



**FIVE ELEMENTS**  
W E L L N E S S & S P A

# Price list

**HOTEL AMBASADOR**

Remisens Hotels • Opatija, Croatia

# Five Elements

THE FIVE ELEMENTS BRAND WAS CREATED AS A UNIQUE COMBINATION OF THE ANCIENT CHINESE FENG SHUI PHILOSOPHY AND MODERN WELLNESS PROGRAMMES.

THE FIVE ELEMENTS STORY STARTS IN THE HOTEL AMBASADOR WITH THE ELEMENT OF WATER, WHICH HAS PARTICULAR IMPORTANCE IN FENG SHUI AS THE SYMBOL OF LIFE.

By synergising spiritual and physical elements – through a unique ambience, an individual approach and specific programmes – we help you discover a newer, deeper sense of your body's well-being and health. Following the idea that a harmony of energies is needed to achieve feelings of calmness and relaxation, we have created unique ambiances based on the principles of Feng Shui and space design, in which you will feel different and relaxed.

Each area has its own energy that affects humans. Therefore, if we want to feel calm and relaxed in a room, it must have a harmony of energies.

## BETWEEN FANTASY AND REALITY

The centre covers an area of 1,300 square metres over two floors.

The first floor offers a variety of water facilities: a large indoor pool with heated seawater, a whirlpool and an attractive outside view. This area also includes saunas and a large modern bar. The upper floor is reserved for carefully arranged rooms for massages and other treatments. The interior's modern design leaves a long-lasting impression on visitors.

As a special feature, this concept introduces a selection of top-quality cosmetic products by renowned international brands, which completes the offer of the exclusive FIVE ELEMENTS Wellness & Spa centres of the Remisen Hotels.

## NIANCE® – SWISS PREMIUM ANTI-AGING

NIANCE®, as a genuine premium Swiss brand, is synonymous with highly-effective and utterly pure first-class skin-care. NIANCE® represents Swiss expertise in developing innovative and dynamic concepts in the luxury anti-aging skin-care sector. NIANCE® supplies effective products and holistic treatment methods for visibly rejuvenating the skin. The expertise we have gathered through intensive research activities in our Swiss laboratories provides you with the chance to provide your skin with optimum care based on the very latest results in skin science.

NIANCE® is beauty care with no compromises. The purest formulations and the most innovative active ingredients will deliver a unique anti-aging effect to your skin. We have developed a unique concept never before seen anywhere else in the world – NIANCE® Multi-Anti-Aging!

## SOTHYS

Sothys is a world famous brand that has existed since 1946, and which is today renowned throughout the world. As a professional brand, it is committed exclusively to beauty salons, and wellness and spa centres, offering a complete range of products for professional and home facial and body care, and also make-up. Sothys offers integrated beauty programmes, high-technology professional treatments, and exclusive treatments for home skin care.

# Massages

MASSAGE IS THE MOST ANCIENT WAY OF HEALING.

## CLASSIC MASSAGE

This full body massage relaxes, relieves pain and has a beneficial effect on your overall psychophysical condition.

Price: **350 kn** (45 min)

**230 kn** (20 min)

## CANDLE MASSAGE

Fragrant aromas on your body and in the room will help you relieve stress and completely relax.

Price: **410 kn** (45 min)

CARAMEL/ CHOCOLATE/ MANOI/ PINA COLADA

## FOUR-HAND RELAX MASSAGE

Experience the special four-hand massage in which two therapists relax your body with synchronised massage movements.

Price: **500 kn** (45 min)

## AROMATHERAPY

A massage that uses various aromatic oils according to the individual needs of each client. Magical scents will liven up all your senses.

Price: **390 kn** (45 min)

**540 kn** (75 min)

## LYMPHATIC DRAINAGE

Lymphatic drainage removes surplus liquids from the face or body. Increased lymph flow stimulates the removal of toxins from the body and allows a better supply of oxygen, water and nutrients to cells.

Price face: **250 kn** (20 min)

Price body: **360 kn** (45 min)

Price full body: **500 kn** (75 min)

## COMBINED MASSAGE

Back massage and foot reflexology.

Price: **360 kn** (45 min)

## FOOT REFLEXOLOGY

Reflexology is an ancient skill based on massaging reflexology points on the hands and feet that are connected to certain organs in order to improve how these organs function.

Price: **250 kn** (20 min)

## INDIVIDUAL MASSAGE

A massage targeted at individual problematic areas.

