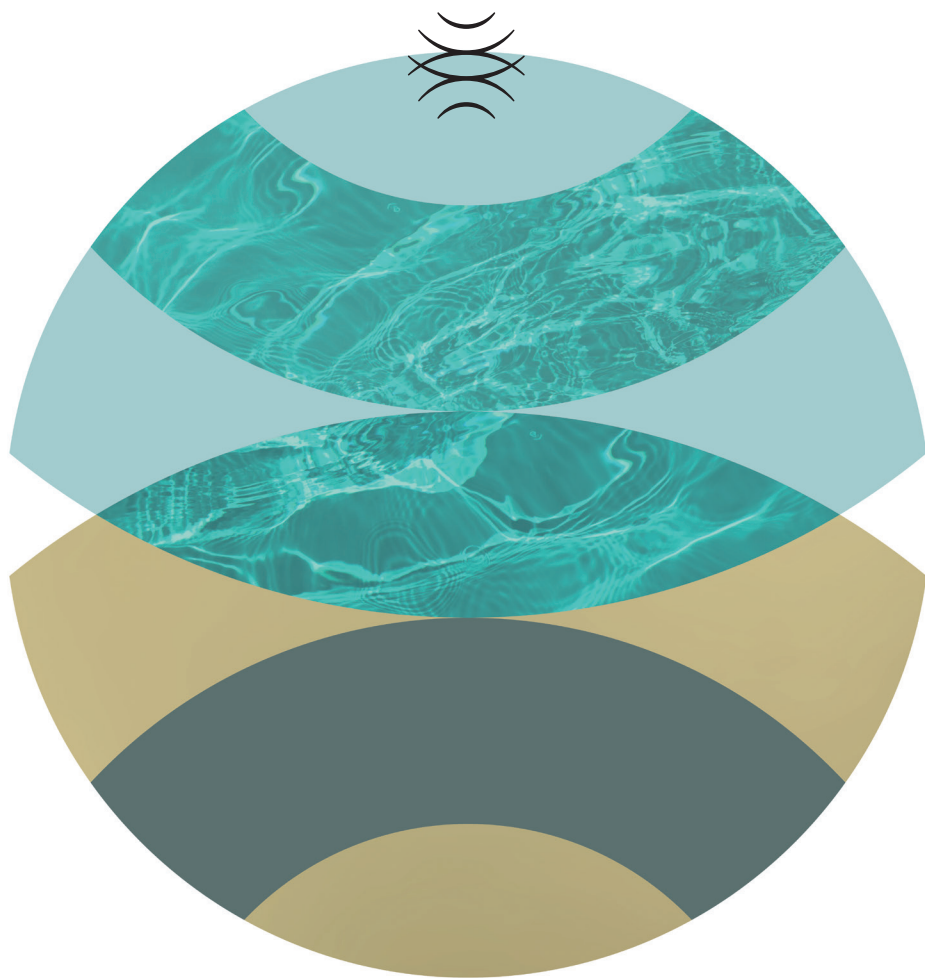




SENSEAS

Wellness & Spa

by Arena Hospitality Group
📍 Hotel Park Plaza Histria Pula

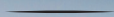


SENSEAS

We invite you to rebalance your energy flow and to revitalize your body and mind in our professional wellness. Our desire is to take you away from your daily commitments, leave behind the stresses and monotony of your daily life. The experienced team will help you determine the best services and will assist you to give your mind, body and soul the maximum relaxation. For deep well-being we offer rituals and treatments with french cosmetology, Phytomer. Step into tranquillity and immerse yourself in soothing warmth and heavenly aromas. We offer you a unique experience that will make you feel reborn.



PHYTOMER



FACE CARE



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HYDRA ORIGINAL

PLUMPING THIRST-RELIEF FACIAL
WITH ORGANIC ALGAE

A skincare essential that pairs moisturizing performance with intense relaxation using organic ingredients, sense-awakening textures and relaxing massage to leave skin soothed and glowing, plumped and restored.

CITYLIFE

ANTI-POLLUTION SKIN FRESHNESS TREATMENT

A treatment that concentrates all the sea's skincare benefits to detox and revitalize skin and treat it to a breath of fresh air. The anti-pollution experience eliminates signs of fatigue, brightens the complexion and rehydrates skin.

