

Tarifs imbattables
Services sur mesure
Expertise unique



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Pharomatiq

THE MENU



“Bolje spriječiti nego liječiti”

“An ounce of prevention is better than a pound of cure.”

— Old Croatian Proverb —

Traditional Massage Treatments

An integral part of our treatments include various Sound Healing techniques combined with essential oils to promote overall balance and wellbeing.

INTEGRATIVE MASSAGE

A deeply effective full-body massage uses various Asian and western techniques to relieve aching muscles, improve range of motion, increase circulation and soften muscular tensions.

DEEP TISSUE MASSAGE

A restorative technique that alleviates chronic muscular pain, the therapist applies deep pressure and can utilize warm volcanic stones to reach the muscular layer, releasing taut muscles.

**INTUITIVE
MASSAGE**

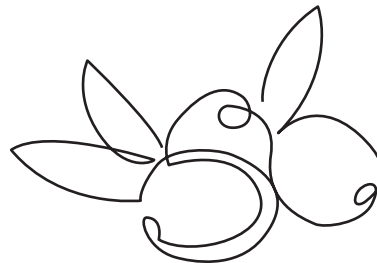
A massage doesn't have to be just a massage. It can also be an experience and an intensive awakening unifying the body and spirit. Guided by connect- edness, meditation, and fair intention, our Intuitive Massage fuses techniques from the past to create a massage for the future. Feel our Pharamatiq pulse and hands in harmony with your body, resulting in a relaxing and calming experience.

**ADD ON
30 MIN**

If you wish to extend your serenity for another 30 minutes, our add-on option is available for almost every treatment on our menu.

prices

30 MIN: 560 KN (75 EUR) - ADD ON ONLY
60 MIN: 1125 KN (150EUR)
90 MIN: 1300 KN (175 EUR)
120 MIN: 1650 KN (220EUR)



Holistic Treatments

SOUND BATH HEALING

The healing power of sound has been recognized since ancient times, dating back to ancient Greece and central to Tibetan traditional medicine. Recent studies confirm a single Sound Bath Healing session effectively reduces anxiety, distress, anger, depression, and overall fatigue. A non-contact Sound Bath Healing session will bring you to a deep meditative state; the sense of reconnection is expanded, awakening the body's subtle energy flow, reaching new levels of peace and relaxation.

You can choose a Sound Bath Healing session according to your needs:

ENERGY BOOSTER ~ CALMING & SOOTHING
~ CHAKRA BALANCING ~ REJUVENATING

REIKI

A spiritual healing technique, the word Reiki comes from the Japanese word (Rei), which means "Universal Life", and (Ki), which means "Energy"; it refers to the life energy that flows through all living things. A session can help ease tension and stress and help support the body to facilitate an environment for healing on all levels – physical, mental, and emotional.

**ADRIATIC
REJUVENATION
TREATMENT**

This full-body treatment will take you on an unforgettable journey through the world of Adriatic aromas. Handpicked herbs are infused in every step of this unique treatment. Minced olive kernel and peppermint infused exfoliation will energize and uplift your senses, followed by an oat milk soak, leaving your skin soft and velvety. A customized aromatherapy massage will follow, leaving you deeply relaxed and pampered. Kindly book your treatment in advance to ensure that your preferred time and service are available. Our Pharamatiq Spa team will be in touch to confirm your booking.

**REFLEXOLOGY
INTEGRATIVE
MASSAGE**

After a full day exploring Hvar, tonifying rosemary and mint are used in a sea salt exfoliation and foot mask to decongest the feet and promote circulation. While absorbing the benefits of the foot mask, the therapist will work on opening the energy channels or meridians in the shoulders, neck, and head, using Japanese Shiatsu massage and acupressure techniques followed by an exquisite foot massage.

prices

45 MIN:	1125 KN (150 EUR)
60 MIN:	1300 KN (175 EUR)
120 MIN:	1650 KN (220EUR)

Skin Care

Before your massage treatment, we recommend our botanical-rich body exfoliators and wraps to cleanse the skin, open the pores, and nurture your body. They can be taken separately or as a customized treatment.

BODY MASKS

Our body wraps are rich in minerals and antioxidants, including dry body brushing to stimulate the lymphatic system. While you're in your cocoon, enjoy a relaxing foot massage. Finish with a rich antioxidant body lotion infused in olive pulp to help restore the skin's moisture & radiance.

