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Stories

Our story begins at dusk . . .

Before outboard motors, in olden times, the shermen of Rovinj would set out by night in a batana, powered only by their strength on the oars, and, if the wind was favourable, a simple lug sail.

They would lure fish into their nets with the illumination of a burning lantern, or a blazing fire set aloft on a staff.

Night navigation can be dangerous around these rocky shores. But when the torch is bravely lit, the fish practically leap into the boat: abundance follows courage.

The *batàna* is the characteristic wooden sailing craft of Rovinj, an ancient design, the symbol of a precious and vanishing culture. For the few remaining speakers of the dialect of this place, the batana endures as the centre of daily life. And just as this little boat is the centre of Rovinj culture, the mast — *àlbaro* — is the centre of the batana.

When we stand tall like a mast, we are centred 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 singular vision of Istrian healing. Since ancient times, seafaring people have used the restorative powers of seaweed, salt, and mud to heal wounds, soothe the skin, and recall the glow of youth. Likewise, the herbal healing traditions of Istria have been encoded in old recipes for rakija, the herbal grappa of Istria.

At ALBARO WELLNESS & SPA we wish to share with you these secrets of Istrian wellness. From the gifts of the sea, to the first press of olives, to local herbs steeped in rakija, experience the most intriguing ingredients and therapies of the Terra Magica.

Albaro exclusives

Let our ancient remedies bring you back to life: traditional rakija absinthe made with mysterious herbs, and the skinhealing wonders of olive oil — the golden nectar of Istria!

PELINKOVAC RAKIJA RITUAL

80 MINUTES | SOLO, OR SIDE BY SIDE

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

Although the ancient herbal medicine of Istria is forgotten, the wisdom has been encoded in certain elixirs, like the iconic Pelinkovac — Istrian »Absinthe« — made with *Artemesia absinthium* (wormwood). This potent psychoactive has been revered for thousands of years by cultures in the region, including the ancient Egyptians, Romans, and Greeks.

After a tasting of Pelinkovac, the ritual begins with an enchanting aromatherapy massage featuring grape seed oil with anise. Then, your skin will be awakened with a sugar fennel body scrub. To conclude the ritual, you will be given time to shower privately. When you emerge, discover our tea with wormwood flavor. Features local ingredients.

[Note: Artemesia should not be consumed if you have a liver problem or may be pregnant. We do not use Artemesia in skin products it is only in our beverages. Allow us to offer an alternate.]

OLIVE PRESS CEREMONY

90 MINUTES | SOLO OR SIDE BY SIDE

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

Trace the imaginative journey of an olive at harvest! This spa ceremony is both therapeutic and luxurious, and inspired by the historic olive presses situated at the heart of every Istrian town. After a welcome shot of olive rakija, mesmerising massage techniques with pure extra virgin olive oil describe the pressing of olives, with compressions, glides, and cross-body pressure. Customised to your preference in intensity, the techniques bring utter relaxation as you melt into the oil. After the massage comes a rejuvenating exfoliation with a rich cream made from crushed Istrian olive pulp

After a private shower, you'll emerge to try some olive leaf tea, loaded with healthy antioxidants.

Features Istrian olive products by Helios Gea and local extra virgin olive oil.

BATANA BODYWORK

90 MINUTES

The best massage in the Adriatic, with a welcome drink and a hemp leaf tea finish.

A visit to Rovinj is not complete without a lamp lit evening ride in a batana, so we've brought this unforgettable journey into the spa with our Batana Bodywork.

Batana Bodywork is a deep therapeutic massage style inspired by a night batana journey.

We've prepared pure hemp oil for this treatment, known for its beneficial effects on the body and its role in maintaining balance in the physiological system. With heavy palms and smooth forearms, your therapist will deliver rowing motions, pulsing movements, gentle rocking and stretches, as well as thumping beats of percussion — like the sea beats against the bottom of the batana. Best of all, your therapist will use sections of a batana oar to roll and lengthen the muscles for more freedom and greater ease of motion. Afterwards, try a calming cup of hemp leaf tea.

