



# *Wellness & Spa*

**bluesun**<sup>+</sup>  
HOTELS & RESORTS



*Wellness & Spa*

**bluesun hotels & resorts**

bluesun hotel **elaphusa**, Bol  
bluesun hotel **soline**, Brela  
bluesun hotel **alan**, Starigrad Paklenica

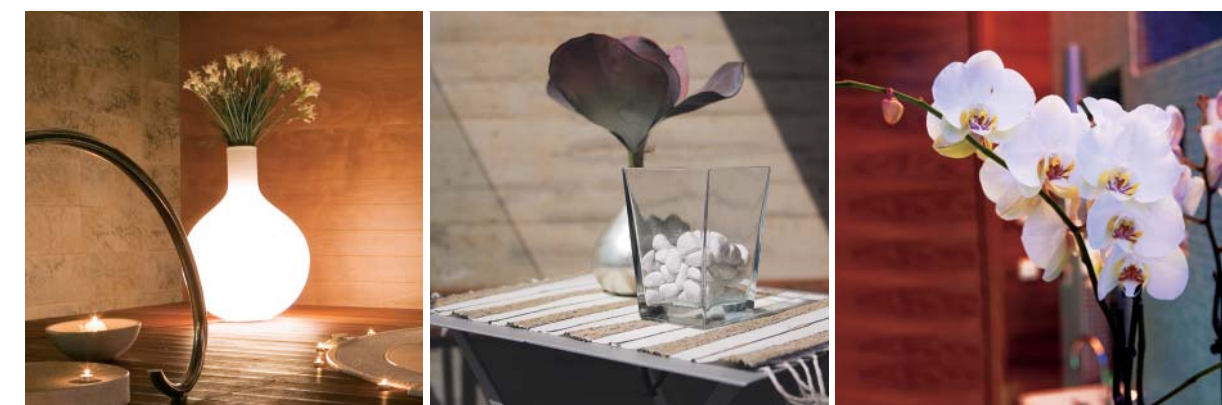




## *Bluesun hotels & resorts Wellness & Spa*

**Wellness and spa centres** located in **Bluesun hotels & resorts** are settled in an environment of indigenous atmosphere of Croatia's most attractive sea-side destinations, offering distinctive experience of relaxation.

We aspire to create a unique Spa experience inspired by local culture and **natural** resources, allowing our guests to discover **organic** ingredients, exquisite treatments and unexpected beauty of the environment.



## *Bluesun hotels & resorts Wellness & Spa*

**Bluesun hotels & resorts** u svojim **wellness i spa centrima**, smještenima u okruženju autohtonog ugođaja najatraktivnijih destinacija hrvatskog Jadrana pružaju jedinstven doživljaj opuštanja i odmora.

Nastojimo stvoriti jedinstveno spa iskustvo inspirirano okruženjem u kojem će svaki gost otkriti prirodne sastojke, vrhunske tretmane i neočekivanu ljepotu.

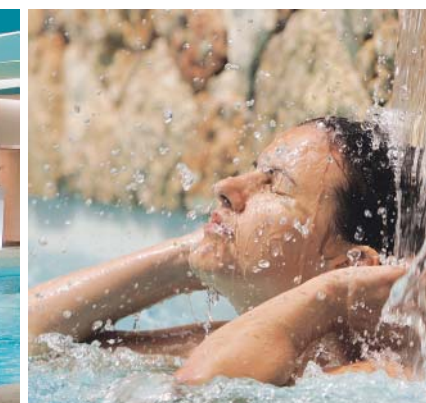
Naš wellness tim pomoći će Vam u ostvarenju vlastitog spa iskustva izborom odgovarajućih tretmana koje po želji možete nadopuniti sportskim aktivnostima ili prilagođenom wellness prehranom.

Our team of wellness specialists is there to assist you in creating your own spa experience and choose the treatment that meet your needs, complemented by sports and/or nutritionally balanced cuisine.





