

Pharomatiq Wellness

THE MENU

Why Pharomatiq? 'Pharos' pays tribute to the ancient name of Stari Grad, while 'aromatic' honors Hvar Island's healing plants and herbs.



“Bolje spriječiti nego liječiti”

“An ounce of prevention is better than a pound of cure.”

OLD CROATIAN PROVERB

Integrative Wellness

Maslina is an integrated wellness resort that provides the space for guests to feel, think, and improve their overall wellbeing through connection with themselves, each other, and nature. We intend to positively impact the people and places we interact with to leave a legacy for future generations.

CONCEPT

Integrative wellness is a personalized, guest-centered approach that looks at the guest's lifestyle through the principles of Functional Lifestyle Medicine, which influence health.

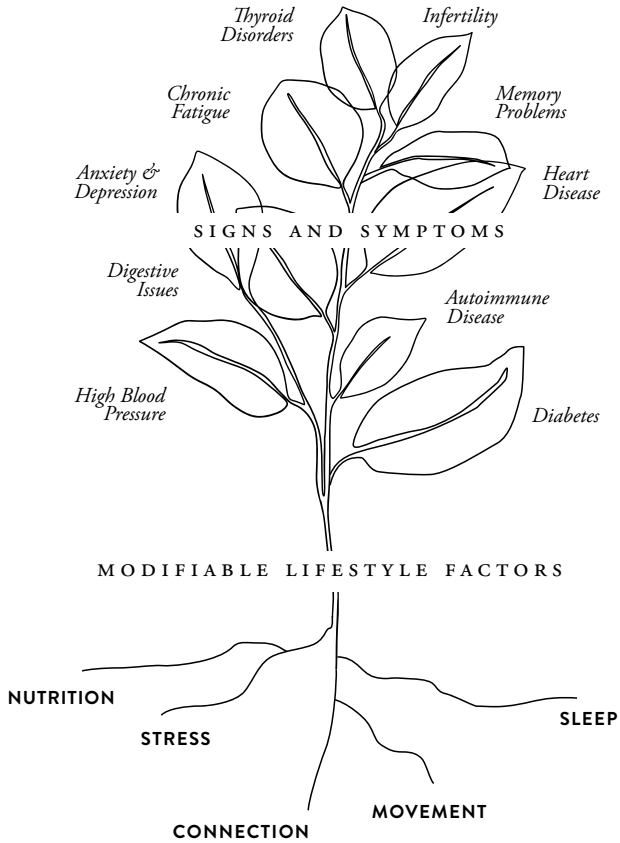
Evidence shows that the greatest wellbeing experience happens when stress, nutrition, relationships, exercise, and sleep are evaluated and approached through lasting lifestyle changes.

CONSULTATION

Every guest receives a complimentary Wellness Consultation in The Club lounge behind our Brač Island stone reception desk. Our Pharomatiq consultant will review your nutritional and physical preferences, understand your sleep patterns and lifestyle goals, and guide you on the best treatments and experiences based on your *chosen intention*.

Choose Your Pathway to Wellness

THE FUNCTIONAL MEDICINE TREE



CHOOSE YOUR INTENTION

Purify

TO DETOXYFY
AND CLEANSE

Vitality

TO RAISE
ENERGY LEVELS

Longevity

FOR A LONG
HEALTHSPAN

Serenity

FOR CALM
AND SLEEP

Aquathermal Facilities

Our exclusive Aquathermal Circuit is a place of restoration. Warm, cleanse, and relax before a Wellness Treatment, following a workout, or simply to detoxify. Moving from one thermal area to the next is designed to stimulate circulation, relieve pain, decrease stress, and revitalize the body. Include a Cold Immersion in your journey to fully rejuvenate you, releasing feel-good endorphins and boosting your metabolism.

