

Northwest Istria. A wellness oasis in the heart of Europe.

...in all the colours of Istria

UMAGO
UMAG

CITTANOVA
NOVIGRAD

VERTENEGLIO
BRTONIGLA

BUJE
BUJE

 **CROATIA**

Istra



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Northwest Istria.

Natural partner for wellness.



Croatia



Istria



Northwest Istria

Northwest Istria has a long tradition of offering wellness services followed by the development of the appropriate infrastructure.

The first built wellness centre was in Umag and therefore the saunas, swimming pools, health and beauty treatments have become an unavoidable part of this region's tourist offer.



Located at the junction of the Adriatic and Central Europe, Northwest Istria includes the towns of Umag and Novigrad at the Adriatic seacoast and Buje and Brtonigla in the hinterland. Because of the mild Mediterranean climate, the natural beauties and series of leisure facilities, it has been a favourite vacation destination for decades.

Crowned with professional awards, the wellness centres of Northwest Istria have developed into high-category hotels along the seacoast, as well as into smaller family facilities. The wellness services are based on the most modern knowledge and technologies and are enriched with an autochthonous cuisine tailored to the wellness guest.

The wellness is excellently supplemented with deals intended for sport teams that, due to the network of sport terrains and accompanying services, train during the entire year in Northwest Istria. Guests prone to life pleasures love the unique wellness formula of harmony and relaxing. They will explore treatments for health and beauty together with the famous Istrian cuisine based on home-made ingredients as well as extra virgin olive oil and top quality wine.

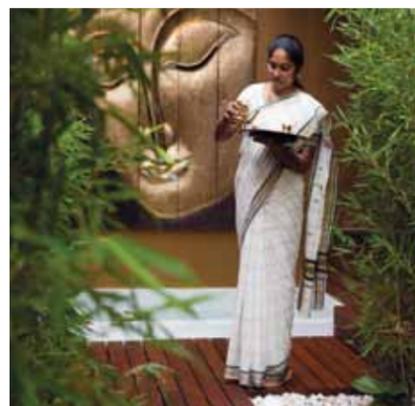
The favourable traffic position of the region contributes to its popularity. Thanks to its excellent network of highways it is easily accessed by car from Slovenia, Italy, Austria, southern Germany, Serbia, Bosnia & Herzegovina, Switzerland and Hungary. It is very close to the airport in Pula and Trieste, while the airports in Venice, Ljubljana and Zagreb are only a two or three-hour drive away.

Wellness centres.

Modern infrastructures in hotels along the seacoast.



ADULTS ONLY
by MELIÁ



Meliá Coral

The wellness centre Fusion Spa in the luxurious hotel Meliá Coral is a place for unique and intensive Orient experiences. The particularity of the newly designed centre located on 1,200 square meters is a rich offer of Ayurvedic and Thai massages, as well as treatments and rituals where prestigious French cosmetics are used. Fusion Spa combines modern design with elements in the style of the Far East, and the offer is completed with thalassotherapy and detoxification programs. Exotic ideas live within this spa: a rain cave with seawater, showering under waterfalls, aromatic showers, a wellness garden, a Thai garden with the scents of amber, sandalwood and ginger... Indian therapists perform massages with fine oils while those from Thailand perform programs for stretching the body and returning its harmony and vitality. The most modern technology of heated beds offers full relaxation and the popular impression of hovering over the surface of the sea. Fusion Spa also offers saunas, massage rooms, a modern beauty centre, an outdoor swimming pool with sea water and an inside swimming pool where the water is heated from 28 to 30°C.

