



Punta

★★★★

Vitality Hotel



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S P A M E N U

Vitality Center & Spa



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Punta - pure health, sport, vitality, and how to get there! We look after your health and wellbeing in ways that go beyond getting you fit and back on your feet. That's what we do best! Punta Vitality is the most comprehensive centre for healthy living in the region.





Signature treatment

Inspired by the antique history of Mali Lošinj

		min.	HRK	€
Just Like Apox	<i>This treatment has been specially designed for you, in order to experience a retreat in the hedonistic style of the ancient Greeks and their Olympic athlete, Apoxyomenos. It begins with a herbal, blended, skin-smoothing salt polish that is followed by a vigorous head-to-toe massage using carefully applied aroma oils. A hydrating and deeply relaxing mini facial will complete the experience and ease away any tension.</i>	75	680	91

Facials

Our facials are designed to help the skin find its equilibrium. Let our skilled therapists take you in to the world of beauty.

Sacred Nature An Anti-Aging Treatment By Comfort Zone	<i>A fully certified organic all-natural face and body treatment that provides intense nourishment and anti-aging efficacy. It is ideal for dry and sensitive skin. This special ritual delivers profound oxygenation, and restores energy.</i>	50	520	69
Hydra-memory Deep Hydration By Comfort Zone	<i>A treatment with 24-hour lasting deep hydration and skin nourishment effects. It is recommended during difficult weather conditions, and before and after travel.</i>	50	480	64
Cellular Triple-Effect Treatment Lifting and Nourishing Hydration By Amadoris	<i>An intensive treatment for those who are concerned with the signs of ageing. Award-winning Swiss products are used in a combination with unique dual layering of intensive masks and a targeted lifting, plumping and firming massage. The treatment delivers instantly visible results.</i>	90	750	100

		min.	HRK	€
Cellular Phyto Caviar Radiance A Luxurious Treatment By Amadoris	<i>A luxurious treatment that restores hydration, elasticity, vitality, and radiance, while providing protection from wrinkles. The process is done with the help of Green Caviar Extracts, Sea Fennel Stem Cells, Rice Proteins and Red Algae. The treatment causes an even, luminous, youthful and fresh complexion. It is fantastic before professional make-up sessions and red carpet events.</i>	90	850	113
Pure Marine Minerals A Deep Cleansing Treatment By Amadoris	<i>A deeply cleansing treatment that purifies and refines the pores and leaves the skin with a unified, healthy and clean complexion. Effectiveness is achieved through the use of white and green clay, purifying Laminaria algae, lavender and camphor. The treatment boosts antibacterial, anti-inflammatory and oil balancing activities. It may be accompanied by an 'Lymphatic Drainage Massage' or an 'Acupressure Energizing Massage', at an additional cost. Acne extraction and the steamer are optional components which come at an extra charge.</i>	75	630	84
Cellular Contouring A Facial Contour Treatment By Amadoris	<i>An exceptional and luxurious face slimming and contouring treatment. Cola nut, vitamin C, and other active substances provide relief from excess water retention and puffiness. The double chin is reduced and the jaw line and cheek bones accentuated. A slim, contoured, smooth, toned and moisturised complexion is exposed.</i>	75	670	89
Mini Botox Effect A Powerful Anti-Aging Treatment By Amadoris	<i>A powerful anti-aging treatment with a legendary ingredient - Hexapeptide (a mini ferment of Botox). It works instantly to reduces wrinkles, especially on the forehead and around the eyes. For lifted, visibly younger and smoother skin.</i>	45	490	65
Semper Iuvenis An Anti-Age Treatment By Mirta (a bespoke local brand)	<i>An anti-aging treatment for all skin types, made from the pure essences of Lošinj's medicinal plants. A totally natural process that nourishes and regenerates the skin and provides a wrinkle minimising effect. The skin will be softer, tighter and brighter following the treatment.</i>	50	520	69

