

## **SPA GUIDELINES**

In the elegant SPA clinic of Hotel Bellevue, you will meet a team of top specialists – doctors, nutritionists, therapists, and kinesiologists – who, based on their extensive experience, have created a range of Beauty & Health programs, treatments, and rituals for you. The innovative, individualized approach to each guest provides the opportunity to tailor specific services to your personal needs. The SPA clinic is additionally equipped with modern technology that, alongside the latest cosmetic breakthroughs from leading global laboratories, will allow you to relax, achieve mind and body homeostasis, and breathe new life into yourself in a pleasant, luxurious environment.

In our SPA clinic, you have access to:

### **SPA ZONE/**

A wealth of facilities – saunas, steam bath, cold pool, experience showers, and specially designed relaxation rooms. During the warmer months, after treatments, you can enjoy our beautiful SPA garden, shaded by pine trees, right by the sea. If you wish to relax in the outdoor sauna, whirlpool, or enjoy a facial or massage in a sheltered area, kindly book your appointment. We will provide relaxation in the natural, healing environment of Lošinj outdoors.

### **BEAUTY ZONE/**

Regardless of your age, both your face and body need care. Exposed to constant weather changes, stress, poor nutrition, lack of sleep, and various other internal and external factors, our skin loses its flexibility, freshness, and youthful appearance. In a refined, relaxing, and extremely luxurious environment, we offer a range of non-invasive treatments using the latest methods, top technology, and premium cosmetics, such as Biologique Recherche. Our therapists will recommend treatments tailored to your skin type, and with the use of stem cells, oxygen, and isotonic water, we will refresh the structure and appearance of your skin.

The specially designed range of body treatments can also be combined with multi-day Beauty & Health programs created by the expert team. Tone your body, relax stress, adopt new, healthy eating habits, and experience top-tier face and body care with immediately visible results. In separate SPA suites, which can be adapted for two or more people, you can enjoy a full-day care and relaxation program.

### **HEALTH ZONE/**

Modern research has shown that stress has the most intense effect during rest periods. That's when numerous health issues arise, and instead of enjoying your free days, you find yourself dealing with stiff backs, migraines, or other problems.

Within our SPA clinic, there is also the Marine Medical Center, comprising a team of specialists: internal medicine experts, nutritionists, dermatologists, and therapists,

who have created a series of detailed, multi-day Health programs for various purposes. These programs will help you relax stress, rejuvenate your energy, reduce body weight, or improve your health. With an individualized approach, including a medical examination, recommendations, diet plan, SPA treatments, and exercise programs – use your holiday to invest in your health.

For details on programs or to schedule consultations with a doctor or nutritionist, please contact the SPA clinic reception or call 8050.

### **FIT ZONE/**

The SPA clinic includes a state-of-the-art Fit Zone with a spacious, modern gym equipped with top-quality Matrix equipment. Personal trainers are available to guide you on how to use the machines properly, or you can work out individually. If you prefer aerobic exercises, the Fit Zone also has a comfortable yoga and pilates studio. You can work out with an instructor, who will tailor the plan and program to your needs.

In addition to the indoor spaces, you can also exercise in the beautiful natural surroundings of our island. Check with the SPA clinic reception to see which outdoor group activities are available. For the current schedule, please inquire at the SPA clinic reception or call 8050.

### **ADDITIONAL SERVICES:**

In the SPA clinic, we offer various cosmetic services such as manicure, and pedicure. For a detailed list of treatments, multi-day programs, and the current price list, please contact the SPA clinic reception or call 8050.

### **IMPORTANT INFORMATION**

- The SPA clinic is located along the entire southwest side of the hotel on the -1 level, accessible by elevator or stairs.
- The SPA clinic is open daily from 07:00 to 21:00.
- For house rules and quiet hours in the SPA clinic, please ask at the reception.

### **RESERVATIONS AND CANCELLATION**

- For full comfort and flexibility, we recommend that you announce your arrival in advance and book your treatment appointment.
- Since the reserved appointment is exclusively for you, we kindly ask that you notify us 12 hours in advance in case of a cancellation or any changes to your appointment.
- If you do not cancel your appointment in time, 50% of the treatment price will be charged. In the event of a no-show, the full price of the treatment will be charged.