

□ MENEGHETTI

Meneghetti Spa
Menu



WELCOME TO MENEGHETTI SPA

Rooted In Nature

Secluded in the pastoral heart of Istria, where sun-kissed vineyards slope into whispering groves of ancient olives, Meneghetti Spa reveals itself as a sanctuary of cultivated stillness—an ethereal retreat where time unfurls gently and the senses stir awake. Here, the generosity of the land entwines with the ritual of well-being, crafting a realm where each breath becomes a quiet step toward renewal.

From the moment you arrive, the senses are stirred: lavender, rosemary, and sage drift on the Mediterranean breeze, their origins rooted just beyond the spa doors, in our own gardens, vineyards and olive groves. This is the quiet foundation of our garden-to-spa ethos, where wellness begins not with invention, but with nature's generous hand.

Surrender to the essence of Meneghetti, where every treatment is inspired by the land itself. Our signature rituals feature our own pressed olive oil, and the antioxidant-rich touch of our vineyards' grapes, nurturing vitality from root to skin. Herbs and botanicals, hand-harvested from our gardens, infuse each moment with authenticity and freshness.

Here at Meneghetti Spa, no ritual is merely a treatment - it is an invitation to attune to the quiet patterns of nature, to rediscover your inner rhythm, to reconnect with the earth, and to revel in stillness.

We invite you to explore our curated Spa Menu and embark on a journey of well-being unlike any other.

Your Meneghetti Spa Team



SIGNATURE TREATMENTS

Olive Oil Therapy | 75 minutes

Full-body exfoliation | Olive pulp peel | Estate olive oil massage

Inspired by Meneghetti's olive groves, this ritual begins with an exfoliation using olive pulp, grape seed oil, and aromatic botanicals. A full-body massage follows, using antioxidant-rich olive oil pressed on our estate. Skin is softened, legs revived, and the senses grounded in the spirit of the land.

Vinotherapy | 75 minutes

Grape skin exfoliation | Cold-pressed grape seed oil | Circulation-boosting massage

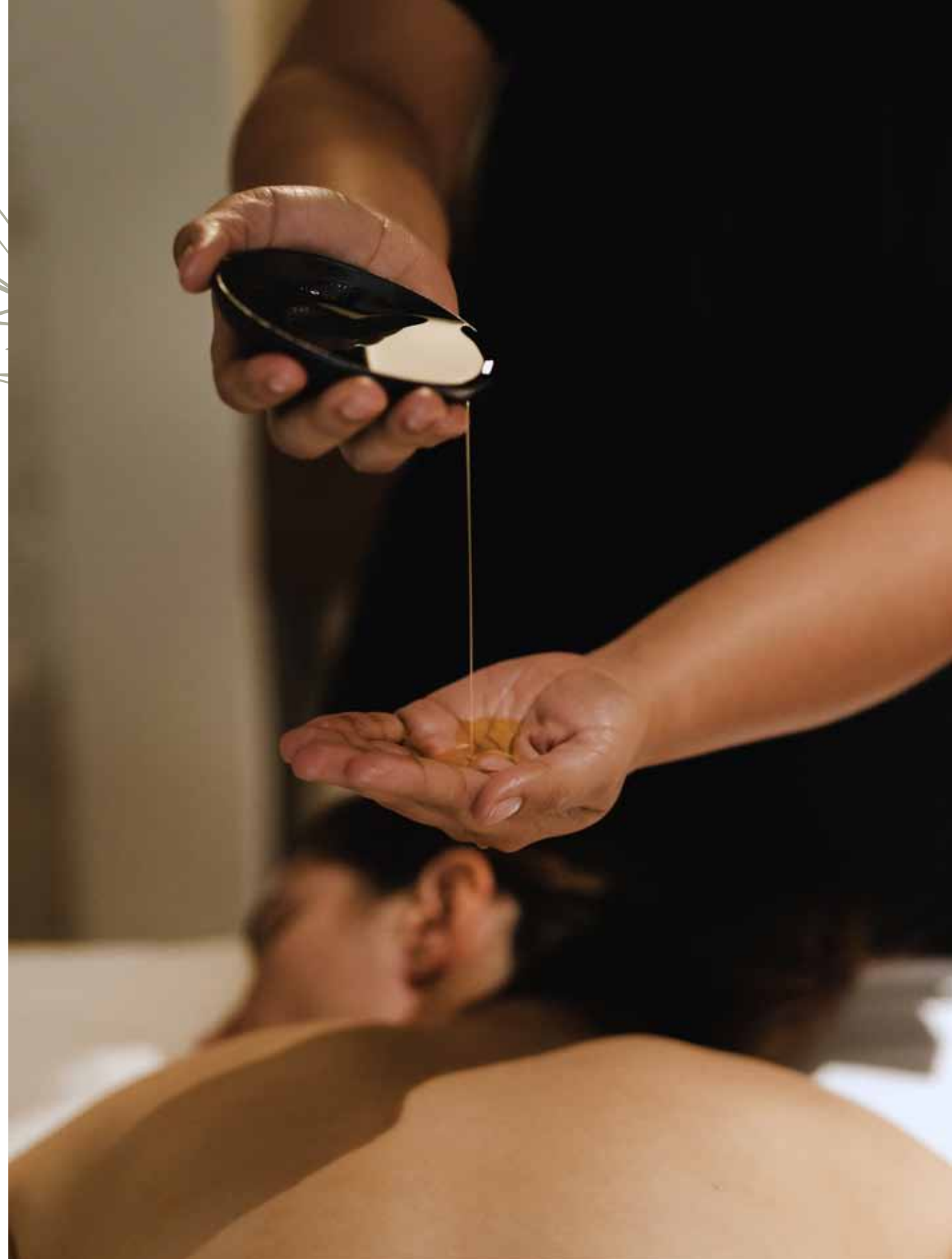
Drawn from Istria's vineyards, this antioxidant-rich treatment begins with a gentle grape skin exfoliation to renew and refine. A full-body massage with nourishing grape seed oil enhances circulation, tones the skin, and melts fatigue. A sensorial journey that restores vitality and reconnects you to nature's quiet rhythm.

The Essence of Istria | 60 minutes

Outdoor aromatherapy | Scent journey | Self-massage & mindful breathing

Held in Meneghetti's gardens, this outdoor ritual celebrates Istria's native botanicals. Guided by scent, touch, and breath, guests explore aromatherapy, self-massage, and reflection using Aromatherapy Associates products. The sensory experience unfolds with circle seating and scent strip discovery, accompanied by herbal tea and a personalised product ritual, culminating with a refreshing mint towel finish and a charming botanical keepsake.

