



@

Croatia's Coolest Wellness Hotel

BELLEVUE

HOTEL / LOŠINJ



BY LOŠINJ HOTELS & VILAS





BELLEVUE

HOTEL / LOŠINJ





# Prepare to be **WOW'd**

an ENERGY- FILLED WEEKEND of  
HOLISTIC HEDONISM on  
**LOSINJ,**  
*THE ISLAND OF WELLNESS*

Join the tribe and experience  
some of the hottest trends in  
health, beauty and wellness with  
the best-of-the-best  
international experts and trainers

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# LOŠINJ, CROATIA'S ISLAND OF WELLNESS

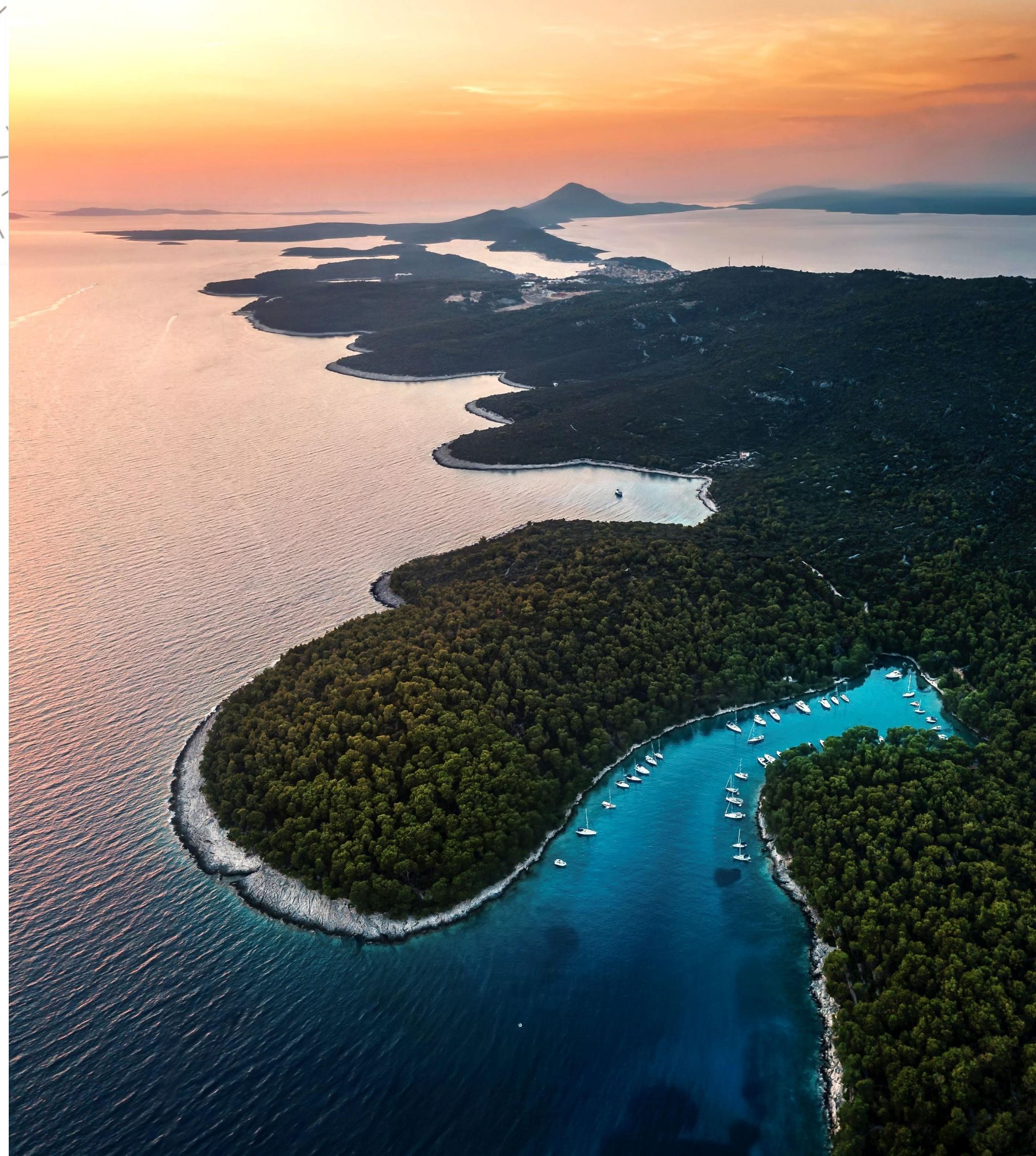
Long considered an aristocrat's wellness mecca, Lošinj boasts one of the most fascinating healing environments in the world. For over a century, people from all corners of the world have come to our island to heal and to simply breathe its therapeutic air.

The regenerative quality of our climate is due to a rare combination of factors; warm mineral-rich seas teeming with micro plankton, terpene aerosols from dense Aleppo pine forests and 1,200 species of wild plants and herbs all delivered by mild winds, making the air here the healthiest air to breathe on the planet!