Our therapist will customize the botanical ingredients of your body mask according to your needs

*Red Clay to deeply purify the skin,
White Clay to care for sensitive skin,
Aloe Vera for after-sun skin recovery.*

BODY POLISH

Our body exfoliations will give you multiple benefits including the removal of dead skin cells, lymphatic stimulation and softening of the skin. They are a great addition to any massage treatment and especially recommended at the beginning of your stay to ensure a beautiful and even tan. You can choose an herbal body polish from our Organic Garden.

prices

MASK | 50 MIN: 525 KN (70 EUR)

POLISH | 40 MIN: 420 KN (55 EUR)

Advanced Facial Skin Care

HYDROGEN FACIALS

The latest non-invasive hydrogen peeling technology adjusts to your skin's needs for a deep cleanse, sufficient hydration, and toning. All facial treatments are adapted to your skin's needs and include an exquisite shoulder, neck, and head massage.

EXPRESS HYDROGEN FACIAL

price

45 MIN: 750 KN (100 EUR)

A cleansing treatment designed to decongest and tonify the delicate skin of the face, combined with a detoxifying lymphatic drainage massage and nourishing therapeutic, face, neck, and décolletage massage. Great for a quick pick me up or maintenance in-between full-service facials.

ANTIOXIDANT BOOST

price

45 MIN: 940 KN (125 EUR)

A vitalizing, antioxidant boosting treatment that encourages skin cell regeneration. After a deep cleanse, the non-invasive fruit peeling helps to better absorb the active ingredients of our custom-made serum, effectively softening fine lines, treating acne, chronic dry skin, and uneven pigmentation. A face, neck, and décolletage massage will follow to crown this anti-aging treatment.

AGELESS OXYGEN FACIALS

An innovative technology for skin rejuvenation, delivering highly concentrated oxygen molecules infused with serums, rich in botanical, vitamin, mineral, and herb extracts directly to the epidermis of the delicate skin on your face. The result is collagen-rich skin that is visibly smoother, more relaxed, and toned.

price

40 MIN: 975 KN (130 EUR)

After an initial consultation, the facial is adapted to your skin's needs;

: Hydrating and replenishing with aloe vera and algae extract for a replumping effect, lifting and refilling with hyaluronic acid for a firming effect,
: Detoxifying and refreshing with argan oil and peppermint for skin impurities,
: Soothing and calming with calendula extract to relieve sensitive skin
& sunburn.

**All of our facials are 100% natural and cruelty-free. No parabens, preservatives, or artificial fragrances are used.*

Finishing Salon

prices

BACK TO NATURE MANICURE	490 KN (65 EUR)
MASLINA MANICURE LACQUER 60 MIN	560 KN (75 EUR)
MASLINA PEDICURE LACQUER 60 MIN	675 KN (90 EUR)
COLOR CHANGE (MASLINA COLORS) 20 MIN	225 KN (30 EUR)
BASIC MANICURE FOR MEN 45 MIN	490 KN (65 EUR)
PEDICURE FOR MEN 50 MIN	560 KN (75 EUR)
HAIRCUT FOR MEN	200 KN (27 EUR)
HAIRCUT FOR CHILDREN	180 KN (24 EUR)
WOMEN WASH, CUT & DRY	
CUT - SHORT HAIR	490 KN (65 EUR)
CUT - MEDIUM HAIR	560 KN (75 EUR)
CUT - LONG HAIR	640 KN (85 EUR)
BLOW DRY - SHORT HAIR	225 KN (30 EUR)
BLOW DRY - LONG HAIR	375 KN (50 EUR)
CURL WAVES / STEAM STRAIGHTENER	
MEDIUM HAIR	490 KN (65 EUR)
LONG HAIR	590 KN (79 EUR)
HAIR STYLE	
MEDIUM HAIR	570 KN (76 EUR)
LONG HAIR	680 KN (90 EUR)

HAIR & SCALP TREATMENT

An intensive treatment utilizing Davines products with natural plant essences to restore & nourish the hair and energize and stimulate the scalp to improve circulation and add luster to the hair. This treatment is customized for different hair needs and includes a scalp and head massage with a hair mask.

price

SHORT HAIR	560 KN (75 EUR)
MEDIUM HAIR	670 KN (89 EUR)
LONG HAIR	780 KN (104 EUR)