~ HYDRO POOL ~ AROMATHERAPY STEAM ~ FINNISH SAUNA ~
~ COLD WATER IMMERSION ~ EXPERIENTIAL SHOWERS ~

GUIDELINES While you are free to experience our Aquathermal facilities as you wish, there are suggested ways to get the most from them:

- Using our facilities before a spa treatment allows you to prepare the skin and body. Let our products soak into your skin after your treatment.
- Remove any makeup first and shower to remove deodorants and fragrances.
- Start in the lower temperatures
- Head to the gentle warmth of the Hydropool for 10 minutes.
- Use the Finnish Sauna or Aromatherapy Steam for 5-10 minutes.
- Try a cold contrast. Cool down between each heat experience by taking a cool shower or using the Cold Water Immersion.
- Rest. We recommend relaxing on our shaded outdoor deck with a refreshment.

HYDROPOOL

The Hydropool is a warm water, whole body experience. Body jets gently massage at the optimal temperature to restore balance and release tension. The swan neck jet relieves the neck and shoulders.

HAMMAM

(by appointment only)

With relative humidity levels between 50-80%, the high humidity encourages gentle sweating, helping to detoxify and cleanse the body.

**AROMATHERAPY
STEAM ROOM**

With a temperature between 40-47°C, humidity levels in the Steam Room reach 100%. Enjoy the aroma and feel the warm healing energy. Muscles relax, and joint pain can ease. The high humidity has a positive, moisturizing effect on the skin.

FINNISH SAUNA

The Finnish sauna is lined with fragrant wood. A traditional stove with hot stones emits dry heat for body purification and relaxation. Temperatures reach 95°C, and humidity stays low at 3-15% for a dry heat experience.

**EXPERIENTIAL
RAIN SHOWER**

After exposure to the heat of the Finnish Sauna or Aromatherapy Steam Room, enjoy a Cooling Rain Storm in our Experiential Shower. This multi-sensory experience improves circulation and is fully immersive.

**COLD WATER
IMMERSION**

The Cold Water Immersion pool is chilled to between 4 and 5 degrees. The cold water is the perfect contrast for any Wim Hof or Ice Bath fans. It is perfect after the Sauna and will tone the body for an incredible sense of wellbeing.

Wellness Time

Because our bodies and minds are constantly changing, we've designed a wellness treatment that honors whatever you need at that moment. All you need is time.

**TAKE PRIVATE TIME
FOR YOU OR TWO**

Relax and book 'Time' with us. Our therapists are multi-skilled and knowledgeable in their fields. Set 'Time' aside for a therapeutic treatment experience tailored to you based on a thorough Wellness Consultation.

price for you

90 MIN: 240 EUR (1.808,28 KN)

120 MIN: 310 EUR (2.335,69 KN)

price for two

90 MIN: 480 EUR (3.616,56 KN)

120 MIN: 620 EUR (4.671,39 KN)

Wellness Time excludes Holistic Experiences, Sleep & Talk Therapy, and Hair and Nail Services.



Signatures

MASLINA COUPLES TREATMENT

price per couple

120 MIN: 550 EUR
(4.143,97 KN)

Our signature couples experience begins with private relaxation time. Gently warmed wheat packs soothe muscle tension, and guided breathing allows for mindful connection. A deeply therapeutic body massage targets stress areas and is followed by an Instant Radiance face treatment. Enjoy an organic herbal infusion in your private spa suite for total luxury.

REFLEXOLOGY FOOT TREATMENT

price

60 MIN: 155 EUR
(1.167,84 KN)

This treatment begins with acupressure techniques to open the energetic channels or meridians in the shoulders, neck, and head. A nourishing foot exfoliation promotes circulation and relaxation, followed by a reflex zone foot massage to revitalize the feet.

**ADRIATIC
REJUVENATION
TREATMENT**

price

120 MIN: 310 EUR
(2.335,69 KN)

Handpicked garden herbs are infused for this full body treatment. First, an organic olive kernel exfoliation energizes and uplifts your senses, followed by an oat milk soak to soften and soothe your skin. The experience finishes with a customized Aromatherapy Massage to leave the mind and body relaxed and rebalanced.

ALOE SUN SOOTHER

price

60 MIN: 140 EUR
(1.054,83 KN)

Cool, soothe, and hydrate sun-drenched skin with this calming aloe vera body wrap. As your skin soaks up the natural nutrients, a relaxing face and scalp massage deeply nourishes, rebalancing both mind and body. This treatment ends by applying replenishing body milk.

