



SPA MENU



WELLNESS EXPERIENCE



ROSARIA MARAZZI HOTELS

The Wellness Experience that we have created takes shape by listening to the needs of each individual guest, thus creating a path that mixes the elements of the surrounding nature, wellness treatments, personalized diets and fun. In addition, guests will be able to continue to follow a healthier lifestyle, following the advice of our expert team and taking home the most useful products for their needs, and then return another time to Lopud, perhaps with friends and share the new luxury of well-being that only the Wellness Experience signed by Rosaria Marazzi Hotels can offer.

Only for Rosaria Marazzi Hotels - Luxury & Nature



OUR STORY

Wellness is the active pursuit of activities, choices and lifestyles, that lead to holistic health

Your refreshingly unexpected wellness experience starts here.

Embark on a transformative journey of the senses that helps you restore complete balance and wellness of body and mind, on the beautiful island of Lopud...

Renewed, uplifted and refreshed

Awaken your senses and indulge in the ultimate world of wellness.

Live moments of pure bliss and pampering through exclusive **Face treatment Rituals by Thalgo** and

Authentic Journeys by Quarnero.





Face treatment Rituals BY THALGO



A revitalising four-step method

Inspired by the benefits of the sea on the body and mind

1. IMMERSE



2. ENERGISE



3. CORRECT



4. REVEAL



Our 5 commitments





FACE Heart of the Ocean Rituals

TO ENHANCE THE BEAUTY OF THE SKIN

The vital force of the Oceans concentrated at the heart of a carefully tailored treatment to meet the specific needs of every skin type.

Effective signature professional products and a sensorial, relaxing massage are available in 3 treatment rituals:

Source Marine – 60 min – 490 HRK/ 65 Euro

This facial lastingly corrects the hydration level of dehydrated skin, deeply replenishes and restores the skin's velvety-smooth feel and original radiance.

Pureté Marine – 60 min – 490 HRK/ 65 Euro

Specifically designed for combination to oily skin, this treatment provides marine power to restore the beauty of healthy skin. Visibly reduces imperfections, redefines pores and controls shine.

Cold Cream Marine – 60 min – 490 HRK/ 65 Euro

A haven of peace for dry or sensitive skin, this treatment delivers the essence of the Cold Cream Marine recipe, a THALGO exclusive, to lastingly nourish and increase the skin tolerance threshold of delicate and fragile skin.



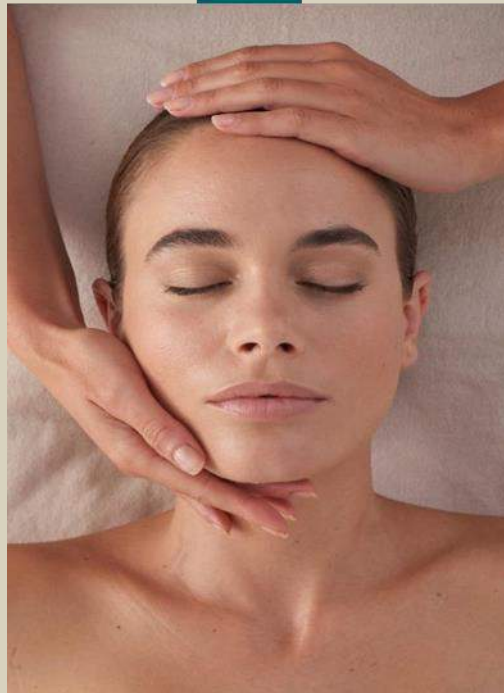


FACE Anti-Ageing Treatment

TO REVEAL THE YOUTHFULNESS OF THE SKIN

Hyalu – Procollagen Wrinkle Correcting Treatment – 60 min – 595 HRK/79 Euro

The first Thalgo wrinkle-by-wrinkle treatment combining hyaluronic acids and marine procollagen using Roller boosters, for visible effectiveness, from the first treatment. First marine filler, instantly plumps up skin, visibly smooths wrinkles and gradually fills in even established wrinkles.





AUTHENTIC WELLNESS JOURNEY

BY QUARNERO

Pure Regenerative Power of Sun, Sea and Wild Herbs

Organic Oils and Bath Salts in their Most Potent Natural Form



RMH LOPUD LAFODIA
Resort & Wellness



Our story....

