

WELLNESS
RESIDENCE ——— ★ ★ ★ ★



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Wellness Facilities

Sauna and gym

All-day spa package The use of sauna, chill room, relax area, gym, fruit + one hot drink	130,00 kn
The use of sauna, chill room, Relax Zone (3 hours)	60,00 kn
Daily entrance (2 hours)	50,00 kn
Monthly fee	300,00 kn

Yoga - Integral Vinyasa Flow

Twice a week	200,00 kn
Three times a week	250,00 kn

Additional services

Additional towel	10,00 kn
Robe	30,00 kn

Drinks

Tea with honey and lemon	18,00 kn
Non-carbonated water 0.5L	15,00 kn
Non-carbonated water 1.0L	20,00 kn
Sparkling water 0.5L	15,00 kn
Isotonic drink 0.75L	22,00 kn
Fruit smoothie 0,3L	30,00 kn

Face line

Masaže (25 minuta)

Vezivno tkivna	100,00 kn
Ručna limfna drenaža	110,00 kn
Aromaterapija	110,00 kn

Tretmani s potpisom Guinot (55 minuta)

Beauty Neuve	260,00 kn
Aromatic	200,00 kn
Liftosome	290,00 kn

M3 tretmani specifičnog djelovanja

Mikrodermoabrazija

Jedan tretman (60 minuta)	200,00 kn
Preporučeno min. 5 tretmana	850,00 kn

Ultrazvučni peeling

Jedan tretman (25 minuta)	120,00 kn
Preporučeno min. 6 tretmana	610,00 kn

Mezoterapija

Jedan tretman (30 minuta)	220,00 kn
Preporučeno min. 6 tretmana	1120,00 kn

Radiofrekvencija

Jedan tretman (30 minuta)	200,00 kn
Preporučeno min. 4 tretmana	680,00 kn

ULTRASONIC LIPOSUCTION

Ultrasonic liposuction is a method that reduces the buildup of fat and cellulite on the most important parts of the body: abdomen, hips, waist, thighs, arms. The tissue is first heated with a treatment infrared head, after which ultrasound is used which acts on the mass cells in the deeper layers. In addition to the effects of subcutaneous adipose tissue treatment it also improves skin tone. The treatment is to be completed with a lymphatic drainage. Manual lymph drainage is a technique we use to improve the balance between the fluids in the body. The technique is based on the experience of massage techniques developed by dr. Vodder in 1936 who found movements, sequences and a way of performing that with small modifications and benefits today. Manual lymphatic drainage has positive effect on the lymphatic system, autonomic nervous system, sensory pathways reflex pain and immune system. It removes excess water and protein from the tissue, removes metabolic waste and toxins, increases the production of lymphocytes, reduces stress and pain, leads to relaxation, increases the degree of resistance to defend against infection. It is performed in segments, never the whole body, with the same pace, pressure and compliance direction, in a specific order. The completion of the treatment can be done with a dermomassage (optimal pressure regulation provides a similar treatment effect as well as manual lymph drainage). Ultrasonic liposuction should not be performed before the age of 21 (incomplete bone growth), in pregnancy, in patients with epilepsy, diabetes, viral and bacterial infections, osteoporosis, tumors, inflammatory processes, in febrile condition, in people with pacemakers, with heart and blood pressure problems, in people who have metal prosthetics. The treatment should be done once a week. It is recommended to do at least 6 treatments.

DERMOMASSAGE

Dermomassage is a technique that uses the help of vacuum and a specific selection of motion acts to enhance the circulation of blood and lymph flow, accelerate cell metabolism, reduce cellulite and reshaping the body. We also use it for the treatment of stretch marks and scars to be less visible and the very fabric softer and more elastic. Treatment should not be done in people prone to bleeding and bruising and people with fragile capillaries, in patients with tumors in the febrile state. Treatments are done 2 to 3 times a week. The recommendation is to do at least 10 treatments continuously.

HAIR REMOVAL

Hot and cold waxing.
When waxing hot the heated wax is applied directly to the skin, after a few seconds the wax hardens and is pulled in the direction of hair growth. The difference with waxing cold is using depilatory strips that are also pulled in the direction of hair growth.

PEDICURE

Pedicure gives us nourished and smooth feet and nails. classical pedicure involves soaking the legs in a massage bath, foot exam, removing hard skin, nail and foot massages. medical pedicure working with sterile surgical instruments. We also advise the right choice of products (creams, sprays, funds for fungal nail diseases ...)

MANICURE

Pedicure treatment care of hands and nails which use special tools, creams, oils and massage to keep our hands and nails look good. She improves the texture and health of our hands and nails and gives them a nice and polished look.