Price: **360 kn** (40 min)

## FACIAL MASSAGE

Price: **200 kn** (20 min)

# Energising rituals

## DREAM MESSAGE (100% CUSTOMER MESSAGE, *massage of your choice*)

An individual approach as the basis of wellness finds its full expression here. This special Sothys massage is adapted to your wishes and needs – the choice of aromas and massage techniques is entirely yours, which guarantees complete relaxation in accordance with your own wishes. This treatment hydrates the skin, provides it with nourishment and restores its shine.

Price: **550 kn** (60 min)

## ORIENTAL MASSAGE *with aromatic pindas*

This special ritual, inspired by the exotic Far East, will fill your body with energy and your spirit with pleasure. The treatment includes the application of a ginger-based peeling balsam and a special massage technique with aromatic pindas targeted at certain body chakras based on ancient Indian rituals.

Price: **550 kn** (60 min)

## FIVE ELEMENTS

Recipe of the house: this special ritual represents a unique combination of the Feng Shui philosophy, the five elements concept, and an ancient massage technique.

The burning of sage, an original massage technique using crystal balls, the use of various crystals, shiatsu and Thai massage techniques – these are the elements that we use to achieve a complete energy balance and harmony of body and spirit.

Price: **600 kn** (90 min)

## RECIPE OF THE HOUSE: SHELL MASSAGE

Lava Shells is a holistic massage that has an impact on the overall state of your health and helps treat various health issues: it eases spasms and muscle ache, improves circulation and immunity, and removes tension, anxiety and chronic tiredness caused by stress. Its main purpose is relaxation, and it is particularly recommended for people who love heat.

Price: **600 kn** (60 min)

# Wellness rituals

## HANAKASUMI

(japanese massage technique for feet )

This extraordinarily pleasant, fragrant and relaxing treatment makes your skin soft and has a relaxing effect. Oriental massage technique and exotic cherry blossom-rice peeling.

Price: **550 kn** (60 min)

## ART & BEAUTY

LIKE ART, BEAUTY EXALTS OUR SENSES AND REVEALS OUR EMOTIONS. This Sothys body ritual, inspired by art and beauty, provides a new range of sensations, thanks to its unique protocol, which is a combination of colours, exclusive modelling movements, and resonating design. The result is a treatment with a relaxing, energising and hydrating effect on the body.

Price: **650 kn** (90 min )

## OBSIDIAN room with Turkish sauna

### TRIBAL AFRICAN LAND

A special sensation for the body: a perfect escape into the world of plants and traditional recipes from Africa, Mexico and Polynesia. This massage has a relaxing effect and brings you into harmony with the rhythms of nature. Escape your daily routine and let your therapist take care of you!

Price: **600 kn** (75 min)+ 30 min sauna

# NIANCE - facial care for her and him

## HER

### EXCLUSIVE TREATMENT FOR THE EYE CONTOUR AREA

Premium Glacier Eye Deluxe – a luxury treatment for the area around the eyes.

Price: **450 kn** (30 min)

### INTENSIVE

The special intensive treatment incl. NIANCE® Premium-Glacier-Eye-Deluxe – the luxury treatment for the eye area.

This nurturing and comforting intensive treatment provides your skin with moisture, nutrients and vitamins. It has a smoothing effect on lines and small wrinkles caused by dryness, making the skin tender and soft. Additional luxurious care of the eye area helps you look bright and awake. Slight skin irritation is smoothed out and your complexion shines with new freshness.

Price: **790 kn** (60 min)

### DELUXE

This premium treatment provides for firmness and smoothness. Your skin will be supplied with essential micro-nutrients, accelerating the skin's natural repair function. Optimal supply with moisture smooths your skin, and lines and small wrinkles are erased. Enhanced microcirculation results in a rosy and young-looking complexion. Additional care of your eye area removes traces of overtiredness and weakness. A high-performance anti-aging application for demanding skin.

Price: **1,200 kn** (120 min)

## HIM

### LUXURY TREATMENT FOR THE EYE CONTOUR AREA

Price: **450 kn** (30 min)

### ULTRA MEN

Intensive facial treatment for men. An effective turbo-treatment for dry or tired skin. Intense skin hydration and enhanced microcirculation lets the skin look relaxed and recreated.

Price: **450 kn** (30 min)

### INTENSIVE

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This nurturing and comforting intensive treatment provides your skin with moisture, nutrients and vitamins. It has a smoothing effect on lines and small wrinkles caused by dryness, making the skin tender and soft. Additional luxurious care of the eye area helps you look bright and awake. Slight skin irritation is smoothed out and your complexion shines with new freshness.

