

HR  
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WELLNESS  
HOTEL MALIN &Spa



HOTEL MALIN

An aerial photograph of a modern hotel's outdoor swimming pool area. The main pool is a large, rectangular blue-tiled structure with a white deck. In front of it is a smaller, square hot tub. The surrounding area is paved with light-colored tiles. Several rows of blue and white lounge chairs are arranged on wooden decks around the pools. A glass-enclosed entrance to the building features the words "HOTEL MALIN" in silver letters. The overall scene is bright and airy, typical of a vacation destination.

# WELLNESS

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## HOTEL MALIN &Spa



Pridružite nam se u čarobnom okruženju Wellness & Spa centra Malin, pronađite svoj savršen kutak u našoj oazi mira. Ovdje se skriva pravo značenje poznate izreke "Odmor za dušu i tijelo", a put ka tome osvjetljavaju naši Wellness rituali, vrhunski beauty tretmani lica i tijela, očaravajuća Spa zona, educirano i kvalitetno osoblje koje pruža individualan pristup svakome klijentu. Miris Mediterana, zvuk tišine i dodir luksuza izvanredna su formula svakodnevnice u Wellness & Spa centru Malin, a njen dio možete biti i Vi!

Vaš Wellness tim

Join us in the magical surroundings of Wellness & Spa centre Malin; find the perfect corner in our oasis of peace. The true meaning of the famous phrase "Rest for body and soul" is hidden here, and the way to this is illuminated by our Wellness rituals, the finest beauty, facial and body treatments, the fascinating Spa area, educated and quality staff having an individual access to every client. A scent of the Mediterranean, a sound of silence and a touch of luxury are an extraordinary formula of everyday life at Wellness & Spa centre Malin. You can also be a part of it!

Your Wellness Team



MASAŽE



MASSAGES

## **AROMA**

Ova masaža koristi prirodna topla ulja i tretira tijelo u potpunosti kako bi opustila Vaša osjetila i uklonila stres. Pokreti su spori i nježni da bi se postigla duboka fizička i psihička relaksacija. Relax masaža smanjuje napetosti i ima pozitivan učinak na cirkulaciju i revitalizaciju tijela.

## **MEDICINSKA MASAŽA**

Masaža kojom stimulacijom određenih zona na tijelu, refleksnim putem djelujemo na cijelo tijelo. Pobuđuje snagu regeneracije i smanjuje posljedice stresa. Rezultat ove masaže je na psihičkom i fizičkom nivou. Opušta mišiće, stimulira metabolizam, smanjuje bolove u vratu i leđima.

## **SPORTSKA MASAŽA**

Tehnika masaže koja se obično koristi prije ili poslije sportskih aktivnosti. Svrha ove masaže je da Vas pripremi za sportsku aktivnost i umanji mogućnost povreda, ili nakon sportskih aktivnosti pomogne pri uklanjanju zamora, smanji mišićnu napetost i doprinese boljoj fleksibilnosti.

## **MASAŽA TOPLIM KAMENJEM – MASAŽA VULKANSKIM KAMENJEM**

Ovo je jedinstvena masažna tehnika, stvorena kombinacijom drevne tradicije i moderne tehnologije. To je terapija u kojoj se koristi toplo vulkansko kamenje da bi se povratila harmonija i ravnoteža organizma te možemo reći da će doslovno otopiti napetost u mišićima.

## **MADEROTERAPIJA**

Tehnika holističke masaže koja se izvodi sa anatomske dizajniranim drvenim valjcima. Terapija je 100% prirodna bez alergijskih reakcija na koži. Ova vrsta masaže stimulira limfni sustav čime

## **AROMA**

This massage uses natural warm oils and treats the entire body in order to relax your senses and eliminate stress. The movements are slow and gentle to achieve deep physical and psychological Relaxation. Relax massage reduces tensions and has a positive effect on body circulation and revitalization.

## **MEDICAL MASSAGE**

Massage, which reflexively influence the whole body by stimulating certain zones on the body. It releases the power of regeneration and reduces the consequences of stress. The result of this massage is on both psychological and physical level. It relaxes muscles, stimulates metabolism, reduces neck and back pain.

