

Wellness Otok

Island Hotel ISTR

MAISTRA *SELECT*

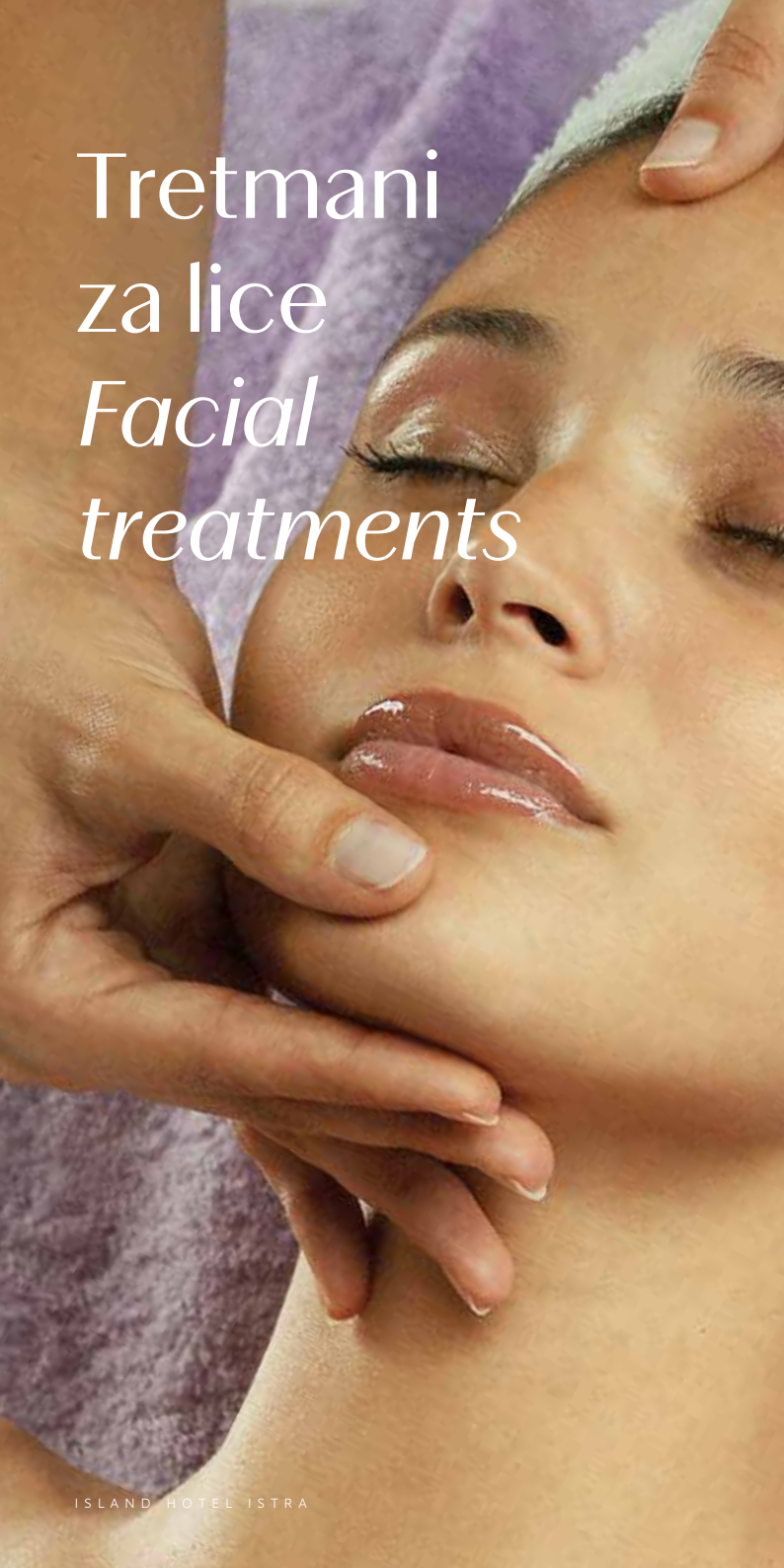


Wellness Otok

Zamišljen kao pravi mediteranski vrt opuštanja, Wellness Otok je vrhunska oaza s umjetničkim interijerom koji se prostire na 1600 m², s unutrašnjim bazenom, fitness centrom, ZEN termalnom zonom i cjelokupnom ponudom spa i wellness tretmana za unosenje ljepote i sklada u vaše tijelo, um i duh.

