



Wellness & Spa menu

Our modernly furnished 1000m² "Fontana" Wellness Center is a perfect place to escape everyday life, an oasis of peace to enjoy a relaxing environment.

The hot water hydromassage pool, with water temperature varying from 30° C to 35° C, measuring 7x2m in size, is the second most visited facility after the sauna park. The benefits of hydromassage are multiple. A jet emerging from the floor is intended for foot and calf hydromassage, while the side jets aim to relax your neck and back region. Underwater massages are recommended for rheumatic conditions and for relieving tension and fatigue.

The hydromassage bath or Jacuzzi is a supplemental content with water temperature up to 34° C used primarily for muscle relaxation. The recreational swimming pool, in combination with our Wellness and Spa facilities, is an absolute pleasure complementing the sauna effects.

The Spa center pool measures 10 x 6 x 1.5 m in size, with water temperature up to 30° C. It is perfect to round off meeting visitors' needs for relaxation in wellness center.

The children's pool is intended for the youngest visitors. The little ones can enjoy the circular pool with water temperature up to 32° C.





MINI BALANCE

(beauty lies in well-groomed skin)

FACE AND CLEAVAGE MASSAGE 30 MIN

A blessing to pamper your facial skin with, not only to achieve a cosmetic effect but also to eliminate traces of daily stress and fatigue.

ANTI AGE FACE AND CLEAVAGE MASSAGE 30 MIN

Designed for massage lovers with a focus on anti-aging effect. Massage enriched with retinol instantly rejuvenates mature skin.

PERLA 30 MIN

Our Perla is a flash treatment adapted to the needs of your skin. In addition to a pleasant massage, it includes peeling and a mask the beautician chooses especially for you.

"DR. RIMPLER" FACIAL TREATMENT 50 MIN

Treatment with renowned German cosmetics Dr. Rimpler 100 % adapted to the client's skin condition and needs.

EXTRA DEVICE TREATMENT 30 MIN

In consultation with a beautician, each of your treatments can be enhanced using one of the five technologies we offer.





Dr.RIMPLER



ESSENTIALS

(beautiful skin requires commitment, not a miracle)

ULTRASONIC SPATULA HYGIENE TREATMENT 50 MIN

The initial step of effective skin care. Facial cleansing using an ultrasonic spatula is a recommended pre-treatment, after which any further skin care will be much more effective.

BIOLOGICAL MICRODERMABRASION 45 MIN

Using microdermabrasion, we will remove dead skin from your face, restore its shine, and even your skin tone. This effective technology is incorporated into the facial treatment adapted to your skin.

BIOLOGICAL NEEDLE-FREE MESOTHERAPY 45 MIN

The most popular non-invasive facial therapy that delivers to deeper skin layers everything your skin needs for a flawless appearance.

MESOTHERAPY FOR EYE AREA 30 MIN

With this treatment, we focus on eye region skin problems (wrinkles, puffiness, dark circles, etc.). We treat the eye area in detail with specially adapted mesotherapy accessories and restore skin freshness and shine.

RADIOWAVE SKIN LIFTING 45 MIN

Proven effective anti-aging skin lifting technology. In this treatment, radiowave lifting is upgraded to a facial treatment adapted to the client's skin.

INTENSIVE

(skincare is essential, makeup is optional)

In this treatment category, we use two different device technologies to achieve maximum effects on key problems we face in facial skincare.

CLEAR SKIN 60 MIN

(hygienic ultrasonic spatula and microdermabrasion treatment)

HYDROLIFT 60 MIN

(biological microdermabrasion with radio frequency treatment)

MESO REPAIR 60 MIN

(biological microdermabrasion treatment with mesotherapy)

CHEMICAL PEEL

45 MIN

The gold standard in skin rejuvenation for decades. Treatments we recommend for the colder season to completely regenerate your skin and eliminate all irregularities on it.





GLOW UP

(face perfection in one step)

Treatments we designed for impatient clients who want the most visible immediate effect on the skin. We especially recommend them for those occasions where you want to shine.

GABA & NANA 60 MIN
Spectacular lifting therapy

INTENSIVE ANTI-AGE 60 MIN
Three device technologies

GLOW UP 60 MIN
Massage + peeling + serum + ampoule
+ clay mask + final care

MICRONEEDLING MESOTHERAPY

60 MIN

A smash-hit facial therapy for delivering custom cocktails of active substances to deeper skin layers with the help of microneedles.

SPA HARMONY

(nourished skin doesn't come by accident...)

PEELING MASSAGE 60 MIN

Enrich the massage with a short body peeling with the aroma of your choice.

BODY PEEL 30 MIN

Body skin peeling is exceptionally beneficial for your skin. We use it to remove dead skin, promote skin hydration and immediately improve its appearance. You choose the peel aroma to your taste.

"MINI REFRESH" BODY MASK OF YOUR CHOICE 30 MIN

Beautiful, soft, and silky skin is not a dream but the result of regular care. Choose one of our masks and give your skin the nutrition it deserves.