Groups of 4–8 | Advance booking required | Weather dependent





MASSAGE & BODY TREATMENTS

Aromatherapy Massage | 50 or 75 minutes

Full-body massage | Personalised pressure | Choice of essential oils

A deeply personalised massage guided by your chosen pressure and a curated blend of essential oils – lavender to soothe, rosemary to revive, cedarwood to ground. With slow, sweeping strokes, tension melts away, senses soften, and the body is restored to balance. A fragrant ritual of comfort, connection, and calm.

Digital Escape De-Stress Massage | 50 minutes

Upper-body focus | Optional CBD oil | Scalp massage

A focused treatment for the digitally weary, relieving tension in shoulders, neck, arms and scalp. Each movement is tailored to your needs, with optional CBD oil for deeper release. This modern remedy ends with a mindful scalp massage, easing overstimulated minds into a state of calm clarity.

Unwind & De-Stress | 50 minutes

Back, neck, shoulders, scalp massage | De-Stress oils | Pressure-point techniques

A tranquil upper-body massage designed to calm both mind and muscles. Using De-Stress oils infused with lavender, ginger, and black pepper, this layered treatment targets tension in the back, neck, and shoulders. Pressure-point work and a closing scalp massage invite profound stillness, circulation boost, and a quiet return to self.

Therapeutic Massage | 50 or 75 minutes

Full-body massage | Custom pressure | CBD oil optional | Warm towel finish

A restorative, full-body treatment tailored to ease chronic tension and fatigue. Beginning with the back and legs, your therapist works deeply yet intuitively to unwind knots and improve circulation. Optional CBD oil calms inflammation and the nervous system. A warm aromatic towel completes the ritual, leaving you softened, soothed, and deeply renewed.

Prenatal Massage | 50 minutes

Side-lying position | Pillowed support | Scalp & neck massage | Lavender optional

A nurturing experience crafted for expectant mothers, this gentle massage eases back pain, leg fatigue, and swelling. Performed in a side-lying position with full support, it concludes with a soft scalp and neck massage. Lavender oil may be included to calm the senses, helping mother and baby rest in harmony.

Thai Oil Massage | 50 minutes

Firm pressure | Thai energy work | Full-body flow | Flexibility boost

A revitalising blend of traditional Thai techniques and flowing oil massage, this intense ritual targets tension from legs to shoulders. Rhythmic pressure along energy lines restores balance, flexibility, and vitality. Designed for those who enjoy deeper work, the result is a body realigned, muscles unburdened, and energy set free.

Thai Stretching Session | 50 minutes

Clothed treatment | Assisted yoga | Energy line pressure | On mat or table

A meditative fusion of assisted stretching, acupressure, and Thai energy work. Fully clothed and guided by your therapist, you'll experience deep release through passive movements and targeted pressure. Ideal for enhancing flexibility and easing stiffness, this subtle yet powerful practice restores balance, breath, and mindful connection to body and self.

Stretch & Zen | 50 or 75 minutes

Swedish + deep tissue | Assisted stretching | Essential oils | Circulation boost

Created for those carrying modern stress, this focused therapy blends massage and deep assisted stretching. Black pepper, rosemary, and lavender oils ease inflammation and revive circulation. Every stroke is deliberate, targeting deep-seated tightness. The effect: clarity of mind, renewed motion, and a body at ease with itself.





MINI SPA TREATMENTS

Enhance your spa day with our curated mini treatments, designed to complement one another beautifully. Combine two or more – three is ideal, or let us recommend the perfect pairing. Each mini ritual also makes a lovely addition to any full-body or facial treatment.

Warm Oil Head Massage | 25 minutes

Warm aromatic oils | Scalp nourishment | Mindful stillness

This calming ritual begins with warm aromatic oils poured gently onto the scalp, nourishing hair and soothing the nervous system. A slow, meditative massage follows, dissolving mental fatigue and restoring inner calm. Ideal for those seeking quietude and clarity, this brief escape uplifts the spirit and leaves you centered, serene, and rebalanced.

Restorative Foot Massage | 25 minutes

Olive pulp exfoliation | Warm towel wrap | Pressure-point foot massage

Ease away tension from the ground up. After exfoliation with Meneghetti's olive pulp scrub and a warm towel cleanse, your therapist delivers a soothing pressure-point massage. This nurturing treatment revives circulation, releases fatigue and restores balance-ideal after travel or prolonged activity. Grounding, comforting, and exquisitely revitalising.

Revitalising Compression Boots Therapy | 25 minutes

Compression boots | Lymphatic drainage | Warm & cool towel wraps

A modern ritual to reawaken tired legs. Begin with warm towels to activate circulation, followed by wave-like air compression from feet to thighs, stimulating lymphatic flow, reducing puffiness, and easing fatigue. Concludes with a cooling towel wrap. Ideal for post-flight or post-exercise recovery - leaving legs lighter, recharged, and comfortably renewed.

Hydrating Mini Facial | 25 minutes

Cleanse & exfoliate | Hydrating serum | Facial massage & mask

An express facial for immediate radiance. Cleanse and exfoliate to refresh, followed by a potent Babor serum and a revitalising facial massage. A hydrating mask completes the ritual, sealing in moisture and restoring glow. Perfect before an event or after travel, leaving skin luminous, balanced, and beautifully replenished.



FACIAL TREATMENTS

Men's Essential Facial Treatment | 60 minutes

Deep cleanse & exfoliation | Detox mask | Scalp & facial massage

A high-performance ritual tailored for men's skin. Combining Refinery expertise with Aromatherapy Associates botanicals, this treatment purifies, decongests, and hydrates. A deep cleanse, exfoliation, and detoxifying mask are paired with tension-releasing facial and scalp massage. Skin is left smooth, energised, and perfectly balanced—refined results, effortlessly delivered.

In following facial treatments we use the advanced skincare formulations of Babor, a brand revered for its fusion of precision science and the power of plant-based ingredients. Rooted in bio-sustainability and driven by decades of dermatological expertise, Babor offers exceptional efficacy while honouring nature and skin integrity alike.

Hydrating Facial | 60 minutes

Cleanse & exfoliate | Hyaluronic serum | Hydrating mask & massage

A revitalising flood of moisture for dehydrated skin. This facial begins with a refreshing cleanse, followed by a hyaluronic acid and peptide infusion to restore hydration and boost the skin's barrier. A sculpting facial massage enhances absorption, while an intensive mask seals in moisture. Skin is left smooth, luminous, and deeply replenished.

