WELLNESS & SPA
BROCHURE

NATURE. HEALTH. BALANCE.

In a modern Amalija Wellness Center, which will enchant you with its rich tradition, you will connect with nature, feel the rich wisdom of our ancestors and regain your life energy. The natural beauties of the area are complemented with an offer of a wide range of massages, body and facial treatments with professional cosmetics, a fitness centre and a hairdressing salon, unique baths in a mystical ambience of a thermal spa temple as well as swimming pools modelled on Roman baths and the Sauna Land Varnia with various indoor and outdoor saunas. Friendly and professional staff will listen to you and advise you on making treatments suitable for you. In the desire to awaken harmony and the experience of perfection in you, we offer you a world away from reality.

MASSAGES AND RITUALS

ROMAN MASSAGE

Relaxing full body massage with olive oil and healing sound bath gong, and special hand care.

75 € | 60 min

VALETUDA RITUAL

The ritual, which is meant to detox, includes clay peeling of the whole body, a Tibetan bowl sound bath, a massage of the whole body, a face massage with detoxifying oils and a massage of hands and feet with a special organic candle. The massage is good for detoxification and relaxation of the body.

105 € | 90 min

AMALIJA ANTI-STRESS MASSAGE

The anti-stress massage with selected oils ensures a complete relaxation of your back, head and face.
The massage will help balance inner balance your mental and physical condition.

52 € | 40 min

SALT MASSAGE

An invigorating massage of the whole body with lavender oil and Himalayan salt relaxes and soothes tense muscles. During the massage you are also sprayed with thermal water, which further on refreshes your body.

69 € | 60 min

CLASSIC WELLNESS MASSAGE

The massage that includes classical techniques has a beneficial effect on the whole body and releases tension.

69 € | 60 min

MASSAGE WITH HERB SHEAVES

The massage with bundles of natural herbs emphasizes its relaxing effect with aromatic scent and warmth.

69 € | 60 min

DEEP TISSUE MASSAGE

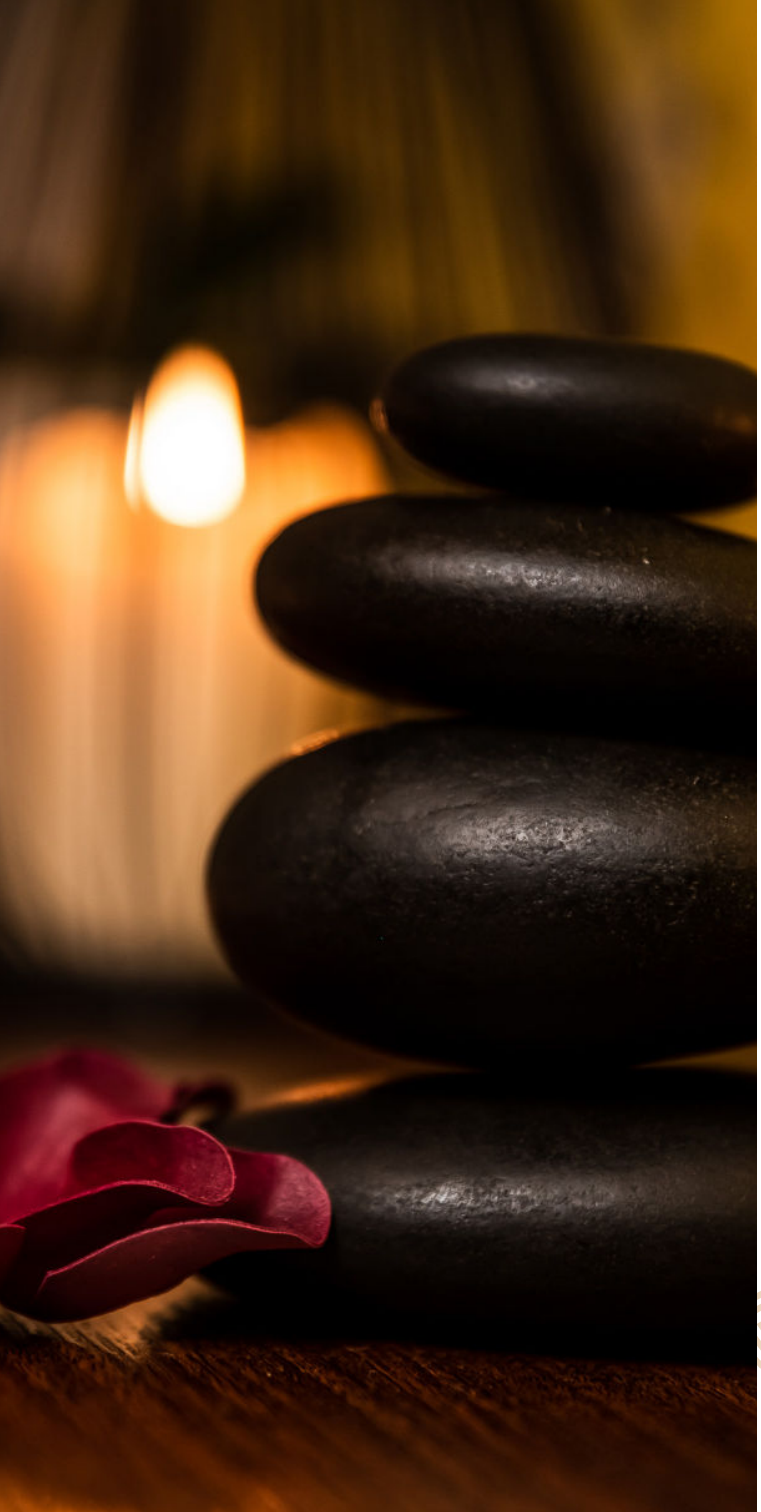
The massage is designed to eliminate a deeper tension in the muscles and a better regeneration after physical activity. It has a therapeutic effect because it accelerates lymphatic and blood flow circulation, and at the same time ensures a maximum function of the musculoskeletal system with a manual technique.

