



ALHAMBRA

BOUTIQUE HOTEL LOŠINJ

SPA MENU





ALHAMBRA
BOUTIQUE HOTEL LOŠINJ

LOŠINJ'S HEALING HERITAGE, THOUGHTFULLY REIMAGINED

BREATHE DEEPLY AND EMBARK ON A WELLNESS JOURNEY WITH US.

OUR STORY BEGINS OVER A CENTURY AGO WHEN A FORTUITOUS UNION OF MAJESTIC PINE FORESTS, MINERAL-RICH SEAWATER AND WIND WAS BORN ON ČIKAT BAY CREATING ONE OF THE MOST FASCINATING HEALING ENVIRONMENTS IN THE WORLD.

THE BOUTIQUE HOTEL ALHAMBRA TAKES CENTRE STAGE IN THIS RESTORATIVE WILDERNESS BY THE SEA OFFERING THE OPPORTUNITY TO TAKE A STEP BACK IN TIME AND EXPERIENCE LOŠINJ'S REVERED WELLNESS RITUALS EVOLVED, REFINED AND REIMAGINED.

OUR WELLNESS PROGRAMME EMBRACES THE PINE FORESTS, THERAPEUTIC PLANTS, AND FRESH SEA AIR THAT BATHE US WITH THEIR HEALING AEROSOLS ALL FIRMLY SUPPORTED BY THE BEST IN LUXURY PRODUCTS AND CONTEMPORARY SPA TREATMENTS.



EXCEPTIONAL EXPERIENCES





THE KURHAUS

INHALATION BAR

IN 1892 THE KURKOMMISSION LAUNCHED A UNIQUE OUTPOST
TO WELCOME THOSE SEEKING A HEALING VISIT TO THE ISLAND OF LOŠINJ.

ARISTOCRATS AND TRAVELLERS FROM ALL WALKS GATHERED HERE TO CHECK-IN, SOCIALISE,
LISTEN TO MUSIC, SIP THE FAMOUS VIENNESE COFFEE OF CAFE QUARNERO AND MOST NOTABLY,
BREATHE IN THE KUR AT THE KURHAUS FEATURING FINE MISTS
OF SEA WATER AND MEDICINAL AEROSOLS.

WE HAVE REIMAGINED THIS HEALING RITUAL FOR ALL OF OUR GUESTS TO EXPERIENCE
WHEN JOINING US IN THE SPA. A MEMORABLE ENCOUNTER WITH A BYGONE RITUAL.

THE KURHAUS INHALATION BAR IS AVAILABLE WITH OUR COMPLIMENTS
TO ALL OF OUR GUESTS DURING SPA OPENING HOURS.





HERBS de LOŠINJ

TEA CEREMONY

WHEN YOU FIND OUT THAT “ČIKAT” MEANS WAITING, YOU’RE NOT SURPRISED.

THE FORESTS OF ČIKAT HAVE BEEN WAITING FOR THIS MOMENT OF THEIR PEAK BOUNTY. OVER 130 YEARS MATURE, THE FOREST BESTOWS UPON US ITS CURATIVE TROVE OF HEALING PLANTS NOT ONLY GOOD FOR OUR HEALTH BUT DELICIOUS IN MEASURE. DELICATE SHOOTS OF PINE AND SAGE ARE PICKED AT JUST THE RIGHT TIME OF DAY AND SEASON FOR FULL POTENCY AND THEN DRIED IN THE SEA AIR.

WHEN COMBINED WITH LOCAL HONEY AND LOŠINJ FIGS, YOU WILL WANT TO START EVERYDAY IN THIS SPECIAL ISLAND WAY!

WE INVITE YOU TO JOIN US FOR A REFRESHING RITUAL FROM THE TREES
IN OUR EXCLUSIVE HERBS DE LOŠINJ TEA CEREMONY.





ALEPPO PINE

FOREST THERAPY

THE CALMING AND GROUNDING FEELING THAT BATHES US
WHEN IMMERSSED IN NATURE IS UNDENIABLE.

THE SOUND OF THE FOREST, THE THE SCENT OF THE TREES, THE SUNLIGHT PLAYING THROUGH
THE PINES, THE FRESH CLEAN AIR WASHING OVER US - THIS WE HAVE INTUITIVELY KNOWN FOR
CENTURIES AND IN THE 1980'S A COMPREHENSIVE BODY OF RESEARCH FROM JAPAN
PROVED WE WERE ONTO SOMETHING.

