

A woman is lying on her back, receiving a massage. Her eyes are closed, and she has a peaceful expression. Her back is covered in a layer of white salt crystals. A person's hands are visible, gently massaging her back. The background is softly blurred, showing a white towel and a light-colored wall.

HEAVENLY RELAXATION

*at the Paradise Spa
Wellness Centre*

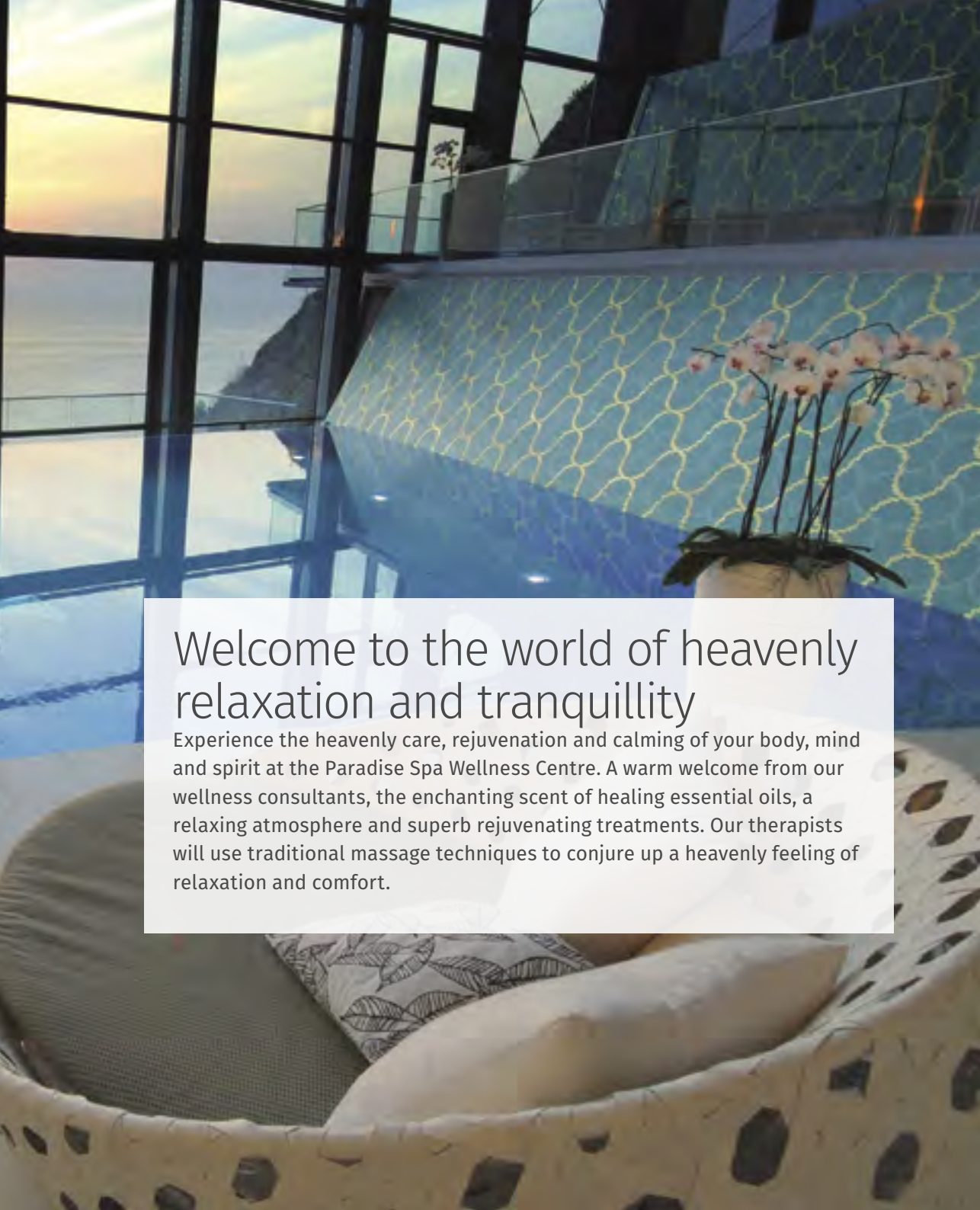


GRAND HOTEL BERNARDIN

ST. BERNARDIN RESORT PORTOROŽ







Welcome to the world of heavenly relaxation and tranquillity

Experience the heavenly care, rejuvenation and calming of your body, mind and spirit at the Paradise Spa Wellness Centre. A warm welcome from our wellness consultants, the enchanting scent of healing essential oils, a relaxing atmosphere and superb rejuvenating treatments. Our therapists will use traditional massage techniques to conjure up a heavenly feeling of relaxation and comfort.

Massage programmes

You can choose from a wide range of massages, which will help you achieve deep relaxation of body and mind. Massages have a beneficial effect on general well-being, improve blood and lymph circulation and relax the muscles, nervous system and joints.

Traditional exotic massages

	DURATION	PRICE
Massage with hot lava stones	90 min	88,00 €
The energy-filled stones deeply warm and relax the body. This accelerates blood circulation and creates a feeling of warmth and comfort, filling the body with new energy.		
Massage with herbal bundles	40 min	58,00 €
The massage stimulates blood circulation, relaxes tense muscles and relieves joint pain caused by rheumatism and arthritis.	60 min	74,00 €
	90 min	89,00 €
Lomi lomi nui	60 min	75,00 €
The traditional Hawaiian massage with rhythmic flowing movements is reminiscent of the Hawaiian Hula dance. The special massage technique using elbows and forearms means the therapist is in constant contact with the body. This type of massage relieves stress and relaxes the mind.	90 min	89,00 €
Indian neck and décolletage massage	30 min	39,00 €
This soothing massage alleviates stress and provides relief from headaches and a better sense of well-being, as it relieves tension in the neck and head and relaxes the décolletage area.		

Facial massage - Japanese facelift

50 min 53,00 €