Wellness centre
Fusion Spa
Hotel Meliá Coral
Katoro bb, 52470 Umag
t. +385 (0)52 701 027
info@fusionspa.eu
www.istraturist.com

Sol Garden Istra



Behind the name The Body Holiday there's a spa centre with a sport-revitalization character that presents a semi-Olympic swimming pool, a fitness studio and a sauna park. It is located in the hotel Sol Garden Istra in Umag, equipped with a hydro-massage swimming pool for 12 people and it offers a series of stimulating treatments, sport-medical massages and other contents for sport groups. It is ideal for revitalization, detoxification and energy recovery, but also an escape from the stress of everyday life. The Body Holiday is managed with the belief that a

healthy body is an important precondition of a healthy spirit and a quality life. In the relaxed atmosphere the guests can receive advice from experts and enjoy the programs based on water. The centre offers two-day wellness relaxation packages for couples, which include facials, body peelings with lavender flowers, spa manicures, and pedicures for women and sport massages for men as well as treatments for elderly people. The Body Holiday is open during the entire year; it approaches its guest individually and brings them into shape in a short period of time.

Wellness centre
The Body Holiday
Hotel Sol Garden Istra
Katoro bb, 52470 Umag
t. +385 (0)52 716 020
info@spa-vita.hr
www.istraturist.com

Sol Umag



The award winning Istrian Relax Village in Hotel Sol Umag is designed in the authentic Istrian style, and as the largest wellness centre in the area of Umag, it spreads over three levels on 1,600 square meters. It includes an indoor swimming pool, thematic hydro-massage bathtubs, saunas and massage rooms, while the numerous beauty and wellness treatments ensure relaxation by offering haven from the stresses of everyday life. The design of the centre is inspired by views of the Istrian architecture, bringing a touch of local tradition and

culture. The relaxation room is designed as an old Istrian square with a stone well while motifs of the rocky seacoast permeate through the interior. The Istrian bio-sauna is enriched with lavender, sage, rosemary and other Mediterranean aromatic herbs while the educated staff will give equal attention to every guest. The palette of services is impressive regarding their number and their range, from forming eyebrows up to massages with volcanic stones, treatments with music, sauna and rich multi-day programs that fully restore your vital energy.

Wellness & beauty centre
Istrian Relax Village
Hotel Sol Umag
Jadranska bb, 52470 Umag
t. +385 (0)52 714 050
moya@pu.t-com.hr
www.istraturist.com



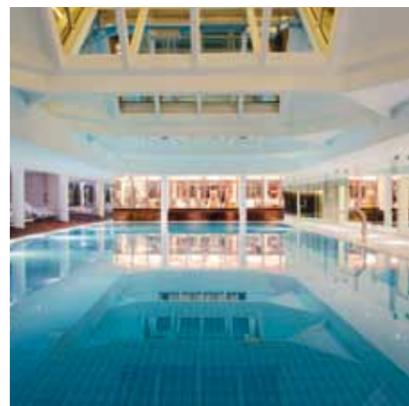
Small wellness centres. Intimate atmosphere of smaller hotels.

Maestral



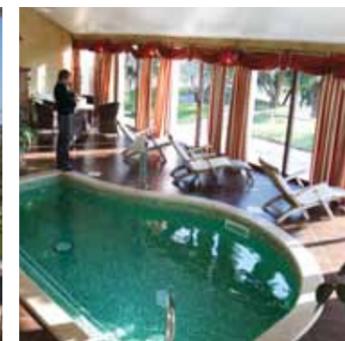
When Hotel Maestral opened its new wellness centre in 2010, it was another one brilliant step towards the development of the stylish Novigrad facility. The minimalist-designed wellness with the characteristic playing of colours spreads through the complex to 2,500 square meters in the hotel ground floor. It is a reliable oasis for relaxing the body and mind, designed according to the most modern standards. In 2011 it was proclaimed the best city wellness centre in Croatia. In the wellness part there are spacious areas for face and body care while the spa offer includes several types

of saunas, hydro-massage baths and an indoor heated swimming pool filled with seawater measuring 25 and 12 meters. The saunas are covered with Istrian stone and offer a view of the picturesque town of Novigrad while a spacious, glassed gym dominates the fitness centre with more than 30 machines. Sophisticated and modern, Maestral's wellness centre offers more exclusive rituals – massages for couples, treatments with autochthonous plants and a private spa area intended for couples offering a three-hour use of a water heated bed, private baths and Finnish sauna.



