

BODY ACTIVE



Punta

★★★★

Vitality Hotel

Punta Wellness Menu

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OUR STORY



The teachings of the ancient Greek physician Hippocrates gave birth to the true meaning of “holistic” health. His legacy firmly imprinted the philosophy that our bodies are multi-dynamic systems having the inherent ability to heal through the pillars of Nature, Diet, Massage and, importantly, Physical Activity. He regularly prescribed long walks, running, wrestling and boxing, essentially establishing exercise as medicine.

Our Spa offering supports the Body Active.



M A S S A G E | Z O N E

Our curated collection comes together for a trilogy of benefits. Design your own massage experience. Mix and match the best in remedial massage styles, sensorial essential oils and healing enhancement.

30 | 45 | 75 minutes

<u>MASSAGE</u>	<u>OIL</u>	<u>ENHANCEMENT</u>
SWEDISH	REFRESH LEMON	STONES
LYMPH FLOW	RELAX LAVENDIN	GUA SHA
BALINESE	ENERGY PINE	PINDA
	CLEANSING MYRTLE	

Sport Massage

A powerful massage using a combination of deep penetrating strokes, kneading, acupressure and light stretching. Together these techniques are particularly effective for reducing muscle stiffness, improving circulation and flushing lactic acids

30 / 45 / 75 minutes

Remedial Physio Massage

An in-depth session with our certified physiotherapist. Assessment and management of your particular conditions, whether acute, functional or chronic.

75 minutes

BODY | ZONE

Tranquility Sleep

Hugely influential on optimum performance, good sleep is the focus in this experience using rhythm, regulating essential oils and hypnotic nerve-calming techniques with baby soft brushes.

50 minutes

Tranquility Face and Body Ritual

Taking tranquility to the next level, this unique deep tissue aroma therapy face and body treatment relieves tension utilising Comfort Zone's iconic essential oil blend of Sweet Orange, Rose and Cedarwood for a deep sense of wellbeing.

90 minutes

Foot Toe-ga

It all begins with the foundation. This profoundly effective foot-zoning massage stimulates body meridians while addressing bio-mechanical tension patterns of the tendons, ligaments, muscles and joints. Warm salt and therapeutic mud melt away stiffness.

30 | 50 minutes

BODY | ZONE

Deep Muscle Recovery

Serious relief for sore muscles. A stimulating micro-algae mask is deeply massaged into troubled areas increasing heat and circulation to speed recovery. We follow with a powerful massage utilising bamboo sticks to stretch the muscles and leave the body rejuvenated with a finishing of tingling Body Active thermogenic booster.

50 minutes

Body Strategist Detox

Beginning with a multi-acid body peeling, we then apply detoxifying volcanic mud to strategic areas. Specialised firming cream and caffeine serum are employed for an intensive full body detox massage in this slimming treatment to firm and tone the body.

90 minutes

Olive Body Scrub

Local olive pulp, olive oil and citrus essential oils buff away dull and lifeless skin leaving an all-over fresh glow. A perfect addition to any massage

30 minutes



BEAUTY | ZONE

Longevity Facial

A rejuvenating treatment designed to combat the signs of ageing. A double peeling, combined with vitamin C, smooths fine lines and stimulates cellular growth while specialised massage techniques show immediate toning and lifting effects.

80 minutes

Hydra Facial

Allow our beauty experts to customise your facial treatment with Comfort Zone's certified organic line Sacred Nature. Your skin's unique conditions are remedied with potent antioxidants, peptides and photo-actives to restore balance and deeply nourish.

30 / 50 minutes

Remedy Facial

Allow our beauty experts to customise your facial treatment with Comfort Zone's certified organic line Sacred Nature. Your skin's unique conditions are remedied with potent antioxidants, peptides and photo-actives to restore balance and deeply nourish.

50 / 80 minutes

Hydra - memory Facial

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

50 minutes

Depililation Services are available. Please enquire.

NAIL | ZONE

Spa Manicure

Hands are treated with rich Croatian olive pulp and olive oils to soften. Cuticles are trimmed, nails shaped and filed and beautifully finished with classic, or **permanent polish.

