

# SPA MENU

Veladrion Spa

*Planina Velebit krije 2,000 vrsta i podvrsta biljnog svijeta. Tu se njeguje stoljetna tradicija branja ljekovitog bilja. U Veladrionu smo kombinirali našu stručnost s lokalnim aromatičnim biljem kako bismo vam ponudili cjelovite iscjeljujuće tretmane. Dio je to našeg holističkog pristupa wellnessu koji uključuje kretanje, opuštanje, tretmane i prehranu koja vodi do blagostanja.*

*Želimo vam dobrodošlicu u naš Wellness i Spa, gdje ćete osjetiti intenzivan osjećaj harmonije, mira i spokoja.*

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*Velebit is home to 2,000 species and subspecies of flora. The centuries-old tradition of harvesting medicinal plants is also nurtured in this area. At Veladrión, we combine our expertise with local medicinal plants to introduce healing treatments. This is part of our holistic approach to wellness which includes physical activity, relaxation, various treatments, and nutrition leading to well-being.*

*We welcome you to our Veladrión Resort where you will feel an intense sense of harmony, peace, and tranquillity.*

# Masaže

## Massages

*Svakom se gostu maksimalno posvećujemo i tretmane krojimo prema individualnim potrebama.*

*Naši tretmani nude ljekovita i estetska svojstva koja hrane i štite kožu te opuštaju tijelo.*

*Otkrijte blagotvorna svojstva naših organskih sastojaka te odaberite željeno eterično ulje prema tome kako se osjećate i što vam tijelo govori. Za masaže koristimo najkvalitetnija hladno prešana ulja, poznata po neutraliziranju slobodnih radikala.*

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*We treat each guest individually and tailor your treatments to your needs. Our treatments have healing and aesthetic properties which nourish and protect the skin and relax the body.*

*Discover the beneficial properties of our organic ingredients and choose the desired essential oil according to how you feel and what your body tells you. For massages, we use the highest quality cold-pressed oils, known for neutralizing free radicals.*

### VELADRION MASAŽA

#### VELADRION MASSAGE

50 min – 110 € • 827,79 kn | 80 min – 150 € • 1130,17 kn

Aromaterapijska masaža različitim tehnikama u dogovoru s vašim terapeutom.

Ove masaže umanjuju kronični umor i bol u tijelu, poboljšavaju cirkulaciju, opuštaju mišiće, um i tijelo te poboljšavaju raspoloženje.

This aromatherapy-based massage requires the therapist to use different techniques as well as their intuition to provide you with an individual, tailored approach. The massages reduce chronic fatigue and pain in the body, improve circulation, relax the muscles, mind and body and improve mood.

### MASAŽA VULKANSKIM KAMENJEM

#### VOLCANIC STONE MASSAGE

50 min – 120 € | 80 min – 160 €

Kombinacija toplog vulkanskog kamenja, ulja i masaže koja na nježan način opušta mišiće cijelog tijela.

A combination of warm volcanic stones, oil, and massage that gently relaxes the muscles of the whole body.

### LIMFNA DRENAŽA / PURIFYING BODY MASSAGE

#### LYMPHATIC DRAINAGE MASSAGE / PURIFYING BODY MASSAGE

50 min – 110 € • 827,79 kn | 80 min – 150 € • 1130,17 kn

Masaža za poboljšanje prirodne cirkulacije limfe kroz tijelo. Koriste se specifična jačina pritiska i ritmički kružni pokreti za stimulaciju protoka limfe.

A massage designed to improve the natural lymph circulation throughout the body. We apply a specific level of pressure and rhythmic circular movements to stimulate lymph flow.

### ENERGETSKA MASAŽA STOPALA

#### ENERGETIC FOOT MASSAGE

50 min – 80 € • 602,76 kn

Priušтите si opuštajuću energetsku masažu stopala i dopustite našim stručnim terapeutima da umire stres i napetost iz cijelog tijela.

Treat yourself to a relaxing foot massage and let our skilled therapists soothe away stress and tension from your body.

