



MEDI FESTIVAL ZDRAVLJA I VITALNOSTI SO LA

Hotel Bellevue,
Otok Lošinj,
2.—26.10.2025.

Welcome to the healing island oasis, Hotel Bellevue, which this October becomes a center of health and wellbeing experiences. Across four themed weekends, you can expect health education, innovative wellness treatments, personalized medical programs, and outdoor activities. We aim to guide you toward a balance of body and mind, and the long-term preservation of health.

1st WEEKEND

3 – 5 October 2025

AESTHETIC MEDICINE AND THE SKIN AS A MIRROR OF HEALTH

PARTNERS:

Dr. Marina Stolić, Biljana Dorotić-Džolić,
Biologique Recherche Zagreb, Marine Medical Center

Today, with aesthetic treatments increasingly common and beauty often viewed through the lens of social media, an important question arises: where does self-care end, and social pressure begin? How can we remain true to our bodies and sense of authenticity, while still wanting to feel and look our best? This weekend, we explore exactly that balance between care, health, and personal satisfaction.

WHAT TO EXPECT DURING THE FIRST FESTIVAL WEEKEND:

- Personalized facial treatments with Biologique Recherche products
- Outdoor activities: morning Pilates by the sea, walks through the pine forest, yoga, and mobility exercises in the open air
- Health consultations in dermatology and aesthetic medicine, laboratory tests, and preventive health packages (with advance booking)
- Educational talks on beauty as an expression of authenticity, self-confidence, and a healthy relationship with oneself

FRIDAY, 3 October 2025

Program included with accommodation

- Morning Pilates in the beautiful Čikat Bay (Biljana Dorotić-Džolić)
- During the day, guests will have the opportunity to discover the extraordinary approach to skin care through the Biologique methodology, with an educational session: Biologique Methodology Biologique Recherche (Biologique team)
- The evening brings regeneration of body and mind in the silence of nature: Mobility or Goodnight Yoga in a quiet zone with the gentle sounds of nature, Čikat Bay (Biljana Dorotić-Džolić)

Complimentary daily offer

- Oximetry – blood oxygen saturation measurement

Daily offer (surcharge applies)

- ReSpiro Health Check-Up – Signature program by Marine Medical Center, ideal for anyone wishing to learn effective breathing techniques for better respiratory health
- IV Therapy – Rehydrate + Glutathione – infusion therapy that quickly replenishes lost fluids and electrolytes, restores energy, improves hydration, and supports liver health. Glutathione helps fight free radicals, enhances skin radiance, and is often used as an “anti-aging” and vitality treatment.
- Welcome spa ritual – aromatic face and décolleté treatment
- Signature Venus lifting facial
- Biologique Recherche spa treatments with complimentary skin analysis
- Personalized Pilates or yoga sessions with trainer Biljana Dorotić-Džolić
- Kayak or SUP tour

SATURDAY, 4 October 2025

Program included with accommodation

- Morning Pilates in the beautiful Čikat Bay (Biljana Dorotić-Džolić)
- Morning Energy Walk by the sea and through lush pine forest
- Inspiring conversations with Dr. Marina Stolić and personalized Biologique consultations during the day

Educational talks (Dr. Stolić):

Beauty and Society:

How do social standards shape the way we perceive our own beauty? The impact of striving for “ideals” on mental health.

Authenticity and Self-Confidence:

Why individuality matters.

Confidence as the most attractive form of beauty.

Aesthetic Treatments in Moderation:

Finding the balance between enhancement and excess.

Preserving natural expression.

Choosing Experts and Products Responsibly:

- Why to trust top specialists and verified treatments.
- The role of skin boosters in maintaining healthy, natural skin.

Beauty as Self-Care:

- How treatments can support – but never replace – true wellbeing. Aesthetics as a path to discovering the best version of yourself.