Body line

Manicure

Classic	70,00 kn
Permanent nail polish	120,00 kn
Manicure + plain nail polish	100,00 kn
Removing permanent nail polish	50,00 kn

Pedicure

Aesthetic pedicure	130,00 kn
Cosmetic pedicure + permanent nail polish	180,00 kn
Cosmetic pedicure + plain nail polish	140,00 kn
Paraffin	60,00 kn

Depilation

Full leg	120,00 kn
lower leg	70,00 kn
Bikini	60,00 kn
Bikini + feet	160,00 kn
Brazilian	80,00 kn
Hands	60,00 kn
Armpits	50,00 kn
Back	120,00 kn

AROMATIC

U tremanu se koriste esencijalna ulja i biljni koncentracije. Ovisno o ciljevima tretmana, terapeut će odabrati ona esencijalna ulja koja će osloboditi ljekovitu energiju iz biljaka u Vašu kožu. Niska molekulska masa esencijalnih ulja daje im biološke karakteristike, stoga se ona vrlo lako apsorbiraju kroz kožu ali i kroz stanične membrane. Jedinostvena masaža lica omogućuje potpuno utonuće u čaroliju esencijalnih ulja i opuštanje tijela i duha. Koža tijekom tretmana postaje glađa, ugodnija na dodir i blistava. Aromatic tretman posebno je djelotvoran osobama s osjetljivom i reaktivnom kožom ali dobrobiti tretmana vidljivi su na svim tipovima kože. Tretman možete koristiti kao pojedinačni tretman ili odaberite set od nekoliko uzastopnih tretmana kako bi se održali rezultati i struktura kože u potpunosti osnažila. Preporuča se paket od barem tri tretmana u razmacima od tjedan dana. Kako bi Vaša njega bila potpuna preporuča se korištenje preparata za kućnu njegu Guinot linije.

BEAUTE NEUVE

Idealan pri rješavanju problema pigmentacije ali isto tako ublažavanju ožiljaka i smanjivanju pora radi primjene preparata obogaćenih voćnim ili alfa-hidroksi kiselinama i vitaminom-C. Beaute Neuve možete koristiti kao pojedinačne tretmane ukoliko želite da Vam koža trenutno zablista ili odaberite paket od nekoliko uzastopnih tretmana kako biste potpuno osvježili kožu izjednačavanjem tena, posvijetljanjem i dubinskim obnavljanjem kože. Preporučuje se paket od 4 tretmana u razmacima od tjedan dana. Nakon Beaute Neuve tretmana trebalo bi izbjegavati direktno izlaganje sunčevoj svjetlosti. Zbog toga je ovaj tretman bolje napraviti u zimskim mjesecima i voditi brigu o tome da se koristi krema s visokim faktorom zaštite od UV zraka. Kako bi Vaša njega bila potpuna preporuča se korištenje preparata za kućnu njegu Guinot linije.

LIFTOSOME

Cilj Liftosome tretmana je učvršćivanje kože i zatezanje kontura lica kako bi se pomladio cjelokupan izgled lica. Ovaj jedinstveni tretman u sebi kombinira aktivne sastojke za učvršćivanje i regeneraciju. Pro-Collagen Concentrate koji pospješuje izgradnju kolagena i Thermolift- termo maska koja otpušta toplinu, u sinergiji povećavaju mogućnost apsorpcije aktivnih sastojaka i aktivnost samih stanica kože te na taj način djeluju na veću elastičnost kože. Liftosome tretman pokazuje vidljive rezultate već nakon prvog tretmana. Koža je učvršćena, a lice djeluje mlađe. Kako bi se postigli dugotrajni rezultati, preporučuje se paket od 4 tretmana u razmacima od tjedan dana. Kako bi Vaša njega bila potpuna preporuča se korištenje preparata za kućnu njegu Guinot linije.

MEHANIČKO ČIŠĆENJE LICA

Uloga mehaničkog čišćenja lica je uklanjanje zatvorenih mitesera te spriječavanje nastanka upalnih promjena (akni). Mehaničko čišćenje uključuje pripremu kože za samo čišćenje (mlijeko, tonik, peeling), parenje lica (potrebno da bi se koža omekšala te pore otvorile), hranjivu masku te završnu njegu lica.

Face line

Bazična njega

Mehaničko čišćenje i njega lica	250,00 kn
Depilacija nadusnica/brade	30,00 kn
Korekcija obrva	30,00 kn
Bojenje obrva	40,00 kn
Bojanje trepavica	40,00 kn
Bojanje trepavica i obrva	70,00 kn
Maska za lice	60,00 kn
Maska za oči	40,00 kn

MESOTHERAPY

Mesotherapy without needles (mesoporation) is alternative to traditional mesotherapy, especially for those who fear needles and avoid classical mesotherapy, it aims to eliminate the problem of sagging skin, wrinkles, pigmentation, oily and problematic skin, stretch marks and cellulite. Mesoporation is a process that allows input of active substances into the tissue to a depth equal to mesotherapy injections. The mesotherapeutic treatment works on principles of mesoporation and mesoosmosis. In pulsed operation, alternating current creates an electromagnetic field under whose influence forms a temporary water channeled mesopores and to the protective lipid layer between the epidermis and dermis. These water channels enable to input active substances in the deeper layers of the skin. Thanks to the discovery of water channel, chemists Peter Agree and Roderick Mac Kinnon won the Nobel award in 2003. In the classic treatment only 10% of active substances used in our work can reach the deeper layers of skin, and all the effects are therefore limited. The situation is similar with other preparations that we use every day. Mesotherapy without needles allows the absorption of active substance (hyaluronan, collagen, vitamin C) increased from 10% to 99% on penetration depth of 1 cm and 65% at a depth of 6 cm and remains for about 2 months, which gives us tremendous opportunities in the treatment of the face and body, as in the elderly and in younger people. Mesotherapy treatment should not be performed during pregnancy, in patients with epilepsy, diabetes, tumors, in patients with pacemakers, and on people who have metal implants. Adverse effects in mesotherapy process in terms of irritation or tissue reactions only if there is an allergy to some component. The results are even better when the method is combined with microdermabrasion treatments. Treatments are done 2 to 3 times a week. It is recommended to do at least 6 treatments.