THE PRACTICE OF SHINRIN-YOKU, LITERALLY MEANING "FOREST- BATH", SHOWERS US WITH A
MYRIAD OF HEALTH BENEFITS INCLUDING LOWERING BLOOD PRESSURE, REDUCING CORTISOL
LEVELS, LOWERING HEART RATE AND BOOSTING IMMUNITY THROUGH THE INHALATION OF
THERAPEUTIC CHEMICALS RELEASED BY TREES CALLED PHYTONCIDES. WE CAN'T THINK OF A
BETTER PLACE TO EXPERIENCE FOREST THERAPY THAN WITH US IN ČIKAT BAY,
HOME TO DENSELY FORESTED ALEPPO PINES.

THIS JOURNEY IS AVAILABLE AS A SELF-GUIDED SAMPLING OR A GUIDED EXPLORATION
WITH ONE OF OUR FOREST EXPERTS LENDING THEIR KNOWLEDGE
OF BREATHING TECHNIQUES AND FOREST MAGIC.





HERBS DE LOŠINJ

FOUR PRECIOUS PLANTS

THERE ARE AN ASTOUNDING 1,200 VARIETIES OF PLANTS GROWING PROLIFICALLY ON OUR TINY ISLAND. OVER 900 OF THEM ARE INDIGENOUS AND AS MANY AS 230 SPECIES ARE MEDICINAL.

OUR PLANTS, LIKE FAMILY MEMBERS, ARE GREATLY LOVED AND EVER-PRESENT IN LOCAL LIFE: A GRANDMOTHER RUBBING SALVE OF SAGE, THE COVETED OIL OF IMMORTALLE TOUTING YOUTHFUL SKIN, AND OF COURSE, A PLENTIFUL STAPLE OF HERBAL RAKIJA, A TONIC OF FORTITUDE. EXPERIENCE LOŠINJ'S MOST PRECIOUS PLANTS AND LOCALLY DISTILLED OILS THROUGH ALL SIX SENSES IN THIS SOJOURN. WE BEGIN AS HERBAL SOMMELIERS SAVOURING THE FLAVOURS AND FRAGRANCES OF FOUR HOUSE-CURED HERBAL LIQUORS. CONTINUE THE WARMTH WITH A FULL BODY MASSAGE EMPLOYING ISLAND ESSENTIAL OILS, DISTILLED BY OUR PLANT WHISPERERS. THE ADDITION OF HEALING SALT STONES, HERBAL POULTICES AND AN ENERGETIC TRADITIONAL SMOKE SMUDGING WITH OUR FOUR HERBS SMUDGE STICKS CREATES THE BOTANICAL PIÈCE DE RÉSIDENCE.

NOW CLOSE YOUR EYES AND IMAGINE THIS HARMONY OF TOUCH PLAYED TO THE MUSIC OF OUR ČIKAT BAY WHISPERING PINES.

90 MIN





BLINDFOLDED CONCERTO

FOUNDED IN 1842, THE VIENNA PHILHARMONIC IS CONSIDERED TO BE ONE OF THE FINEST ORCHESTRAS IN THE WORLD. ITS MOST PROLIFIC PERIOD BEING THE TURN OF THE CENTURY, A TIME WHEN LOŠINJ WAS A CELEBRATED ISLAND WELLNESS ESCAPE FOR VIENNESE ARISTOCRACY.

TRACE THIS DISTINGUISHED HISTORY WITH A WELLNESS EXPERIENCE TO BE REMEMBERED. A NOD TO THE GIFT GIVEN TO THE WORLD BY THE MANY LEGENDARY AUSTRIAN COMPOSERS, RHYTHMICAL HANDS PERFORM A PERFECTLY CHOREOGRAPHED FULL-BODY SYMPHONIC MASSAGE.

CLASSIC MASSAGE TECHNIQUES AND INDIVIDUALISED PRESSURE ARE USED BUT TO HEIGHTEN THE SENSE OF TOUCH AND DEEPEN THE MELODIC PRECISION, OUR THERAPISTS HAVE TRAINED FOR THIS REMARKABLE BODY DANCE COMPLETELY BLINDFOLDED.

