

WELLNESS

# Garden of Eden

Hotel EDEN

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MAISTRA *Collection*



WELLNESS

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Naš wellness i spa predstavlja novu definiciju jednostavnosti. U potpunosti se opustite uz tretmane na temu Mediterana koje vam pruža naše stručno osoblje.

*Our wellness & spa offers a new definition of simplicity. Relax completely with Mediterranean themed treatments carried out by our expert staff.*

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# Dobrodošli Welcome

Garden of Eden proteže se preko više od 1100 kvadratnih metara i poziva vas da otkrijete jednostavnost i blagodati bezvremenskih wellness rituala. Unutar centra nalazi se 5 prostorija za tretmane koje uključuju prostor za tretmane za parove te studio za manikuru i pedikuru, unutarnji grijani bazen sa slanom vodom, kada za hidroterapiju s mlaznicama, termalna zona s 3 saune te prostrani fitness centar s Technogym opremom. Nemojte propustiti popularne masaže cijelog tijela i posebne tretmane koji su obogaćeni voćem i lokalnim istarskim sastojcima. Samo jedna masaža dijeli vas od odličnog raspoloženja!

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*With over 1100 sq. m, Garden of Eden invites you to discover the simplicity and joy of timeless wellness rituals. The centre includes 5 treatment rooms including a therapy room for couples and a manicure and pedicure studio, an indoor heated saltwater swimming pool, a jetted hydrotherapy tub, a Thermal Zone with 3 saunas, and an expansive Fitness Centre with Technogym equipment. Not to be missed are the popular full body massages and heavenly fruit-infused Signature Treatments featuring local Istrian ingredients. You are only a massage away from a great mood!*





## Tretmani za lice *Facial treatments*

**REJUVINATING/  
ANTI-AGING TREATMENT** <sup>MIN</sup> 60 / 79,63 € / 600,00 kn

- HR** Tretman djeluje tako da na koži lica potiče proizvodnju vlastitog kolagena, pojačava njegovu sintezu te ujednačuje promjer kolagenskih vlakana. Već nakon prvog tretmana koža je vidljivo obnovljena i zategnutija.
- EN** *The treatment works by stimulating facial skin to produce natural collagen and by enhancing its synthesis and evening out the diameter of collagen fibres. The skin becomes visibly renewed and firmer already after the first treatment.*

**HYDRATING TREATMENT** <sup>MIN</sup> 60 / 69,68 € / 525,00 kn

- HR** Dubinski intenzivni tretman koji višestruko povećava hidrataciju kože, tonifikaciju te oblikuje crte lica. Ekskluzivna opuštajuća akupresurna masaža omogućava aktivaciju zaštitnog sloja kože, a peel-off maska s ekstraktom ribiza i vitaminom C daje dugotrajnu hidrataciju.
- EN** *Deep, intensive treatment that drastically increases skin hydration, firms, and shapes facial features. The exclusive relaxing acupressure massage enables the activation of the skin barrier, and the peel-off mask with currant extract and vitamin C provides long-lasting hydration.*

**SHORT FACE TREATMENT  
BY THE SKIN TYPE** <sup>MIN</sup> 30 / 42,47 € / 320,00 kn

- HR** Kratki tretman lica za one koji žele maksimalan učinak u što kraćem roku. Prepustite se stručnim rukama našeg terapeuta, koji će preporučiti najbolju njegu za Vaš tip kože u izboru između Antiage – Botox tretmana, tretmana za oštećenu i osjetljivu kožu, tretmana detoksikacije kože, tretmana za regeneraciju suhe kože i tretmana čišćenja kože sklone aknama i upalama.
- EN** *"A short facial treatment for those who want maximum effect in the shortest possible time. Let the expert hands of our therapist pamper you and recommend the very best care for your skin type. Options include the Anti-age – Botox treatment, treatment for damaged and sensitive skin, skin detoxification treatment, dry skin regeneration treatment, and treatment for cleansing skin prone to acne and inflammation."*

**STEAM CLEANING** <sup>MIN</sup> 20 / 15,93 € / 120,00 kn

- HR** Vodena para odlično je sredstvo čišćenja kože i ujedno komplementarna s njenom prirodnom strukturom, koja na vrućini reagira otvaranjem pora i oslobađanjem nečistoća. Idealan odabir prije samog tretmana lica.
- EN** *Steam has an amazing skin cleansing effect, and is also complementary to the natural skin structure which reacts to heat by opening the pores and releasing the built-up impurities. This is the ideal choice before a facial treatment.*