RADIOFREQUENCY

It is a method in which radio waves generate heat. Radio frequency waves act on the skin by deep heating the tissue and the surface of the skin remains at a lower temperature. Heating the collagen fibers in the dermis (deeper layer of the skin) to a particular temperature (max.42 degrees) results in their contraction. Warmth metabolism and fibroblast cells that produce collagen and thus stimulate their production and tightens the skin immediately visible. Radiofrequency has short-term and long-term effect:

- Short-term or so called flash effect is stimulation of fibroblasts (collagen and elastin) and local metabolism by heating and the result of this heating is the lifting effect
- Long-term effect is achieved by working over a long period of micro-damaged collagen fibers, thus encouraging their regeneration and after some time in the formation of new collagen network.

The technique is non-invasive and is used for facial and body treatments. Radiofrequency treatment should not be performed in pregnancy, in patients with epilepsy, cancer, inflammation and organ failure, viral, bacterial and fungal infections in febrile condition, in people with pacemakers and people who have a metal prosthesis. It is recommended to do the treatment once a week.

For long-term results you need:

- Face 6-8 treatments (minimum of 4)
- Body 8-10 treatments (at least 6)

Body line

M3 body shaping treatments

Radiofrequency

One treatment (50 minutes)	270,00 kn
Recommended min. 5 treatments	1370,00 kn

Ultrasonic liposuction

One treatment (75 minutes)	
Ultrasonic liposuction + Manual lymphatic drainage	250,00 kn
Recommended min. 6 treatments	1270,00 kn

Ultrasonic liposuction + Dermomassage	220,00 kn
Recommended min. 6 treatments	1120,00 kn

Dermomassage	
One treatment (45 minutes)	120,00 kn
Recommended min. 10 treatments	999,00 kn

MIKRODERMOABRAZIJA

Dijamantna mikrodermoabrazija je proces nježnog uklanjanja zadebljalog i odumrlog sloja epidermisa (stratum corneum), s ciljem uklanjanja „stare” kože i različitih nepravilnosti na koži. Metodom se vrlo uspješno uklanjaju bore i postiže se mladenački izgled kože. Tretman je kombinacija eksfolijacije s radijalnom endodermanom terapijom, koja se temelji na učincima intermitentnog vakuuma. Tom metodom dubinske masaže kožnog i potkožnog tkiva znatno se pojačava mikrocirkulacija i propusnost kapilara, što omogućuje bolju oksigenaciju i metabolizam kože. Poboljšava se i hidratacija izvanstaničnog prostora, čime se ubrzava i osigurava pravilan rad fibroblasta, odnosno jača obnova kolagenih i elastičnih vlakana, poboljšava tonus kože i jača miškulatura. Ublažavaju se ožiljci, smanjuju se pore, pročišćava se ten. Metodom umanjujemo duboke ožiljke i dubinu samih pora te omogućujemo ubrzano stvaranje novih stanica i regeneraciju oštećenog tkiva. Odstranjenjem orožnjeloga površinskog sloja koža se pročišćava, pore se dubinski čiste od nakupljenog sebuma i nečistoća (miteseri, komedoni) a zbog bolje prokrvljenosti uspostavlja se optimalan dotok hrane i kisika te odvod limfe, što umanjuje mogućnost stvaranja novih akni. Uklanjanje hiperpigmentacija, metodom se uklanjaju sunčane pjege, staračke pjege, hiperpigmentacije kao posljedica akni i sve ostale hiperpigmentacije uzrokovane zdravstvenim poremećajima ali uz obveznu liječničku terapiju kako bi se uklonio uzrok nastanka samog problema. Za vrijeme tretmana obvezno je korištenje kreme s visokim zaštitinim (SPF) faktorom. Tretmani se rade u razmaku od jednog tjedna, 15 dana ili mjesec dana ovisno o željenom učinku i dogovoru s terapeutom. Broj tretmana je individualan s obzirom na stanje kože i željeni učinak tretmana.

ULTRAZVUČNI PEELING

Ultrazvučni peeling špatulom moderna je metoda koja ublažava prekomjerno lučenje sebuma, čisti pore kože od bakterija, toksičnih tvari i ostataka kozmetike. Korištenje ove metode omogućuje pripremu kože za tretmane lica u kojima je neophodno dobro očistiti kožu. Može se koristiti i za nanošenje kozmetičkih proizvoda koji su dizajnirani za takvu upotrebu, čime se poboljšava njihova apsorpcija.

