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Stories

Our story begins at dusk...

Back in the days before outboard motors, Rovinj fishermen *went fishing at night on their batanas on oars, powered only by their strength, and, if the winds were favourable, a simple lug sail. They would lure the fish into their nets using lanterns or fiery sticks.*

Sailing around these rocky shores at night can be dangerous. But when the torch is bravely lit, the fish practically jumps into the boat: abundance follows courage.

Batàna is a characteristic Rovinj wooden sailing boat of ancient design, the symbol of a precious and vanishing culture. For the handful of remaining speakers of the dialect of this area, the *batana* remains the centre of everyday life. And just as this little boat is the centre of culture, the mast - *àlbaro* - is the centre of the *batana*.

When we stand tall like a mast, we are cantered and strong, yet flexible, resilient to the pressures of life.

Lured by the siren call of the sea and inspired by the freedom of sailing, ALBARO WELLNESS & SPA offers a unique, Istrian vision of healing.

Since ancient times, seafaring peoples have used the healing powers of seaweed, salt, and mud to heal wounds, soothe the skin, and restore youthful radiance. The herbal healing traditions of Istria have been preserved in old recipes for *rakija*, Istrian herbal brandy.

AT ALBARO WELLNESS & SPA we want to share with you the secrets of Istrian wellness. From the gifts from the sea to the first olives and local herbs soaked in brandy, experience the most intriguing ingredients and treatments offered by *Terra Magica*.

Albaro Exclusives

Let our ancient remedies bring you back to life: traditional absinthe made of mysterious herbs and healing miracles of olive oil - the golden nectar of Istria!

RITUAL WITH THE TASTE OF PELINKOVAC

80 MINUTES | SOLO OR IN PAIR

Welcome drink, aromatherapy massage, fennel sugar scrub, private shower, tea.

Although the ancient Istrian herbal medicine has been forgotten, the wisdom has been encoded in recipes for certain elixirs such as the iconic Pelinkovac - Istrian “absinthe” - made from an aromatic plant *Artemisia absinthium* (wormwood). This plant with strong psychoactive properties has been highly valued for thousands of years among the cultures of this area, including the ancient Egyptians, Romans and Greeks.

After a tasting of Pelinkovac, we will start the ritual with an enchanting aromatherapy massage with grape seed oil and anise. We will then awaken your skin with a fennel sugar scrub. The treatment ends with a private shower, after which you will be rewarded by a selection of teas with Pelinkovac. *Features homemade ingredients.*

[Note: *Artemisia* should not be consumed if you have liver problems or are pregnant. We do not use *Artemisia* in skin products, only in beverages. Let us offer you an alternative.]

OLIVE PRESS CEREMONY

90 MINUTES | SOLO OR IN PAIR

Welcome drink, olive oil massage, olive pulp scrub, private shower, tea.

Embark on an imaginative journey of an olive after harvest! This wellness ceremony is both therapeutic and sumptuous, inspired by the historic olive presses found in the heart of every Istrian town.

After a welcome shot of olive brandy, you will experience enchanting massage techniques with pure extra virgin olive oil that mimic the pressing of olives by applying compression, glides, and pressure to muscles. Tailored to your preference in intensity, these techniques bring complete relaxation as you melt into the oil. The massage is followed by a rejuvenating scrub with a rich cream of crushed Istrian olive pulp.

After a private shower, you will be rewarded by olive leaf tea rich in antioxidants.

Features Istrian products and homemade extra virgin olive oil.

A visit to Rovinj is not complete without an evening ride in a batana, so we turned this unforgettable experience into a wellness experience called Batana Bodywork.

BATANA BODYWORK

100 MINUTES

The best massage on the Adriatic that starts with a welcome drink and ends with hemp tea.

Batana Bodywork is a deep therapeutic massage inspired by a night ride on a batana.

For this treatment, we prepared Batana balm that contains three medicinal ingredients: hemp oil, beeswax and fragrant lavender. With their strong palms and soft forearms your therapist will perform rowing and pulsating movements, gently rock and stretch you, and the rhythm of their movements will remind you of the waves hitting the bottom of the batana. Best of all, your therapist will use parts of a batana paddle to stretch and lengthen your muscles, thus providing you with greater freedom and ease of movement. Then enjoy a soothing cup of hemp tea.

