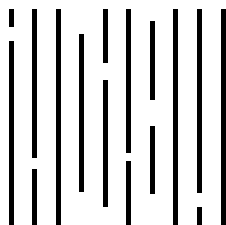




PHAROMATIQ WELLNESS

by Maslina Resort



PHAROMATIQ

Why does Maslina call it '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.

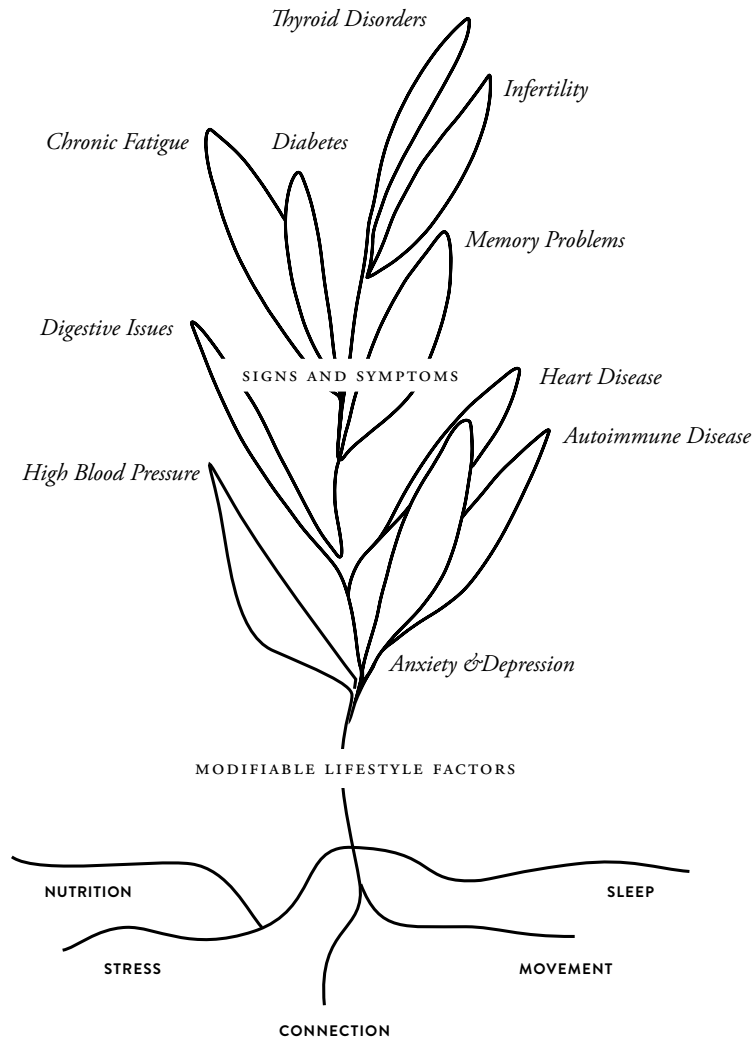
Evidence shows that the greatest wellbeing experience happens when stress, nutrition, relationships, exercise, and sleep are evaluated and approached through lasting lifestyle changes.

CONSULTATION

We are happy to provide a complimentary consultation at Pharamatiq Wellness. Our Wellness team will review your physical preferences, understand your sleep patterns and lifestyle goals, and guide you in choosing the best treatments and experiences based on your chosen intention. Kindly book your complimentary consultation at the Pharamatiq Wellness reception desk.

Choose Your Pathway to Wellness

THE FUNCTIONAL MEDICINE TREE



CHOOSE YOUR INTENTION



L

LONGEVITY

FOR A LONG HEALTHSPAN

Sustainable health practices and mindful lifestyle choices aimed at promoting a fulfilling and extended life span.

L



S

SERENITY

FOR CALM AND SLEEP

A tranquil and harmonious state of being, achieved through mindfulness and stress-reducing practices.

S



V

VITALITY

TO RAISE ENERGY LEVELS

The dynamic and holistic state of wellbeing that encompasses physical, mental, and emotional vitality, fostering a balanced and energized life.