Envisioned as a true Mediterranean garden of relaxation, Wellness Otok is a superb oasis with art interior space suitably spread over 1600 square metres, with an indoor pool, fitness centre, ZEN thermal zone and full array of Spa and Wellness treatments to bring beauty and harmony to your body, mind and soul.

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Tretmani za lice *Facial treatments*

Rejuvenating/anti-aging treatment

60 min

Ⓜ 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.

Ⓜ *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

60 min

Ⓜ 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.

Ⓜ *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

30 min

Ⓜ 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.

Ⓜ *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.*



Tretmani za tijelo *Body treatments*

Island herbal essence

75 min

(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.

(GB) *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

45 min

(HR) Tretman potiče cirkulaciju, razgradnju masnih stanica i smanjenje obujma, a uključuje aktivirajući piling kavom i anticelulitni pakung gel na bazi kave, cimeta i crvene naranče te masažu eteričnim uljima smreke, grejpa i naranče.

(GB) *This treatment stimulates blood flow, the breakdown of fat cells and the reduction in body volume and includes activating peeling with coffee and anti-cellulite pakung gel based on coffee, cinnamon and red orange, and massage with essential oils of juniper, grapefruit and orange.*

Time-out back treatment

45 min

(HR) Uz hranjivi piling i blato praćeno dubinskom masažom postiže se iznimno opuštanje te se oslobađa trenutačna napetost u mišićima leđa i vrata.

(GB) *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

30 min

(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.

(GB) *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



Otok signature massage

60 min

(HR) Ekskluzivna opuštajuća masaža s opojnim mirisima i blagodatima lokalnog mediteranskog bilja, koji se koriste u ovoj individualiziranoj masaži, unijet će sklad i blaženstvo u vaše tijelo i um.

(GB) *The exclusive relaxing massage with intoxicating fragrances and the benefits of native Mediterranean herbs will bring harmony and well-being to your body and mind using an individualised approach.*

Massage with bio candle

60 min

(HR) Masaža zagrijanom biomasažnom svijećom s mirisom po izboru.

(GB) *Massage with heated bio-massage candle with the scent of your choice.*

Hot stone

75 min

(HR) Opuštajuća masaža zagrijanim glatkim kamenjem za potpuno opuštanje mišića.

(GB) *Relaxing massage with heated smooth stones for complete muscle relaxation.*

Traditional massage

50 min

(HR) Tradicionalna opuštajuća masaža s holističkim pristupom.

(GB) *Traditional relaxing massage with a holistic approach.*

Mommy to be

50 min

(HR) Tradicionalna opuštajuća masaža s holističkim pristupom.

(GB) *Massage for pregnant women with natural almond oil, which is rich in vitamin E and enhances skin elasticity.*

Deep tissue

50 min

(HR) Masaža dubokog tkiva u kojoj se koriste snažan pritisak i specifične tehnike za otklanjanje napetosti u mišićima.

(GB) *Deep tissue massage that uses strong pressure and specific techniques to relieve muscle tension.*

Back & neck massage

30 min

(HR) Ciljana masaža za oslobađanje napetosti u leđima, vratu i ramenima.