If you do not want to consume alcohol, please let us know when booking or checking-in and we will serve you tea at the beginning of the treatment.

Private spa

Enjoy wellness experiences in complete serenity with our Private Spa offer.

VILA, OUR PRIVATE SPA ROOM

If you want to try out the sauna experience in total solitude or arrange a Rassoul treatment for yourself and a loved one, we have the perfect solution for you. Inquire about Villa, our VIP double spa room that includes a sauna, steam bath and shower in one.

All joint treatments will take place in our private spa apartment Vila, but if you want to use the sauna, time can be added to your reservation in increments of one hour according to the price list (unless the time in the sauna is specified in the package).

Couples and Combos

Let us suggest the perfect combination of spa services or create your personal spa program.

COUPLE'S ESCAPE

2 HOURS

Welcome drink, private steam sauna with herbal SCRUB, massage for two (90 min), tea

Escape to the sea and reconnect! Start with a welcome drink and then have fun in the private steam bath with our playful scrubs and masks. After showering, enjoy a 90-minute massage of your choice. Afterwards, tea will be served in the relaxation area.

COASTAL COMBO:

AROMATHERAPEUTIC MASSAGE | FACIAL TREATMENT

2 HOURS

Breathe in the fresh air in our park forest by the sea and start your vacation with this perfect combo - a one-hour massage followed by a facial treatment of your choice. In a single appointment, recover your skin from the stresses placed upon it by city life and restore its healthy glow. You can enjoy this combo solo or in pairs.

Types of massage

Healing hands combined with the best massage techniques on the Adriatic? Yes please!

The oil and fragrances suggested for each massage can be tailored to your wishes. All massages in this section can be booked for two people at the same time (depending on the availability of our double spa room Vila).

ALBARO RELAX MASSAGE BY OMOROVICZA

60 MINUTES

This traditional aromatherapy massage uses our blend of soothing oils. Sacha Inca and Pink Pepper warming oils provide you with inner calm and improve your well-being. Extremely light lymphatic drainage massage techniques stimulate lymph fluid movement. Ideal for body cleansing, reducing fluid retention, travellers, people suffering from insomnia and for relieving symptoms of fatigue and stress.

AROMATHERAPY MASSAGE

50 OR 70 MINUTES

This deeply relaxing aromatherapy massage is performed with hydrating base oils and essential oils. The movements are gentle and designed to improve circulation and lymphatic drainage in the body. Pure relaxation!

HOT STONE MASSAGE

80 MINUTES

This massage uses warm stones, such as the one extracted from an ancient quarry in our park forest, and grounding black basalt and gliding movements to soothe you and renew your energy. While the stones support emotional grounding, crystals balance and raise your energy.

CLASSIC MASSAGE WITH ST. JOHN'S WORT

50 OR 70 MINUTES

The old medicine of Istria is St. John's wort, whose flower is kept immersed in extra virgin olive oil until the oil turns red. Discover the power of this plant through modern therapeutic deep tissue massage, intelligent neuromuscular therapy and the firm pressure of our therapists. *Hypericum perforatum* is known to have anti-inflammatory and mood-boosting effects.

PARTIAL MASSAGE

30 MINUTES

Eliminate travel fatigue with this massage. We will adjust the pressure to your preferences and include therapeutic techniques that will remove muscle knots and restore your spirit. Choose a massage oil: our recommendation is olive oil with St. John's wort, which has anti-inflammatory and soothing properties, or grape seed oil with cypress.

FOOT RELIEF MASSAGE

45 MINUTES

We start by warming your feet soaked in hydrating aromatherapy oils. Feet and legs will be exfoliated with our refreshing mud and dead sea salt Maris Sal scrub in order to detoxify and soften the skin. This is followed by a warming foot massage to increase circulation and remove fluid build-up. The treatment ends with a detox foot mask and massage, focusing on the pressure points and stretching of the feet.