### REFLEKSNA DETOKSIKACIJSKA MASAŽA ABDOMENA

#### ABDOMINAL REFLEX DETOXIFICATION MASSAGE

50 min – 80 € • 602,76 kn

Ovaj tretman pospješuje pokretljivost i detoksikaciju te aktivira i podupire samoiscjeljenje tijela. Masažom abdomena organi se samoreguliraju, dovodeći cijeli sustav u ravnotežu.

This treatment improves mobility and detoxification, and activates and enhances your body's self-healing. Abdominal massage self-regulates the organs, bringing the entire system into balance.

# Tretmani tijela

## Body treatments

*Naši tretmani nude ljekovita i estetska svojstva koja hrane i štite kožu te potiču um i tijelo na opuštanje.*

*Our treatments have both healing and aesthetic properties which nourish and protect the skin and relax the mind and the body.*

### PILING TIJELA

#### BODY PEELING

40 min – 60 € • 452,07 kn

Piling koji stimulira cirkulaciju i limfni sustav, budeći energiju tijela dok uklanja mrtve stanice s kože kako bi se otkrio sjaj koji leži ispod površine.

Exfoliation that stimulates circulation and the lymphatic system, awakening the body's energy by removing dead skin cells and revealing your inner glow.

### ORGANSKI RITUAL MASLINOVIM ULJEM PRIJE SUNČANJA

#### PRE-SUN ORGANIC OLIVE PULP RITUAL

115 min – 110 € • 1130,17 kn

Tretman koji priprema vašu kožu za sunce, opušta tijelo i daje mu energiju.

A treatment which prepares your skin for the sun, and relaxes and energizes the body.

# Tretmani lica

## Facial treatments

### LJEPOTA NA PRIRODAN NAČIN

*Tretmani lica brinu se o ljepoti kako bi vas osvježili i pružili vam obnovljen osjećaj samopouzdanja.*

### BEAUTY IN A NATURAL WAY

*Facial beauty treatments to refresh you and give you a renewed sense of self-confidence.*

### HIDRATIZIRAJUĆI TRETMAN LICA

#### HYDRATING FACIAL TREATMENT

50 min – 100 € • 753,45 kn

Doživite holistički tretman lica koji uključuje umirujuću masažu ramena, vrata i lica dok prirodni sastojci prodiru u dublje slojeve kože, čisteći, hraneći i hidratizirajući lice. Experience a holistic facial treatment that includes a soothing shoulder, neck, and face massage while the natural ingredients permeate into the deeper layers of the skin, cleansing, nourishing, and hydrating the face.

### CAVIAR LIFT TRETMAN LICA

#### CAVIAR LIFT FACIAL TREATMENT

80 min – 150 € • 1130,17 kn

Ovaj intenzivan tretman lica predstavlja pravu gozbu za umornu i zrelo kožu. Sinergijsko djelovanje luksuznih sastojaka kavijara i prirodnog morskog kolagena vraća elastičnost, tonus i vlagu koži. Tretman koji balansira energiju i stimulira prirodni lifting lica te tako koži vraća zdrav izgled.

This intensive facial treatment is a real feast for tired and mature skin. The synergistic effect of the luxurious caviar and natural marine collagen restores elasticity, tone and moisture to the skin. A treatment that balances energy and stimulates natural face lifting, thus restoring the skin's healthy appearance.

# Završni dodir

## The final touch

### DEPILACIJA

#### HAIR REMOVAL

#### Potkoljenica

Half leg

25 € • 188,36 kn

#### Cijele noge

Full leg

35 € • 263,70 kn

#### Ruke

Arms

30 € • 226,03 kn

#### Oblikovanje obrva

Eyebrow shaping

20 € • 150,69 kn

#### Nausnice

Upper lip

20 € • 150,69 kn

#### Pazuh

Armpits

25 € • 188,36 kn

### NJEGA RUKU I STOPALA

#### HAND AND FOOT CARE

Hranjiv tretman za ruke i stopala u kojem se primjenjuju umirujuće masaže i nježni pilinzi za uređivanje zanoktica i noktiju.

A nourishing treatment for hands and feet in which soothing massages and gentle exfoliation condition the cuticles and nails.