With this technique, the face is shaped in a way that makes it look fresh and radiant by lifting the facial tissue. Facial muscles are thereby strengthened and wrinkles become less pronounced. Stimulating the nervous system and acupuncture points also balances physical and mental health.

Four-handed massage

50 min 110,00 €

An exceptional four-handed massage experience with a combination of different massage techniques and essential oils. The healing effects of the massage help to improve general well-being and health, with the synchronous movements of both therapists further enhancing the pleasures of the treatment.

80 min 145,00 €

Thai massages

We use traditional Thai massage techniques to regulate and stimulate the flow of energy in the body and eliminate stress. They have a relaxing, pain-relieving effect and provide a sense of physical and mental balance. They are performed using various aromatic oils and herbal bundles. You will also be given comfortable clothing in which you can enjoy the traditional massage.

DURATION PRICE

Traditional Sa-wuan Thai massage

60 min 72,00 €

A dry massage using finger pressure combined with gentle stretching to improve vitality and relieve tension. It improves blood circulation and balances the body's energy. Our therapists use special techniques that in the past were only meant for members of the royal family.

90 min 85,00 €

Ponklay Thai aroma massage

A full-body massage that uses a mixture of essential oils and various massage techniques to deeply relax you and promote the balance of mind and body.

60 min 69,00 €

90 min 82,00 €

Thai back massage with warm herbs and aromatic oils 50 min 65,00 €

A massage technique that helps relieve joint and muscle pain as well as headaches.

Thai anti-stress massage of the back, shoulders, neck, hands and head 50 min 55,00 €

This massage relaxes the upper body and with it relieves the tension caused by excessive stress.

Relaxing and therapeutic massages

	DURATION	PRICE
Classical massage including a reflexology foot massage	90 min	85,00 €

A full body massage with a combination of massage techniques to relax you and boost your energy levels.

Classic Swedish massage 40 min 52,00 €

By performing a massage using classical techniques, we help to improve blood and lymph circulation and eliminate pain in the muscles and joints.

60 min 68,00 €

Aroma body massage 40 min 49,00 €

A relaxing massage that uses selected essential oils to achieve a state of full-body relaxation.