Glavni učinci:

- pomlađivanje kože, smanjenje pora i poboljšanje elastičnosti kože
- posvijetljivanje kože
- smanjivanje diskolorizacije u površinskim slojevima kože
- duboka hidratacija i zatezanje kože
- prevencija bora

Tretman ultrazvučnog peelinga ne treba raditi prije navršene 21. godine (nepotpun rast kostiju), u trudnoći, kod oboljelih od dijabetesa, osteoporoze, tumora, u febrilnom stanju, akutnih i upalnih infekcija, kod osoba sa pacemakerom, kod problema sa srcem i krvnim tlakom, gdje je prisutne metalne proteze. Tretmani se rade 1 do 2x tjedno. Preporuka je napraviti minimalno 6 tretmana. Tretman se preporuča kombinirati sa dijamantnom mikrodermoabrazijom, mezoterapijom te svim tretmanima lica s potpisom Guinot.

Body line

Masaže

Refleksološka

Stopala i dlanovi (40 minuta) 110,00 kn

Stopala (25 minuta) 70,00 kn

Aromaterapija

Cijelo tijelo (55 minuta) 190,00 kn

Cijelo tijelo (75 minuta) 280,00 kn

Veživno-tkivna

Parcijalna (25 minuta) 100,00 kn

Cijelo tijelo (55 minuta) 190,00 kn

Cijelo tijelo (75 minuta) 280,00 kn

Ručna-limfna drenaža

Parcijalna (25 minuta) 110,00 kn

Gestal-tehnika duboke mišićne dekontrakcije

Parcijalna (25 minuta) 100,00 kn

Cijelo tijelo (55 minuta) 190,00 kn

BEAUTY TREATMENTS

Each of the four detox treatments includes three different processes:

1. Body exfoliation with sea salt enriched with essential oils
2. Body wrapping with a detox mask body
3. Aromabath

1. Red earth - Grapefruit & Cedar & Lavender
"I am a being that is safe and secure."

Effect: soothing, toning, diuretic, stimulant for circulatory and lymphatic system

2. Orange water - Tangerine & Orange & Cinnamon
"I make with love."

Action: stimulates the work of the gall bladder and liver, circulatory and heart, antispasmodic, sedative

3. Yellow fire - Lemon & Rosemary & Bergamot
"I accept myself."

Action: immunostimulant, antispasmodic, stimulates circulation and has a good effect on the capillaries, psycho-stabilizing

4. Green air - Melissa & Vanilla & Bergamot
"My heart is open."

Effects: sedative, tonic, aphrodisiac, carminative

Body line

Detox treatments (90 minutes)

Red Earth (Grape & Cedar & Lavender)	220,00 kn
Orange Water (Mandarin & Orange & Cinnamon)	220,00 kn
Yellow Fire (Lemon & Rosemary & Bergamot)	220,00 kn
Green Air (Lemon balm & Bergamot & Vanilla)	220,00 kn

VEZIVNO TKIVNA

Vezivno tkivna masaža spada u klasične masoterapijske tehnike, tehnika se osjeća kao izrazito čvrsta i odriješita. Tehnikom djelujemo na vezivo koje prekriva cijelo tijelo i daje mu oblik a u njemu nalazimo i brojne živčane završetke, krvne kapilare i limfne vodove. Više je dobiti koje se postižu primjenom tehnike kao na primjer istezanje vezivnog tkiva, vraćanje mobilnosti dermisu i hipodermisu te preoblikovanje kolagena. Ipak jedno od najvažnijih djelovanja je refleksno djelovanje preko središnjeg živčanog sustava na reakcije u udaljenim organima. Mehanizam djelovanja se očituje tretiranjem zona na koži (kožnih areala i dermatoma) preko kojih dobivamo direktnu stimulaciju određenih organa i mišića s kojima je ta zona povezana.

RUČNA LIMFNA DRENAŽA

Vrsta masažne tehnike kojoj je svrha uspostavljanje ravnoteže između tekućina u organizmu. Osmislio ju je dr. Vodder 30-tih godina prošlog stoljeća. Sama tehnika je izrazito nježnog pritiska i polaganog tempa. Za bolju učinkovitost izvodi se parcijalno. Osim drenirajućeg djelovanja tehnikom djelujemo na stimulaciju autonomnog živčanog sustava i imuniteta.

REFLEKSOLLOŠKA

Masoterapijska tehnika koja se provodi samo na stopalima i dlanovima, izrazito ugodna i stimulirajuća tehnika radi velikog broja živčanih završetaka koje nalazimo na tim područjima. Temelji se na načelu mape tijela ili mikroorgana koja otkriva sliku potencijalnog tjelesnog disbalansa ili traume. Tretiranjem točaka izazivamo refleksni odgovor pojedinih organa ili organskih sustava.

GESTAL

Masoterapijska tehnika koja putem specifičnih, dubokih, sporih i progresivnih zahvata koristeći podlaktice i laktove dovodi do reorganizacije i promjene napetosti u mišićnim fascijama (duboke mišićne dekontrakcije) te stimulacije krvotoka i metabolizma. Samim tretmanom djelujemo na povećani nivo energije u tijelu i na veliki doprinos u poboljšanju posture.

