

Spa and Wellness Menu



SPALATO

The inspiring story of SPALATO spa begins in the heart of the Mediterranean, on its unique coastline and in the magical natural surroundings.

The city of Split was originally founded as the Greek colony of Aspálathos - our spa is an authentic and enchanting place that reflects the rich traditions of this old city of Split, combined with today's modern lifestyle and trends.

Inspired by the power and diversity of nature, SPALATO's philosophy incorporates the three elements of water, air and stone to create a peaceful oasis where you can find restoration for your body, mind and soul. Our superior service and unique signature therapies, provided by renowned therapists and professionals, will allow guests to leave all their worries behind, relax and truly unwind.

SPALATO's indoor space features a sauna, steam room, cold and warm plunge pools, unique spaces to relax and unwind, whirlpools, treatment rooms, a private spa and fitness & yoga facilities.

Our treatments, rich in natural properties, and based on a combination of local healing ingredients and indigenous rituals, are combined with modern performance techniques to completely cleanse your body and refresh your mind. At SPALATO we believe that everything we truly need can be found in nature, which is why we use only natural and organic products in our massage treatments, body rituals, Chinese therapies, and facial treatments by Elemis.

Whichever treatments you choose, we carefully tailor to your individual needs. Our aim is to design an experience which will elevate your mind and body.



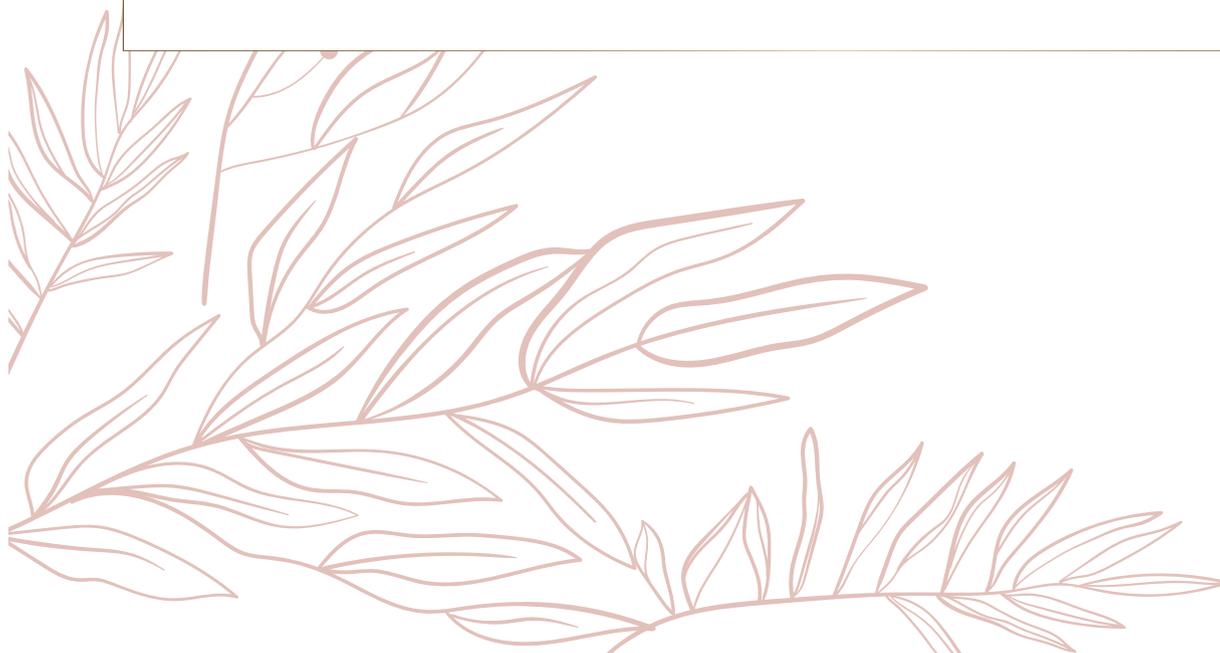
Private Spa

Enjoy quality time in beautiful surroundings where your every need will be catered for!

Our luxurious private spa, which is located inside the spacious SPALATO, has its own private entrance and exit to the terrace. Our experienced staff will guide you in choosing a tailored treatment program or you can simply take advantage of some much-needed time out in your own personal spa with whirlpool, sauna, bath and double bed relaxation.

We provide a special selection of herbal teas and other luxurious treats to enhance your experience and leave you feeling pampered.

You can enjoy our special "Wellness Experience" in solitude by booking the private spa. In addition any other treatments from our spa menu can be booked and enjoyed in the private spa.







