući tretman natapa kožu vlagom čineći je mekanom i fleksibilnom, a kombinacija egzotičnog kokosa i frangipani cvijeta štiti kožu i daje joj blistavost i sjaj. Tretman idealan za trudnice i mlade mame. *A nourishing treatment that moisturises the skin whilst giving it radiance and glow. Combination of exotic coconut and frangipani flower protects the skin leaving it soft, supple and luminous. This treatment is ideal for pregnant women and young mothers.*

'Time for Me' Treatment | 60 min / 90 min | 400,00 kn / 600 kn

Tretman pogodan za osobe koje se trebaju opustiti, djeluje protiv umora te smanjuje stres. *A wonderful treatment for those who need to relax. Works against fatigue and reduces stress.*

Age Body Treatment | 60 min / 90 min | 400,00 kn / 600 kn

Tretman je pogodan za zrelu kožu, tonira, obnavlja, štiti barijeru kože te djeluje na kolagen. Direktno nakon tretmana nije preporučeno izlaganje suncu. *This treatment is specifically tailored for mature skin. It tones, rejuvenates, protects the skin's barrier and acts on collagen. Sun exposure is not recommended directly after this treatment.*

Slim body ritual | 60 min / 90 min | 400,00 kn / 600 kn

Pogodan tretman za osobe koje vježbaju ili su u procesu mršavljenja. Tretman je pogodan i za muškarce. *An ideal treatment for those who have embarked on an exercise or weight loss program. Suitable for men and women.*

HAMMAM

Short Hammam Break | 25 min | 320,00 kn

Tradicionalni ritual uključuje uživanje u parnoj kupelji, pling tijela pomoću rukavice „kesse“, te express masaža tijela sapunicom od maslina. *This traditional ritual includes the pleasure of a steam bath, a body scrub with the Moroccan "Kesse" gloves and a short massage with olive soap.*

Traditional Hammam Experience | 50 min | 620,00 kn

Tradicionalni ritual uključuje uživanje u parnoj kupelji, piling tijela pomoću rukavice „kesse“, te masažu tijela sapunicom od maslina. *A traditional ritual that includes the pleasure of a steam bath, a body scrub with the Moroccan "Kesse" gloves and a massage with olive soap.*

Oriental Hammam | 75 min | 710,00 kn

Ovaj luksuzni ritual uključuje uživanje u parnoj kupelji, piling tijela pomoću rukavice „kesse“, pranje tijela sapunicom, ritual polijevanja tijela i glave toplom vodom, relaksirajuću masažu i masku tijela na bazi grožđa te anti-age masku za lice od šampanjca. *A ritual that commences with a pleasant steam bath, body scrub with Moroccan "Kesse" gloves and a body foam wash, followed by a ritual of pouring warm water over the body and head, a relaxing massage and a grape-based body mask and anti-ageing face mask.*

Total Oriental hamam | 90 min | 980,00 kn

Ritual uključuje uživanje u parnoj kupelji, piling tijela pomoću rukavice „kesse“, pranje tijela sapunicom, polijevanje tijela i glave toplom vodom, te relaks masažom. *A complete ritual that commences with a pleasant steam bath, body scrub with Moroccan "Kesse" gloves and a body foam wash, followed by a ritual of pouring warm water over the body and head, and a relaxing massage.*

TRETMANI LICA // FACIAL TREATMENTS

Pro Collagen Treatment | 60 min | 590,00 kn

Potiče proizvodnju prirodnog kolagena, učvršćuje i tonira kožu. *Stimulates the production of natural collagen, strengthens and tones the skin.*

Pro definition lift and contour | 60 min | 640,00 kn

Ovaj lifting tretman zateže i podiže kožu – pravilno konturira lice. *A lifting and contouring facial that delivers a profoundly sculpted effect.*

Dynamic Resurfacing Treatment | 60 min | 660,00 kn

Idealan tretman za kožu s ožiljcima od akni, te za neujednačen ton kože, povećava zaglađenost kože do 32%. *An ideal treatment for targeting blemishes, acne scarring, uneven skin tone and fine lines, revealing 32% smoother skin.*

Superfood Pro-Radiance Treatment | 60 min | 580,00 kn

Prirodni nutritivni poticaj kože koji eliminira stres i umornu kožu. *The nutritional boost that packs powerfully energising and detoxifying active ingredients into stressed, dull skin.*

Sensitive Skin Treatment | 60 min | 450,00 kn

Tretman za osjetljivu kožu koja se nježno tretira kombinacijom umirujućih sastojaka. *Sensitive skin is gently treated with a combination of soothing ingredients.*

Anti-Blemish Mattify Treatment | 70 min | 450,00 kn (pure facial treatment)

Regulira i prozračuje, čisti masnu kožu. *Regulate oily skin and clear congestion with this oxygenating, mattifying treatment.*

BLITZ FACIAL TREATMENT

Purely perfect treatment | 30 min | 250,00 kn

Tretman koji daje svježiu, blistavu, čišću i ljepšu kožu.

