

WELLNESS & SPA

OFFERING & PRICES



WELLNESS & SPA

WELCOME TO OUR SPA!

In 1889, Opatija was designated as a therapeutic climate resort. The air here is largely free from allergenic particles, and the local microclimate has a proven positive effect on individuals with asthma, bronchitis, allergies and other respiratory conditions. Therefore, the guests enjoying this climate often experience significant and lasting improvement of their health condition. The feel-good hormones are produced in higher amounts, the immune system is strengthened, blood pressure is regulated, and concentration and performance levels are enhanced. The local stimulating climate is also beneficial for the skin and promotes healthy sleep. All of the above has been verified by medical science. Simply being in this region is already beneficial, with physical activity further enhancing the effects, along with targeted therapeutic support. We are delighted to be able to enjoy and promote this natural gift of our region!

Our spa offerings are based on the principle of living wellness as a lifestyle, supported by four pillars: Detox, Antistress, Antiaging, and Cosmetics.

Your MIRAMAR Spa Team





OUR OFFERING

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MASSAGES

FULL BODY MASSAGE	50 min. € 75
WELLNESS AROMA MASSAGE	50 min. € 79
COMBO MASSAGE FOR BACK & FEET	50 min. € 79
FOOT REFLEXOLOGY MASSAGE	25 min. € 48
BACK OR PARTIAL MASSAGE (LEGS, HEAD) Entspannung für die Rücken- und Schultermuskulatur. Tipp: Eine Moorpackung vorab verstärkt die Wirkung.	25 min. € 43
MUD PACK	45 min. € 52

THERAPEUTIC TREATMENTS

INDIVIDUAL MASSAGE THERAPY	88,-
3x INDIVIDUAL MASSAGE THERAPY + 1x FREE KINESIO-TAPING in total:	?64,-
MANUAL PHYSIOTHERAPY	63,-
LYMPHATIC DRAINAGE FOR LEGS AND UPPER BODY	88,-
INTENSIVE LYMPHATIC DRAINAGE	18,-
PERSONAL TRAINING - STRETCHING EXERCISES	55,-
KINESIO-TAPING	35,-
PRERSSOTERAPY	,5 €,-

MASSAGES FROM AROUND THE WORLD

LA STONE, USA	75 min. € 130,-
This massage leads you to your centre, bringing harmony and energy – a fascinating combination of energy work, massage with jojoba and almond oils, cold marble, and hot basalt stones applied to the body's energy centres.	ŕ
HUNA MANA, HAWAII	60 min. € 115,-
HU = the blazing energy of fire, NA = the gentle flow of water, MANA = life force. Through broad, powerful massage movements on the back of the body, blockages are released and energy can flow freely. The gentle, meditative treatment on the front of the body, combined with the placement of shells, induces deep relaxation.	ŕ
LOMI LOMI NUI , HAWAII 2-HÄNDIG ZELEBRIERT	75 min. € 130,-
LOMI LOMI NUI , HAWAII 4-HÄNDIG ZELEBRIERT	75 min. € 215,-
This Queen of massages is based on the Huna philosophy and connects body, mind, and spirit with simple clarity.	
It frees deep-seated blockages and stress, dissolves fears and tensions, and awakens joy and zest for life.	
TUI NA, CHINA	75 min. € 115,-
Based on Traditional Chinese Medicine, this massage is used to treat blockages in the flow of energy and to	
strengthen the immune system. The name derives from <i>Tui</i> (to push) and <i>Na</i> (to grasp). It is a combination	
of kneading, stroking, and chiropractic techniques that focus on acupuncture points and meridian pathways.	

AYURVEDA - WISDOM OF LIFE FROM INDIA

AYUS = life, VEDA = knowledge/science

Ayurveda is the oldest health system in the world, with written records dating back thousands of years. It encompasses a holistic life philosophy, which includes massage techniques that are just as valuable today as they were 5,000 years ago.