Price: **790 kn** (60 min)

### MEN POWER

The multi anti-aging treatment for men. This premium treatment for gentlemen provides new freshness and firmness. Intensive supply of cells with micro-nutrients and moisture make pale or tired complexions a thing of the past. Your eye area enjoys additional luxury care, and your complexion is given a smooth, beautiful appearance.

Price: **1,000 kn** (90 min)

# NIANCE - body care for her and him

## HER

### RETREAT

#### The Luxury Multi-Anti-Aging & Relax Body Treatment

The pure luxury body ritual for you and your senses. The anti-aging peeling with triple effect: a mechanical, enzymatic and gentle acid-based peeling serves to refine your complexion, detoxify and purify your skin deeply. The Premium Glacier Body Serum is applied in a technique especially developed by NIANCE®. It is an ultimate fat burner, tones your skin immediately, reduces the girth of abdomen, hips and thighs, and minimizes cellulite. Afterwards, relax with a unique NIANCE® Serpentine stone massage applying the most precious NIANCE® anti-aging oils. The Premium Glacier Body Cream shapes and detoxifies the body.

Price: **1200 kn** (120 min)

### GLOW:

#### Luxury Anti-Aging Body Peeling

Luxury anti-aging body peeling with triple effect: a mechanical, enzymatic and gentle acid-based peeling serves to refine your complexion, detoxify and purify the skin deeply, while balancing all kinds of irregularities. A subsequent treatment with the Premium Glacier Body Serum and the Premium Glacier Body Cream stimulates the lipid metabolism, tones the skin and reshapes your body contours immediately

Price: **550 kn** (45 min)

### RECOVER

#### Luxury Anti-Aging Full Body Massage

This luxury NIANCE® Serpentine stone massage with the high value NIANCE® anti-aging oil compositions relieves all kinds of physical tensions and allows you to perfectly relax, while most advanced ingredients tone your skin, stimulate the lipid metabolism and reshape your body contours.

Price: **600 kn** (60 min)

## HIM

### MEN REVITALIZE

#### The Luxury Multi-Anti-Aging & Relax Body Treatment specifically for MEN

The ultimate anti-aging body treatment especially for MEN. The anti-aging peeling with triple-effect: a mechanical, enzymatic and gentle acid-based peeling serves to cleanse your skin deeply. The ultra-precise Premium Glacier Body Serum tones and re-mineralizes the body. The deeply relaxing NIANCE® Serpentine stone massage with most valuable NIANCE® anti-aging oils relieves physical tensions.

Price: **1,200 kn** (90 min)

### MEN REFINE

#### Luxury Anti-Aging Body Peeling for MEN

The anti-aging peeling with triple effect: a mechanical, enzymatic and gentle acid-based peeling serves to cleanse your skin deeply. The Premium Glacier Body Serum is the ultimate fat burner, tones, re-mineralizes and finally nourishes and shapes your body.

Price: **550 kn** (45 min)

### MEN REVIVE

#### Luxury Anti-Aging Full Body Massage specifically for MEN

New vitality for MEN. This luxury NIANCE® Serpentine stone massage provides you with new energy and vitality and releases tensions. The most valuable NIANCE® anti-aging oil compositions and high-tech anti-aging ingredients tone your skin, re-mineralize your body and stimulate your lipid metabolism.

Price: **600 kn** (60 min)

# Facial care – sothys

## COLLAGEN & HYALURONIC

### (anti-aging treatment)

Rejuvenate your skin with this new generation intensive treatment. Individual approach to every client, diagnosed skin condition guarantees best way for smoothing wrinkles and tightening the face skin. Tightens the skin, smoothes the lines, rejuvenates and gives healthy glow.

Price: **650 kn** (75 min)

## HYDRA 3HA (deep skin hydration treatment)

This replenishing and hydrating treatment is our solution to quench thirsty skin and combat dehydration. A combination of hyaluronic acid and patented Boletus extract reactivate the natural hydration levels to reveal a more youthful complexion. Moisturizing serums, ultra-nourishing massage cream and enveloping mask restore skins natural softness and suppleness.

Price: **650 kn** (75 min)

## ENERGISING INTENSIVE

### treatment with siberian ginseng

This booster treatment, with exclusive Digi-Esthe-tique method is ideal to prepare for a course of anti-ageing or hydrating Intensive treatments to restore the skin energy and radiance. Adaptogenic Siberian ginseng extract to optimise the skins energy reserves.

Price: **650 kn** (75 min)

## SEASONAL FACIAL TREATMENT

### (seasonal care)

A facial treatment based primarily on fruit. This very effective treatment ensures radiance, smoothness and hydration. The water basis and natural fruits provide excellent aromatherapy for your senses. Enjoy pure nature!