V



P

PURIFY

TO DETOXYFIFY AND CLEANSE

Cleansing and eliminating toxins, both physical and mental, to foster a state of optimal health and vitality.

P



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 for 90/120 min

290 EUR / 360 EUR

price for two for 90/120 min

550 EUR / 720 EUR

To ensure a seamless experience, kindly schedule your Wellness Time at least one day in advance. Additionally, we request that consultations be arranged at least six hours before your scheduled booking time. This proactive approach ensures you receive the utmost attention and personalized guidance during your wellness session. Thank you for your understanding and commitment to wellbeing.





SIGNATURES



**MASLINA COUPLES
TREATMENT**

S P

price per couple per 120 min

630 EUR

Our signature couples experience begins with private relaxation time. The sound of Tibetan balls 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**

V

price for 55 min

170 EUR

This treatment begins with acupuncture 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**

P

price for 120 min

350 EUR

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

P

price for 55 min

160 EUR

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.

**HEALING HERB
POCKETS MASSAGE**

P V

price for 55 min

180 EUR

Whether you want relief from everyday stress and muscle tension or simply wish to indulge in a pampering experience, our massage using herb pockets harmoniously fuses nature's healing elements and expert therapeutic touch. Unwind, rejuvenate, and let the soothing power of herbs transport you to a state of bliss.



BODY CARE

(bookable in combination with any other body therapy)

MASLINA THERAPEUTIC BATH

L S P

price for 60 min

60 EUR

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

MASLINA SMOOTHING BODY EXFOLIATION

P

price for 25/45 min

80 EUR / 130 EUR
(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.



BODY CARE

(bookable in combination with any other body therapy)

BODY EXFOLIATION & WRAP

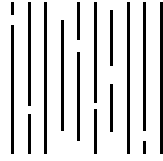
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price for 75 min

225 EUR

Indulge in a luxurious spa experience with our soothing exfoliation and body wrap, a pampering ritual designed to leave your skin feeling revitalized, nourished, and irresistibly smooth. This indulgent treatment combines the benefits of gentle exfoliation with the healing properties of our body wrap, providing a blissful escape for your senses.

The journey begins with a delicately formulated exfoliation blend that sweeps away dull and dead skin cells, unveiling a radiant and refreshed complexion. After the exfoliation, you are cocooned in a sumptuous body wrap designed to nourish and replenish your skin, infusing moisture and essential nutrients.



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.

YOGA & MINDFUL MOVEMENT



price per person for 3 or 4 days

— 580 EUR —

Immerse yourself in the daily practice of hatha yoga to balance body and mind. Relieve stress, tension, and muscle stiffness and keep the body strong, centered, powerful, and flexible while learning to quiet the mind.



This program is ideal for yoga novices seeking alternative, enjoyable body and mind practice. It is perfect for those wishing to understand how the body engages in each posture while enhancing its natural intuition. The program can also be adapted for more seasoned yoga practitioners.

INCLUDES

- Biomarker Assessment and Consultation -
- Two x Personalized Yoga -
 - SUP Yoga -
 - Maslina Meditation -
- Holistic Full Body Massage -
 - Tailor-made Face Yoga -
- 20-minute Wrap-Up Program -
 - Lavender Lemonade -

L S V P

Leave your sleep worries behind with our Restful Retreat, utilizing a range of resources guided by our Sleep Doctor. This program uses the many benefits of yoga nidra and meditation, relaxing treatments and amenities, wellness therapies, nutrition advice, and low-intensity training.

Our Restful Retreat is ideal for anyone looking to improve sleep patterns, allowing you to restore energy levels, de-stress, establish a sustainable sleep routine, feel better equipped to face daily challenges and pave the way to a healthier and happier life.