## Wellness & Spa



### Spektar ponude:\*

- Wellness & spa oaza
  - Unutarnji i vanjski bazeni s morskom ili slatkom vodom
  - Unutarnji i vanjski whirlpool-i
- Saune
- Zone opuštanja
- Tretmani i masaže
- Aktivnosti u otvorenom i zatvorenom prostoru (nordic walking, pilates..)
- Fitness
- Savjetovanje terapeuta
- Savjetovanje liječnika
- Wellness prehrana
- Kozmetička ocjena stanja kože
- Kreiranje personaliziranih programa različitog sadržaja i trajanja

\* sve usluge nisu u svakom trenutku dostupne u svakom wellness centru

### Service spectrum:\*

- Wellness & spa oasis
  - Indoor & outdoor swimming pools with fresh or salt water
  - Indoor & outdoor whirlpool with fresh or salt water
- Saunas
- Relax zone
- Treatments & massages
- Indoor & outdoor activities (nordic walking, pilates..)
- Fitness
- Consultations with a therapist
- Consultations with a doctor
- Wellness diet
- Cosmetic evaluation of skin
- Creation of personalized programs varied in type and duration

\*all services might not be available at all times in every wellness centre



## bluesun hotel elaphusa, Bol

Tek kratkom šetnjom udaljen od poznate plaže Zlatni Rat, **Bluesun hotel Elaphusa** u svojoj ponudi pored jednog od najvećih i najluksuznijih wellness-a u zemlji ima i cijeli niz dodatnih sadržaja poput kongresnog centra, noćnog kluba, bowling-a, indoor golfa, autohtone taverne...

U neposrednoj blizini hotela nalazi se i najveći tenis centar na Jadranu sa 26 tenis terena.



### **Kapacitet**

300 soba i 6 apartmana

### **Ponuda hotela uključuje**

Kongresni centar (5 dvorana kapaciteta do 800 sudionika), disco bowling, indoor golf simulator, tenis centar (26 terena), fitness, Hot spot lokacija, taverna Vallum



## bluesun hotel elaphusa, Bol

Just a short walk away from the famous **Zlatni Rat** beach, **Bluesun hotel Elaphusa**, in addition to hosting one of the largest and most luxurious wellness & spa centers in Croatia, offers a range of additional facilities such as conference center, night club, bowling facility, indoor golf, indigenous cellar...

The largest tennis center on the Croatian Adriatic is the nearby 26-court tennis center.

### **Capacity**

300 rooms and 6 apartments

### **Services**

Meetings and events at the conference center (5 halls with a total capacity of up to 800 seats), disco bowling, indoor golf, tennis at the 26-court center, fitness, Hot Spot, dining at the Vallum cellar

## Thalasso wellness Bluesun hotel Elaphusa

Inspiriran prirodnim sastojcima iz neposredne okoline, Thalasso wellness **Bluesun hotel Elaphusa** uvodi Vas u čaroban svijet thalasso terapije.

Posebnost centra koji se može nazvati i "morskim termama" su thalasso tretmani bazirani na morskoj vodi, zraku kao i hranjivim tvarima i elementima iz mora. Pored niza tretmana, u ponudi su posebne termalne kapsule i kupke s mogućnošću izvođenja ručne hidromasaže...

Peculiarities of the surrounding resources in nature found in Thalasso wellness, **Bluesun hotel Elaphusa** take you on a Thalasso journey.

A wide range of Thalasso programs utilize sea water, sea air and minerals to the point at which the center is often credited as the "Thermal Springs of Adriatic". While Thalasso baths feature manual hydro massage systems, other specialized treatments requiring high temperatures, use thermal capsules.

**Površina** 3500 m<sup>2</sup>

**Sobe za tretmane**

12 (uključujući sobu za parove i kapsulu)

**Tretmani**

Njega lica i tijela, thalassoterapija, kupke, aromaterapija, vinoterapija, kavijar, masline, egzotični tretmani...

