



Wellness center Syra



Salinera

SAVA HOTELS & RESORTS



Das Wellness-Zentrum Syra ist ein Zentrum für Gesundheit, Entspannung und Verjüngung. Die Experten des Wellness-Zentrums Syra verbessern die Lebensqualität und Gesundheit durch Berührung. Das Wellness-Zentrum bietet Therapie-Entspannungs- und Pilzreparatur für Körper und Gesicht zur vollständigen Entspannung und zur Verbesserung des Immunsystems. Jede von Sie in das Sauna-Zentrum ein, das eine Kombination aus Nass- und Trockensaunen bietet, türkische Sauna, finnische Sauna, Infrarot- und Bio-istrische Sauna. In der Bio-istrischen Sauna spüren Sie den Duft von Lavendel und mediterranen Kräutern. Nach dem Saunagang können Sie sich im Kaltwasserbecken erfrischen.





Saunas

In our centre you can choose between herbal, infrared and Finnish sauna or steam bath. After the sauna, you can cool off in the pleasantly cool pool.

Sauna relaxes tension in joints and muscles, accelerates body cleansing processes and helps with detoxification. Regular use of the sauna strengthens the immune system and increases resistance to colds, reduces illnesses, lower back pain and has a beneficial effect on the skin. It has an anti-stress and calming effect and is the ideal introduction to your further pampering.

	DURATION	MON-FRI	SAT, SUN, HOLIDAYS
Hotel guests	TO 3 HOURS	€ 12.00	€ 14.00
Non-Hotel guests	TO 3 HOURS	€ 16.00	€ 19.00
10 Visits ticket (Validity 3 months)		€ 144.00	€ 170.00
20 Visits ticket (Validity 6 months)		€ 254.00	€ 330.00
Additional hour		€ 6.00	

Therapeutic healing programmes

Classic massage	30 min	€35.00
	60 min	€58.00
	90 min	€82.00

It improves blood flow and relaxes the body, and improves general well-being by relieving stress and tension and restoring strength and flexibility.

Pain relief massage (back, shoulders and head) 45 min €47.00

A massage that focuses on the motor muscles of the back and shoulders, relieving tension and pain. Coupled with a head massage, it is also designed to relax, as it stimulates blood flow and relieves stress. Your vitality will be restored.

Sports massage	40 min	€46.00
	60 min	€66.00

Intensive yet not too strong massage movements relax the body and relieve tension in the sore muscles after a workout. The massage is also used for athletes' training and keeping fit, improving their mental and physical well-being and preventing potential injuries. It aims to establish normal and pain free movement and coordination.

Reflexology foot massage	30 min	€37.00
	60 min	€58.00

It involves the stimulation of reflex points on the feet, through which the whole body can be relaxed and balanced. It accelerates the elimination of toxins from the body, has a beneficial effect on all body organs and their function, improves blood flow, promotes lymphatic flow, and establishes a balanced flow of energy through the body.

Shiatsu massage	60 min	€61.00
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Shiatsu is a Japanese word meaning "finger pressure". By pressing on different points on the skin along the meridians, it stimulates the life force energy and alleviates different types of pain. After the massage, people who are very tense calm down, and people who are exhausted recover. The massage is done fully clothed, so the person receiving the massage should wear light clothing.

Tui-na massage 70 min €68.00

Tui-na is an ancient Chinese medical massage technique which is based on the principles of traditional Chinese medicine. Tui-na massage is used as a preventive treatment for relaxation, and to prevent illnesses, it removes energy blockages and restores balance. It is very effective in joint and muscle pain, sprains, headaches, insomnia, sinusitis, migraines, menstrual problems, muscle spasms, digestive disorders, stress, etc.

Energy therapy massage 90 min €89.00

120 min €119.00

Various types of massages allow us to achieve deep relaxation and they effectively remove energy blockages. It includes a full body massage focusing on acupressure points, a reflexology foot massage, and a soothing head and face massage.

Hot lava stone massage 30 min €38.00

60 min €61.00

90 min €86.00

This special massage technique uses hot lava stones to warm up the body as deeply as possible. The massage facilitates blood and lymphatic circulation and the positive flow of energy, accelerates the metabolism, has a beneficial effect on the muscles and releases their tension and relieves pain. It fills the body with new energy.