**NATURAL
CANDLE MASSAGE
60 MIN**

We provide the most popular spa massage with all-natural, handmade candles. Their melting wax turns into a sumptuous oily emulsion ideal for massage. Choose your aroma and indulge in this luxurious massage that unites the benefits of aromatherapy, heat, and skin care.

RELAX & DESTRESS

(massage is not a luxury; it is a way to a healthier life)

RELAX 40 MIN, 60 MIN

Relaxing gentle pressure body massage. It relieves muscle tension and improves circulation.

ANTISTRESS 45 MIN

In addition to helping to relieve stress, this massage is used to restore balance and relieve tension and painful conditions.

LESS STRESS 60 MIN

Holistic massage approach aimed at achieving deep relaxation on a physical, mental, and emotional level. It includes a Himalayan salt facial massage.

ROYAL MASSAGE 50 MIN

With a four-hand massage, you will lose the sense of time and detach yourself from reality. As a complement to intense relaxation, this type of massage will improve blood circulation in your body and fill it with energy.

MASSAGE FOR PREGNANT WOMEN 30 MIN

Massage for pregnant women is a dosed-pressure mild and gentle massage. The back, arms and legs are massaged while the pregnant woman is on her side with pillows between her legs to achieve the most comfortable position.

COUPLES MASSAGE 50 MIN

The massage is done in a room with two tables specially prepared for a couple. You can share this unforgettable experience with your partner, friend, or family member.

**NATURAL WAX
AROMATHERAPY MASSAGE 60 MIN**

The waxes are made from entirely natural ingredients: soy wax, shea butter, and sweet almond oil with added essential oils for a scent note. A paradise for skin that receives the right infusion of highly nourishing ingredients necessary for its healthy appearance. The satisfaction is raised to a higher level by melting selected wax in a specially designed heater. Choose your aroma...



LUXURY

(a touch of luxury and an extraordinary spa experience awaits you at our address)

HIMALAYA TOUCH 40 MIN, 70 MIN

We perform the massage with warm natural Himalayan salt stones. You are relaxed and soothed by heat, and abounding mineral salts refill your energy stocks. With added detoxification effect, they are beneficial as stress and muscle tension regulators.

ROYAL 60 MIN

Body massage with 24k gold oil. Gold, the most precious metal, improves skin microstructure, stimulates skin regeneration, and acts on the synthesis of collagen and elastin which reduces skin aging signs.

CANNABIS TOUCH 60 MIN

Hemp is considered the first plant grown by man, and its positive effect on the body and skin has been known for thousands of years. Due to its specific composition and high concentration of natural antioxidants, unsaturated fatty acids, vitamins, and other ingredients, cannabis oil has a particularly beneficial effect in massage therapy. When massaged into body, cannabis oil has a highly beneficial effect on the skin. This precious oil nourishes the skin from the outside, but its effect on the body is also significant as it penetrates the bloodstream. It restores cells and has a regenerative effect. The perfect choice for antistress holistic massages and various wellness treatments and rituals.



**FONTANA WELLNESS
BRAND 60 MIN**

A unique massage performed by three therapists at the same time. It combines different massage techniques that affect every segment of your body. It improves skin elasticity, boosts metabolism, and reflexology therapy works on the internal organs and promotes entire body relaxation. It is considered an initial step to relieve the body of stress. Massage cannot cure a disease, but can improve general body condition.

RECOVER & HEALTH

(touch for health)

THERAPEUTIC MASSAGE 30 MIN 50 MIN

A medium-pressure massage with a deep effect and elements of stretching to relieve pain, release stress and toxins from tired and sore muscles.

MINERAL PEEL

THERAPEUTIC MASSAGE 40 MIN

All the benefits of the therapeutic massage are complemented by mineral peel which nourishes the body abundantly with sea minerals and helps balance all metabolic processes necessary for vital and healthy skin.

SPORTS MASSAGE WITH CRYOTHERAPY EFFECT 70 MIN

High intensity and fast movement massage. It focuses on eliminating accumulated lactic acids caused by intense muscular effort. The cryotherapy lotion we use has an additional beneficial effect on muscle recovery.


REFLEXOLOGY THERAPY

WITH VOLCANIC MUD MASK 50 MIN

The ancient foot massage was designed to harmonize the work of internal organs and provide antistress effect by removing traces of stressful everyday life and relaxing each body cell. While the feet reflexology zones relax with a volcanic mud mask, the therapist will focus on harmonizing energy flow using gentle stretching techniques and antistress head massage.

LYMPHATIC DRAINAGE 50 MIN

Treatment for removing excess water in the body accumulated in the intercellular space, with pronounced antistress and detoxification effects. It helps you get rid of the feeling of bloating in your stomach, legs, arms, face...



