



**ENERGY  
CLINIC**  
RELAXING  
IN LUXURY

# BALANCE AND MINDFULNESS

## RAVNOTEŽA UMA I TIJELA

It's what our lives are lacking in these times as the relentless, supercharged pace of modern life invades and fragments even our leisure time. And it's not just the tempo; life today requires attention and focus at all times, making our minds jump from one complex challenge to a completely different one in a matter of minutes, slowly but steadily depleting our energy levels until harmony is lost and until our inner selves are no longer aligned with our bodies. Restoration of that mindfulness, balance and alignment through a unique, holistic and fundamentally natural approach is exactly what we do here at ENERGY CLINIC.

To je ono što nam nedostaje u vremenima kada nemilosrdan super ubrzan ritam života ugrožava i razbijja na dijelove čak i naše slobodno vrijeme. Ne radi se samo o tempu; život danas zahtjeva neprestanu pozornost i fokusiranost, pa naša svijest skače s jednog složenog izazova na potpuno drugačiji u intervalima od svega nekoliko minuta, polagano, ali sigurno trošeci našu energiju do trenutka gubitka sklada uma i tijela. Obnova sklada i unutarnje ravnoteže kroz jedinstven, cjelovit i iznad svega prirodan pristup je upravo ono čega se bavimo u ENERGY CLINIC-u.

# HYDRA LOGIC FABULOUS FACIALS

## HYDRA LOGIC NJEGA LICA

### ***Anti-Fatigue Espresso***

**40 min / 308,91 HRK / € 41.00**

Perfect facial treatment for tired, grey and uneven skin with large pores. This specially designed product will help to tighten and regenerate tired skin and providing a new radiant glow.

Savršen tretman za umornu, sivu i neujednačenu kožu s proširenim porama. Posebno osmišljeni proizvodi pomoći će u zatezanju i osvježavanju umorne kože, dajući joj novi sjaj.

### ***Signature Hydrating***

**60 min / 534,95 HRK / € 71.00**

#### ► POPULAR

Facial treatment specially designed for all skin types and deep hydration. EC experts developed the perfect formula for preventing dehydration and restoring the original healthy condition of the skin.

Posebno osmišljen tretman lica, namijenjen svim tipovima kože i dubinskoj hidrataciji. EC stručnjaci osmislili su izvrsnu formulu protiv dehidracije, za vraćanje kože u prvobitno, zdravo stanje.

### ***Anti-Age Strategy***

**75 min / 670,57 HRK / € 89.00**

#### ► LUXURY

Anti-age Strategy uses EC hyaluronan products and massage technique designed to slow down the ageing process, to refresh the skin and to reduce wrinkles. In combination with the anti-age face mask, your skin will be completely renewed.

Anti-Age Strategija koristi EC hyaluron proizvode i masažnu tehniku koja usporava proces starenja, osvježava kožu i ublažava

bore. U kombinaciji s Anti-age maskom, vaše će lice biti potpuno obnovljeno.

### ***Anti-Age Face And Decollete Therapy***

**40 min / 444,54 HRK / € 59.00**

#### ► POPULAR

This treatment is a completely natural alternative to facelift surgery and chemical face treatments which helps improve muscle tonus, tightens the skin and reduces puffiness of the eyes. Tailor made use of combination of silicone suction cups, gua sha stones and dermarollers stir circulation and stimulate production of collagen/elastin in a natural way.

Ovaj tretman je prirodna alternativa kirurškom faceliftingu ili kemijskim tretmanima lica, a pomaže popraviti mišićni tonus, zateže kožu te smanjuje i drenira otečenost ispod očiju. Prilagođena kombinacija upotrebe silikonskih čašica, gua sha kamenja i dermarolera potiče opću cirkulaciju i stimulira proizvodnju kolagena/elastina prirodnim putem.

### ***Hydra-Man***

**50 min / 504,81 HRK / € 67.00**

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

Tretman lica posebno osmišljen za mušku kožu, izjednačava ten i njeguje, ujedno se boreći protiv znakova starenja.