SIGNATURE TREATMENTS WATER AND SEA

Science has proven the health benefits of being by the water. Contact with water induces a meditative state that makes us happier, healthier, calmer, and more creative. The sound of waves has been proven to alter brain patterns, lulling you into a deeply relaxed state and rejuvenating body and mind

Power of the Sea

90 minutes without bath

120 minutes with bath



The treatment starts with an Aquatic Scrub, focussing on the invigorating benefits of the Adriatic. This blue lagoon scrub pairs the unique exfoliating power of marine salt with nourishing oils, resulting in a refined skin texture with a velvety feel. This is followed by a lagoon water bath, de-stressing full body massage with Silky Smooth body wrap and finishing off with a ritual application of our secret golden oil which will give your skin a lustrous glow. The wealth of natural minerals used in this treatment promotes and maintains the skin's vital functions, leaving the skin purified, soft, and delicately perfumed. Our signature treatment is a blissfully balancing experience that will restore the positive energies of both body and mind.

- Deep Cleansing Aquatic Body Scrub
- Silky Smooth Body Wrap
- Relaxing Full Body Massage
- Application of Golden Oil Leaving a Lustrous Glow



SIGNATURE PEBBLE TREATMENT

Did you know that the application of stones and shells have unique benefits? Just like walking on an uneven stone pathway or a shelly path, the textured surfaces of stones and seashells are beneficial for our wellness. Enjoy this unique signature treatment tailor made for YOU!

Energising Ceremony with Gemstones

120 minutes

Using the unique properties of marine gem-stones, this signature treatment will take you on a journey through the Mediterranean Sea, restoring and renewing energies. Our treatment begins with an energising GemStones massage, followed by our Spirulina boost facial treatment. This facial targets fine lines and wrinkles to give you beautifully moisturised, smooth and glowing skin; and assists in reducing the impacts of environmental stress, pollution and fatigue on your skin. Your skin will thank you and after your treatment you will leave looking rested and refreshed.

- Body Treatment with Gemstones
- Made-to-Measure Face Massage
- Face Treatment with Spirulina





SIGNATURE TREATMENTS AIR

The health benefits of sea air can be found in the negative ions which accelerate your body's ability to absorb oxygen and balance your serotonin levels – the brain chemical linked to mood and stress. Your beach holiday, combined with our OXY spa treatments, will leave you feeling more alert, relaxed and energised!

Intense Oxygenation

120 minutes

Enjoy the Ultimate Treatment Experience where innovation and technical expertise combine with luxury and sensoriality. This exceptional Ritual offers the ultimate in revitalisation for total youthfulness and deep relaxation. The revitalising benefits of Intelligence Marine Régénérative, a complete concentrate of 63 marine active ingredients – an exclusive THALGO patent – are teamed with a face massage, inspired by age-old Japanese manual facelift techniques, to visibly smooth wrinkles and restore the skin's firmness and elasticity. The body massage combines manoeuvres that relieve tension for complete relaxation.

A moment of pure pleasure that extends from head to toe to feel deeply revitalised and soothed.

- Unique Kobido Face Massage
- Regenerating Face Treatment
- Body Massage with a Special Thalgo Techniques



Facials

Facials - Touch

Our hands-on facial treatments use touch as a powerful diagnostic tool, softening and preparing the skin to receive the active ingredients. Product is applied using a combination of ancient and modern massage techniques from around the world. Our expert Elemis Elite therapists are highly trained in facial massage techniques which promote more youthful looking skin.

PRO-DEFINITION LIFT AND CONTOUR

30 / 60 minutes

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives. These nutrients have been found to help support the extracellular matrix creating a profoundly sculpted, youthful effect.

PRO-COLLAGEN DEFINITION AGE DEFY

60 minutes

This treatment tackles fine lines and wrinkles and helps support the cellular structure of the skin. The proven benefits of marine-charged Padina Pavonica and Red Coral help plump out fine lines, whilst Indian Mulberry reduces skin fatigue, helping relax wrinkles. Targeted lymphatic drainage massage re-energises and rejuvenates, whilst an age-defying peel-off mask encourages the highest cellular function, visibly improving firmness and elasticity for beautifully nourished, younger looking skin.