65 € | 50 min (WHOLE BODY)
50 € | 30 min (WHOLE BODY)

HOT STONE MASSAGE

The beneficial effects of stones and heat have been known for many years. The massage with hot stones relieves your tension and gives you pleasant sensations.

69 € | 60 min



MORNING REJUVENATING MASSAGE

A revitalizing massage of the whole body with a cup of green tea gives you energy and a momentum for a better day.

*The massage is offered between 9 and 11 a.m.

52 € | 45 min

GOOD NIGHT MASSAGE

A relaxing massage of your back, head and scalp takes you to the world of dreams.

* The massage is offered between 7 and 9 p. m.

39 € | 30 min

FEET MASSAGE

A massage of the feet relaxes and balances the body. In addition, it detoxifies the body and improves your blood circulation.

45 € | 30 min

RELAXING HAND AND FOOT RITUAL

A rich treatment with exfoliation, a nourishing foam, a refreshing bath, a scrub and foot mask as well as a hand massage ensures your hands and feet to look nourished and cared for.

55 € | 45 min

CLEOPATRA'S HONEY AND MILK RITUAL

A nourishing body and face care inspired by the care of the Egyptian Queen Cleopatra includes a scrub with a scent of sweet vanilla and caramel, an extremely rich body coating with a content of royal jelly and coconut oil that revives the softness of the skin.

85 € | 75 min

SPECIAL MASSAGES

MASSAGE FOR FUTURE MOTHERS – HAPPY MOTHER, HAPPY BABY

It is a massage of the whole body for all pregnant women who want to relax and have a moment just for themselves.

70 € | 60 min

DETOXIFYING AND ANTI-CELLULITE TREATMENTS

DETOX TREATMENT

Sea mud peeling and wrap will detoxify the body with the help of a heating pad. A body massage with lotion will ensure toning and nourishing of the skin.

105 € | 90 min

HIGH-INTENSITY ANTI-CELLULITE TREATMENT

A very effective treatment includes seaweed peeling, application of anti-cellulite slimming gel and anti-cellulite massage. After the massage, toxins are released from the body. The massage also reduces the appearance of orange skin and accelerates the transformation of the body.

85 € | 75 min

MADEROTHERAPY

Maderotherapy is a special anti-cellulite massage with wooden rollers that helps fight cellulite, excess fat and cleanses the body at the same time.

Maderotherapy is recommended for: stimulation of the lymphatic system, detoxification, boosting metabolism, removing cellulite, burning fat, improving skin tone and tension, reducing volume, relaxing body and mind.

65 € | 60 min (LEGS, BUTTOCKS, ABDOMEN, ARMS)

39 € | 30 min (LEGS, BUTTOCKS)

BODY TREATMENTS WITH MACHINES AND EQUIPMENT

MECHANICAL FULL BODY LYMPH DRAINAGE

A preventive and curative treatment that is carried out with the aid of apparatus improves the circulation of the lymph system, reduces the amount of free fluid between cells and deeply cleanses the body of metabolism products. It reduces the appearance of oedema, stimulates blood circulation and the supply of the tissue with oxygen and nutrients.