AROMATERAPIJA

Odlikuje je holistički pristup zdravlju ali i samim agensima (esencijalna ulja) zatim aktivacija psihološko-imunoloških mehanizama koji će pomoći čovjeku da iz stanja bolesti ili neugode prijeđe u stanje zdravlja ili ugone te očuvanje psihofizičke ravnoteže. Terapeut u dogovoru s klijentom bira tehniku kao i esencije koje će koristiti u tretmanu.

Body line

Detox tretmani (90 minuta)

Red Earth (Grejp & Cedar & Lavanda)	220,00 kn
Orange Water (Mandarina & Naranča & Cimet)	220,00 kn
Yellow Fire (Limun & Ružmarin & Bergamot)	220,00 kn
Green Air (Melisa & Bergamot & Vanilija)	220,00 kn

CONNECTIVE TISSUE

Connective tissue massage is one of the classic mesotherapeutic techniques, it feels extremely solid and fierce. Technique works on the binder which covers the entire body and gives it shape and in it we find a number of nerve endings, blood vessels and lymph ducts. There are a lot of benefits that are achieved using techniques such as stretching of connective tissue, restoring mobility of the dermis and hypodermis and the transformation of collagen. Yet one of the most important action is a reflex action over central nervous system reactions in distant organs. Mechanism action manifests treatment zones on the skin (cutaneous areal and dermatome) through which we get direct stimulation of certain organs and muscles with which is the zone associated.

MANUAL LYMPHATIC DRAINAGE

A massage technique with the purpose of striking a balance between fluids in the body. Devised by Dr. Vodder in the 1930s. The technique is done with an extremely gentle pressure and slow pace. It is performed partially for better efficiency. In addition to the draining action technique it also stimulates the autonomic nervous system and immunity.

REFLEXOLOGY

Mesotherapeutic technique that is carried out only on the feet and hands, extremely enjoyable and stimulating to a large number of nerve endings that are found in these areas. It is based on the principle of folders or micro body that reveals a picture of the potential physical imbalance or trauma. Treatment points provoke knee-jerk response of some organs or organ systems.

GESTAL

Mesotherapeutic technique that is done through specific, deep, slow and progressive procedures using forearms and elbows leads to reorganization and changes in tension in the muscle fascia (deep muscle decontraction) and stimulating blood circulation and metabolism. The treatment works to increase energy levels in the body and adds a large contribution in improving posture.

AROMATHERAPY

It is characterized by a holistic approach to health as well as single agents (essential oil) then activation of psychological-immunological mechanisms to help a person from a state of illness or discomfort to go to health or well-being and the preservation of mental and physical balance. The therapist, in agreement with the client chooses the technique and essences that will be used in the treatment.

Body line

Massage

Reflexology

Feet and hands (40 minutes) 110,00 kn

Foot (25 minutes) 70,00 kn

Aromatherapy

Whole body (55 minutes) 190,00 kn

Whole body (75 minutes) 280,00 kn

Connective-tissue

Partial (25 minutes) 100,00 kn

Whole body (55 minutes) 190,00 kn

Whole body (75 minutes) 280,00 kn

Manual lymphatic drainage

Partial (25 minutes) 110,00 kn

Gestal tehniqe of deep muscle decontraction

Partial (25 minutes) 100,00 kn

Whole body (55 minutes) 190,00 kn

DETOX TRETMANI

Svaki od četiri detox tretmana obuhvaća tri različita postupka:

1. eksfolijaciju tijela morskom soli obogaćenom esencijalnim uljima
2. body wrapping s detox maskom tijela
3. aromakupku

1. Red earth - grejp & cedar & lavanda

„Ja sam sigurno i zaštićeno biće.“

Djelovanje: umirujuće, tonizirajuće, diuretično, stimulativno za krvožilni i limfni sustav

2. Orange water – mandarina & naranča & cimet

„Ja stvaram s ljubavlju.“

Djelovanje: stimulacija rada žuči i jetre, cirkulacije i srca, spazmolitičko, sedativno

3. Yellow fire – limun & ružmarin & bergamot

„Ja prihvaćam sebe.“

Djelovanje: imunostimulativno, spazmolitičko, potiče cirkulaciju i povoljno djeluje na kapilare, psihostabilizirajuće

4. Green air – melisa & vanilija & bergamot

„Moje srce je otvoreno.“

Djelovanje: sedativno, tonizirajuće, afrodizijak, emenagogično, karminativno

Body line

M3 tretmani za oblikovanje tijela

Radiofrekvencija

Jedan tretman (50 minuta)	270,00 kn
Preporučeno min. 5 tretmana	1370,00 kn

Ultrazvučna liposukcija

Jedan tretman (75 minuta)

Ultrazvučna liposukcija + Ručna limfna drenaža	250,00 kn
Preporučeno min. 6 tretmana	1270,00 kn

Ultrazvučna liposukcija + Dermomasaža	220,00 kn
Preporučeno min. 6 tretmana	1120,00 kn

