



# ELISSIAN



HOTEL MOLINDRIO

WELLNESS BROCHURE



Elissian is an exclusive international center for the well being of body, mind and inner self, focusing on revitalization and restoration of energy and the feeling of complete relaxation, balance and enjoyment. Elissian restores, revitalizes and relaxes your physical and inner self through a unique fusion of contemporary western and TCM (Traditional Chinese Medicine), along with other alternative and complementary body and face treatments designed to restore energy lost in the daily grind. With that in mind, we offer various unique treatments and manufacture our own premium line of homegrown organic cosmetic products. We also use and re-sell high-end health and beauty brands such as Sisley, Thalgo and others. Our holistic approach to health and well being even includes education – we run a successful wellness academy, providing extensive theoretical and practical know-how for a whole generation of tomorrow's wellness, beauty and health specialists. Today, Elissian offers a rounded, comprehensive spa and wellness experience coupled with full strategic and infrastructural support.

Ekskluzivna destinacija za njegu duha i tijela, Elissian je jedan od prvih energetske centara u svijetu koji osim osjećaja ugone i zadovoljstva svojim klijentima prenosi svjež, revitalizirajuću i učinkovitu energiju. Nakon godina istraživanja tradicionalne kineske medicine te drugih alternativnih i komplementarnih metoda njege tijela, Elissian se drži stajališta kako je ljudski dodir ne samo najmoćnija tehnika već je i najosnovnija od svih iscjeliteljskih metoda. Našim klijentima su ponuđeni brojni jedinstveni tretmani te premium linija organskih kozmetičkih proizvoda marke Elissian. Također pri tretmanima koristimo svjetski poznate brendove kao što su Sisley, Thalgo i drugi. Odabiremo samo visoko kvalificirane te motivirane spa profesionalce koji su obrazovani i obučeni u Elissian Wellness Akademiji, našem jedinstvenom centru izvrsnosti. Danas Elissian nudi zaokruženo i cjelovito spa i wellness iskustvo koje ide u korak sa strateškim i infrastrukturnim razvojem po najvišim svjetskim standardima.

FABULOUS FACIALS

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NJEGA LICA

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### **Skin Essential Care**

**40 min**

Skin essential care is designed to give deep, gentle and effective cleansing, stimulate your skin's healthy functioning and keep it feeling smooth and soft. Sonic cleanser uses low frequency and rapid vibration technology to improve circulation, skin elasticity, collagen production, leaving your skin restored and rejuvenated.

### **Hydra Boost**

**60 min**

Specially created for all skin types to help deeply nourish and hydrate the skin, giving it radiant and healthy glow. Combination of relaxing manual and gua sha face massage with hyaluronic products application is followed by nourishing mask & moisturizer, which will make sure your skin is refreshed and hydrated.

### **Hydra Man**

**50 min**

Facial treatment specifically designed for male skin, refines the complexion and nourishes the skin while at the same slowing down the signs of ageing.

### **Face & Scalp Aromatic Massage**

**25 min**

Indulge yourself with this exceptionally soothing Mediterranean balm massage that stimulates lymphatic drainage, opens pores and enables the skin to breathe, while mild stimulation of acupressure points releases tension in the head, neck and shoulders.

### **Skin Essential Care**

**40 min**

Skin essential care je osmišljen da pruži duboko, nježno i efektivno čišćenje te stimulira zdravlje kožne barijere čineći je glatkom i mekanim Sonic čistač, koristeći nisku frekvenciju i brzu vibraciju, potiče cirkulaciju, elastičnost kože, proizvodnju kolagena te time pomlađuje i obnavlja vašu kožu.

### **Hydra Boost**

**60 min**

Tretman lica prilagođen svim tipovima kože, dizajniran da duboko njeguje i hidratizira te pruži blistav i zdrav sjaj vašoj koži. Kombinacija opuštajuće ručne i gua sha masaže lica sa proizvodima bogatim hijaluronskom kiselinom koja slijedi hranjiva maska i završna krema pružit će vašoj koži potrebno osvježenje i hidrataciju.