(GB) *Targeted massage to relieve tension in the back, neck, and shoulders.*

Njega noktiju

Nail care

Spa manicure 50 min

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

Short manicure 30 min

Spa pedicure 60 min

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

Short pedicure 30 min

Permanent nail polish 40 min

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

Nail polish 15 min

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

Removal permanent nail polish 20 min

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

Depilacija i

oblikovanje obrva

Waxing and eyebrow shaping

Complete wax 40 min

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

Partial wax 20 min

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

Upper lip/eyebrow wax 15 min

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

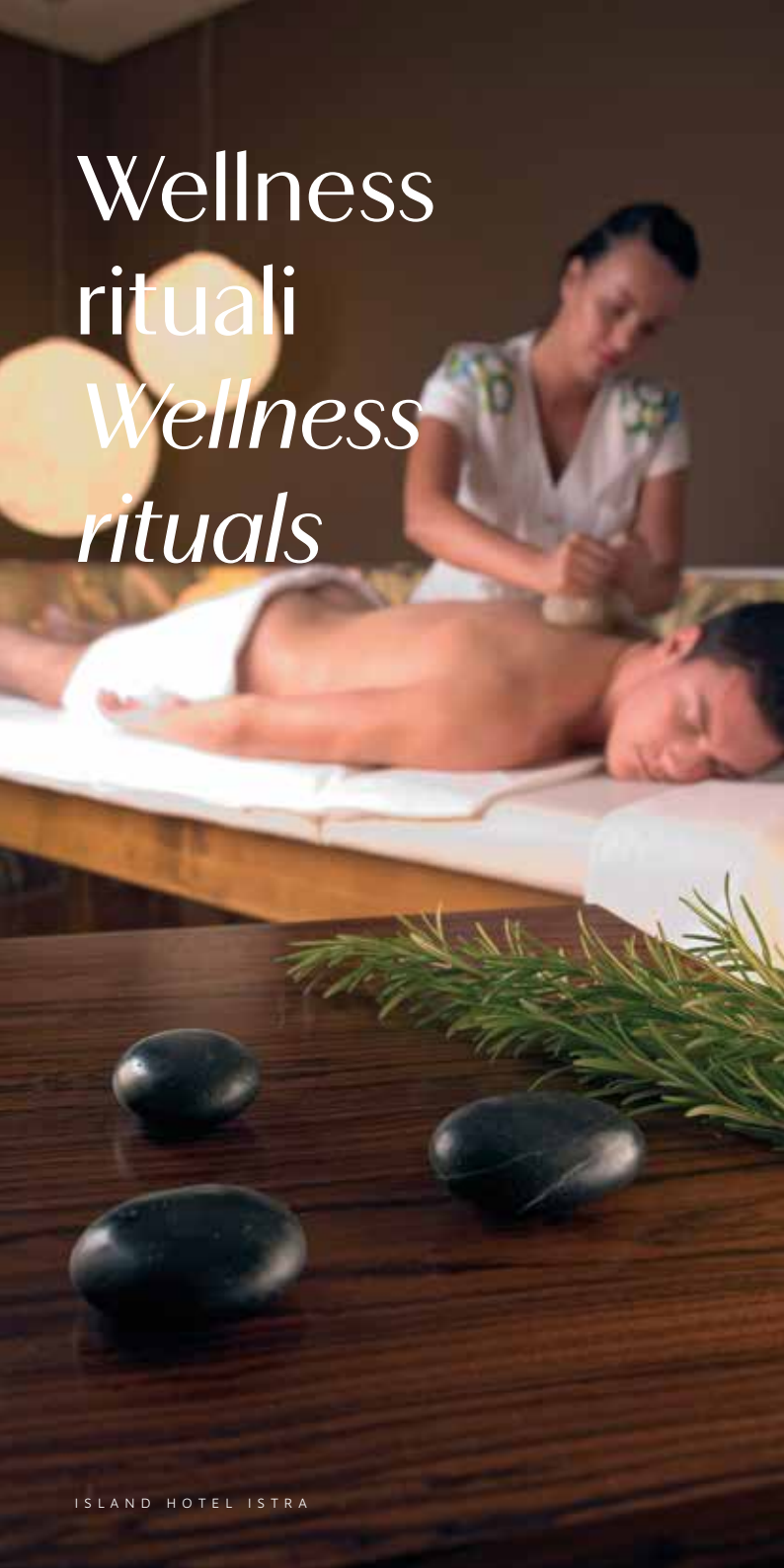
Eyebrow shaping 15 min

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

Eyebrow/eyelash colouring 15 min

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

Wellness rituali Wellness rituals



Pomegranate paradise

100 min

(HR) Prekrasan mirisni paket tretmana u kojima se koriste sve blagodatni voća. Nar obnavlja kožu, a tretmani opuštaju i ublažavaju znakove svakodnevnog stresa.

(GB) *Beautiful, fragrant treatment package taking advantage of all the health benefits of fruit. The pomegranate regenerates the skin, and treatments serve to relax and alleviate the signs of everyday stress.*

Stones & herbs

100 min

(HR) Opuštajuća masaža Hot Stone u kombinaciji s toplim jastučićima (Pinde) punjenima mediteranskim biljkama. Dovodi do harmonije tijela i uma.