50 € | 60 min

BODY WRAPPING

IS RECOMMENDED WITH MECHANICAL LYMPH DRAINAGE:

This is an anti-cellulite method of applying cream and wrapping your body with foil, which helps to eliminate cellulite and reduce volume.

25 €

VACUUM RADIAL ENDOTHERMIC THERAPY

A therapy with vacuum is used to eliminate cellulite and reshape your body. It helps to reduce the appearance of orange skin and contributes to its firmness.

50 € | 45 min (LEGS, BUTTOCKS, ABDOMEN, ARMS)

35 € | 30 min (LEGS, BUTTOCKS)

FACE CARE

Cosmetic face care is a comprehensive care ritual that thoroughly cleans- es, nourishes and moisturises the skin on the face as well as restores its balance and softness. It is a very relaxing treatment that will relax you and visibly improve your skin.

À LA CARTE FACE CARE

Skin analysis is performed with the Imetric cosmetic apparatus, face care is adapted to skin type.

95 €

ANTI-AGE LIFTING CARE

It consists of surface cleansing of the face, peeling, elixir, a fleece mask with a lifting effect, a nourishing lip balm, a facial massage with cream adapted to the skin type. Rich ingredients from the depths of the sea nourish the skin, refresh the complexion, tighten and smooth out wrinkles.

79 € | 60 min

YOUTH CARE

It consists of surface cleansing of the face, acid and mechanical peeling of the skin, application of serum for filling wrinkles and lifting the skin; face and cleavage massage is performed, mask and cream are applied; intensive care for a youthful appearance smooths and fills wrinkles while tightening and toning the skin.

89 € | 75 min

ANTI-AGE CARES PEPTIDE CARE

It consists of surface cleansing of the face, peeling, face and cleavage massage, mask application, application of filler drops concentrate and the essence; this rejuvenating treatment is intended to stimulate the skin to produce more crucial building blocks and thereby reduce the number and severity of wrinkles.

75 € | 60 min

FACE MADEROTHERAPY

This face massage with wooden skin lifting rollers accelerates collagen and elastin production and enables a better blood circulation and oxygen supply.

45 € | 45 min

MOISTURIZING CARE DR. SPILLER

It consists of facial cleansing, exfoliation, a moisturizing mask, a nourishing lip balm and a facial massage with a cream adapted to your skin type. The care with valuable active ingredients from the sea ensures a long-lasting hydration of the skin.

75 € | 60 min

CARE FOR OILY SKIN

CLASSIC FACE CARE WITH DEEP CLEANSING

Care for oily, mixed and impure skin in is intended to cleanse impurities and reduce their formation with the help of deep cleansing. It includes surface cleansing, peeling, deep cleansing and application of masks and creams.

60 € | 45 min

SEASONAL CARE

It includes surface cleansing of the face, peeling, facial and cleavage massage, application of mask and cream with hints of fruit; the season adapted care nourishes and refreshes your skin.

60 € | 45 min

CARES FOR ALL TYPES OF SKIN

OXYGEN FACE CARE

Care treatment suitable for all skin types extensively nourishes, refreshes, and tightens the skin and also supplies it with oxygen; it includes surface cleansing, peeling, oxygen and vial spraying, mask and cream application.

69 € | 60 min

MALE FACE CARE

This care pampers male representatives with its an anti-ageing effect and at the same time reduces irritation as well as moisturizes the skin for a long time. It includes surface cleansing, exfoliation, facial massage and application of masks and creams.

89 € | 75 min

premium quality since 1960
Dr. Spiller
made in Germany

TRAWENMOOR ORGANIC SKINCARE BY DR. SPILER

TRAWENMOOR COSMETICS SPECIFICATIONS:

- **Cosmos ORGANIC sealt** - At least 98% of the ingredients in every TRAWENMOOR product are naturally sourced.
- **Vegan** - All TRAWENMOOR products are certified vegan products according to the BDIH standard. They do not contain any animal ingredients, are not tested on animals and do not contain any ingredients where genetic modification may have occurred in their preparation technologies.
- **Climate neutral** - Climate neutral - All CO2 emissions unavoidably resulting from the production of products are accounted for and offset through a recognised climate protection project.

BODY CARE AND MASSAGE WITH THE USE OF VOLCANIC STONE

It includes peeling, massage and back care for a deep relaxation of your body and mind.

55 € | 40 min

FACIAL TREATMENT WITH ORGANIC COSMETICS USING THE "BEAUTY KEY" STONE

This care inspired by the marsh landscape is adapted to all skin types. It successfully fights aging, oxidative stress, increases the level of moisture and accelerate regeneration.