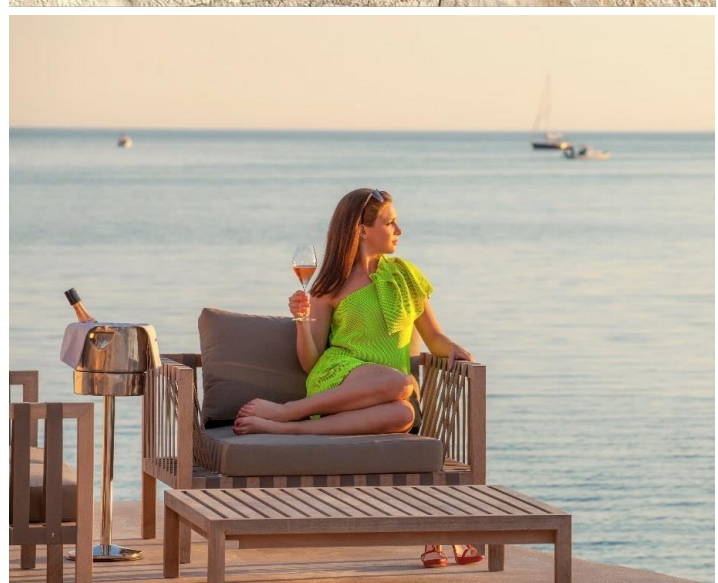
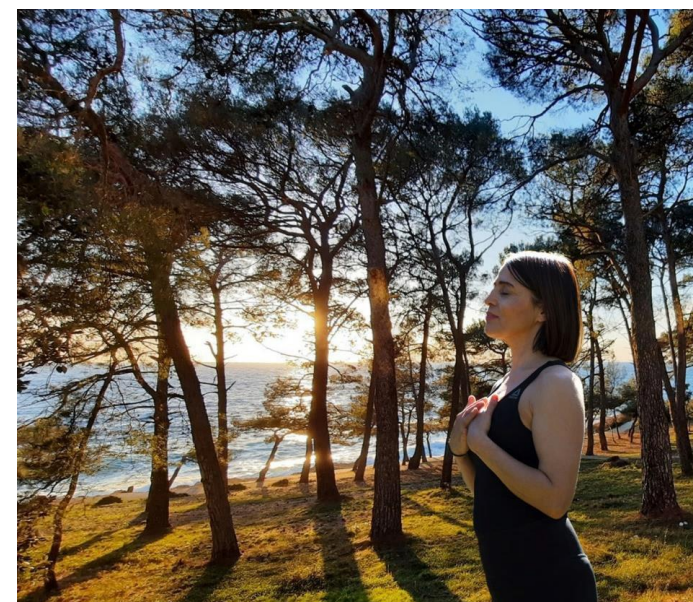
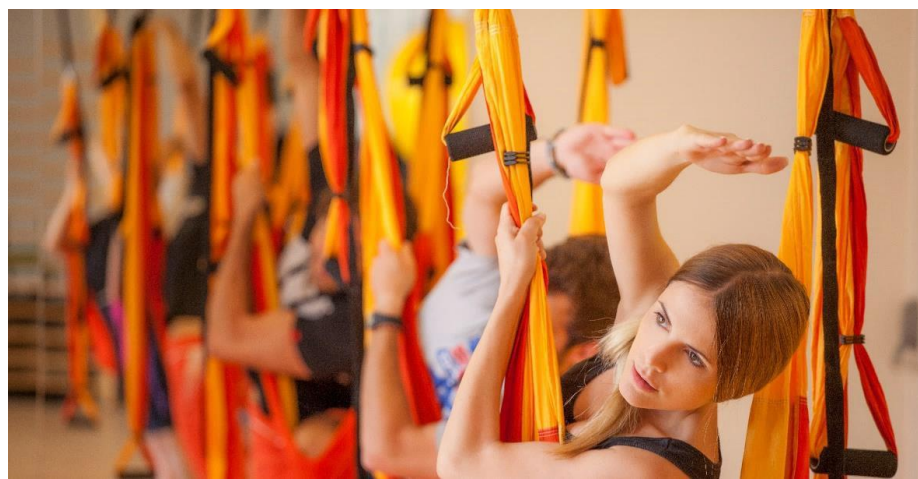
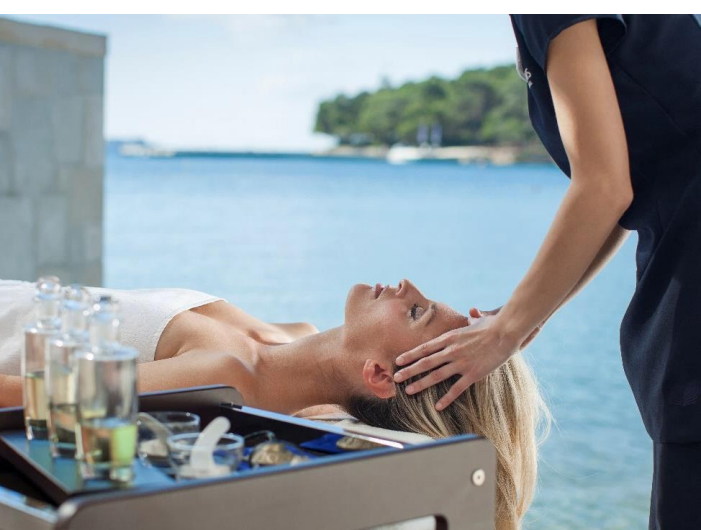
Today the prestigious address of Čikat Bay is a glamorous spa and wellbeing hotspot with its shining jewel, The Spa Clinic at Hotel Bellevue bestowed with a plethora of awards and recognitions including the 'Best Hotel Spa in the World 2021', 'World's Best Detox Programme 2022'.

We can't think of a better place for a 'Weekend of Wellness'!

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# WOW

FESTIVAL

- Weekend of Wellness on Lošinj -

BELLEVUE  
HOTEL / LOŠINJ

September 23rd - 25th



# BELLEVUE

HOTEL / LOŠINJ



BIOLOGIQUE  
RECHERCHE  
PARIS

Kure  
BAZAAR

ISUN

THE TIDES  
WELLNESS

NUTRISPOINT  
HONEST NUTRITION

AVEDA

Materia



World's  
Best Hotel Spa



World's  
Best Detox  
Programme

2021 AWARD  
WINNER  
SPA



MICHELIN  
2021



Croatia's  
Best Restaurant

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# BELLEVUE

HOTEL / LOŠINJ







WOW  
Weekend of Wellness  
Sep 23-25, 2022  
Programme

Friday 23.09  
07:00 – 10:00

**Rise and Shine Matcha Bar**  
Kick start your day with a healthy matcha at Bava  
*(Complimentary with WOW Pass)*

08:30

**Seaside Fun Run**  
Free-running is a method of kinetic alignment in the feet. Learn essential running techniques and join our coach for a seaside fun run

10:00

**5 Elements of Qi Gong**

10:00 – 19:00

**Spa-ahhh Time**  
Experience unparalleled lifestyle wellness at the award-winning Bellevue Spa Clinic and enjoy 20% saving on all spa and beauty treatments with your WOW Pass

15:00 – 18:00

**Cikat SUP Adventures**  
Get ready for some fun and adventure paddling in the sapphire water of Cikat Bay  
15:00 – 16:00 / 16:00 – 17:00 / 17:00 – 18:00

16:30

**Yoga Flow for Stiff People**

19:00 – 20:00

**WOW Healthy Happy Hour**  
*(One complimentary signature cocktail with WOW Pass)*

20:00

**Al Fresco Movie Night**

Saturday 24.09  
07:00–10:00

**Rise and Shine Matcha Bar**  
Power up with a healthy matcha served at Bava  
*(Complimentary with WOW Pass)*

08:00

**Free-Running Clinic**

09:00

**Yoga for Runners**  
or  
**Free-Running + Yoga Combo**

10:00 – 19:00

**Spa-ahhh Time**  
Enjoy 20% off spa and beauty treatments at Bellevue Spa Clinic, the “World’s Best Hotel Spa” voted by World Spa Awards 2021





Saturday 24.09 (cont'd)