# Tretmani za tijelo

## Body treatments

### SCENTS OF MEDITERRANEAN GARDEN <sup>MIN</sup> 75 / 79,63 € / 600,00 kn

- HR** Vrlo opuštajući tretman tijela za sve ljubitelje mirisa Mediterana. U masaži s individualnim pristupom koriste se blagodati mediteranskog bilja za sklad i blaženstvo tijela, uma i duha.
- EN** A very relaxing body treatment for everyone who enjoys the scents of the Mediterranean. This massage, notable for its individual approach, relies on the benefits of Mediterranean herbs to achieve the harmony and well-being of body, mind, and spirit.

### BODY FIRMING <sup>MIN</sup> 45 / 59,73 € / 450,00 kn

- HR** Tretman potiče cirkulaciju, razgradnju masnih stanica i smanjenje obujma. Prema izboru i ciljanoj želji tretmana radi se aktivirajući piling kavom i anticelulitni pakung gel na bazi kave, cimeta i crvene naranče te masaža eteričnim uljima smreke, grejpa i naranče.
- EN** This treatment stimulates blood flow, the breakdown of fat cells and the reduction in body volume. Based on your choice and the aim of the treatment, therapists apply an activating coffee scrub and use an anti-cellulite stimulating gel with ingredients including coffee, cinnamon, and red orange, coupled with a massage using spruce, grapefruit, and orange essential oils.

### TIME-OUT BACK TREATMENT <sup>MIN</sup> 45 / 59,73 € / 450,00 kn

- HR** Uz hranjivi piling i blato praćeno dubinskom masažom postiže se iznimno opuštanje te se oslobađa trenutačna napetost u mišićima leđa i vrata.
- EN** The nourishing scrub and mud followed by a deep massage is a recipe for exceptional relaxation, releasing the current tension in the back and neck muscles.

### INTENSIVE FAST NOURISHING <sup>MIN</sup> 30 / 46,45 € / 350,00 kn

- HR** Tretman karitè maslacem prikladan je za hidrataciju te regeneraciju stanica kože. Pomaže kapilarnoj cirkulaciji, što povećava dovod kisika u tkivo te poboljšava eliminaciju toksina iz tijela.
- EN** The shea butter treatment is ideal for hydration and the regeneration of skin cells. It stimulates capillary circulation which in turn increases the oxygen supply to the tissue and improves body detoxification.





# Masaže Massages

## EDEN SIGNATURE MASSAGE <sup>MIN</sup> 60 / 73,00 € / 550,00 kn

- HR** Ekskluzivna aromaterapijska masaža s toplim masažnim uljem i izborom lokalnih eteričnih ulja.
- EN** *An exclusive aromatherapy massage with warm massage oil and a selection of local essential oils.*

## MESSAGE WITH BIO CANDLE <sup>MIN</sup> 60 / 69,68 € / 525,00 kn

- HR** Masaža zagrijanom biomasažnom svijećom s mirisom po izboru.
- EN** *Massage with heated bio-massage candle with the scent of your choice.*

## HOT STONE <sup>MIN</sup> 75 / 79,63 € / 600,00 kn

- HR** Opuštajuća masaža zagrijanim glatkim kamenjem za potpuno opuštanje mišića.
- EN** *Relaxing massage with heated smooth stones for complete muscle relaxation.*

## TRADITIONAL MASSAGE <sup>MIN</sup> 50 / 59,73 € / 450,00 kn

- HR** Tradicionalna opuštujuća masaža s holističkim pristupom.
- EN** *Traditional relaxing massage with a holistic approach.*

## MOMMY TO BE <sup>MIN</sup> 50 / 59,73 € / 450,00 kn

- HR** Masaža za trudnice prirodnim bademovim uljem, koje je bogato vitaminom E i pospješuje elastičnost kože.
- EN** *Massage for pregnant women with natural almond oil, which is rich in vitamin E and enhances skin elasticity.*

## DEEP TISSUE <sup>MIN</sup> 50 / 66,36 € / 500,00 kn

- HR** Masaža dubokog tkiva u kojoj se koriste snažan pritisak i specifične tehnike za otklanjanje napetosti u mišićima.
- EN** *Deep tissue massage that uses strong pressure and specific techniques to relieve muscle tension.*