ABHYANGA - A 2 HAND APPLICATION	
SHIRODHARA The forehead oil pour is one of the most beautiful and intense treatments in Ayurveda. A thin stream of warm oil flows onto the "third eye" (forehead), between the eyebrows and hairline, stimulating this energy area and calming the autonomic nervous system.	45 min. € 115,-
INDIVIDUAL YOGA SESSION - NEW	45 min. € 55,-



OLIVE OIL - THE POWER OF NATURE

The scientifically proven, valuable ingredients and antioxidants of extra virgin olive oil nourish the body externally as well. The oil moisturises and has an anti-inflammatory effect. It contains unsaturated fatty acids, proteins, minerals, beta-carotene, as well as abundant vitamins E, A, and D – all components that promote elastic, resilient, wonderfully soft, and refreshed skin. This revitalising and rejuvenating effect can become a habit!



OLIVE OIL PEELING WITH SEA SALT	20 min. € 42,-
OLIVE OIL BODY WRAP Pure olive oil softens, firms, and tightens the skin. The wrap, applied while reclining on a soft bed, energises and has a superb revitalising effect. Immerse yourself in a relaxing bath of the ancient Romans, where olive oil was always an essential component.	20 min. € 45,-
OLIVE OIL FULL BODY MASSAGE The positive properties of olive oil are ideal for sensitive, dry, or irritated skin. The high content of unsaturated fatty acids helps dissolve dead skin cells and smooth the skin – complemented by essential citrus oils.	50 min. € 78,-
Olive oil peeling, body wrap, and body and head massage combine together for an experience you will want to repeat.	105 min. € 160,-

BABOR

Babor is a German pioneer in beauty, founded in 1956 by the renowned biochemist Dr. Michael Babor. The company has always relied on innovation and has established itself as a leader in professional skincare. Babor's Research and Innovation Centre transforms the secrets of nature into high-tech products that combine nature and science to create synergistically enhanced quality.

HSR LIFTING	5 min. € 125,-
SEACREATION	ີງ min. € 196,−
DOKTOR BABOR HYDRATE & PLUMP	50 min. € 95,-
DOKTOR BABOR LIFT& FIRM	60 min €110,-

ENERGIYING BODY TREATMENT105 min € 165,-Invigorating. Vitalising. Refreshing.

BABOR SPA Energizing stimulates with a citrus note fragrance composition, harmoniously combined with the invigorating aroma of green tea.

SHAPING BODY RITUAL......75 min € 95,– Effective, firming, and contour-enhancing.

Luxurious body care combines exclusive rowan stem cell extracts with the plant-based SHAPING active ingredient complex to improve skin elasticity and achieve beautifully cared-for skin. Special textures and fragrances complete the SPA experience.









LIGNE ST BARTH - THE FRAGRANCE OF THE CARIBBEAN

ST BARTH »APHRODITE & ADONIS« – PURE LUXURY 90 min. € 123,– Enjoy the complete aroma facial care (see above) complemented with hand and foot massages.

ST BARTH - CARIBBEAN FULL BODY PAMPERING MASSAGE.. 50 min. € 88,Moisturising massage that nourishes your skin and caresses
your soul. Choose your favourite scent: Tiare flower,
Bourbon vanilla, or exotic lily.



PHARMOS NATUR - ALOE VERA, THE QUEEN OF HEALING PLANTS

While water can only transport care ingredients on the surface, the 100% organic Aloe Vera juice in Pharmos Natur products penetrates deeply into the cell structure, delivering reparative and regenerative plant nutrients. The highlight of our treatments is the use of a fresh Aloe Vera plant leaf.

FOR FACE & DECOLLETÉ:









Discover the wonderful effect of the fresh Aloe Vera plant leaf – a premium moisture booster!

PHARMOS NATUR – Detox Wrap	30 min. € 55,-
PHARMOS NATUR Algae Exfoliation	30 min. € 55,-
PHARMOS NATUR - Detox FULL BODY MASSAGE	/O:- 0 100
This detox treatment for the entire body combines age-old healing plants with pure organic Aloe Vera. It detoxifies and drains through the lymphatic system, strengthens and firms the connective tissue, activates metabolism, and reduces cellulite – for new energy and a sense of lightness.	60 min. € 108,-

PHARMOS NATUR



BODY DETOX - DETOXIFICATION, BODY CLEANSING, ALKALIZATION

Environmental toxins, stress, lack of exercise, and a one-sided diet can disturb the acidbase balance and, in the long term, promote chronic diseases and lifestyle illnesses, as the body has a limited ability to excrete toxins naturally.