Body Care

(bookable in combination with any other body therapy)

MASLINA THERAPEUTIC BATH

price

30 MIN: 60 EUR
(452,07 KN)

Soak in a blissful deep Maslina bath designed for your needs using our organic herbs and essential oils. Whether for relaxation, muscular aches, detox, energizing, or rebalancing, this is a perfect addition to any treatment.

MASLINA SMOOTHING BODY EXFOLIATION

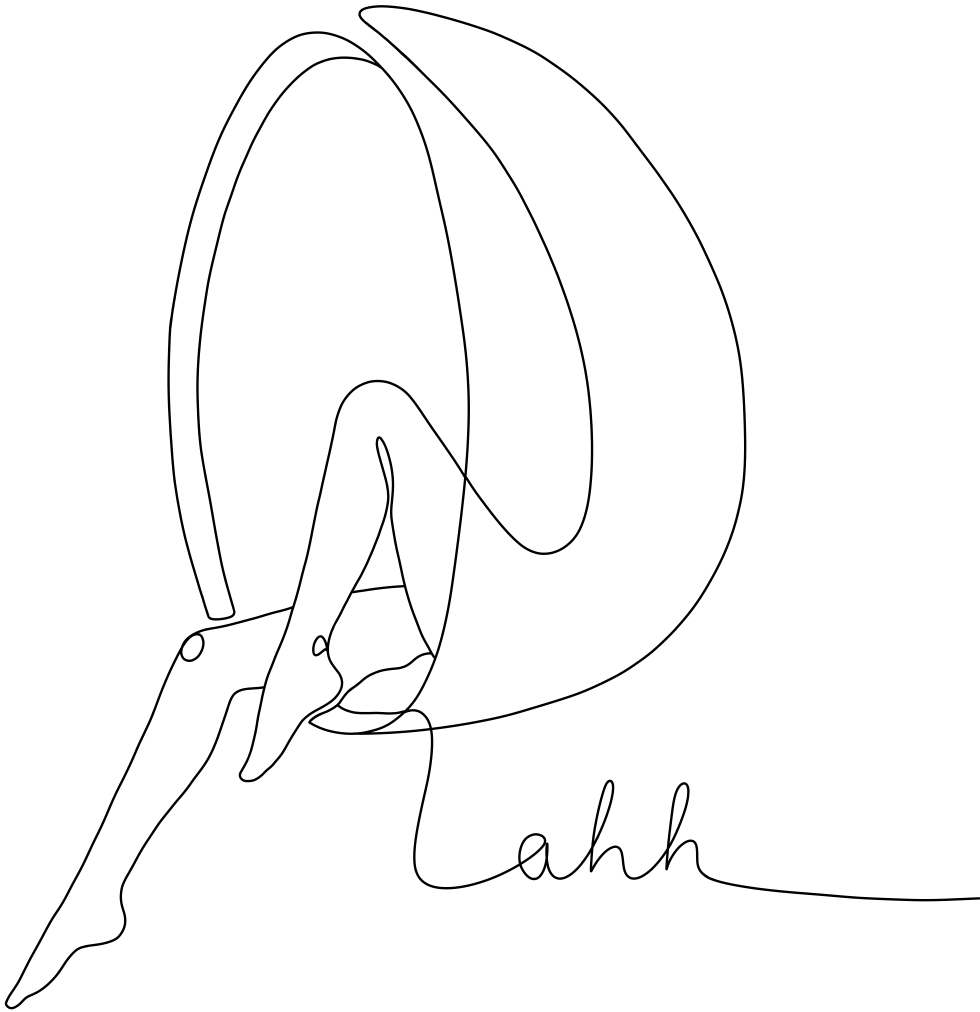
price

30 MIN: 70 EUR
(527,41 KN)

45 MIN: 90 EUR
(678,10 KN)

(in the Maslina Hammam)

An instantly effective blend of crushed organic olives, shea butter, and grapeseed oil combine to polish away dry skin cells, intensively softening and deeply hydrating the skin. The perfect preparation for any massage and an ideal way to ensure a beautiful and even tan. *The 45-minute treatment takes place in the Maslina Hammam.