**ENERGY INFUSION WITH SOUND, PRECIOUS STONES
AND AROMATHERAPY**

45 MINUTES

After a short welcome during which you will choose the aromatherapy that suits you. You will wrap yourself in a blanket and then we will guide you through slow breathing and relaxation. Calm sounds, the influence of precious stones and the soothing touch to your body will bring balance to your body, mind and emotions and restore your energy. The treatment ends with facial acupressure with precious rose oil and a slow return to reality.

The treatment ends with a detox foot mask and a reflexology foot massage, focusing on the pressure and stretching points of the feet.

The treatment ends with a foot detoxification mask and reflexology inspired foot massage, with an emphasis on pressure points and foot stretches.

RELAXATION WITH MUSE

60 MINUTES

Every day, pick up the Muse device at the reception of the Spa Zone and enjoy wellness treatments for the brain that can be managed using the app in our peaceful relaxation room. You will have plenty of time to explore which is the best approach to meditation for you and achieve a highly focused and calm state of consciousness.

Facial treatments

Achieve your healthiest skin with the professional care of our professional aestheticians and the purest ingredients from the sea and from the land. Top skin care products by Omorovicza and Biologique Recherche.

Omorovicza's premium skin care products include the Hydro Mineral Transference system, which delivers minerals deep into the skin.

BLUE DIAMOND FACE TREATMENT

60 MINUTES OR 90 MINUTES WITH RIGENERA

In addition to the DNA-repairing diamond peptides delivered by Omorovicza's patented Hydro Mineral Transference™ system, active ingredients from the Blue Diamond Collection penetrate deeply to remove the signs of aging. Advanced massage accelerates tissue oxygenation and thus energizes and tightens the skin, after which refreshment is brought by chilled Derm-A-Globes to reduce pores, soothe redness and tighten the skin.

HYDRA-LIFT GOLDEN FACIAL TREATMENT

75 MINUTES

This anti-aging skin treatment begins with skin cleansing and exfoliation with thermal mud from Lake Héviz. The rose-scented gold mask releases hyaluronic acid in three different forms to fill and nourish the skin, while the bioavailable gold serum repairs micro damage to strengthen the skin's defences. A massage is included to tighten facial contours with rose quartz sticks and a refreshing treatment of the eye area with the help of Derm-A-Globe balls. *Features bioavailable gold lysate from the Omorovicza Gold Collection.*

DEEP FACIAL CLEANSING WITH THERMAL MUD

75 MINUTES

An ancient remedy for glowing skin enhanced by modern science! A velvety mud mask from the Héviz thermal lake follows after cleansing and exfoliation with the iconic Moor Mud Cleansing Balm with rosemary extract for sensitive skin care and pore reduction. This treatment performs a gentle extraction as needed. A special facial massage tightens the skin with firm, fluttering strokes. *Features geothermal Healing Concentrate™ and Moor Mud Collection by Omorovicza.*

FACIAL TREATMENT WITH COPPER PARTICLE EXFOLIATION

75 MINUTA

Designed to make facial skin more radiant, this treatment begins with a gentle exfoliation with copper particles that acts as an antioxidant and stimulates collagen production. A facial massage soothes the senses and speeds up microcirculation, and a rose- and peony-scented mask fills the epidermis to reduce the visibility of fine lines and wrinkles. Attention is paid to both the neck and arms to reduce pigmentation and smooth the skin. *Features geothermal Healing Concentrate™ and Hydro Mineral Collection by Omorovicza.*

SILVER FACIAL TREATMENT

60 MINUTES

Silver Skin facial care uses Hungarian mud rich in minerals, which has multiple benefits and helps in detoxification. This facial treatment contains colloidal silver which is recognized for its antibacterial and healing properties. Salicylic and glycolic acid help clean the pores to reveal clearer, smoother and healthier skin. Treatment includes a light lymphatic drainage massage, which reduces swelling, removes excess fluid and toxins that accumulate in the tissue. Salicylic and glycolic acid help unclog pores to reveal clearer, smoother and healthier skin.

“Skin is the reflection of ourselves; it isn’t consistent, but multiple over the course of a day, of a life. Everyone has different Skin Instants®. Biologique Recherche’s Methodology treats each person’s epidermis in a personally tailored way.” Philippe Allouche

SOIN RESTRUCTURANT ET LISSANT

75 MINUTES

A reconditioning treatment for the epidermis with an immediate replumping effect designed for all Skin Instants®. It has a draining action on your skin, leaving your face, neck and chest smooth and toned.