Authentic Wellness Journey

Discover, expand different dimensions and synchronize, balance and direct your inner energy towards your wellness goals.

The ancient techniques of relaxation and massage flow through the body balancing conscious and subconscious state of mind on the most subtle and deep levels inspired by Lopud's beautiful nature that you will experience through scents, touch, emotions and everlasting memories.



RMH LOPUD LAFODIA
Resort & Wellness



Our products



ORGANIC
COSMETICS



Scent of Mediterranean- Sensual

Body care type:
Face care, Beard care, Haircare, Scalp care,
Body care, Massage Oil, Bath Oil



ORGANIC
COSMETICS



Scent of Mediterranean- Refresh

Body care type:
Body care, Massage Oil, Bath Oil



ORGANIC
COSMETICS



Scent of Mediterranean- relax

Body care type:
Face care, Beard care, Hair care, Scalp care,
Body care, Massage Oil, Bath Oil



ORGANIC
COSMETICS



Scent of Mediterranean- spirit

Body care type:
Body care, Massage Oil, Bath Oil

Fleur de Sel / Flower of Salt



The Plants we use



Rosemary essential



Lemon peel



Peppermint



Geranium

The Herbs we use



Lavandula angustifolia



Salvia rosmarinus



Salvia aethiopsis



Mentha



Chamomile



Dry Rose Petals



Helichrysum arenarium



Calendula officinalis

Exclusive Wellness Experience in our Spa Suites



Time for Two – 90 min – 920 Kn / 122 Euro

Rent out our private suite with a bath or steam room and sauna - the price includes a 30 minute massage of your choice, a fruitplate and a bottle of bubbly. (you can add any treatment from our menu)

Lafodia Royal Treatment for two – 150 min – 1.760 Kn / 234 Euro

Harmonize with your partner in this synchronised holistic massage and let the plants, oils, scents, touch and sensations talk, let them reach your core through the deep connection with pure Nature

- Welcome ceremony – Warm feet bath with a gentle scrub and a massage in tune with the Heart chakra breathing
- Warm organic oil of your choice slowly pouring on your body followed by relaxing full body strokes
- Application of local and organic Fleur De Sel / Flower of Salt, dry herbs and organic oil mixture on the face and the body
- Shower
- Tailored Made Massage of your choice for each area of the body
- Organic oil and dry herbs mixture wrap for each part of the body
- Face Massage with the mixture of organic oil and dry herbs





Treatments

Symphony of the Cells

60min 500 Kn 66 Euro - **90min** 700 Kn / 93 Euro - **120min** 890 Kn / 118 Euro

A detailed gradual unfolding of body tissues through diverse precise strokes matched with four organic local oils carefully designed to revive your skin, paired with local herbs that activate your energy points. This holistic treatment is an ancient form of regeneration that will bring restoration to every cell of your body.

- *Welcome ceremony - Warm bath for the feet with a gentle scrub and massage in tune with Heart chakra breathing.*
- *Body movements and light stretching*
- *Quarnero oil journey – four different oils, each with different effect and for different parts of the body*
- *Full Body Circular Massage with dry herbs and oils mixture*
- *Final touch – two points polarity stimulation*





Treatments

Mani d'Amore

60 min 500 Kn / 66 Euro – **90 min** 700 Kn / 93 Euro – **120 min** 890 kn / 118 Euro

Therapeutic hands lovingly sail over your body with specially designed organic local oil, pampering and softening your skin, moving, stretching the body and inducing your mind to let go into the complete calm.

- *Welcome ceremony - Warm bath for the feet with a gentle scrub and massage in tune with Heart chakra breathing.*
- *Mild undreams stretching and body movements*
- *Stimulation of the third eye region with warm oil drops, continuing downwards to other chakras*
- *Full Body Massage with Relax and Sensual Oils*
- *Final touch – two points polarity stimulation*





Treatments



Mare Piano

60min 450 Kn / 60 Euro – **90min** 670 Kn / 88 Euro – **120min** 870 kn / 115 Euro

Just like the gentle movement of sea waves, warm hands of your therapist will take you for an inner journey of coming home to yourself reconnecting through relaxing organic oil combined with local herbs aromas and sensations.