WAXING

prices

HALF LEG	260 KN (35 EUR)
FULL LEG	410 KN (55 EUR)
ARMS	225 KN (30 EUR)
BROW SHAPE	185 KN (25 EU)
UPPER LIP	185 KN (25 EU)

Integrative Balancing Rituals

Designed as an intimate and transformative personal retreat, each ritual is crafted to harmonize your body and mind. Massage and sound healing therapies, herbal remedies, and the mindful intentions suggested promote inner strength, clarity, and a calm mind and are customized after an initial consultation with your therapist. Through a short-guided meditation, the therapist will invite you to choose an intention to integrate into the process. We invite you to experience each ritual in the order provided or choose one that better resonates with you. We also encourage you to allow some time to relax in the garden after each ritual.

ROOTING

INTEGRATIVE
REFLEXOLOGY ·
CHAKRA
BALANCING
SOUND HEALING

A remedy for anxiety and stress, this treatment focuses on rebalancing the nervous system, bringing body and mind to the present moment, promoting a sense of calmness, safety, and security. The grounding essences of mint and rosemary are recommended as they awaken the senses, rebalancing busy minds. A blissful reflexology massage combined with deep work on the head, neck, and shoulders is crowned with a Sound Healing session to harmonize the energy centers of the body known as Chakras.

HERBAL REMEDY

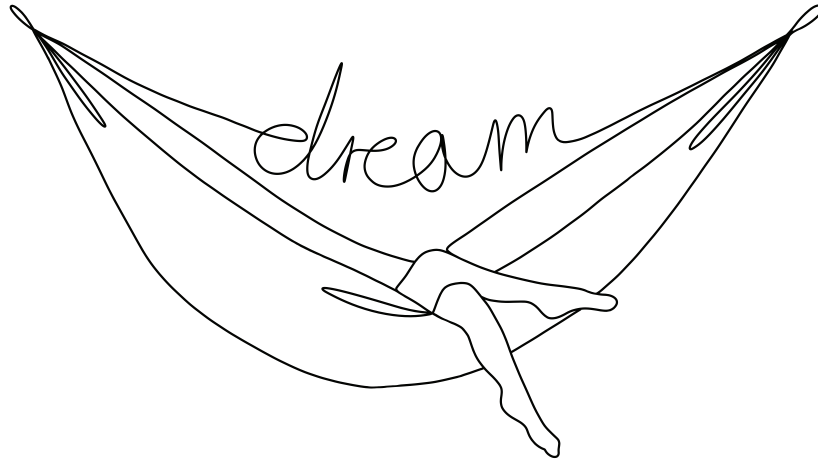
Rosemary, Mint, Cypress, Sage to promote a sense of wellbeing and belonging.

MINDFUL INTENTION

“My body is relaxed and at peace. I am grounded and one with Nature.”

price

90 MIN: 2180 KN (290 EUR)



RELEASE

RESTORATIVE YOGA
SOUND HEALING

A remedy for physical exhaustion and chronic suffering. A series of soft restorative stretches of the entire body with the aid of bolsters and other props. The postures are held for several minutes and are combined with Pranayama (breathing techniques) and Tibetan singing bowls, creating a deeply loosening and relaxing session.

HERBAL REMEDY

Laurel, Rosemary, Lavender, Sweet Orange to promote energy flow and spontaneity.

MINDFUL INTENTION

"I release my limitations; I allow myself to expand and grow."

price

90 MIN: 1550 KN (207 EUR)

———— **REBALANCE**
BODY MASK ·
INTEGRATIVE
MASSAGE ·
CALMING &
SOOTHING
SOUND HEALING

In our fast and continuously connected world, we live in a state of sustained distress, overcharging our central nervous system and compromising our immune system. The herbal remedies and essential oils in the clay detox wrap promote natural immunity and cleansing of the body systems, while the Balancing Tibetan Sound Healing technique opens and relaxes the mind, rebalancing the Heart energy center, awakening feelings of self-love, forgiveness, gratitude, and love for the world around us.

HERBAL REMEDY

Sage, Immortelle, and Lavender to open up energy channels and muscular relaxation.

MINDFUL INTENTION

“I am kind to myself and others.”

price

150 MIN: 2500 KN (335 EUR)

———— **RECHARGE**
ENERGY RISER
SOUND
HEALING ·
OXYGEN FACIAL

Recharge and energize! This is a boost of energy to the subtle and physical body; a session full of nurturing therapeutic care to face any challenge ahead. A total body and face session that will leave you looking and feeling refreshed and recharged.