60 MIN





 Augustinus Bader

THE GREATEST SKINCARE OF ALL TIME

WITH THREE DECADES OF GROUNDBREAKING RESEARCH BY STEM CELL SPECIALIST AUGUSTINUS BADER, THIS COVETED SKINCARE LINE HAS GARNERED AN UNPRECEDENTED NUMBER OF AWARDS AND TOP HONOURS IN INNOVATION.

THE GAME-CHANGING FORMULATIONS RELY ON MEASURABLE RESULTS POWERED BY TFC8 TECHNOLOGY, OR TRIGGER FACTOR COMPLEX, WHICH HELPS SUPPORT THE BODY'S INNATE BIOLOGICAL WISDOM TO RENEW AND REGENERATE ITSELF.

FOR THE BEST VERSION OF YOURSELF.



AUGUSTINUS BADER TFC8 FACIAL 60 MIN

OUR SIGNATURE FACIAL LEAVES YOUR SKIN HEALTHIER, FIRMER AND STRONGER EMPLOYING 40-INGREDIENT TFC8 COMBINED WITH THE METHOD AUGUSTINUS BADER, A UNIQUE FACIAL SCULPTURAL LIFTING MASSAGE TECHNIQUE. THIS TREATMENT REMARKABLY REDUCES SIGNS OF AGEING, IMPEDES OXIDATIVE STRESS, AND COUNTERS UNEVEN TONE AND REDNESS.

AUGUSTINUS BADER ADVANCED LED FACIAL 90 MIN

TAKING THE AUGUSTINUS BADER CLASSIC TO ANOTHER LEVEL FOR OPTIMAL AGE-DEFYING RESULTS. HERE WE UTILISE THE CELLULAR-CORRECTIVE POWER OF RED LED LIGHT THERAPY AND GUA SHA LIFTING FACIAL MASSAGE.

AUGUSTINUS BADER BODY 90 MIN

A THREE-ACID BODY PEELING PREPARES THE SKIN TO BE LAVISHED WITH VELVETY TFC8 OILS. WHILST THIS COCKTAIL OF PHOTO NUTRIENTS GENTLY ABSORBS YOU ARE WRAPPED IN A WARM COCOON AND TREATED TO A PETITE AUGUSTINUS BADER FACIAL INCLUDING A MARMA-POINT MASSAGE. WE CONCLUDE WITH A FULL BODY MASSAGE USING FIRMING TFC8 BODY CREME AND VIGOROUS MANUAL METHODS TO TONE AND LIFT, REDUCING CELLULITE AND THE APPEARANCE OF STRETCH MARKS.

HYDRAFACIAL TFC8 60 MIN

THIS THREE-PHASE MEDICAL GRADE FACIAL IS THE LATEST ADVANCEMENT IN MECHANICAL NON-LASER RESURFACING TREATMENTS. BEGINNING WITH HYDRO-DERMABRASION EXFOLIATES, VACUUM EXTRACTIONS DEEPLY CLEARS PORES WHILE POTENT HYDRATION SERUMS ARE PRESSURE INFUSED INTO THE DEEPER DERMAL LAYERS. ALL ENHANCED WITH AUGUSTINUS BADER SHEET MASK, MOISTURISERS & RED OR BLUE LED THERAPY.

FURTUNA SICILIAN GLOW 60 | 90 MIN

THE SKINCARE BRAND BEAUTY EDITORS CAN'T LIVE WITHOUT, FURTUNA WILDLY POTENT SKINCARE PACKS A RESULT-DRIVEN PUNCH WITH UNPRECEDENTED POWERFUL BOTANICALS IN THIS ORGANIC FACIAL. EACH PRECIOUS PLANT, LEAF, STEM, ROOT AND FLOWER IS LOVINGLY WILD-HARVESTED FROM LA FURTUNA ESTATE IN SICILY, ITALY. TRULY ACTING AS WHOLE-PLANT MEDICINES, THESE FORMULATIONS ARE DRENCHED WITH LIVE ENZYMES, VITAMINS, AND MINERALS TO DEEPLY TREAT, HYDRATE AND ENRICH THE SKIN. THE GLOW IS MAGIC.