Lift-Up Facial | 75 minutes

Botanical lifting serum | Firming massage | Tightening contour mask

Designed to counteract loss of firmness, this advanced ritual delivers visible lift. A deep cleanse and exfoliation prepare the skin for a potent serum rich in peptides and botanical firming agents. A specialised massage sculpts and tones, followed by a tightening mask. The result: defined contours, smoother texture, and radiant, youthful confidence.

Rejuvenating Facial | 75 minutes

Gentle exfoliation | Rejuvenating serum | Nourishing mask & massage

A luxurious reset for tired or stressed skin. Using Babor's anti-ageing formulas, this ritual begins with gentle exfoliation, followed by a regenerating serum to boost cell renewal. A restorative facial massage enhances circulation and absorption, concluding with a rich mask. Skin emerges smooth, radiant, and visibly renewed vitality restored, glow revived.





HAND AND FOOT CARE

Our hand and foot rituals are thoughtfully designed to restore softness, radiance, and a sense of quiet indulgence. Each treatment begins with a gentle exfoliation using our signature olive pulp peel, rich in antioxidants and natural enzymes. Nails are then meticulously shaped and cared for, while nourishing creams replenish and protect. We specialise exclusively in natural nail care and therefore do not offer services for gel or acrylic enhancements. Kindly bear this in mind when arranging your appointment.

Manicure with regular nail polish | 60 minutes

Pedicure with regular nail polish | 60 minutes

Men's manicure | 45 minutes

Men's pedicure | 45 minutes

NIGHT SPA EXPERIENCE

Private Night Spa for Two | 2.5 hours | 20:00h

Indulge in an enchanting private spa experience, where the entire spa sanctuary becomes exclusively yours after hours. Bathed in the soft flicker of candlelight by the pool, this romantic setting evokes a sense of serene intimacy — the perfect backdrop for an unforgettable evening.

Your bespoke night retreat includes:

- Sole access to the spa zone: indoor heated pool, bio Finnish sauna, steam room, waterbed relaxation lounge, outdoor Finnish sauna, and cold plunge
- A bottle of our finest sparkling wine
- A handpicked selection of fresh seasonal fruit and premium teas
- A 50-minute massage per guest

Thoughtfully curated for two adults seeking a singular, soul-soothing experience. Guests must be 18 years. Booking required in advance.

FITNESS & MOVEMENT

Open 24 hours a day, our fully equipped gym invites you to maintain your fitness regimen in refined comfort. Whether focusing on strength, flexibility, or endurance, you'll find everything you need, from a Technogym treadmill and Concept2 rowing machine to TRX suspension, Olympic bar, multifunctional equipment, and a full range of free weights. Thoughtfully curated accessories support yoga, core training, and HIIT sessions, allowing for a tailored workout experience in a serene, private setting.

Technogym treadmills

Technogym elliptical machines

Concept2 Stationary bike

Rowing machine

Force100 multifunctional cable station

Bench press

A full set of free weights

Stability and Pilates balls

Yoga mats and stretching accessories





MENEGHETTI SPA

TREATMENT ROOMS

Step into serenity - Meneghetti Spa presents three elegantly appointed treatment rooms where hushed tones and gentle lighting create a sanctuary of calm. Each space promises utter privacy, setting the stage for soul-soothing rituals and moments of rare repose.

FAMILY POOL

Fringed by fragrant gardens and kissed by dappled sunlight, the family pool is a tranquil escape for all ages. Overlooking lush greenery, it offers a refreshing pause, where laughter echoes gently and time slows to the rhythm of nature.

Water depth: min 135 cm / max 140 cm

Water depth: min 120 cm / max 160 cm

TRANQUILITY ZONE

Tranquility Zone at Meneghetti Spa invites you to slow down, reconnect, and surrender to the therapeutic power of water, heat, and stillness. Designed for guests aged 18 and over, this serene sanctuary blends tradition, nature, and elegance to restore harmony to body and mind.

Tranquility Zone indoor pool

Temperature: 28°C

Water depth: min 105 cm / max 150 cm

Finnish Bio sauna

Temperature: 45-60C (113-140F)

Humidity: 40-60%

Suggested duration: 15-30 minutes

Steam room

Temperature: 40-50C (104-122F)

Humidity: 90 -100%

Suggested duration: 10-20 minutes

Therapeutic Rainfall Shower

Spa Lounge with calm-flow waterbeds

Garden Spa - outdoor Finnish sauna and cold plunge pool

Temperature: 70-100C (158-212F)

Humidity: 5-20%

Suggested duration: 5-15 minutes

Garden Spa - cold plunge pool

Temperature: 8-15C (46-59F)

Suggested duration: 30 sec – 2 min (beginners), 2 min – 5 min (intermediate) or up to 8 min (advanced)



SPA GUIDELINES

To ensure a serene and seamless experience during your time with us, please take a moment to review our spa guidelines.

WORKING HOURS

Gym is open 24h.

Tranquillity Zone: 9h - 19h

Family pool: 9h - 19h

Spa treatments: 11h - 19h

Please note that operating hours may vary by season. Kindly contact us for the most up-to-date information.

RESIDENT GUESTS

We are delighted to offer all resident guests' complimentary access to our spa and gym facilities during designated hours.

TREATMENT RESERVATIONS

To ensure availability and secure your preferred treatment time, we kindly recommend booking in advance. All bookings are subject to a 24-hour cancellation policy. Please note that all spa services, availability, and pricing are subject to change without prior notice.

SPA BOUTIQUE

To continue your spa regimen at home, skin care products and oils used in our treatments are available in our Spa Boutique.

PRIVATE EXPERIENCES

You can experience some of our massage therapy treatments in the privacy of your residence, subject to therapists' availability. More information at the Spa reception. Additional cost of 50€ per treatment applies.

SPA ETIQUETTE

Age Restrictions

Access in the Tranquility Zone is not permitted for children under 16 years. Access in the fitness studio is not permitted for children under 14 years. Children aged 14-16 may enter only accompanied by an adult

Health & Safety

Your well-being is important to us! If you have any health concerns, please consult the doctor before using saunas

Attire

For your comfort, we kindly request that you arrive in the bathrobe provided in your room. This is a swimsuit-required area. Saunas are swimwear- optional

Valuables

Please leave your valuables in your room for your convenience and peace of mind.

Hygiene

Before entering the sauna or pool, we kindly ask that you take a shower to maintain a clean environment.