Open from 10:00 – 14:00	<b>Bubbly Mani-Pedi Cabana</b> <i>(*Charges for food and beverage consumption and beauty services not included)</i> What could be a better way to put some sparkle to the day than hanging out with your pals sipping champagne seaside and getting a mani and pedicure by the uber-cool Parisian natural nail company Kure Bazaar!
11:00	<b>Win Hof Method Breath Work</b>
12:00 – 15:00	<b>Free Dive Meditation</b> (45-min session for up to 6 participants per session) <b>12:00 /13:00 / 14:00</b>
15:00	<b>Sea-Tox Workout</b>
16:15	<b>Boot Camp Outdoor Circuit Training</b>
19:00	<b>Beach Party BBQ</b> Join the tribe for a fun chill-and-grill and dance the night away! *Complimentary with WOW Pass, or special price @ <b>49 euro</b> per person will apply <i>(Cost includes beer and non-alcoholic beverages. Wine and other alcoholic beverages are excluded)</i>

Sunday 25.09

08:00	<b>5 Elements of Qi Gong</b>
09:00–10:00	<b>Recovery Bloody Mary Bar</b>
09:00	<b>Win Hof Method Breath Work &amp; Forest Walk</b>
10:00 – 19:00	<b>Spa-ahhh Time</b> Enjoy 20% off all spa and beauty treatments at the uber-chic, award-winning Bellevue Spa Clinic with your WOW Pass
Open from 10:00 – 14:00	<b>Bubbly Mani-Pedi Cabana</b> <i>(*Charges for food and beverage consumption and beauty services not included)</i>
11:00	<b>Make-up Masterclass</b>
11:00 – 15:00	<b>Free Dive Meditation</b> (45-min session for up to 6 participants per session) <b>11:00 /12:00 / 13:00 / 14:00</b>
16:00	<b>Spa Distillery DIY Body Scrubs &amp; Masks</b>





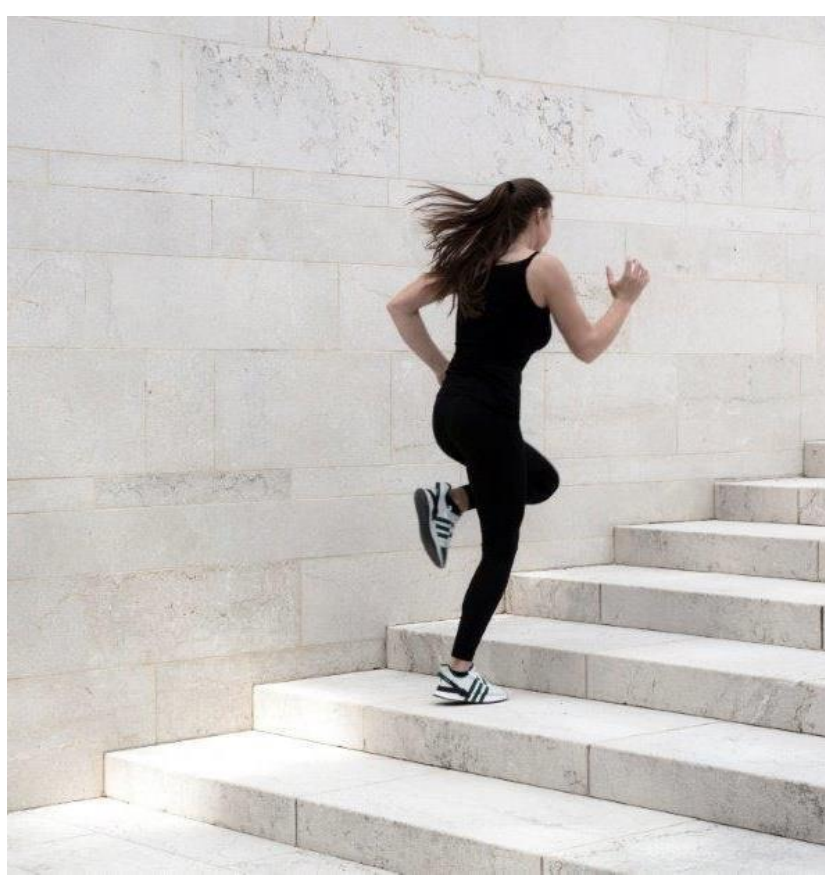
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T.G. IT'S FRI-YAY!







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# WOW

*FABULOUS* FRIDAY  
September 23rd

7:00 - 10:00	Rise and Shine Matcha Bar
9:00	Seaside Fun Run
10:00	5 Elements Qi Gong
10:00 - 19:00	Spa-ahhhh Time

## BE WILD BE FREE

15:00 - 18:00	Cikat SUP Adventures
16:30	Yoga Flow for Stiff People
19:00 - 20:00	WOW Healthy Happy Hour
20:00	Al Fresco Movie Night

**Day Pass** at **70** euro per person for all scheduled activities for the day,  
or for best value, get an **Infinity Pass** at just **180** euro per person  
to enjoy 3 full days of WOW programme from Fri-Sun  
with total value of more than 600 euro.

*(Options for single or select activities available at a la carte cost per activity)*





# QI GONG & SEA-TOX WORKOUT

Arron Collins-Thomas

Hailing from the U.K., **Arron** is an avid Rugby player and is the mastermind behind Toniqlife Gyms. He has trained film stars, athletes and high profile clients across the world helping them achieve amazing results from marathons, triathlons, weight loss, mountaineering, and extreme body sculpting, but his true passion lies in exploring ENERGY! Qi Gong in particular.

**Qi Gong** is a centuries-old powerful exercise method based on repetitions of very precise movements. Some Qi Gong moves are gentle, some more vigorous and expansive. The aim of Qi Gong is to promote the movement of Qi (elemental energy) in the body affecting the nervous, digestive, skeletal-muscular and hormonal systems.

Arron has created our **signature Sea-Tox workout** which takes Qi Gong into the healing waters of Losinj and combines with breath work and strengthening fitness.

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## BELLEVUE SPA CLINIC

The uber-chic Bellevue Spa Clinic offers a complete wellness ecosystem promising transformational results with a glamorous twist.

Inspired by the philosophy that radiant beauty shines from within, our inside-out, outside-in approach intuitively integrates the very best in high-tech, cutting-edge therapies and classic wellness treatments with a focus on detoxifying and re-energising.

The cornerstone of our concept taps into the cleansing elements of the sea. Our sea waters are special. With over 800 species of plankton coupled with an unusual concentration of minerals, the island of Losinj has long held the remedy to cleanse and detoxify the body. Our treatment programme harnesses the powers of sea plants and minerals, supported by some of the best brands from around the world.

Whether pushing your physical limits with one of our elite trainers, detoxing in style or completely unwinding in the Onyx Meditation Room, we invite you to join us for the ultimate realisation of haute-wellness.