Evening relaxation and regeneration with wellness experiences and mindful movement in nature:

- Wellness cocktail & skin glow tips (Biologique team)
- Evening of regeneration with Mobility or Goodnight Yoga in a quiet zone with the gentle sounds of nature, Čikat Bay (Biljana Dorotić-Džolić)

SATURDAY, 4 October 2025

Complimentary daily offer

- Skin analysis – detailed insight into the health and needs of your skin
- Oximetry – blood oxygen saturation measurement

Daily offer (surcharge applies)

- ReSpiro Breathing Therapy (specialized physiotherapist)
- Biologique Recherche treatment + complimentary Remodeling for skin stimulation, contouring, and firming effect
- Personalized Pilates or yoga sessions with trainer Biljana Dorotić-Džolić

SUNDAY, 5 October 2025 – World Walking Day

Program included with accommodation

- Morning walk through the pine forest and stretching exercises by the sea in Čikat Bay (Biljana Dorotić-Džolić)
- Day free for rest and personal wellbeing
- Evening regeneration with Mobility or Goodnight Yoga in a quiet zone accompanied by the gentle sounds of nature in Čikat Bay (Biljana Dorotić-Džolić)

Complimentary daily offer

- Skin analysis – a detailed insight into skin health and needs

Daily offer (with surcharge)

- Biologique Recherche treatment + detox drink
- Biologique treatment tailored to skin type
- Individual Pilates and yoga sessions with Biljana Dorotić-Džolić

2nd WEEKEND 9 – 12 October 2025 FUNCTIONAL MEDICINE AND HORMONAL BALANCE

PARTNERS:

Dr. Ana Gifing

- Bioidentical hormone therapy: a holistic approach to healthy aging and hormonal balance in women

Dr. Milka Popović

- Personalized supplementation: a scientific approach to nutritional health support

Prof. Velimir Dejanović

- Author of the decade-long TV series “Cooking with Heart”, will lead a Culinary Pro Age workshop

This weekend is dedicated to functional medicine and hormonal balance through lectures, workshops, personalized health check-ups, and wellness experiences. The goal is to show how an integrated approach to health and individually tailored therapy can significantly improve quality of life. Guests will learn all about bioidentical hormones, the importance of personalized supplementation, and discover scientifically proven methods of aging prevention.

WHAT AWAITS YOU DURING THE SECOND WEEKEND OF THE FESTIVAL:

- Individual medical consultations and diagnostic procedures (vitamin D analysis, hormone status, laboratory tests)
- Personalized supplementation and nutritional recommendations
- IV therapies, anti-stress treatments, and relaxation protocols
- Morning guided activities: breathing exercises, walks, movement and mobility
- Educational programme with lectures from guest experts

THURSDAY, 9 October 2025

Program included with accommodation

- Morning exercises in the pine forest by the sea, combining stability and strength in a relaxing natural setting.
- Body composition analysis with the SECA mBCA medical device, with nutritionist recommendations (Thursday or Friday).
- Wellbeing Lab Check: CRP test (with prior booking).
- Urine test – analysis of general health and body balance.
- During the day, join an educational beauty workshop by renowned make-up artist Karlo Rusan: How to Do Your Make-Up for Special Occasions – “From Office to Party.”
- An evening dedicated to inspiring gatherings in the spirit of beauty and style!
- Lecture: “From Favorite Skincare Products to a Signature Perfume” (Karlo Rusan, Make-Up Artist).

Complimentary daily offer

- Skin analysis – a detailed insight into skin health and needs.
- Oximetry – measuring blood oxygen saturation.

Daily offer (with surcharge)

- Wellbeing Lab Check – Vitamin D (25-OH D)
- Ultrasound diagnostics of the abdomen
- IV Therapy – Rehydrate + Glutathione
- Biologique Recherche treatment + detox drink
- Couples massage

FRIDAY, 10 October 2025 – World Mental Health Day

Program included with accommodation

- Morning exercises in the pine forest by the sea – Stretch & Mobility Routine.
- Wellbeing Lab Check – CRP test (Thursday or Friday, with booking).
- Urine test – analysis of general health and body balance.
- Body composition analysis SECA mBCA + nutritionist recommendations (Thursday or Friday).
- During the day, join an educational beauty workshop by renowned make-up artist Karlo Rusan: Everyday Look in 4 Steps & Pro Age Make-Up (Karlo Rusan).
- Reserve the evening for sauna and self-care rituals.

Complimentary daily offer

- Outdoor breathing exercises

Daily offer (with surcharge)

- Wellbeing Lab Check – Vitamin D (25-OH D).
- IV Therapy – Rejuvenation Pro Age.
- Ultrasound diagnostics of the abdomen.
- The Classic Vue relaxing full-body massage for balance and energy renewal.
- SeaTox massage, a treatment for toxin elimination and vitality restoration.