Hotel Maestral
Terre 2, 52466 Novigrad
t. +385 (0)52 858 650
reservations@laguna-novigrad.hr
www.laguna-novigrad.hr

San Rocco



Hotel San Rocco
Srednja ulica 2
52474 Brtonigla
t. +385 (0)52 725 000
info@san-rocco.hr
www.san-rocco.hr

As a famous family venture and, according to many, the best small hotel in Croatia, San Rocco successfully combines rustic and modern times. Located in the green Brtonigla, in a renewed complex of village houses, the hotel preserves the Istrian tradition and achieves top quality in cuisine, wellness and accommodation. Its luxurious wellness centre with a view of the peaceful landscape is the fruit

of the relentless research of colours and material, which weaves a harmonious story of hospitality, charm and tradition. It consists of a swimming pool, sauna and hydro-massage tubs, while the large outdoor swimming pool surrounded by a park is ideal for a vacation during the summer days. Along with wellness and beauty packages, San Rocco has a daily offer for guests that want to relax after

a stressful and active day. Untouched nature, the vicinity of bike trails, the pleasant rustic ambient, the hotel restaurant that is famous even outside the Croatian borders – all of this additionally enhances the already rich and unique experience of wellness in Brtonigla. San Rocco is luxurious, but also a discrete ambient, full of history and inspiration which enfolds the body and spirit with the magic of quality life.

Mulino



Hotel Mulino
Škrile 75a
52460 Buje
t. +385 (0)52 725 300
marketing@mulino.hr
www.mulino.hr

The wellness complex in Casino Hotel Mulino, located on the Croatian-Slovenian border, is the right address for charging your batteries not only with massages for freeing you of stress and tiredness, but also with a palette of other wellness treatments. Along with the indoor and outdoor swimming pool, Mulino's complex covers three types of saunas, hydro-massage baths, fitness centre and hair salon. Wine therapy, anti-stress aromatherapy, treatments for beauty and anti-cellulite massages are only some of the offered services along attractive and exotic programs such as Cleopatra's ritual, chocolate treatment and others. Guests can combine the offers that they most need to

recover from the daily stress. Another way to relax is with the possibility of walking through nature and playing sports, top quality cuisine and a series of other contents of this hotel which is, because of its position on the border, attractive to guests from Slovenia, Italy and Austria.

Nautica



Hotel **Nautica**

Sv. Anton 15
52466 Novigrad
t. +385 (0)52 600 400
info@nauticahotels.com
www.nauticahotels.com

Experience wellness pleasure with an Orient touch while listening to the waves of the Adriatic Sea. The wellness Centre Nautica hid from the bustle of everyday life in one of the most beautiful marinas in the Adriatic, in the peaceful Mediterranean bay of the charming town of Novigrad. You will find a hidden corner from modern trends of speed and hustle in a small luxury hotel which, along with

a nearby nautical port, makes a unique tourist complex of superior quality in the midst of the trusted name Nautica Hotels & Resorts. With its wellness offer Hotel Nautica will present to every guest the ability for total relaxation and revitalization of the body and spirit. Along with an indoor pool, hydro-massage tub and relaxation rooms, it offers relaxing on a waterbed with champagne,

refreshing drinks and fruit. The beauty treatments and massages in the expert hands of trusted professionals will refresh every exhausted body and give it a new zest. Complete your wellness adventure with a romantic experience of Novigrad, a town with unforgettable sunsets.