### ***Beautiful Eyes Package***

**Paket lijepih očiju**

**40 min / 271,24 HRK / € 36.00**

# BASIC TREATMENTS

## OSNOVNI TRETMANI



### MARVELOUS MANICURES

#### *Classical Manicure*

**50 min / 263,71 HRK / € 35.00**

Fast cleaning, shaping and repairing nails, so that they can grow healthy. If required a natural protective coat and a single-coloured nail polish are applied on the nails.

Brzo čišćenje, oblikovanje i popravak noktiju kako bi mogli zdravo rasti. Na nokte se, prema potrebi nanosi prirodni zaštitni sloj i lak u jednoj boji.

#### *Energy Clinic Hand Spa*

► **LUXURY**

**75 min / 391,79 HRK / € 52.00**

A luxury hand treatment which includes a refreshing hand scrub for soft and smooth skin, manicure, nail polishing, nourishing mask with aromatic oils and a relaxing hand massage.

Luksuzni tretman ruku uključuje osvježavajući piling za nježnu i meku kožu, završnu manikuru, poliranje noktiju, hranjivu masku s aromatičnim uljima i opuštajuću masažu.

#### *Nail Polish / Lakiranje noktiju*

**15 min / 90,41 HRK / € 12.00**

### PERFECT PEDICURES

#### *Classical Pedicure*

**60 min / 293,85 HRK / € 39.00**

Beautifying of toenails and feet, completed by gentle application of energizing and refreshing foot balsam. The treatment includes a single-coloured nail polish.

Uljepšavanje noktiju i stopala, upotpunjeno nanošenjem

energizirajućeg i osvježavajućeg balzama za njegu stopala. Tretman uključuje lakiranje noktiju u jednoj boji.

#### *Detox Pedicure*

**70 min / 354,12 HRK / € 47.00**

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.

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.

#### *Energy Clinic Foot Spa*

**90 min / 459,60 HRK / € 61.00**

► **POPULAR**

Specially designed luxury pedicure with special essential oils, completed with foot scrub and foot mask with medicinal herbs, foot massage, beautifying of toes and, if required, nail polishing.

Posebno osmišljena luksuzna pedikura posebnim esencijalnim uljem, upotpunjena pilingom i maskom za stopala od ljekovitog bilja, masažom stopala, uljepšavanjem noktiju i, prema potrebi, lakiranjem noktiju.

#### *Nail Polish / Lakiranje noktiju*

**15 min / 90,41 HRK / € 12.00**

## FIT FIGURE BODY CARE

## FIT FIGURE NJEGA TIJELA

### ***Fit Figure Body Polish***

**25 min / 233,57 HRK / € 31.00**

A refreshing aromatic body scrub makes the skin velvety smooth and soft due to the balanced combination of medicinal sea salt and aromatic oils nourishing the skin. This is an ideal treatment for an instantaneous renewal of energy and freshness. Osvježavajući aromatični piling tijela koji kožu čini baršunastom i mekom, zahvaljujući uravnoteženoj kombinaciji ljekovite morske soli i aromatičnih ulja što hrane kožu. Ovo je idealan tretman za trenutno obnavljanje energije i svježine.

### ***Fit Figure Body Wrap***

**45 min / 293,85 HRK / € 39.00**

Applying Fit Figure Serum and wrapping the body in foil reduces cellulite, improves the appearance of the skin and stimulates intensive withdrawal of water and residual toxins from the body.

Nanošenje Fit Figure seruma i umatanje tijela u foliju smanjuje celulit, poboljšava izgled kože i potiče intenzivno izlučivanje vode i zaostalih toksina iz tijela.

### ***Fit Figure Body Shape***

**70 min / 595,23 HRK / € 79.00**

#### ► **SIGNATURE TREATMENT**

The fantastic new detox & slim ritual starts with a quick and energetic body brushing that stimulates the circulation. It is followed by the application of a special serum with warming effect, penetrating in the deeper layers of epidermis. The treatment ends with a connective

tissue massage which restores the skin's glow using Fit Figure peppermint milk leaving your body cooled down and refreshed.

