

PUNTA VITALITY HOTEL

VITALITY CENTER & SPA

BROCHURE

WELCOME

The teachings of the ancient Greek physician Hippocrates gave rise to the true meaning of holistic health. His legacy is based on the philosophy that our bodies are multi-dynamic systems with an innate ability to heal through nature, nutrition, massage, and, most importantly, physical activity. He regularly prescribed long walks, running, wrestling, and boxing, thus establishing exercise as medicine.

Our spa offerings support the Body Active concept.

A close-up photograph of a person's hands. The upper hand is holding a small, dark glass filled with a vibrant green liquid. A thin stream of this liquid is being poured from the glass into the palm of the lower hand. The background is dark and out of focus, with warm, golden light illuminating the scene from the side, highlighting the texture of the skin and the clarity of the liquid. The overall mood is serene and focused.

**MASSAGE
ZONE**

AROMASOUL ELEMENTS MASSAGE

60 min

By Comfort Zone

Experience the exceptional and celebrated healing powers of aromatherapy. Every treatment is initiated with a tailored choice of our distinct aromatherapy oils, inspired by the ancient traditions of the Orient, Arabia, India, or the Mediterranean.

TRANQUILLITY PRO-SLEEP MASSAGE

60 min

Kozmetika

Comfort Zone

This exclusive experience masterfully combines premium essential oils, soothing techniques, and custom touches, all carefully designed to optimize peak performance while revitalizing both body and mind.

CLASSIC MASSAGE

30 min | 45 min

60 min | 75 min

Our classic massage blends traditional techniques and a holistic approach to soothe muscle tension and promote wellness. Ideal for unwinding, this treatment harmonizes mind and body.

SPORT MASSAGE

30 min | 45 min

60 min

Experience a premium fusion of deep tissue and sports massage, meticulously tailored to dissolve deep-seated muscle tension, boost flexibility, and aid in recovery.

FOOT MASSAGE

30 min

Pamper your feet with our indulgent foot massage, tailored to provide soothing relief and rejuvenation.



**BODY
ZONE**

**3 IN 1 HOT COLD
TREATMENT**

75 min

By Comfort Zone

**OLIVE BODY
SCRUB**

30 min

By 45 degrees

**VIBRATION HEALING
THERAPY WITH TIBETAN
SINGING BOWLS**

30 min | 60 min

Our intensive treatment is ideal for cellulite and enhancing microcirculation, reshaping, and refreshing in three steps: boosting circulation, deeply massaging to target problem areas, and toning.

Olive pulp, olive oil, and citrus essential oils work together to exfoliate dull, lifeless skin, revealing a radiant glow. This treatment complements any massage beautifully or shines as a standalone option.

Utilizing the harmonic sounds and vibrations of Tibetan singing bowls, this unique therapy promotes physical, emotional, and spiritual healing. Let the soothing resonance of the bowls wash over you, reducing stress, balancing energy, and enhancing overall well-being. Perfect for those seeking tranquility and inner peace.

FACIAL ZONE



FORLLE'D LIFT TREATMENT

60 min

By Forlle'd

An exclusive treatment designed to redefine facial contours, restore firmness, and enhance elasticity. Combining high and low molecular weight hyaluronic acid with advanced BioPure serums, it delivers a visible lifting effect after just one session. Skin appears tightened, refreshed, and radiant - ideal before special events or as part of a professional anti-aging program with long-lasting results.

FORLLE'D ROYAL TREATMENT

80 min

By Forlle'd

A deeply nourishing and calming experience tailored for skin in need of restoration and hydration. The Royal treatment features advanced biotechnological ingredients that reduce sensitivity, improve firmness, and restore the skin's natural balance. Indulge in a moment of scientific luxury that leaves the skin smooth, rejuvenated, and beautifully healthy.

FORLLE'D PLATINA TREATMENT

60 min

By Forlle'd

Our most sought-after treatment for tired, urban skin exposed to daily stress and pollution. Powered by low molecular weight platinum, it detoxifies at a cellular level, evens out the complexion, and delivers powerful anti-aging protection. Perfect as an instant "glow" therapy before important occasions, or as part of an advanced rejuvenation protocol.



HYDRAFACIAL

30 min | 50 min

By Hydrafacial

HydraFacial® is a medical-grade treatment that provides deep cleansing, detoxification, exfoliation, and intensive skin hydration in a single treatment. The combination of mechanical and chemical exfoliation effectively improves skin texture, evens out skin tone, and restores a fresh, youthful appearance. The treatment is suitable for all skin types, with visible results immediately after the first session. Available in 30 or 50 minute options, with the possibility of additional boosters for targeted care.

SUBLIME SKIN FACIAL

50 min

By Comfort Zone

Utilizing clinically proven Sublime Skin products, this facial provides a 'natural filling' effect, visibly lifting and reducing the appearance of wrinkles and fine lines while deeply nourishing your skin.

HYDRAMEMORY FACIAL

50 min

By Comfort Zone

A treatment with 24-hour lasting deep hydration and skin nourishment. This facial is recommended for dehydrated skin or before and after traveling.