SOIN MC110

75 MINUTES

A treatment for reducing wrinkles and lines designed for lackluster Skin Instants®. It leaves the skin on your face, neck and chest toned and redefined. We recommend three sessions at one-week intervals.

SOIL LIFT C.V.S.

75 MINUTES

An exfoliating and lifting treatment combined with shaping techniques designed for mature Skin Instants®. It leaves the skin on your face, neck and chest smooth, refined and toned.

The secret to beautiful skin

Not everyone will reveal the secret of their glowing skin to you. We will confide in you.

For additional services such as waxing and eyebrow shaping, please see our current price list.

RIGENERA INTENSIVE BODY SMOOTHING

45 MINUTES

Skin flaccidity, loss of tone and wrinkled texture can be improved naturally, with a synergy of powerful treatments - radiofrequency, lymphatic massage and photobiomodulation (905 nm Softlaser and LED). These forces combine to stimulate collagen, stimulate lymphatic drainage, improve skin elasticity, and reduce the appearance of stretch marks or cellulite. One large zone of your choice can be intensively treated in each 45-minute session. A series of Rigenera Intensive Body Smoothing treatments is recommended for maximum results, which improve over time as the cells produce new collagen and elastin. *Features our next-generation EME Rigenera3 device.*

This treatment can be added to any massage. Please inquire about combination options.

RIGENERA INTENSIVE FACIAL SKIN REGENERATION

45 MINUTES

Can we share with you the secret of natural skin care? The best collagen for your skin is the one produced by your body.

With the natural power of light, frequency and massage - harnessed through a non-invasive device - stimulate cells to produce collagen and elastin to restore resistance and reduce wrinkles, scars and dark circles under the eyes that become visible due to thinned skin. A hybrid of radiofrequency, lymphatic drainage, 905nm Softlaser and LED treatments stimulate deep skin cell renewal.

Although visible improvement is common after each treatment, the actual results grow over time as your skin naturally builds volume, contour and elasticity.

Features our next-generation EME Rigenera3 device.

Body treatments

Feel the lightness in your feet and enjoy the silky smooth and supple skin with the help of our scrubs and wraps with ancient healing preparations.

BODY SCRUB OF YOUR CHOICE

30 MINUTES

Smooth any rough parts of your body with a gentle treat for dry or lifeless skin. Dry brushing or very finely hand-picked sea salt from the Pag saltworks removes dead skin cells and reveals your glow, while the essential oil awakens your senses. After the treatment, you will be full of energy and your skin will be silky smooth.

THERMAL MUD BODY WRAP

90 MINUTES

Features a 40 minute massage.

It is not just the usual body wrapping treatment, but an experience that begins with an energetic but gentle body brushing and detoxifying scrub using sea salt, Hungarian mud and capsicum peptide. A deep cleansing mud mask is then applied to the body. While the mud cleanses the body of toxins, the therapist performs a scalp massage to relieve tension or stress. Body massage with a stone using a rich blend of essential oils adds a soothing finishing touch.

GOLDEN BODY TREATMENT

60 OR 90 MINUTES

60-minute treatment features a 30 minute massage

90-minute treatment features a 60 minute massage

This treatment utilises the proven anti-inflammatory properties of gold, helping to heal micro damage inflicted by daily life and to revitalise the skin. This treatment involves an exfoliation with a golden sugar scrub and soothing massage with fragrant oil enriched with gold particles. It leaves your skin soothed, calm, hydrated and radiant.

Active movement

Shape your body like the ancient Adriatic sailors with our fitness programs based on functional and holistic sailing movements, rowing techniques and the principles of tensegrity. You can book your training at the Spa Zone reception desk.

FITNESS CONSULTATION AND PERSONAL TRAINING COURSES

60 MINUTES

First session. It includes determining needs and goals, body composition analysis, workout plan suggestions, and a first full body workout with our fitness trainer.

CROSS FUNCTIONAL TRAINING

60 MINUTES

Training session includes individual or group work, tailored to your own needs and abilities.

