

SENSEAS

Wellness & Spa

by Arena Hospitality Group

○ Hotel Park Plaza Arena Pula



Get away from it all experiencing a **THALGO** treatment, which stimulates the five senses

TOUCH through techniques inspired by the movements of the sea

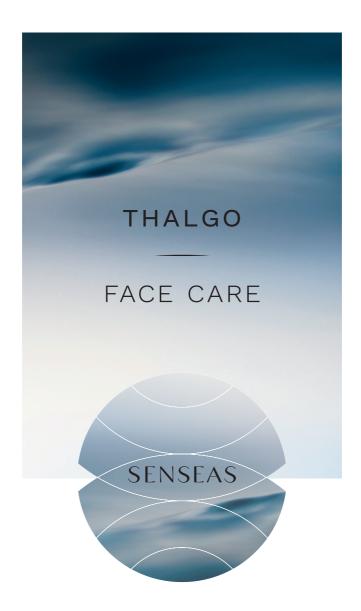
SIGHT via a soothing marine colour palette

TASTE through infusions and nutritional supplements rich in marine active ingredients

SMELL through the diffusion of fresh, refined fragrances that offer an invitation to travel

HEARING thanks to a soundscape transporting you to the seaside





Let yourself be enfolded by the Sea to empower your beauty.

At the heart of each Thalgo treatment is a unique knowledge, therapist expertise, exclusive massage techniques, high-performance devices, divine textures and captivating fragrances for an incomparable treatment experience, and visible, lasting results.



SOURCE MARINE RITUAL

50 MIN **75,00 €**

DEHYDRATED SKIN

At the heart of Source Marine lies an exceptional "water of beauty": it hydrates every epidermal cell. It also contains detoxifying Lumisource, gives a new, perfect brightness to dull skin.

COLD CREAM MARINE RITUAL

50 MIN **75,00 €**

DRY AND SENSITIVE SKIN

Fills, soothes and repairs dry and sensitive skin, it combines an algae oil with exceptional bioassimilation properties, an algae wax and Sève Bleue des Océans, to bring comfort to the most demanding skin.

PURETE MARINE RITUAL

50 MIN **75,00 €**

COMBINATION SKIN

For long-lasting shine control, visible correction of enlarged pores and a reduction in the appearance of imperfections, it slows the skin's excessive sebum production.





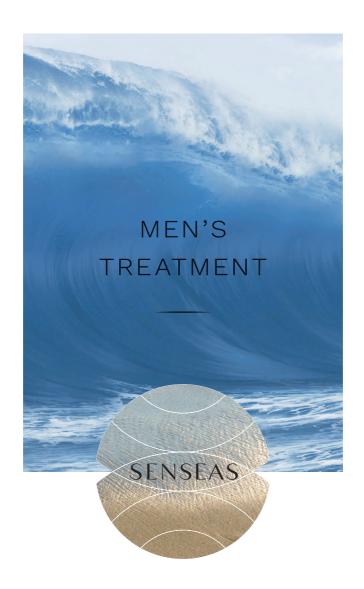
HYALU-PROCOLLAGEN

50 MIN

90,00 €

Wrinkle to wrinkle treatment combining hyaluronic acid & marine pro-collagen using Roller Boosters, for visible effectiveness, from the very first treatment. Instantly, the face looks younger and even deeper wrinkles appear smoothed.





OCEAN MARINE FACE

50 MIN

75,00 €

Whether the goal is to hydrate, replenish, reduce irritation or purify, this treatment provides a made-to-measure solution for men's skin. Enriched with Algue Bleue Vitale extract, a cell energising complex, and drawing on the strength of its relaxing massage, this treatment meets all the needs of men's skin.

EXPRESS ANTI-FATIQUE FACIAL

30 MIN

50,00 €

Revive and energise tired complexions in just 30 mins. A thorough cleanse, marine crystal scrub, energising signature acupressure and an antifatigue mask follow one after the other to reveal clearer, cleaner skin and refresh the features.