Dermomasaža

Jedan tretman (45 minuta)	120,00 kn
Preporučeno min. 10 tretmana	999,00 kn

MICRODERMABRASION

Diamond microdermabrasion is a delicate process of removing thickened and dead layers of the epidermis (stratum corneum), with a goal to remove "Old" skin and various skin imperfections. The method is very successful in removing wrinkles and provides a youthful looking skin. The treatment is a combination of exfoliation with radial endodermatom therapy, which is based on the effects of intermittent vacuum. This method of deep skin massage and subcutaneous tissue significantly increases microcirculation and the permeability of the capillaries, which provides better oxygenation and metabolism of the skin. It also improves the hydration of the extracellular space, thus accelerating and ensuring proper functioning of fibroblasts or in other terms it strenghtens the renewal of collagen and elastin fibers, it improves skin tone and strenghtens muscles. It mitigates the scars, reduces pores, purifies the complexion. This method diminishes deep scars and the depth of the very pores and enables rapid creation of new cells and the regeneration of damaged tissue. With the removal of the surface layer of the skin you purify it, clean the pores deep of accumulated sebum and impurities (blackheads, comedones) and a better blood circulation is established with optimal flow of food and oxygen, and lymph drainage, which reduces the possibility of new acne. Removal of hyperpigmentation, the method is used to remove freckles, age spots, hyperpigmentation as a result of acne and all hyperpigmentation caused by other health disorders or with mandatory medical treatment to remove the cause of the problem. During the treatment it si required to use creams with high protective (SPF) factor. Treatments are performed at an interval of one week, 15 days or a month, depending on the desired effect and agreement with the therapist. The number of treatments is individual due to the skin condition and the desired effect treatment.

ULTRASOUND PEELING

Ultrasonic peeling spatula is a modern method that mitigates excessive secretion of sebum, cleanses the pores of the skin from bacteria, toxic substances and the remains of cosmetics. Using this method allows you to prepare your body for facial treatments that require well-cleaned skin. Can be used as the application of cosmetic products that are designed for such use, thus improving their absorption.

The main effects:

- Rejuvenation of the skin, reducing pores and improving skin elasticity
- Lightening Skin
- Reducing discoloration in the surface layers of the skin
- Deep hydration and skin tightening
- Prevention of wrinkles

Ultrasonic peeling treatment should not be performed before the age of 21 (incomplete bone growth), in pregnancy, in patients with diabetes, osteoporosis, tumors, in febrile condition, and acute inflammatory infections, persons with pacemakers, with heart problems and blood pressure, with presence of metal implants. Treatments are done 1 to 2 times a week. It is recommended make a minimum of six treatments. The treatment is recommended to combine with diamond microdermabrasion, mesotherapy and all facial treatments with the Guinot signature.

Face line

Basic care

Mechanical cleaning and facial	250,00 kn
Hair removal upper lip / beard	30,00 kn
Eyebrow correction	30,00 kn
Eyebrow tinting	40,00 kn
Dyeing eyelashes	40,00 kn
Dyeing eyelashes and eyebrows	70,00 kn
Mask	60,00 kn
Eye Mask	40,00 kn

MEZOTERAPIJA

Mezoterapija bez igala (mezoporacija) alternativa je klasičnoj mezoterapiji, pogotovo za osobe koje zbog straha od igle izbjegavaju klasičnu mezoterapiju, a žele ukloniti problem opuštene kože, bora, pigmentacije, masne i problematične kože, strija i celulita. Mezoporacija je proces koji omogućava unos aktivnih tvari u tkivo na dubinu jednaku mezoterapijskim injekcijama. Sam mezoterapijski tretman radi na principu mezoporacije i mezoosmoze. Kod djelovanja pulsirajuće, naizmjenične struje stvara se elektromagnetno polje pod čijim utjecajem nastaju privremeni vodeni kanali - mezopore i to u zaštitnom lipidnom sloju između epiderme i derme. Ti vodeni kanali omogućavaju unos aktivnih tvari u dublje slojeve kože. Zahvaljujući tom otkriću vodenih kanala, kemičari Peter Agree i Roderick Mac Kinnon dobili su Nobelovu nagradu 2003 g. U klasičnim tretmanima samo 10% aktivnih tvari koje koristimo u radu može doprijeti do dubljih slojeva kože, te su svi efekti samim tim ograničeni. Slična situacija je sa ostalim preparatima koje koristimo svakodnevno. Mezoterapija bez igle omogućuje da se apsorpcija aktivnih tvari (hijaluron, kolagen, c-vitamin) poveća sa 10% na 99% na dubinu prodiranja 1 cm i 65% na dubini od 6 cm i ostaje oko 2 mjeseca, što nam daje ogromne mogućnosti kod tretmana lica i tijela, kako kod starijih tako i kod mladih osoba. Tretman mezoterapije ne treba raditi u trudnoći, kod oboljelih od epilepsije, dijabetesa, tumora, kod osoba sa pacemakerom, gdje su prisutne metalne proteze. Neželjenih efekata na sam proces mezoterapije u smislu iritacije ili reakcije tkiva nema jedino ako postoji alergija na neki od sastojaka. Rezultati su još bolji kada se metoda kombinira sa tretmanima mikrodermoabrazije. Tretmani se rade 2 do 3x tjedno. Preporuka je napraviti minimalno 6 tretmana.