Wellness Packages

Our carefully-crafted Wellness Packages are designed for guests looking to indulge in luxurious treatments. By choosing our Wellness Packages, guests can choose from a selection of treatments and unlock exclusive savings that make your wellness experience even more enticing.

All packages begin with an in-depth Wellness Consultation, unlimited use of the Aquathermal facilities, and a daily wellness class.

ULTIMATE WELLNESS PACKAGE

price

5 H: 680 EUR
(5.123,46 KN)

The Ultimate Wellness Package includes a generous 5 hours of flexible Treatment Time, allowing you to design your experience to best suit your needs. Choose from an array of categories, including Massage, Signature, Movement & Mindfulness, Facial, or Finishing Touch Treatments.

MASLINA MESSAGE

price

3 x 60 MIN: 395 EUR
(2.976,12 KN)

3 x 90 MIN: 540 EUR
(4.068,63 KN)

Benefit from our deeply effective massage with this collection of therapeutic treatments. Choose from the Integrative, Deep Tissue, Intuitive, or Maternity massage options to ease aching muscles and soothe tension.

MINDFULNESS

price

3 H 40 MIN: 450 EUR
(3.390,52 KN)

INCLUDES:

Rejuvenate the body, calm the mind, and heal the spirit. This rebalancing program promotes positivity and helps restore serenity to your life.

1 x Sound Healing Bath
1 x Reflex Zone Foot Treatment
1 x Adriatic Rejuvenation Treatment

HOLISTIC HEALTH

price

3 H 30 MIN: 385 EUR
(2.900,78 KN)

INCLUDES:

Uncover the principles for maintaining a healthier and more balanced lifestyle. Cleanse and revitalize face and body to promote physical and mental wellbeing.

1 x Biomarker Assessment & Personal Training
1 x 90 Minute Massage of your choice
1 x Soin Cryo 3R

SLEEP

price

2 H 20 MIN: 385 EUR
(2.900,78 KN)

INCLUDES:

Encourage a deep state of peace and relaxation by combining some of our favorite calming treatments to improve and restore a more restful night's sleep.

2 x Sound Healing Baths
1 x Intuitive Massage (60 mins)

DETOX

price

2 H 45 MIN: 360 EUR
(2.712,42 KN)

INCLUDES:

Awaken vitality, purify, and re-energize mind and body with this powerful combination of cleansing treatments. The much-needed boost to any detox.

1 x Body Smoothing Exfoliation in the Maslina Hammam
1 x Soin Cryo 3R
1 x Integrative Massage (60 minutes)

Traditional Massage Treatments

Our massage treatments are an integral part of our menu. Whether you choose a deep tissue massage to alleviate muscle tension, prefer a soothing, light touch experience for complete calm, or need specialized therapy to target specific areas of the body, our massage selection features Dalmatian herbs and local olive oils to promote overall balance and wellbeing.

INTEGRATIVE MESSAGE

price

60 MIN: 155 EUR
(1.167,84 KN)

90 MIN: 210 EUR
(1.582,24 KN)

A deeply effective full body massage that combines various massage techniques to relieve aching muscles, improve range of motion, increase circulation, and melt away tension.

DEEP TISSUE MESSAGE

price

60 MIN: 155 EUR
(1.167,84 KN)

90 MIN: 210 EUR
(1.582,24 KN)

A restorative technique that helps alleviate chronic muscular pain. The therapist applies deep pressure and can utilize warm volcanic stones to reach the sub-layer of musculature, easing sore, tired muscles.

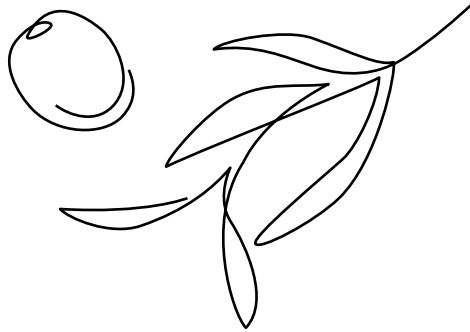
INTUITIVE MESSAGE

price

60 MIN: 155 EUR
(1.167,84 KN)

90 MIN: 210 EUR
(1.582,24 KN)

More than just a massage, this is also an experience unifying the body and spirit. Guided by connection and meditation, our Intuitive Massage fuses techniques from the past to create a totally relaxing and calming experience.