45 minutes

Spa Pedicure

After a stimulating rosemary oil soak, feet are given new life with an intensive olive pomace scrub and removal of dull skin. Nails are then cut, cleaned and filed and finished to perfection with a wide range of colours. Choose from Classic or **permanent polish.

50 minutes

Express Cure

This quick nail fix is perfect if you are short on time. Includes cuticle cleaning, nail shaping and classic polish.

30 minutes

Permanent Polish Removal

Add 15 minutes

**Permanent Polish

Add 15 minutes





HEALTH & FITNESS | ZONE

Immersive health, fitness and weight loss programmes centred around movement, fresh air, nutrition and relaxation.

Space to Breathe

Improve your respiratory health, lung oxygen capacity and immunity system with our signature Re-Spiro programme. In keeping with Losinj's century old medical tradition, this programme focuses on the regeneration and strengthening of the respiratory system through our remarkable climatic healing elements, sea-salt aerosols, prescribed fitness and respiratory methods and medical diagnostic support.

7 | 14 | days

The Body Active

Fitness-focused programme set to achieve your personal peak performance goals guided by our highly skilled team of sports science experts, physiotherapists along with proven nutritional plans and medical diagnostics.

7 | 14 | days

Optimal Weight

A results-driven programme with a two-approach aim of weight loss and cleaning the body. Upon completion of this programme you can expect to reduce body weight, along with substantial fat loss and muscle gain, a rebalancing of the gut health and greater mental clarity. A long term take home plan ensures benefit sustainability.

7 | 14 | days



HEALTH & FITNESS | ZONE

Individual Fitness Services

Personal Training	45 min
duration 1x / 5x / 10x	
Swimming Classes	30 min
Yoga* individual training	60 min
Workout Plan (1 Month)	

*Summer season only

*Enquire about group classes

Nutritionist Services

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 Body Composition Analysis and dietary guidelines

Personalised Nutrition plan 4 weeks

SECA mBCA – Body Composition Analysis

The medical Body Composition Analyser (mBCA), by Seca, breaks down your 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.

30 min

HEALTH & FITNESS | ZONE

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 min

Medical Services

Visit our in-house doctor to assess your health with a variety of medical services.

Thermal Zone

Our state-of-the-art thermal zone features Kneip therapy foot baths, three varieties of sauna experiences, steam, ice fountain, cold water therapy and luxurious relaxation nooks.

Our Thermal Zone is complimentary for hotel residents.

Swimming pool consisting of an indoor pool with heated sea water and an outdoor pool with sun deck.

Opening Hours

Indoor Swimming Pool and Sauna Zone 8:00 - 21:00

Spa Treatments from 8:00 - 21:00

*Free for the hotel guests



SPA GUIDELINES

Enjoy a full range of amenities when visiting our spa, including a robe, slippers and locker. In consideration of other guests we ask that all mobile phones be turned off while at the spa.

Our spa, thermal zone and pool areas are non-smoking facilities.

Our prices are subject to change without prior notification.

Facility usage

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

Age required

Our guests must be 16 years old or older.

Cancellation policy

As a courtesy to other guests and our therapists, please give us 8 hour's notice if you must cancel or change any treatments. Without this notification you will be charged in full.

Gratuities

In appreciation of outstanding service, gratuities may be given at your discretion.

Membership

A variety of fitness and facility memberships are available. Subscriptions are limited to ensure optimal enjoyment of member privileges. For enquires, contact Punta Fitness Centre +385 (0)51 662-055 or email punta.fitness@jadranka.hr

Reservations

Advance reservations are recommended. If in-house, touch 2020 Between 8:00 and 21:00.

You may also call us at +385 (0)51-622-020 or email vitality-zone@jadranka.hr

Check-in

Please check-in at the Spa Reception Desk 15 minutes prior to your first appointment.

For comfort, we invite you to wear your guest room robe. We regret that late arrivals will not receive an extension of scheduled treatment time.



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