Peaceful Retreat

This is a space for rest and renewal - please enjoy the serene ambiance. We kindly request that you keep noise to a minimum. Please use headphones for music and avoid loud conversations to ensure a peaceful environment for all.

Mobile phones

For a fully mindful experience, kindly leave your phone in silent mode and refrain from calls

Photography

Strictly prohibited

Cleanliness

Kindly use a hand towel and disinfect the gym equipment after each use to maintain a clean and pleasant environment.

Handling

We kindly ask that all gym equipment be returned to its designated place after use.

Safety waiver

Use of Tranquility Zone facilities is at your own risk. We cannot accept responsibility for any adverse reactions.

Loss waiver

The Meneghetti Spa cannot accept any responsibility for loss of or damage to possessions whilst using the facilities. Kindly use lockers or leave your belongings safely in your room.





DOBRODOŠLI U MENEGHETTI SPA

Ukorijenjeni u prirodi

Smješten u samom srcu Istre, gdje osunčani vinogradi i stabla drevnih maslinika žive u simfoniji prirode, Meneghetti Spa predstavlja utočište u oazi opuštajuće tišine – eterični hram zdravlja gdje se vrijeme nježno razmotava, a osjeti se bude. Ovdje se darežljivost zemlje isprepliće s ritualom blagostanja, stvarajući prostor u kojem svaki udah postaje tihi korak prema obnovi.

Već pri samom dolasku, vaša se osjetila bude: mirisi lavande, ružmarina i kadulje šire se na mediteranskom povjetarcu, u našim vlastitim vrtovima, vinogradima i maslinicima. To je tihi postulat naše filozofije – od vrta do spa rituala – gdje zdravlje ne započinje izumom, već velikodušnom rukom prirode.

Prepustite se esenciji stancije Meneghetti, gdje je svaki tretman nadahnut prirodnim bogatstvom koje nas okružuje. Naši signature rituali koriste vlastito prešano maslinovo ulje i antioksidativno bogatstvo grožđa iz naših vinograda, njegujući vitalnost od korijena do kože. Ručno ubrano ljekovito bilje i aromatične biljke iz naših vrtova prožimaju svaki trenutak svježinom i istinskom autentičnošću.

U Meneghetti Spa prostoru nijedan ritual nije tek tretman – on je poziv na usklađivanje duha i tijela s tihim ritmovima prirode, poziv da ponovno pronađete unutarnju ravnotežu, da se povežete sa zemljom – i da uživete u tišini prirode.

Pozivamo vas da istražite naše pomno osmišljene spa rituale i započnete putovanje blagostanja kakvo još niste doživjeli.

Vaš Meneghetti Spa tim



TRETMANI S POTPISOM

Terapija maslinovim uljem | 75 minuta

Piling cijelog tijela | Obnova kože maslinovom pulpom | Masaža maslinovim uljem s imanja

Nadahnut Meneghettijevim maslinicima, ovaj ritual započinje pilingom od maslinove pulpe, ulja sjemenki grožđa i aromatičnog bilja. Slijedi opuštajuća masaža cijelog tijela uz korištenje antioksidansa bogatog maslinovog ulja, prešanog na našem imanju. Koža postaje meka i nahranjena, noge ponovno lagane, a osjeti uronjeni u duh i mirise istarske zemlje.

Vinoterapija | 75 minuta

Piling od kožica grožđa | Hladno prešano ulje sjemenki grožđa | Masaža za poticanje cirkulacije

Nadahnuto vinogradima Istre, ovaj antioksidansima bogat tretman započinje nježnim pilingom od kožica grožđa koji obnavlja i pročišćava kožu. Slijedi masaža cijelog tijela hranjivim uljem sjemenki grožđa, koja potiče cirkulaciju, tonira kožu i otklanja umor. Ovo je osjetilno putovanje koje vraća vitalnost i ponovno vas povezuje s tihim ritmom prirode.

Esencija Istre | 60 minuta

Aromaterapija na otvorenom | Mirisno putovanje | Samo-masaža i svjesno disanje

U okruženju vrtova Meneghetti, ovaj ritual na otvorenom slavi autohtono istarsko bilje. Vođeni mirisima, dodirima i dahom, sudionici istražuju svijet aromaterapije kroz samomasažu i refleksiju, koristeći proizvode Aromatherapy Associates. Tretman uključuje biljni čaj, personalizirani odabir proizvoda i biljni suvenir.

Grupe od 4 do 8 osoba | Potrebna prethodna rezervacija | Održavanje ovisi o vremenskim uvjetima





TRETMANI TIJELA

Aromaterapijska masaža | 50 ili 75 minuta

Masaža cijelog tijela | Individualno prilagođen pritisak | Odabir eteričnih ulja

Duboko personalizirana masaža oblikovana prema vašim željama – od jačine pritiska do pažljivo odabranih eteričnih ulja: lavanda umiruje, ružmarin osvježava, a cedar prizemljuje. Sporim, tečnim pokretima nestaje napetost, osjeti se smiruju, a tijelo vraća u stanje ravnoteže. Mirisni ritual utjehe, povezanosti i unutarnjeg mira.

Digitalni bijeg: De-Stress masaža | 50 minuta

Fokus na gornji dio tijela | Opcionalno CBD ulje | Masaža vlasišta

Ciljani tretman za one iscrpljene digitalnim tempom života, koji oslobađa napetost u ramenima, vratu, rukama i vlasištu. Svaki pokret prilagođen je vašim potrebama, uz mogućnost korištenja CBD ulja za dublje opuštanje. Tretman završava pažljivom masažom vlasišta, koja umiruje preopterećen um i donosi osjećaj bistro, smirene prisutnosti.

Relaksacija & De-Stress | 50 minuta

Masaža leđa, vrata, ramena i vlasišta | De-Stress ulja | Tehnike akupresure

Umirujuća masaža gornjeg dijela tijela osmišljena za opuštanje uma i mišića. Uz De-Stress ulja s notama lavande, đumbira i crnog papra, ovaj slojeviti tretman cilja napetost u leđima, vratu i ramenima. Tehnike akupresure i završna masaža vlasišta potiču duboko opuštanje, bolju cirkulaciju i tihi povratak sebi.

Terapeutska masaža | 50 ili 75 minuta

Masaža cijelog tijela | Prilagođen pritisak | Opcionalno CBD ulje

Obnavljajući tretman cijelog tijela, osmišljen za ublažavanje kronične napetosti i umora. Masaža započinje na leđima i nogama, pri čemu terapeut dubinski, ali intuitivno, oslobađa mišićne čvorove i potiče cirkulaciju. Po želji se koristi CBD ulje koje smiruje upale i živčani sustav. Ritual završava toplim, mirisnim ručnikom, ostavljajući tijelo opušteno, umireno i duboko obnovljeno.