## **SPORTS MASSAGE**

Massage technique usually used before or after sports activities. The purpose of this massage is to prepare you for sports activities and reduce the possibility of injuries, or to help to drain away the fatigue, reduce muscle tension and improve flexibility after sports activities.

## **HOT STONE MASSAGE – VOLCANIC STONE MASSAGE**

This is a unique massage technique, created by a combination of ancient tradition and modern technology. Warm volcanic stones restores the harmony and balance to the organism in this therapy. We can say that it will literally melt the tension in the muscles.

## **MADEROTHERAPY**

Holistic massage technique performed with anatomically designed wooden rollers. The therapy is 100% natural without allergic reactions on the skin. This type of massage stimulates the lymphatic system, which rids the body of accumulated toxins,

se organizam oslobađa od nagomilanih toksina, metabolizam se potiče na brže trošenje masti a cirkulacija se ubrzava.

### **DE STRESS MASAŽA**

Kombinacija terapeutске masaže leđa i relax masaže. Pomaže u opuštanju od stresa i uklanjanju bolova. Antistres masaža obnavlja energiju u tijelu i pomaže u oslobođanju od unutarnje napetosti. Fokus je na određenim dijelovima tijela kao što su glava, lice, dlanovi i stopala.

### **MASAŽA MALIN**

Posebno osmišljena masažna tehnika koja donosi vrhunski doživljaj opuštanja. Za ovu opuštajuću masažu koristi se toplo maslinovo ulje s mješavinom eteričnih ulja za potpunu revitalizaciju i pravi mediteranski ugođaj. Toplo kružni, spori i fluidni pokreti napuniti će organizam pozitivnom energijom.

### **JUNIOR MASAŽA**

Sasvim novo iskustvo za Vaše mališane kojim će ostati zadivljeni te će dobiti snagu za beskrajnu igru.

the metabolism is stimulated to burn fat faster, and circulation is accelerated.

### **DE STRESS MASSAGE**

Combination of therapeutic back massage and relaxation massage. It helps to relieve stress and relieve pain. Antistress massage restores energy in the body and helps release internal tension. The focus is on certain parts of the body such as the head, face, palms and feet.

### **MALIN MASSAGE**

A specially designed massage technique that brings the ultimate experience of relaxation. Warm olive oil with a mixture of essential oils is used for this relaxing massage for complete revitalization and a real Mediterranean touch. Warm, circular, slow and fluid movements will fill the body with positive energy.

### **JUNIOR MASSAGE**

A brand new experience for your little ones to stay great and to gain strength for an endless game.



**THALGO**  
LA BEAUTÉ MARINE

A blurred background image of a person lying face down, with their back exposed. A white sheet is draped over their head and shoulders. The overall aesthetic is soft and professional.

# TRETMANI TIJELA

## BODY TREATMENTS

## FIRMING TREATMENT

Tretman za učvršćivanje i hidrataciju koji rezultira njegovanom i zaštićenom kožom. Idealan je izbor za svakoga tko želi biti oduševljen kombinacijom svilenkaste i tonificirane kože. Nježan piling nam na početku tretmana otvara vrata kože kako bismo pod toplinom termo deke postigli maksimalan učinak maske.

## AROMATHERAPY WRAP

Anticelulitni tretman koji se osim s celulitom bori i protiv nakupljanja tekućine u tijelu. Krajnji rezultat pokazuje reduciranu otečenost nogu, poboljšanu mikrocirkulaciju te predstavlja kick start u borbi protiv izgleda kože poput narančine kore.

## MALIN RITUAL 90'

Ovaj jedinstveni ritual idealana je obnavljajuća njega za vrlo suhu, suncem oštećenu ili dehidriranu kožu. Blagi piling će nježno ukloniti grubu kožu i potaknuti cirkulaciju dok će nježna masaža cijelog tijela aromatičnim mediteranskim uljima opustiti sva osjetila. Za kraj tretmana nanosi se maska od orašastih plodova bogata aktivnim sastojcima koja hidratizirata i hrani kožu ostavljajući je vlažnom, glatkom i mekom.

## JAFFA DREAM TREATMENT

Čokoladni tretman kakao maslacem i eteričnim uljem naranče je slasna kombinacija koja će potaknuti dobro raspoloženje. Tretman započinje nježnim pilingom koji čisti kožu od suhih i mrtvih stanica, a nastavlja se nanošenjem eteričnog ulja naračne i kakao maslaca. Kao rezultat koža je glatka, hidratizirana i mirisna.