Izvrstan novi detox&slim ritual počinje brzim četkanjem tijela kojim se potiče cirkulacija. Potom se nanosi specijalni serum zagrijavajućeg djelovanja koji prodire u dublje slojeve epiderme. Tretman završava vezivno-tkivnom masažom koja koži vraća sjaj koristeći Fit Figure mlijeko sa pepermintom, ostavljajući hladan i osvježavajući osjećaj na koži.

### ***Islands In The Stream***

**75 min / 625,36 HRK / € 83.00**

#### ► **SIGNATURE TREATMENT**

This ritual was specially created by Energy Clinic team of experts in order to help you to achieve deep relaxation and regeneration of both body and mind. The treatment starts with a vigorous aromatic scrub followed by a 45-minute soothing massage with lavender oil and ends with alternating hot and cold compresses stimulating circulation and energy flow through the meridians of your entire body, relieving you of accumulated stress. Energy Clinic tim osmislio je ovaj ritual kako bi vam pomogao da se potpuno opustite i obnovite svoj um i tijelo. Tretman počinje energičnim pilingom, nakon čega slijedi 45-minutna opuštajuća masaža uljem lavande. Za kraj, izmjenom vrućih i hladnih obloga stimulira se cirkulacija i protok energije kroz meridijane cijelog tijela, oslobađajući vas nakupljenog stresa.

# REJUVENATING MASSAGES

## MASAŽE ZA POMLAĐIVANJE



**Fine Spine  
(back and neck massage)**  
**25 min / 293,85 HRK / € 39.00**

► **POPULAR**

A combination of techniques is used to ease and soothe muscle tension in your back, neck and shoulders. Kombinacija tehnika koristi se za olakšavanje i ublažavanje mišićne napetosti u leđima, vratu i ramenima.

**Relaxing Foot Massage**  
**25 min / 286,31 HRK / € 38.00**

Natural healing massage stimulating the reflex points of your feet, improving circulation and stimulating the body to restore its natural balance. It is ideal for healing stress-related discomforts such as headaches, insomnia, fatigue and similar discomforts.

Prirodna, ljekovita masaža 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.

**Face & Scalp Aromatic Massage**  
**25 min / 286,31 HRK / € 38.00**

Indulge yourself with this exceptionally soothing 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.

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

**Anti-Stress Back and Leg Therapy**  
**45 min / 414,40 HRK / € 55.00**

► **SIGNATURE TREATMENT**

Relaxing treatment that includes a legs and back massage stimulating circulation and lymph flow. The treatment ends with alternating warm and cold compresses. Opuštajući tretman koji uključuje masažu nogu i leđa. Djeluje na poboljšanje cirkulacije te bolji protok limfe. Tretman završava izmjenom hladnih i toplih obloga.

**Deep Tissue Back and Leg Therapy**  
**45 min / 474,67 HRK / € 63.00**

Recover fast after a strenuous workout or sports activities and help your body to eliminate metabolites, toxins and lactic acid. This intensive and firm massage will restore the natural balance of the body, followed by warm and cold compresses.

Obnovite tijelo nakon intenzivne tjelovježbe, te pomozite tijelu eliminirati mlijecnu kiselinu i toksine tretmanom koji uključuje intenzivnu i čvrstu masažu nogu i leđa. Masaža djeluje na poboljšanje cirkulacije i obnavlja prirodnji balans tijela, upotpunjena izmjenom hladnih i toplih obloga.

**ADD ON**

**Energy Clinic Mask**  
**52,74 HRK / € 7.00**

### **Cellulite Free Girl**

**45 min / 549,60 HRK / € 61.00**

Intensive, toxin-releasing treatment that speeds up the releasing processes and mobilizes the accumulated fat cells in all critical zones. It rebalances the water in the body and stimulates microcirculation. Skin tonus, smoothness and healthy glow are restored.

Intenzivni tretman za izlučivanje toksina koji ubrzava eliminirajuće procese i mobilizira nakupljene masne stanice u svim kritičnim zonama. Ponovo uspostavlja ravnotežu vode u tijelu i stimulira mikro cirkulaciju. Koži vraća tonus, glatkoću i zdravi sjaj.