SATURDAY, 11 October 2025

Program included with accommodation

- Morning exercises in the pine forest by the sea, Stretch & Mobility Routine, and Forest Bathing – a guided forest walk that calms the mind, reduces stress, and restores connection with nature.

During the day, attend educational workshops and lectures on health, hormones, and nutrition:

- Personalized supplementation workshop, Dr. Milka Popović.
- Bioidentical hormones in everyday life, Dr. Gifing.
- Culinary Pro Age Workshop “What to Eat, How to Combine Ingredients”, Prof. Velimir Dejanović.
- Introduction to bioidentical hormone therapy, Dr. Gifing.

An evening for balance and regeneration through education and movement in nature:

- Evening workshop: The Female Cycle and Hormones, Dr. Milka Popović.
- Hormonal Reset in Nature – walk and exercises to restore energy and harmony.

Complimentary daily offer

- Oximetry – measuring blood oxygen saturation
- Outdoor breathing exercises
- Individual consultations (Dr. Gifing / Dr. Popović)

Daily offer (with surcharge)

- CBD Soul Tonic – a treatment combining wellness, aromatherapy, and the beneficial properties of CBD for a natural sense of resetting and body renewal

SUNDAY, 12 October 2025

Program included with accommodation

- Morning exercises in the pine forest by the sea – Stretch & Mobility Routine
- During the day, the program concludes with a special wellness experience in nature, Forest Bathing

Complimentary daily offer

- Outdoor breathing exercises
- Individual consultations (Dr. Gifing / Dr. Popović)

Daily offer (with surcharge)

- Magnesium Sea Tox Ritual – a detox ritual with sea minerals and magnesium for purification and body renewal



3rd WEEKEND 16 – 19 October + additional program 20 – 22 October, 2025 STRESS & BURNOUT PREVENTION

PARTNERS:

Polyclinic Kardiomet
Biljana Dorotić-Džolić, Marine Medical Center

This weekend is dedicated to stress and burnout prevention, with a focus on strengthening the body's resilience and maintaining inner balance. Through a program that combines medicine, movement, mindfulness, and music relaxation, guests will discover new ways to calm the body and mind and restore energy.

WHAT AWAITS YOU DURING THE THIRD WEEKEND OF THE FESTIVAL:

- Morning yoga by the sea and sunrise meditation with a harp
- Workshops on immunity, stress, and psychophysical resilience
- Nutritional consultations and laboratory analyses
- Anti-stress treatments and personalized medical check-ups
- Evening programs: mindfulness and reflection in nature

THURSDAY, 16 October 2025

Program included with accommodation

Morning outdoor program and medical test options:

- Meditation & Mindfulness, Biljana Dorotić-Džolić
- Morning Harp by the Sea – sunrise meditation with harpist Ellen Široka
- Good Morning Yoga outdoors, Biljana Dorotić-Džolić
- Body composition analysis with SECA mBCA medical device + nutritionist recommendations (Thursday or Friday)
- Health check with medical tests: blood sugar, urine, oximetry (Marine Medical Center)

Daytime program dedicated to yoga and educational workshops on immunity, stress, and nutrition:

- Outdoor education: Yoga practice, Biljana Dorotić-Džolić
- Educational workshop: Immunity and Stress – What Makes Us Resilient? Polyclinic Kardiomet
- Educational workshop: Biopsychological Basis of Hunger and Satiety, Polyclinic Kardiomet or MMC nutritionist

Mindfulness evening in a natural setting:

- Mindfulness – Personal Reflection, Biljana Dorotić-Džolić

Complimentary daily offer

- Tibetan Singing Bowls Therapy – group activity

Daily offer (with surcharge)

- Cardiology examination and heart ultrasound
- Comprehensive Immunity Profiling (blood tests + consultation)
- Individual consultations (Polyclinic Kardiomet)
- Vitamin D Status Check + consultation
- IV Therapy – Immuno Boost & Rehydrate
- Sea-Tox massage
- Couples massage
- CBD Soul Tonic
- Individual training with Biljana Dorotić-Džolić

FRIDAY, 17 October 2025

Program included with accommodation

Morning outdoor program and medical test options:

- Meditation & Mindfulness and Morning Harp by the Sea, Biljana Dorotić-Džolić & Ellen Široka
- Good Morning Yoga, Biljana Dorotić-Džolić
- Tests: blood sugar, urine, oximetry (8–9 am, Marine Medical Center)
- Body composition analysis with SECA mBCA medical device + nutritionist recommendations (Thursday or Friday)