RADIOFREKVENCIJA

Radi se o metodi kod koje radiovalovi stvaraju toplinsku energiju. Radiofrekvencijski valovi djeluju na kožu, odnosno dubinski zagrijavaju tkivo a površina kože pri tom ostaje temperaturno niža. Zagrijavanje vlakana kolagena u dermisu (dubljem sloju kože) do određene temperature (max. 42 stupnja) dovodi do njihove kontrakcije. Toplina ubrzava metabolizam stanice i fibroblasta koji proizvode kolagen a time se stimulira njihova produkcija i odmah vidljivo zateže koža.

Radiofrekvencija ima kratkotrajni i dugotrajni efekt:

- kratkotrajni ili tzv. blic efekt je stimulacija fibroblasta (kolagena i elastina) i lokalnog metabolizam zagrijavanjem a posljedica tog zagrijavanja je lifting efekt
- dugotrajni efekt postizemo radeći kroz duži period mikro oštećenja na kolagenskim vlaknima, na taj način potičemo njihovu regeneraciju te nakon nekog vremena dolazi do stvaranja nove kolagenske mreže. Tehnika je neinvazivna i koristi se za tretmane lica i tijela.

Tretman radiofrekvencije ne treba raditi u trudnoći, kod oboljelih od epilepsije, tumora, upalnih procesa organa i srca, virusnih, bakterijskih i gljivičnih infekcija, u febrilnom stanju, kod osoba sa pacemakerom, gdje su prisutne metalne proteze. Preporuka je da se tretmani rade 1x tjedno. Za dugoročne rezultate potrebno je napraviti:

- za lice 6-8 tretmana (minimalno 4)
- za tijelo 8-10 tretmana (minimalno 6)

Body line

Manikura

Klasična	70,00 kn
Trajni lak	120,00 kn
Manikura+običan lak	100,00 kn
Skidanje trajnog laka	50,00 kn

Pedikura

Estetska pedikura	130,00 kn
Estetska pedikura+ trajni lak	180,00 kn
Estetska pedikura+ običan lak	140,00 kn
Parafin	60,00 kn

Depilacije

Cijele noge	120,00 kn
Potkoljenice	70,00 kn
Bikini	60,00 kn
Bikini + noge	160,00 kn
Brazilska	80,00 kn
Ruke	60,00 kn
Pazusi	50,00 kn
Leđa	120,00 kn

AROMATIC

The treatment is using essential oils and herbal concentrates. Depending on the goals of the treatment, the therapist will choose those essential oils that will unleash the healing power of herbs in your skin. Low molecular weight of essential oils gives them biological characteristics, hence it is very easily absorbed through the skin or through cell membrane. The unique facial massage enables to completely sink in the magic of essential oils and relaxation of body and mind. During the treatment the skin becomes smoother, softer to the touch and radiant. Aromatic treatment is particularly effective for people with sensitive and reactive skin and the benefit of the treatment is visible on all skin types. The treatment can be used as a single treatment or you can select a set of successive treatments in order to maintain results and structure of the skin to be fully strengthened. A package of at least three treatments in intervals of one week is recommended. For your care to be complete it is recommended to use Guinot line products for home care.

BEAUTE NEUVE

Ideal for solving the problem of pigmentation but also mitigation scars and reducing pores for the application preparation enriched with fruit or alpha-hydroxy acids, vitamin-C. You can use Beaute Neuve as an individual treatment if you want your skin to shine or select a package of several successive treatments to completely refresh the skin equalization complexion, brightening and deeply restoring the skin. A package of at least four treatments in intervals of one week is recommended. Direct exposure to the sun should be avoided after the Beaute Neuve treatment. Therefore, this treatment is better to do in the winter and you should take care of it using cream with a high protection factor of the UV rays. For your care to be complete it is recommended to use Guinot line products for home care.

LIFTOSOME

The goal of the Liftosome treatment is skin firming and tightening facial contours to rejuvenate the overall appearance of the face. This unique treatment in itself combines the active ingredients for strengthening and regeneration. Pro-Collagen concentrate which promotes the construction of collagen and thermal Thermolift-mask which releases heat in synergy increases the absorption activity of the active ingredients themselves and skin cells and thus acts on greater elasticity of the skin. Liftosome treatment shows visible results already after the first treatment. The skin is attached, and the face looks younger. To achieve lasting results, we recommend a package of four treatments in weekly intervals. For your care to be complete it is recommended to use Guinot line products for home care.

MECHANICAL FACE CLEANSING

The role of mechanical cleansing is to eliminate closed blackheads and preventing the occurrence of inflammatory changes (acne). Mechanical cleaning includes preparation of the skin for cleaning (milk, toner, peeling) steaming the face (needed to soften the skin and to open the pores) nourishing mask and final face.