Detox massage 40 min €42.00

The massage starts by rubbing brine (Aqua Madre) into the body, and then using a special massage technique, juniper oil and a manual method of stimulating the lymphatic system to facilitate and encourage the flow of lymphatic fluid from parts of the body.

Manual lymphatic drainage 40 min €44.00

70 min €65.00

Lymphatic drainage is a manual method of stimulating the lymphatic system. The manual method involves slow repetitive movements. This facilitates and stimulates the flow of lymph from parts of the body where it is blocked and accumulating, due to a certain pathology or injury. This type of massage is also very effective in eliminating cellulite.

Reflex zone foot massage	30 min	€37.00
	60 min	€58.00

It involves the stimulation of reflex points on the feet, through which we can relax and balance the whole body. It accelerates the removal of toxins from the body, has a beneficial effect on all body organs and their functioning, improves blood circulation, accelerates the flow of lymph and establishes a balanced flow of energy through the body.

Magnet therapy	5 min	€8.00
	15 min	€15.00
	25 min	€20.00

Already in the distant past, people have used magnets for their positive effects. Magnetic field therapy improves blood flow, provides pain relief, oxygenates cells, and strengthens our immune system.

Magnet therapy as an additional treatment	20 min	€8.00
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Relaxation massages

Harmony massage with aromatherapy	30 min	€33.00
	60 min	€58.00
	90 min	€77.00

Gentle and slow movements harmonise the body and mind, and contribute to complete relaxation and a feeling of bliss. The massage relaxes and pampers your body and mind. The scents of sensual aromatic oils lull you into a state of complete calm and balance.

Massage with warm herbal bundles	30 min	€39.00
	60 min	€65.00
	90 min	€89.00

The warm herbal bundles, in combination with various massage techniques, will have a beneficial effect on your well-being, stimulate blood circulation, relax tense muscles and relieve joint pain caused by rheumatism, arthritis, etc.

Head massage

20 min

€25.00

This soothing massage alleviates stress, 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. An acupressure massage technique with essential oils revitalises and restores the scalp, and strengthens the hair down to its roots.

Aesthetic care programme

Body scrub with sea salt and essential oils

30 min

€36.00

This is the basis of proper skin care, as it gently removes dead surface cells and impurities, and preserves natural moisture reserves, making the skin silky soft. You can choose from several types of salt scrubs with added oils and herbs.

Salt-pan mud wraps

30 min (partial)

€35.00

60 min (whole body)

€55.00

The wraps are suitable for the treatment of rheumatic and skin diseases, as salt pan mud accelerates the excretion of waste products and improves the body's overall immunity.

Seasonal rejuvenation programme

80 min

€70.00

A luxurious rejuvenating full-body treatment is an unforgettable experience that combines a body scrub, intoxicating fragrant pampering with a massage, and a mask. This treatment offers a complete restoration of youthful freshness, energy and well-being. It is particularly suitable for dry, tired and dehydrated skin, as it leaves the skin feeling smooth and nourished.

Anti-cellulite massage

40 min

€46.00

Special massage techniques and anti-cellulite oil are used to improve blood circulation and microcirculation in the subcutaneous tissue, activate the lymphatic system, and stimulate the elimination of residual toxins from the body. The massage focuses on the problem areas of the body.

Anti-cellulite body wrap

60 min

€50.00

Its powerful lipolytic effect helps break up fat, shape the body and tighten skin with all types of cellulite

Facial care

Classical facial care	60 min	€58.00
	80 min	€71.00

Complete facial care is used to deep cleanse the skin, as well as its surface, while skin impurities are removed by a scrub. Special ampoules or acids or medicated preparations are applied to treat the skin. A massage and a face, neck and décolletage mask restore the skin's freshness and youthful appearance.

Anti-age facial care with gold	60 min	€75.00
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This luxurious rejuvenating facial treatment contains gold particles that accelerate communication between the skin cells. The high concentration of isoflavones stimulates the production of collagen and elastin. After the treatment, the skin appears rejuvenated, has a visibly improved tone, and feels silky smooth and soft to the touch.

Moisturising facial care	80 min	€65.00
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The surface of the skin is cleansed, and skin impurities are removed by a scrub. We continue the treatment with products that allow the intense transfer of moisture into the skin, and its diffusion into the deeper layers of the skin, stimulating the production of the vital cells that make the two most important proteins in the skin, collagen and elastin. After the treatment, the skin is beautifully toned and smooth, and wrinkles are less pronounced.