INCLUDES

- ~ Biomarker Assessment and Consultation ~
- ~ Yoga/Pilates ~
- ~ Personal Training ~
- ~ Meditation/Yoga Nidra ~
- ~ Sound Healing ~
- ~ Full Body Holistic Top-to-Toe Treatment ~
- ~ Cryo 3 Facial ~
- ~ Sleeping Kit ~
- ~ 20-minute Wrap-Up Program ~
- ~ Herbal Lavender Tea ~

L S

RESTFUL RETREAT

SLEEP PACKAGE



price per person for 3 or 4 days

— 650 EUR —



ACTIVE ESCAPE

FITNESS PACKAGE



price per person for 2 or 3 days

— 460 EUR —

This program is ideal if you're looking for a kickstart or support to keep you going when the body says stop. It is designed to make you feel happy and body confident while instilling pride and encouraging you to challenge yourself or maintain a healthy lifestyle.

INCLUDES

- Biomarker Assessment and Consultation -
- Private Fitness Training -
- Dynamic Yoga Session -
 - SUP Yoga -
 - Boxing Class -
- Deep Tissue Massage -
 - Stretching -
- 20-minute Wrap-Up Program -
- Energizing Organic Drink -

It's time for a glow up! This program is specifically designed to increase your energy and improve your overall radiance, all while encouraging your happiness and comfort in your skin. We adopt specific biohacks alongside private activities and spa treatments to help you relax, recharge, and feel rejuvenated inside and out. The program revitalizes the body and calms your mind, enhancing sleep, mood, and cellular energy.

INCLUDES

- Biomarker Assessment and Consultation -
 - Yoga/Pilates -
 - Personal Training -
- Adriatic Rejuvenation Treatment -
- Personalized Biologique Recherche Facial -
 - Top-to-Toe Holistic Massage -
 - Beauty Kit -
- 20-minute Wrap-Up Program -
- Tailor-made Organic Drink -

L S V P

RADIANT REVIVAL



price per person for 3 or 4 days

— 930 EUR —



DETOXIFY & REJUVENATE



price per person for 2 or 3 days

— 550 EUR —

Awaken vitality, purify, and re-energize your mind and body with this powerful combination of cleansing treatments. Our Detoxify & Rejuvenate program is a much-needed boost to any detox.

INCLUDES

- 1 x Biomarker Assessment & Personal Training -
- Body Exfoliation and Wrap -
- Organic Bath with Maslina's Garden Herbs -
- Full Body Lymphatic Massage 1 x Soin Cryo -
- 20-minute Wrap-Up Program -
- Green Detox Juice -

L S V P



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 MASSAGE

L

price for 55/85 min

180 EUR/260 EUR

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 MASSAGE

L V

price for 55/85 min

185 EUR/265 EUR

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 MASSAGE

L S

price for 55/85 min

180 EUR/260 EUR

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

L S

price for 60/75min

180 EUR/240 EUR

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

BACK, NECK & SHOULDER MASSAGE

L S V

price for 25 min

90 EUR

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.

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

SOUND BATH HEALING

L S

price for 40 min

100 EUR

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 to reach deeper levels of peace and relaxation. Our therapist guides you through a Sound Bath Healing experience according to your needs.

GUIDED MEDITATION

L S

price for 40 min

100 EUR

Comfortably settle in as our experienced Meditation Guide gently leads you through a series of mindfulness exercises, helping to release tension, quiet the mind, and connect with your inner calm. This guided meditation is tailored to promote relaxation, reduce stress, and enhance overall wellbeing.

Our aromatherapy blends complement your meditation and fill the air with soothing scents. These carefully crafted aromas are derived from natural essential oils and have been selected for their calming and balancing properties.

REIKI

L S

price for 60 min

230 EUR

A spiritual healing technique, the word Reiki comes from the Japanese word (Rei), which means "Universal Life," and (Ki), which means "Energy,"; it refers to the life energy that flows through all living things. This treatment can ease tension and stress and help support the body to facilitate an environment for healing on all levels – physical, mental, and emotional.