## FIRMING TREATMENT

Firming and hydrating treatment resulting in nourished and protected skin. The ideal choice for anyone who wants to be delighted by the combination of silky and toned skin. The gentle peeling at the beginning of the treatment opens the door of the skin in order to achieve the maximum effect of the mask under the heat of thermo blanket.

## AROMATHERAPY WRAP

Anti-cellulite treatment that, apart from cellulite, fights against fluid accumulation in the body. The result shows reduced foot swelling, improved microcirculation, and represents a kick-start in the fight against the orange peel-like look of the skin.

## MALIN RITUAL 90'

This unique ritual is ideal care for very dry, sun-damaged or dehydrated skin. A gentle scrub will gently remove rough skin and stimulate circulation, while a gentle massage of the whole body with aromatic Mediterranean oils will relax all the senses. At the end of the treatment, a nut mask is applied, which hydrates and nourishes the skin, leaving it moist, smooth and soft.

## JAFFA DREAM TREATMENT

Chocolate treatment with cocoa butter and orange essential oil is a delicious combination that will boost your mood. The treatment begins with a gentle peeling that cleans the skin of dry and dead cells, and continues with the application of pomegranate essential oil and cocoa butter. As a result, the skin is smooth and hydrated.





THALGO  
LA BEAUTE MARINE

TRETMANI LICA

FACIAL TREATMENTS

## **HYDRAMEMORY COMPLETE**

Izuzetno obnavljajući i hidratantni tretman lica namijenjen svakom tipu kože, koji Vam kožu ostavlja baršunastom i svilenkastom. Također djeluje antioksidativno te jača prirodnu barijeru kože zahvaljujući kombinaciji Moringa ulja i prirodnih ekstrakta.

## **ACTIVE PURENESS**

I masna koža zahtijeva određenu njegu. S ovim intenzivnim, ali istovremeno i nježnim tretmanom ujednačavamo ten, reguliramo rad žlijezda lojnica te zaglađujemo kožu. Ukoliko je koža sklona aknama također preporučujemo ovaj tretman.

## **THALGO — HEART OF THE OCEAN RITUALS**

### **THALGO PURETE MARINE** 50'

Posebno osmišljen tretman za mješovitu do masnu kožu koji pruža morsku snagu za vraćanje ljepote kože. Vidljivo smanjuje nesavršenosti, redefinira pore i kontrolira sjaj. Poboljšava teksturu kože te ju ostavlja čišćom i zdravijom. Ovaj personalizirani Thalgo ritual započinje opuštajućom masažom nakon koje se koža nježno čisti i pilingira. Serum prepun aktivnih morskih sastojaka nanosi se masažom za opuštanje mišića lica i ublažavanje napetosti u rukama, ramenima i vratu. Nakon toga slijedi maska, a tretman završava nanošenjem hidratantne kreme.

### **THALGO COLD CREAM MARINE** 50'

Tretman umiruje i hidratizira iritiranu i suhu kožu, pun je hranjivih sastojaka iz dubina oceana koji opskrbljuju kožu svim potrebnim hranjivim tvarima i lipidima. Krema obogaćena mješavinom ulja intenzivno hidratizira i umiruje.

## **HYDRAMEMORY COMPLETE**

Extremely rejuvenating and moisturizing facial treatment for all skin types, which leaves your skin velvety and silky. It also acts as an antioxidant and strengthens the natural skin barrier thanks to the combination of Moringa oil and natural extracts.

## **ACTIVE PURENESS**

Oily skin also requires specific care. With this intensive, but at the same time gentle treatment, we equalize skin tone, regulate sebaceous glands and smoothe the skin. If skin is prone to acne, we also recommend this treatment.

## **THALGO — HEART OF THE OCEAN RITUALS**

### **THALGO PURETE MARINE** 50'

A specially designed treatment for combination to oily skin that provides the power of the sea to restore the skin's beauty. Visibly reduces imperfections, redefines pores and controls shine. It improves the texture of the skin and leaves it cleaner and healthier. This personalized Thalgo ritual begins with a relaxing massage, after which the skin is gently cleansed and exfoliated. The serum, full of active marine ingredients, is applied with a massage to relax the facial muscles and relieve tension in the arms, shoulders and neck. This is followed by a mask, and the treatment ends with the application of a moisturizing cream.