### AWARDS

“World’s Best Hotel Spa 2021”, “Europe’s Best Hotel Spa 2021”,  
“Croatia’s Best Hotel Spa 2021 and 2020” by the World Spa Awards  
“The Best Health & Wellness Spa in Croatia” by the Haute Grandeur Global  
Excellence Awards 2021  
“World’s Best Detox Programme 2022” Nomination



2021 AWARD  
**WINNER**  
SPA





## SPA TREATMENTS

Voted the Best Hotel Spa In the World 2021, the Bellevue Spa Clinic is ready and waiting to treat you all weekend long!

Relax and de-stress with one of our signature sea-based detoxifying therapies like the Sea-Tox or the renowned Floating Massage. If you are more inclined to energise, try an endorphin boosting sub-zero Cryosauna or Crystal Energy facial.





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Al Fresco *MOVIE NIGHT*, YAY!



HELLO  
SATURDAY





# WOW

***SUPER-CHARGED*** SATURDAY  
September 24<sup>th</sup>

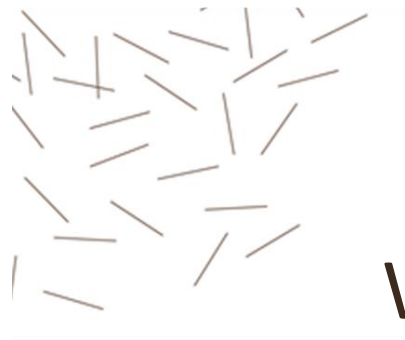
- |               |   |
|---------------|---|
| 7:00 - 10:00  | Rise and Shine Matcha Bar   |
| 8:00          | Free-Running Clinic   |
| 9:00          | Yoga for Runners  |
| 11:00         | Wim Hof Method Breath Work  |
| 10:00 - 14:00 | Bubbly Mani Pedi Cabana   |
| 10:00 - 19:00 | Spa-ahhhh Time  |
| 12:00 - 15:00 | Free Dive Meditation<br>(45-minute sessions up to 6 participants per session) |
| 15:00         | Sea-Tox Workout   |
| 16:15         | Boot Camp Outdoor<br>Circuit Training   |
| 19:00         | Beach Party BBQ*  |

**Day Pass** at **100** euro per person for all scheduled activities for the day, or for best value, get an **Infinity Pass** at just **180** euro per person to enjoy 3 full days of WOW programme from Fri-Sun with total value of more than 600 euro.

\*Complimentary with purchase of Infinity or Day Pass, or special price at **49** euro per person will apply. Price includes free flow of beer, non-alcoholic beverages and entertainment)

*(Options for single or select activities available at a la carte cost per activity)*





# WIM HOF METHOD BREATH

Daniel Skoblar

The Wim Hof Method was created by Wim Hof, a Dutch extreme athlete who is also known as “The Iceman.” Hof believes you can accomplish incredible feats by developing command over your body, breath, and mind through the use of specific breathing techniques and tolerance to extreme temperatures.

A student of Mr. Hof himself, Croatian home-grown Daniel Skoblar is a certified breath coach and lover of all things COLD. Daniel expands our lungs and minds on an inward journey through breath and cold therap.

The benefits of learning and practicing breathing techniques include:

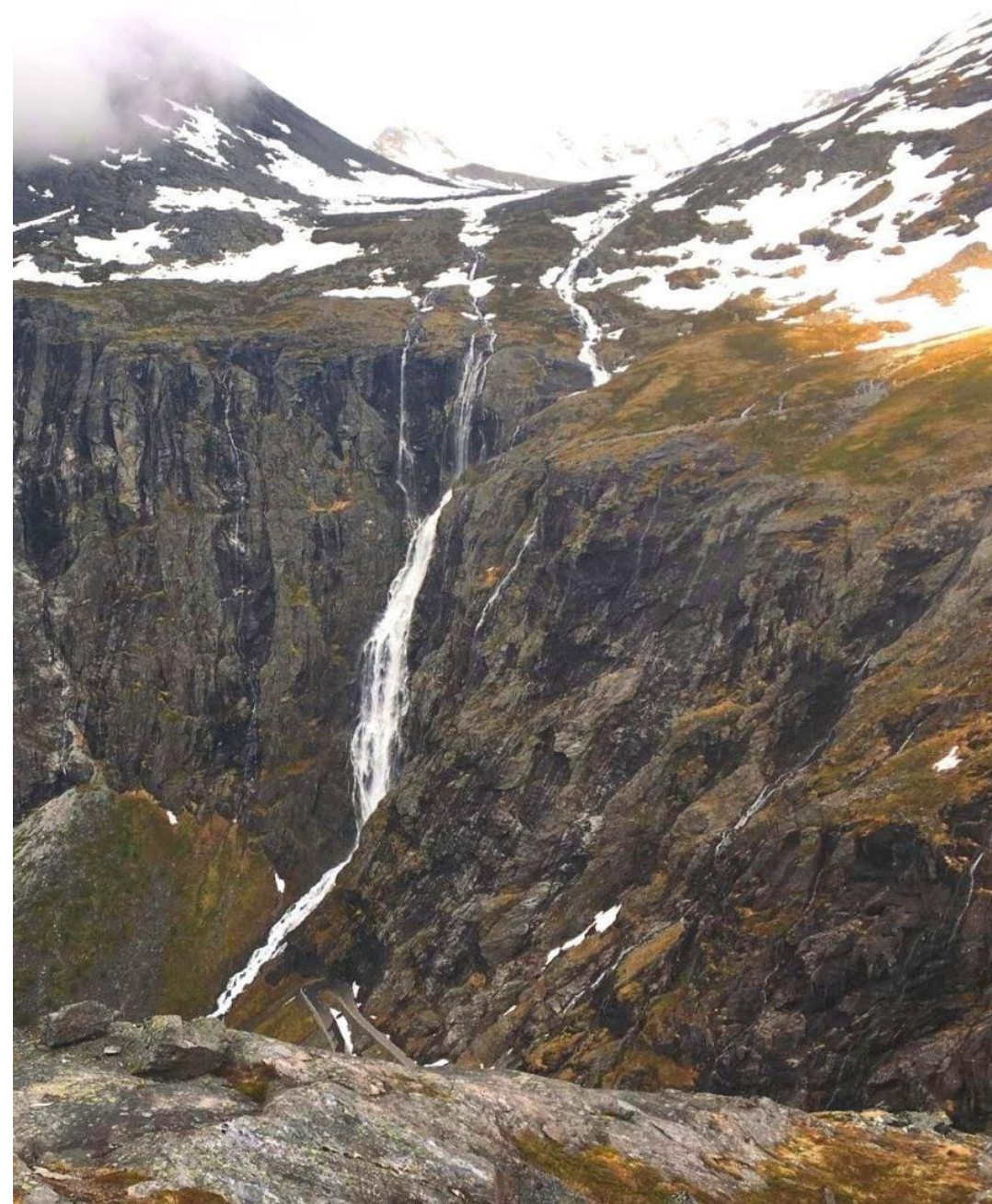
Stronger Immune System

Reduced Stress

Increased Energy

Razor Sharp Focus

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Daniel Skoblar





## FREE RUNNING & YOGA

Sebastian Seppälä & Isabella Habijan

Swedish dynamic duo **Sebastian** and **Isabella** make the perfect athletic pairing. As a free running coach, Sebastian has brought hundreds of athletes to new heights of performance through his unique method of getting you in touch with your feet! A disciple of “barefoot” running, Sebastian has helped to evolve this concept into functional athletic footwear which unlike normal shoes allow runners to hit the ground with their heels first, encouraging a forefoot strike pattern for runners to stay more on the front of their feet.