HERBAL REMEDY

Argan oil, peppermint, red or white clay, immortelle, aloe vera, lavender to nurture and hydrate the mind and body.

MINDFUL INTENTION

“I recharge my Spirit. My body, spirit, and soul are filled with energy.”

price

100 MIN: 1850 KN (247 EUR)

**All of our facials are 100% natural and cruelty-free. No parabens, preservatives, or artificial fragrances are used.*

Mindfulness & Movement

For those wishing to pursue individual health and fitness goals with the help of a trained professional, our trainers offer various types of Yoga, Fitness, and Meditation Practices that can be combined and adapted to your specific needs.

FITNESS AND POSTURAL ASSESSMENT

price

1875 KN (250 EUR)

Our recommendation to target your wellness goals is to start with an in-depth personal analysis that includes a Postural & Movement Assessment to identify skeletal and postural imbalances that could compromise your movement patterns, leading to chronic pain.

This Assessment is complemented with Bioelectrical Impedance Analysis to understand body fat percentage, body fat mass, visceral fat, muscle mass, total body water, body type, basal metabolic rate, and other essential parameters to develop your signature program, specific to your internal constitution, lifestyle, and personality.

HATHA YOGA

If you are brand-new to yoga, Hatha Yoga is a great entry point to the practice; a more paced style with a classic approach to breathing and movement involving a set of physical postures (Yoga Asanas) and breathing techniques (Pranayama). Great to promote mobility, flexibility, circulation, brain function, and memory.

VINYASA FLOW

A class where your body's movement is coordinated with your breath to flow from one pose to another, looking for a smooth transition between asanas. Vinyasa was adapted from Ashtanga yoga and can be considered a more athletic yoga style. Great to develop strength and stamina.

**RESTORATIVE
SOUND HEALING
YOGA**

In this class, you will relax and practice deep breathing exercises in each pose for a few minutes with the help of bolsters, belts, and blocks. Sound Healing instruments contribute to a deeper state of relaxation throughout the class. An incredible way of balancing the whole nervous system bringing the body and mind to a state of deep healing, expansion, and repair.

ASHTANGA YOGA

A system of yoga transmitted to the modern world by Sri K. Pattabhi Jois. This yoga method involves synchronizing the breath with a progressive series of postures, producing intense internal heat and a profuse, purifying sweat that detoxifies muscles and organs. The result is improved circulation, a light and strong body, and a calm mind.

FITNESS TRAINING

Reap the benefits of exercise with a fun program designed and tailored to your goal, may it be sports-specific, functional, muscle rehabilitation, or just to improve your level of fitness. Enjoy beach boot camp, circuit training, strength training, and more!

price per session

60 MIN, 600 KN (80 EUR)

90 MIN, 750 KN (100 EUR)

Wellness Immersion Program

Our ancestors knew that by treating the whole person, mind, and body rather than an illness or symptom, a deeper healing level is experienced. Based on this premise, we have crafted wellness programs to meet you where you are:

THE CURE OF THE ADRIATIC SEA 4-7-9-DAY PROGRAM

A de-stressing and restorative wellness immersion. This is a unique journey of deep renewal where you will learn the tools to more effectively manage life's challenges while systematically liberating your body and your mind of residual stress and anxiety through Mindfulness practices, Sound Healing Therapy, Massage Treatment and exercise.

INCLUDED:

An initial consultation with our Wellness Director to determine your goals and needs; customized treatments and movement sessions utilized for each phase of your restorative process.

- : Daily 90-minute customized treatment
- : Daily herbal remedy blend to promote the intended state of being
- : Daily 60-minute Movement Session that could include Yoga, Pilates, and/or other fitness training
- : Daily follow up by our Wellness Director
- : A personalized aromatherapy blend to use in daily Mindful Practices

price

*Kindly contact the reception
at Pharamatiq Spa for more
information*

**WELLNESS
LIFESTYLE
7-9-12 - DAY
PROGRAM**

A Vitality Educational Program designed to help our clients reach and maintain their wellness goals. Our Wellness Director will guide and support you in achieving and sustaining your goals for health, wellness, weight management, anti-aging, detoxification, and fitness. This gentle approach meets you where you are, covering nutritional habits, work, and family demands, as well as establishing goals for the rest of the program.