ROWING TECHNIQUE

60 MINUTES

Discover an ancient full body training in the form of rowing or improve your fitness during a 1-on-1 workout under the guidance of an instructor. Rowing develops lean muscles and a strong core, and improves the work of the cardiovascular system, and saves joints and thus can be enjoyed even by beginners.

RUNNING WORKOUT

60 OR 75 MINUTES

Elegant, intuitive and functional training: kinesiological training is the next step in resistance training that works in three dimensions and quickly transitions from one movement to another. Whether you are just starting out or want our trainers to design a new Kinesis workout for you, this is the right session for you. It can also be done outside with a combination of running and suspension training, individual or in small groups of 2 or 4 persons.

KINESIS AND SUSPENSION TRAINING

60 MINUTES

A full body training with a device that weighs less than 1 kilo? Wonderful! Are you ready to change your life with a dynamic and functional fitness suspension? Learn the art of suspension training with our fitness pros in a small group or a private session.

Thermal Zone

Thermal experiences vary according to humidity and temperature. At Albaro Wellness & Spa, each heated room has its own humidity and temperature so that we can offer you various options to meet your needs.

Refreshing showers, an ice waterfall and a bath will help you cool off. We recommend cooling for 30 minutes between rounds of heat.

Muscles take longer to respond to contrasting heat treatments, so do not rush, stay hydrated and make sure you allocate enough time for a safe and enjoyable experience!

Explore our thermal offer and do not miss our outdoor treatments Šumska banja (Forest spa) and Osvježavajući zaron (Refreshing dive)!

FINNISH SAUNA

90C + 10% HUMIDITY

Dry heat and scents of birch await you in our classic Finnish sauna. The sauna master will offer you a variety of aromas and ways of pouring water over the rocks.

MASTIC RELAX SAUNA

65C + 40% HUMIDITY

Inhale the scents of our forest park - precious resins of mastic, pine and eucalyptus planted 100 years ago for their beneficial effect on the human respiratory system. The sauna master will offer you various treatments with mastic essential oil, one of the most expensive oils.

ABSINTHIUM STEAM ROOM

45C + 55% HUMIDITY

Inspired by Pelinkovac – the Istrian absinthe - we designed a mixture of essential oils of fennel, anise, mint and several other ingredients. You can relax and apply a refreshing body, face or hair mask.

CITRUS FRESH STEAM ROOM

40C + 98% HUMIDITY

Invigorating notes of lemon and other citrus will awaken your senses in our Citrus Freshness steam room. You can relax and apply a refreshing body, face or hair mask.

COOLING POOLS + ICE WATERFALL

10C

Immerse yourself in the cooling pool that will immediately wake you up as part of a thermal experience - a bathing suit is not required! If you prefer snow, you can opt for an ice waterfall and a bit of cryotherapy.

ISLAND OF RELAXATION

Relax between heat treatments on our heated stone island.

SHOWER ARCHIPELAGO

Try invigorating showers with essential oils from our forest park, such as Himalayan cedar, sage, pine and cypress and many more.

OUTDOOR FOREST SPA

75C + 15% HUMIDITY

Rich in the scents of exotic trees, freshly cut branches and fresh grass, our open-air Forest Spa is a special place for sauna rituals.

VILA PRIVATE SAUNA

Our private steam sauna is available for booking.

Please take a shower before and after each thermal experience. Persons aged 16 and over can use our mixed-sex thermal zone. Swimwear and sandals should not be worn in saunas and steam rooms.

NIGHT SPA

Explore the wellness nightlife with our themed *NIGHT SPA* programs that are intended only for adult wellness enthusiasts.

Check at the spa reception which *NIGHT SPA* events will take place during your stay; they may feature special themed evenings.

Our ingredients

At Albaro Wellness & Spa, we offer you timeless treatments remedies treasured for thousands of years, imbued with meaning and mystery.

We source local ingredients by artisan producers in Istria, like local products from pressed olives, organic vegetable oils and premium skincare products.

In addition, we identified two luxury spa brands rooted in historical wellness traditions that speak to our own story: of ancient sailors' remedies drawn from the deep, and wellness traditions developed to grow an empire. Beyond this historical resonance, they impressed us with their integrity, elegance, and efficacy. We are excited to bring you treatments from the wonderful thermal mineral collections from Omorovicza and Biologique Recherche, which contain high concentrations of active substances and consist of natural or fragrance-free biotech ingredients.