Barefoot running drives runners to run a little differently, which may lessen the common injuries that come with the exercise.

Now enter Isabella Habijan. A celebrated yoga instructor and the maven of ‘Anti-Gravity’ yoga. We know yoga has amazing benefits on its own, but specifically for runners, yoga can help get into those tight places that may limit our performance, teach us transforming breath control, increase our energy and help to strengthen ligaments, joints and tendons.

Namaste.

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## FREE DIVE MEDITATION

We take over 20,000 breaths a day. The quality and consciousness of each one affecting every system of the body, our energy levels, and can provide a powerful gateway to mindfulness, reduce stress and get us in deeper touch with our bodies.

Discover your depths in this groundbreaking underwater journey developed together with **Mirela Kardasevic**, Croatia's 11-time Free Dive world record holder. Learn breathing techniques from our trainers to lower blood pressure, manage your stress, quiet the mind and increase energy. Then put them to practice... in the healing Adriatic Sea.

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BELLEVUE

HOTEL / LOŠINJ









## Beach Party BBQ

Join the tribe for a fun chill-and-grill  
and dance the night away!

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**Bellevue Beach Club**

**19:00**

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**@49 euro/person**  
(complimentary with WOW Pass)

*Cost includes beer and non-alcoholic beverages.  
Wine and other alcoholic beverages are excluded*



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EASY LIKE  
SUNDAY...





# WOW

## *SPLENDID* SUNDAY

September 25th

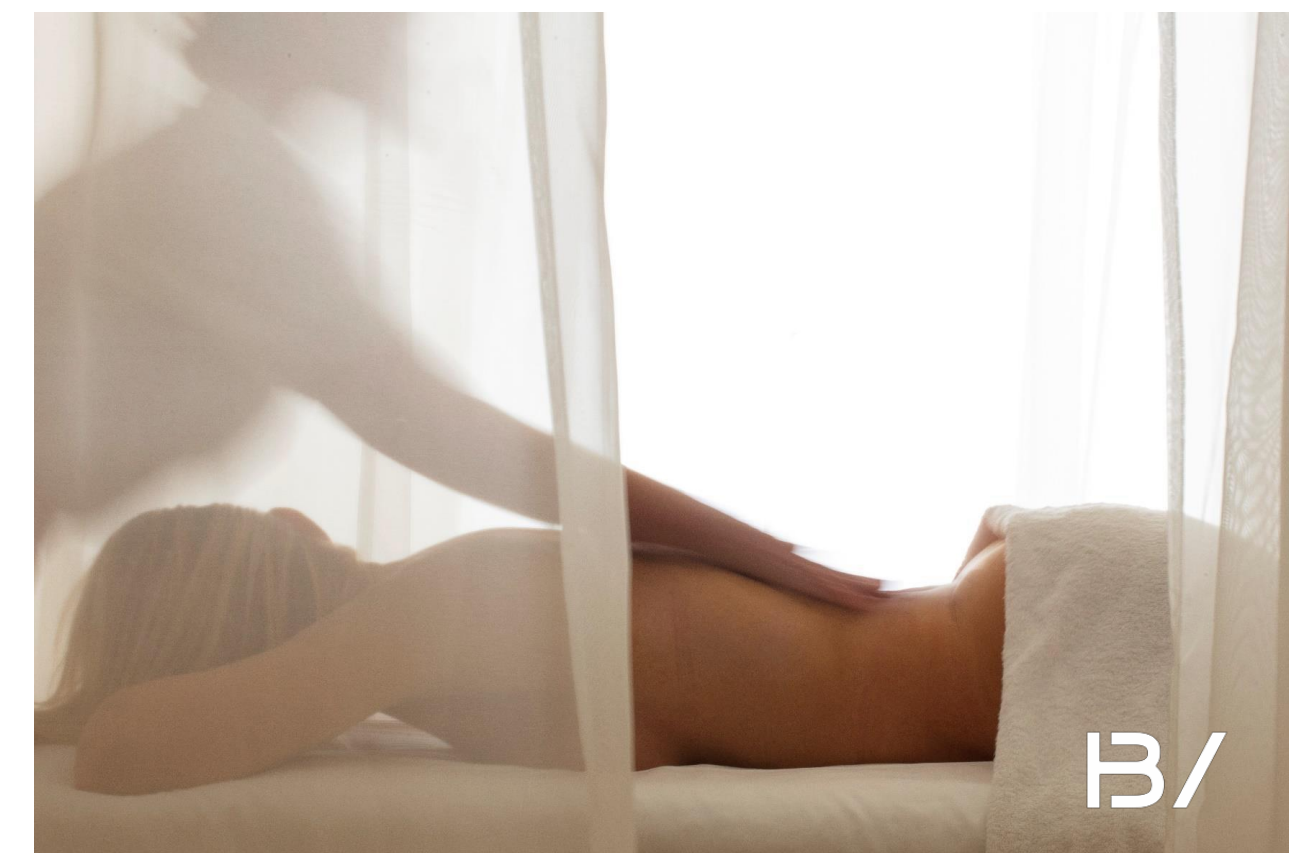
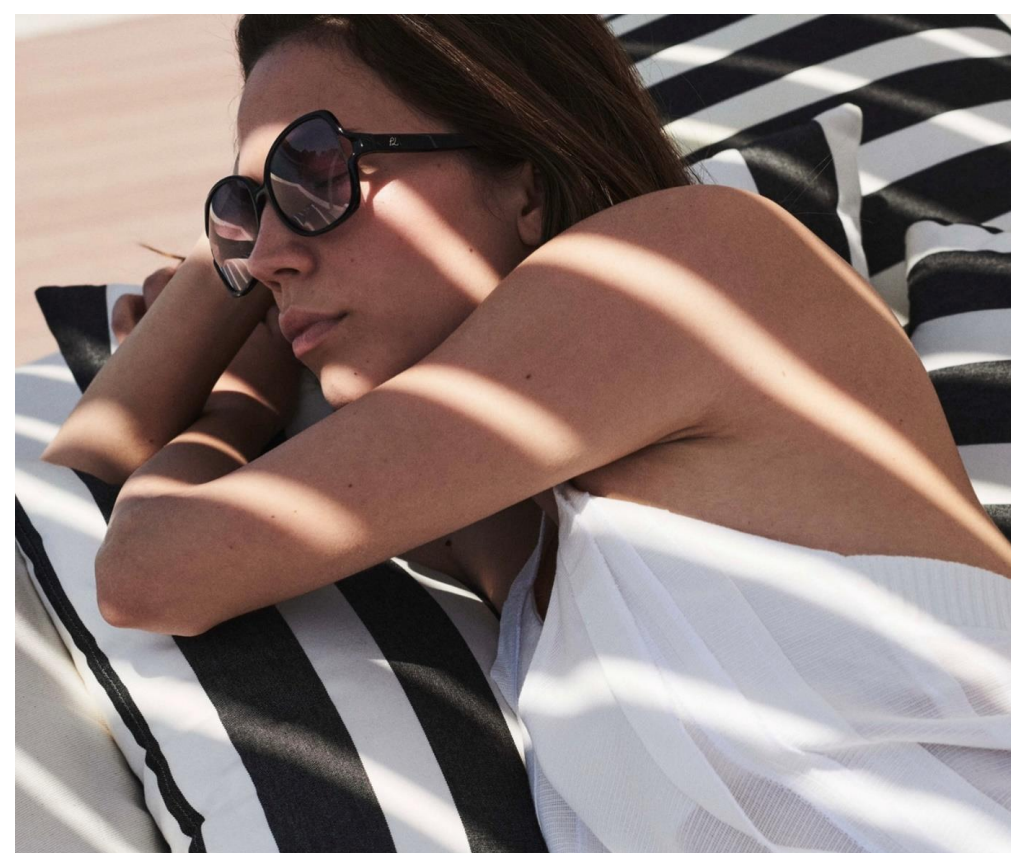
8:00 5 Elements Qi Gong  
9:00 - 10:00 Recovery Bloody Mary Bar  
9:00 Wim Hof Method Breath Work &  
Forest Walk  
10:00 - 19:00 Spa-ahhhh Time