60 MIN

85,00 €

10.09.2026.:85,00 €

60 MIN

85,00 €

10.09.2026.:85,00 €



DOUCEUR MARINE

COMFORTING SOOTHING TREATMENT

60 MIN

85,00 €

10.09.2026.:85,00 €

A nurturing treatment that softens sensitive skin and strengthens its defenses with soothing, hydrating results.

ACCEPT CICA

FRAGRANCE-FREE HIGH TOLERANCE
NOURISHING TREATMENT

40 MIN

75,00 €

10.09.2026.:75,00 €

This repairing treatment with Organic Fermented Codium is ideal for reactive skin or skin weakened by repeated skin peels, pollution or climatic conditions.

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OLIGOPUR

60 MIN

85,00 €

PURIFYING ACNE-CONTROL TREATMENT

10.09.2026.:85,00 €

A cleansing program that effectively targets blemishes for clearer, healthier skin and smoother, fresher complexion.

COMPLEMENTARY ADD - ON MODULES

EYE PERFECTION

85,00 €

RADIANCE SMOOTHING EYE TREATMENT

10.09.2026.:85,00 €

A comprehensive, effective and relaxing treatment for beautiful eyes that sparkle with youth.

RELAX BACK

85,00 €

REMINERALIZING ANTI-FATIGUE TREATMENT

10.09.2026.:85,00 €

An ultra relaxing back massage is followed by a gentle slathering of Self-Heating Marine Mud along the spine for total relaxation, optimal detox and remineralizing effects.



ANTI-AGEING
TREATMENTS



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SUPREME YOUTH PIONEER TREATMENT

ULTIMATE TREATMENT FOR THE FACE, LIPS AND
DECOLLETE

90 MIN

130,00 €

10.09.2026.:130,00 €

This premium treatment restores the skin's freshness, youth and radiance. Its exceptional massage of the entire face and decollete visibly smooths the skin while delivering absolute wellness. Throughout the treatment, the back is enriched with trace elements and a relaxing sensation of gentle warmth.

EXPERT YOUTH

WRINKLE CORRECTION TREATMENT

60 MIN

110,00 €

10.09.2026.:110,00 €

The leading anti-aging ritual that targets all wrinkles to smooth the skin, reduce lines and re-plump the face.

OLIGOFORCE LUMINATION

TREATMENT FOR COMPLEXION -
DARK SPOTS - WRINKLES

60 MIN

110,00 €

10.09.2026.:110,00 €

A complete global anti-aging treatment that illuminates the complexion, reduces dark spots and smooths wrinkles. The ideal combination of a peel, a powerful anti-aging serum and a sheet mask rich in trace elements, to infuse the skin with light.



MEN'S TREATMENT



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NEW SKIN FOR MEN

MEN'S FACIAL

Enter a skincare experience designed especially for men. Choose from a selection of moisturizing, youth-restoring, soothing and anti-pollution facials that have been specially adapted to men's skin needs.

SPA PEDICURE

SPA MANICURE

60 MIN

85,00 €

10.09.2026.:85,00 €

45,00 €

10.09.2026.:45,00 €

40,00 €

10.09.2026.:40,00 €



BEAUTY &
WELL-BEING
TREATMENTS

SENSEAS

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RITUALS

OLIGOTHERAPY

REMINERALIZING DRAINAGE BODY TREATMENT

90 MIN

120,00 €

10.09.2026.:120,00 €

Detox with this complete body treatment: a draining massage that eliminates toxins and tension is combined with a remineralizing wrap with Oligomer® for a total body makeover.

SPARKLES OF THE SEA

REMINERALIZING RELAXING BACK TREATMENT

45 MIN

85,00 €

10.09.2026.:85,00 €

An ultra-relaxing and relaxing back and scalp massage combined with detoxifying marine products for deep cleansing.



MARINE SCRUB

TONING BODY SCRUB TREATMENT OR SILKY
BODY MULTI-EXFOLIANT TREATMENT

50 MIN

85,00 €

10.09.2026.:85,00 €

An exfoliation with sea salt crystals combined
with a relaxing body massage for an express
beauty treatment that leaves skin silky soft.

LEG REVIVAL

LEG SOOTHING BEAUTY TREATMENT

45 MIN

80,00 €

10.09.2026.:80,00 €

A targeted treatment to comfort and relax tired
legs, with visible leg beautification as a result.

SENSEAS

MASSAGES

AROMA SENSEAS

50 MIN **75,00 €**

10.09.2026.:75,00 €

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.