Prenatalna masaža | 50 minuta

Ležanje na boku | Potpora jastucima | Masaža vlasišta i vrata | Opcionalna lavanda

Njegujuće iskustvo osmišljeno za buduće majke, gdje nježna masaža ublažava bolove u leđima, umor u nogama i oticanje. Izvodi se u položaju na boku uz potpunu potporu jastucima, a završava blagom masažom vlasišta i vrata. Po želji se koristi ulje lavande za umirenje osjeta, pomažući majci i bebi da zajedno pronađu mir i spokoj.

Tajlandska masaža uljem | 50 minuta

Čvrsti pritisak | Tajlandska energetska tehnika | Masaža cijelog tijela | Povećanje fleksibilnosti

Osvježujuća kombinacija tradicionalnih tajlandskih tehnika i glatke masaže uljem, ovaj intenzivni ritual ciljano oslobađa napetost od nogu do ramena. Ritmički pritisak duž energetskih linija vraća ravnotežu, poboljšava fleksibilnost i budi vitalnost. Namijenjen ljubiteljima dubljih tretmana, rezultat je tijelo usklađeno u pokretu, mišići oslobođeni napetosti i energija puštena na slobodu.

Tajlandsko istezanje | 50 minuta

Tretman u odjeći | Joga | Pritisak na energetske linije | Na strunjači ili stolu

Meditativna sinteza asistiranog istezanja, akupresure i tajlandskog energetskog rada. Potpuno odjeveni i vođeni terapeutom, doživjet ćete duboko opuštanje kroz pasivne pokrete i ciljani pritisak. Idealno za poboljšanje fleksibilnosti i ublažavanje ukočenosti, ova suptilna, ali snažna praksa vraća ravnotežu, dah i svjesnu povezanost tijela i duha.

Zen Istezanje | 50 ili 75 minuta

Švedska masaža + dubinska masaža tkiva | Pomoćno istezanje | Eterična ulja | Poticaj cirkulacije

Namijenjena onima koji nose teret suvremenog stresa, ova usmjerena terapija spaja masažu i dubinsko asistirano istezanje. Ulja crnog papra, ružmarina i lavande smanjuju upalu i potiču cirkulaciju. Svaki potez je promišljen i ciljano oslobađa duboku napetost. Rezultat je jasnoća uma, obnovljena pokretljivost i tijelo u harmoniji sa sobom.





MINI SPA TRETMANI

Upotpunite svoj dan u spa oazi s pomno osmišljenim mini tretmanima, stvoreni kako bi se međusobno skladno nadopunjavali. Kombinirajte dva ili više tretmana, ili prepustite nama da predložimo savršen spoj. Svaki od ovih kratkih tretmana divan je dodatak cjelovitim tretmanima tijela ili lica.

Masaža vlasišta toplim uljem | 25 minuta

Topla aromatična ulja | Njega vlasišta | Svjesna tišina

Ovaj umirujući ritual započinje nježnim nanošenjem toplih aromatičnih ulja na vlasište, hraneći kosu i smirujući živčani sustav. Slijedi spora, meditativna masaža koja otapa mentalni umor i vraća unutarnji mir. Idealno za one koji traže tišinu i jasnoću, ovaj kratki bijeg uzdiže duh te vas ostavlja usredotočenima, spokojnima i ponovno uravnoteženima.

Obnavljajuća masaža stopala | 25 minuta

Piling od maslinove pulpe | Omatanje toplim ručnikom | Masaža stopala tehnikama pritiska na točke

Oslobodite napetost od korijena. Nakon pilinga Meneghettijevom pulpom masline i čišćenja toplim ručnikom, terapeut izvodi umirujuću masažu stopala pritiskom na ključne točke. Ovaj njegujući tretman budi cirkulaciju, otklanja umor i vraća ravnotežu, savršen nakon putovanja ili dugotrajnog napora. Uz prizemljujući, utješan i iznimno osvježavajući učinak.

Terapija kompresijskim čizmama | 25 minuta

Kompresijske čizme | Limfna drenaža | Omatanje toplim i hladnim ručnicima

Moderan ritual za oživljavanje umornih nogu. Zapčinje toplim ručnicima koji potiču cirkulaciju, nakon čega slijedi valovita zračna kompresija od stopala do bedara, stimulirajući limfni tok, smanjujući natečenost i ublažavajući umor. Završava osvježavajućim omatanjem hladnim ručnikom. Idealno za oporavak nakon leta ili vježbanja, ostavljajući noge laganim, obnovljenim i ugodno osvježenim.

Hidratantni mini tretman lica | 25 minuta

Čišćenje i piling | Hidratantni serum | Masaža lica i maska

Brzi tretman lica za trenutačni sjaj. Čišćenje i piling osvježavaju kožu, nakon čega slijedi snažan Babor serum i revitalizirajuća masaža lica. Ritual završava hidratantnom maskom koja zadržava vlagu i vraća blistavost. Savršen prije važnog događaja ili nakon putovanja, kožu ostavlja blistavom, uravnoteženom i prekrasno obnovljenom.

TRETMANI LICA



Esencijalni tretman lica za muškarce | 60 minuta

Dubinsko čišćenje i piling | Detoksikacijska maska | Masaža vlasišta i lica

Visokoučinkovit ritual posebno prilagođen muškoj koži. Spajajući stručnost Refinery-ja i biljne ekstrakte Aromatherapy Associates, ovaj tretman pročišćava, detoksicira i hidratizira. Dubinsko čišćenje, piling i detoksikacijska maska kombiniraju se s masažom lica i vlasišta koja otpušta napetost. Koža ostaje glatka, puna energije i savršeno uravnotežena, profinjeni rezultati bez napora.

U nastavku tretmana lica koristimo napredne formulacije njege kože brenda Babor, svjetski priznatog po spoju precizne znanosti i snage biljnih sastojaka. Utemeljen na načelima bio-održivosti i potaknut desetljećima dermatološkog znanja, Babor donosi iznimnu učinkovitost, poštujući istovremeno prirodu i integritet vaše kože.