## BACK & NECK MASSAGE <sup>MIN</sup> 30 / 46,45 € / 350,00 kn

- HR** Ciljana masaža za oslobađanje napetosti u leđima, vratu i ramenima.
- EN** *Targeted massage to relieve tension in the back, neck, and shoulders.*



## Njega noktiju *Nail care*

**SPA MANICURE** <sup>MIN</sup> 50 / 42,47 € / 320,00 kn

- HR** Potpuna spa njega ruku za savršen izgled i osjećaj. Ritual uključuje i lakiranje noktiju.
- EN** Complete Spa hand care for the perfect look and feel. The ritual includes nail polishing.

**SHORT MANICURE** <sup>MIN</sup> 30 / 33,18 € / 250,00 kn

**SPA PEDICURE** <sup>MIN</sup> 60 / 49,77 € / 375,00 kn

- HR** Potpuna spa njega stopala za poseban osjećaj i savršen izgled.
- EN** Complete Spa foot care for a special feel and perfect look.

**SHORT PEDICURE** <sup>MIN</sup> 30 / 38,49 € / 290,00 kn

**PERMANENT NAIL POLISH** <sup>MIN</sup> 40 / 33,18 € / 250,00 kn

- HR** Trajni lak za nokte u boji po izboru.
- EN** Permanent nail polish, your choice of colour.

**NAIL POLISH** <sup>MIN</sup> 15 / 11,95 € / 90,00 kn

- HR** Običan lak za nokte u boji po izboru.
- EN** Regular nail polish, your choice of colour.

**REMOVAL PERMANENT NAIL POLISH** <sup>MIN</sup> 20 / 11,95 € / 90,00 kn

- HR** Skidanje trajnog laka.
- EN** Removing permanent nail polish.

## Depilacija i oblikovanje obrva *Waxing and eyebrow shaping*

**COMPETE WAX** <sup>MIN</sup> 50 / 33,18 € / 250,00 kn

- HR** Depilacija cijelih nogu (noge & bikini zona).
- EN** Whole leg waxing (legs & bikini area).

**PARTIAL WAX** <sup>MIN</sup> 20 / 23,89 € / 180,00 kn

- HR** Parcijalna depilacija voskom (potkoljenice / ruke / pazusi / bikini).
- EN** Partial waxing (lower legs / arms / armpits / bikini).

**UPPER LIP/EYEBROW WAX** <sup>MIN</sup> 15 / 11,95 € / 90,00 kn

- HR** Depilacija nadusnica / obrva.
- EN** Upper lip/eyebrow waxing.

**EYEBROW SHAPPING** <sup>MIN</sup> 15 / 11,95 € / 90,00 kn

- HR** Oblikovanje obrva pincetom.
- EN** Eyebrow shaping using tweezers.

**EYEBROW/EYELASH COLOURING** <sup>MIN</sup> 15 / 11,95 € / 90,00 kn

- HR** Bojanje obrva i trepavica.
- EN** Eyebrow and eyelash colouring.



# Wellness paketi

## Wellness packages

### SCENTS OF FRUIT

MIN 90 / 99,54 € / 750,00 kn

- HR** Prekrasan mirisni paket tretmana u kojima se koriste sve blagodatni izabranog voća. Piling tijela je na bazi šumskog voća a pakung od višnje. Paket završava tretmanom za dubinsku hidrataciju kože tijela.
- EN** A wonderful and fragrant treatment package taking advantage of all the health benefits of carefully selected fruit. Forest fruit-based body scrub and a sour cherry mask. The package ends with a deep hydration treatment of the whole body.

### NATURAL SIGNATURE RITUAL

MIN 90 / 99,54 € / 750,00 kn

- HR** Opuštajući paket koji započinje pilingom tijela finom morskom soli s usitnjenim mediteranskim biljem. Slijedi masaža tijela toplim uljem lavande i ružmarina kao i vrlo ugodna masaža lica i vlasišta.
- EN** A relaxation package starting with a body scrub incorporating a mixture of fine sea salt and finely ground Mediterranean herbs. This is followed by a warm lavender and rosemary oil massage, as well as a very relaxing face and scalp massage.