**Saune**

- Parna kupelj
- Biosauna s kromoterapijom
- Finska, Rimska (Laconium i Caldarium) i Infracrvena sauna

**Vodeni svijet**

- Unutarnji bazen i hidromasažni whirlpool s grijanom morskom vodom
- Vanjski bazen i hidromasažni whirlpool s morskom vodom

**Relax zona**

- Tepidarium s grijanim vodenim i keramičkim ležajevima
- Wellness vital bar

**Plus**

- Fitness
- Indoor golf
- Frizerski salon
- Wellness prehrana

**Area** 3500 m<sup>2</sup>

**Treatment rooms**

12 (including a suite for couples, a capsule)

**Treatments**

Body and facial care, Thalassotherapy, Aromatherapy, baths, Winotherapy, caviar, olives, exotic treatments...

**Saunas**

- Steam bath
- Biosauna (chromotherapy as a main feature)
- Finnish, Roman (Laconium and Cladarium) and Infrared sauna

**Aquatic area**

- Indoor pool and hydromassage whirlpool with heated sea water
- Outdoor pool and hydromassage whirlpool with sea water

**Relax zone**

- Tepidarium with heated water and ceramic beds
- Wellness vital bar

**Plus**

- Fitness
- Indoor Golf
- Hair dresser
- Wellness cuisine

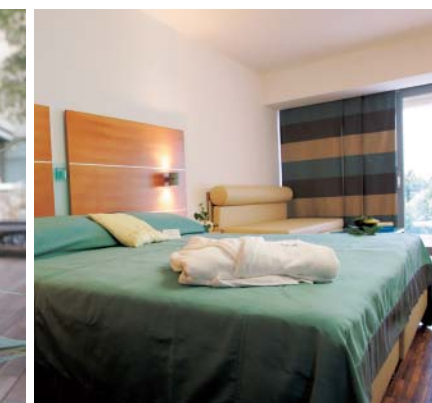
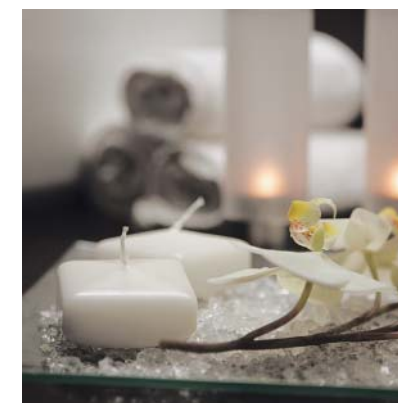




## bluesun hotel soline, Brela

Right at the footsteps of intriguingly beautiful pebbly beaches, **Bluesun hotel Soline** has become clients' absolute favorite over the years.

Brela represents the kind of intimate spot to which one longs to escape to while enjoying the incredible scent of Mediterranean sea salt, indigenous plants, thick pine forest reflecting of the cristal blue sea to name a few...



## bluesun hotel soline, Brela

Smješten na samoj plaži **Bluesun hotel Soline** prepoznatljiv je po svom jedinstvenom arhitektonskom dizajnu i omiljeno je odredište kojima se brojni gosti vraćaju iz godine u godinu.

Ova breljanska oaza skriva idealno utočište za bijeg od svakodnevice, a ugodu boravka upotpunjava miris mora, soli i mediteranskog bilja dalmatinskog podneblja.

**Kapacitet**  
202 sobe i 4 apartmana

**Ponuda hotela uključuje**  
Indoor golf simulator,  
fitness, Hot spot lokacija,  
sobe za sastanke i dvorana  
za konferencije

**Capacity**  
202 rooms and 4  
apartments

**Services**  
Indoor golf simulator,  
fitness, Hot Spot,  
conference and meeting  
rooms





## Wellness Bluesun hotel Soline

Bogat izbor wellness tretmana, naduhtonim aromama mediteranskog bilja i blagodatima soli, upotpunjava se ponudom wellness i spa oaze prepoznatljive po **Bluesun špilji**.

Uz hidromasažne mlaznice i slapove morske vode te naizmjenične promjene boja, **Bluesun špilja** terapijski djeluje na sklad duha i tijela. Užitek vodenog opuštanja upotpunjuju hidromasažne klupice čiji magični dodir djeluje antistresno i revitalizirajuće na cijeli organizam.