#### Osnovna manikura

Basic manicure

45 min – 40 € • 301,78 kn

#### Manikura s pilingom i masažom

Manicure with exfoliation and massage

60 min – 60 € • 452,07kn

#### Pedikura

Pedicure

75 min – 60 € • 452,07kn

#### Skidanje gela/zamjena boje

Gel removal/colour change

30 € • 226,03 kn

#### Po izboru lakiranje običnim lakom ili trajnim lakom

Nail polish options: ordinary polish or gel polish

15/20 € • 113,00/150,69 kn

# Yoga

*Fizička, mentalna i duhovna disciplina koja potječe iz drevne Indije. Prakticiranjem asana (fizičkih poza), pranayame (vježbi disanja) i meditacije povećava se protok vitalne energije, fleksibilnost tijela i kontrola uma. Pritom se mijenjaju obrasci svijesti i cijelo biće dovodi se u zdravije i uravnoteženo stanje. Yoga pomaže u oživljavanju uspavane energije, pomlađivanju tkiva i smanjenju stresa te jačanju raznih fizioloških procesa koji tijelo čine zdravim i aktivnim.*

*Vježbajte u prirodno uređenom vrtu, okruženi maslinama i začinskim biljem uz žubor rijeke Male Gacke koja prolazi kroz naš Resort. To su elementi koji stvaraju savršeno okruženje, spoj izolacije, mira i blaženstva.*

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*A physical, mental, and spiritual discipline originating in ancient India. Doing asanas (poses), pranayama (breathing exercises), and meditation increases your vital energy flow, body flexibility, and gains clear control of your mind. This changes the patterns of consciousness and brings your whole being into a healthier and more balanced state. Yoga helps revive your dormant energy, rejuvenate tissues, and reduce stress levels, as well as invigorates various physiological processes that make your body healthy and active.*

*Engage in your practice surrounded by olive trees and aromatic herbs with the soothing sounds of the Mala Gacka River that runs throughout our Resort. We created the perfect combination of isolation, peace and bliss just for you.*

60 min – 110 € • 827,79 kn

## HATHA YOGA

Usredotočuje se na pravilno držanje tijela i tehnike disanja, te usmjeravanje vitalnog izvora energije. Na sanskrtu, hatha znači sila. Hatha se smatra laganom yogom koja se temelji na statičnim pozama i odlična je za početnike. Iako je po stilu lagana, ipak može biti fizički i psihički izazovna. Vaš instruktor vodit će vas korak po korak kroz cijelu seansu i fokusirati se na vaše potrebe i mogućnosti.

## HATHA YOGA

Focuses on the correct posture and breathing techniques to direct the vital source of energy. In Sanskrit, hatha is interpreted as force. Hatha is considered an easy yoga, based on static poses, and is great for beginners. Although it is not as demanding, it can still be physically and mentally challenging. Your instructor will guide you step by step through the entire session and focus on your needs and abilities.

## VINYASA FLOW

Stil u kojem je svaki pokret sinkroniziran s dahom. Dah ima prednost i djeluje kao sidro dok se krećete iz jedne asane u drugu. Na sanskrtu, vinyasa znači povezivanje. Vinyasa Flow dopušta mnogo raznolikosti, a najčešće uključuje Surya Namaskar (Pozdrav suncu). Očekujte kretanje između asana. Brzina i zahtjevnost mogu biti prilagođene.

## VINYASA FLOW

A style that synchronizes every movement with your breath. Breathing takes precedence and acts as an anchor as you move from one asana to the next. In Sanskrit, vinyasa means connection. Vinyasa Flow allows for a lot of variety, but almost always includes Surya Namaskar (Sun Salutation). Between asanas, you can expect some physical movement; the speed and difficulty can be adjusted.

*Yoga je izvanredna za vaše zdravlje. Ne samo da vas održava aktivnima nego smanjuje stres, poboljšava zdravlje srca i prilagodljiva je za različite razine tjelesne spremne.*

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*Yoga is excellent for your health - not only does it keep you active, it reduces stress, improves the function of the heart, and is adaptable to different fitness levels.*