Treatment that delivers fresh, glowing, cleansed and beautiful skin.

Silky soft skin treatment | 30 min | 250,00 kn

Idealan tretman za redovito održavanje kože i održavanje svježeg i čistog tena – kao jutarnja rosa.

The ideal treatment to regularly maintain the skin and keep a fresh and clear complexion, like morning dew.

Fresh look treatment | 30 min | 250,00 kn

Ciljano i usredotočeno profesionalno liječenje posvećeno osjetljivom području konture očiju.

A targeted and focused professional treatment dedicated to the fragile eye contour area.

MASAŽA // MASSAGE

HOLISTIC MASSAGE

Svojim izborom holistične masaže osjećajte se relaksirano.

Feel relaxed and rejuvenated with your choice of holistic massage.

Classic – Swedish | 45 min / 60 min | 330,00 kn / 430,00 kn

Tradicionalna masaža u kojoj se koristi pritisak za oslobađanje napetosti i stresa u tijelu.

A traditional, invigorating massage using regulated pressure to release knots and tension in the body.

Mediteranska / Mediterranean | 50 min | 410,00 kn

Jaka, progresivna masaža, smanjuje napetost u mišićima putem sporih dubokih pokreta, idealna masaža za sportske tipove.

Strong and progressive massage. Reduces muscle tension through slow deep movements. Ideal massage for athletic types.

Sports Therapy | 30 min | 280,00 kn

Fokus je na područjima tijela koja su opterećena ponavljajućim pokretima ponekad povezanim sa sportom.

Focuses on areas of the body that are overused and stressed from repetitive movement, sometimes associated with sports.

Aromatherapy | 50 min | 410,00 kn

Vrlo ugodna i učinkovita aroma masaža u kojoj se koriste mješavine esencijalnih ulja prema potrebi klijenta.

A deeply therapeutic, effective massage using a blend of essential oils selected by the client.

Deep Tissue | 50 min / 80 min | 410,00 kn / 560,00 kn

(tjera stres, opušta mišiće / stress away, muscle melt)

Sofisticirana masaža koja uključuje napredne tehnike masaže.

A sophisticated massage incorporating advanced massage techniques.

Mum-to-be Massage | 50 min | 410,00 kn

Masaža osmišljena za buduće mame nakon prvog tromjesečja, nježnim tehnikama uklanja napetost.

Designed for mothers-to-be, after their first trimester.

Gentle techniques will relieve tension to areas under stress.

De-stress Massage | 30 min | 290,00 kn

Opustajuća masaža vrata, glave i vlasišta, pomaže kod pojačanog stanja stresa, napetosti i glavobolje.

Relaxing neck, head and scalp massage relieves stress, tension and headaches.

SPECIAL MESSAGE

Osjetite tradicionalne tehnike koje vam pomažu da se opustite cijelim tijelom i umom, vratite energiju i regulirajte kretanje vitalne životne sile.

Enjoy traditional techniques which help you to relax the entire body and mind, restore energy and regulate the flow of vital life-force energy.

Raindrop Massage | 60 min | 580,00 kn

Nježna aromaterapeutska masaža leđa, specifična po direktnom kapanju pažljivo biranih eteričnih ulja na kralježnicu, radi se u kombinaciji s masažom stopala. Ulja djeluju još nekoliko dana nakon masaže.

A gentle aromatherapy back massage, that includes a direct drip application of carefully selected essential oils to the spine, combined with a foot massage. The oils continue to work several days after the massage.

Thai Oil Fusion Massage | 70 min | 550,00 kn

Kombinacija Thai stretchinga i Deep tissue masaže donosi energizirajuće rezultate i povećani raspon kretanja. Savršeno za aktivne goste i one koji uživaju u stretchingu.

A combination of Thai stretching and Thai-influenced deep tissue massage delivers energising results and increased range of motion. Perfect for active guests and those who enjoy deeper, more therapeutic work.

Shiatsu Massage | 70 min | 620,00 kn

Shiatsu masažna terapija utemeljena je na drevnom kineskom meridijanskom sustavu. Tehnike, uključujući specijalizirane tlačne, gnječne i udarne metode koje se tradicionalno izvode bez ulja, imaju za cilj poboljšati stanje mišića istodobno pomažući promicanju iscjeljivanja Qi.