Hidratantni tretman lica | 60 minuta

Čišćenje i piling | Serum hijaluronske kiseline | Hidratantna maska i masaža

Osvježavajući val vlažnosti za dehidriranu kožu. Tretman započinje osvježavajućim čišćenjem, nakon čega slijedi obnavljajuća infuzija hijaluronske kiseline i peptida koja vraća hidrataciju i jača zaštitnu barijeru kože. Skulpturalna masaža lica potiče bolje upijanje, dok intenzivna maska zadržava vlažnost u dubini. Koža ostaje glatka, blistava i dubinski obnovljena.

Lift-Up tretman lica | 75 minuta

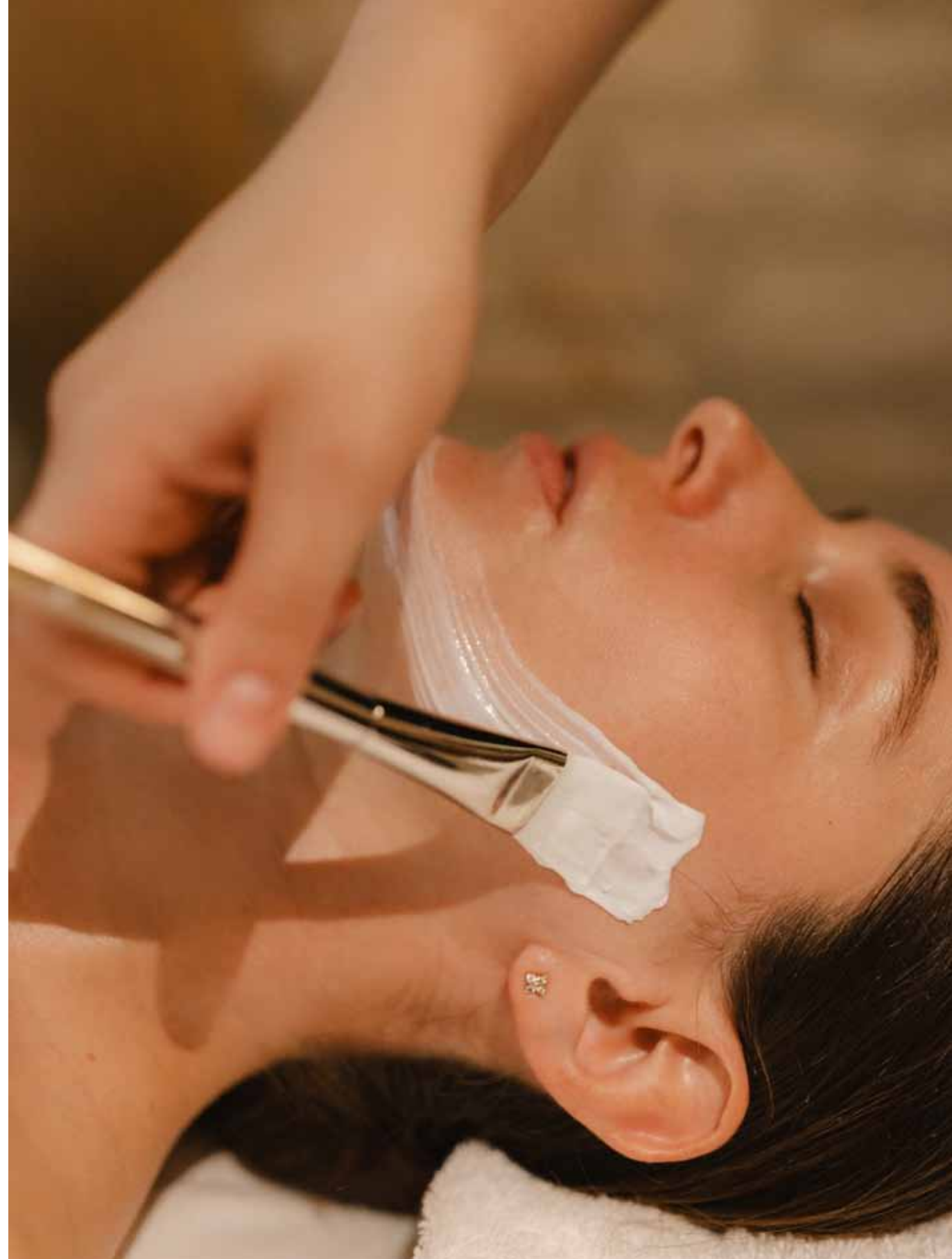
Botanički lifting serum | Učvršćujuća masaža | Maska za zatezanje kontura

Osmišljen za suzbijanje gubitka čvrstoće, ovaj napredni tretman donosi vidljivo podizanje kože. Dubinsko čišćenje i piling pripremaju kožu za snažan serum bogat peptidima i biljnim učvršćujućim sastojcima. Specijalizirana masaža oblikuje i tonira, a slijedi maska za zatezanje. Rezultat su izraženije konture, glađa tekstura i blistavo, mladoliko samopouzdanje.

Regenerirajući tretman lica | 75 minuta

Nježni piling | Regenerirajući serum | Hranjiva maska i masaža

Luksuzni „reset“ za umornu i stresom opterećenu kožu. Ovaj tretman započinje nježnim pilingom, nakon čega slijedi serum za poticanje obnove stanica, temeljen na Babor anti-age formulama. Obnavljajuća masaža lica poboljšava cirkulaciju i upijanje, a završava bogatom maskom. Koža se budi glatka, blistava i vidljivo obnovljena, s vraćenom vitalnošću i sjajem.





NJEGA RUKU I STOPALA

Naši tretmani njege ruku i stopala pažljivo su osmišljeni da vrate mekoću, sjaj i osjećaj tihog užitka. Svaki tretman započinje nježnom eksfolijacijom uz pomoć našeg prepoznatljivog pilinga od groždanih korica, bogatog antioksidansima i prirodnim enzimima. Nokti se potom brižljivo oblikuju i njeguju, dok hranjive kreme nadoknađuju vlagu i štite kožu. Specijalizirani smo isključivo za prirodnu negu noktiju, stoga ne nudimo usluge nadogradnje gelom ili akrilom. Molimo vas da imate to na umu prilikom rezervacije termina.

Manikura s klasičnim lakom za nokte | 60 minuta

Pedikura s klasičnim lakom za nokte | 60 minuta

Muška manikura | 45 minuta

Muška pedikura | 45 minuta

NIGHT SPA

Privatni noćni spa za dvoje | 2.5 sata | 20:00 sati

Preпустите се очарavajućem privatnom spa doživljaju, gdje cijeli spa prostor postaje isključivo vaš nakon radnog vremena. Okruženi mekim svjetlom plamena svijeća uz bazen, ovaj romantični ambijent priziva osjećaj spokojne intime, savršena pozornica za nezaboravnu večer.

