



ELISSIAN



YOUR WELLNESS PARTNER

WELLNESS BROCHURE



Welcome to Elissian Spa and immerse yourself in a sanctuary of well-being, where our treatments and serene facilities are devoted to rejuvenation, transformation and tranquility.

Having in mind how fast the modern pace of life can be, we aim to support You in developing ability to adapt physically, mentally and spiritually to everyday challenges. We offer You a holistic journey of ultimate relaxation and inner harmony. We create our treatments by paying special attention to your outer as well as the inner needs of self care, health improvement and beauty.

Our product houses include Thalgo, Sisley, Afrodita... Our highly skilled and educated staff in cooperation with our partners are devoted to providing experiences which help build resilience, strength and harmony of mind, body and soul as well as the skin.

Let us pamper and help you regain balance, energise & awaken your senses for the beauty of the moment that sometimes eludes us all while we strive to be & do our best every day.

Dobrodošli u Elissian Spa i uronite u utočište blagostanja, gdje su naši tretmani i spokojni sadržaji posvećeni pomlađivanju, transformaciji i spokoju.

Imajući na umu koliko suvremeni tempo života može biti brz, cilj nam je podržati Vas u razvoju sposobnosti tjelesne, mentalne i duhovne prilagodbe svakodnevnim izazovima. Nudimo Vam holističko putovanje vrhunskog opuštanja i unutarnjeg sklada. Naše tretmane kreiramo posvećujući posebnu pažnju Vašim vanjskim, ali i unutarnjim potrebama za brigom o sebi, poboljšanju zdravlja i ljepote.

Naše proizvodne kuće uključuju Thalgo, Sisley, Afrodita... Naše visoko kvalificirano i obrazovano osoblje u suradnji s našim partnerima posvećeno je pružanju iskustava koja pomažu u izgradnji otpornosti, snage i harmonije uma, tijela i duše, kao i kože.

Dopustite nam da vas razmazimo i pomognemo vam da vratite ravnotežu, energiziramo i probudimo vaša osjetila za ljepotu trenutka koji nam ponekad svima izmiče dok mi nastojimo biti i dajemo sve od sebe svaki dan.

ELISSIAN BODY CARE



ELISSIAN NJEGA TIJELA

SOS After Sun Body Treatment
20 min / 35 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 / 40 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 / 53 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 / 35 EUR

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

Body Scrub
25 min / 40 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 / 53 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.

Lavander Infinity
70 min / 89 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.

Lavander Infinity
70 min / 89 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.

MASSAGES



MASAŽA

Free Style Massage **25 min / 44 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.

Quick Help Therapy **25 min / 49 EUR**

A treatment for a quick release from a sudden pain caused by physical activities. Non-invasive passive movements and application of acupuncture needles into painful areas release you from symptoms of nerve strangulation and myofascial trauma, thus restoring your mobility completely.

Melt Away Therapy (back & leg) **45 min / 67 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 / 71 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 / 44 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.

Quick Help Therapy **25 min / 49 EUR**

Tretman za brzo uklanjanje iznenadne boli kod fizičkih aktivnosti. Neinvazivnim pasivnim pokretima i aplikacijom akupunkturnih iglica u bolna područja, uklanja sve simptome uklještenja živaca i opterećenja mišićne ovojnice, uz potpunu obnovu pokretljivosti.

Melt Away Therapy (back & leg) **45 min / 67 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 / 71 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 / 73 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 / 76 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 / 64 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 / 68 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 / 73 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 / 76 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 / 64 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 / 68 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 / 80 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 / 107 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 / 7 EUR

Face Mask
-- min / 7 EUR

Elissian Aroma Massage **60 min / 80 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 / 107 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 / 7 EUR

Face Mask
-- min / 7 EUR

RITUALS



RITUALI

Holistic Detox
80 min / 95 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 / 108 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 / 95 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 / 108 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.



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