### **Hydra Man**

**50 min**

Tretman lica posebno osmišljen za mušku kožu, izjednačava ten i njeguje te ujedno usporava znakove starenja.

### **Face & Scalp Aromatic Massage**

**25 min**

Ugodite si ovom izrazito umirujućom masažom mediteranskim balsamom koja stimulira limfnu drenažu, otvara pore i omogućava koži da diše, dok blago stimuliranje akupresurnih točaka ublažava napetost u glavi, vratu i ramenima.

MARVELOUS MANICURES

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MANIKURA

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### MARVELOUS MANICURES

#### **Classic Manicure**

**-- min**

Fast cleaning, shaping and repairing of nails, so that they can grow healthy. Treatment ends with application of natural protective coat and nail polish.

#### **DeLuxe Hand SPA**

**75 min**

A luxury hand treatment which includes grape seed hand scrub for soft and smooth skin and nourishing anti – age herbal mask followed by classical manicure. Treatment ends with a relaxing hand massage and includes nail polish application according to your preference.

### MARVELOUS MANICURES

#### **Klasična Manikura**

**-- min**

Brzo čišćenje, oblikovanje i popravak noktiju kako bi mogli zdravo rasti. Tretman završava nanošenjem zaštitnog sloja i laka u boji po vašem izboru.

#### **DeLuxe Hand SPA**

**75 min**

Luksuzni tretman ruku koji uključuje piling od grožđa za nježnu i meku kožu, hranjivu anti age biljnu masku nakon koje slijedi klasična manikura. Tretman završava sa opuštajućom masažom ruku i uključuje nanošenje laka za nokte prema vašem izboru.

PERFECT PEDICURE

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PEDIKURA

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### PERFECT PEDICURE

#### **Classic Pedicure**

**-- min**

Beautifying of toenails and feet, completed by gentle application of nourishing and refreshing foot balsam. The treatment includes application of protective coat and a nail polish.

#### **Detox Pedicure**

**70 min**

Foot care in potassium permanganate solution in synergy with herbal bath having an anti-inflammatory and disinfecting effect. Beautifying of toenails and skin of the feet is completed with a detox mask at the end of the treatment.

#### **DeLuxe Foot SPA**

**90 min**

Specially designed luxury pedicure which includes aromatic foot scrub, nourishing foot herbal mask and wrap. It is followed with beautifying of nails and feet, relaxing foot massage and, if required, nail polishing.

### SAVRŠENA PEDIKURA

#### **Klasična Pedikura**

**-- min**

Uljepšavanje noktiju i stopala, upotpunjeno nanošenjem hranjivog i osvježavajućeg balzama za njegu stopala. Tretman uključuje nanošenje zaštitnog sloja i laka u boji.

#### **Detox Pedikura**

**70 min**

Njega stopala u blagoj otopini hipermangana i biljnoj kupci koje u sinergiji djeluju protuupalno i dezinficirajuće. Uljepšavanje noktiju i kože stopala upotpunjeno je detoks maskom na kraju tretmana.

#### **DeLuxe Foot SPA**

**90 min**

Posebno osmišljena luksuzna pedikura koja uključuje aromatični piling stopala, nanošenje hranjive biljne maske i omotavanje stopala. Potom slijedi uljepšavanje noktiju i stopala, opuštajuća masaža i prema potrebi, lakiranje noktiju.



ELISSIAN BODY CARE

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ELISSIAN NJEGA TIJELA

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**SOS After Sun Body Treatment**  
**20 min**

Treatment specifically created to moisturize the skin after prolonged, unprotected or excessive sun exposure. Application of After-sun body lotion can limit the effects of skin dehydration, replenish part of the moisture, relieve itchiness, decrease inflammation and give an instant soothing relief.

**Body Scrub**  
**25 min**

A refreshing aromatic body scrub makes the skin velvety smooth and soft due to the balanced ingredients combined with natural nourishing oil of your choice. This is an ideal treatment for an instantaneous renewal of energy and freshness.