(GB) *Relaxing hot stone massage combined with warm cloth bundles (Pinda) filled with Mediterranean herbs. Leads to the harmony of body and mind.*

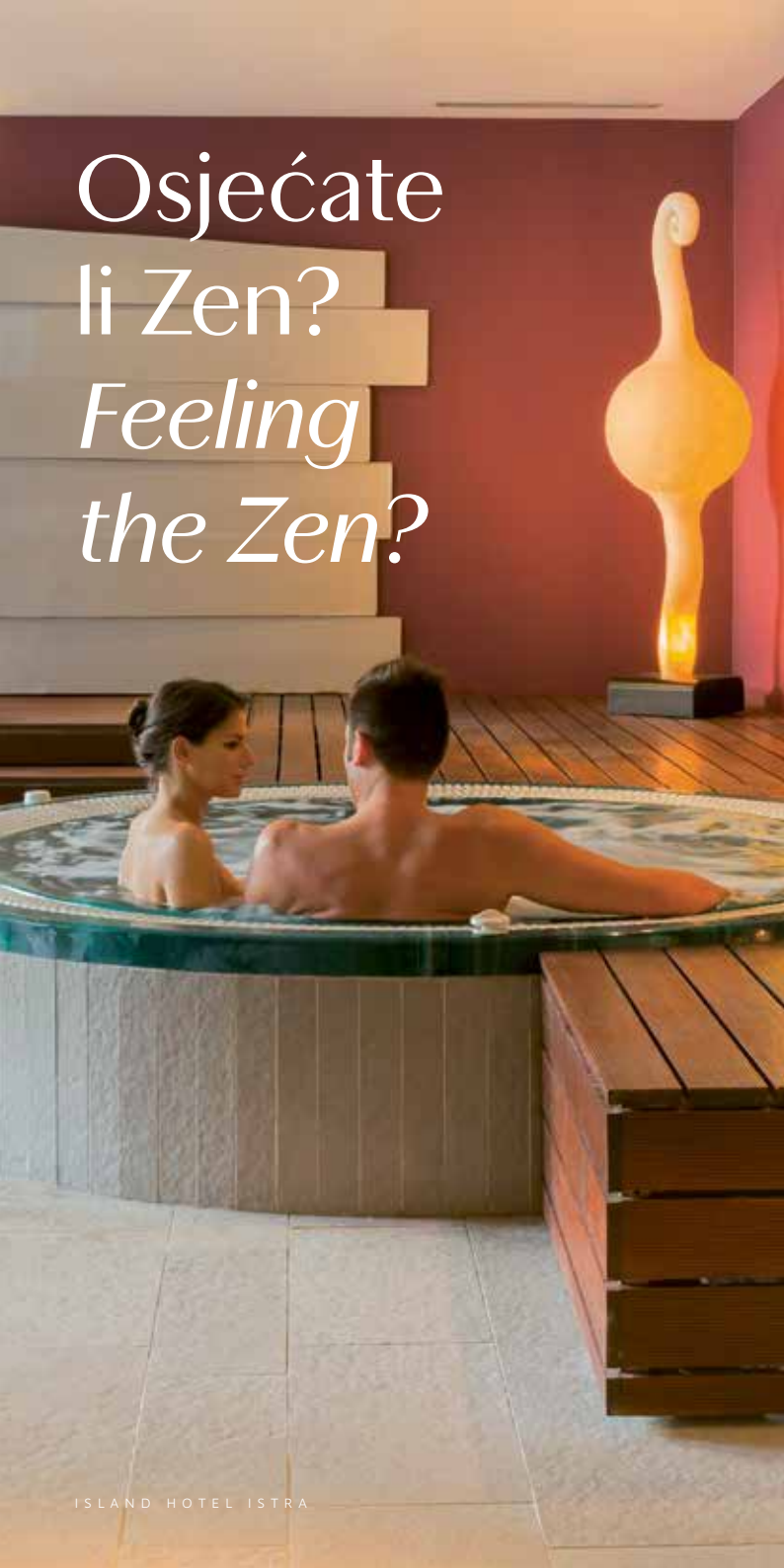
Cast away

100 min

(HR) Dragocjeno vrijeme za dvoje u kojem ćete nakon suhog pilinga iskusiti opuštajuću masažu tijela toplim uljima uz masažu stopala po akupresurnim točkama. Da bismo sve zaokružili zdravljem iz prirode, ponudit ćemo vam napitak od svježe cijedenog voća dok se opušate u hidromasažnoj kupki.

(GB) *Precious time for two where, following dry brushing, you will indulge in a relaxing body massage with warm oils coupled with a foot reflexology pressure points massage. The whole experience is complemented by freshly squeezed fruit juice, a real natural health bomb you can enjoy as you relax in the whirlpool bath.*

Osjećate li Zen? *Feeling the Zen?*



Ⓜ Uživajte u svoj ljepoti ZEN zone uz dvije finske saune, dvije aromatične parne kupelji, kneipp kupke, usitnjeni led, sobu za opuštanje s krevetima s ugrijanom vodom i Tepidariumom, mediteranskim vrtom i zonom vitalnosti sa svježim voćem i biljnim čajevima, unutarnjim i vanjskim whirlpool bazenom.