60 min 65,00 €

90 min 78,00 €

Sports massage 40 min 58,00 €

This massage relaxes the body and relieves tension in sore muscles. The massage is used for athletes' training and keeping fit, improving their mental and physical well-being and preventing possible injuries.

60 min 75,00 €



Anti-stress back and shoulder massage

Relaxing massage techniques relieve tension in the muscles and joints of the shoulders and back.

30 min 39,00 €

Therapeutic back massage

This massage focuses on the motor muscles of the back and shoulders, relieving tension and pain. It boosts blood circulation and relieves stress. Your vitality will be restored.

30 min 42,00 €

Reflexology foot massage

By stimulating the acupressure points on the feet, we accelerate blood circulation and increase energy levels.

40 min 49,00 €
60 min 69,00 €

Body rituals

Body scrub with Mediterranean or Thai herbs

Fine grains of sea salt and herbs together with essential oils thoroughly clean and soften the skin. The skin gains a healthy appearance and becomes markedly supple. You can choose between either Thai or Mediterranean herbs.

DURATION PRICE
30 min 34,00 €

Vitamin anti-age scrub with tropical fruits

This scrub results in visibly rejuvenated and softer skin. You can choose between two natural aromas: papaya-pineapple and mango-passionfruit.

40 min 53,00 €

Vitamin anti-age treatment with tropical fruits

70 min 75,00 €

A special treatment with exfoliation and a tropical fruit mask strengthens the skin and makes it more supple. At the same time, it effectively fights against the signs of aging.

Mud-salt wrapping

20 min 20,00 €

partial/medium/large

40 min 33,00 €

Natural salt pan mud has a relaxing, detoxifying and pain-relieving effect on the body.

60 min 43,00 €

“Porto di rose” ritual

70 min 70,00 €

Body treatment that includes exfoliation and a full body massage. Using a special scrub, impurities are removed from the skin, followed by a full-body massage with intoxicatingly fragrant rose oil.

Hanakasumi ritual

70 min 80,00 €

A Japanese ritual with exfoliation and a full body massage pampers the senses and relaxes the body and mind. The ritual contributes to better nourished and moisturized skin.

Lumafirm ritual

70 min 85,00 €

A one-time body treatment enriched with an exclusive combination of twenty-four ingredients that slow down skin aging.

Hammam stone ritual

90 min 85,00 €

A unique ritual inspired by traditional hammam stones. With the help of a special serum, the skin is prepared for body exfoliation with a handmade clay stone. This is followed by a body massage to nourish and refresh the skin and experience total relaxation.

Anti-cellulite treatments

	DURATION	PRICE
Anti-cellulite massage	30 min	49,00 €
A massage technique for fat removal and improved skin elasticity.	40 min	58,00 €
Slim up therapy	40 min	40,00 €
An apparatus therapy that uses infrared rays in combination with muscle stimulation and deep lipolysis. It accelerates the elimination and loss of fat cells and cellulite, reforms the body, strengthens muscles and improves skin tone.		
Anti-cellulite treatment with green coffee	75 min	85,00 €
An anti-cellulite treatment with 100% green coffee extracts, enriched with chlorogenic acid and essential oils provides firmer skin and reduces the appearance of "orange-peel skin".		
Lymphatic drainage	60 min	65,00 €
A manual technique that stimulates the flow of lymphatic fluid from parts of the body where it is blocked and accumulating.	90 min	85,00 €



Detoxifying treatments

	DURATION	PRICE
Detoxifying treatment with algae wrap This professional treatment detoxifies dry, exhausted skin and provides it with the necessary minerals.	60 min	68,00 €
Drainage wrap This treatment uses clay to accelerate the flushing of stagnant water and toxins out of subcutaneous tissue.	70 min	75,00 €
Thermal and aromatherapy (scrub, sweating, massage) This treatment uses aromatherapy to stimulate intensive flushing of water and stagnant metabolic products from the body.	90 min	80,00 €
Complete body detox (salt scrub, sweating, massage) An energy therapy intended for all those who live in stressful conditions and need effective energy renewal and body cleansing.	90 min	75,00 €
Detox massage This treatment uses brine to stimulate the flushing of toxins out of the body, followed by a massage with olive oil enriched with essential oils, which further stimulate detoxification.	40 min 60 min	51,00 € 64,00 €