95 € | 60 min

RADIO FREQUENCY OF FACE AND CLEAVAGE

This is a non-invasive technique of heating deeper layers of skin with radio frequency waves; it stimulates cells to produce more collagen and elastin, which tightens the skin and smooths wrinkles.

60 € | 45 min

DIAMOND FACE PEELING

It is a treatment in which we remove dead skin cells with the help of diamonds to make it more smooth, fresh and shiny. It stimulates formation of new cells, helps to eliminate irregularities and improves the appearance of the skin.

39 € | 30 min

NON-SURGICAL FACE LIFT

Face lift with vacuum therapy makes the skin firmer and more youthful, wrinkles are less vivid. It increases skin hydration and the production of new collagen and elastic fibers.

35 € | 30 min

DIAMOND FACE PEELING / NON-SURGICAL FACE LIFT WITH SELECTED FACE CARE.

25 € | 15 min

DEEP CLEANSING OF THE FACE

WITH SELECTED FACE CARE.

30 € | 30 min

EYEBROW SHAPING

10 € | 15 min

EYEBROW DYEING

12 € | 15 min

EYELASH DYEING

12 € | 15 min

PEDICURE

SPA PEDICURE

It includes a refreshing foot bath, peeling, pedicure, mask application, foot massage and nail polish.

55 € | 60 min

CLASSIC PEDICURE

It includes a refreshing foot bath, nail and feet grooming, and application of care balm.

35 € | 30-45 min

ADDITIONAL:

POLISHING TOENAILS

10 € | 20 min

HAIR REMOVAL FOR HER

LEG HAIR REMOVAL
28 € | 45 min

BELOW THE KNEE HAIR REMOVAL
20 € | 25 min

ARM HAIR REMOVAL
20 € | 25 min

BIKINI HAIR REMOVAL
25 € | 20 min

ARMPIT HAIR REMOVAL
25 € | 20 min

FACIAL HAIR REMOVAL
10 € | 15 min

HAIR REMOVAL FOR HIM

BACK HAIR REMOVAL
26 € | 30 min

CHEST HAIR REMOVAL
26 € | 30 min

SPA TEMPLE DIANA

The Spa Temple Diana originates from a rich history of Rimske terme and the times of the Ancient Romans who were aware of the healing power of thermal springs. It is a temple of relaxation and well-being where you are spoilt by unique spa treatments based on healing powers of thermal water. Thermal water, which is rich in minerals, has numerous healing effects: it eases pains, improves, blood circulation, improves the skin, reduces stress and tiredness thus regaining life energy.

In the 19th century many established personalities from the Austrian, French and English courts indulged in the thermal springs of the Kings' marble bath and the Caesar's bath (the Austrian Emperor Ferdinand, princess Sisi with her husband, the Austrian Emperor Franc Jožef, the English princess Victoria, Napoleon's sister Murat and others).

Indulge yourselves in the medicinal thermal springs in Rimske terme, boost your immune system, and restore your life energy in a mighty and rich ambience of the Spa Temple Diana with a 2000-year old. tradition.

PRIVATE SPA

The private spa is a great choice to indulge yourself in a private ambience that offers you a complete relaxation.

The room is equipped with a bath, a comfortable rest area and a sauna. You can choose between a Finnish/ infrared sauna or a steam sauna.

Your self-indulgence will be accompanied by selected cosmetic products for body care (peeling, body yogurt and cream that you can apply during your indulgence).

For a complete private spa experience, you can order tasty food from our restaurant. You can select dishes from a culinary menu and pamper your taste buds as well.

PRIVATE SPA WITH FINNISH/INFRA SAUNA

This is a bath with essential oils, a Finnish/ infrared sauna, peeling, body yogurt, body cream, house sparkling wine.

120 € | 120 min | 2 PEOPLE

PRIVATE SPA WITH STEAM SAUNA

This is a bath with essential oils, a steam sauna, peeling, body yogurt, body cream, house sparkling wine.

120 € | 120 min | 2 PEOPLE

DIANA'S BATH

Bath with hydro massage and essential additive, fruit plate, house sparkling wine.

95 € | 90 min | 2 PEOPLE

SPA PROGRAM

ROYAL INDULGING

It includes a royal marble bath with essential oil, pampering of your skin with a nourishing cream, a detox drink.

90 €	60 min	1 PERSON
125 €	90 min	2 PEOPLE

ROMAN INDULGING

It includes a bath with hydro massage, pampering of your skin with a nourishing cream, a detox drink.