Vaš personalizirani noćni odmor uključuje:

- Isključiv pristup spa zoni: grijani unutarnji bazen, bio finska sauna, parna soba, prostor za opuštanje na vodenom krevetu, vanjska finska sauna i ledeno hladna kupka
- Bocu našeg najboljeg pjenušca
- Pažljivo odabran izbor svježeg sezonskog voća i vrhunskih čajeva
- 50-minutnu masažu po gostu

Pomno osmišljen za dvoje odraslih koji traže jedinstveno iskustvo koje umiruje dušu. Gostima je potrebna minimalna dob od 18 godina.

FITNESS AKTIVNOSTI

Otvoren 24 sata dnevno, naš potpuno opremljeni fitness centar poziva vas da održavate svoju fitness rutinu u profinjenom i ugodnom okruženju. Bilo da se fokusirate na snagu, fleksibilnost ili izdržljivost, ovdje ćete pronaći sve što vam treba, od Technogym trake za trčanje i Concept2 veslačkog ergometra, preko TRX suspenzije, Olympic šipke, multifunkcionalne opreme, pa do kompletnog seta utega. Pažljivo odabrani dodaci podržavaju jogu, trening mišića trupa i HIIT programe, omogućujući prilagođeni trening u mirnom, privatnom ambijentu.

Technogym trake za trčanje

Technogym eliptične sprave

Concept2 sobni bicikl

Sobni veslač

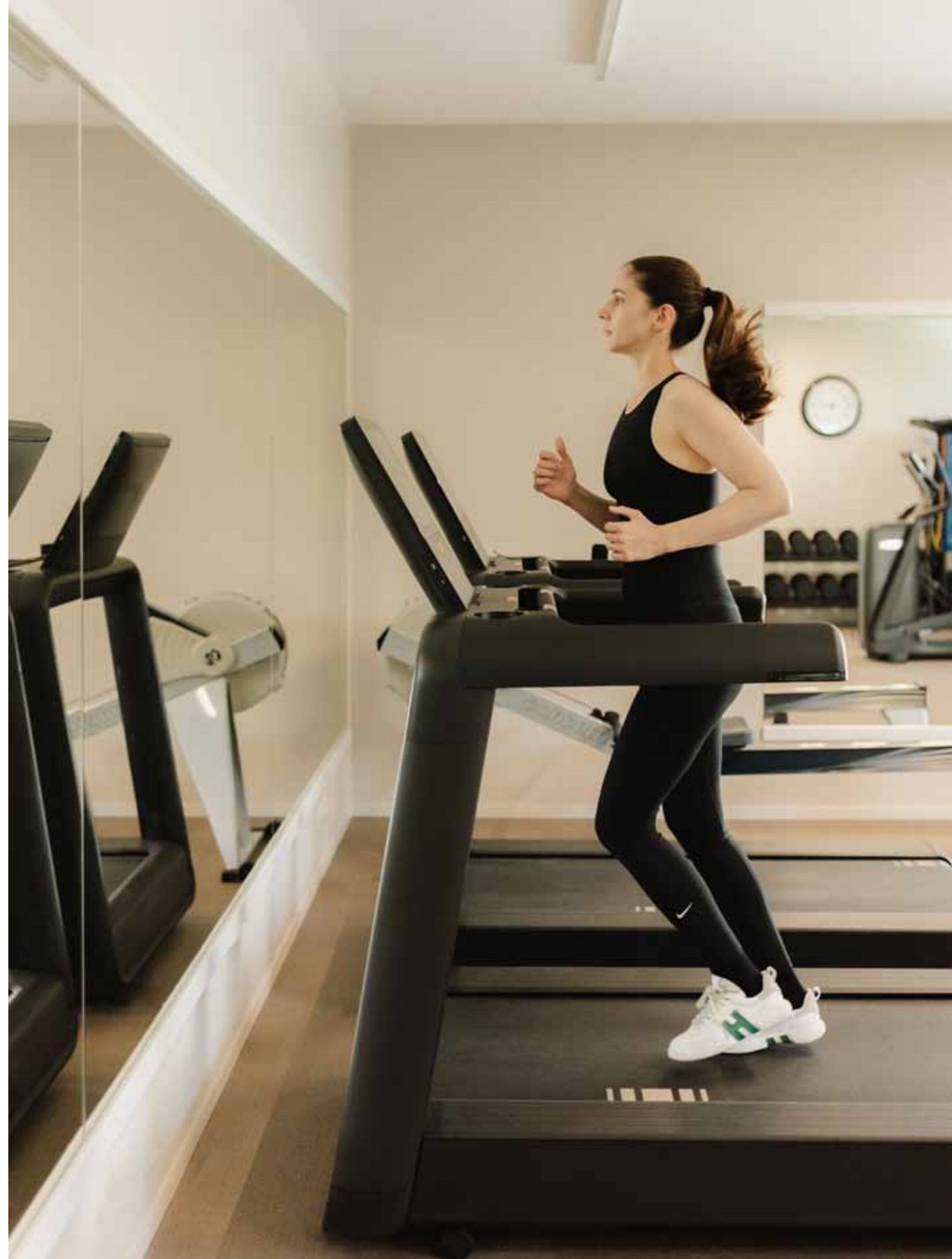
Force 100 multifunkcionalna sprava s kablovima

Bench press klupe

Bučice raznih težina

Pilates i stabilizacijske lopte

Prostirke za jogu i dodatna oprema za istezanje





MENEGHETTI SPA

SOBE ZA TRETMANE

Zakoračite u oazu mira. Meneghetti Spa nudi tri elegantno uređene sobe za tretmane, gdje prigušena svjetla i tihi tonovi stvaraju svetište spokoja. Svaki prostor jamči potpunu privatnost, pružajući savršenu pozornicu za tretmane koji umiruju dušu i trenutke rijetkog predaha.

FAMILY POOL

Okružen mirisnim vrtovima i obasjan prozračnim sunčevim zrakama, obiteljski bazen predstavlja spokojno utočište za sve generacije. S pogledom na bujnu zelenu oazu, nudi osvježavajuću pauzu, gdje se smijeh tiho razliježe, a vrijeme usporava u skladu s ritmom prirode.

Dubina vode: min 135 cm / max 140 cm

Dubina vode: min 120 cm / max 160 cm

TRANQUILITY ZONE (SPA)

Naša Tranquility Zona poziva vas da usporite, ponovno se povežete i prepustite terapijskoj moći vode, topline i tišine. Namijenjena gostima starijim od 18 godina, ova mirna oaza spaja tradiciju, prirodu i eleganciju, vraćajući sklad tijelu i umu.