### **THALGO COLD CREAM MARINE** 50'

The treatment soothes and hydrates irritated and dry skin, it is full of nutrients from the depths of the ocean that supply the skin with all the necessary nutrients and lipids. The cream enriched with a mixture of oils intensively hydrates and soothes.

## **ANTI-AGE**

Ovaj tretman kombinira dva snažna sastojka: kolagen i hijaluron za popunjavanje bora i zaglađivanje kože koja pokazuje vidljive znakove starenja. Vrlo učinkovita masaža protiv bora i profesionalna maska brišu bore i vraćaju licu sjaj.

## **SOURCE MARINE**

Tretman hidratacije i liječenja suhe i dehidrirane kože lica pruža izvanredne učinke. Namjenjen je za dubinsko vlaženje, revitalizaciju i očuvanje dobrog hidrolipidnog statusa kože. Hidratacija Thalgo linijom koži vraća potrebnu vlažnost, opskrbu mineralima i potiče kožu na revitalizaciju.

## **THALGO MEN**

Tretman za muškarce koji djeluje protiv umora i bora te hidratizira kožu. Koncentrirani Algue Bleue Vitale iz dubina jezera Klamath, aktivni sastojak duboko oživljava, stimulira i obnavlja kožu nalazi se u srcu preparata koji se koriste u toku tretmana.

## **ANTI-AGING**

This treatment combines two powerful ingredients: collagen and hyaluronic to fill in wrinkles and smooth skin that shows visible signs of aging. A very effective anti-wrinkle massage and a professional mask erase wrinkles and restore radiance to the face.