Healing nature from the depths of the Earth

OMOROVICZA

The story of Omorovicza - O-MO-RO-VI-CA - begins with ancient geothermal healing traditions and imperial baths built at the end of the Austro-Hungarian Empire. In 1870, the Omorovicz family built the beautiful Ràcz baths in Budapest on an ancient thermal spring. Twenty years later, as part of the same wellness movement, Georg Hütterott bought land in Rovinj to open the Cap Aureo climatic health resort - our park forest.

Omorovicza turned a wealth of pure geothermal water and mud into beneficial healing products, working with a Nobel Prize-winning laboratory to unlock the healing properties of thermal water by biofermentation, resulting in their special healing concentrate - Healing Concentrate™.

The products do not contain gluten and can be used by vegans, and we especially like their ecological packaging. The products do not contain parabens, polyethinol glycol, petrochemicals, silicones, sodium laureth sulfate, artificial colours, artificial flavours, plastic microspheres or nanoparticles.

May the quintessence of my passionate years of hard work and research serve as a tribute to the beauty that you embody.

Yvan Allouche, Biologique Recherche founder

BIOLOGIQUE RECHERCHE

Biologique Recherche was founded in the late 1970s by a family of artisanal skincare experts as a result of the dedicated work of biologist Yvan Allouche and his wife, physiotherapist Josette Allouche. Their expertise and experience combined with a visionary approach underpin the brand's reputation for effectiveness and outstanding products.

They devised an exclusive, customized methodology of cosmetic treatments adapted to every Skin Instant® and based on products with a high concentration of active ingredients. In its beginnings, Biologique Recherche operated as a research and development lab, focusing exclusively on formulating products for beauty professionals who were disappointed by the products available at that time.

How to Spa

ALBARO WELLNESS & SPA WORKING HOURS

Wellness and thermal zone: 08:00 to 21:00

Swimming pools: 08:00 to 21:00

Gym: 00:00 to 24:00

USE AND AGE OF GUESTS

Use of the wellness area is free of charge for hotel guests.

The Spa, wellness, thermal zone, relaxation rooms and a gym are intended for guests over 16 years of age. Children are allowed to use the pools only if accompanied by an adult. Teenagers aged 14-17 can use treatments accompanied by their parents in our spa apartment for two.

SPA ETIQUETTE

The spa environment is one of relaxation and tranquillity. Please respect all spa guests' right to privacy, safety and health. Smoking is prohibited in the spa and wellness zone, including an outdoor relaxation area. Do not bring phones or electronic devices into the spa and wellness zones. The use of phones and cameras is strictly prohibited. The spa and hotel are not responsible for your valuables - leave the jewellery in your room safe. Spa lockers are for guests receiving spa treatments.

SPA DRESS CODE AND HYGIENE

Wear a robe and slippers from your room to the spa. Take a shower and wash with soap before using the Spa Zone or before the treatment.

Swimwear and sandals should not be worn in saunas and steam rooms - wrap yourself in a cotton towel. Wear your swimwear and bikinis in swimming pools.

HEALTH AND SAFETY

Before your treatment or using a particular product, let us know if you are allergic or have any health problems. If you suffer from any disease, consult a doctor before using a treatment or thermal zone, pool or gym.

SPA TREATMENTS

To book a treatment, call +385 52 642 021 or 1021 from your room or contact the staff at the Spa reception. You can also send us an email on albarospa@maistra.hr. Book your treatment in advance so we can schedule your desired appointment time and treatment.

Please plan to arrive at least 15 minutes before any treatment.

If you wish to change or cancel your appointment, please do so at least 6 hours in advance: guests who do not show up or are late will be charged the full amount of the treatment.

WELLNESS MEMBERSHIP

Exclusive memberships may be available - check with our Spa manager.

In honour of the sea that feeds us, we are committed to looking for ways to minimize our impact on the environment. Thank you for supporting us as we move to more sustainable practices, such as reducing the use of disposable plastics and avoiding harmful substances.