Villa Rosetta



Hotel **Villa Rosetta**

Crvena uvala 31
Zambratija
52475 Savudrija
t. +385 (0)52 725 710
info@villarosetta.hr
www.villarosetta.hr

On the most western part of Croatia an elegant wellness centre is hidden in the lovely family hotel Villa Rosetta, located directly next to the sea in the small fishing town called Savudrija. Even though the hotel is basically known by its excellent position, hospitality and cuisine, wellness

is an important part of its offer. The guests in Villa Rosetta can use the Finnish sauna, Turkish bath and mini zone for relaxing which many consider a valuable supplement for a vacation at the seacoast. In addition, there are also classic and anti-stress massages, aromatherapy, lymphatic drainage and

beauty treatments. They are performed by a staff that nurtures individual approach and cares for the specific needs of every guest.

Wellness themes. Health, beauty, harmony.



The attitude of wellness as a luxury that can be enjoyed only by the chosen has been overcome. The diversity of the offer has brought it closer to a wide range of guests so saunas, massages and other wellness treatments are a regular part of health and body care today. They are a valuable supplement to each trip and frequently the basic reason for going on vacation.

Northwest Istria has a wide and excellently developed choice of services – from wellness in the authentic Istrian style all the way to programs inspired by Thai and Indian traditions, from classic facial treatments to cosmetic dermatology.





Fusion Spa

Hotel Meliá Coral

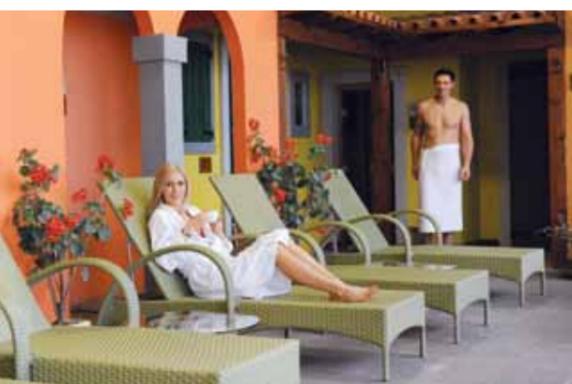
- Detox programs
- Orient and Ayurveda programs and rituals
- Thalassic programs and rituals
- Thai garden with massage rooms
- Whirlpool with magnetic therapy
- Aromatherapy shower
- Rain cave



The Body Holiday

Hotel Sol Garden Istra

- Renewing energy with a sport massage
- Detoxification
- Health through water
- Wellness contents for sports groups
- Sauna park
- Semi-Olympic swimming pool



Istrian Relax Village

Hotel Sol Umag

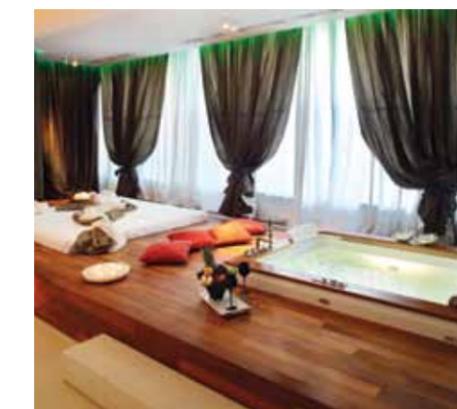
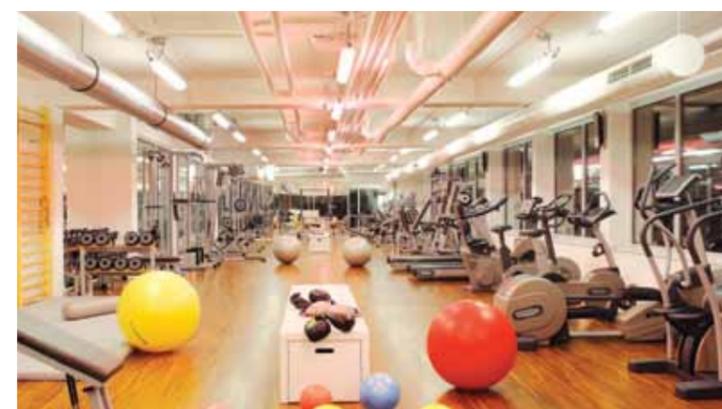
- Revitality & wellness programs
- Holistic & luxury rituals
- Beauty programs
- Relaxation programs
- GONG, ritual with an audio massage bath



Wellness centre Maestral

Hotel Maestral

- Wellness rituals
- Face and body treatments, massages, autochthonous treatments
- Cosmetic dermatology
- Holistic treatments
- Fitness for sports groups
- Thalassotherapy
- Spa contents
- Lalande spa, area for couples





Wellness services. For a healthy body and harmony of spirit.