INTUITIVE SOUND HEALING WITH REIKI

L S

price for 90 min

350 EUR

Integrates sound healing and Reiki as a powerful combination to create a journey into your inner peace Experience the ultimate sleep performance with a unique blend of techniques designed to promote deep relaxation and restful slumber. Ideal for those who struggle to unwind, offering a comprehensive approach to relaxation. Enjoy guided practices with our sleep and relaxation experts.



FACIALS BY
BIOLOGIQUE RECHERCHE

The Biologique Recherche Methodology is based on over forty years of experience using innovative products and meticulous protocols. The products are formulated with high concentrations of active ingredients derived from natural or biotechnological compounds and are fragrance-free. Skincare is provided following a personal dermocosmetic diagnosis (suitable for both men and women) using a Skin Instant© analysis.



FACIAL 45 MIN

SOIN HYDRÉCLAT

P

price

135 EUR

A hydrating and complexion-enhancing treatment that is suitable for all skin types. It leaves your face, neck, and décolleté hydrated and toned.

FACIALS 60 MIN

SOIN SÉBO-
RÉÉQUILIBRANT

P

price

180 EUR

A treatment that rebalances the skin, detoxifies, and deeply cleanses congestion. As a result, open pores are refined, and skin health is restored.

SOIN CRYO 3R

P

price

180 EUR

A combination treatment using cryo sticks to sculpt and tone the facial muscles while also reducing redness, puffiness, and inflammation. The skin is left feeling calm and soothed.

FACIALS 75 MIN

SOIN
RESTRUCTURANT
ET LISSANT

P

price

225 EUR

This age-defying treatment targets the face, décolleté, and neck to restore elasticity. A reconditioning facial to smooth and tone the skin.

SOIN LIFT C.V.S

P

price

225 EUR

An exfoliating and lifting treatment combined with sculpting techniques designed for mature skin. Enjoy immediate results with this iconic treatment.

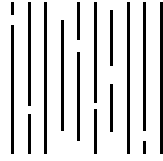
SOIN MC 110

P

price

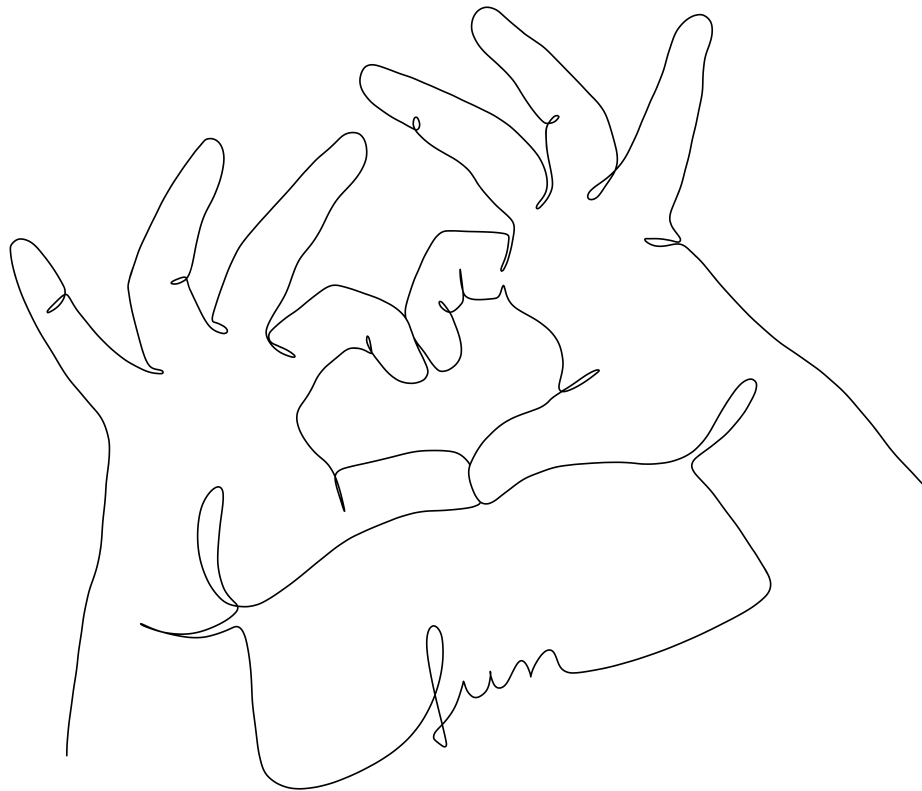
225 EUR

A brightening and revitalizing facial to hydrate the skin, resulting in a nourished complexion