BODY & BREATH THERAPY



BREATHE

WE TAKE OVER 25,000 BREATHS A DAY. BUT THIS EFFORTLESS ACT IS FAR WISER THAN THE INTAKE OF OXYGEN AND THE REMOVAL OF CARBON DIOXIDE. THE TENS OF BILLIONS OF MOLECULES WE BRING INTO OUR BODIES WITH EVERY BREATH SERVE A MORE POWERFUL ROLE INFLUENCING NEARLY EVERY INTERNAL ORGAN, AFFECTING HEART RATE, DIGESTION, AND EMOTIONS.

SOMETIMES THE BODY NEEDS A SOFT NUDGE TO LEARN TO BREATHE BETTER. MORE FULLY, SLOWLY, DEEPLY.

BREATHWORK EXERCISES CAN GET US THERE.

ADD ON WITHIN YOUR SPA TREATMENT | 10 MIN
OR AS A MORE IMMERSIVE SINGULAR SESSION | 30 MIN



CHOOSE FROM:

TUMMO

SOMETIMES THE BODY NEEDS MORE THAN A SOFT NUDGE. THIS BREATHWORK STYLE, PRACTISED BY ELITE ATHLETES, TAPS INTO THE AUTONOMIC NERVOUS SYSTEM QUICKLY WITH FAST HEAVY BREATHS, FLOODING THE BLOODSTREAM WITH OPIOIDS, DOPAMINE AND SEROTONIN. EXCELLENT FOR MIDDLE-AGED LOW-GRADE STRESS AND SLOW METABOLISM.

SLOW NOSE YAMA

ALSO CALLED NADI SHODHANA PRANAYAMA OR ALTERNATE NASAL BREATHING. THIS TECHNIQUE BALANCES THE LEFT AND RIGHT SIDE OF THE BRAIN, SIGNIFICANTLY LOWERS STRESS AND BLOOD PRESSURE AND CLEARS THE MIND.

INFINITY BREATHING 4-7-8

A CYCLICAL METHOD OF BREATH WORK THAT BRINGS A DEEP STATE OF EUPHORIA THROUGH ROUNDS OF HOLDING AND DEEP DIAPHRAGMATIC ENGAGEMENT.





QUARNERO CLASSIC RECOVERY

30 | 60 | 90 MIN

A CLASSIC TAILORED MASSAGE FEATURING POTENT LOCALLY PRODUCED OILS FROM QUARNERO. THE HEALING HISTORY OF THE QUARNERO REGION IS LEGENDARY DRAWING PEOPLE FROM ALL CORNERS OF THE WORLD TO RECOVER AND REJUVENATE THROUGH THE POWERS OF SUN, SEA, AIR AND WILD HERBS. QUARNERO OILS TAKE THEIR INSPIRATION FROM THE REGIONS RICH ABUNDANCE OF NATURAL INGREDIENTS.

CHOOSE FROM: RELAX- CALMING AND SEDATIVE | SPIRIT- ENERGISING AND DETOXIFYING | REFRESH - REJUVENATING AND FRESH | SENSUAL - BALANCING AND EUPHORIC

ALEPPO PINE IMMUNITY MASSAGE

60 | 90 MIN

ESSENCES OF PINE CONTAIN HIGH LEVELS OF VITAMIN C AND PHYTO-PHENOLS ENCOURAGING WHITE BLOOD CELL PROLIFERATION, INCREASING THE BODY'S ABILITY TO TAKE IN OXYGEN, BOOSTING THE IMMUNE SYSTEM AND STAVING OFF DISEASE. HERE WE USE POTENT PINE ESSENTIAL OILS DISTILLED FROM THE FOREST OF ČIKAT BAY WITH YOUR PREFERENCE OF MASSAGE STYLE, PRESSURE AND DEPTH.

MINERAL MUD RHASSOUL

90 MIN

IMMERSE YOURSELF IN THE ARABIC TRADITION OF RHASSOUL. THE RHASSOUL IS A COZY, TILED, HEATED AND MOIST TREATMENT ROOM WHERE WE BEGIN WITH A FRAGRANT WATER POURING OVER THE BODY AND THOROUGH EXFOLIATION WITH A MINERAL RICH FOAM AND NATURAL FIBRE MITTS. WITH THE SKIN NOW SOFT AND PREPARED, A BLACK MINERAL MOOR MUD COVERS THE ENTIRE BODY AND FACE. MOOR MUD IS PACKED WITH NATURAL ACIDS AND PROTEIN AND IS RENOWNED FOR ITS PURIFICATION, REMINERALISATION AND PAIN RELIEVING PROPERTIES. LOUNGE, RELAX AND LET THE GOODNESS SOAK IN. AFTER A REFRESHING RINSE THE BODY IS THEN GENEROUSLY OILED AND MASSAGED WITH SCENTS OF GRAPEFRUIT AND A MAGNESIUM DENSE CREAM. ABSOLUTE NIRVANA.