San Rocco

- Beauty body treatments
- Massages
- Massage with olive oil San Rocco
- Sauna
- Hydro-massage



Mulino

- Prestige spa day
- Prestige face rituals
- Prestige massages
- Prestige body rituals
- Prestige rituals for hands and feet
- Swimming pools, saunas and fitness
- Guinot, anti age treatment



Nautica

- Aroma showers
- Whirlpool
- Finnish sauna
- Turkish sauna
- Sport, relaxation and aroma massages
- Royal pedicures and manicures



Villa Rosetta

- Sauna area Villa Rosetta
- Finnish sauna
- Turkish bath
- Relax mini zone
- Room for massages (classic massage, anti-stress massage, aromatherapy, lymphatic drainage)



Beauty and relaxation treatments include various programs for face and body care. Pedicures, manicures, cosmetic treatments and massages are offered in modern designed areas and are performed by professional staff, qualified to work in high category facilities.

Detoxification is the release of harmful substances that burden the organism. Northwest Istria also offers additional advantages – clean air, healthy autochthonous food and the possibility of sport activities in untouched nature.

Sports medical treatments are tailored to the needs of athletes and sport lovers. They are an integral part of training and preparation for competitions. They include the prevention of sport injuries as well as therapy for painful conditions caused by sport trainings.

Thalassotherapy uses the treasures of seawater and the coastal region in the treatment of various conditions. Umag and Novigrad offer excellent natural requirements for this type of therapy and they have included it into the wellness offer.



Fitness centres of Northwest Istria are provided with modern exercise equipment. They offer group and individual programs as well as personal trainer services. In addition, the developed infrastructure for sport, especially tennis, cycling and football, make the region of Umag and Novigrad a complete polygon for the creation of physical form.

Ayurveda is an old Indian science on health and balance. It is characterized by a holistic approach and by using non-invasive techniques. Under professional guidance, the client of the treatment learns how to optimally care for himself and achieve harmony in physical, mental and emotional life.

Thailand treatments, basically massages, are available in the centre Fusion Spa in Umag as unavoidable procedures in achieving harmony. Thai massage is performed by stretching the body and revitalizing it by releasing the energy flows.

Cosmetic dermatology that includes Botox and hyaluronic fillers treatments, besides similar procedures, is also a part of the wellness centre's offer. The treatments are performed by reliable experts with several years of experience.

Northwest Istria has launched a series of innovative packages that combine the best from its wellness offer. Great attention is given to the diversification of the packages, always keeping in mind that different groups of guests have different needs in terms of wellness services and everything necessary for an undisturbed and enjoyable vacation.

Wellness package offers. Different, creative, flexible.



Fusion Spa Hotel Meliá Coral

Single-day wellness packages **Orient and Amazon** are inspired by the Far East or the exotic atmosphere of the mysterious Amazon and South America.

The one-day package **Asia** takes guests on a magical journey to the world's largest continent and resources that it has created in the body and spirit treatment plan.

Three-day package **Fusion massage dream** will give you a series of relaxing massages while the name

Ayurveda relax and regeneration holds an extravagant, seven-day program of detailed relaxation and healing according to the principles of ancient Indian medicine Ayurveda.

Various detoxification programs last seven days as well. They include individual food tables, rituals of mud covering, thalassic baths, oriental massages and a series of other procedures for renewing and healing the body and raising energy levels.



The Body Holiday

Hotel Sol Garden Istra

The package **Sanus per aquam** will give one-day rituals to its clients based on water, and the **Complete spa vitae** invites you to enjoy all day spa treatments that will bring back your vitality.