**Mediterranean Wrap**  
**45 min**

Designed to bring you the best of mediterranean sea & soil, treatment starts with application of warm scrub mix of essential oils, mediterranean fruit seeds and sea salt. It is followed by wrap which helps deeper penetration of the ingredients, toning and inducing improved skin condition. Treatment includes relaxing face and scalp massage and ends with aromatic mediterranean balm full body hydration.

**SOS After Sun Body Treatment**  
**20 min**

Tretman posebno osmišljen da hidratizira vašu kožu nakon dugog, nezaštićenog ili pretjeranog izlaganja suncu. After sun losion za tijelo smanjuje efekte dehidracije, nadoknađuje izgublenu vlažnost kože, smanjuje iritaciju i upalu te pruža umirujuće olakšanje.

**Body Scrub**  
**25 min**

Osvježavajući aromatični piling tijela koji kožu čini baršunastom i mekom, zahvaljujući uravnoteženoj kombinaciji sastojaka i hranjivog ulja po vašem izboru. Ovo je idealan tretman za trenutno obnavljanje energije i svježine.

**Mediterranean Wrap**  
**45 min**

Stvoren da pruži najbolje od mediteranske zemlje i mora, tretman počinje nanošenjem tople mješavine esencijalnih ulja, mediteranskih sjemenki voća i morske soli. Potom slijedi wrap koji omogućuje dublju penetraciju hranjivih sastojaka koji tonificiraju i obnavljaju vašu kožu. Tretman uključuje opuštajuću masažu lica i vlasišta te završava sa nanošenjem aromatičnog balsama na cijelo tijelo.

### **Island In The Steam**

**70 min**

This ritual was specially created in order to help you to achieve relaxation and regeneration of both body and mind. The treatment starts with an aromatic and nourishing scrub followed by a 45-minute soothing back & leg massage with orange oil. It ends with application of hot compresses and cooling gel which stimulate circulation and energy flow through your entire body, relieving you of accumulated stress.

### **ADD ON**

#### **Espresso Facial**

**30 min**

Perfect and quick facial treatment for tired, grey and uneven skin with large pores.

### **Island In The Stram**

**70 min**

Ritual osmišljen kako bi vam pomogao da se potpuno opustite i obnovite svoj um i tijelo. Tretman počinje aromatičnim i hranjivim pilingom, nakon čega slijedi 45-minutna opuštajuća masaža leđa i nogu uljem naranče. Za kraj, izmjenom vrućih obloga sa nanošenjem cooling gela stimulira se cirkulacija i protok energije kroz cijelo tijelo, oslobađajući vas nakupljenog stresa.

#### **Espresso facial**

**30 min**

Savršen brz tretman za umornu, sivu i neujednačenu kožu s proširenim porama.

# REJUVENATING MESSAGES

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MASAŽA ZA POMLAĐIVANJE

**Fine Spine****25 min**

A combination of techniques is used to ease and soothe muscle tension in your back, neck and shoulders.

**Relaxing Foot Massage****25 min**

Gentle relaxing massage which stimulates the reflex points of your feet, improves circulation and stimulates the body to restore its natural balance. It is ideal for stress-related discomforts such as headaches, insomnia, fatigue and similar discomfort.

**Quick Help Therapy****25 min**

A treatment for a quick release from a sudden pain caused by physical activities. Non-invasive passive movements and application of acupuncture needles into painful areas release you from symptoms of nerve strangulation and myofascial trauma, thus restoring your mobility completely.

**Anti-Stress Back & Leg Therapy****45 min**

Relaxing treatment that includes a legs and back massage stimulating circulation and lymph flow. The treatment ends with a warm compresses and applying of cooling gel to your legs.

**Fine Spine****25 min**

Kombinacija tehnika koristi se za olakšavanje i ublažavanje mišićne napetosti u leđima, vratu i ramenima.