Wellness & Spa in **Bluesun hotel Soline** is about providing the kind of experience that one takes home and remembers when in need of peace and tranquility.

The intimacy of the interior, pronounced through the majestic glow of the changing lighting inside the **Bluesun Cave**, is complimented with a therapeutic touch of the surrounding hydro-massage systems.

### Površina 1400 m<sup>2</sup>

**Sobe za tretmane**  
5 (uključujući i sobu za parove)

**Tretmani**  
Njega lica i tijela, aromaterapija, egzotični tretmani, dermatoterapija i medicinski programi...

**Saune**

- Parna kupelj
- Finska sauna
- Biosauna
- Tuševi iznenađenja

**Vodeni svijet**

- Vanjski i unutarnji bazen s Bluesun špiljom
- Vanjski i unutarnji hidromasažni whirlpool
- Bazen s hladnom vodom

**Relax zona**

- Tepidarium
- Vanjsko odmorište
- Wellness bar

**Plus**

- Fitness
- Indoor golf
- Frizerski salon
- Wellness prehrana

### Area 1400 m<sup>2</sup>

**Treatment rooms**  
5 (including a suite for couples)

**Treatments**  
Body and facial care, Aromatherapy, exotic treatments, Dermotherapy, and medical programs...

**Saunas**

- Steam bath
- Finnish sauna
- Biosauna
- Experience showers

**Aquatic area**

- Outdoor and indoor pool featuring Bluesun Cave
- Outdoor and indoor hydromassage whirlpool
- Cold water pool

**Relax**

- Tepidarium
- Outdoor relax zone
- Wellness bar

**Plus**

- Fitness
- Indoor Golf
- Hairdresser
- Wellness cuisine

## bluesun hotel alan Starigrad Paklenica

Ova jedinstvena destinacija uz ljekovitu klimatoterapiju na mjestu gdje se planina Velebit susreće s morem i mediteranskim prostorom idealno je mjesto za sve vrste odmora.

Wellness tretmani inspirirani velebitsko-mediteranskim aromama i fitoterapijom oduševljavaju i najzahtjevnije goste i ljubitelje prirode.



Prava je rijetkost imati nadohvat ruke oaze poput kanjona Zrmanje, Nacionalni park Paklenice, nezaboravne slapove Krke... gdje riječi zastaju, a neponovljiva ljepota okruženja govori sama za sebe.

**Kapacitet**  
139 soba i 24 apartmana

**Ponuda hotela uključuje**  
fitness, tenis, sportski tereni, Hot spot lokacija, sobe za sastanke, konoba Batela, konoba Marasović



## bluesun hotel alan, Starigrad Paklenica

The unique confluence of fresh air from Mt. Velebit and the scent of the Adriatic sea is a precedent of an ideal wellness.

Individually tailored programs combine wellness, inspired by aromatherapy teachings, with destination-specific sports such as rock climbing, white water rafting and nordic walking.

**Capacity**  
139 rooms and 24 apartments

**Services**  
Fitness, tennis, sports fields, Hot Spot location, meeting rooms, cellar Batela, cellar Marasović



## Wellness Bluesun hotel Alan

Posebnost wellness ponude se otkriva već pri prvom kontaktu gdje posjetitelje dočekuje smirujući miris eteričnih ulja koji diskretno i lagano opušta osjetilne zone.

Jedinstveni ugođaj Velebita, prenesen je u velebitsku parnu saunu *Aroma Grotto*. Posebnost su i sobe za tretmane koje raspolažu privatnim izlazom u mediteranski vrt te soba za tretmane u dvoje s parnom kupelji i vodenim krevetom iz koje se pruža pogled na kanjon Paklenice.

Discover the sweet scent of wood, gentle touch of lavender oil and a hint of rosemary felt in the light breeze of the Mediterranean Garden.

Tranquilizing effects of the *Aroma Grotto* and wonderful softness of the water bed in the couples' suite await your discovery at wellness of **Bluesun hotel Alan**.