### **De-Stress Pregnancy Massage**

**45 min / 406,86 HRK / € 54.00**

Massage ideal for the special needs of pregnant women. The therapy massage improves the muscle function, circulation and the tonus of the skin. Masaža idealna za posebne potrebe trudnica. Terapija masažom poboljšava funkciju mišića, cirkulaciju i tonus kože.

### **Energy Clinic Classical Massage**

**50 min / 429,47 HRK / € 57.00**

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.

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

### **Sport Massage**

**50 min / 504,81 HRK / € 67.00**

Recover fast after a strenuous workout or sports activities and help your body to eliminate metabolites, toxins and lactic acid. This intensive sports massage will restore the natural balance of the body.

Oporavite se brzo nakon napornog vježbanja ili sportskih aktivnosti i pomognite svome tijelu da eliminira metabolite, toksine i mlječnu kiselinu. Ova intenzivna sportska masaža dovest će tijelo u prirodnu ravnotežu.

### **Lymphatic Drainage**

**50 min / 565,09 HRK / € 75.00**

Lymphatic drainage is a gentle osteopathic treatment that stimulates the flow and the elimination of excess body fluids resulting in relaxed nervous system and stronger immune system. This type of massage is recommended for those who are prone to fluid retention, who are recovering from infections, suffering from chronic fatigue, low immunity, and also for the physically inactive ones.

Limfna drenaža je blagi osteopatski tretman koji potiče tok i eliminaciju viška tjelesnih tekućina rezultirajući opuštenim živčanim sustavom i podizanjem imunološkog sustava. Ova vrsta masaže se preporučuje osobama sklonim zadržavanju tekućine, koje se oporavljaju od infekcije, pate od kroničnog umora, slabog su imuniteta i koje nisu dovoljno fizički aktivne.

### **Relaxing Warm Oil Massage**

► **POPULAR**

**50 min / 474,67 HRK / € 63.00**

Massage with warm aromatic oils maintaining a fine, for the skin exceptionally comfortable temperature during the entire treatment. The oils which are used are calming and cleansing at the same time, thereby providing deep relaxation.

Masaža u kojoj se koriste topla aromatična ulja koja tijekom cijelog tretmana zadržavaju finu, za kožu iznimno ugodnu temperaturu. Ulja koja se koriste istodobno smiruju i čiste, osiguravajući pritom duboko opuštanje.

### **Energy Clinic Signature Massage**

► **POPULAR**

**80 min / 715,78 HRK / € 95.00**

This is the most popular form of massage for deep relaxation and with a balancing effect on the body. The treatment tones the body and has a beneficial effect on ligaments and sinews as well as blood circulation, lymph flow, and nerve tracts. After the full face and body massage, you will feel supple and full of energy.

Najpopularniji oblik masaže koji je namijenjen opuštanju, s uravnotežujućim učinkom na tijelo. Tretman tonizirajuće djeluje na tijelo i ima blagotvoran učinak na ligamente i teticu, kao i na cirkulaciju, protok limfe i živčane putove. Nakon masaže glave i cijelog tijela, osjećat ćete se gipki i puni energije.

### **ADD ON**

#### **Energy Clinic Mask**

**52,74 HRK / € 7.00**

# LUXURY SPA RITUALS



## *After Plane Spa Comfort*

**80 min / 647,97 HRK / € 86.00**

► **POPULAR**

We begin the treatment with an Anti-Stress Back & Leg Massage relaxing the muscles and eliminating the fatigue after a long trip. The exchange of warm and cold compresses improves circulation while Anti-Fatigue Espresso facial treatment refreshes and tightens tired skin providing it a new radiance.

Tretman počinjemo Anti-stress Back & Leg masažom koja opušta mišiće i otklanja umor nakon dugotrajnog putovanja. Izmjena toplih i hladnih obloga poboljšava cirkulaciju dok Anti-Fatigue Espresso osvježava i zateže umornu kožu lica dajući joj novi sjaj.