**Relaxing Foot Massage****25 min**

Nježna opuštajuća masaža koja djeluje stimulirajuće na refleksološke točke vaših stopala, poboljšavajući cirkulaciju i potičući tijelo da obnovi svoju prirodnu ravnotežu. Idealna u liječenju tegoba povezanih sa stresom, poput glavobolja, nesanice, umora i sličnih tegoba

**Quick Help Therapy****25 min**

Tretman za brzo uklanjanje iznenadne boli kod fizičkih aktivnosti. Neinvazivnim pasivnim pokretima i aplikacijom akupunkturanih iglica u bolna područja, uklanja sve simptome uklještenja živaca i opterećenja mišićne ovojnice, uz potpunu obnovu pokretljivosti.

**Anti-Stress Back & Leg Therapy****45 min**

Opuštajući tretman koji uključuje masažu nogu i leđa. Djeluje na poboljšanje cirkulacije te bolji protok limfe. Tretman završava primjenom toplih obloga i nanošenjem hladnog gela na vaše noge.

**Magnesium Massage****60 min**

Treatment uses combination of classical Swedish massage paired with magnesium application to naturally achieve anti-inflammatory, pain relieving and muscle relaxing effects. Magnesium can also reduce migraine pain, help with anxiety and sleep, as well as boosting your energy level.

**Sport Massage****50 min**

Recover fast after a strenuous workout or sports activities and help your body to eliminate metabolites, toxins and lactic acid. Sports massage will help prevent injury as well as rehabilitate and keep your muscles, tendons and tissues in peak condition.

**Classical Swedish Massage****50 min**

Massage stimulating the body, the vascular system and the lymphatic system by combining five main movements directed towards the heart. It is an ideal massage for improving circulation, eliminating toxins, releasing tension and for deep relaxation.

**Deep Tissue Back & Leg Therapy****45 min**

Deep tissue massage focuses on realigning deeper layers of muscles and connective tissue. It stretches and loosens tight muscles, improves joint flexibility through circulation, releases endorphins, and reduces body tension and stress.

**Magnesium Massage****60 min**

Tretman koristi kombinaciju švedske klasične masaže i primjene magneziji koji želi dodatno potaknuti protuupalno djelovanje, smanjiti bol i opustiti mišiće. Magnezij također pomaže u smanjenju bolova migrene, pomaže kod tjeskobe i spavanja te podiže razinu energije.

**Sport Masaža****50 min**

Oporavite se brzo nakon napornog vježbanja ili sportskih aktivnosti i pomognite svome tijelu da eliminira metabolite, toksine i mliječnu kiselinu. Sportska masaža pomaže u sprečavanju ozljeda i rehabilitaciji mišića, tetiva i tkiva te ih održava u vrhunskom stanju.

**Classical Swedish Massage****50 min**

Kombinacijom pet osnovnih pokreta usmjerenih prema srcu, stimulira se tijelo, krvožilni i limfni sustav. Ova je masaža idealna za poboljšanje cirkulacije, eliminaciju toksina, za uklanjanje napetosti i duboko opuštanje.

**Deep Tissue Back & Leg Therapy****45 min**

Duboka masaža mišićnih tkiva fokusira se na dublje slojeve mišića i vezivnog tkiva. Ona isteže i opušta napete mišiće, poboljšava fleksibilnost zglobova kroz cirkulaciju, otpušta endorfine te smanjuje osjećaj napetosti i stresa u cijelom tijelu.

### **De-Stress Pregnancy Massage** **45 min**

Massage ideal for the special needs of pregnant women. The therapy massage improves the muscle function, lymphatic flow, circulation and the tonus of the skin.

### **Elissian Aroma Massage** **60 min**

Massage with warm oil combination of almond oil and tailor made mix of essential oils according to your preference. The oils which are used are calming and cleansing at the same time, and in combination with specially created massage choreography aim to revitalise, refresh and relax entire body.

### **Serenity Rose Quartz Massage** **80 min**

This is the longest and most popular form of full body massage with a balancing effect on the entire body. Treatment is enriched with face Rose Quartz pressure point massage to relieve stress and encourage cell regeneration. After the full face and body massage, you will feel supple and full of energy.