### PRECIOUS TIME FOR TWO

MIN 100 / 132,72 € / 1.000,00 kn

- HR** Dragocjeno vrijeme za dvoje u kojem ćete iskusiti opuštajuću masažu uljem slatkog grožđa te intenzivni kratki tretman usklađen prema tipu vaše kože. Da bi sve zaokružili zdravljem iz prirode, ponuditi ćemo vas napitkom od svježe iscijeđenog voća.
- EN** Precious time for two with a relaxing sweet grape oil massage and an intense short treatment suited to your skin type. The whole experience is complemented by freshly squeezed fruit juice, a true natural health bomb.





# Uživanje u spa centru

## Enjoying Spa

### PRISTUP I MINIMALNA DOB

Uporaba spa i fitness centra besplatna je za goste hotela. Djeca su dobrodošla na bazenu u pratnji roditelja ili skrbnika. Termalna zona i fitness centar namijenjeni su gostima iznad 16 godina.

### REZERVACIJE

Da biste unaprijed rezervirali i osigurali termine, nazovite +385 52 800 412 ili pošaljite poruku e-pošte na adresu wellness.eden@maistra.hr ili nazovite spa centar iz svoje sobe.

### PRIJAVA

Molimo vas da dođete barem 5 minuta prije zakazanog termina. Preporučujemo da dođete i ranije da biste zagrijali tijelo u našim termalnim objektima.

### POSEBNA UPOZORENJA

Obavijestite terapeuta ako imate zdravstvenih problema ili alergija tako da bismo vam omogućili siguran i prilagođen spa doživljaj.

### PRAVILA PONAŠANJA

Fotografiranje i uporaba mobilnih telefona strogo je zabranjena u termalnoj zoni. Molimo vas da govorite što je tiše moguće kako bi se osigurala mirna atmosfera. U spa centar možete ponijeti ogrtač i papuče iz svoje sobe. U saunama nije poželjno nositi kupaće kostime i sandale; molimo vas da sjedite na ručniku.

### DRAGOCJENOSTI

Molimo vas da dragocjenosti ostavite na sigurnom mjestu u svojoj sobi. Spa centar nije odgovoran za gubitak ili oštećenje osobnih stvari.

### PLAĆANJE

Plaćanje je moguće u gotovini, kreditnim karticama i na račun sobe. U cijenu je uključen PDV. Cijene su podložne promjenama bez prethodne obavijesti.

### NAPOJNICE

U cijenu nisu uključene napojnice. U znak zahvale za izvrsnu uslugu, napojnice možete ostaviti osoblju ako to želite.

### POLITIKA OTKAZIVANJA

Tretmane otkazite barem 6 sati unaprijed da biste izbjegli naplatu pune cijene rezerviranih tretmana.

### POKLON BONOVI

Poklon-bonove možete kupiti na recepciji spa centra, a bonovi vrijede 3 mjeseca.

### ACCESS & MINIMUM AGE

Use of the spa and fitness facility is complimentary for guests of the hotel. Children are welcome in the pool area when accompanied by a parent or guardian. The Thermal Zone and Fitness Center are for guests 16 years of age and above.

### RESERVATIONS

For advance booking to secure your appointments, call +385 52 800 412 or email wellness.eden@maistra.hr, or dial for the spa from your guest room phone.

### CHECK IN

Please arrive at least 5 minutes before your scheduled appointment time. We recommend arriving even earlier to warm the body in our thermal facilities.

### SPECIAL CONSIDERATIONS

Inform your therapist if you have any medical conditions or allergies so we may safely adapt your spa experience.

### ETIQUETTE

Photography and mobile phone use is strictly forbidden in the Thermal Zone. Please keep voices at a minimum to ensure a peaceful atmosphere. You may wear the robe and slippers from your guest room to the spa. Swimsuits and sandals are not to be worn in the saunas; please sit on a towel.

### VALUABLES

Please leave valuables in your room safe. The spa is not responsible for lost or damaged personal items.

### PAYMENT

We accept cash, all major credit cards, and room charge. Prices include VAT. Prices are subject to change without prior notice.

### GRATUITIES

Prices do not include gratuities. In appreciation of outstanding service, tips may be given to the staff at your discretion.