If you prefer not to consume alcohol, allow us to serve you tea at the opening of your treatment; simply inform us during booking or when you check in.

Private spa

Enjoy wellness experiences in complete serenity with our private spa offering.

VILLA, OUR PRIVATE SPA THERAPY ROOM

If you want to try a sauna in total solitude, or arrange a rassoul ritual with a loved one, we have the perfect solution. Check out the Villa, our VIP double spa room which includes a steam bath, chromotherapy, and a shower experience all in one. Check out the Villa, our VIP double spa room which includes a steam bath, chromotherapy, and a shower experience all in one.

While all side-by-side treatments will be accommodated in our Vila private spa suite, if you wish to use the sauna, time can be added to your reservation in increments of an hour, as per the price list (unless sauna time is specified in your package description).

Couples & combos

Allow us to suggest the perfect pairing of spa services, or build your own spa programme.

COUPLE'S ESCAPE

2 HOURS

Complimentary drink, fruit basket, private steam sauna with herbal scrub, body mask, and a couples' massage (80 minutes)

Plan a getaway on the beautiful Adriatic coast and reignite your special connection! Start with a welcome drink, followed by a soothing 80-minute massage, and then have a blast in a private steam bath with our amazing scrubs and masks. The type of massage is entirely up to you. Our therapy specialists will bring you tea before you enter the sauna, allowing you to enjoy privacy with your partner.

COASTAL COMBO: AROMATHERAPY MASSAGE AND CLEANSING FACIAL

2 HOURS

Enjoy the fresh air in our forest park by the sea and start your holiday with this perfect combination – an hour-long massage followed by a 60-minute rejuvenating facial treatment with our innovative Omorovicza brand. In a single appointment, sweep away the pollution and dullness of city life, and emerge feeling vibrant and renewed. You may book this combo solo, or side-by-side with a friend.

Massage modalities

Healing hands, paired with the finest massage training and techniques in the Adriatic? Yes, please!

The massage oil and aroma suggested for each massage may be customised. All massages in this section can be reserved side-by-side with a friend (pending availability of our Vila double treatment room).

ALBARO RELAX MASSAGE BY OMOROVICZA

60 MINUTES

In this traditional aromatherapy massage, we use our proprietary blend of soothing oils. Sacha Inchi and warming Pink Pepper oils bring a feeling of peace and enhance inner well-being. Incredibly gentle manual lymphatic drainage massage techniques to stimulate the circulation of lymphatic fluid. Perfect for all travellers to cleanse the body, combat fluid retention, address insomnia, and counteract signs of fatigue and stress.

AROMATHERAPY MASSAGE

50 OR 70 MINUTES

This deeply soothing aromatherapy massage uses moisturising base oils and essential oils. The motions are gentle and aimed at improving circulation and lymphatic drainage throughout the body. Pure relaxation!

HOT STONE MASSAGE

80 MINUTES

Featuring warm stone, like that carved from the ancient quarry in our forest park, as well as grounding black basalt, this massage delivers heat therapy with gliding movements to soothe, repair, and energise. While the stones support emotional grounding, crystals balance and uplift your energy.

CLASSIC MASSAGE WITH ST. JOHN WORT

50 OR 70 MINUTES

An old remedy of Istria is Saint John's Wort, infused into extra virgin olive oil until the flowers turn the oil red. Discover the power of this plant, updated with modern therapeutic deep tissue massage, intelligent neuromuscular therapy and firm pressure. Hypericum perforatum is known for its anti-inflammatory and mood elevating properties.

PARTIAL MASSAGE

30 MINUTES

Let this massage dissolve signs of travel fatigue, leaving you feeling refreshed and revitalised. The pressure will be customised to your liking, integrating therapeutic methods to alleviate muscle tension and revitalise your sense of well-being.