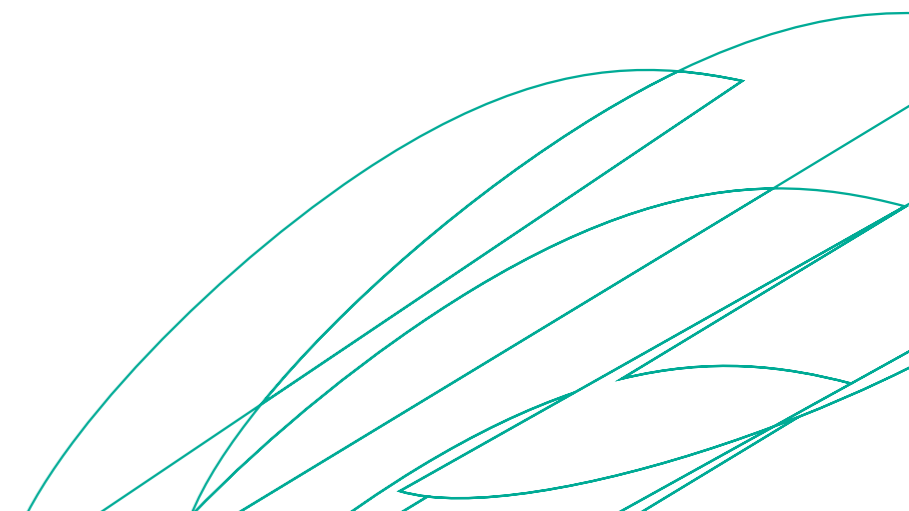


Massages

Let our incomparably skilled therapists guide you to discover a sense of wellness for your body, mind and soul. We invite you to try one of our organic cold-pressed healing oils, locally produced and exclusively designed for our Spa.

		min.	HRK	€
Life Force A Therapeutic Sports Massage	Feel your energy awaken with this full-body deep-tissue sports massage. It features ancient therapeutic techniques, acupressure point stimulation and light stretching.	60	580	77
Organic À la Carte A Holistic Oil Massage	You will choose your pressure preference and a custom blend of essential oils to highlight what you wish to accentuate by your massage. The treatment promotes general relief from chronic pain, migraines, insomnia, allergies and other common ailments.	50	490	65
TRAN - QUILLITY™ PRO-SLEEP Massage	An innovative massage that acts on three different sensorial pathways to induce truly profound relaxation. It promotes deep sleep and aids in recovery from the side effects of jet lag. The synergy between a unique blend of essential oils, the bespoke Tranquillity™ Sound, Ayurvedic and Indonesian Sea (Malay) modalities, which is applied by soft brushes, induces a peaceful state of the body and the mind.	50	490	65
Veli Bay	A relaxing stress-relief massage that uses elements of lymphatic drainage (mild pressure that loosens the muscles and increases flexibility).	50	490	65
Immortelle An Anti-Aging Massage which Boosts your Vitality	A massage with immortelle oil that results in mental and physical relaxation and improved skin quality, elasticity and tone.	50	530	71
Deep Tissue Massage from Lošinj	We use firm pressure and slow strokes to reach deeper layers of muscle and connective tissue. The treatment aids chronic aches and pains, including constantly tense areas such as the neck and upper back.	45	490	65
Classic Swedish	A classic massage that relaxes tired muscles and improves muscle tone.	50	490	65

		min.	HRK	€
Back, Neck & Shoulder Massage	This massage focuses on the area where most people carry stress and tension. By using deep relaxation massage techniques, you will achieve maximum benefits in a minimum amount of time.	30	300	40
New-Mum Massage	With a gentle mix of a Swedish and a deep-tissue massage, the prenatal massage treatment focuses on relieving tension from typical stress areas, such as the lower back, legs and hips. It induces gentle muscular relaxation, and boosts blood and lymph circulation.	45	450	59
Junior Massage	A massage treatment that is specially adjusted to your child's age.	30	300	33
Anti-Cellulite Massage	The main reason that cellulite develops is poor circulation. It is caused by problems with blood and lymph circulation, and by an increase of toxins in fat tissue. The Anti-Cellulite Massage improves blood and lymph circulation, and helps to fill tissue with detoxifying oxygen.	25	250	33
Foot Reflexology Massage	Everybody loves a good foot rub! This treatment focuses on applying pressure to your feet, in order to affect a physical change in the body. The placement of pressure is based on a system of zones and reflex areas that correspond to specific parts of the body.	25	250	33



Body treatments

The best for your body and soul. From cleansing baths to detoxifying body scrubs and wraps.