### BE WILD BE FREE

10:00 - 14:00 Bubbly Mani Pedi Cabana  
11:00 Make-up Masterclass  
11:00 - 14:00 Free Dive Meditation  
(45-minute session for up to 6 participants)  
16:00 Spa Distillery DIY Body Scrubs and  
Masks

**Day Pass** at **70** euro per person for all scheduled activities for the day,  
or for best value, get an **Infinity Pass** at just **180** euro per person  
to enjoy 3 full days of WOW programme from Fri-Sun  
with total value of more than 600 euro

*(Options for single or select activities available at a la carte cost per  
activity)*





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# Forest Therapy





# MAKE-UP ARTISTRY

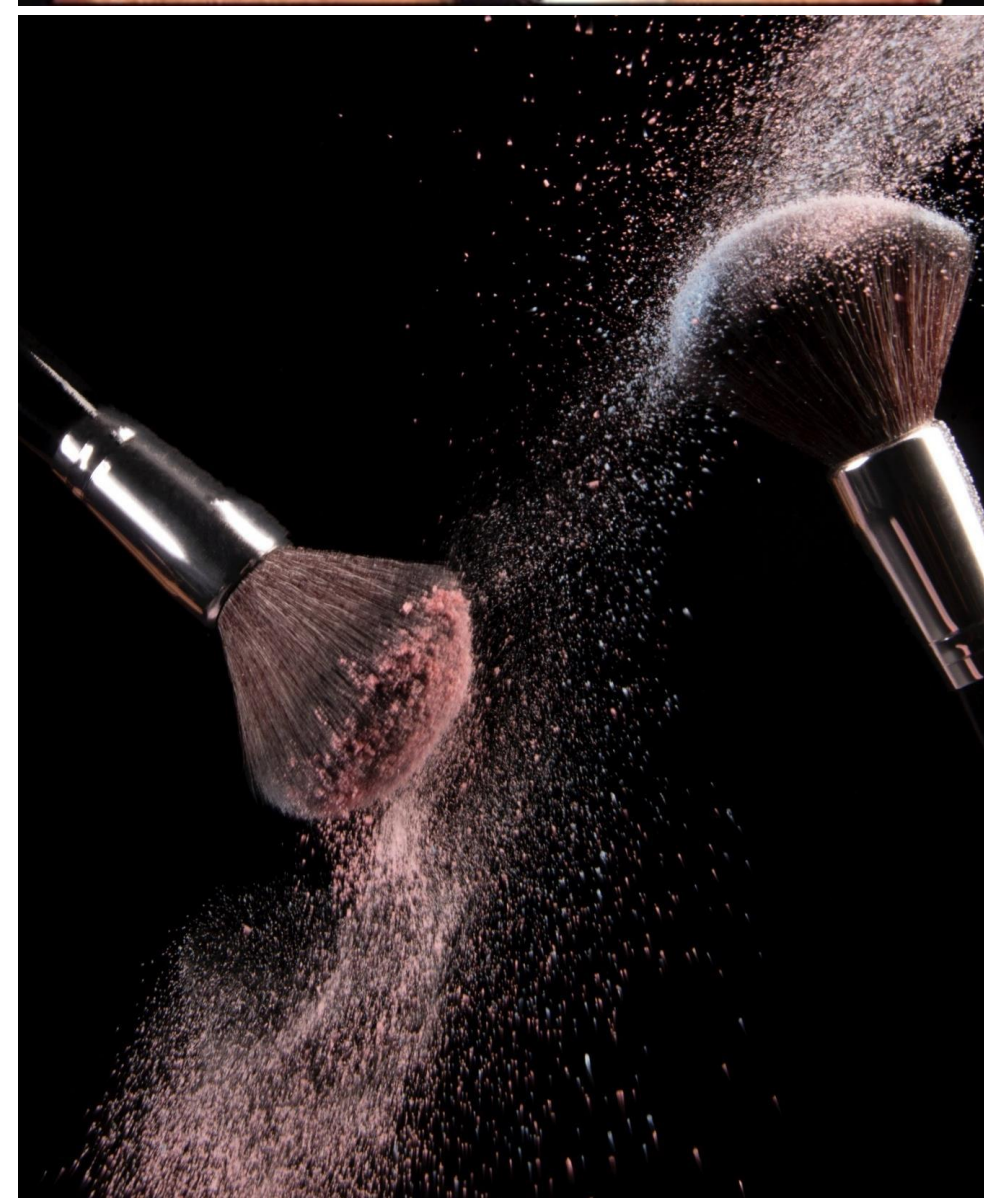
Sonja Kvesic

One of the hottest make up artists on the Croatian fashion scene, **Sonja** has been transforming faces for films, haute fashion shoots and videos for over a decade. The former law student decided to follow her passion and do something she loves and since that moment has skyrocketed on the wings of her unique approach to make-up, her style and love of aesthetics.

