



WELLNESS PRICE LIST





managed by



## MASAŽE + MESSAGES

Klasična masaža + Classic massage

Sportska masaža + Sports massage

Relax masaža + Relax massage

Masaža za trudnice + Massage for pregnant women

Dječja masaža + Children's massage

Hot stone masaža + Hot stone massage

Masaža stopala + Foot massage

Terapeutska masaža vlasišta i vrata + Therapeutic scalp and neck massage

## RITUALI I TRETMANI RITUALS AND TREATMENTS

Čokoladna bajka + Chocolate Fairytale

Radiant Skin by Esense

Skin Love by Opushteno

Dodir soli + Touch of Salt

A misty forest at sunrise with tall trees and a sunburst effect. The scene is bathed in warm, golden light, with rays of sunlight filtering through the mist and tall, slender trees. The ground is covered in fallen leaves and small evergreen saplings.

MASAŽE  
MASSAGES



## KLASIČNA MASAŽA CLASSIC MASSAGE

Potrebna je svima. Dugi pokreti poboljšati će cirkulaciju i smanjiti stres dok će Vas duboki pokreti riješiti napetosti i boli.

Everybody needs it. Long movements will increase circulation and reduce stress while deep movements will resolve your tensions and pain.

25 MIN	45,00 €
50 MIN	60,00 €

## RELAX MASAŽA RELAX MASSAGE

Masaža cijelog tijela aromatičnim uljima učiniti će Vaše tijelo odmornim i duh smiren.

Massaging the entire body with aromatic oils will make your mind calm.

30 MIN	40,00 €
50 MIN	55,00 €

## SPORTSKA MASAŽA SPORTS MASSAGE

Oslobodite svoje tijelo brzom i ritmičnom masažom sa elementima istezanja.

Release your body with a quick and rhythmic massage with stretching elements.

25 MIN	45,00 €
50 MIN	65,00 €

## MASAŽA ZA TRUDNICE MASSAGE FOR PREGNANT WOMEN

Oslobodite se stresa i vratite energiju. Ova masaža će svakoj budućoj majci pomoći da opuštenije dočeka rođenje svog malog princa ili princeze.

Get rid of stress and restore energy. This massage will help each of future mothers to greet the birth of their little prince or princess more relaxed.

25 MIN	30,00 €
50 MIN	50,00 €



MASAŽE  
MASSAGES



## DJEČJA MASAŽA

od 7 godina

## CHILDREN'S MASSAGE

from 7 years of age

I klinici žele biti „veliki“ dopustite im da se tako osjećaju. Masažom možemo pratiti razvoj djeteta, očuvati njegovo zdravlje i najbitnije od svega, usaditi mu zdrave navike koje život znače.

The kids want to be "big" let them feel that way. With massage we can monitor the development of the child, preserve its health and, most importantly, build up the healthy habits for life.

25 MIN

30,00 €

## HOT STONE MASAŽA HOT STONE MASSAGE

Masaža toplim vulkanskim kamenjem opušta napetost iz tijela i uma. Ima izniman efekt drenaže i izbacivanja štetnih tvari, blagotvorno djeluje protiv stresa, napetosti i zakočenosti, loše cirkulacije, raznih reumatskih

stanja, boli u leđima, tjeskobe, nesanice i depresije.

Massage with volcanic stones leaves the tension of the body and mind. It has an effect of drainage and depletion of skin, it has good effect on stress and tension release, bad blood circulation and various rheumatic conditions as well as back pain, sleeplessness and depression.

50 MIN

60,00 €

## MASAŽA STOPALA FOOT MASSAGE

Stopala su poput svih ostalih dijelova na našem tijelu podjednako važna i o njima treba voditi računa. Osim opuštanja mišića ujedno će doći do bolje cirkulacije i pojačat će se proces eliminacije toksina.

Feet are also important and we need to take them in account. In addition of relaxing the muscles, massage improves circulation and proces of toxins elimination.

20 MIN

25,00 €



MASAŽE  
MASSAGES





# TERAPEUTSKA MASAŽA VLASIŠTA I VRATA THERAPEUTIC SCALP AND NECK MASSAGE

Opustajuća masaža vrata i vlasišta, u kombinaciji s uljem, idealna je za osobe koje pate od glavobolja i migrena.

Relaxing neck and scalp massage, combined with oil, is ideal for people suffering from headaches and migraines.