The two-day package **Life of the senses** awakens and feeds the senses while the **Original essences of the sea** uses natural sea ingredients for relaxation and renewing the organism.

The three-day package **Absolute spa vitae** journey invites you to a individual journey towards vitality, **Energy balancing days** restores your energy and élan while the five-day **Senses inside** helps in achieving inner balance.

The seven-day **Luxury spa vitae escape** is a royal haven from stress and tension intended for hedonists that demand the maximum from wellness.

Istrian Relax Village

Hotel Sol Umag

Along with volcanic stones treatments, acupressure and other wellness rituals, the two-day arrangement **Body and spirit symphony** brings the body and soul to perfect balance. Intended for couples, the two-day **Samsara luxury for two** includes body peelings with sea salt and essential oils, face, body and feet massages and a private Turkish bath.

Along with the **Absolute spa ritual** lasting five days, the client receives treatments of the face, neck and back, body massages with aromatic oils, crystal-therapy, Cleopatra's thermal mud ritual, body

peeling with sea salts and oils, as well as hands, nails and feet treatments.

Active vitality is a detailed and rich beauty program for the most demanding wellness clients. It lasts for seven days and includes more than 10 treatments and rituals, from anti-cellulite treatment and manicures, to facial skin regeneration and treating the body with aromatic oils, thermal mud and volcanic stones. It includes several uses of the sun bed and spa zone.



Wellness centre Maestral

Hotel Maestral

Through numerous packages designed to tailor the client, Maestral's wellness centre fosters an **individual approach** and adapts to every guest.

Packages with cosmetic dermatology among other things include treatments with Botox and hyaluronic fillers.

Weekend packages with relaxation treatments are a combination of wellness treatments and a short rest from everyday stress. True refreshment is brought by the **romantic packages for couples**.





A Precious Day / Total Men Day

These are one-day programs, which along with the revitalization treatments for face and body care, combine also hands treatments and a rich spa zone (Finnish sauna, bio-sauna, steam bath, ice fountain, surprise showers, whirlpool, relax area)

Mediterranean Days

This five-day program enables a complete renewal in the sign of the Mediterranean, using autochthonous plants, olives, lavender, essential oils and clams

Spa Vip Ritual (for couples)

Three hours of enjoyment are at your disposal in a private area with a heated waterbed, aromatic bath and Finnish sauna

Wine Therapy Ritual

Authentic and relaxing body treatments based on grapevines

Secret Nature Organic Ritual

Face and body treatments inspired by organic products

Cleopatra Ritual

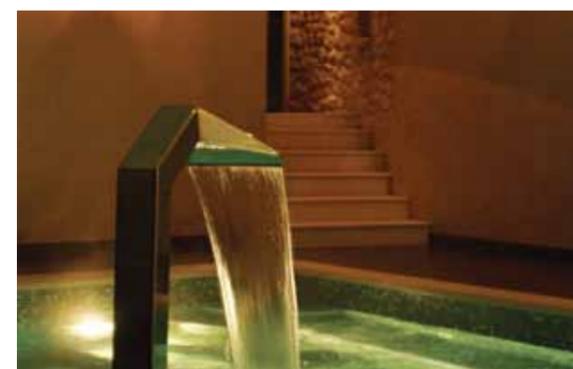
Milk bath, body wraps with honey and massages with warm lavender pillows

Holistic Days

Three-day program with a holistic character combines the care for face and body with holistic treatments: Intuitive holistic massage, Fit Thai massage with oil and crystal-therapy, sound massage with Tibetan bowls and a spa zone

Couple Luxury Days

Exclusive two-day program for couples and all those that want to relax along with a touch of exclusivity with a welcome drink, fruit and scented candles along with complete body treatment



San Rocco

Along with an offer of two-day, weekly and **personalized deals**, the exclusive wellness centre of the hotel San Rocco has a daily offer for guests who wish to relax after a stressful and active day. The packages are permeated with a unique touch of elegance and sophisticated quality.