Sonja believes make-up should enhance who we are and is an extension of ones personality. We can't wait for her to share with us her tips, methods and secrets in this **'face-changing' masterclass**.

Private transformation sessions are also available with Sonja.

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WOW **Weekend of Wellness** Programme  
September 23-25, 2022

A LA CARTE Pricing

Advance booking required at +385 51 679 050 or [bellevue.spaclinic@jadranka.hr](mailto:bellevue.spaclinic@jadranka.hr)

Cost per activity euro/person			Cost per activity euro/person		
Friday 23.09					
07:00 – 10:00	Rise and Shine Matcha Bar <i>(Complimentary with purchase of WOW Pass)</i>	5 ea.	19:00	Beach Party BBQ <i>(Complimentary with purchase of Infinity or Day Pass)</i>	
08:30	Seaside Fun Run	25		*Special rate for Beach Party only without purchase of WOW Pass <i>(Cost includes beer and non-alcoholic beverages. Wine and other alchalic beverages not included). Advance booking required.</i>	* 49 <i>(for hotel guests only)</i>
10:00	5 Elements of Qi Gong	30			
10:00 – 19:00	Spa-ahhh time <i>(20% off treatments with purchase of WOW Pass)</i>		Sunday 25.09		
15:00 – 18:00	Cikat SUP Adventures	20/session	08:00	5 Elements of Qi Gong	30
16:30	Yoga Flow for Stiff People	30	09:00–10:00	Recovery Bloody Mary Bar <i>(Complimentary with purchase of WOW Pass)</i>	15 ea.
19:00 – 20:00	WOW Healthy Happy Hour <i>(one complimentary cocktail with WOW Pass)</i>	charges on consumptipm	09:00	Win Hof Method Breath Work & Forest Walk	35
20:00	Al Fresco Movie Night	20	10:00 – 19:00	Spa-ahhh time <i>(20% off treatments with purchase of WOW Pass)</i>	
			10:00 – 14:00	Bubbly Mani-Pedi Cabana <i>(Charges for food and beverage consumption and beauty services not included)</i>	
Saturday 24.09					
07:00 – 10:00	Rise and Shine Matcha Bar <i>(Complimentary with purchase of WOW Pass)</i>	5 ea.	11:00	Make-up Masterclass	45
08:00	Free-Running Clinic	25	11:00 – 15:00	Free Dive Meditation <i>(45-min session for up to 6 participants per session)</i>	30/session
09:00	Yoga for Runners	25	16:00	Spa Distillery DIY Body Scrubs & Masks	
	Free-Running + Yoga Combo	40			
10:00 – 19:00	Spa-ahhh time <i>(20% off treatments with purchase of WOW Pass)</i>		WOW PASS		
10:00 – 14:00	Bubbly Mani-Pedi Cabana <i>(Charges for food and beverage consumption and beauty services apply)</i>		Enjoy the best value with our Infinity Pass for the full programme, or get a Day Pass to partake in all the fun, energy-filled masterclasses and curated wellness activities for the day to feel good and look good on the Island of Wellness!		
11:00	Win Hof Method Breath Work	30	Infinity Pass	Cost per person (euro) 180 (best value) with unlimited access to the full 3-day programme from Fri through Sun for all classes, wellness and social activities including Fri Happy Hour Cocktails and Sat Beach Party including drinks and entertainment (total value of 600+ euro). Supplemental charges apply for food and beverage consumption and events otherwise as specified)	
12:00 – 15:00	Free Dive Meditation <i>(45-min session for up to 6 participants per session)</i>	30/session			
15:00	Sea-Tox Workout	30	Day Pass	Fri 70 (total value of 150+ euro) Sat 100 (total value of 400+ euro) incl. complimentary access to BBQ BeachParty Sun 70 (total vaule of 150+ euro)	
16:15	Boot camp Outdoor Circuit Training	30			











## TANTALISING CUSINE

on  
Čikat Bay

Dotting the crescent edge of Čikat Bay against a backdrop of whispering pines and a view of sparkling emerald waters, you will discover some of **Croatia's best restaurants**.

The prestigious address is home to the highly acclaimed **Michelin-starred** restaurant **Alfred Keller** at **Boutique Hotel Alhambra**. **Konoba Cigale** satiates with the finest traditional Adriatic seafood.

If you're in the mood for something from the land, **Steakhouse Diana** fires up a proper Argentinian grill.

Enjoy the area's most spectacular sunset and catch-of-the-day seafood from Restaurant **Lanterna**.

And Hotel Bellevue's own much-celebrated **Matsunoki** crafts world-class Japanese cuisine under the vision of Chef Orhan Cakiroglu formerly of Zuma and Nobu.