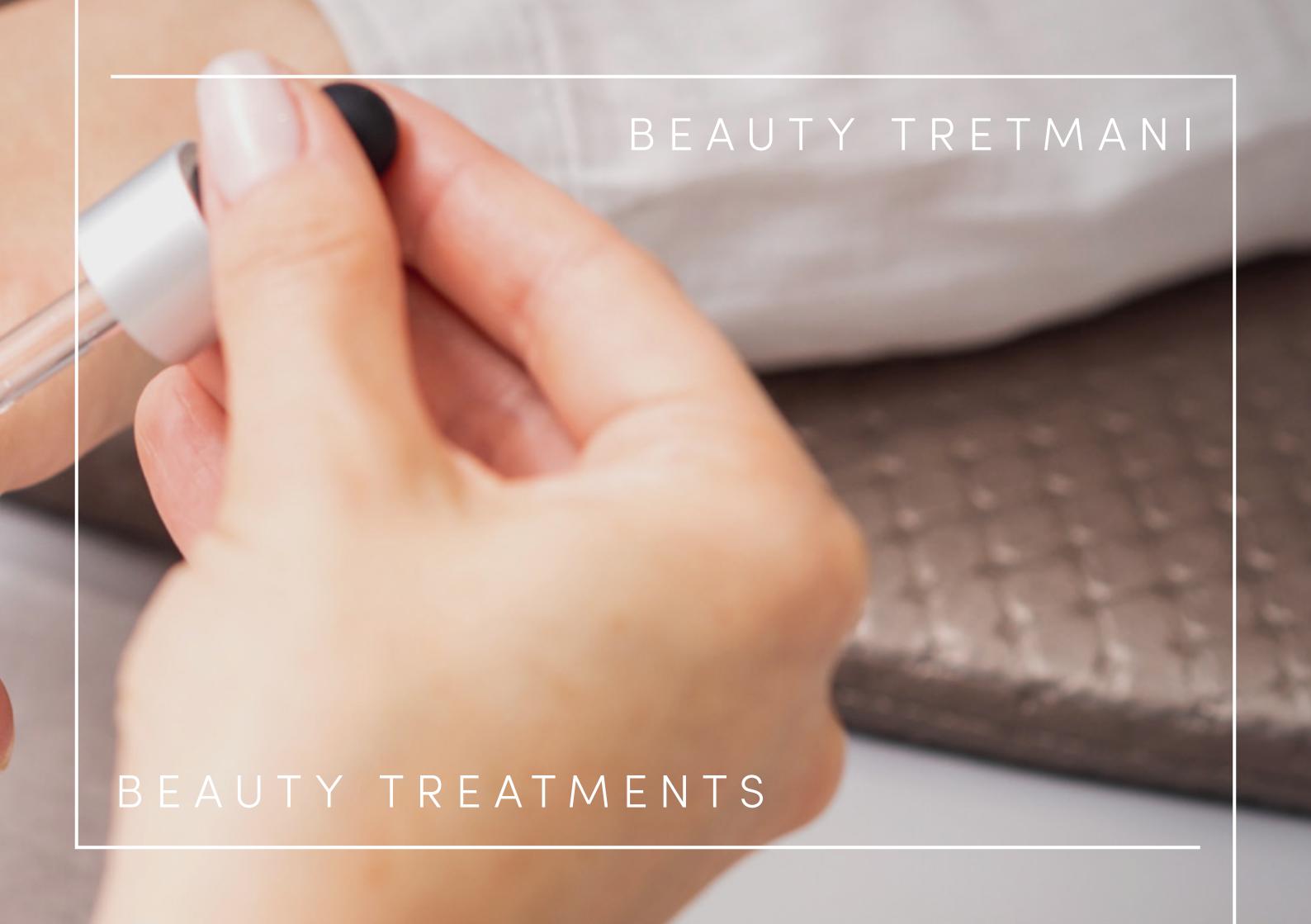
## **SOURCE MARINE**

Treatment of hydration and treatment of dry and dehydrated facial skin provides extraordinary effects. It is intended for deep moisturizing, revitalization and preservation of good hydrolipid status of the skin. Hydration with the Thalgo line restores the necessary moisture to the skin, supplies minerals and encourages skin revitalization.

## **THALGO MEN**

A treatment for men that works against fatigue and wrinkles and hydrates the skin. Concentrated Algue Bleue Vitale from the depths of Klamath Lake, the active ingredient that deeply revives, stimulates and renews the skin is at the heart of the preparations used during the treatment.





BEAUTY TREATMANI

BEAUTY TREATMENTS

## **MANIKURA / PEDIKURA**

Ovo je osnovna metoda njega i zaštite ruku/stopala. Uključuje kupku, uređenje kožice oko noktiju, oblikovanje noktiju, nanošenje hranjive kreme i lakiranje. Nakon tretmana ruke / stopala su opuštena i meka, a nokti lijepli i uređeni.

## **EXPRESS**

Tretman uključuje oblikovanje noktiju, odstranjivanje suvišne kožice, potiskivanje kožice te masažu osvježavajućim balzalom. Ne sadrži lakiranje.

## **SPA MANIKURA / PEDIKURA**

Priuštite svojim rukama/stopalima i noktima dugotrajnu ljepotu gdje tretman klasične manikure/pedicure završavamo beskrajnim sjajem trajnog laka te posebnim obnavljajućim tretmanom. Tretman uključuje dubinski peeling za meku i glatku kožu, masku i balzam za njegu, opuštajuću masažu nogu te uređivanje i lakiranje noktiju.

## **LAKIRANJE NOKTIJU**

### **TRAJNI LAK**

Nova formula trajnog laka daje Vam bespriječoran sjaj te dugotrajanu postojanost bez oštećivanja Vaših prirodnih noktiju.

### **PRO SPA TRETMAN**

Fantastičan njegujući tretman za Vaše ruke/stopala. Postiže se apsolutna hidratacija, omekšavanje kože te jačanje noktiju. Može se koristiti kao samostalan tretman ili kao dodatak manikuri/pedicuri.

### **DEPILACIJE**

### **OBLIKOVANJE OBRVA**

## **MANICURE / PEDICURE**

This is the basic method of the hand/foot care and protection. Includes soaking, cuticle work, nails shaping, nourishing cream applying and nail polish. After the treatment, the hands/feet are relaxed and soft, while the nails are beautiful.

## **EXPRESS**

The treatment includes shaping the nails, removing the excess cuticle, pressing the cuticle and massage with a refreshing balm. Does not contain nail polish.