		min.	HRK	€
Combo Scrubs & Wraps				
SeaSalt Eco Body Scrub	Your therapist will gently rub pure sea salt mixed with organic olive oil and a few drops of cold pressed aroma oil of your choice to soften, detox and moisturise the skin.	25	250	33
Organic Olive Pulp Body Scrub	This Mediterranean-inspired body scrub will revive your skin and leave it feeling fresh and radiant. A fantastic blend of finely minced olive seeds and pulp work in perfect symbiosis to moisturise and regenerate your skin.	30	300	40
Body Toning & Firming By Comfort Zone	An anti-aging firming treatment for a perfectly toned body. You may choose a creamy mud wrap with re-mineralizing thermal waters, or a cocooning mask made with naturally elasticizing active ingredients that deeply refresh the skin and promote collagen synthesis.	50	580	77
Sun Bay Refresh Combo	The oil in this nourishing treatment is derived from one of nature's richest cold pressed olive oils. Natural sea salt will be added to fully exfoliate the body. The exfoliation is followed by a nourishing clay pack to reveal softer and smoother skin.	50	500	67



Beauty

Finishing touches by Shellac, and a bit more.

		min.	HRK	€
Spa Manicure	The hands are exfoliated and softened. The cuticles are easily tidied and the skin is nourished with an oil and cream massage. Afterwards, the prescribed treatment basecoat is applied, followed by two flawless coats of polish from an extensive range of colours. Choose between regular, gel like or permanent colours.	50	300	40
Spa Pedicure	The uplifting effects of eucalyptus essentials oils will invigorate and revive your body and spirits. The feet are exfoliated, nails cut and cleaned, cuticles tidied and the skin nourished with oils and creams.	50	400	53
Express Manicure	For those who do not have the time for a full manicure, we provide a quick session of shaping and nail buffing. Add your own nail polish for a price deduction.	30	180	24
Express Pedicure	A quick fix for when you don't have the time for a full Spa Pedicure. Relax in our deluxe custom pedicure throne and soak your feet in a whirlpool foot bath. This pedicure includes nail shaping, basic foot filing, cuticle care and moisturising.	30	250	33
Permanent polish removal		20	50	7
Regular Nail Polish	Following a prescribed treatment basecoat, two flawless coats of polish, from an extensive range of colours, are applied.	20	70	9
Permanent Polish Shellac		30	100	13



Waxing

	min.	HRK	€
Full Leg	20	220	29
Lower Leg	10	120	16
Upper Leg	10	150	20
Chest	15	180	24
Upper Back	10	150	20
Arm	15	130	17
Basic Bikini	10	120	16
Betweeny Bikini	15	180	24
Underarm	10	120	16
Upper Lip, Nose, Ears or Cheeks	5	100	13

Eyes and eyebrows

	min.	HRK	€
Eyebrow Shaping with Tweezers	15	100	13
Eyebrow Tinting	15	150	20
Eyelash Tinting	15	150	20
Eyelash & Eyebrow Tinting	30	250	33

Signature treatments

... inspired by the island of Lošinj

Iuvena touch & stones	<i>This treatment starts with a full body scrub, which is followed by a hot stone and aroma oil massage, and finishes with an aromatherapy facial of your choice. You will leave feeling touched by the "Angels of Lošinj" and invigorated by the aroma of the island.</i>	90	780	104
Vitality Punta	<i>We would like to say that, once you try this revitalizing and energetic massage, with oil blends of rosemary, laurel and lemon, you will keep coming back to Lošinj for years to come. The enchantment with the beauty and purity of the local plants and herbs is everlasting.</i>	50	490	65
Lošinj Relaxing Massage	<i>A relaxing body massage with local oils (lavender, Aleppo pine, St. John's Wort, etc.) provides nourishment and detoxification by using a combination of a deep skin massage, stretching and a warm sage wrap.</i>	70	590	79



Spa collections & rituals

Float up on cloud nine while you indulge in a wide variety of our treatments (specially tailored for you).

		min.	HRK	€
TRAN-QUILLITY™ Face & Body Ritual	<i>A unique deep tissue, aromatherapy face and body massage. It relaxes tense muscles and relieves stress, in order to induce a pleasant experience of wellbeing.</i>	90	750	100
Vitality Moments	<i>A superb set of full body revitalizing treatments. The stimulation of energy points, and a combination of essential oils of rosemary and laurel leaves, keeps the body in good health, strengthens internal organs and releases tension in muscles. The treatment Includes an energetic massage, foot reflexology and a head & face acupressure massage.</i>	75	680	91
Dreams of Lošinj Island	<i>A specially designed programme that achieves complete harmony, all whilst surrounded and enchanted by the Island of Lošinj's therapeutic scents. It includes an infrared sauna session, a deep tissue essential massage, an anti-aging facial and a sea salt eco scrub.</i>	120	1100	147
Gentleman's Choice	<i>Enjoy an express pedicure, a vigorous full body massage and a restorative hydrating facial. Designed specially for men.</i>	120	990	132
Teen's Choice	<i>A gentle relaxing body massage that concentrates on the feet, back and neck. It is followed by a manicure and an express facial for teens.</i>	90	750	100