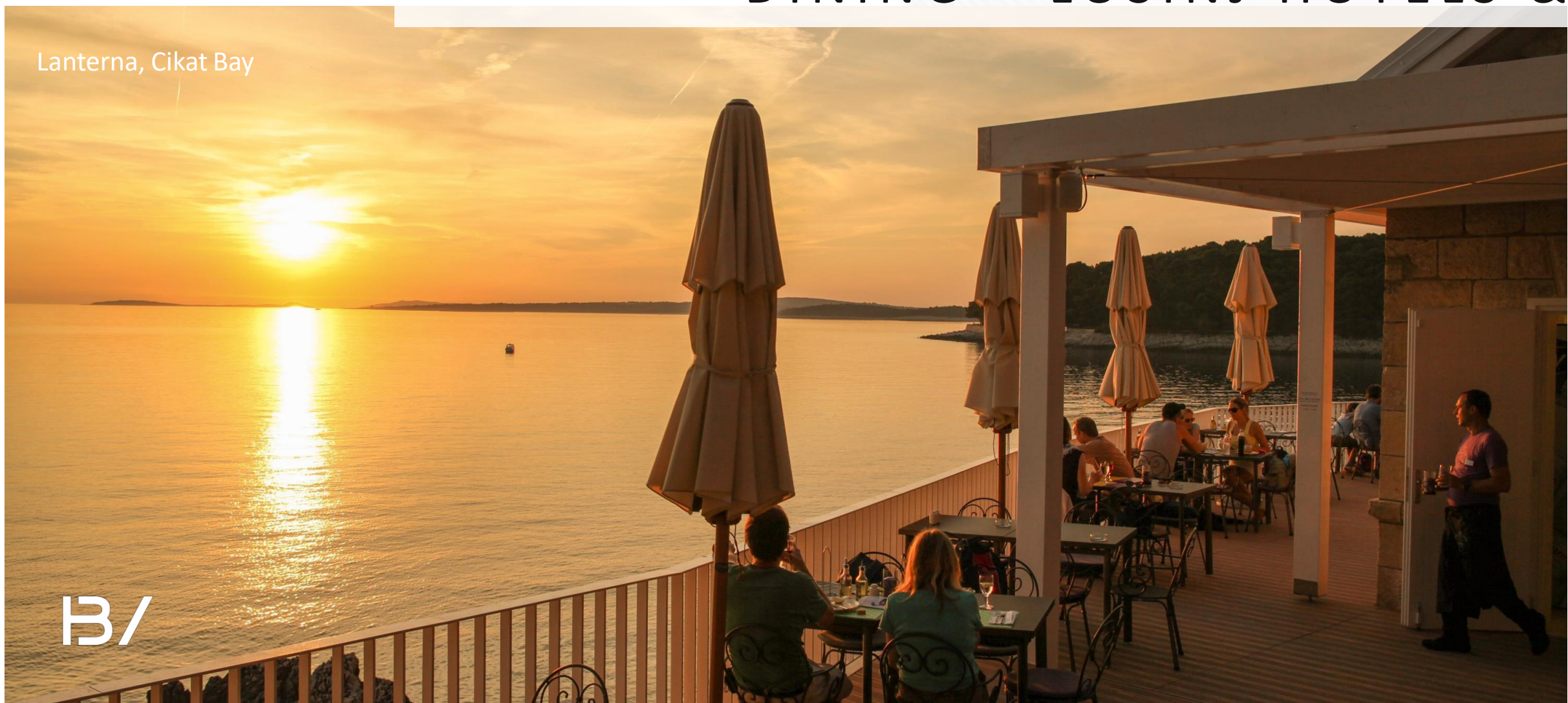


Konoba Cigale, Cikat Bay



Matsunoki, Hotel Bellevue

## DINING – LOŠINJ HOTELS & VILLAS



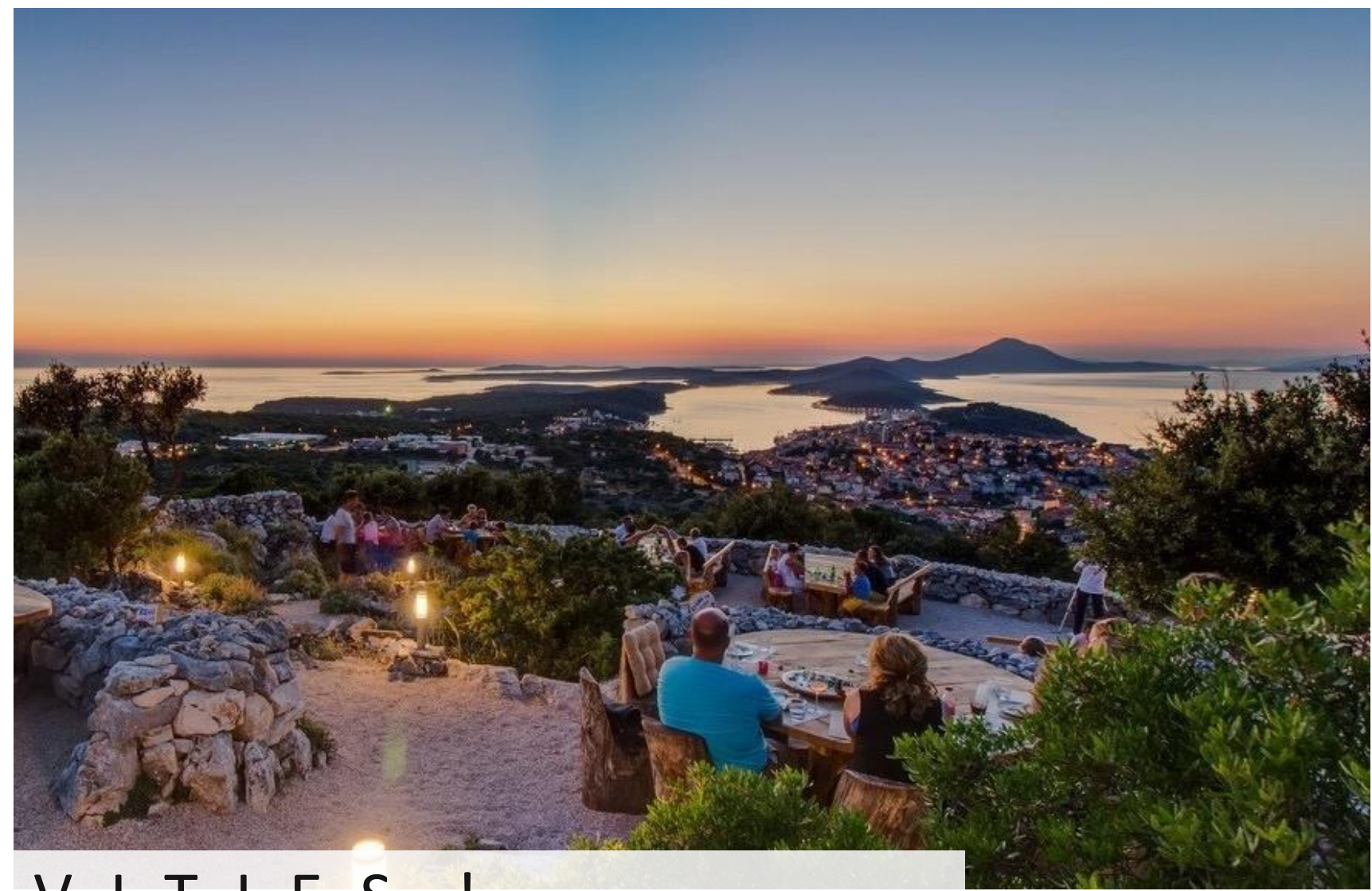
Lanterna, Cikat Bay

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Alfred Keller, Boutique Hotel Alhambra

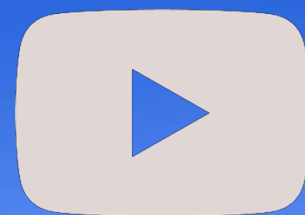




## ISLAND ACTIVITIES !







# BELLEVUE

HOTEL / LOŠINJ

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BY LOŠINJ HOTELS & VILLAS