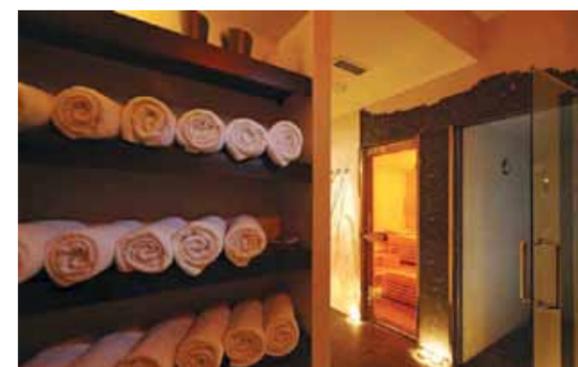
Nautica

The Spa Rituals treatment presents a sensual traditional way of bathing that originates from Turkey. During the warmth created with a relaxing bath in the hydro-massage tub, the pores open, allowing a gentle body peeling, followed by a ritual warm oil massage. **1001 Nights** will enable complete relaxation in an irresistible bath with essential salts, a gentle massage with warm aromatic oils and relaxation on a waterbed. For a complete experience, enjoy some fresh fruit and champagne.



Mulino

The one-day package **Mulino Dream** promises a dream relaxation while the name **You deserve it** in Mulino offers a detoxification monthly package with detailed and quality wellness care.



Villa Rosetta

The Gourmet & relax package in Villa Rosetta opens new horizons by combining praised delicacies and wellness services, all in a small hotel right next to the Adriatic Sea.

Wellness events.

In honour of peace and relaxation.



By creating special happenings and thematic events, Northwest Istria finds new ways in popularizing wellness. At the same time, it not only promotes it as a tourist service, but also as a welcome supplement to harmonic life. Coming from the fact that wellness complexes are equally functional off-season, Northwest Istria holds several promotional events in the spring and autumn months.



WELLDAYS: DAYS OF WELLNESS IN UMAG

In October, the wellness centres of hotels Sol Umag, Sol Garden Istra and Meliá Coral offer special wellness programs which include accommodation in comfortable hotels, half-board services and daily cards to the wellness centres with use of the sauna, hydro-massage swimming pool, the indoor swimming pool and other contents. The program Welldays tries to extend the wellness facilities season, to open its doors to

a wider range of potential users and to offer the use of the wellness for a good price. It is also an opportunity to experience the sauna and swimming pool in the early fall when, due to a favourable climate in Northwest Istria, a series of sport, gastronomic and other contents can be enjoyed. The Umag Welldays are a chance for quality relaxation in a very affordable package.



WELLNESS MOMENTS IN FEBRUARY AND MARCH

In order to make a powerful promotion of wellness contents in the period from the beginning of February to the end of March, the companies Istraturist from Umag and Laguna Novigrad have started a series of thematic programs and special deals under the name of Wellness Moments. The packages are, among other things, inspired by important international dates

which are celebrated in the specified time of the year, such as Valentines and Woman's Day, which can be spent in Istria underneath attractive wellness facilities. Among the events, the Wellness Nights program and Happy Day are worth mentioning. They enable wellness facilities to be used once a week during the evenings for good prices.

