



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.



THREE Algae Marine Facial Treatment

all skin types

50 min

75,00 €

Experience true marine beauty with this signature algae facial, suitable for all skin types. Following the discovery of the sea welcome massage, unique brush cleanse and exfoliation, a mask of pure natural seaweed is applied to remineralise and revitalise the skin. Thalgo's heart of the ocean massage recreates the rhythmic motions of the sea to relax and relieve tension, and an application of serum and moisturiser tailored to your skin type leave your complexion soft, radiant and beautiful.

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.

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

Wellness & Spa

spiruline boost

50 min **85,00 €**

Detoxifying treatment to refresh the features, recover a fresh complexion and smooth skin. First wrinkles — radiance.

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.

silicium super lift treatment

75 min **100,00 €**

This Thalgo treatment excels in correcting loss of firmness and smoothing deep wrinkles. At the heart of it's treatment procedure are a highly effective anti-wrinkle massage and a professional double firming mask that erases wrinkles and restores radiance to the complexion.



men's
treatment



SENSEAS

Wellness & Spa

Ocean Marine Face50 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 Facial30 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.

Spa Pedicure40 min **45,00 €**

spa manicure30 min **40,00 €**



body cares
& rituals

thalassotherapy



SENSEAS

Wellness & Spa

Wraps, scrubs, rituals, and
massages: unmissable moments
for well-being and beauty. The
Thalgo body treatment experience
is a perfect combination of
well-being and beauty, a
delicate harmony between
effectiveness and pleasure.



wraps

3 Algae Marine Body Treatment

45 min

85,00 €

The “thalassotherapy” body wrap by excellence, this 100% pure and natural, patented algae cream, rich in minerals, vitamins and trace elements, helps achieve a fit body and general revitalising.

Aromaceane

75 min

100,00 €

It provides a deep and general well-being, the skin becomes soft and velvety. The essential oils aromacean 100% natural and pure, act in a targeted way to meet the different requests: slimming or relaxing.

express Marine draining treatment

45 MIN

85,00 €

This 2-in-1 treatment combines thalassotherapy, with its algal aromatic body wrap (peppermint essential oil) and indulgent 15 minute draining massage. Both figure and legs are lighter.

scrubs

Ginger Exfoliating Scrub

25 min **50,00 €**

Ayurvedic traditions have inspired this melting, spicy oily paste, which combines ginger powder, sea salt and sugar to gently exfoliate and nourish the skin.

Salt Flake Scrub

25 min **50,00 €**

A trio of exfoliating salts invigoratingly rubbed into the skin to renew every centimetre of the body.

Pink Sand Scrub

25 min **50,00 €**

Through toning movements, you'll feel the grains of pink Sand and delicate white Quartz crystals of this subtly fragranced scrub for smooth, soft, radiant skin.



rituals

relaxing ritual

80 min **125,00 €**

Relaxing ritual with warm sand pouches inspired by the rocking movement of the waves for deep relaxation.

Energising Ritual

80 min **125,00 €**

A revitalising journey inspired by 'marine lithotherapy', this spa ritual uses the power of semi-precious stones to restore the body's vital energy stores. A scrub with grains of pink sand and delicate white quartz crystals leaves the skin beautifully soft and smooth whilst the energising massage with rock crystals and traditional African techniques intensely stimulates and invigorates the body.

harmonising Ritual

80 min **115,00 €**

This entirely manual massage using essential oils used in Ayurveda looks to Marma science to release tension points and thereby restore mind and body harmony.

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.



relaxing massage with warm sand pouches

50 min **83,00 €**

This traditional polynesian-inspired massage invites you to enjoy a special, highly sensory moment. In a few seconds, all of the senses are engaged by the smooth and enchanting notes of frangipani blossom, the sound of the surf, and the gentle rocking of the body in time with the waves. Slow and powerful manoeuvres performed by the hands, forearms and pouches of hot sand provide a feeling of relaxation and total escape.

energizing rock crystal massage

50 min **83,00 €**

This energizing massage uses all the benefits of lithotherapy and traditional african techniques to intensively stimulate and invigorate the body. Rhythmic, encompassing and invigorating movements combined with crystals to refresh and revitalize the body.

massages ————— body cares & rituals

Candle Massage

50 min **73,00 €**

Designed to target all the senses, packed with essential oils, and natural fragrances the massage is further elevated using warm, melted wax that is applied to the body.

Hot stone

75 min **85,00 €**

Deep warming massage with volcanic rocks.

Raindrop

45 min **75,00 €**

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 **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 **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.



spa
pedicure



spa
manicure



SENSEAS

Spa Pedicure

45 min

Nail Polish

50,00 €

Gelish

57,00 €

Spa Manicure

40 min

Nail Polish

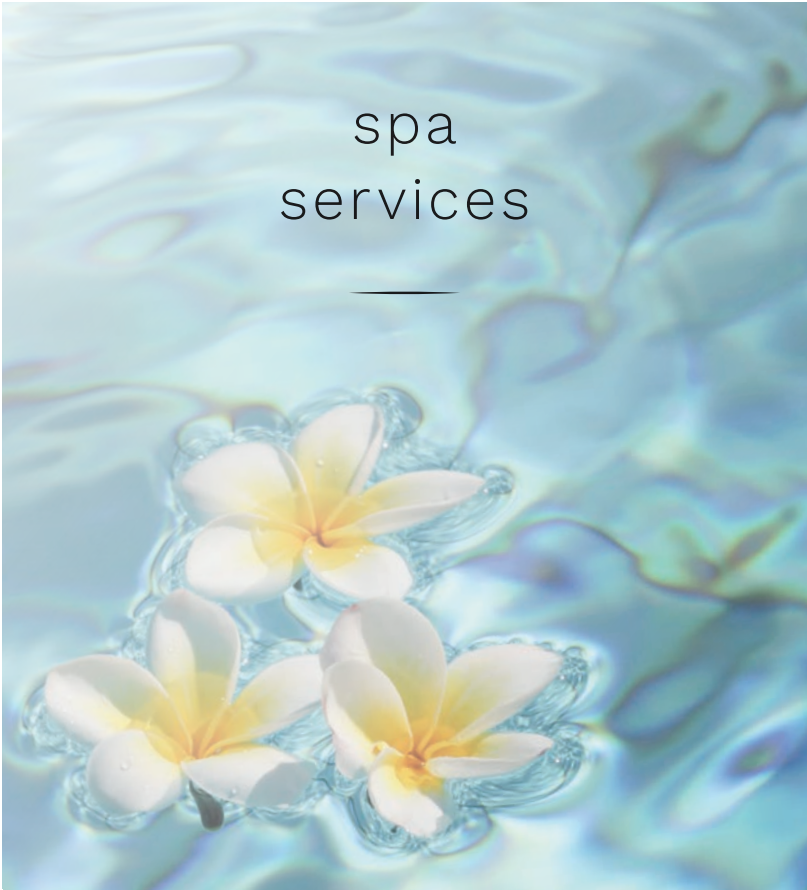
45,00 €

Gelish

55,00 €



spa
services



SENSEAS

SPA SERVICES

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



spa
memberships

SENSEAS

SPA MEMBERSHIPS

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



SENSEAS

Wellness & Spa

by Arena Hospitality Group

📍 Hotel Park Plaza Histria
Verudella 17, 52100 Pula
Tel: +385 (0)52 590 726
wellness.histria@parkplazacroatia.hr
www.arenahotels.com