Shiatsu massage therapy was founded on the ancient Chinese meridian system. Techniques including specialised pressure, kneading and percussion methods traditionally performed without oil, aim to improve muscle condition while simultaneously helping to promote the healthy flow of Qi.

Reflexology | 30 min | 250,00 kn

Cjelokupna revitalizacija organizma putem tretiranja akupresurnih točki na stopalu.

Revitalisation of the entire body by treating the acupressure points on the feet.

HIDROMASAŽA // HYDROMASSAGE

KUPKE PO IZBORU / BATH OF YOUR CHOICE 200,00 kn

Morska, Lavanda, Mliječna ili Vinska kupka

Sea, Lavender, Milk or Wine bath

KUPKE PO IZBORU / BATH OF YOUR CHOICE 300,00 kn (za dvoje / for two)

Morska, Lavanda, Mliječna ili Vinska kupka / Sea, Lavender, Milk or Wine bath

Hidromasažne ljekovite kupke na bazi morske soli i biljnih esencijalnih ulja dovode u ravnotežu um i tijelo, potiču funkcije organa i izlučivanje štetnih tvari i suvišne vode u organizmu. Za kraj opustite se uz mirise mediterana i toplog čaja.

Hydro-massage healing baths are based on sea salts and herbal essential oils to balance your mind and body, stimulate organ function and eliminate harmful toxins and excess water from the body. Throughout the treatment, relax with scents of the Mediterranean and warm herbal tea.

KUTAK ZA MUŠKARCE // MEN'S CORNER

Super Charger For Man | 60 min | 430,00 kn

Tretman lica posebno kreiran za muškarca. Djeluje protiv umora i bora te dubinski hidratizira kožu.

Facial treatment specially created for man. Works against fatigue, wrinkles and deeply hydrates the skin.

Man' Back Treatment | 70 min | 450,00 kn

Kombinacija pilinga i parafango obloga, nakon kojih slijedi duboka terapijska masaža leđa, vrata i ramena. Ovim tretmanom postižemo opuštanje i ukočenost mišića.

A combination of scrub and Parafango wrap, followed by a deep therapy massage (back, neck and shoulders). This treatment promotes full muscle relaxation.

Total Time Out For Man | 120 min | 900,00 kn

Od stopala do glave, posebna terapija za kožu lica i tijela prilagođena klijentu. Kombinacija masaže tijela s odgovarajućim tretmanom lica.

Special head to toe treatment for face and body, individually tailored to each client. Combination of body massage with suitable facial treatment.

Men's Waxing Back / Chest 150,00 kn

DODIR LJEPOTE // BEAUTY TOUCH

OBLIKOVANJE OBRVA / EYEBROW SHAPING 50,00 kn
BOJANJE OBRVA / EYEBROW TINTING 90,00 kn

DEPILACIJA TIJELA / BODY WAXING

DJELOMIČNA DEPILACIJA / HALF LEG WAX 140,00 kn
DEPILACIJA CIJELE NOGE / FULL LEG WAX 200,00 kn

DEPILACIJA OSJETLJIVIH PODRUČJA / SENSITIVE AREA WAXING

DEPILACIJA NAUSNICA / UPPER LIP WAX 60,00 kn
DEPILACIJA BIKINI, PAZUH / BIKINI, ARMPIT WAX 100,00 kn

MANIKURA / MANICURE

SPA MANIKURA / SPA MANICURE 240,00 kn
ZEN SPA PEDIKURA / ZEN SPA PEDICURE 270,00 kn
LAKIRANJE NOKTIJU / NAIL POLISH 80,00 kn
FRENCH LAKIRANJE / FRENCH NAIL POLISH 120,00 kn
TRAJNI LAK / PERMANENT VENEER NAIL POLISH 250,00 kn
SKIDANJE TRAJNOG LAKA / PERM. NAIL POLISH REMOVAL 70,00 kn
KOREKCIJA JEDNOG NOKTA / SINGLE NAIL REPAIR 50,00 kn

KUTAK ZA DJECU // KIDS CORNER

(3 – 14 godina / years)

SWEET REST FOR PRINCES & PRINCESSES | 30 min | 170,00 kn

Relaks masaža tijela s uljem na bazi meda i vanilije.

Relaxing back, neck, arm and leg massage with our honey-vanilla scented oil.

LUXURIOUS FACIAL SKINCARE | 25 min | 230,00 kn

Čišćenje lica pjenom, nakon čega slijedi hranjiva maska za lice i masaža. Tretman završavamo kremom za lice i balzamom za usne.

Facial cleanse with a foam cleanser followed by a nourishing face mask and massage. Treatment finishes with our hydrating face moisturiser and lip balm.