MATERNITY MASSAGE

price

60 MIN: 155 EUR
(1.167,84 KN)

90 MIN: 210 EUR
(1.582,24 KN)

A nurturing and comforting massage adapted for this special time. Using gentle and unscented oils to nourish the skin, this personalized treatment targets backache, tension, and heavy legs, providing a relaxing experience for expecting mothers.

BACK, NECK & SHOULDER MASSAGE

price

30 MIN: 80 EUR
(602,76 KN)

A soothing massage targeting the most common areas of tension. Massage techniques work deep into the muscle groups of the back and shoulders, focusing on individual concerns.

Holistic Experiences

Holistic therapies focus on a person's physical, emotional, social, and spiritual wellbeing. They use expressive arts, including music or movement, or mindfulness practices such as meditation and energetic work to realign body, mind, and soul.

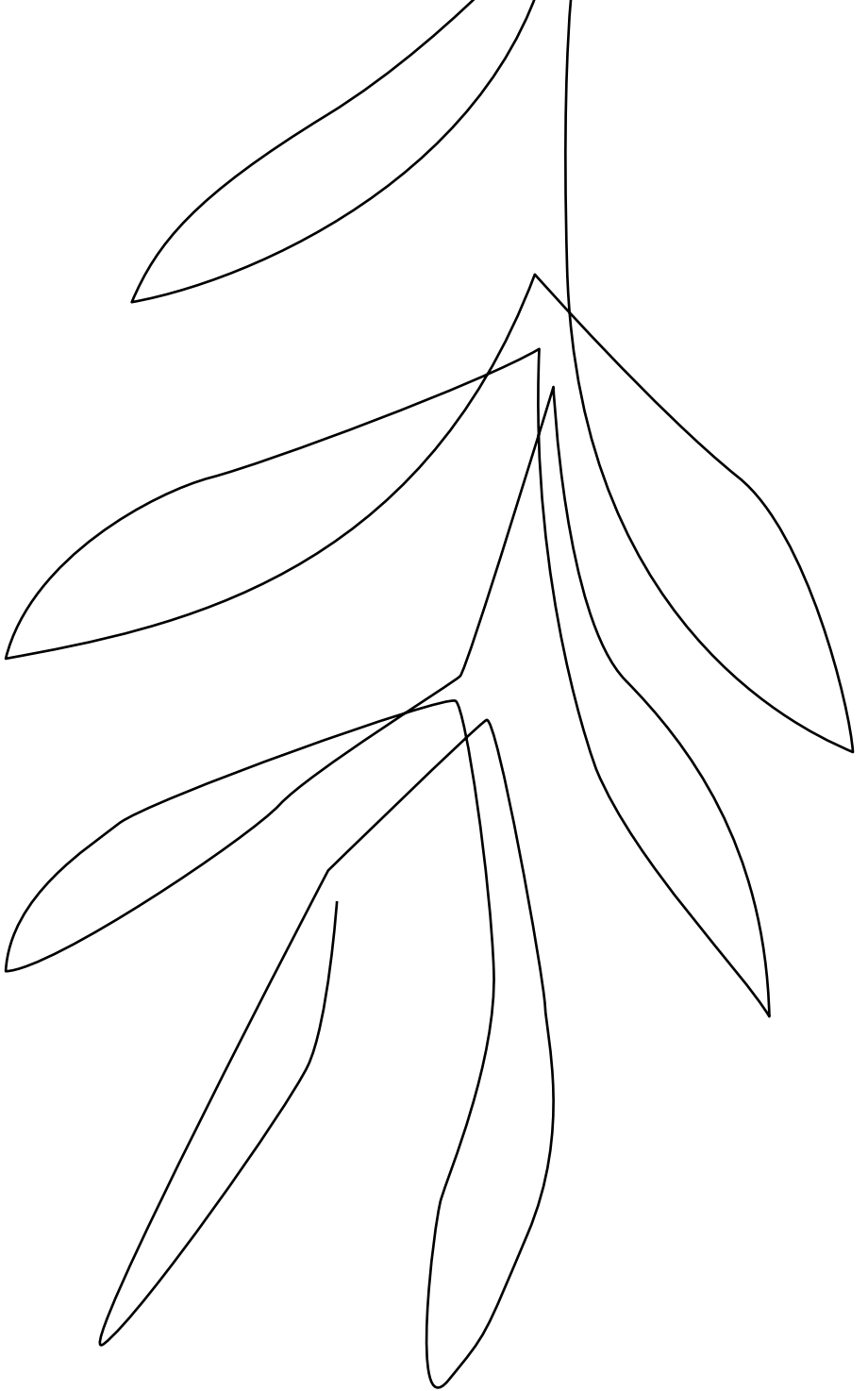
SOUND BATH HEALING

price

40 MIN: 150 EUR
(1.130,17 KN)

The healing power of sound has been recognized since ancient times. A single Sound Bath Healing effectively reduces anxiety, distress, anger, depression, and overall fatigue. Our non-contact treatment brings you to a deep meditative state; the sense of reconnection is expanded, awakening the body's subtle energy flow, and reaching deeper levels of peace and relaxation. Our therapist guides you through a Sound Bath Healing experience according to your needs.

~ ENERGY BOOSTER ~ CALMING & SOOTHING ~
~ CHAKRA BALANCING ~ REJUVENATING ~



Children & Teens

We offer a selection of treatments for our younger guests and look forward to caring for them when accompanied by an adult.

REBALANCING TEENS FACIAL WITH BIOLOGIQUE RECHERCHE

price

45 MIN: 110 EUR
(828,79KN)

The perfect deep cleansing facial to help restore a clear, healthy complexion. Vitamins, minerals, and natural extracts such as Iris gently purify and assist with healing imperfections, reviving the skin's natural beauty and balance.