FOOT THERAPY BY 45°

45 MINUTES

The foot therapy journey begins with selecting an essence that will be present throughout the entire ritual. After the foot soak, treat yourself to an exfoliation session using our all-natural body scrub by 45 Degrees. Crafted with premium-grade organic olive pomace from Istrian eco-olive groves, it boasts abundant antioxidants and minerals. This is followed by a soothing foot massage designed to boost circulation and facilitate fluid drainage.

**AN INFUSION OF ENERGY INVOLVING SOUND,
PRECIOUS GEMSTONES AND AROMATHERAPY**
45 MINUTES

Begin your journey with a brief welcome as you explore a selection of luxurious aromatherapy blends designed to cater to your preferences. As you get comfortable wrapped in a snug thermal blanket, we will guide you through the art of slow breathing and relaxation. The tranquil sounds, the transformative effect of gemstones, and the comforting sensation of hands on your body will restore balance to your body, mind, and emotions, rejuvenating your inner vitality. The session concludes with luxurious facial acupressure using precious gemstones, gently guiding you back to reality and leaving you feeling revitalised and grounded.

Facial therapies

Reclaim your healthiest skin with professional care by our expert aestheticians and the purest ingredients sourced from sea and land.

Omorovicza's premium skincare products feature the Hydro Mineral Transference™ system, delivering essential minerals deep into your skin.

THE BLUE DIAMOND SKIN THERAPY SESSION

75 OR 90 MINUTES

Enhanced with Omorovicza's proprietary Hydro Mineral Transference™ system's diamond peptides that rejuvenate DNA, the active ingredients within the Blue Diamond product range penetrate deep beneath the surface of the skin to effectively eliminate signs of ageing. The advanced massage technique accelerates tissue oxygenation, revitalising and tightening the skin. The experience is further enhanced with the cooling sensation of chilled Derm-A-Globe ice globes, reducing pores, calming redness, and toning your skin.

THE GOLD HYDRALIFTING SKIN THERAPY SESSION

75 MINUTES

This anti-ageing skincare session begins with thermal mud sourced from Lake Héviz, providing a deep cleansing and exfoliating experience. The rose-scented golden mask releases hyaluronic acid in three distinct forms to replenish and nourish your skin, complemented by a bioavailable golden serum that repairs micro-damage and strengthens your skin's natural barrier. It includes a facial massage utilising rose quartz rods to tighten and define facial contours, as well as a revitalising eye treatment using Derm-A-Globes to refresh the eye area. *Includes bioavailable gold lysate from the prestigious Omorovicza Gold Collection.*

THE MOOR MUD SKIN THERAPY SESSION

75 MINUTES

An ancient cure for clearer skin, updated with modern science. A velvety mud mask from thermal Lake Héviz follows a cleansing and exfoliation using Omorovicza's iconic Moor Mud Cleansing Balm with rosemary extract to treat sensitive skin and reduce pore size. This treatment includes gentle extractions, as needed. A special facial massage instantly lifts and firms the skin with fluttering strokes. *Features geothermal Healing Concentrate™ and the Moor Mud Collection by Omorovicza.*

THE HYDRA MINERAL SKIN THERAPY SESSION

75 MINUTES

Designed to brighten and illuminate, this facial begins with a gentle peeling using copper for an anti-oxidant collagen-stimulating punch. A facial massage soothes the senses and accelerates micro-circulation, whilst a rose-and peony-scented mask plumps the epidermis to reduce the appearance of fine lines and wrinkles. Attention is given to the neck and hands to address pigmentation and smooth the skin. *Features geothermal Healing Concentrate™ and Hydro Mineral Collection by Omorovicza.*

“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.” Dr Philippe Allouche

SOIN RESTRUCTURANT ET LISSANT

75 MINUTES

Skincare reconditioning treatment that tones the epidermis, suitable for all Skin Instants. The skin of your face, neck and décolleté is drained, smoothed and toned.