Price: **380 kn** (45 min)

## NATURAL MICRODERMABRASION

This peeling treatment contains 15% glycolic acid and 0.15% salicylic acid with a pH-value of 3. This treatment, which contains fruit acids, is recommended for oily skin to regulate sebaceous glands, cleanse and narrow widened pores, and also for mature skin to remove wrinkles. The treatment is also very effective against skin macules. The results are already visible after the first treatment. These treatments are performed exclusively in the autumn, spring and winter months.

Price: **450 kn** (45 min)

## DEEP FACIAL CLEANSING

Price: **400 kn** (50 min)

## DEEP FACIAL CLEANSING + FACIAL

Energising treatment + deep cleansing

Price: **750 kn** (90 min)

## MAKE-UP

### DAY MAKE-UP

Price: **150 kn**

### EVENING MAKE-UP

Price: **200 kn**

## EYEBROW SHAPING

Price: **60 kn**

## EYEBROW OR EYELASH TINTING

Price: **70 kn**



# Body care

## HONEY BODY SCRUB (care)

Special peeling with honey resulting in an incredibly soft skin.

Price: **250 kn** (20 min)

## AROMATIC GINGER PEELING (detox)

Ginger-based peeling with a rich texture and enchanting, exotic fragrance.

Price: **250 kn** (20 min)

## ANTI-CELLULITE MASSAGE

Price: **300 kn** (40 min)

## SIGNATURE SLIMMING TREATMENT

Precisely tailored to each client, this treatment is performed according to an exclusive Sothys protocol composed of unprecedented products with incredibly sensory textures : slimming peeling wrap, slimming modelling fluid, 3 body serums with active ingredients for each type of cellulite.

Price: **550 kn** (75 min)

## LIGHT LEGS

This intensive treatment stimulates microcirculation and boosts the elimination of toxins from the legs. Bandages provide gentle compression and relieve the sense of tiredness and tension from the legs.

Price: **350 kn** (45 min)

# Manicure / pedicure

## MANICURE

Price: **250 kn**

## SPA MANICURE

Manicure + Shellac

Price: **320 kn**

## MEN'S MANICURE

Price: **220 kn**

## PEDICURE

Price: **350 kn**

## SPA PEDICURE

Pedikura + Shellack

Price: **420 kn**

## MEN'S PEDICURE

Price: **300 kn**

## NAIL-POLISH

Price: **80 kn**

## SHELLAC

Say hello to the future! Shellac is the latest UV technology, and has a patent pending. It combines the lightness of nail varnish and the durability of gel. This is the first innovation in colouring that does not break and lasts longer. Shellac is applied like varnish, just with a brush, but can be removed in only 10 minutes without the need to scrub your nails. The result? A beautiful shine that lasts 14 days and which is truly addictive!

Price: **200 kn**

# Depilation

## FULL LEG HAIR REMOVAL

Price: **190 kn**

## LOWER LEG HAIR REMOVAL

Price: **110 kn**

## BIKINI HAIR REMOVAL

Price: **120 kn**

## BRAZILIAN HAIR REMOVAL

Price: **150 kn**

## ARM HAIR REMOVAL

Price: **100 kn**

## ARMPIT HAIR REMOVAL

Price: **100 kn**

## BACK HAIR REMOVAL

Price: **150 kn**

## CHEST HAIR REMOVAL

Price: **190 kn**

## CHEST AND BACK HAIR REMOVAL

Price: **300 kn**

## UPPER LIP HAIR REMOVAL

Price: **50 kn**

## DEPILÈVE WAX

As a worldwide leader in waxing technology, DEPILÈVE is present in 97 countries around the world and is considered a pioneer of the most advanced waxing technologies. DEPILÈVE products are used in 2 million beauty salons worldwide. The DEPILÈVE research & development team continuously develops new formulas to improve the depilation process. Cerazyme Rejuvenation is the latest formula, after strip wax and film wax, with a worldwide patent.

# Remisens relax programmes

## LADIES DAY

- Hydra 3HA (75 min)
- Honey body scrub (20 min)
- Classic massage (45 min)
- Manicure

Price: **1,275 kn**

## MAN DAY

- Ultra men (30 min)
- Classic massage (45 min)
- Manicure

Price: **816 kn**

## AMBASADOR DAY

- Intensive facial treatment (60 min)
- Aromaterapija (75 min)
- Manicure
- Pedicure

Price: **1,631 kn**

## ANTI-CELLULITE PACKAGE

- 1st day – lymphatic massage (75 min)
- 2nd day – anti-cellulite massage (40 min)
- 3rd day – lymphatic massage (45 min)
- 4th day – anti-cellulite treatment (75 min)

Price: **1,496 kn**

# Jaspis luxury spa

An atmosphere spiced with exotic scents, mystical plays of light and a special offer provide an unforgettable experience.