- *Welcome ceremony - Warm bath for the feet with a gentle scrub and massage in tune with Heart chakra breathing.*
- *Body movements imitating movement of the sea waves*
- *Stimulation of the third eye region with warm oil drops, continuing downwards to other chakras*
- *Full Body Stroke Massage with organic oil*
- *Final touch – All body polarity points stimulation*





Treatments

Lava Love Hotstone massage

60 min 550 Kn / 73 Euro – **90 min** 740 Kn / 98 Euro – **120 min** 920 Kn / 122 Euro

Set of hand strokes fuse with volcanic stones at high temperature. For you to deeply revitalise with special natural vibration from heart of the Earth that goes hand in hand with organic oils that we use. Good for immunity boost and stress release.

- *Welcome ceremony - Warm bath for the feet with a gentle scrub and massage in tune with Heart chakra breathing.*
- *Hot stones stimulation of energy points*
- *Final touch –Circular energy points massage with oil and herbs mixture*





Treatments

Regale – 60 min 850 HRK/112 Euro – 90 min/1200 HRK/158 Euro

Four hands massage ritual brings more than a double beneficial effect with synchronized movements, dedicated oil and herbal ingredients for each area of your body with a goal to enjoy, balance and recharge.

Welcome ceremony - Warm bath for the feet with a gentle scrub and massage in tune with Heart chakra breathing.

Stimulation of full body polarity points by two therapists working on opposite sides

Tailor Made Massage style and pressure

Final touch – Circular chakras massage with oil and herbs mixture, finishing with slup massage





Treatments

Figura di Donna

60 min 500 Kn / 66 Euro – **90 min** 700 Kn / 93 Euro

Sculpt your body in your desired wellness goals easier and faster by improving the exchange between different regions with kind but vigorous impulse through all body parts.

- Welcome ceremony - Warm bath for the feet with a gentle scrub and massage in tune with Heart chakra breathing.
- Stimulation of two polarity body points
- Repetitive full hands dynamic massage style in transforming positions
- Whole body strokes massage with organic oil and dry herbs mixture
- Final touch – All body polarity points stimulation

Forte

60 min 570 Kn / 75 Euro – **90 min** 755 Kn / 99 Euro

Recover your strength after or prepare before the exercise. This dynamic treatment paired with local strong oils and herbs designed intelligently wakes up inner organs to better energize and take the load out of your muscles.

- Welcome ceremony - Warm bath for the feet with a gentle scrub and massage in tune with Heart chakra breathing.
- Underarms Thai stretch
- Strong and fast massage style with extra stretching movements
- Closing strokes with organic oil and dry herbs mixture of rosemary, mint and sage
- Final touch – Two body polarity points stimulation





Treatments



Profondo

60min 530 Kn / 70 Euro – **90min** 720 Kn / 95 Euro

Slow and deep, to revive. Rosemary, mint and lavender paired with easily absorbing organic oil are attentively applied with increasing pressure to relax the core of a particularly hard tension

- *Welcome ceremony - Warm bath for the feet with a gentle scrub and massage in tune with Heart chakra breathing.*
- *Underarms Thai stretch*
- *Slow and deep massage style*
- *Closing strokes with organic oil and dry herbs mixture of rosemary, mint and sage*
- *Final touch – Two body polarity points stimulation*





Treatments

Anticelulite Synergy

60min 530 Kn / 70 Euro – **90min** 720 Kn / 95 Euro

This complex of relaxation, opening the energy lines and strong anticellulite massage is aided by particularly designed oils and herbs for a real deep impact with a dietary and exercise recommendations.

- *Welcome ceremony - Warm bath for the feet with a gentle scrub and massage in tune with Heart chakra breathing.*
- *Head or back massage with organic oil and a relaxing dry herbs mixture, feet reflexology followed by strong anticelulite massage*
- *Final strokes additional oil and herbs rosemary, sage mint wrap followed by the Face massage*
- *Final touch – Two body polarity points stimulation*





Treatments



Pure Reflexology

60min 470 Kn / 62 Euro – **90min** 670 Kn / 88 Euro

Welcome to a complete Feet, Hands and Head Reflexology massage linking multiple peripheral body gates with matching oil and herbs for you to come out with a powerfully renewed system.