GROUND AND WARM WITH GINGER 60 | 90 MIN

LET GO IN THIS DEEPLY RELAXING, NERVE-CALMING EXPERIENCE BEGINNING WITH A MINI-SHIRODHARA TO QUIET A BUSY MIND. A LAVISH OILING OF SPICY GINGER ESSENCES FOLLOWS USING DEEP, SLOW, KNEADING STROKES AND TRIGGER POINT THERAPY TO LOOSEN MYOFASCIAL TISSUE. WARMED TENSION-RELIEF PACKS ARE STRATEGICALLY PLACED ON TEND-TO-BE-STIFF AREAS AS YOU ARE COCOONED IN WARM BLANKETS AND SENT TO ANOTHER DIMENSION WITH A FULL CRANIAL NERVE TONING SCALP MASSAGE.

HEAVENLY NEROLI BLOSSOM 90 MIN

NEROLI. ONE OF THE WORLDS MOST PRECIOUS BLOSSOMS. KNOWN AS “THE CALM OF ANGELS WINGS”, ITS SCENT DELICATELY HONEYED AND HERBAL, TRANSCENDS THE SPIRIT AND EVOKES EMOTIONS OF WARM EXOTIC BREEZES. RENOWNED FOR ITS EUPHORIC EFFECTS, THIS ESSENTIAL OIL OF THE BITTER ORANGE BLOSSOM IS EMPLOYED TO DEEPLY NOURISH AND HYDRATE THE SKIN. WE BEGIN WITH MISTS OF PURE NEROLI HYDROSOL, AND AN INVIGORATING EUCALYPTUS FOOT RITUAL. A LYMPHATIC DRY BODY BRUSHING FOLLOWS BLISSFULLY CULMINATING IN A FULL BODY MASSAGE OF YOUR STYLE PREFERENCE AND PEACEFUL COCOON DRENCHED IN WARMED FRAGRANT NEROLI OIL.

DETOX BODY FIRING 90 MIN

A POWERFUL DETOXIFYING TREATMENT THAT REFINES AND CONTOURS THE BODY RELYING ON THE SLIMING-WINNING COMBINATION OF LYMPHATIC TECHNIQUES, POTENT ALGAE, CAFFEINE AND COLD THERAPY. DRY BRUSH TECHNIQUES BEGIN THIS TARGETED TREATMENT TO EXFOLIATE THE SKIN, ENCOURAGE LYMPHATIC DRAINAGE AND CIRCULATION AND PROMOTE THE ABSORPTION OF OUR SLIMMING SERUM ACTIVES. NUTRIENT-RICH ALGAE IS THEN APPLIED TO THE ENTIRE BODY FOLLOWED BY A METABOLIC-SUPERCHARGED SLIMMING MASSAGE AND SERUM THAT ACTIVATES LIPOLYSIS, STIMULATES CIRCULATION, THUS FLUSHING TOXINS AND CELLULAR WASTES. COOL COMPRESSES FINISH THIS FIRING EXPERIENCE AS MULTI-VITAMIN FIRING CRÈME HYDRATES AND BRIGHTENS THE BODY.

EUCALYPTUS BODY SCRUB 30 MIN

NATURAL MINERAL RICH SALT COMBINES WITH THE INVIGORATING POWER OF EUCALYPTUS AND BASIL TO UPLIFT THE SENSES IN THIS DETOXIFYING FULL BODY SCRUB. THE RESULT ... THE SOFTEST, MOST SILKY, SUPPLE SKIN. A PERFECT WAY TO START ANY OF OUR TREATMENTS.





FINISHING TOUCHES

SPA MANICURE

45 MIN

AN EXFOLIATION OF THE HANDS, CLEANING OF THE CUTICLES, FILE, SHAPING AND FLAWLESS POLISH.