### CANCELLATION POLICY

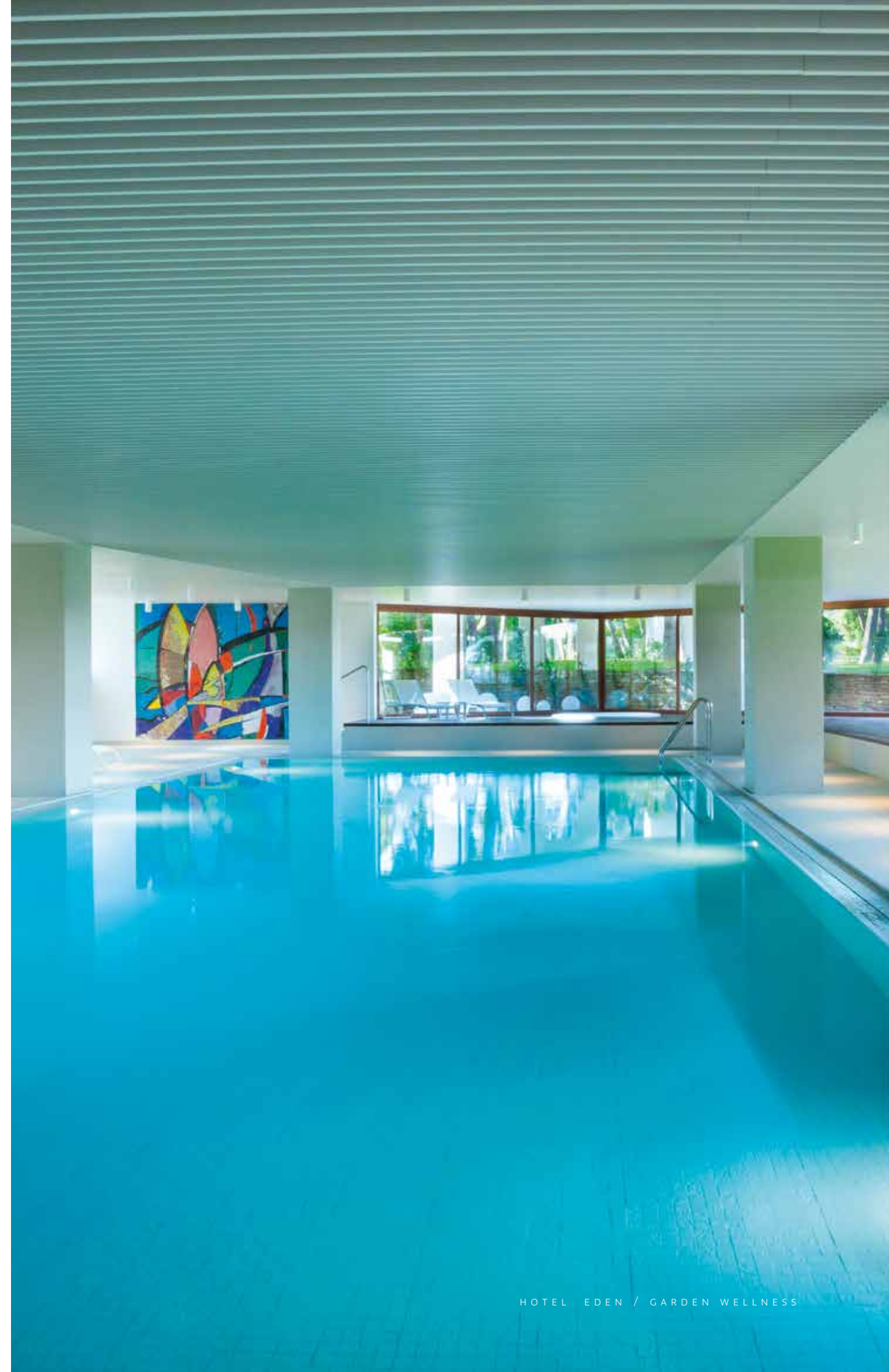
Allow at least 6 hours notice of cancellation to avoid a 100% charge of the reserved treatments.

### GIFT CERTIFICATES

Purchase gift certificates from Spa Reception; validity is for 3 months.

U cijenu je uračunat PDV i usluga. Dvojni iskaz cijena prikazuje cijene preračunate po fiksnom tečaju konverzije 1 EUR=7,53450 HRK.

The price includes services and tax (VAT). The dual display of prices shows prices converted at a fixed conversion rate of 1 EUR=7.53450 HRK.



EDEN  
HOTEL

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Feel  
reborn