Unutarnji bazen Zone mira

Temperatura vode: 28°C

Dubina vode: min 105 cm / max 150 cm

Finska bio sauna

Temperatura: 45-60°C

Vlaga: 40-60%

Preporučeno trajanje: 15-30 minuta

Parna soba

Temperatura: 40-50°C

Vlaga: 90-100%

Preporučeno trajanje: 10-20 minuta

Terapijski kišni tuš

Spa Lounge s CalmFlow vodenim krevetima za opuštanje

Garden Spa – vanjska finska sauna

Temperatura: 70-100°C

Vlaga: 5-20%

Preporučeno trajanje: 5-15 minuta

Garden Spa – vanjski cold plunge bazen

Temperatura: 8-15°C

Preporučeno trajanje: 30 sekundi – 2 minute (početnici), 2 – 5 minuta (srednje iskusni) ili do 8 minuta (napredni)



SPA PRAVILA

Kako bismo vam osigurali spokojan i besprijekoran doživljaj tijekom boravka kod nas, molimo vas da odvojite trenutak za upoznavanje s našim spa pravilima.

Radno vrijeme

Fitness centar otvoren je 24 sata dnevno.

Zona mira: 9:00 – 19:00

Obiteljski bazen: 9:00 – 19:00

Spa tretmani: 11:00 – 19:00 sati.

Molimo imajte na umu da se radno vrijeme može mijenjati ovisno o sezoni. Za najnovije informacije, ljubazno vas molimo da nas kontaktirate.

Gosti hotela

Sa zadovoljstvom svim gostima koji borave u objektu omogućujemo besplatan pristup spa i fitness sadržajima u predviđenom radnom vremenu.

Rezervacije tretmana

Kako bismo vam osigurali željeno vrijeme tretmana, preporučujemo rezervaciju unaprijed. Sve rezervacije podliježu pravilima otkazivanja najkasnije 24 sata prije termina. Molimo imajte na umu da se svi spa tretmani, dostupnost i cijene mogu promijeniti bez prethodne najave.

Spa Boutique

Za nastavak vaše spa njege kod kuće, proizvodi za njegu kože i ulja korištena u tretmanima dostupni su u našem Spa Boutiqueu.

Privatni tretmani

Neke masažne tretmane možete doživjeti i u privatnosti svog smještaja, ovisno o dostupnosti terapeuta. Više informacija dostupno je na recepciji spa centra. Za ovaj se dodatni sadržaj naplaćuje pristojba od 50€ po tretmanu.

PRAVILA PONAŠANJA U SPA

Dobne ograničenosti

Pristup Zoni mira nije dopušten djeci mlađoj od 16 godina. Djeca mlađa od 14 godina ne smiju pristupati fitness centru. Djeca od 14 do 16 godina mogu ući isključivo u pratnji odrasle osobe.

Zdravlje i sigurnost

Vaša dobrobit nam je važna! Ukoliko imate zdravstvenih problema, prije korištenja sauna konzultirajte liječnika.

Odijevanje

Za vaš komfor molimo da u Spa dođete u ogrtaču koji vam je dostavljen u sobi. U ovom prostoru obavezno je nošenje kupaćeg kostima. U saunama nošenje kupaćeg kostima je opcionalno.

Vrijedne stvari

Radi vaše sigurnosti i mira, molimo da vrijedne stvari ostavite u sobi.

Higijena

Prije ulaska u saunu ili bazen molimo da se istuširate kako bismo svi zajedno održavali čistoću prostora.

Miran ambijent

Ovo je prostor za odmor i obnovu – uživajte u spokojnoj atmosferi. Molimo da držite buku na najmanjoj razini. Za slušanje glazbe koristite slušalice, a glasne razgovore izbjegavajte kako bismo svima osigurali mir.

Mobilni telefoni

Za potpuni doživljaj molimo da mobitele stavite na tihi način rada i suzdržite se od poziva.

Fotografiranje

Fotografiranje je strogo zabranjeno.

Čistoća

Molimo da nakon korištenja opreme u fitnessu koristite ručnik za ruke i dezinfekcijsko sredstvo kako bismo svi uživali u čistom i ugodnom prostoru.

Rukovanje opremom

Nakon korištenja molimo da svu opremu vratite na svoje mjesto.

Odricanje od odgovornosti (sigurnost)

Korištenje sadržaja Zone mira i Spa centra odvija se na vlastiti rizik. Ne preuzimamo odgovornost za moguće negativne reakcije.

Odricanje od odgovornosti (gubitak)

Meneghetti Spa ne snosi odgovornost za gubitak ili oštećenje osobnih stvari tijekom korištenja sadržaja. Molimo da koristite ormariće ili da stvari ostavite na sigurnom u sobi.

SIGNATURE TREATMENTS

Olive Oil Therapy	75 min 162 €
Vinotherapy	75 min 162 €
The Essence of Istria	60 min per person 55 €

MASSAGE & BODY TREATMENTS

Aromatherapy massage	50 min 120 € 75 min 168 €
Therapeutic Massage	50 min 115 € 75 min 160 €
Unwind & De-Stress Massage	50 min 115 €
Digital Escape De-Stress Massage	50 min 115 €
Prenatal Massage	50 min 115 €
Thai Oil Massage	50 min 115 €
Thai Stretching Session	50 min 115 €
Zen & Stretch	50 min 115 € 75 min 168 €
Add-ons CBD Oil or Lavander Essential Oil	10 €

FACIALS

Hydrating Facial Treatment	60 min 105 €
Lift Up Facial Treatment	75 min 157 €
Rejuvenating Facial Treatment	75 min 157 €
Men’s Essential Facial	60 min 105 €

MINI SPA TREATMENTS

Warm Oil Head Massage	25 min 55 €
Restorative Foot Massage	25 min 55 €
Revitalizing Compression Boots Therapy	25 min 55 €
Hydrating Mini Facial	25 min 55 €

HAND & FOOT CARE

Manicure & Nail Polish	60 min 105 €
Pedicure & Nail Polish	60 min 105 €
Men’s Manicure	45 min 85 €
Men’s Pedicure	45 min 85 €

PRIVATE SPA EXPERIENCE

Private Night Spa 20:00h - 22:30h	2.5 hrs per person 275 €
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ACTIVITY BOOSTERS

Private Yoga Session	on request
Private Fitness Training	on request



MENEGHETTI SPA

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