Facial treatments

	DURATION	PRICE
Anti-age ritual with caviar by Pevonia A luxurious anti-aging treatment with caviar and pearl extracts. The treatment substantially increases skin elasticity as well as visibly reducing folds and wrinkles.	90 min	120,00 €
Youthful look treatment by Sothys A targeted treatment fighting signs of aging, wrinkles and loose skin. For youthful-looking skin with β P3 Tri Complex™.	90 min	90,00 €
Rejuvenation with bee venom by Heaven, Deborah Mitchell® This natural facelift treatment uses products with bee venom and patented techniques to relax, tone and tighten facial muscles.	60 min	75,00 €
Classic care by Sothys A facial treatment for the maintenance and protection of different skin types.	60 min	60,00 €
Skin moisturisation by Sothys Intense moisturizing power for the skin, with an exceptional feeling of comfort and complete hydration of the skin. Multi-effective care, suitable for both women and men.	75 min	80,00 €



Special facial treatments

Energy treatment by Sothys

A treatment that restores energy to the skin and restores a youthful appearance. It makes the skin more resistant to fatigue and impurities.

DURATION

90 min

PRICE

85,00 €

Specific facial care by Pevonia

After consulting with the beautician and establishing your needs and skin type, you choose a treatment with the desired effects: calming, nourishing, tightening, moisturising effect on the skin or restored skin elasticity.

60 min

70,00 €

Mature skin care treatment, a natural alternative to botox by Pevonia

By using the exclusive Escutox formula and applying a caviar cream mask, the skin will be visibly rejuvenated and richly nourished. This will result in reduced wrinkles and firmer skin.

50 min

60,00 €

Men's facial treatment by Sothys

Tailored facial care which nourishes, detoxifies and relaxes men's skin, resulting in supple skin and a flawless complexion.

60 min

65,00 €

Seasonal facial care by Sothys

Reveals the skin's natural radiance, season after season. A dose of oxygen and a cocktail of minerals to strengthen the skin's defence system before and during winter. A cocktail of vitamins to invigorate the skin before and during the summer.

45 min

55,00 €

Aromatherapy facial massage by Pevonia

The treatment includes a basic cleaning, scrub, mask and massage of the face and décolletage with aromatic oils.

45 min

45,00 €

Eye-skin care by Sothys

A treatment designed to eliminate imperfections - wrinkles / puffiness / dark circles / shine.

45 min

55,00 €

Classic eyebrow shaping	15 min	16,00 €
Classic eyebrow tinting	15 min	10,00 €
Eyelash tinting	15 min	16,00 €

Hand care

	DURATION	PRICE
Luxurious manicure	90 min	64,00 €
In addition to basic hand care, the luxurious manicure also includes exfoliation and paraffin wraps.		
Natural manicure	40 min	37,00 €
Basic hand care includes shaping of the nails, cleaning up of the cuticles and application of a nourishing cream.		

Foot care

	DURATION	PRICE
Luxurious pedicure	90 min	65,00 €
In addition to basic foot care, the luxurious pedicure also includes exfoliation and paraffin wraps.		
Pedicure and foot massage	80 min	63,00 €
Medical pedicure	70 min	58,00 €
Natural pedicure	60 min	45,00 €
Basic foot care includes shaping of the nails, cleaning up of the cuticles and application of a nourishing cream.		

Manicure and pedicure supplements

Classic nail polish	20 min	10,00 €
Permanent nail polish	20 min	20,00 €
Permanent polish removal	20 min	21,00 €
Nail shaping	15 min	10,00 €
Pedicure supplements (corn, ingrown nail, callus)	20 min	8,00 €

Hair removal

	DURATION	PRICE
Legs - complete	45 min	48,00 €
Legs - partial	30 min	35,00 €
Bikini or armpits	20 min	15,00 €
Brazilian wax	45 min	33,00 €
Armpits	15 min	12,00 €
Upper lip	10 min	11,00 €



Paradise programme

Private moments of pampering and close company. The suite offers a hydromassage pool, a herbal-Istrian sauna and a resting area. You can upgrade your experience with a paradise massage.