Seasonal facial care	45 min	€47.00
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The treatment includes surface skin cleansing and a scrub to remove impurities. A massage and a suitable mask restore freshness and moisturise the skin.

Face, neck and décolletage massage	30 min	€36.00
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Gentle massage movements release tension in the facial muscles and relieve stress. The massage has a rejuvenating effect, as it contributes to a tighter and smoother skin.

Eyebrow shaping	15 min	€10.00
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Eyelash tinting	25 min	€13.00
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Eyebrow tinting	15 min	€7.00
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Hand and foot care

Basic manicure 40 min €25.00

It includes shaping and polishing of the nails, caring for and grooming the cuticles, and application of a nourishing nail polish and cream.

Energo Syra – manicure 60 min €45.00

In addition to basic care, your hands will be pampered with an aromatic scrub, a rich vitamin mask and an “energy” massage. After the treatment, your skin will feel exceptionally soft, supple and smooth.

Basic pedicure 45 min €35.00

It includes a bath, shaping and polishing of the nails, removal of hard and dry skin, and application of a nourishing nail polish and cream.

Energo Syra – pedicure 70 min €58.00

The pedicure provides you with perfectly groomed feet. The scrub thoroughly cleanses your feet and prepares them for a rich vitamin mask that restores moisture and softness to your feet, protecting them from harmful external influences. This is followed by an “energy” footmassage that revitalises the whole body.

Classic nail polish 15 min €8.00

Permanent nail polish 40 min €20.00

Permanent nail polish removal 30 min €10.00

Callus/corn/ingrown nail 10 min €8.00

Hair removal

Upper lip	10 min	€8.00
Arms	partial 15 min	€15.00
	full 20 min	€18.00
Legs	partial 25 min	€20.00
	full 40 min	€35.00
Bikini	20 min	€15.00
Brazilian wax	40 min	€24.00
Armpit	15 min	12,00 €
Men's partial (back/chest/stomach)	20 min	€21.00
Men's back	30 min	€23.00

Indoor pool

	MON-FRI	SAT, SUN, HOLIDAYS
2 hours		
Adults	€ 6.50	€ 8.50
Children (4-14 years)	€ 5.00	€ 6.50
Pensioners and students	€ 6.00	€ 8.00
4 hours		
Adults	€ 9.00	€ 12.00
Children (4-14 years)	€ 6.00	€ 8.00
Pensioners and students	€ 8.50	€ 11.50
Additional hour	€ 2.00	€ 2.00
Daily ticket		
Adults	€ 13.00	€ 16.00
Children (4-14 years)	€ 7.00	€ 8.50
Pensioners and students	€ 12.00	€ 14.00
10 Visits ticket (2 hours)		
Adults	€ 55.00	supplement € 2.00
Children (4-14 years)	€ 40.00	supplement € 1.50
Pensioners and students	€ 50.00	supplement € 1.50
20 Visits ticket (2 hours)		
Adults	€ 80.00	supplement € 2.00
Children (4-14 years)	€ 50.00	supplement € 1.50
Pensioners and students	€ 75.00	supplement € 1.50
Other		
Bathrobe rental		€ 5.00
Towel rental		€ 2.00
Lost swimming pool bracelet		€ 10.00

Wellness Syra

Opening hours

Location

Hotelu Salinera ***/****, Salinera resort Strunjan
Strunjan 14, 6320 Portorož

Wellness Syra and saunas:

Saunas: Every day: 12.00 A.M. - 7.00 P.M.

Massage and beauty services: 9:00 A.M. - 7.00 P.M.

*Seasonal adjustments are possible depending on the season.

Reservations

We recommend that you book the services at the Wellness Benedicta a few days before the desired date by phone **+386 5 676 32 00** or by e-mail: **syra.center@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? Surprise them with the gift of divine relaxation. For information, please contact the reception of Wellness Syra.





Salinera

SAVA HOTELS & RESORTS

Wellness Syra - Hotel Salinera ***/**
Strunjan 14, 6320 Portorož

www.sava-hotels-resorts.com

All prices are in EUR and include VAT. We reserve the right to change the prices and the offer. **Sava Turizem d.d.**, Dunajska 152, 1000 Ljubljana.