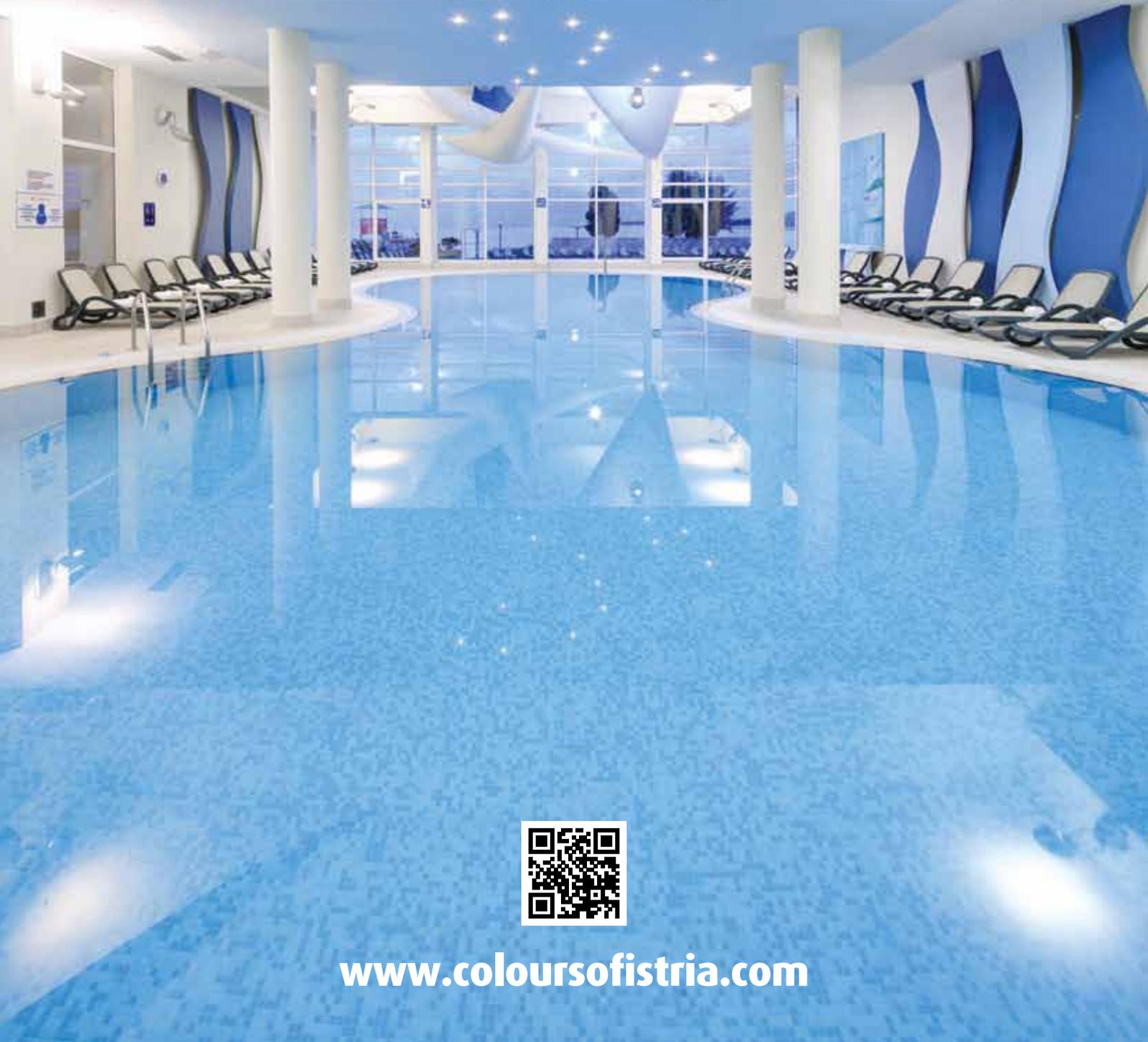
The excellent team of experts with a great deal of knowledge and many years of experience in the area of wellness is at your disposal for any introductory information, professional advice, instructions and bookings.

Information | Contacts.

Istraturist Umag d.d.
Jadranska 66, Umag
t. +385 (0)52 700 700
booking@istraturist.com
www.istraturist.com

Laguna Novigrad d.d.
Škverska 8, Novigrad
t. +385 (0)52 858 650
wellness@laguna-novigrad.hr
www.laguna-novigrad.hr

For more information on the complete offer of the northwest Istrian region, visit the central web site www.coloursofistria.com. Inquires on wellness can also be sent to the following email wellness@coloursofistria.com



www.coloursofistria.com