OPTIONS OF: OPI CLASSIC POLISH | OPI PERMANENT POLISH

SPA PEDICURE

60 MIN

A SOAK IN OUR FOUR PRECIOUS PLANTS BLEND INVIGORATES TIRED FEET. DRY SKIN IS REMOVED, NAILS CUT AND CLEANED, PENETRATING MOISTURE FINISHED WITH FLAWLESS POLISH.

OPTIONS OF: OPI CLASSIC POLISH | OPI PERMANENT POLISH

EXPRESS MANICURE OR PEDICURE

30 MIN

WHEN YOU ARE SHORT ON TIME, WE FILE, SHAPE, AND BUFF NAILS FINISHED WITH OPI CLASSIC POLISH.

**DEPILATION SERVICES ARE AVAILABLE. PLEASE ENQUIRE.





PERSONALISED FITNESS

THE PILLARS OF WELLNESS ARE SIMPLE.

BREATHE. NOURISH. REST. MOVE.

MOVE IN WAYS THAT WORK FOR YOU. TRADE THE GYM FOR THE OUTDOORS, SWIM IN THE SEA, OR FINE TUNE YOUR FITNESS LEVEL WITH ONE OF OUR EXPERT TRAINERS. WHATEVER FEELS RIGHT.

YOGA | PILATES

45 MIN

PERSONAL TRAINING

45 MIN

SWIMMING LESSONS

30 MIN

*EACH AND EVERY DAY WE OFFER AN ECLECTIC SCHEDULE OF SIGNATURE MOVEMENT ACTIVITIES INCLUDING SEASIDE NORDIC WALKS, YOGA, PILATES, MIND-BODY ACTIVITIES, BREATHING AND STRETCHING.



SPA GUIDELINES

ENJOY A FULL RANGE OF AMENITIES WHEN BOOKING A SPA TREATMENT, INCLUDING A ROBE, SLIPPERS AND LOCKER. IN CONSIDERATION OF OTHER GUESTS WE ASK THAT ALL MOBILE PHONES BE TURNED OFF WHILE AT THE SPA.

OUR SPA, THERMAL ZONE AND POOL AREAS ARE NON-SMOKING FACILITIES.
OUR PRICES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTIFICATION.

FACILITY USAGE

ALL RESIDENT GUESTS ENJOY COMPLIMENTARY USE OF THE SPA FACILITIES DURING DESIGNATED HOURS.

AGE REQUIRED

OUR GUESTS MUST BE 16 YEARS OLD OR OLDER TO ENJOY SPA TREATMENTS. CHILDREN 14 YEARS OR OLDER MAY ENJOY CERTAIN TREATMENTS WITH THEIR PARENT'S CONSENT.

CANCELLATION POLICY

AS A COURTESY TO OTHER GUESTS AND OUR THERAPISTS, PLEASE GIVE US 8 HOURS' NOTICE IF YOU MUST CANCEL OR CHANGE ANY TREATMENTS. WITHOUT THIS NOTIFICATION YOU WILL BE CHARGED IN FULL.

GRATUITIES

IN APPRECIATION OF OUTSTANDING SERVICE, GRATUITIES MAY BE GIVEN AT YOUR DISCRETION.

RESERVATIONS

ADVANCE RESERVATIONS ARE RECOMMENDED TO ENSURE YOUR PREFERRED BOOKING TIME. FROM WITHIN THE HOTEL, 733. OR CONTACT US
+385 (0) 51260733,
ALHAMBRA.WELLNESS@JADRANKA.HR

CHECK-IN

PLEASE CHECK-IN AT THE SPA RECEPTION DESK 15 MINUTES PRIOR TO YOUR FIRST APPOINTMENT. FOR COMFORT, WE INVITE YOU TO WEAR YOUR GUEST ROOM ROBE. WE REGRET THAT LATE ARRIVALS WILL NOT RECEIVE AN EXTENSION OF SCHEDULED TREATMENT TIME.

GIFT CERTIFICATES

AN EXPERIENCE AT OUR SPA WOULD MAKE A WONDERFUL GIFT FOR ANY SPECIAL OCCASION. PLEASE ENQUIRE WITH OUR SPA RECEPTION FOR DETAILS AND PURCHASE.