The Electrolysis Foot Bath Body Detox® uses the sweat glands on the soles of the feet to excrete uric acid – according to an independent laboratory study, this is the only known method that contributes to health in this way. At the same time, body cells are electrically revitalised, body fluids are cleansed, and activated.

Weekly Package

BODY DETOX Electrolysis Foot Bath 3 x 30 min. € 119,-



PMP® - PHYTOMASSOPODIA TREATMENT

A holistic well-being experience that starts with the feet: The patented foot treatment Phytomassopodia® by Prof. G. Mazzocco is considered a highly effective treatment with scientifically proven benefits, such as relieving tension, reducing stress, accelerating regeneration, and promoting lasting vitality for the entire body. Special massage techniques and treatments with water, heat, cold, Italian clay, and essential oils are applied and individually tailored to your needs.

PHYTO = Plant, MASSO = Massage, PODIA = Foot



regenerating effects. Active and passive foot gymnastics stimulates foot dynamics, and the warm or cold herbal wrap Phyto-Fango, based on clay, algae, and essential oils, has an anti-inflammatory effect, helping to reduce swelling in the feet and legs. Additionally, connective tissue, lymph, and reflex zones are massaged manually and with the Podostrigiles®.

First, your muscles will be deeply relaxed with a detoxifying and stimulating back exfoliation, followed by a back massage with Relax oil. The complete PMP® Classic Ritual follows.



COSMETICS - FOR HER

MEDICAL PEDICURE
MANICURE without Polish
WELLNESS PEDICURE without Polish 60 min. € 60,- Foot bath, cosmetic care of toenails and cuticles, light foot massage.
NAIL POLISH
FRENCH NAILS
SHELLAC NAILS WITH MANICURE
FRENCH POLISH + SHELLAC WITH MANICURE 90 min. € 95,-
REMOVING SHELLAC
DAY MAKE-UP
EYELASH TINTING 15 min. € 20,-



EYEBROW SHAPING or TINTING	15 min. € 20,-
DEPILATION:	
Upper Lip	€ 17,–
Chin	€ 17
Underarms	·
Bikini Area	•
Legs up to Knee	•
Full Legs	•
J	ŕ
LADIES PACKAGE	180 min. € 211,-
Wellness Pedicure and Manicure	
+ Babor HSR Lifting Face Treatment.	
· Dabor Hor Litting race Heatilietic.	

COSMETICS - FOR HIM

FACIAL TREATMENT

Treat yourself to a pampering wellness pedicure and manicure, combined with a revitalising Babor Man Face Treatment.



RELAXATION DELUXE - PARTNER TREATMENTS NEW

How wonderful to experience a relaxing break together: as a couple, parent and child or grandchild, with your best friend, or a loved one. In our exclusive partner suite, you can enjoy this precious time together while two therapists pamper you with soothing massages. Fresh fruit and a glass of sparkling wine complete the experience – a treat for all the senses!



MIRAMAR TOGETHERNESS Experience a heavenly pampering programme: A St. Barth Softness – Scrub with fresh papaya mousse, coconut oil, and sea sand (see page 11), followed by a relaxing full-body, facial, and head massage. We serve fresh fruit and a glass of sparkling wine – the perfect break for two	
MAGICAL MOMENTS – JUST LET GO	75 min. € 260,-
RELAX AND UNWIND Treat yourself to a gentle wellness aromatherapy massage with warm essential oils (see page 4), followed by a relaxing facial and head massage. A refreshing glass of sparkling wine and fresh fruit make this treatment an unforgettable experience.	75 min. € 260,-
ISTRIAN GOLD FOR TWO Enjoy a delicate olive oil scrub with sugar or sea salt, followed by a nourishing olive oil full-body massage (see page 9). Fresh fruit and a glass of sparkling wine round off the luxurious pampering programme for two.	75 min. € 260,-



TREATMENT GUIDE & SPA ETIQUETTE

RESERVATION

To meet your preferred appointment requests, we recommend making your booking at the time of your hotel reservation. The Spa reception can be reached daily from 9 AM to 6 PM via the quick dial 170 from your hotel room.