20 MIN

30,00 €





RITUALI I TRETMANI  
RITUALS AND TREATMENTS

## ČOKOLADNA BAJKA CHOCOLATE FAIRYTALE

Ugodite svom tijelu i razmazite svoj duh - isprobajte jednu od najnježnijih masaža koje postoje. Prije masaže pripremamo tijelo pilingom na bazi soli tako da koža i Vi možete potpuno uživati u blagodatima čokolade te na kraju masaže zamatanjem u masku. Vaša će koža upiti sve najbolje sastojke čokolade.

Pamper your body and pamper your spirit - try one of the most gentle massages there is. Before the massage, we prepare the body with a salt-based peeling so that the skin and you can fully enjoy the benefits of chocolate, and at the end of the massage by wrapping it in a mask. Your skin will absorb all the best ingredients of chocolate.

Piling + masaža + zamatanje u oblog /  
Peeling + massage + compress wrap

70 MIN

75,00 €

## RADIANT SKIN BY ESENSE

Piling, masaža i maska najkvalitetnijim i prirodnim proizvodima Esense Mediterana učinit će da Vaše lice zablista.

Peeling, massage and mask with the highest quality and natural products of Esense. Mediterranean will make your face shine.

50 MIN

45,00 €

## SKIN LOVE BY OPUSHTENO

Ugodna fuzija za smirivanje kože: lipa, bazga, kamilica, crni sljez, latice ruže.

Pleasant fusion to calm the skin: linden, elderberry, chamomile, marshmallow, rose petals.

Lice/ Face

20 MIN

50,00 €

Tijelo/ body

45 MIN

70,00 €

## DODIR SOLI TOUCH OF SALT

Zelite li da Vaša koža zablista priuštite si piling cijelog tijela. Piling je na bazi soli te će sa površine kože odstraniti sve mrtve stanice i potaknuti cirkulaciju u površinskom sloju kože što će rezultirati zdravim i lijepim izgledom te izvanrednom mekoćom.

If you want your skin to glow, treat yourself to a full body scrub. The peeling is salt-based and will remove all dead cells from the surface of the skin and stimulate circulation in the surface layer of the skin, which will result in a healthy and beautiful appearance and extraordinary softness.

Piling + masaža + zamatanje u oblog /  
Peeling + massage + compress wrap

10,00 €





CJENIK DODATNIH USLUGA  
ZA VANJSKE GOSTE

PRICE LIST FOR ADDITIONAL SERVICES  
FOR EXTERNAL GUESTS



## CJELODNEVNA KARTA WELLNESS WELLNES DAILY TICKET

Nedjelja/ Sunday - Četvrtak/ Thursday 20,00 €

## CJELODNEVNA KARTA BAZEN SWIMMING POOL DAILY TICKET

Nedjelja/ Sunday - Četvrtak/ Thursday

8,00 EUR odrasli/ adults

3,00 EUR djeca/ children

\*korištenje wellnessa i/ili bazena petkom i subotom  
na upit i prema raspoloživosti.

## Wellness & Spa Center ''Lorem Paradiso''

Radno vrijeme/ Open (working hours can diverse):

Ponedjeljak/ Monday -3:00 p.m.- 9:00 p.m

Utorak - Nedjelja/Tuesday – Sunday-9:00 a.m. – 9:00 p.m.

Masaže prema narudžbi / Massages by agreement

Telefonski broj za zvanje sa sobnog telefona/ telephone number from  
the room 4000

GOSTIMA HOTELA ODOBRAVA SE 10% POPUSTA  
NA NAVEDENE CIJENE UKOLIKO NARUČE  
ŽELJENU MASAŽU ILI TRETMAN PRIJE DOLASKA  
U HOTEL.

Rezervirajte svoj termin na broj 042/440-947 ili recepciji wellnessa.  
Otkazivanje svake rezervacije potrebno je najaviti minimalno jedan sat prije  
zakazanog termina, u protivnom će se naplatiti 100%.  
Gosti se moraju pridržavati pravila ponašanja wellnessa.  
PDV je uključen u cijenu.

Radujemo se Vašem dolasku!

HOTEL GUESTS ARE GRANTED A 10% DISCOUNT  
ON ALL LISTED PRICES IF THEY RESERVE THEIR  
SELECTED MASSAGE OR TREATMENT PRIOR TO  
ARRIVAL.

Book your appointment at 042/440-947 or wellness reception.  
Cancellation of each reservation must be announced at least one hour  
before the scheduled appointment, otherwise the service will be charged  
100%.  
Guests must adhere to the wellness code of conduct.  
VAT is included in the price.

We are looking forward to your arrival!

Wellness & Spa Center „Lorem Paradiso“  
Hotel Trakošćan  
Trakošćan 5  
42253 Bednja

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10000 Zagreb  
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 hotel  
TRAKOŠĆAN