SOIN MC110

75 MINUTES

A treatment that smooths fine lines and wrinkles for dull Skin Instants. The skin of your face, neck and décolleté is toned and redefined.

SOIN LIFT C.V.S.

75 MINUTES

An exfoliating and lifting treatment combined with toning massage techniques specifically crafted to address the unique needs of mature Skin Instants. Your facial, neck, and décolleté skin is smoothed, toned and refined.

SOIN LIFT VIP O2

75 MINUTES

A detoxification and epidermal stimulation treatment, promoting tissue oxygenation, ideal for addressing dull and devitalised Skin Instants exposed to urban pollutants. Results in a brighter, lighter, and completely radiant complexion.

The secret to beautiful skin

Not everyone will tell you how they get their glow. Let us confide in you.

Please see our current menu price card for additional services like waxing and brow shaping.

RIGENERA INTENSIVE BODY SMOOTHING

45 MINUTES

Laxity, loss of tone, and rippled texture can be improved naturally, with a synergy of powerful therapies — radiofrequency, lymphatic massage, and photobiomodulation (905nm Softlaser and LED). These forces combine to stimulate collagen, assist with lymphatic drainage, improve skin elasticity and smooth the appearance of stretch marks or cellulite. Each 45 minute session can intensively treat one major zone of choice. 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 new generation EME Rigenera3 device.*

This treatment may be added to any massage; please inquire for combination options.

RIGENERA INTENSIVE FACIAL RENEW

45 MINUTES

Can we share a natural skin care secret? The best collagen for your skin is the kind you grow yourself. With the natural powers of light, frequency, and massage — harnessed through a non-invasive device — get cells back on track growing new collagen and elastin to restore resilience, and reduce the appearance of lines, scars and under-eye shadows evident due to thinning skin. A hybrid of radiofrequency, lymphatic lift massage, 905nm Softlaser and LED stimulates deep cellular renewal. Although visible improvement is normal immediately after each treatment, real results grow with time, as your skin builds volume, contour and elasticity the natural way. *Features our new generation eme Rigenera3 device.*

Body treatments

Feel light on your feet and enjoy silky smooth, supple skin with our exfoliations and wraps drawing on ancient cures.

YOUR CHOICE OF BODY SCRUB

30 MINUTES

Transform rough patches on your body into silky smoothness with our delicate treatment, specially crafted for dry or dull skin. Original and effective body exfoliation treatment with a very intense relaxation effect. Choose your perfect body exfoliation treatment under the expert guidance of our therapy specialists.

THE THERMAL MUD BODY RITUAL

90 MINUTES

Step into a realm of luxurious indulgence with a body treatment that transcends traditional wraps, starting with an energising yet soothing body brush and detoxifying scrub infused with sea salt, Hungarian mud, and capsicum peptides. This is followed by a mud mask designed to deeply cleanse your body. As the detoxifying properties of mud purify your body, our expert therapy specialist soothes away tension and stress with a scalp massage. The experience culminates with a body massage using a rich blend of essential oils, adding a soothing final touch.

THE GOLDEN BODY RITUAL

90 MINUTES

This treatment harnesses the proven anti-inflammatory properties of gold, fostering skin rejuvenation by aiding in the healing of daily micro-damage. The experience includes a revitalising gold sugar scrub exfoliation and a relaxing massage using scented oil enriched with golden particles. The session leaves your skin feeling soothed, moisturised, and radiant.

Active movement

Sculpt your body like the ancient sailors of the Adriatic did, with our fitness offerings based on functional, holistic sailing movements, rowing techniques, and the rigging principles of tensegrity. Inquire at spa reception to book your next training.

FITNESS CONSULTATION & PERSONAL TRAINING SESSIONS

60 MINUTES

The initial visit entails an assessment of your needs and goals, a body composition analysis, exercise recommendations, and your first full-body training session with a certified fitness coach. Discover the workout or mix of workouts that will propel you towards your goals and bring about the results you desire.