BEAUTY ZONE

EXPRESS MANICURE

30 min

Perfect for busy individuals, this quick service covers nail shaping, cuticle care, buffing, regular cuticle care, and optional semi-permanent polish removal.

MANICURE WITH CLASSIC POLISH

45 min

Indulge in our Classic Manicure, a beauty ritual that transforms your nails with precise shaping, attentive cuticle care, and a flawless finish of traditional polish. Elevate your style with this chic and polished look.

MANICURE WITH SEMI PERMANENT POLISH

60 min

Our Semi-Permanent Polish Manicure offers lasting beauty with expert nail shaping, detailed cuticle care, and a vibrant semi-permanent polish finish for an enduring, stylish look.

EXPRESS PEDICURE

45 min

Our Quick Foot Care service is designed for those on the move, focusing on essential foot care without polish. It includes nail shaping, buffing, cuticle maintenance, and gentle exfoliation, with an option for semi-permanent polish removal if required. Ideal for busy individuals seeking neat and well-maintained feet.



**SPA PEDICURE
WITH CLASSIC POLISH**

60 min

Experience our Luxurious Pedicure with Regular Polish, a pampering treatment that includes nail shaping, cuticle care, gentle buffing, and exfoliation, all finished with a beautiful application of regular polish. This service promises to leave your feet looking and feeling elegantly cared for.

**SPA PEDICURE WITH
SEMI PERMANENT POLISH**

60 min

Indulge in our Spa Pedicure with Semi-Permanent Polish, a premium treatment that combines nail shaping, cuticle care, gentle buffing, and exfoliation, topped off with a long-lasting semi-permanent polish. This luxurious service ensures your feet are beautifully pampered and polished to perfection.

THERMAL ZONE

Experience our cutting-edge thermal zone, which includes Kneipp therapy foot baths, a variety of sauna experiences, steam rooms, an exhilarating ice fountain, cold water therapy, and cozy relaxation areas. Access to our Thermal Zone is complimentary for hotel residents. Additionally, indulge in relaxation with our indoor pool featuring heated seawater and an outdoor pool with a sun deck.

POOL PASS	120 min
DAILY POOL PASS	
WEEKLY POOL PASS	
MONTHLY POOL PASS	
FAMILY POOL PASS	120 min 5 persons max
FAMILY DAILY POOL PASS	5 persons max
SAUNA PASS	120 min
SAUNA WEEKLY PASS	
POOL & SAUNA MONTHLY PASS free access for hotel guests	
RENTAL	Towel Bathrobe

WELLNESS GUIDELINES

FACILITIES USAGE

All in-house guests of the Punta Vitality Hotel enjoy complimentary use of the wellness facilities during designated hours.

SPA ETIQUETTE

We kindly ask that you respect the privacy and relaxation of fellow guests by refraining from loud behaviour, using cell phones, or taking photos in the wellness area.

AGE REQUIREMENT

Guests under the age of 16 must be accompanied by an adult guardian and may have restricted access to certain services.

CANCELLATION POLICY

For cancellations, we require 8 hours' notice. A full charge will apply to no-shows and cancellations made less than 8 hours before an appointment. Arriving late for an appointment may result in time being deducted from the available treatment time. If a client arrives too late for the treatment to be performed, a full cancellation charge will apply.

GRATUITIES

We welcome gratuities for outstanding service, although they are entirely optional. You may choose to give them directly to your therapist or include them in your final bill.

CHECK IN

Please check in at the Wellness Reception Desk 15 minutes before your first appointment. For added comfort, feel free to wear your guest room bathrobe.

PERSONAL BELONGINGS

Lockers are available for your personal belongings. While we provide this service, we recommend leaving valuable items at home, as we cannot be held responsible for lost or stolen belongings.

FITNESS ZONE

PERSONAL TRAINING

45 min
1x | 5x | 10x

SWIMMING CLASSES

30 min | 5x

YOGA INDIVIDUAL SESSION

high season only

60 min

WORKOUT PLAN

1 month

GROUP TRENINGS

high season only

45 min
3 persons min per training

MONTHLY MEMBERSHIP

WEEKLY MEMBERSHIP

DAILY FITNESS PASS

free access for hotel guests

PUNTA GOLD (12 MONTHS)

PUNTA SILVER (6 MONTHS)

PUNTA BRONZE (3 MONTHS)

GYM RENTAL

60 min

GYM & EQUIPMENT RENTAL

60 min

OUTDOOR FLOOR RENTAL

60 min

FITNESS EQUIPMENT RENTAL

60 min

SPA BOOKING

Call the Spa team at +385 (0)51 662 020
e-mail: punta.spa@jadranka.hr

FITNESS MEMBERSHIP

A variety of fitness and facility memberships are available. For inquiries, contact
Punta Fitness Centre at +385 (0)51 662 055 or e-mail: punta.fitness@jadranka.hr





Punta Vitality Hotel

FITNESS CENTER

WORKING HOURS: 7 AM - 8 PM

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PUNTA.FITNESS@JADRANKA.HR



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