**Površina** 900 m<sup>2</sup>

### **Sobe za tretmane**

7 (uključujući sobu za parove s vodenim krevetom i privatnim izlazom u mediteranski vrt)

### **Tretmani**

Njega lica i tijela, velebitska aromaterapija, aroma mediteran programi...

### **Saune**

Parna kupelj, Finska sauna, Biosauna, Velebitska sauna "Aroma Grotto", Tuševi iznenađanje

### **Vodeni svijet**

- Unutarnji bazen s protustrujnim plivanjem i hidromasažnim slapom
- Unutarnji hidromasažni whirlpool
- Bačva za uranjanje s hladnom vodom

### **Relax zona**

- Relax room
- Vanjsko odmorište
- Wellness bar
- Mediteranski vrt

### **Plus**

- Fitness
- Nordic walking i pilates
- Frizerski salon
- Wellness prehrana

**Area** 900 m<sup>2</sup>

### **Treatment rooms**

7 (including couples' suite that features water bed and a private entrance to the Mediterranean Garden)

### **Treatments**

Body and facial care, Mt. Velebit Aromatherapy, Aroma Mediteran programs

### **Saunas**

Steam bath, Finnish sauna, Biosauna, Velebit sauna Aroma Grotto, Experience showers

### **Aquatic area**

- Indoor pool with upstream swimming system
- Indoor hydromassage whirlpool
- Barrel with cold water

### **Relax**

- Relax room
- Outdoor relax
- Wellness bar
- Mediterranean Garden

### **Plus**

- Fitness
- Nordic walking and pilates
- Hairdresser
- Wellness cuisine





### *Preporuke za korištenje wellness oaze*

Kako bi Vaš boravak bio što sigurniji i učinkovitiji, u nastavku slijedi nekoliko preporuka za korištenje wellness oaze.

#### **Hrana/vježbanje**

Nije preporučljivo ulaziti u saunu netom nakon obroka i fizičke aktivnosti.

#### **Alkohol i lijekovi**

Alkohol i neke lijekove nije preporučljivo konzumirati prilikom ulaska u sferu toplog zraka i visoke vlažnosti.

### *Wellness oasis – user recommendations*

In order for your safety and best program results, we provide a set of general guidelines for wellness facility use.

#### **Food/Exercise**

It is highly recommended that you do not use saunas directly after meal consumption or exercise.

#### **Alcohol and Medication**

Consumption of alcohol and more serious medication is highly discouraged due to presence of warm and humid air.

#### **Zdravstvene tegobe**

Patite li od zdravstvenih tegoba, infekcija, vrućice, bolesti bubrega, srca i proširenih vena, preporučujemo savjetovanje s liječnikom.

#### **Priprema**

Preporučujemo tuširanje te brisanje ručnikom prije ulaska u saune jer se suha koža bolje znoji.

#### **Hlađenje**

Postupno zalijevanje hladnom vodom počevši od dijelova tijela udaljenih do onih bliže srcu je preporučljivo nakon svakog korištenja sauna.

#### **Tekućine i odmor**

Preporučuje se unos tekućina između intervala korištenja sauna. Na kraju ciklusa od nekoliko intervala preporučujemo odmor od 15 do 30 minuta. Za savjet se možete obratiti osoblju na recepciji wellness-a. Dežurna osoba će Vam pojasniti idealan protokol sauniranja.

#### **Općenito**

Nije dozvoljeno ulaziti u wellness bez pratnje osoblja; ukoliko želite razgledati wellness prije korištenja, obratite se na recepciji. Iz zdravstvenih razloga preporučamo da u saune ulazite goli s ručnikom, a posebno ističemo kako je iz istih razloga bitno da ste goli samo i isključivo u saunama. Pri završetku korištenja wellness oaze, molimo vratite sav uručeni pribor (ručnici i papuče) prilikom izlaza na recepciji wellnessa.

#### **Health issues**

Before sauna use, it is strongly recommended that you consult your physician if you suffer from any form of infections, high fever, kidney difficulties, heart disease, high blood pressure and/or from varicose veins.