THALASSOTHERAPY ———— BODY CARES & RITUALS

MASSAGES

AROMA SENSEAS	50 MIN	65,00	€
By reducing minor discomforts and pains and to relieve tension and stress, the technique of traditional wellness styles guarantee complete relaxation of muscle tension and circulation.	80 MIN	85,00	€
AROMA THAI	50 MIN	85,00	€
This energizing massage is combination of traditional Thai and Swedish massage. Harmony of relaxing and deep tissue massage mouvements with aromatized oils activates energy channels. Positive energy is restored, body relaxed and mind relieved.	80 MIN	110,00	€
AYURVEDIC MASSAGE	50 MIN	75,00	€

This invigorating massage, derived from traditional Indian Ayurvedic practices, rebalances inner energy. Combining intense techniques and friction with percussive and deep smoothing movements performed over warm precious wood oils, the body and mind regain their essential vitality.



DEEPLY NOURISHING BODY MASSAGE

50 MIN **75,00 €**

The ultimate nourishing body massage, great for restoring the feeling of comfort to dry and very dry skin. Relaxing movements and a gentle massage restore firmness and softness to even the most sensitive skin.

HOT STONE

75 MIN **85,00 €**

Deep warming massage with volcanic rocks.

BACK & NECK MASSAGE

25 MIN **45,00 €**

It is performed locally mainly for back and neck ailments or problems. It stimulates the flow of blood and nutrients to the muscles and reduces muscle tension. It has general effects on both muscle activation and overall relaxation.

MASSAGES — BODY CARES & RITUALS

TIME FOR TWO	50 MIN	130,00	€
Enjoy the relaxing massage experience with your friend or partner. The exclusive couple massages are a great way to enjoy together.	80 MIN	160,00	€
DEEPLY NOURISHING HAND MASSAGE	20 MIN	30,00	€
An area subject to everyday stress, your hands need comforting. All the expertise of Thalgo's massage techniques stroking, kneading, stretching — coupled with the effectiveness of the cold cream marine recipe, for a unique moment of enveloping and repairing.			
DEEPLY NOURISHING FOOT MASSAGE	20 MIN	35,00	€
The feet represent the essential connectors between earth and heaven for a good flow of energy. This massage provides deep wellbeing			

and intense relief of nervous tension.



SCALP MASSAGE	20 MIN	35,00	€
The head, back of the neck and trapezius centralise a lot of nervous tension. Relaxing with a targeted massage provides deep relaxation, lowers sensitivity to stress, helps you to switch off and improves the quality of sleep.			
REFLEXOLOGY	25 MIN	55,00	€
By pressing feet and palms reflex zones all body is treated. This acupressure massage balances the whole body, bringing it into a state of proper functioning.	45 MIN	70,00	€
THAI BACK& NECK	40 MIN	60,00	€

MASSAGES — BODY CARES & RITUALS

THAI PACKAGE 50 MIN 85,00 €

Combination of head, neck and back massage with reflexology provides deep relaxation.

Tension is relieved, sleep quality is improved and well-being is restored.





SPA SERVICES

Gym — 1 visit **16,00 €**

Spa zone — 1 visit / up to 3 hours 30,00 €





RESERVATION To ensure that your preferred treatment or therapists available, we invite you to schedule your appointment in advance at the Spa reception. Spontaneous bookings (day-of-service / walk-ins) are always welcomed, and will be confirmed based on availability.

CANCELLATION POLICY We require a six hours notice to cancel your treatment without charge. The amount of 50% of a treatment will be charged if it is not cancelled in accordance with the cancellation policy, or if it is not attended.

SPA ARRIVAL We would advise arrival to the SPA center ten minutes prior than scheduled in order to provide the service at the scheduled time. Please notice that late arrivals will result in a shortened appointment. In fairness to others, we must follow scheduled appointment times so the next guests' sessions can begin on time. Please note that in case of late arrival you will be charged the full amount of the service.

DIALOGUE Communication with your therapist should be a free and open dialogue. Prior to the start of your service, please advise the areas you would like the therapist to focus on and any areas that should to be avoided. During your service please let the therapist know if you feel any discomfort. Please inform your therapist if you have any medical conditions as this may interfere with Spa use and treatment selection.



PAYMENT We accept cash and all major credit cards; as well as room charge.

Prices include VAT. Prices are subject to change without prior notice.

VALUABLES The hotel takes no responsibility for lost or damaged personal items. Please leave your valuables in your room or use lockers provided in the changing rooms.

MINIMUM AGE We welcome guests of all ages in the pool area. Spa zone and Gym are reserved for guests 16 years of age and above.

WORKING HOURS Every day from 10 a.m. until 7 p.m.



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