## **SPA MANICURE / PEDICURE**

Give your hands/feet and nails a long lasting beauty where the classic manicure/pedicure treatment ends with endless shine of permanent nail polish and special regenerative treatment. The treatment includes a deep peeling for soft and smooth skin, a mask and care balm, a relaxing massage and nail polish.

## **NAIL POLISH**

### **PERMANENT NAIL POLISH**

The new formula of permanent nail polish gives you an impeccable glow and long-lasting durability without damaging your natural nails.

### **PRO SPA TREATMENT**

Fantastic nourishing treatment for your hands/feet. Absolute hydration, skin softening and nail strengthening is achieved. Can be used as a single treatment or as an add-on treatment to manicure/pedicure.

### **WAXING**

### **EYEBROWS SHAPING**





Aroma  
steam bath

SPA ZONA



SPA AREA

## **UNUTARNJI I VANJSKI BAZEN DJEĆJI BAZEN**

### **INFRACRVENA SAUNA SA HIMALAJSKOM SOLI**

Ova vrsta saune spada pod kategoriju finske saune, a specifična je po tome što se temperatura prenosi na način da nam se tijelo dubinski zagrijava uz infracrveno zračenje koje nam daje mnoge blagodati. Solne cigle od čiste himalajske soli generiraju proizvodnju negativnih iona, koji imaju niz pozitivnih učinaka na naš organizam.

Temperatura: 50–60°C / Optimalan boravak: 20–30'

### **EXTREMNA FINSKA SAUNA**

"U sauni ljutnja isparuje, a bijes se isušuje!" Drvena kabina s klapama, u koju topli zrak ulazi kroz peć punu zagrijanog granitnog kamenja. Zrak u sauni je vrući i suh.

Temperatura: 80–100°C / Vlažnost: 10–20% /  
Optimalni boravak: 8–15'

### **AROMA Parna Kupelj**

Turska ili parna kupelj je "kupanje" u prostoriji ispunjenoj zasićenom parom, zrak je topao i jako vlažan.

Temperatura: 45–55°C / Vlažnost: 80–100% /  
Optimalan boravak: 10–15'

### **BIO FINSKA SAUNA**

Korištenje ove vrste saune je fantastično za osobe koje teško podnose visoke temperature klasične finske saune, imaju niski tlak, a također i pomaže pri liječenju tegoba dišnog sustava.

Temperatura: 55–60°C / Vlažnost: 30–50% /  
Optimalni boravak: 10–15'

## **RELAX ZONA I SPA VITAL BAR**

## **INDOOR AND OUTDOOR SWIMMING POOL KIDS SWIMMING POOL**

### **INFRARED SAUNA WITH HIMALAYAN SALT**

This type of sauna belongs to the category of Finnish sauna, and it is special because the temperature is transmitted in a way in which the body is deeply heated by the infrared rays that gives us many benefits. Pure Himalayan salt bricks generates the production of negative ions, which have a number of positive effects on our organism.

Temperature: 50–60°C / Optimal time to stay: 20–30'

### **EXTREME FINNISH SAUNA**

"In sauna the anger evaporates, and the rage gets dried out!" A wooden cabin with benches, in which warm air enters through stove full of heated granite stones. The air in the sauna is hot and dry. Temperature: 80–100°C / Humidity: 10–20% /  
Optimal time to stay: 8–15'

### **AROMA STEAM BATH**

Turkish or steam bath is "bathing" in a room filled with saturated steam; the air is warm and very humid. Temperature: 45–55°C /  
Humidity: 80–100% / Optimal time to stay: 10–15'

### **BIO FINNISH SAUNA**

The use of this kind of saunas is fantastic for people, who are having severe difficulties with dealing with high temperatures of the classic Finnish sauna, have low blood pressure, but also it helps with the treatment of respiratory difficulties.

Temperature: 55–60°C / Humidity: 30–50% /  
Optimal time to stay: 10–15'

## **RELAX AREA AND SPA VITAL BAR**



## **Malin wellness etiketa**

- Osoblje našeg Wellnessa pomoći će Vam pri odabiru tretmana na način da Vaše Wellness iskustvo prilagode Vašim specifičnim željama potrebama.

### **WELLNESS ANKETA**

- Molimo Vas da ispunite upitnik za klijente, kako bi se mogli prilagoditi Vašim željama.