#### **Preparation**

Prior to sauna use, it is recommended that you shower and dry up with a towel as a moist skin is more susceptible to efficient sweating.

#### **Cooldown**

Gradual rinsing with cold water, starting with the body parts that are the most distant from the heart, is recommended after each sauna use.

#### **Fluids and relaxation**

It is absolutely essential to drink fluids after each interval of sauna use. At the end of the entire cycle, the 15-30 minute rest is recommended. The wellness personnel will gladly assist you in case of any questions or requests related to sauna protocol use.

#### **General**

If you wish to tour the wellness area without the immediate intent of use, please refrain from doing so without the guidance of the wellness personnel member. For health reasons it is recommended that you enter saunas fully unclothed, however with a towel. Out of same reasons, it is especially important that you are unclothed only in saunas. Please return all the accessories (towel and slippers) issued to you upon leaving wellness.



## Svijet sauna

Naš stručni tim rado će vam pomoći pri odabiru saune ili kombinacije sauna koje najbolje odgovaraju vašim potrebama.

**Parna kupelj (45 °C - 50 °C)**  
 Toplina vrućeg 100% vlažnog zraka biološkim djelovanjem pročišćava dišne puteve, jača imunitet i smanjuje nesanicu (preporučljivo koristiti u intervalima od 10-15 min).

**Bio sauna (65 °C) i finska sauna (95 °C)**  
 Toplina potiče otpuštanje toksina i otpadnih tekućina u prostoru 50 % vlage, dok kromoterapija (svjetlo) biosaune poboljšava raspoloženje (preporučljivo koristiti u intervalima 5-10 min).

**Rimska sauna (40 °C - 65 °C) (Laconium i Caldarium)**  
 Poboljšava cirkulaciju i pomaže ukljanjanju celulita, a mogu ih koristiti i osobe koje teže podnose vrućinu (preporučljivo koristiti u intervalima 10-15 min).

**Infracrvena sauna (50 °C - 60 °C)**  
 Dubinski razgrađuje štetne tvari, masti, toksine i celulit, toplinom sličnom suncu (preporučljivo koristiti u intervalima 10-15 min).

## Saunas

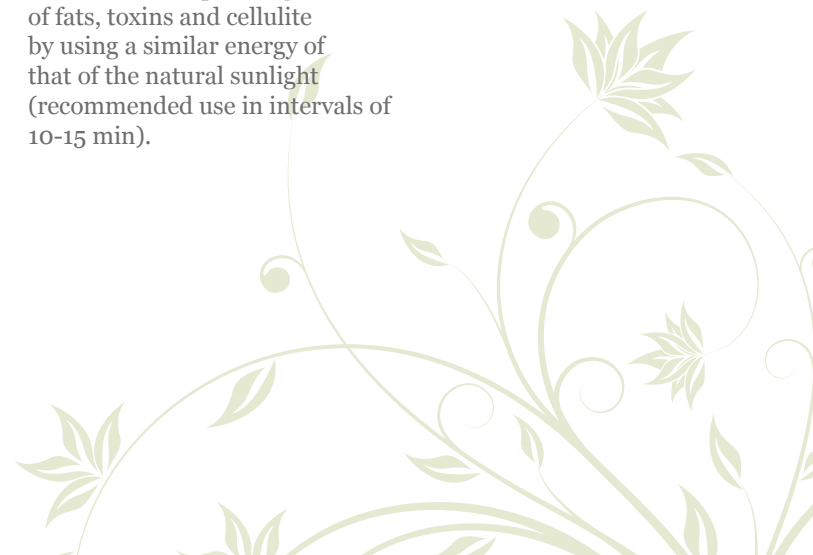
Our team of experts will gladly assist you to decide upon your personalized sauna protocol.

**Steam Bath (45 °C - 50 °C)**  
 The biological effects of hot, 100% humid steam improve the functions of immune and respiratory systems while reducing symptoms of insomnia (recommended use in intervals of 10-15 min).