70 €	60 min	1 PERSON
110 €	90 min	2 PEOPLE

SPA TREATMENTS

Spa treatments at Spa Temple Diana are performed on a heated stone table, which helps to relax the muscles, improve blood circulation and relieve pain.

It also helps to improve your mood and boost your energy as heat relaxes the body and reduces stress.

PEELING

Body exfoliation is a procedure in which dead skin cells are removed. This helps to improve the appearance of the skin as it makes the skin smoother and more radiant.

There are several types of peelings available for you:

- **salt herbal peeling** – Herbs in salt herbal peeling can have an- ti-inflammatory effects that can help relieve inflammation on the skin. Peeling also has analgesic effects that can help relieve muscle and joint pain.
- **sugar peeling** – Oil in sugar peel- ing moisturizes the skin and pro- tects it from drying out, it also helps relieve skin inflammation.
- **rice piling** – Rice peeling contains antioxidants that help protect the skin from the sun's rays and enzymes that help the skin retain moisture in the skin.

30 € | 20 min

BODY WRAP

Body wraps are useful for all skin types, but especially for dry, irritated or inflamed skin. The coating mois- turizes the skin, reduces inflammation and pain. Body wraps also help relieve muscle and joint pain, improve blood circulation and mood.

- **honey milk wrap** – It is suitable for all skin types, especially for dry and sensitive skin. It improves the appearance of the skin by making it more smooth, shiny and healthy, it moisturizes the skin and prevents its dryness.

30 € | 20 min

BATHS WITH THERMAL WATER

BALANCE MAGNESIUM BATH

(a bath for 1 person with magnesium)

24 € | 20 min

CAESAR'S STONE BATH

(a bath for 1 person)

20 € | 20 min

DETOX BATH

(a bath for 1 person with essential oils for detox.)

25 € | 20 min

ROYAL MARBLE BATH

It includes a bath in thermal water and a detox drink.

(Maximum capacity of 3 people)

Each additional hour: 35 € (depending on availability)

65 € | 60 min

AROMA CHROMOTHERAPY

Chromotherapy, also called colour therapy, belongs to alternative sources of medicine. If there is absence of energy in the body, chromotherapy is supposed to rebalance the energy and re-establish a normal process in the body through the use of coloured light.

8 € | 20 min

OXYGEN THERAPY

The Oxygen Capsule detoxifies the body, speeds up metabolic processes, improves blood circulation and intercellular exchange, boosts immunity, speeds up recovery from injuries, etc.

OXYGEN CAPSULE

35 € | 30 min

SALT THERAPY

Salt therapy or halotherapy is the inhalation and exposure of the body to dry salt aerosol. The main task of dry salt aerosol is to clean and disinfect the respiratory system and skin. It has a beneficial effect on well-being and is suitable for asthmatics, people with frequent colds and similar problems. It is suitable for children after six months of age to the elderly.

SALT THERAPY

20 € | 40 min

DETOX SALT THERAPY

29 € | 60 min

ADDITIONAL ADULT

11 €

INFORMATION AND RESERVATIONS

Rezervacija storitev: Reservation of services: Services can be booked in person at the wellness reception, by phone or by email. We advise you to book at least two days in advance. Please arrive at the Amalija Wellness Centre at least 15 minutes before the start of the service. If you are late, your appointment will unfortunately not be extended. Please mention any medical conditions or restrictions when booking.

Cancellation of booked services: Cancellation of a booked service is required at least 6 hours before the service. In the event of an unjustified cancellation, we are obliged to charge you 50% of the price of the service.

Payment: Payment is possible in cash or by credit card. Day guests are kindly requested to pay for the service before it starts.
Gift Voucher: Give a gift voucher to someone special in your life. They can be used to highlight a special moment and natural beauty. They can be purchased at the reception of the Amalija Wellness Centre, ordered by phone or by email.

The price list is valid from 22. 3. 2024 until further notice. All prices are in EUR and include VAT.

We reserve the right to change prices, programmes, sales conditions and opening times. Printing errors are not excluded.

Discounts: any discounts granted by Terme resort d.o.o. do not apply to packages of services (i.e. several services in one package offer).

OPENING HOURS OF THE RECEPTION OF THE AMALIJA WELLNESS CENTRE:
Monday–Sunday: 8.00 - 21.00

OPENING TIME OF THE VALETUDA MEDICAL CENTRE:
Monday–Friday: 8.00 – 15.00
Saturday: 8.00 – 12.00

RIMSKE TERME
MDCCCXLVII

Wellness Centre Amalija Reception

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