NECK, SHOULDERS & SCALP MASSAGE

price

30 MIN: 70 EUR (527,41 KN)

HAND & FOOT MASSAGE

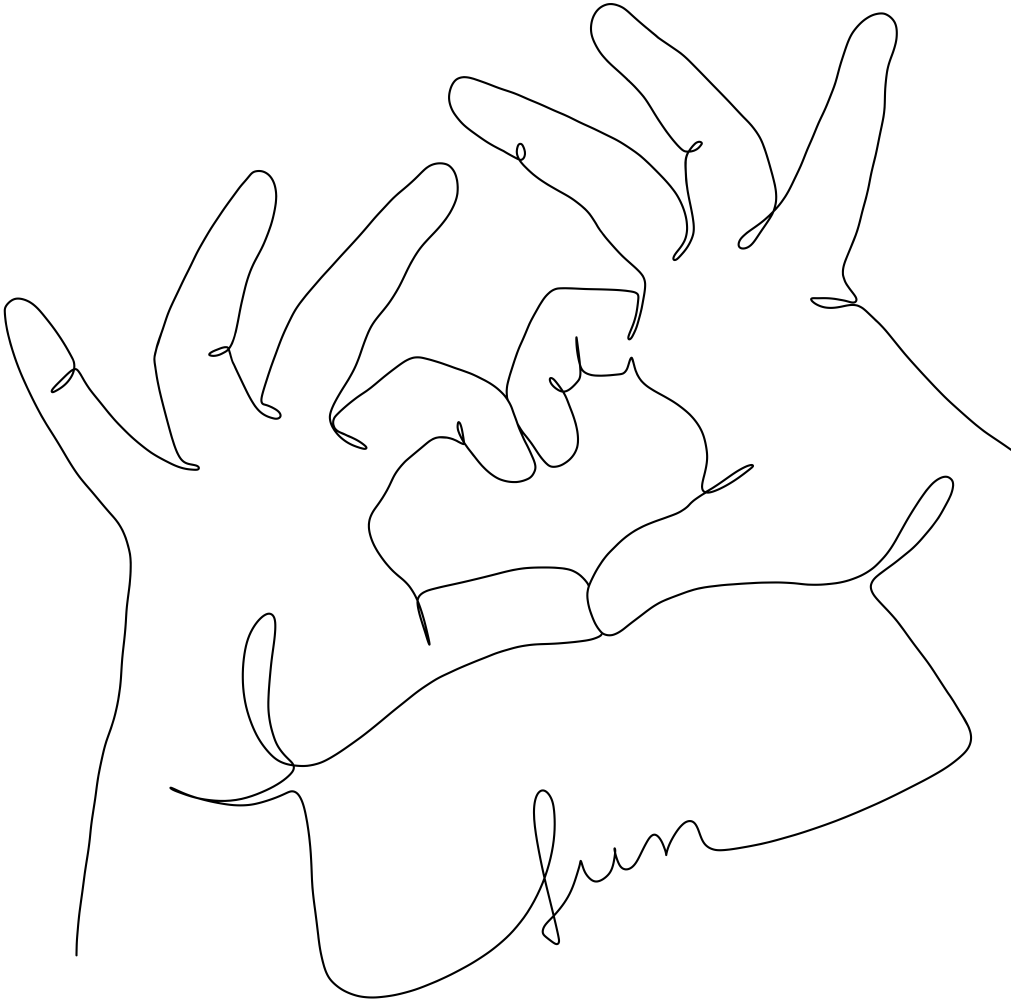
price

30 MIN: 70 EUR (527,41 KN)

FACIAL MASSAGE

price

30 MIN: 70 EUR (527,41 KN)



Mindfulness & Movement

For those wishing to pursue individual health and fitness goals with professional guidance, our trainers offer various types of private Yoga, Fitness, and Meditation practices that can be combined and adapted to your specific needs. The Pharomatiq Fitness Space features world-class Nordh & Matrix equipment to provide an optimal workout environment for your wellbeing. Each Nordh product has been carefully sourced and handcrafted with natural materials.

PRIVATE YOGA

price

60 MIN: 100 EUR
(753,45 KN)

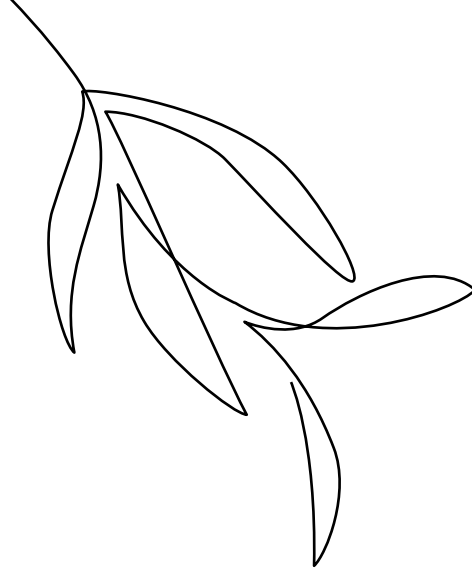
Yoga is a holistic practice that combines physical postures, breath control, and meditation to help you achieve balance and harmony in your body, mind, and spirit. It can improve flexibility, strength, and overall fitness while reducing stress, anxiety, and tension. Whether you're a beginner or an experienced practitioner, our yoga classes offer a welcoming and supportive environment to deepen your practice and enhance your well-being.

ASSISTED STRETCHING

price

45 MIN: 70 EUR
(527,41 KN)

During this one-to-one stretching tuition, your instructor leads you through gentle stretching exercises that promote relaxation, relieve stress, and improve flexibility. By taking time to prioritize your self-care, you will leave feeling revitalized with increased mobility.



**PERSONAL
TRAINING &
BIOMARKER
ASSESSMENT**

price

60 MIN: 90 EUR
(678,10 KN)

Begin with an in-depth TANITA™ assessment providing an instant analysis of your health, body composition, and fitness status, which can be used to monitor progress over time. Reap the benefits of exercise with a positive and enjoyable program designed and tailored to your goal, whether sports-specific, functional, muscle rehabilitation, or just to improve your fitness level. Enjoy beach boot camp, circuit training, strength training, and more!