JUNIOR MANICURE | 20 min | 120,00 kn

(oblikovanje i lakiranje noktiju / shape & nail polish)

SOLARIUM | 3 min | 21,00 kn

SPA PONUDA // SPA OFFER

SPA DAY ulaz po danu / per day 110,00 kn
(korištenje fitnessa, bazena & jacuzzija, svijeta sauna / Use of fitness, swimming pool & jacuzzi, Sauna World)

KIDS SPA DAY ulaz po danu / daily entry (3 – 13.99 g./y.o.) 60,00 kn
(korištenje bazena / use of swimming pool)

FITNESS jednokratni ulaz / per use (od/from 15.99 g./y.o.) 30,00 kn
SAUNE / SAUNA (max. 180 min) 60,00 kn
RUČNIK / TOWEL po danu / per day 10,00 kn
OGRTAČ / BATHROBE po danu / per day 25,00 kn

VANJSKI GOSTI / EXTERNAL GUESTS

SPA DAY ulaz po danu / per day 200,00 kn
KIDS SPA DAY ulaz po danu / daily entry (3 – 13.99 g./y.o.) 100,00 kn
(korištenje bazena / use of swimming pool)

FRIZERSKI SALON // HAIRDRESSER

	kratka short	poluduga semi	duga long
ŽENSKO ŠIŠANJE / WOMEN'S HAIRCUT		110,00 kn	
PRANJE KOSE / HAIR WASH	30,00 kn	50,00 kn	60,00 kn
PRANJE, FEN FRIZURA / WASHING BLOW DRY	100,00 kn	120,00 kn	140,00 kn
NJEGA KOSE / HAIR CARE	30,00 kn	50,00 kn	70,00 kn
PRAMENOV I / HIGHLIGHTS	250,00 kn	300,00 kn	350,00 kn
BOJANJE / PERMANENT COLOUR	180,00 kn	220,00 kn	250,00 kn
PRELJEV BOJA / SEMI-PERMANENT COLOUR	160,00 kn	180,00 kn	200,00 kn
FIBERCEUTIC / FIBRECEUTIC HAIR BOTOX (KERATIN TREATMENT)		100,00 kn	
MUŠKO ŠIŠANJE / MEN'S HAIRCUT		80,00 kn	
DJEČJE ŠIŠANJE / CHILDREN'S HAIRCUT		60,00 kn	
SVEČANA FRIZURA / FORMAL HAIRSTYLING		250,00 kn	

NAPOMENA: svaka od gore navedenih stavki se posebno zbraja.

NOTE: each of the above items add up separately

WELLNESS & SPA ETIQUETTE

- Molimo da dođete najmanje 10 min prije zakazanog termina, kako biste imali dovoljno vremena da se pripremite za tretman.
Please arrive at least 10 minutes before your appointment, to ensure you have enough time to prepare for treatment.
- Djeci do 3 godine dozvoljeno je koristiti bazen samo uz korištenje pelena za vodu.
Children up to 3 years are allowed to use the pool only with the use of swim diapers.
- Djeci do 14 godina dozvoljeno je koristiti bazen samo u pratnji roditelja.
Children under 14 years are allowed to use the pool only if accompanied by parents.
- Wellness & Spa Mediterranean Garden je područje tišine. Ne smije se koristiti mobilni telefon, niti glasno razgovarati.
Wellness & Spa Mediterranean Garden is an area of tranquility. Do not use a mobile phone, or talk loudly.
- Molimo vas da prije rezervacije tretmana obvezno naglasite ukoliko ste trudni, ukoliko ste nedavno imali operaciju ili imate bilo kakav zdravstveni problem.
Please note – if you are pregnant, have had recent surgery or have any health issues, be sure to inform us when you make your appointment.
- Ukoliko na izlazu iz Wellness & Spa Mediterranean Garden ne predate narukvicu i ključ za garderobu, isto će vam biti naplaćeno 100,00 kn.
If, upon exiting the Wellness & Spa Mediterranean Garden, you do not return the bracelet and the key to the change rooms, you will be charged 100.00 kn.
- Pri idućem ulazu narukvicu nećete moći koristiti za ulaz jer je kodirana po ulazu.
The bracelet can not be reused for your next visit as it is coded per entry.
- Rezervirani tretman može se odgoditi najmanje 6 sati prije zakazanog termina, u suprotnom klijent snosi 50% cijene tretmana.
Booked treatments may be postponed a minimum of 6 hours prior to the scheduled appointment, otherwise 50% of the treatment cost will be charged.
- Ukoliko se uopće ne pojavite na zakazani termin, naplaćujemo punu cijenu tretmana.
If you do not show up for a scheduled appointment, we shall charge the full treatment cost.

Wellness & Spa Mediterranean Garden
radno vrijeme / working hours: 08:00 – 20:00
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