## *Aroma Cocoon*

**90 min / 693,17 HRK / € 92.00**

An aromatic treatment designed with a focus to exfoliate, cleanse and moisturize the skin. It includes body scrub and aroma therapy body wrapping treatment followed by aromatic full body massage. The use of aromatic oils facilitates the energy flow and restores the balance of your body.

Aromatični tretman osmišljen s fokusom na čišćenje i hidrataciju kože. Uključuje piling tijela i aromaterapijsko zamatanje tijela uljima nakon čega slijedi aromatična masaža cijelog tijela. Korištenje aromatičnih ulja olakšava protok energije i uspostavlja ravnotežu vašeg tijela.

### **Man Only**

**100 min / 836,33 HRK / € 111.00**

#### ► **POPULAR**

The package includes cleansing and firming of male facial skin and a 50-minute sports massage. Ideal for men leading a fast and stressful life. Paket predstavlja čišćenje i zatezanje muške kože lica i 50-minutnu sportsku masazu. Idealan za muškarce koji vode užurban i stresan život.

### **Let Your Face & Body Glow**

**110 min / 776,05 HRK / € 103.00**

#### ► **POPULAR**

The package begins with Energy Clinic Fit Figure body treatment which stimulates circulation, tightens the skin and restores its radiance. For a complete experience it is followed by Anti-Fatigue Espresso facial treatment which will clear away all signs of a tired skin.

Paket počinje Energy Clinic Fit Figure tretmanom tijela koji potiče cirkulaciju, zateže kožu i vraća joj sjaj. Za potpuni dojam slijedi Anti-Fatigue Espresso tretman lica koji će vam obrisati sve tragove umora.

### **New Line 120'**

**120 min / 956,88 HRK / € 127.00**

#### ► **LUXURY**

The package begins with anti-age facial treatment restoring the skin's radiance and firmness. The facial treatment is followed by a relaxing full body massage with warm oil, relieving you from the accumulated stress.

Paket počinje Anti-age tretmanom lica koji vraća sjaj i čvrstoću. Nakon tretmana slijedi opuštajuća masaža cijelog tijela vrućim uljem, uz koju ćete se zasigurno osloboediti nakupljenog stresa.

### **DUAL DISPLAY AND EURO PRICING**

Dual Display and Euro Pricing -according to the Euro Adoption Act as official currency in the Republic of Croatia, we have legal requirement to implement dual pricing display including both Kunas and Euros pricing as of September 5th, 2022, till December 31st, 2023, implementing fixed currency exchange (1 EUR - 7,53450 HRK). All amounts will be rounded and presented according to the legislation in place. In the period of dual display, the amount of currency still not official of the time of display will serve for information purposes only.

### **DVOJNO ISKAZIVANJE CIJENA**

Dvojno iskazivanje cijena - Sukladno Zakonu o uvodenju EUR kao službene valute u Republiku Hrvatsku, u obvezi smo tijekom trajanja razdoblja dvojnog iskazivanja cijena (5. rujna 2022. do 31.prosinca 2023.g.) iskazivati cijenu usluge u euru i kuni, a uz primjenu fiksнog tečaja konverzije (1 EUR-7,53450 HRK) i uz pravila za preračunavanje i zaokruživanje. U razdoblju dvojnog iskazivanja novčani iskazi vrijednosti u valuti koja nije službena valuta samo su informativnog karaktera.

# ENERGY CLINIC PRODUCTS

ENERGY CLINIC 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 pharmaceutics. 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.

## ENERGY CLINIC PROIZVODI

ENERGY CLINIC 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 energetsku ravnotežu.





## PLAVA LAGUNA

Poklon bonovi su dostupni na recepciji ENERGY CLINIC-a  
Gift vouchers available for purchase at ENERGY CLINIC reception desk.  
PDV je uračunat u sve cijene / VAT is included

Hotel Molindrio Plava Laguna  
Zelena laguna 2, 52440 Poreč, Istra, Hrvatska

POZIV IZ SOBE / INTERNAL HOTEL NUMBER: 1496  
+385 52 412 496  
[molindrio@energyclinic.com](mailto:molindrio@energyclinic.com)  
[www.energyclinic.com](http://www.energyclinic.com)