



SENSEAS

Wellness & Spa

by Arena Hospitality Group



SENSEAS

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



THALGO

—
FACE CARE

SENSEAS

Wellness & Spa

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

DEHYDRATED SKIN

50 MIN

75,00 €

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.

SENSEAS

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.



ANTI-AGEING
TREATMENTS



SENSEAS

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.



MEN'S
TREATMENT

SENSEAS

Wellness & Spa

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-FATIGUE 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 anti-fatigue mask follow one after the other to reveal clearer, cleaner skin and refresh the features.



BODY CARES
& RITUALS

THALASSOTHERAPY

SENSEAS

Wellness & Spa

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 €**

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.

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

35,00 €

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

25 MIN

30,00 €

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.



SPA
SERVICES



SENSEAS

SPA SERVICES

Gym — 1 visit **16,00 €**

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



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.



SENSEAS

Wellness & Spa

by Arena Hospitality Group

📍 Hotel Park Plaza Arena
Verudella 31, 52100 Pula
Tel: +385 (0)52 375 000
wellness.arena@parkplazacroatia.hr
www.arenahotels.com