**RECOVERY
TREATMENT 70 MIN**
(Magnesium mask
with therapeutic massage)

The treatment for muscle and body recovery is based on products with a high concentration of marine magnesium. It includes a therapeutic massage with white clay and marine magnesium body mask. Magnesium therapy will enable direct penetration of minerals through the skin and act preventively on its loss. In addition to the recovery, antistress and relaxing effects on the body, it regulates the nervous system tension and completely rebalances energy.

RESHAPE

(body language)

ANTICELLULITE MASSAGE 30 MIN

This massage manipulates the skin to break down fat cells below the skin surface, so they are distributed more evenly instead of accumulating in one place.

ALGAE AND GREEN CLAY BODY CONTOURING 60 MIN

The treatment improves body contours and skin relief. It is enriched with clay and algae known for their strong detoxifying and draining effects and effect on melting fat deposits.



**ULTRASONIC
LIPOSUCTION
WITH LYMPH DRAINAGE
30 MIN 60 MIN**

Ultrasonic liposuction is a safe and non-invasive alternative to surgical liposuction. It melts fat deposits on problematic regions such as the stomach, thighs, knee region, etc.

Device-assisted treatment is followed by lymphatic drainage.

HERBAL STORY

(nature and our skills translated
into authentic 100% organic rituals)

NATURAL STORY "MANGO" 70 MIN

A refreshing tropical experience with irresistible mango aromas. If you want energy to flow through your body and feel the spirit of exotic destinations, this is the right choice for you.

NATURAL STORY "ROSE" 70 MIN

A sensual and gentle rose ritual is a perfect choice for ladies. We make a scrub for you using rose petals and gentle raspberry stones combined with soothing aloe vera gel. Indulge in a massage that relaxes and relieves stress and tension.

MINERAL INFUSION 70 MIN

Our mineral treatment is a real infusion of minerals for your skin! Sea mineral peel and pack are an introduction to a luxurious Atlantic wax massage that leaves a feeling of freshness and the smell of the sea on your skin.

STEAM BATH BODY PEEL

Body peeling in a steam bath is an ideal treatment that removes dead skin for an immediate refreshing effect. You carry out the treatment yourself, and in addition to improving skin appearance, it also offers you a new spa experience.



**TOUCH
OF COTTON
"SOFT COTTON" 70 MIN**

Refined body pack in the form of white powder owes its exceptional moisturizing power to cotton flower, which is the main component of the preparation. Added aloe vera has strong regenerative and soothing effects, making the pack perfect for the care of very damaged and dehydrated skin. With added massage, it guarantees you velvety, cotton-like skin.

feelSpa...

CORRECTIVE EXERCISES AND THE SCHROTH METHOD

Within the wellness & spa center, we place particular emphasis on the corrective exercise program and the Schroth method as a complete technique for correcting spinal deformities (scoliosis, kyphosis).

Corrective exercises and muscle strengthening are very important and effective both in preventing and treating spinal column deformities. They most often appear in the preadolescent and adolescent periods between the ages of 10 and 16.

The approach is individual, and the exercises of our master rehabilitation therapist and international Schroth therapist are created according to deformity type and health condition.

The program includes posture correction, breathing exercises, stretching of tight muscles, as well as muscle strengthening exercises.

The aim of the exercises is derotation, straightening, and stabilization of spine in all three planes. They stop the progression and correct the deformity, and in addition, can also alleviate and eliminate pain, increase lung capacity and improve body posture.

For more information, contact the wellness and spa center at 036 200 069

PACKAGES

FONTANA WELLNESS & SPA PACKAGES

ZEN BALANCE

package for two

(Includes two-hour use of facilities, two 20-min partial massages,
and two steam bath peels)

SPA ESCAPE

package for two

(two-hour use of wellness and spa facilities)

VOUCHERS

FONTANA WELLNESS & SPA

MIND RELAX

(relax massage, use of wellness and fruit drink)

BODY RELAX

(body treatment, use of wellness and fruit drink)

FACE RELAX

(facial treatment, use of wellness and fruit drink)



ADDITIONAL SERVICES AND CONTENTS

In our Wellness & Spa center,
you can also find the following services



GYM



VIP WELLNESS APPOINTMENTS



DAILY, WEEKLY, MONTHLY, SEMI-ANNUAL
AND ANNUAL SPA TICKETS



COMPANY SPA TICKETS

Ask at the spa reception for more information about the benefits we provide for our loyal customers.

GUIDELINES FOR STAY IN OUR WELLNESS CENTER



Lock in the desired appointment before arriving at the hotel



Arrive 10 minutes early for your scheduled treatment



Please come to the treatment prepared, dressed in a robe.



Do not reserve beds



Please fill out the questionnaire for massage therapy to share any health problems or allergies before the treatment.



We advise you to leave jewelry and other valuables in the hotel room safe.



Please enter the sauna without slippers. Use of towel is mandatory.



Be considerate of other users, put away your mobile phones.



Treatment starts from the moment the therapist takes you to the massage room and ends when he says goodbye. Before the treatment, feel free to ask your therapist for advice or suggestions regarding massage therapy.



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