### **WELLNESS KOŠARICA**

- Sve potrebno za korištenje wellnessa nalazi se na Wellness recepciji.
- Molimo Vas da ručnike i ogrtače koje ste dobili unutar centra nakon upotrebe vratite na recepciju Wellness centra.

### **DOLAZAK**

- Molimo Vas da dođete 10 minuta prije ugovorenog termina kako biste se mogli opušteno pripremiti za tretman.

### **REZERVACIJA I OTKAZIVANJE**

- Rezervirati Vaš termin za tretman možete na Wellness recepciji.
- Molimo Vas da nas obavijestite unaprijed ukoliko želite otkažati ili promjeniti vrijeme za Vaš ugovoren tretman kako ne bi morali zaračunati trošak tretmana.

### **PRAVILA**

- Wellness centar je mjesto mira i relaksacije. Molimo Vas da poštujete druge goste i njihovu potrebu za opuštanjem. Molimo Vas da prije ulaska u Wellness centar ugasite Vaše mobilne uređaje i druge elektronske naprave. Pušenje u Wellness centru nije dozvoljeno.

## **Malin wellness etiquette**

- Our Wellness staff will help you to choose the right treatment to meet your specific wishes and needs.

### **WELLNESS CLIENTS' FORM**

- Please, fill out the form, so that we can tailor the treatment to your wishes.

### **WELLNESS BASKET**

- Everything needed for use of the wellness is at the Wellness Reception.
- Please, return the towels and bathrobes received in the Wellness back to the Wellness Reception.

### **ARRIVAL**

- Please, arrive at least 10 minutes before your scheduled treatment in order to relax and prepare for treatment.

### **RESERVATIONS AND CANCELLATIONS**

- You can book your treatment at the Wellness Reception.
- If you would like to cancel or change the time of your scheduled treatment, please let us know in advance in order to avoid charging the treatment cost.

### **RULES**

- Wellness Center is a place of peace and relaxation. Please respect other guests and their need for relaxation. Please turn off your mobile phones and other electronic devices before entering the Wellness Center. Smoking at the Wellness Center is not permitted.
- Please shower before using Wellness facilities.
- Please use saunas properly, naked or draped in a towel.

- Molimo Vas da koristite tuš prije korištenja sadržaja Wellnessa.
- Molimo Vas da koristite saune pravilno, u sauni biti goli ili ogrnuti ručnikom/plahatom.
- Djeci mlađoj od 16 godina nije dozvoljen ulaz u Spa zonu, a na bazenu trebaju biti u pratnji roditelja.
- Uprava hotela zadržava pravo zabrane pristupa u Wellness ukoliko ponašanje gosta nije primjerenog.
- Svi sadržaji u Wellness centru koriste se na vlastitu odgovornost.
- Možete zatražiti da se za plaćanje tereti Vaš račun sobe.

### **VRIJEDNOSTI**

- Molimo Vas da sve vrijedne predmete odložite u sef u sobi. Ne odgovaramo za izgubljene predmete.

### **POKLON BON**

- Ako želite nekog iznenaditi upitajte nas za poklon bon.

### **RADNO VRIJEME**

Zona bazen od 08:00–20:00 h

Zona sauna od 08:00–20:00 h

Tretmani od 08:00–20:00 h

\* Cjenik je u prilogu

\* Zadržavamo pravo promijene cijena i radnog vremena po sezonomama

\* PDV je uračunat u cijenu

- Children under the age of 16 are not allowed to enter Spa zone area. But to use swimming pool, they have to be accompanied by parent.
- Hotel Management reserves the right to deny access to the Wellness centre to the guest whose behavior is not appropriate.
- All facilities at the Wellness centre are used at your own risk.
- Your service can be charged onto your room account.

### **VALUABLES**

- Please, store all valuable items in a safe deposit box in the room. We are not responsible for any lost items.

### **GIFT CARD**

- If you would like to surprise someone, do not hesitate to ask us about gift card.

### **WORKING HOURS**

Swimming pool area from 08:00–20:00 h

Sauna area from 08:00–20:00 h

Treatments from 08:00–20:00 h

\* Price list is attached

\* We reserve the right to change prices and working hours in the season period

\* VAT included in price







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