Daytime program brings yoga and education on immunity, stress, and natural solutions:

- Outdoor education: Yoga practice, Biljana Dorotić-Džolić
- Workshop: Immune Resilience and Stress, Polyclinic Kardiomet

Mindfulness evening in a natural setting:

- Mindfulness – Personal Reflection, Biljana Dorotić-Džolić

Complimentary daily offer

- Tibetan Singing Bowls Therapy – group activity

Daily offer (with surcharge)

- Internal medicine examinations and consultations
- Vitamin D Status Check + consultation
- IV Therapy – Immuno Boost & Rehydrate
- Crème de la Crème treatment + scalp massage
- CBD Soul Tonic
- SUP expedition in Čikat Bay
- Individual training with Biljana Dorotić-Džolić

SATURDAY, 18 October 2025.

Program included with accommodation

- A morning dedicated to meditation and yoga in nature, with the sounds of the harp for a unique experience:
- Meditation & Mindfulness and Morning Harp by the Sea, Biljana Dorotić-Džolić & Ellen Široka
- Good Morning Yoga, Biljana Dorotić-Džolić

The daily program offers outdoor yoga and educational workshops focused on personal growth and balance:

- Outdoor Education: Yoga practice, Biljana Dorotić-Džolić
- Workshop: “How to create an environment where every person feels safe, satisfied, and ready to make positive changes, step by step”, Polyclinic Kardiomet
- Stress hormones and how to calm them, Polyclinic Kardiomet

Mindfulness evening in a natural setting:

- Mindfulness – personal reflection, Biljana Dorotić-Džolić

Daily offer, complimentary

- Tibetan Singing Bowls Therapy – group activity

Daily offer, with surcharge

- Individual consultations, Polyclinic Kardiomet
- ISUN Crystal Facial – holistic facial treatment with crystals and organic cosmetics
- Individual training sessions with Biljana Dorotić-Džolić

SUNDAY, 19 October 2025.

Program included with accommodation

- Meditation & Mindfulness and Morning Harp by the Sea, Biljana Dorotić-Džolić & Ellen Široka
- Good Morning Yoga, Biljana Dorotić-Džolić
- Afternoon closing consultation, Polyclinic Kardiomet

Daily offer, with surcharge

- Individual consultations with a doctor or nutritionist
- Magnesium Sea Tox
- Relaxing spa massages
- Individual training sessions with Biljana Dorotić-Džolić

MONDAY, 20 October 2025

Program included with accommodation

- Morning Harp by the Sea – sound meditation at dawn with harpist Ellen Široka
- Morning exercises in the pine forest by the sea – Stretch & Mobility Routine

Daily offer, complimentary

- Group hotel activities according to schedule: circuit training, breathing techniques for stress release, full-body stretch and mobility routine

Daily offer, with surcharge

- Internal medicine examinations and consultations
- IV Therapy – Immuno Boost & Rehydrate, intravenous infusion to strengthen the immune system and instantly rehydrate the body
- Crème de la Crème treatment + scalp massage
- ISUN Balance Facial – holistic facial treatment with crystals and organic cosmetics
- SUP expedition, Čikat Bay

TUESDAY, 21 October 2025

Program included with accommodation

- Morning Harp by the Sea – sound meditation at dawn with harpist Ellen Široka
- Morning exercises in the pine forest by the sea – Stretch & Mobility Routine

Daily offer, complimentary

- Group hotel activities according to schedule: circuit training, breathing techniques for stress release, full-body stretch and mobility routine

Daily offer, with surcharge

- Comprehensive Immunity Profiling – blood tests + consultation
- Vitamin D Status Check + consultation (08:00–09:00, Marine Medical Center)
- Cardiology examination and echocardiogram (by appointment)
- IV Therapy – Immuno Boost & Rehydrate
- ISUN Crystal Facial
- Couples massage
- Swimming lessons

WEDNESDAY, 22 October 2025

Program included with accommodation

- Morning Harp by the Sea – sound meditation at dawn with harpist Ellen Široka
- Morning exercises in the pine forest by the sea – Stretch & Mobility Routine

Daily offer, complimentary

- Group hotel activities according to schedule: circuit training, breathing techniques for stress release, full-body stretch and mobility routine

Daily offer, with surcharge

- Mole screening (by appointment)
- Magnesium Sea Tox Ritual – luxury detox & reset
- Forest Bathing – guided forest walk that calms the mind, reduces stress, and restores connection with nature

4th WEEKEND

23 – 26 October 2025

TIMELESS BEAUTY

PARTNER:

Maratea Anti-Aging Institute



This weekend is dedicated to the concept of a pro-age approach to beauty, where youth is not tied to years but to energy and attitude. Through a blend of advanced aesthetic medicine, personalized treatments, and mindful activities, guests will discover how a well-cared-for appearance can be a natural result of health, vitality, and inner balance.