OLIGOMER SPA

90 MIN **120,00 €**

REMINERALIZING REVITALIZING MASSAGE

10.09.2026.:120,00 €

Deeply relaxing and re-energizing, this signature body treatment combines a full exfoliation with a totally encompassing massage from the top of the head to the toes. All parts of your body are gradually released under the hands of the beautician for an exceptional sensation of well-being.

SEA HOLISTIC

60 MIN **90,00 €**

RELAXING MASSAGE WITH SEA BOLUSES

10.09.2026.:90,00 €

Through soft effleurage strokes, targeted pressure, and stretching, this Thai-inspired massage eliminates areas of tension one by one using the gentle heat of warmed linen bundles. Gradually, your mind surrenders to an overall sense of well-being and long-lasting replenishment.



TRESOR WELLNESS

ABSOLUTE SERENITY MASSAGE

60 MIN

90,00 €

10.09.2026.:90,00 €

An Ayurvedic-inspired, flowing massage that encompasses the body and scalp, inviting you to let go and relax completely. Gradually, energy returns to the whole body, which becomes lighter and more serene, as if weightless.

PRENATAL MASSAGE

RELAXING TREATMENT FOR PREGNANT WOMEN

60 MIN

85,00 €

10.09.2026.:85,00 €

Developed in collaboration with an osteopath specializing in maternity care, this prenatal massage offers expectant mothers a moment of well-being.

SENSEAS

MASSAGES — BODY CARES & RITUALS

HOT STONE

75 MIN

95,00 €

10.09.2026.:95,00 €

Deep warming massage with volcanic rocks.

RAINDROP

45 MIN

85,00 €

10.09.2026.:85,00 €

The specific technique of using reflexology, massage and application of large quantities of pure essential oils to the area of the spine.

BACK & NECK MASSAGE

25 MIN

47,00 €

10.09.2026.:47,00 €

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.



TIME FOR TWO

50 MIN

140,00 €

10.09.2026.:140,00 €

Enjoy the relaxing massage experience with your friend or partner. The exclusive couple massages are a great way to enjoy together.

DEEPLY NOURISHING FOOT MASSAGE

20 MIN

35,00 €

10.09.2026.: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 €

10.09.2026.: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.

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THAI MASSAGES

AROMA THAI

This energizing massage is combination of traditional Thai and Swedish massage. Harmony of relaxing and deep tissue massage movements with aromatized oils activates energy channels. Positive energy is restored, body relaxed and mind relieved.

50 MIN **90,00 €**

10.09.2026.:90,00 €

80 MIN **115,00 €**

10.09.2026.:115,00 €

REFLEXOLOGY

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 €**

10.09.2026.:70,00 €

THAI PACKAGE

Combination of head, neck and back massage with reflexology provides deep relaxation. Tension is relieved, sleep quality is improved and well-being is restored.

50 MIN **85,00 €**

10.09.2026.:85,00 €



SPA
PEDICURE

—
SPA
MANICURE

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Wellness & Spa

SPA PEDICURE

Nail Polish	50,00 €
	10.09.2026.:50,00 €

Gelish	57,00 €
	10.09.2026.:57,00 €

SPA MANICURE

Nail Polish	45,00 €
	10.09.2026.:45,00 €

Gelish	55,00 €
	10.09.2026.:55,00 €



SPA
SERVICES



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SPA SERVICES

Swimming pool — 1 visit	16,00 €
	10.09.2026.:16,00 €
Swimming pool child tickets	10,00 €
	10.09.2026.:10,00 €
Gym — 1 visit	16,00 €
	10.09.2026.:16,00 €
Spa zone — 1 visit / up to 3 hours	30,00 €
	10.09.2026.:30,00 €
Spa zone & swimming pool	43,00 €
	10.09.2026.:43,00 €



SPA
MEMBERSHIPS

SENSEAS

SPA MEMBERSHIPS

Swimming Card — monthly use	90,00 €
	10.09.2026.:90,00 €
Swimming Card Kids — monthly use	60,00 €
	10.09.2026.:60,00 €
Gym Card — monthly use	90,00 €
	10.09.2026.:90,00 €
Spa Card — up to 10 visits monthly	250,00 €
	10.09.2026.:250,00 €

Use of the Spa wellness area is complimentary for guests of the hotel.
A reservation for the Spa zone, Gym and Swimming pool is required.



SPA ETIQUETTE



SENSEAS

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 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 8 a.m. until 9 p.m.



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by Arena Hospitality Group

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