Fitness, personal & group training

Work out with a personal trainer in our state of art gym. We offer an extensive personal training programme that will help you to reach your fitness goals. Whether you wish to lose weight, build lean muscle, train for a competition or just look and feel better, our kinesiologists will bring you closer to your goal.

	no.	HRK	€
Personal Training <i>45 min</i>	1	225	30
	5	1100	147
	10	1800	240
Small Group Personal Training <i>(2-5 persons, 35 min)</i>	1	150	20
Personal Swimming Classes <i>(35 min)</i>	5	1125	163
Swimming Stroke Academy <i>advanced swimming for children - (group, 35 min)</i>	4	750	100
Rent a Fitness Room <i>(60 min)</i>	1	350	50



Sport & vitality programmes

Does not include accommodation

		hour	HRK	€
Absolute Fit An Intensive Personalized Fitness Programme (4 days)	We will design a bespoke programme just for you to pursue during your stay. Go for our Absolute Fit programme and let our superb trainers help you along every single step. Eight fitness hours, 2 partial back massages and 2 x SECA Body Composition Analysis.	10	1600	213
Pure Relief A Group Programme Designed to Stimulate Lymphatic Flow through Anti-Stress Massages and Targeted Exercise (5 days)	For those who feel bloated and constantly tired, and for those who have always wanted to fix their gym habits, but something always got in their way. Give us 5 days and we will help you reach your targets. The program consists of 4 hours of focused exercises, nutritionist consultation, SECA Body composition analysis, MD Pulse oximetry, daily healthy smoothest and a full body massage.	6	1400	187
Fit & Fly Gravitonic Stretching & Breathing (4 days)	Fun and exercise, come and try it! This four-day program focuses around the globally famous anti-gravity training. A mixture of hanging, stretching, core muscle activation and breathing exercises will help improve your intake of oxygen, boost your performance and increase your energy levels.	4	850	113

Day spa & membership

You do not need to be a hotel guest to use our Wellness facilities. We also offer treatments to our external guests.

If you feel like being pampered or like exercising, we can create your perfect plan from our extensive range of personal trainings, group trainings or something from our spa. Prepare to look and feel your very best during your stay in Lošinj.

Fitness Gym Membership	duration	HRK	€
Workout Group Classes 45 min	1 day	60	8
Workout Group Classes 3 times per week	1 month	300	40
Workout Group Classes 3 times per week	3 months	750	100
Fitness Admission	60 min	50	7
Fitness Admission	1 month	250	33
Full Membership Unlimited Access (Pools, Saunas, Fitness and Gym)	Time	HRK	€
Full Membership Unlimited Access	1 day	100	14



Full Membership <i>Unlimited Access</i>	1 month	500	67
Full Membership <i>Unlimited Access</i>	3 months	1200	173
Full Membership <i>Unlimited Access</i>	6 months	2100	280
Full Membership <i>Unlimited Access</i>	1 year	3600	480
Couples Day Spa	1 day	180	24
Family Day Spa <i>(2 adults + 2 kids under the age of 14)</i>	1 day	280	37
Pools & Saunas	duration	HRK	€
Pool Pass	120 min.	40	5
Weekly Pool Pass	1 week	150	20
Monthly Pool Pass	1 month	300	40
Pool Pass <i>(children <7 age)</i>	120 min.	10	1,3
Family Pool Pass <i>(5 persons max.)</i>	60 min.	120	16
Sauna Zone Pass	120 min.	75	10

Additional Hour

in the Sauna Zone

60 min. 20 3

Rental for external guests

HRK €

Towell Hire

/ Change

10 1,3

Bathrobe

40 5

Wellness Slippers

30 4





Working hours

Swimming Pools & Fitness Area: 7:00 - 21:00

Sauna Zone & SPA: 8:00 - 21:00

Once in the Spa

Vitality Center & Spa is located at level -1. To get there, first take the elevator to level 0 and then take the elevator next to the restaurant to get to level -1, or alternatively, take the stairs. If you arrive from the beach, you may use the promenade entrance.