Face line

Massages (25 minutes)

Connective tissue	100,00 kn
Manual lymphatic drainage	110,00 kn
Aromatherapy	110,00 kn

Guinot signature treatments (55 minutes)

Beauty Neuve	260,00 kn
Aromatic	200,00 kn
Liftosome	290,00 kn

M3 specific activity treatments

Microdermabrasion

One treatment (60 minutes)	200,00 kn
Recommended min. 5 treatments	850,00 kn

Ultrasonic peeling

One treatment (25 minutes)	120,00 kn
Recommended min. 6 treatments	610,00 kn

Mesotherapy

One treatment (30 minutes)	220,00 kn
Recommended min. 6 treatments	1120,00 kn

Radiofrequency

One treatment (30 minutes)	200,00 kn
Recommended min. 4 treatment	680,00 kn

ULTRAZVUČNA LIPOSUKCIJA

Ultrazvučna liposukcija metoda je koja smanjuje nakupine masnoće i celulit na najvažnijim dijelovima tijela: trbuhu, bokovima, struku, bedrima, rukama. Tkivo se prvo zagrijava infracrvenom tretmanskom glavom, a nakon toga koristi se ultrazvuk kojim se djeluje na masne stanice u dubljim slojevima. Osim djelovanja na potkožno masno tkivo tretmanom poboljšavamo i tonus kože. Tretman je potrebno završiti limfnom drenažom. Ručna limfna drenaža je tehnika koju koristimo da bi uspostavili ravnotežu između tekućina u organizmu. Tehnika je temeljena na iskustvu masažne tehnike koju je razvio dr. Vodder 1936. te je utvrdio pokrete, redoslijed i način izvođenja koji se uz male preinake koristi i danas. Ručna limfna drenaža djeluje povoljno na limfni sustav, autonomni živčani sustav, senzorne puteve refleksa boli i imunosti sustav. Uklanja višak vode i proteina iz tkiva, uklanja metabolički otpad i toksine, povećava produkciju limfocita, smanjuje stres i bol, dovodi do relaksacije, povećava stupanj rezistencije za obranu protiv infekcija. Izvodi se segmentalno, nikada cijelo tijelo, uz isti tempo, pritisak i poštivanje smjera, točno određenim redoslijedom. Također završetak tretmana možemo kombinirati i dermomasažom (optimalna regulacija pritiska pruža sličan učinak tretmana kao i ručna limfna drenaža). Tretman ultrazvučne liposukcije ne treba raditi prije navršene 21. godine (nepotpun rast kostiju), u trudnoći, kod oboljelih od epilepsije, dijabetesa, virusnih i bakterijskih infekcija, osteoporoze, tumora, upalnih procesa organa, u febrilnom stanju, kod osoba sa pacemakerom, kod problema sa srcem i krvnim tlakom, gdje su prisutne metalne proteze. Tretmani se rade 1x tjedno. Preporuka je napraviti minimalno 6 tretmana.

DERMOMASAŽA

Dermomasaža je tehnika koja uz pomoć vakuma te specifičnog izbora pokreta djeluje na poboljšanje cirkulacije krvi i limfe, ubrzavanje metabolizma stanica, smanjenje celulita, te preoblikovanje tijela. Koristimo je također i za tretmane strija i ožiljaka kako bi bili manje vidljivi a samo tkivo mekše i elastičnije. Tretman dermomasaže ne treba raditi kod osoba sklonih krvarenjima i modricama, i osoba krhkih kapilara, kod oboljelih od tumora, u febrilnom stanju. Tretmani se rade 2 do 3x tjedno. Preporuka je da se napravi barem 10 tretmana u kontinuitetu.

DEPILACIJE

Depilacije toplim i hladnim voskom. Kod depilacije toplim voskom zagrižani vosak nanosimo direktno na kožu, nakon nekoliko sekundi vosak se stvrdne te ga povlačimo u smjeru suprotnom od rasta dlačica. Razlika kod depilacije hladnim voskom je ta što vosak s kože odstranjujemo depilacijskim trakama također u smjeru suprotnom od rasta dlačica.

PEDIKURA

Pedikura nam pruža njegovana i glatkla stopala te nokte. Klasična pedikura uključuje namakanje nogu u masažnoj kadici, pregled stopala, uklanjanje tvrde kože, uređivanje noktiju, stopala i masaže. Medicinsku pedikuru radimo s kirurški sterilnim instrumentima. Također savjetujemo o pravilnom odabiru proizvoda (kreme, sprejevi, sredstva za gljivične bolesti noktiju...)

MANIKURA

Manikura je tretman njege ruku i noktiju u kojem koristimo specijalni alat, kreme, ulja i masažu da bi naše ruke i nokti dobro izgledali. Ona poboljšava teksturu i zdravlje naših ruku i noktiju te im daje lijep i poliran izgled.

Wellness Facilities

Saune i teretana

Cjelodnevni wellness paket Korištenje sauna, chill rooma, relax zone, teretane, voće + jedan topli napitak	130,00 kn
Korištenje sauna, chill rooma, relax zone (3 sata)	60,00 kn
Dnevni ulaz (2 sata)	50,00 kn
Mjesečna članarina	300,00 kn

Yoga - Integral Vinyasa Flow

Dva puta tjedno	200,00 kn
Tri puta tjedno	250,00 kn

Dodatne usluge

Dodatni ručnik	10,00 kn
Ogrtač	30,00 kn

Pića

Čaj s medom i limunom	18,00 kn
Voda negazirana 0,5L	15,00 kn
Voda negazirana 1,0L	20,00 kn
Voda gazirana 0,5L	15,00 kn
Izotonični napitak 0,75L	22,00 kn
Voćni smoothie 0,3L	30,00 kn