WHAT TO EXPECT DURING THE FOURTH FESTIVAL WEEKEND:

- Forest Bathing, detox sauna ritual, anti-stress body treatments, Sea Tox massage, Zerona body, Venus Legacy face
- Hormonal status and individual consultations, IV Therapy Rejuvenation Pro Age + Glutathione, final consultations and personalized recommendations from Maratea experts
- Morning exercise & mobility, harp meditation at dawn, SUP and meditation on the water
- Educational workshops & lectures: Face Workout, Antioxidants & Skin Vitality, Vitality in Everyday Life, evening gatherings over tea and experience sharing

THURSDAY, 23 October 2025

Program included with accommodation

- Morning Harp by the Sea – sound meditation at dawn with harpist Ellen Široka
- Morning exercises in the pine forest by the sea – Stretch & Mobility Routine
- Free time during the day for individual wellbeing
- Evening relaxation in the wellness area with saunas and calming detox tea

Daily offer, complimentary

- Group hotel activities according to schedule: circuit training, breathing techniques for stress release, full-body stretch and mobility routine

Daily offer, with surcharge

- Hormonal status + individual consultations (Maratea Anti-Aging Institute)
- IV Therapy – Rejuvenation Pro Age + Glutathione
- Zerona body – non-invasive body contouring laser treatment to reduce fat cells and firm the skin
- Venus Legacy face – non-invasive radiofrequency facial treatment for skin tightening and rejuvenation

FRIDAY, 24 October 2025.

Program included with accommodation

- Morning exercises in the pine forest by the sea – Stretch & Mobility Routine
- Morning outdoor group activity – Tibetan Singing Bowls
- Free time during the day for individual wellbeing
- Evening educational session: Antioxidants & Skin Vitality (Maratea Anti-Aging Institute)

Daily offer, complimentary

- Group hotel activities according to schedule

Daily offer, with surcharge

- Individual consultations
- IV Therapy – Rejuvenation Pro Age + Glutathione
- Zerona body
- Venus Legacy face
- SUP expedition in Čikat Bay



SATURDAY, 25 October 2025

Program included with accommodation

- Morning exercises in the pine forest by the sea – Stretch & Mobility Routine
- Morning outdoor sound meditation – Tibetan Singing Bowls

During the day, spa experiences and educational activities dedicated to health and vitality follow:

- Forest Bathing – guided forest walk that calms the mind, reduces stress, and restores connection with nature
- Presentation and workshop: Face Workout (Maratea experts)
- Educational session: “Vitality in Everyday Life – How to Maintain It” (Maratea experts)

Evening relaxation, experience-sharing, and free time to enjoy a massage:

- Evening tea and sharing of experiences (Maratea experts)
- Relaxing massages – free choice from the menu

Daily offer, complimentary

- Group hotel activities according to schedule

Daily offer, with surcharge

- Zerona body – non-invasive laser body contouring treatment to reduce fat cells and firm the skin
- Venus Legacy face – non-invasive radiofrequency facial treatment for skin tightening and rejuvenation
- SUP + meditation on the water

SUNDAY, 26 October 2025

Program included with accommodation

- Morning exercises in the pine forest by the sea – Stretch & Mobility Routine
- Morning outdoor sound meditation – Tibetan Singing Bowls
- Day dedicated to final consultations and recommendations from experts (Maratea Anti-Aging Institute)
- Evening for relaxation and regeneration

Daily offer, complimentary

- Group hotel activities according to schedule: circuit training, breathing techniques for stress release, full-body stretch and mobility routine

Daily offer, with surcharge

- Zerona body – non-invasive laser body contouring treatment to reduce fat cells and firm the skin
- Venus Legacy face – non-invasive radiofrequency facial treatment for skin tightening and rejuvenation
- SUP expedition in Čikat Bay

The festival program is subject to minor changes depending on weather conditions and the availability of therapists/experts.

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