Mobile Phones

The spa environment is one of tranquillity and relaxation. Please respect the quiet and privacy of other guests. We kindly request that you refrain from using mobile phones and cameras. Smoking is strictly prohibited. We recommend that you leave all valuables in your guest room safe. The spa does not assume liability for any missing valuables.

Health Concerns

Please inform us of any health conditions, allergies or injuries immediately.

Spa Experience

For your convenience, the spa will provide towels, slippers, shower caps and all other amenities required for use during your visit. During all spa experiences, you will be properly draped for privacy.

Reservations

Booking in advance is highly recommended to ensure that the preferred times are available. The spa provides walk-in bookings based on availability. Depending upon the weather, you can choose to have your treatment in a private, couples or outdoor treatment suite. You should plan to arrive an hour earlier in order to experience our fantastic steam rooms and saunas. To make a reservation, please call the Spa Reception from your guest room by dialling 2020 on the in-room telephone.

Arrival Time

We recommend that you arrive to the Vitality zone at least 15 minutes prior, in order to prepare for your treatment, and to fill out a health profile form that will help us make sure that your wishes match your specific needs.

Gift Certificates

Our gift certificates make a wonderful gift for any special occasion. Please enquire with our Spa reception for details and purchase.

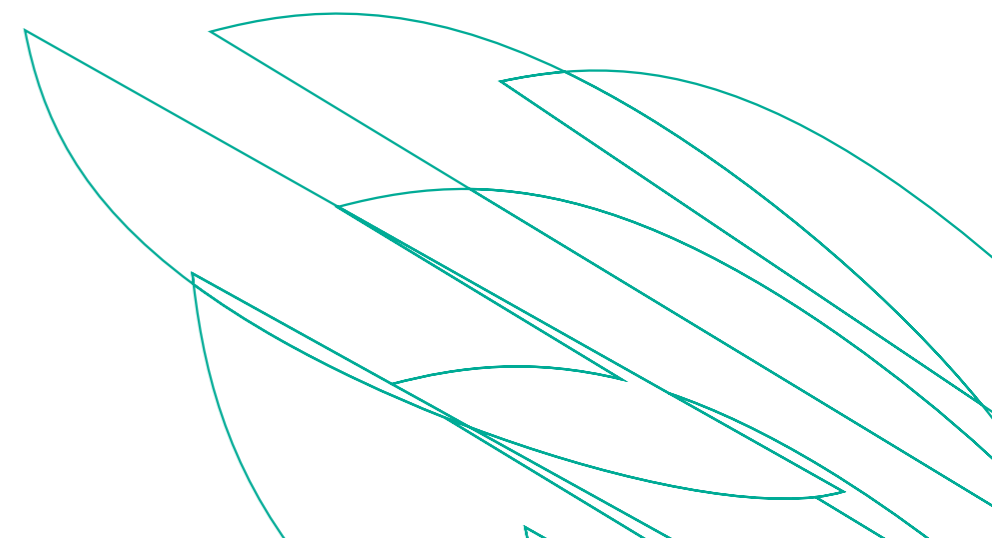
Minimum Age

The minimum age for all treatments is 16, with the exception of the Junior spa menu. Children under the age of 14 have to be accompanied by a parent or guardian when using the swimming pools.

Cancellation Policy

Please be aware that any late arrival may result in a reduction of treatment time, as a courtesy to our next guest. All cancellations must be done at least 8 hours prior to a booking, otherwise, you will be charged for the full price of the booking.

**Vitality Center & Spa,
Hotel Punta Veli Lošinj
vitality-zone@jadranka.hr
T +385 (0)51-662-020**





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Medi spa

Your Chance to meet our expert MD and nutritionist,
and get those check-ups done.