	DURATION	PRICE
Rent the Paradise Spa suite	120 min	150,00 €
A perfect relaxation experience in a luxurious space with a hydromassage pool, a bio Istrian sauna and a resting area. We also serve you chilled sparkling wine or refreshing tea and freshly cut fruit.	180 min	190,00 €
	Additional hour	50,00 €
Paradise for Adam and Eve	180 min	270,00 €
Paradise Spa suite rental for two hours with Aroma body massages (60 minutes) for two, performed in a massage cabin specially designed for couples.		

Packages

	DURATION	PRICE
Heavenly pampering <ul style="list-style-type: none">▶ Aroma body massage 90 minutes▶ Paradise intensive facial care 90 minutes	180 min	151,00 €
Mediterranean touch <ul style="list-style-type: none">▶ Mediterranean steam bath, 15 min▶ Body scrub with sea salt and Mediterranean herbs, 15 min▶ Mediterranean aroma massage, 60 min	90 min	87,00 €
Touch of Asia <ul style="list-style-type: none">▶ Thai steam bath 15 min▶ Thai herb scrub 15 min▶ Ponklay aroma massage 60 min	90 min	91,00 €
Pain-relief package <ul style="list-style-type: none">▶ Salt-pan mud body wraps 40 min▶ Body massage 60 min	115 min	91,00 €
Cleansing package <ul style="list-style-type: none">▶ Drainage wrap 70 min▶ Detox massage 40 min	110 min	113,00 €

World of saunas

The Paradise Spa wellness centre offers a Finnish sauna, an infrared sauna and a bio sauna. The wet part of the centre offers a Mediterranean steam bath and Thai steam bath. It also offers rasul as a specialty for various rituals and body scrubs. You can choose from a variety of programmes in which the traditions of the East, the West and science intertwine.

Sauna and pool entry

	DURATION	PRICE
Sauna entry for hotel guests		
on weekdays	180 min	16,00 €
min on weekends	180 min	19,00 €

Sauna and pool entry for outside visitors

on weekdays	180 min	19,00 €
min on weekends	180 min	22,00 €

Additional hour in sauna

	60 min	6,00 €
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Rasul ritual

	40 min	18,00 €
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Rasul is a ritual that you perform yourself in a steam bath. It has many healing effects on the body. We prepare a salt scrub with added herbs, which you apply to your body after a short preliminary heating in a steam bath. After application, with the help of steam, additional toxins are removed from the body. This is followed by a shower and 20 minutes of rest. Afterwards, healing salt pan mud is applied, which with the help of heat has a beneficial effect on the body and general well-being. A cold water shower is recommended following the ritual.

Gym

1 visit	7,00 €
Monthly ticket	50,00 €

Paradise Spa

Location

at **Grand Hotel Bernardin*******,

St. Bernardin Resort Portorož

Obala 2, 6320 Portorož,

on the 9th floor

Reservations

We recommend that you book the services at the Paradise Spa a few days before the desired date by phone: **003865/ 695 10 51** or by e-mail: **paradisepa@sava.si**.

Cancellations

If you wish to cancel your reservation, please do so one day before the booked date. If you do not cancel a booked service and do not use it, you will be charged the amount of the service booked.

We recommend

To make sure you are relaxed and ready for the experience, we are expecting you 10 minutes before the treatment. We recommend that you do not consume large meals or alcohol before the treatment. Alert the therapist to any specific medical conditions before starting the procedure.



GIFT VOUCHERS

Want to make your loved ones happy? Gift someone a heavenly experience. All information is available at the Paradise Spa reception.





St. BERNARDIN

SAVA HOTELS & RESORTS

Spa Paradise - Grand Hotel Bernardin*****, Obala 2, 6320 Portorož

www.sava-hotels-resorts.com

www.hoteli-bernardin.si

All prices are in EUR and include VAT. We reserve the right to change the prices and the offer.

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