#### **ADD ON**

**Magnesium**  
**-- min**

**Face Mask**  
**-- min**

### **De-Stress Pregnancy Massage** **45 min**

Masaža idealna za posebne potrebe trudnica. Terapija masažom poboljšava funkciju mišića, rad limfe, cirkulaciju i tonus kože.

### **Elissian Aroma Massage** **60 min**

Masaža u kojoj se koristi toplo bademovo ulje i kombinacija esencijalnih ulja prilagođena vašim željama. Ulja koja se koriste istodobno smiruju i čiste, te u kombinaciji sa posebno osmišljenom koreografijom pokreta revitaliziraju, osvježavaju i opuštaju cijelo tijelo.

### **Serenity Rose Quartz Massage** **80 min**

Najpopularnija i najduža masaža cijelog tijela namijenjena opuštanju, s uravnotežujućim učinkom na cijelo tijelo. Tretman je obogaćen Rozen Kvarc presurom masažnim kamenjem koja otpušta stres i potiče regeneraciju lica. Nakon masaže glave i cijelog tijela, osjećat ćete se gipki i puni energije.

**Magnesium**  
**-- min**

**Face Mask**  
**-- min**

# LUXURY SPA RITUALS

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LUKSUZNI SPA RITUALI



### **Wine Ceremony**

**90 min**

Treatment dedicated to health and well-being of the body by using beneficial properties of grapes and derivatives. It includes grape seed scrub followed by wrap and ends with grape warm oil relaxing massage. Treatment improves skin radiance, supports its regeneration and offers silky smoothness.

### **Energy Boost**

**100 min**

Created to lift the feeling of lethargy, fatigue or stress and promote higher energy level long after the treatment ends. Magnesium application is paired with energetic massage of your choice (sport, deep tissue) to help soothe and efficiently release acquired tension, oxygenate entire body and boost immune system. Treatment ends with short Skin Essential Care facial to give refreshment to your face along with your body and make you ready for new adventures!

### **Wine Ceremony**

**90 min**

Tretman posvećen zdravlju i blagostanju tijela koristeći blagotvorna svojstva grožđa i njegovih derivata. Uključuje piling tijela sjemenkama grožđa i wrap te završava masažom toplim uljem od grožđa. Tretman poboljšava izgled kože, potiče njenu obnovu i pruža joj svilenkastu mekoću.

### **Energy Boost**

**100 min**

Stvoren da ublaži osjećaj letargije, umora i stresa te potakne i održi višu razinu energije dugo nakon završetka tretmana. Aplikacija magnezija zajedno sa energičnom masažom po vašem izboru (sport, deep tissue) pomaže u smirivanju i učinkovitom otpuštanju nakupljenog stresa, oksigenizira tijelo i jača imunološki sustav. Tretmanu smo dodali kratki Skin Essential Care tretman lica kako bi uz vaše tijelo i vaše lice bilo osvježeno i spremno za nove izazove!

ELISSIAN products are produced from premium quality ingredients of organic or natural origin and plant extracts known for their exceptional therapeutic qualities. All products are manufactured in Croatia, in cooperation with the most renowned experts in the field of pharmaceuticals. The guiding principle in designing the product was to offer customers products with highest quality ingredients that help maintain the natural skin elasticity and restore energy balance.

ELISSIAN proizvodi kreirani su od najkvalitetnijih sastojaka organskog ili biljnog podrijetla i ekstrakta biljaka poznatih po iznimnim terapijskim učincima. Svi su proizvodi proizvedeni u Hrvatskoj, u suradnji s najpoznatijim stručnjacima iz područja farmaceutike. Misao vodilja pri kreiranju proizvoda bila je ponuditi klijentima proizvode s najkvalitetnijim prirodnim sastojcima koji pomažu održavanju prirodne elastičnosti kože i vraćaju je u energetska ravnotežu.



# ELISSIAN

—  
YOUR WELLNESS PARTNER



PLAVA LAGUNA

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