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Nutritionist / Nutritionist		min.	HRK	€
SECA mBCA Body Composition Analysis	The medical Body Composition Analyser (mBCA), By Seca, breaks down you weight into components relevant to the practice of medicine. Namely, Fat Mass and Fat-Free Mass, Body Water (made up of extracellular water and intracellular water) and Skeletal Muscle Mass. Measurements are processed by six analytical modules and presented in easy-to-understand graphics.	35	350	47
SECA measuring BMI BMA Follow up	In only a few moments, you will receive a comprehensive breakdown of your body's vital characteristics (the proportion of muscle, fat and water), which is then used to follow up improvement or create a uniquely tailored PT and Nutrition program that perfectly match your needs.	20	200	27
Personal Consultation	Consult with our experienced nutritionist about your eating habits, develop nutritional goals, receive tips and guidelines for improving quality of your everyday diet, and go through a healthy eating education. Includes SECA	45	450	60
Personalized Nutrition Plan 1 week			300	40
Personalized Nutrition Plan 2 weeks			450	60
Personalized Nutrition Plan 4 weeks			750	100

Detailed meal plan for pre existing conditions		900	120
Breakfast with your nutritionist (up to 5 persons)	Book a breakfast for you or your family and learn while choosing what you eat. Find out all that you always wanted to know about the healthiness of your food choices. - price per person	60	100 14
Medical doctor full check up		HRK	€
Specialist check-up		675	90
Specialist follow-up		422	56
Specialist check-up + EKG		844	113
In-room check-up (od from 6AM-11PM)		844	113
In-room check-up (od 10PM-6AM; Sundays and holidays)		1266	169
In-room follow-up		506	68
Spirometry		388	52
EKG with interpretation		304	41
Consultation with specialist medical report		591	79
Oximetry		84	11



Removal of foreign object <i>from soft tissue</i>	371	50
Bandaging wound	135	18
Bandaging large wound	253	34
Injekcija subkutana	42	5,6
Intramuscular injection	68	9
Intravenous injection	84	11
Local infiltration <i>(including medicine)</i>	169	23
Otoscope examination	338	45
Otoscope examination + ear cleaning	591	79
Blood pressure measurement	42	6

Health packages

Vitality programs improve health, self-confidence and promote a healthy lifestyle that will improve your well-being.

<i>(does not include accommodation)</i>		days	HRK	€
Re-Spiro Express <i>Adults or Junior</i>	<i>Re-Spiro programme makes use of proven scientific clinical methods and diagnostic tests, which are combined with natural therapeutic factors and the sea-salt aerosol of the island of Lošinj, in keeping with the Lošinj's hundred-year-old medical tradition.</i>	7 days	1750	230
Re-Spiro Light <i>Adults or Junior</i>		14 days	2900	381
Re-Spiro Max <i>Adults or Junior</i>		21 days	3275	430
De - Stress	<i>Based on a unique concept designed to help you recognise the sources of stress and understand their causes. The programme will prepare you to deal with stress and keep it under control. This will be combined with relaxation techniques, relaxing spa treatments, MD examination, a nutritionist and various physical activity.</i>	4 days	2775	370
Full, Fit & Happy	<i>The programme includes: a comprehensive internist examination By our MD, nutritional counselling with the aim of adopting healthy eating habits, complete meal plan for 5 meals, various exercises, a personal fitness coach and luxurious relaxing spa treatments – and all this in the beautiful setting of our Punta Hotel.</i>	4 days	3740	500
Vitality weight lost <i>Basic Program (7 days)</i>	<i>7-day weight loss and body shaping program - Vitality Weight Loss & Activity Holiday Programs are guided By medical experts, nutritionists, body movement experts, physical therapists and SPA therapists.</i>	7 days	2546	340

<p>Vitality weight lost Full Program (7 days)</p>	<p>7-day weight loss and body shaping full program - Vitality Weight Loss & Activity Holiday Programs are guided By medical experts, nutritionists, body movement experts, physical therapists and SPA therapists.</p>	7 days	4315	576
<p>Vitality weight lost Long Stay Basic (2 weeks)</p>	<p>Vitality Weight Loss & Activity Holiday Programs are guided By medical experts, nutritionists, body movement experts, physical therapists and SPA therapists.</p>	14 days	4870	652
<p>Vitality weight lost Long Stay Full (2 weeks)</p>	<p>Vitality Weight Loss & Activity Holiday Long stay Full programs are guided By medical experts, nutritionists, body movement experts, physical therapists and SPA therapists.</p>	14 days	7992	1066

All SPA treatments will be charged in Croatian Kuna.





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Lošinj Hotels & Villas | Dražica 1, HR-51550 Mali Lošinj · T. +385 (0)51 66 11 11 · F. +385 51 231 904 · booking@losinj-hotels.com