FUNCTIONAL TRAINING

60 MINUTES

Functional training allows you to enhance both motor and functional abilities, positively impacting strength, muscle endurance, and physical coordination simultaneously. The distinguishing feature of this training lies in its selection of equipment and wide range of exercises, coupled with instructors who tailor the session to your individual needs and abilities.

BENEFITS OF ROWING

60 MINUTES

Experience a full-body rowing workout or elevate your fitness with personalised training sessions guided by expert instructors. Rowing stimulates balanced muscle development throughout your entire body, boosts cardiovascular performance, enables precise control of movement and pace, and serves as an excellent exercise for active recovery, accessible even to beginners.

GROUP TRAINING SESSIONS (2 TO 4 PARTICIPANTS)

75 MINUTES

For those with a competitive streak, group training sessions offer an ideal outlet, perfect for social butterflies seeking motivation and camaraderie. Find your ideal group training session with the guidance of our instructors, offering workouts of varying intensities designed to fuel your motivation and propel you towards your fitness goals. These workouts are designed for groups of 2 to 4.

RUN & FUN

75 MINUTES

The fitness training offers a wide variety of running routines, including sessions designed to increase race readiness and refine the biomechanics of running motions. Depending on your preferences and weather conditions, you can do your training sessions either within the hotel premises or in the nearby forest park. Our instructors will assist you in mastering various running stretches, adapting to your individual abilities for a customised training journey.

When we stand tall like the mast of the ship, we endure centred and strong, yet flexible, resilient to the pressures of life.

Thermal zone

Thermal experiences can be understood on a curve of humidity and temperature. At Albaro Wellness & Spa, each heated room is uniquely placed on this curve to offer a continuum of satisfying variety.

Cooling showers, ice fall and cold plunge facilitate cool down. We recommend cooling for 30 minutes between rounds of heat. The muscles take time to respond to contrast heat therapies, so go slowly, stay hydrated, and take the time to have a deep and safe experience! Explore our range of thermal experiences, and don't miss our outdoor Forest Banya and Cool Plunge.

FINNISH SAUNA

90°C + 10% HUMIDITY

Dry heat and aromas of green birch await you in our classic Finnish sauna. Our sauna master will offer a variety of aroma and water pouring experiences.

MASTIC RELAX SAUNA

65°C + 40% HUMIDITY

Inhale the botanicals of our forest park — precious gum mastic, stone pine, and eucalyptus — planted here over 100 years ago for their respiratory benefits.

ABSINTHIUM STEAM ROOM

45°C + 55% HUMIDITY

Inspired by Pelinkovac, the Istrian absinthe, we've curated a blend of essential oils with fennel, anise, mint and more. You can relax wearing a Fresh Spa body, hair or face mask.

CITRUS LIFT STEAM ROOM

40°C + 98% HUMIDITY

Uplifting notes of lemon and other citrus will awaken your senses in our Citrus Lift Steam Room. You can also relax wearing a Fresh Spa body, hair or face mask.

COOL PLUNGE POOLS + ICE FALLS

10°C

Enjoy a stimulating dip in one of our cool plunge pools as a part of your thermal circuit — no swimwear required! If you prefer snow, visit the ice fall for a little cryotherapy.

RELAXATION ISLANDS

Rest yourself between thermal experiences on our warmed stone island.

SHOWER ARHIPELAGO

Visit our invigorating experience showers, infused with the essential oils of our forest park, including Himalayan Cedar, ginkgo, sage, juniper, cypress and more.

OUTDOOR FORREST BANYA

75°C + 15% HUMIDITY

Rich with the scent of fine, exotic woods, fresh tree boughs, and herbal bundles, our Outdoor Forest Banya is a special place for sauna rituals.