Finishing Salon

Enjoy a range of services, from hair styling to hand and foot care.

Our manicures and pedicures restore the beauty of your nails and include an aromatic foot soak, a gentle exfoliation, and a soothing massage to nourish and soften dry hands and feet. Treatments include nail and cuticle conditioning, nail shaping, and nail polish application. The duration of the services is approximate and can vary per service.

NAILS

	<i>price</i>
BACK TO NATURE MANICURE 45 MIN	90 EUR (678,10 KN)
MASLINA MANICURE 60 MIN	100 EUR (753,45 KN)
MASLINA PEDICURE 60 MIN	120 EUR (904,14 KN)
COLOR CHANGE 20 MIN	35 EUR (263,70 KN)
ESSENTIAL MANICURE FOR MEN 45 MIN	90 EUR (678,10 KN)
ESSENTIAL PEDICURE FOR MEN 50 MIN	100 EUR (753,45 KN)

Hair & Scalp Treatment

We use Davines hair care products with natural plant essences to restore and nourish the hair and energize and stimulate the scalp to improve circulation and add luster.

WOMEN CUT & BLOW DRY

	<i>price</i>
CUT	80 EUR (602,76 KN)
WASH	40 EUR (301,38 KN)
BLOW DRY	45 EUR (339,05 KN)
HAIR TREATMENT (ADD ON)	10 EUR (75,345 KN)
HAIR STYLING (HAIR UP OR CURLED)	80 EUR (602,76 KN)
HAIRCUT FOR MEN	50 EUR (376,72 KN)
HAIRCUT FOR CHILDREN	30 EUR (226,03 KN)

**OPERATING
HOURS**

Pharomatiq Wellness is open daily from 10 am to 8 pm. Wellness treatments are offered from 10 am to 8 pm.

The Gym is open daily from 7 am to 7 pm.

The Pharomatiq Wellness reception can be reached at ext. 424 from your room

**COMPLIMENTARY
CLASSES**

Join us for Mindful Group Classes in the mornings and evenings, including Yoga, Guided Meditation, and Sound Healing. To find out more about our wellness classes, please visit the Experiences desk, Reception, or Pharomatiq Wellness.

**SPECIAL
CONSIDERATIONS**

Most treatments can be adapted to accommodate pregnancy or injury. We offer a Maternity Massage especially developed for this special time. Please contact us with any questions and let us know about any medical or health concerns.

ARRIVAL

We recommend arriving 15 minutes early to your scheduled treatment, allowing time to complete your holistic health assessment. We suggest an additional 30-60 minutes if you would like to enjoy the Aquathermal Circuit before your treatment (please note swimwear is required in this area). It is better

to avoid eating a heavy meal within 90 minutes of your treatment.

**CANCELLATION
POLICY**

We understand that schedules change and will do our best to accommodate your needs. Since your wellness time is reserved especially for you, we kindly ask you to give a minimum of 24 hours' cancellation notice so someone else may enjoy that time. Cancellations made within 24 hours or non-arrivals will be subject to the full charge of the treatment booked.

AGE POLICY

Our treatments are specially tailored for adults of 18 years upwards. However, we have adapted a selection of treatments for our younger guests with parental consent and accompaniment.

PRICING

All taxes are included in the rates displayed. The prices are based on a 1 euro to 7.5 kuna exchange rate.

TRANQUILITY

We strive to offer our guests a quiet and tranquil environment. For the comfort of others, kindly enjoy quiet conversation and refrain from using cell phones or other electronic devices. Your cooperation is greatly appreciated. Pharomatiq Wellness and the Aquathermal zone are smoke-free environments.

*To speak with our wellness advisors, dial ext. 424 from your hotel room
and +385 (21) 214 888 if dialing outside the hotel.*

*Our services and treatments are subject to change based on availability, seasonality,
and health and safety regulations.*

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“Leave this world a little better than you found it”

ROBERT BADEN-POWELL