- *Welcome ceremony - Warm bath for the feet with a gentle scrub and massage in tune with Heart chakra breathing.*
- *All body polarity points stimulation*
- *Freshly prepared herbs and oil mixture for each part of the body; feet, hands and head massage*
- *Full body closing strokes*
- *Final touch – All body polarity points stimulation*





Treatments



Lafodia Face & Body Fleur De Sel Scrub –60 min 520 Kn / 68 Euro

Refreshes your skin, opens the pores and protects the new silkskin, ending with deep absorbing oil massage.

- *Welcome ceremony - Warm bath for the feet with a gentle scrub and massage in tune with Heart chakra breathing.*
- *Organic oil of your choice slowly pouring on your body followed by full body strokes*
- *Application of local & organic Fleur De Sel, dry herbs and organic oil mixture on the face and the body.*
- *Shower*
- *Final touch – Full body strokes with the organic oil of your choice*





Treatments

Lafodia Body & Face Herbs and Oil Wrap –60min 540 Kn / 71Euro

Old local tradition of herbs healing comes through essential oils, and directly from the plants. The magic blend of scents and high vibrating energy will stay for long on your skin and in your senses making you feel light and empowered.

- *Welcome ceremony - Warm bath for the feet with a gentle scrub and massage in tune with Heart chakra breathing.*
- *Warm organic oil of your choice slowly pouring on your body followed by full body strokes*
- *Application of different organic oil and dry herbs mixture wrap for each part of the body*
- *Face massage with the organic oil of your choice*
- *Shower*
- *Final touch – Full body strokes with the organic oil of your choice*

Massage Enhancements/Add on's

Sculp and Face massage –30min 210 Kn / 27 Euro

Headache relief –30min 230 Kn / 30 Euro

Back massage –30min 290 Kn / 38 Euro

Feet massage –30 min 210 Kn / 27 Euro

Available only if you already book a massage or treatment

Day Pass Wellness for outside guests all inside facilities (upon availability) 149 Kn / 19 Euro





Yoga Lessons



Individual session - 60 min 190 Kn / 25 Euro – **90 min** 220 Kn / 29 Euro

A personalized session with a professional yoga teacher to match your abilities and specific goals

Group Sessions

60 min 60 Kn / 8 Euro – **90 min** 75 Kn / 10 Euro (2 – 15 participants), previous registration required

Sundays – 8 am, Morning Inspiration

Set of postures with breath and meditation composed from simple to complex for all levels practitioners to bring up the energy.

Tuesdays – 6 pm, Sunset Release

Set of postures with breath and meditation designed for restoring flexibility and detoxing body and mind for all levels practitioners.

Thursdays – 6 pm, Power Yoga Flow

Intensive vinyasa ashtanga session for intermediate and advanced practitioners dynamically moving through postures.





Sport & Recreation Activities



Mountain Bike Island Ride

Nordic Walking Island Explore

Kayak Excursion

Swimming lessons for kids & teens

Football Academy for kids & teens

Football Tournaments

Tennis Tournaments

For more information please contact the Hotel Travel Agency





Spa Etiquette

Waterhills Spa, has been designed to be a peaceful and serene environment. We encourage you to enjoy the tranquillity by sharing space respectfully, following all of our safety and security guidelines.

BOOKING

In order to accommodate your needs, we recommend that you book treatments before your arrival. To book your treatment please dial 1 followed by 940 from your room or send an e mail to: spa.lafodia@rmh-hotels.com

We kindly ask hotel guests to come to the Spa in the bathrobe and slippers provided in the hotel room. If the bathrobe is not provided in your room it will be provided at the Spa reception, where you can use our changing rooms with lockers.

CANCELLATION

Should you not be able to make your appointment, please cancel 12 hours in advance. Any bookings cancelled within 12 hours will be charged 50% of the cost of the booked service.

IMPORTANT

Please inform us of any cardiovascular problems, allergies, pregnancies, or recent surgeries before your spa visit.

BEING LATE

Out of respect to other guests, we trust that you understand that being late may reduce your treatment time.

ACCESS AND AGE

Usage of wellness facilities is complimentary for hotel guests.

Waterhill Spa is an adult only area.

In order to book a Spa treatment or to use wellness facilities minimum age is 18 years.

OPENING HOURS

Every day from 10 am – 18 pm

*Please note that the first treatment can be booked at 10 am and the last treatment at 18 pm.