PRIVATE SAUNA VILLA

Please shower before and after each thermal experience. Persons over the age of 16 can access the thermal zone facilities for both genders. Guests are invited to embrace the sauna and steam room experience fully by refraining from wearing swimwear and sandals inside.

Nightspa

Explore the wellness nightlife with our evening spa-tainment, NIGHTSPA. NIGHTSPA programmes are themed, adults-only events for wellness enthusiasts.

Check with spa reception for information on NIGHTSPA events happening during your stay.

Our ingredients

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

We source local ingredients by artisan producers in Istria, like local olive crush products, organic plant 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 thrilled to offer you treatments featuring the exquisite thermal mineral collections by Omorovicza and Biologique Recherche, renowned for their high concentrations of active ingredients derived from natural or biotechnological sources, all fragrance-free for your enjoyment.

HEALING NATURE FROM DEEP EARTH

The story of Omorovicza –O – MO – RO – VEET – SA - begins with ancient geothermal healing traditions and regal bath houses made during the era of the Austro-Hungarian Empire. The Omorovicza family built the exquisite Ràcz baths on an ancient thermal spring in Budapest in 1870. Twenty years later, as part of the same wellness movement, Georg Hütterott purchased land in Rovinj to create climate health resort Cap Aureo — our forest park.

Omorovicza has turned the richness of pure geothermal water and mud into profoundly healing products, working with a Nobel-prize-winning laboratory to unlock curative properties of thermal water with bio-fermentation, resulting in their special Healing Concentrate™.

The products are gluten free and suitable for vegans, and we love the eco packaging. The products do not contain parabens, polyethylene glycol, petrochemicals, silicones, sodium laureth sulphates, synthetic colours, synthetic fragrances, plastic microbeads, or nanoparticles.

BIOLOGIQUE RECHERCHE

The prestigious skincare company Biologique Recherche was founded in the late 1970s by a family of experts in the field of cosmetic care, the culmination of dedicated efforts by biologist Yvan Allouche and his wife, physiotherapist Josette Allouche. Their wealth of expertise and experience, alongside a forward-thinking approach to skincare, underpin the professional standing of this brand and its exceptional range of products.

How to spa

ALBARO WELLNESS & SPA WORKING HOURS

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

Swimming pools: 08:00 do 21:00

Fitness room: 00:00 do 24:00

ACCESS & AGES

Use of wellness facilities is complimentary for guests of the hotel. Spa, wellness, thermal zone, relaxation areas, and gym are for ages 16+. Children may use swimming pools, accompanied by an adult. Ages 14-17 may receive treatments with a parent in our double spa suite.

SPA ETIQUETTE

The spa is a serene environment; participate in this tranquillity by sharing space respectful of privacy, safety, and health. Smoking is prohibited in spa and wellness facilities, including outdoor relaxation areas. Do not bring phones or electronic devices to the spa and wellness areas. Phone use and photography are strictly forbidden. The spa and hotel are not responsible for valuables: leave jewellery in your room safe. Spa lockers are for guests receiving treatments.

SPA ATTIRE & HYGIENE

Come to the spa wearing the robe and sandals provided in your room. Shower with soap before using facilities or receiving treatments. Swimsuit and sandals are not to be worn inside the saunas and steam rooms — use the cotton wrap. Wear a swimming suit in swimming pools.

HEALTH & SAFETY

Inform us of allergies or health concerns prior to receiving a treatment or using products. If you have a condition, consult your doctor before receiving a treatment or using Thermal Zone, pool or gym.

SPA TREATMENTS

To reserve a session, please dial +385 52 642 021 or 1021 from your room, or speak to a member of staff at the reception desk of the spa area. You may also email us at albarospa@maistra.hr. Book in advance to ensure we can accommodate your choice in treatments and timing. Please arrive at least 15 minutes before your treatment. Should you need to reschedule or cancel, provide at least 6 hours' notice; no-shows or late arrivals will be charged the full amount.