Ⓜ *Enjoy all the beauty of special ZEN zone with two Finnish saunas, two Aromatic Steam baths, kneipp baths, crushed ice, relaxation room with heated water beds and a Tepidarium, Mediterranean garden and vitality zone with fresh fruit and herbal teas, indoor and outdoor whirlpool.*

ZEN SPA ZONA / vanjski gosti	day use	200,00 kn
<i>ZEN SPA ZONA / outside hotel guests</i>		

Solarij	1 min	9,00 kn
<i>Solarium</i>		

Ⓜ Savršen način da koži podarite poseban sjaj i zaštitu od vanjskih UV-utjecaja.

Ⓜ *Perfect way to treat your skin with special glow and protection from outdoor UV affects.*

Ogrtač	dnevno	35,00 kn
<i>Robe - day use</i>		

Ručnik	dnevno	20,00 kn
<i>Spa towel</i>		

Opće informacije

RADNO VRIJEME

08:00-20:30. Radno vrijeme podložno je promjenama uz prethodnu najavu

REZERVACIJE

Preporučujemo ranije rezerviranje kako biste osigurali željeni datum i vrijeme tretmana.

PRIJAVA

molimo vas da dođete 10 minuta prije dogovorenog tretmana.

POLITIKA OTKAZIVANJA

Molimo vas da nas o otkazivanju termina obavijestite barem 6 sati ranije kako biste izbjegli plaćanje 100% naknade za odabrani tretman.

PLAĆANJE

Prihvaćamo gotovinu i sve važnije kreditne kartice kao i terećenje na sobu. Cijene uključuju PDV. Cijene su podložne promjenama bez prethodne obavijesti.

PRAVILA PONAŠANJA

Ljubazno vas molimo da isključite svoje mobilne telefone tijekom tretmana te da proizvodite što manju buku kako bi se osigurala mirna atmosfera.

DRAGOCJENOSTI

Ne preuzimamo odgovornost za izgubljene ili oštećene osobne stvari. Molimo ostavite dragocjenosti u svojoj sobi ili koristite ormariće koji se nalaze u svlačionicama.

MINIMALNA DOB

Na bazen su dobrodošli svi gosti, bez obzira na dob. Termalna zona i fitness rezervirani su za goste od navršених 18 godina.

NAPOJNICE

Naše usluge ne uključuju napojnice. Kao znak zahvalnosti za iznimnu uslugu, napojnica se može dati osoblju po vlastitom nahođenju.

POKLON BONOVI

Raspoloživi na spa recepciji i vrijede 3 mjeseca.

POSEBNA OGRANIČENJA

Molimo da svog terapeuta obavijestite ako imate nekih zdravstvenih problema jer bi to moglo utjecati na korištenje spa sadržaja i odabir tretmana.

General information

HOURS OF OPERATION

08:00-20:30. Hours of operation are subject to change with prior notice.

RESERVATIONS

We recommend advance booking to secure your preferred date and time of treatment.

CHECK IN

Please arrive at least 10 minutes prior to your scheduled appointment time.

CANCELLATION POLICY

Please allow at least 6 hour cancellation notice to avoid a 100% charge of the selected treatment.

PAYMENT

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

ETIQUETTE

We kindly ask you to turn off your mobile phones during treatments and to keep noise to a minimum to ensure a peaceful atmosphere.

VALUABLES

We do not take responsibility for lost or damaged personal items. Please leave your valuables in your room or use lockers provided in the changing rooms.

MINIMUM AGE

We welcome guests of all ages in pool area. Thermal zone and Fitness is reserved for guests 18 years of age and above.

GRATUITIES

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

GIFT CERTIFICATES

Are available from Spa Reception and are valid for 3 months.

SPECIAL CONSIDERATIONS

Please inform your therapist if you have any medical conditions as this may interfere with Spa use and treatment selection.

ISTRA

ISLAND HOTEL

Otok Sv. Andrija, HR - 52210 Rovinj

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E wellnessotok@maistra.hr

www.maistra.com

MAISTRA *SELECT*

A scenic view of a coastal park. In the foreground, there's a paved path and some green bushes. Several tall, slender pine trees stand prominently. Beyond the trees is a calm, blue body of water, possibly a bay or a lake. In the distance, a small island or headland is visible under a clear blue sky with a few wispy clouds. The overall atmosphere is peaceful and refreshing.

Feel
reborn