PREPARATION

For optimal results, we recommend taking a warm shower or sauna session before your treatment to prepare the skin and allow the massage oil to absorb better. Please avoid heavy meals and alcohol beforehand. It is advisable for men to shave a few hours before a facial treatment. Please arrive 5 to 10 minutes before your appointment at the spa reception, and remember to turn off or mute your mobile phone to ensure uninterrupted relaxation.

CLOTHING

We recommend wearing a comfortable bathrobe on your way to the treatment. In the treatment room, you can undress in privacy. For massages and body treatments, we ask that you wear disposable underwear or undress completely. All untreated areas will be professionally covered during the treatment. Please note that we cannot take responsibility for the safekeeping of valuables.

TREATMENT

Please inform our staff of any special requests, pregnancy, existing illnesses, or health issues. Additionally, let us know if you have specific preferences for massage pressure, additional towels, warmth, light, and sound. Our therapists will inform



you about the products used before each treatment. Your feedback after the treatment is very important to us as it helps us continuously improve our services and better meet your needs.

Immediately after the treatment, please avoid strenuous activities, drink plenty of tea or water, and rest.

CANCELL ATIONS

We ask you to cancel booked treatments at least 12 hours before the scheduled time in case of any changes or cancellations. For cancellations within less than 12 hours or in the case of a no-show, we will charge 85% of the treatment cost. In case of delay, the duration of the treatment will be shortened accordingly.

SAUNA AND POOL AREA

Our sauna and pool areas are exclusively available for Hotel Miramar guests. Please enter the spa area already in your bathrobe and slippers. We cannot take responsibility for any valuables you bring with you.

ENVIRONMENTAL AWARENESS

An integral part of the spa experience is respecting the environment. We ask you to use only the towels you actually need to help conserve our resources.

QUIET & CONSIDERATION

To allow all guests a relaxing and peaceful experience, we kindly ask you to turn off or mute your mobile phones in the spa, rest, and relaxation areas, as well as in the sauna area. Please also refrain from using cameras and laptops in these areas.

The Miramar Hotel primarily caters to guests seeking rest, peace, and relaxation. Therefore, we ask that when staying with children, you consider the needs of our other guests. Our spa staff is instructed to manage excessive noise. However, during holiday periods, family stays are usually very harmonious, ensuring families with children feel at ease with us.

LOUNGER RESERVATION

Unfortunately, it is common for loungers to be reserved for long periods, especially in the morning and often throughout the day, without being used. This understandably causes dissatisfaction among our guests. To offer everyone a fair chance to use a lounger, we provide ample loungers for all hotel guests. Our staff is therefore instructed to release loungers that remain unused for long pe-

riods, both on the grass and at the beach and pool. Personal items will be safely stored on designated shelves.

BE KIND TO EACH OTHER

The Miramar Hotel aims to offer its guests an oasis of relaxation and well-being while harmoniously fulfilling various guest wishes. To help achieve this, we kindly ask for your support through respectful and friendly interactions. Thank you for your consideration!

Our therapists will explain how the products used affect the body before each treatment. Your feedback after the treatment is important to us, as it helps us continuously improve our offerings. We recommend refraining from strenuous activities after your treatment, drinking enough tea or water, and taking a rest.

CANCELLATIONS

If you are unable to attend a reserved treatment, please cancel it at least 12 hours before the scheduled time. Cancellations made within less than 12 hours or a no-show will incur a cancellation fee of 85% of the treatment cost. Please note that if you are late, the treatment duration will be shortened accordingly.



FIT WITH OUR VITAL TRAINERS

FREE VITAL PROGRAMME

Every day, we offer our guests a variety of often free movement programmes, such as morning gymnastics, meditation, Pilates, Qigong, back training, and Stand-Up-Paddling. Current offers can be found in the Miramar programmes or on our website.

CARDIO & FITNESS EQUIPMENT

Our gym is equipped with professional equipment, which you can use at your leisure. An experienced fitness trainer is available every day to guide you through the equipment and oversee your training.

NORDIC WALKING

Learn or perfect the technique of Nordic Walking along the seaside promenade, the shady Carmen-Sylva forest path, or other picturesque locations. We offer free rental poles for our hotel guests.