**Bio Sauna (65 °C) and Finnish Sauna (95 °C)**  
 Intense, but only 50% humid, heat removes toxins and extra bodily fluids while chromotherapy provides positive effects (recommended use in intervals of 5-10 min).

**Roman Sauna (40 °C - 65 °C) (Laconium and Caldarium)**  
 Improves blood circulation and helps reduce cellulite. Especially recommended for persons with a low tolerance for heat (recommended use in intervals of 10-15 min).

**Infrared sauna (50 °C - 60 °C)**  
 Facilitates a deep biodegradation of fats, toxins and cellulite by using a similar energy of that of the natural sunlight (recommended use in intervals of 10-15 min).



## Opće informacije

### Rezervacije

Preporučamo da rezervaciju učinite unaprijed kako biste dobili željeni termin i tretman.

### Otkazivanje

Ukoliko želite otkazati, promijeniti termin ili tretman, molimo da to učinite 24 sata prije ugovorenog termina.

U protivnom, bit ćemo prisiljeni zaračunati Vam 70% cijene rezerviranog tretmana.

### Dolazak

Preporučujemo da stignete barem 15 minuta prije ugovorenog termina kako bi tretman počeo na vrijeme. Kašnjenje može dovesti do skraćivanja ugovorenog termina kako ne bismo poremetili druge ugovorene termine.

### Djeca

Ulaz i korištenje wellness-a nije dozvoljeno djeci mlađoj od 16 godina. Iznimno, u određeno vrijeme, može biti dozvoljen ulazak djeci na bazen i to samo u pratnji odrasle osobe. Informacije o tom vremenu možete dobiti na recepciji wellness-a.

### Dragocjenosti

Preporučujemo da novac, nakit i druge dragocjenosti ne nosite u wellness. Hotel nije odgovoran za gubitak istih.

## General information

### Reservations

We strongly recommend that you book your treatment in advance in order to ensure that your preferred time and service is available.

### Cancellation policy

If you wish to cancel or reschedule your appointment, please do so at least 24 hours prior to the scheduled appointment. If you fail to do so, we will regrettably have to charge you 70% of the price of scheduled treatment.

### Check in procedure

Guests are advised to arrive at least 15 minutes prior to the scheduled appointment. Any delay caused by late arrival, will result in reduced treatment times in order to avoid disruption to other guests.

### Children

Children under 16 years are not permitted to use wellness facilities. Exceptionally, in certain time they may be allowed to use swimming pool, but only if accompanied by adults. Information about that option are available at wellness reception.

### Personal belongings

The hotel accepts no responsibility for the loss of money or valuables of any kind brought into the wellness centre.



### Mobiteli

Uzimajući u obzir druge korisnike, molimo Vas isključite mobilne telefone prilikom dolaska.

### Mobile phones

In consideration of other guests, we ask you to turn off your cellular phone during your stay in wellness.

### Poklon bonovi

Idealan poklon... Poklon bonovi su dostupni na wellness recepciji ili u Centralnom uredu marketinga i prodaje (sales@bluesunhotels.com; tel ++3851 3844288).

### Gift certificates

An ideal gift... Gift vouchers are available at the wellness reception desk and in sales office (sales@bluesunhotels.com; tel ++3851 3844288).

**bluesun hotel elaphusa**

Bračka cesta 13, 21420 Bol  
tel. +385 21 306 200  
fax. +385 21 635 477  
elaphusa@bluesunhotels.com

**bluesun hotel soline**

Trg Gospe od Karmela 1, 21322 Brela  
tel. +385 21 603 207  
fax. +385 21 603 208  
soline@bluesunhotels.com

**bluesun hotel alan**

Dr. Franje Tuđmana 14  
23244 Starigrad Paklenica  
tel. +385 23 209 050  
fax. +385 23 209 073  
alan@bluesunhotels.com

**Sunce Koncern d.d.**

Braće Domany 6, 10000 Zagreb  
tel. +385 1 3844 044  
fax. +385 1 3844 177  
sales@bluesunhotels.com

[www.bluesunhotels.com](http://www.bluesunhotels.com)





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