To ensure you're set up for success, we will utilize the latest technology to provide you with a comprehensive body composition analysis obtaining accurate baseline measurements to closely monitor your progress. Using the latest technology in Body Composition Analysis, we will receive a highly detailed report of your body composition, including your hydration at a cellular level. This data will then be used to develop a custom exercise program that addresses your specific needs, enabling you to accelerate your progress and achieve your health goals more easily.

What are your goals? What is important for you?
What do you like about your life? What would you like to change? What does your job require from you?

These are the types of questions this week is designed to answer. Each area is explored with our clients, considering where they live, what they do, and the pressures and realities of our clients' everyday lives.

THE PROGRAM
CONSISTS OF

: An in-depth Bioelectrical Impedance Analysis (BIA) that includes: body fat percentage, body fat mass, visceral fat, muscle mass, total body water, body type, basal metabolic rate, and other vital parameters to develop your personalized program.

: A Postural & Movement Analysis to understand patterns of movement that might be compromising your overall health.

: An initial consultation with our Wellness Director to determine your goals and needs, and a custom program, including nutritional requirement.

: All personalized meals readily available to you in our restaurants.

: Daily follow-up by our Wellness Director.

: Daily 90-minute customized treatment.

: Daily 60-minute Movement Session that could include Yoga, Pilates, and/or other fitness training.

: A personalized program to continue your progress back home.

: An online follow-up consultation with the Wellness Director one month after the program is finished.

: Further follow-up consultations and support can be arranged as requested.*

price

Kindly contact the reception at Pharomatiq Spa for more information

**Additional costs may apply*

** Each Program varies according to individual needs. A minimum of 4 days is required for better results.*

Spa Reminders

Our ancestors knew that by treating the whole person, mind, and body rather than an illness or symptom, a deeper healing level is experienced. Based on this premise, we have crafted wellness programs to meet you where you are:

OPERATING HOURS

Pharomatiq's reception can be reached at ext. 424 from your accommodation. Wellness treatments are offered from 10am to 8pm daily. After hours or in-room services may be arranged with a 15% additional surcharge.

COMPLIMENTARY CLASSES

We offer complimentary wellness classes every day at 9:30am. Please contact Pharomatiq's reception from your hotel accommodation. The venue changes depending on weather conditions.

Due to limited class size, please contact Pharomatiq's reception at ext. 424 to sign up for your favorite classes.

SPECIAL CONSIDERATIONS

Most treatments can be adapted to accommodate pregnancy or injury. Please contact us with any questions and let us know about any medical or health concerns.

HAIR SALON

In-room hair styling may be arranged with an additional 15% surcharge.

**TREATMENT
PREPARATION**

We recommend that you arrive 15 minutes early to your scheduled treatment, allowing time to complete your holistic health assessment. It is better to avoid eating a heavy meal within 90 minutes of your scheduled treatment. We leave 30 minutes between the use of our treatment rooms to ensure complete disinfection between guests.

**CANCELLATION
POLICY**

We understand that schedules change and will do our best to accommodate your needs. Since your spa time is reserved especially for you, we kindly ask you to give a minimum 6-hour cancellation notice so someone else may enjoy that time. Cancellations made within six hours will be subject to the full charge of the treatment booked.

PRICING

All taxes are included in the prices displayed. The prices are based on a 1 eur to 7.5 kn exchange rate.

TRANQUILITY

We strive to offer our guests a quiet and tranquil environment. For the comfort of others, kindly enjoy quiet conversation and refrain from using cell phones or other electronic devices. Your cooperation is greatly appreciated.

The spa and pool are smoke-free environments.

**LATEST
SUGGESTIONS
FROM WHO**

As limited capacity will be allowed in the Wellness building, kindly follow pre-booking instructions for all Wellness activities. Hand sanitizer will be provided and must be used upon entry to the building. Pre-screening for COVID-19 will take place by our helpful Wellness concierge at the time of arrival and a health form is required to be completed before each treatment. Please follow social distancing guidelines while on the pool decks. Please note that some facilities will reopen safely once limitations are lifted, i.e., the steam room.

ARRIVAL

Arriving late will cheat you of precious minutes as we complete each experience on time. Please arrive 15 minutes prior to your scheduled time so that the next client is not delayed.

*To speak with our wellness advisors, dial ext. 424 from your hotel room
and +385 (21) 214 888 if dialing outside the hotel.*

*All of our services and treatments are subject to change based on availability, seasonality,
and health and safety regulations.*