SMOVEY TRAINING

This joint-friendly training boosts your vitality and muscle strength, alleviates

back and neck pain, and particularly strengthens the abdominal and back muscles. The necessary SMOVEY swing rings are provided free of charge. Throughout the year, our SMOVEY trainers and guest tutors offer training sessions in the gym, on the lawn, by the pool, or along the seaside promenade.

AQUAJOGGING AND AQUAGYM

Water-based cardiovascular and joint-friendly training is particularly effective against cellulite and helps loosen and strengthen the joints. Whether a beginner or advanced, the exercises are tailored to your constitution. We offer free special aquajogging belts for participation.

YOGA WITH YOGA MASTERS

We offer a variety of yoga classes throughout the year, taught by experienced guest instructors. These include Hatha Yoga and TriYoga. More information about the courses can be found in our Miramar programmes, the morning post, and on our website.



SAUNA GUIDE

SAUNA FACILITIES:

- FINNISH SAUNA 85-90°C, 10-20% humidity
- TURKISH STEAM BATH 50-60°C, 90-100% humidity
- INFRARED CABIN 35-40°C
- HERBAL SAUNA 50-60°C, 40-50% humidity
- LACONIUM 40-50°C, 30-40% humidity
- FINNISH PANORAMIC SAUNA
 With garden and sea view at the indoor pool in
 the Guest Villa 2. 85–90°C, 10–20% humidity.

SAUNA DRESS CODE

Street clothes and shoes are not allowed in the sauna area! As is customary in Central Europe, the sauna area is a quiet, nude, and non-smoking zone. If you do not wish to enter the sauna naked, we kindly ask that you wear a towel over your swimwear.

TOWELS

You will find towels in your room's bath bag, which can be exchanged for fresh towels at the spa reception or with the pool attendants.

SAUNA USAGE

Access to the sauna area is permitted from 16 years of age. The facilities are open daily from 4 PM to 8 PM, and earlier upon request. On rainy days, this is available from 11 AM. Please contact the spa reception if needed.

SAUNA BENEFITS

Regular, properly performed sauna sessions strengthen the immune system, promote cardiovascular health, cleanse the skin, and reduce stress.

The steam bath provides pleasant temperatures and high humidity for good circulation, clear airways, boosts metabolism, and relaxes the muscles.

The Laconium stimulates circulation and supports the detox process.

The deep heat of the infrared cabin warms from within, penetrates the skin, cleanses it, promotes detoxification, and relieves muscle tension without overburdening the circulation.





SAUNA RULES

- Please shower and dry off before and after your sauna visit.
- Leave your bathing shoes outside the sauna cabin.
- Please sit only on towels to avoid leaving sweat on the wood.
- Do not use the pool unwashed after your sauna session.
- Stay hydrated before and after your sauna session.
- Take a break of at least 20 minutes between sauna sessions (max. 15 minutes), to breathe fresh air.
- Please use the sauna in accordance with your physical constitution.





MIRAMAR SPA AT A GLANCE

- Heated seawater outdoor and indoor pool with a temperature of 28°C (25 x 8 m, depth 1.60 m) and an outdoor whirlpool.
- At the Spa Villa, just 100 metres from the rocky beach: A comprehensive sauna landscape with Finnish sauna, herbal sauna, steam bath, and Laconium.
- Panoramic indoor pool at Guest Villa 2: Freshwater pool at 30°C (20 x 5 m, depth 1.20 m), equipped with a whirlpool and integrated massage beds. Finnish panoramic sauna, infrared cabin, generous relaxation areas.
- Quiet and lounging areas in all spa areas; some with sea views.
- Cardio and strength training room with garden view.

- Lawns with loungers and sun umbrellas around the pool and in the Mediterranean garden park.
- Directly at the hotel: Rocky beach with showers, loungers, and sun umbrellas.
- Daily, free activity programme with a variety of offers such as morning gymnastics, aquajogging, Nordic walking, Smovey, fitness and yoga weeks, Qigong, Zumba, Pilates, and much more.
- Naturally healing climate of the spa town, which contributes to regeneration and relaxation.
- Directly below the hotel runs the 10 km long Lungomare, a picturesque seaside promenade connecting the towns of Volosko and Loyran.