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**

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.

price for 45 min

110 EUR

NECK, SHOULDERS & SCALP MASSAGE

price for 30 min

70 EUR

HAND & FOOT MASSAGE

price for 30 min

70 EUR

FACIAL MASSAGE

price for 30 min

70 EUR



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

L S V

price for 60 min

100 EUR

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 wellbeing.

PRIVATE BOXING

L V

price for 60 min

100 EUR

Boxing is an excellent full-body workout! Our private classes can be tailored to your fitness goals, with various exercises incorporated to improve your strength, agility, endurance, and cardiovascular fitness. Our instructor can focus on specific aspects such as footwork, stance, punches, defensive maneuvers, and overall strategy. Whether you are a beginner looking to learn the basics or an experienced boxer aiming to refine advanced techniques, private boxing classes target your skill development.

SUP/STAND-UP PADDLEBOARD YOGA

L V

price for 60 min

120 EUR

Picture yourself softly swaying across the Adriatic Sea, surrounded by the soothing sounds of nature. Our SUP Yoga is held in this exact setting, providing a picturesque and peaceful backdrop for your practice. SUP Yoga is a refreshing and unique way to practice yoga, combining the benefits of outdoor activity, mindfulness, and the joy of being at sea. The gentle rocking of the Adriatic adds a layer of challenge and fun to your session.

PERSONAL TRAINING & BIOMARKER ASSESSMENT

L V

price

90 EUR

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
MASLINA MANICURE 60 MIN	100 EUR
MASLINA PEDICURE 60 MIN	120 EUR
COLOR CHANGE 20 MIN	35 EUR
ESSENTIAL MANICURE FOR MEN 45 MIN	90 EUR
ESSENTIAL PEDICURE FOR MEN 50 MIN	100 EUR



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
WASH	40 EUR
BLOW DRY	45 EUR
HAIR TREATMENT (ADD ON)	10 EUR
HAIR STYLING (HAIR UP OR CURLED)	80 EUR
HAIRCUT FOR MEN	50 EUR
HAIRCUT FOR CHILDREN	30 EUR



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 ~ 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.
- 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.

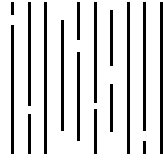
FINNISH SAUNA

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.



WELLNESS REMINDERS

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

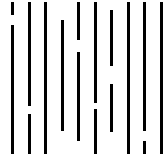
Join us for Mindful Group Classes in the mornings and evenings, including Yoga, Guided Meditation, and Sound Healing. To find out more about our wellness classes, please visit the Experiences desk, Reception, or Pharomatiq Wellness.

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.



W E L L N E S S R E M I N D E R S

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

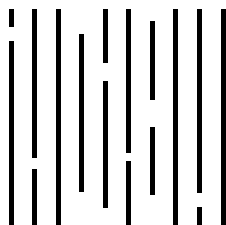
Our treatments are specially tailored for adults of 18 years upwards. However, we have adapted a selection of treatments for our younger guests with parental consent and accompaniment.

PRICING

All taxes are included in the rates displayed.

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.



PHAROMATIQ

*To speak with our wellness advisors, dial ext. 424 from your hotel room
and +385 (21) 214 888 if dialing outside the hotel,
or contact us at spa@maslinaresort.com*

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

*Kindly note that our Pharomatiq Wellness prices are subject to change.
Maslina Resort reserves the right to adapt our prices throughout the season.*

—

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

ROBERT BADEN-POWELL