This exclusive area is aimed at people who love privacy and luxury. The attractive rooms are designed for small groups (2-4 people) and include a rasul, crystal bath, private massage room and relaxation area.

## JASPIS DE LUXE RITUAL

Experience the magic of One Thousand and One Nights in the company of your friends!

Feel the beneficial effect of special peeling on your skin in a room filled with warm, moist air and enjoy perfect relaxation in a crystal bath. After that, surrender to a relaxing massage.

Soft music, exotic scents, strawberries in chocolate and champagne – your satisfaction is guaranteed. Our recommendation!

Price: **1,950 kn** (3 hours for 2 people)

## JASPIS RITUAL

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Feel the beneficial effect of special peeling on your skin in a room filled with warm, moist air and enjoy perfect relaxation in a crystal bath.

Soft music, exotic scents, strawberries in chocolate and champagne – your satisfaction is guaranteed. We recommend it!

Price: **1,450 kn** (2 hours for 2 people)

## RASUL

Discover the benefits of Oriental culture... In the moist, warm air of the Turkish sauna you will smear yourself with special peeling that has a superbly beneficial effect on even the most sensitive skin. The mud ensures deep cleansing of the skin and stimulates the elimination of toxins.

Price: **250 kn** (1 hour)

# Spa relax

The sophisticated and cosy Spa Relax area will thrill you with its invisible transition into nature. The spectacular whirlpool, Finnish sauna, bio-sauna, Turkish bath, ice fountain, teas... What a magnificent choice! Relax and surrender yourself to fantasy... The Cocoon Relax Room is particularly interesting – an unusual area with waterbeds, where you can be sure of forgetting all about the world outside.

Hotel guests (up to 3 hours) no extra charge

Outside guests (up to 3 hours)

**170 kn**

Pool supplement

**30 kn**

Children's pool (2-12 years)

**40 kn**

Bathrobe

**30 kn**

## POOL

Hotel guests no extra charge

Outside guests (up to 3 hours),

**70 kn** – indoor pool only

## FITNESS

Outside guests (up to 2 hours)

**70 kn**

## SOLARIUM

1 minute

**7 kn**

MEMBER CARDS	POOL	FITNESS	SAUNAS	POOL + FITNESS	POOL + SAUNAS	FITNESS + SAUNAS	POOL + FITNESS + SAUNAS
10 SESSIONS	400,00 kn	400,00 kn	700,00 kn	600,00 kn	800,00 kn	800,00 kn	1000,00 kn
1 MONTH – UNLIMITED	500,00 kn	500,00 kn	800,00 kn	700,00 kn	900,00 kn	900,00 kn	1100,00 kn
2 MONTHS – UNLIMITED	700,00 kn	700,00 kn	1000,00 kn	900,00 kn	1100,00 kn	1100,00 kn	1300,00 kn
3 MONTHS – UNLIMITED	1000,00 kn	1000,00 kn	1300,00 kn	1200,00 kn	1400,00 kn	1400,00 kn	1600,00 kn
6 MONTHS – UNLIMITED	1500,00 kn	1500,00 kn	1800,00 kn	1700,00 kn	1900,00 kn	1900,00 kn	2100,00 kn
1 YEAR – UNLIMITED	2500,00 kn	2500,00 kn	2800,00 kn	2700,00 kn	2900,00 kn	2900,00 kn	3100,00 kn

## OPENING TIMES

**7:00 – 21:00**

## RESERVATIONS

We recommend booking your appointment in advance at the wellness centre reception on **051 743 880**.

## CANCELLATIONS:

To cancel your appointment, please let us know at least 6 hours before the treatment start time.

For cancellations up to 4 hours before the start time, 50% of the treatment price will be charged.

For later cancellations, 100% of the treatment price will be charged.

## GIFT VOUCHERS

Invite your loved ones or business partners to an unforgettable experience!

Gift vouchers can be purchased at the wellness centre reception.

## HOUSE RULES

- Please switch your mobile phones to silent mode upon entering the wellness centre.
- We kindly ask you to arrive 10 minutes before the beginning of your treatment. In the event of late arrival, it will not be possible to prolong the treatment.
- Children up to 16 years of age are not allowed in the spa relax zone (saunas).
- Please inform your therapist or the person at reception about any serious health condition you might have (heart issues, high blood pressure or similar).