SUPER FOOD PRO RADIANCE

25 / 50 minutes

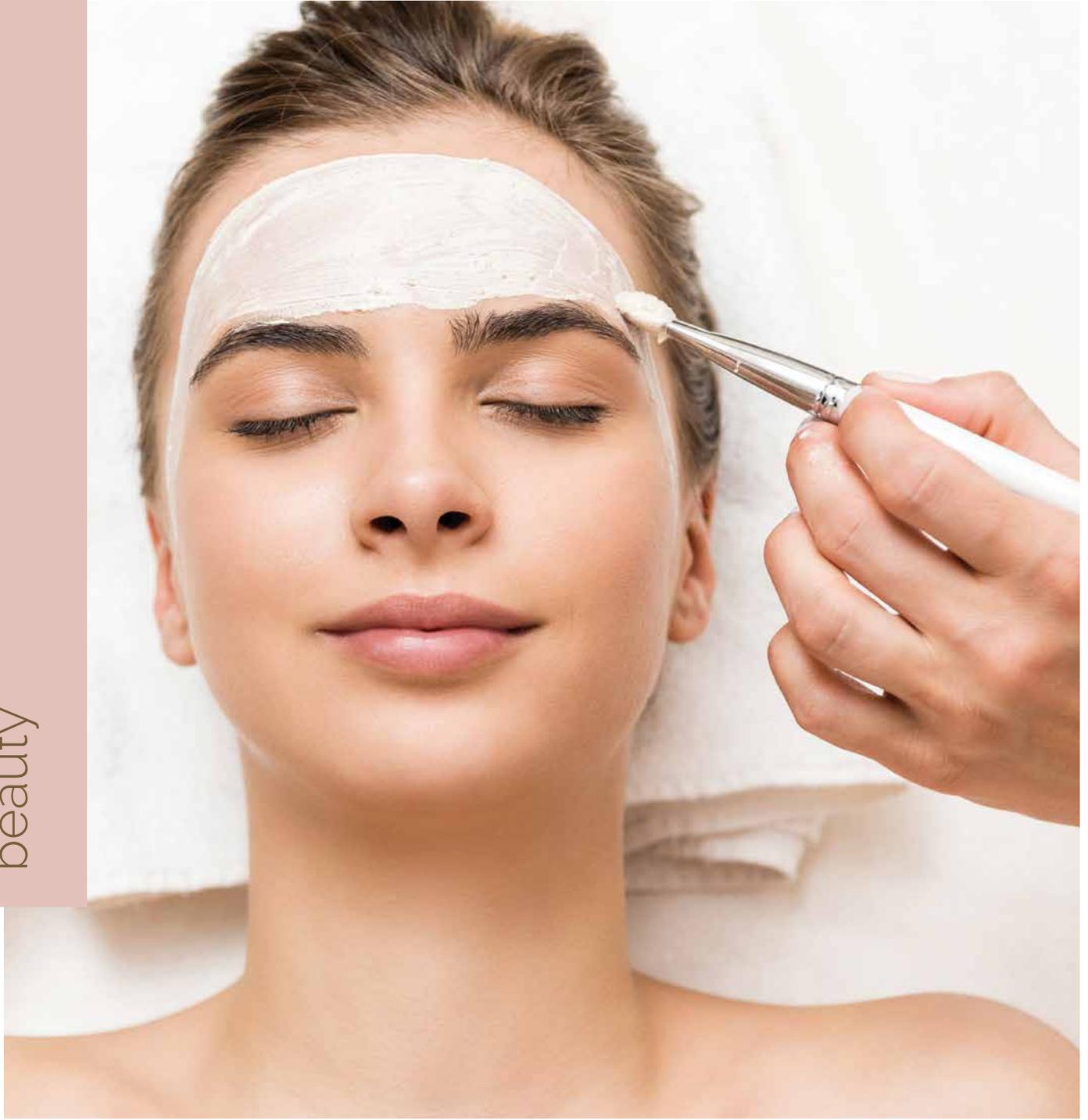
This is a crafted nutritional boost for stressed, dull skin. Rich in superfoods, essential minerals and trace elements of Magnesium, Potassium, Zinc, Vitamin A and E – these form a mineral “army” which mounts a defense against tired and exhausted skin. An amino active mask helps restore lost moisture, deeply nourish, detox and pack the skin with powerful, energising nutrients. Skin is left smoother, plumper and luminously radiant – stress-free and shining with good health.

SKIN SOLUTIONS TREATMENTS

30 / 50 minutes

These targeted treatments will gently, but firmly, take on the challenges of sensitivity, oiliness and dullness to provide a healthier complexion.

beauty



Facials Technology

Face BIOTEC TECHNOLOGY | Skin Solutions

The BIOTEC system incorporates five technologies in one machine. Using powerful biological actives and delicious aromatics, BIOTEC facials are scientifically proven to increase cell energy for optimum skin function.

BIOTEC FIRM-A-LIFT FACIAL

60 / 90 minutes

Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting galvanic technology. Skin is visibly strengthened for a contoured complexion that is remarkably lifted.

BIOTEC MADE TO MEASURE

60 minutes

This customised facial turbo-charges the skin using a combination of high potency actives with ELEMIS' unique Skin Lift Touch and BIOTEC technology to target specific needs. Your beauty expert will look, listen and tune into your skin, using insight and expertise to prescribe the best combination of BIOTEC technologies for your skin concerns.

BIOTEC EYE TREATMENT

30 minutes

BIOTEC technology is refined enough to gently stimulate and tighten the delicate eye area, without disturbing fragile skin.

BIOTEC NECK TREATMENT

30 minutes

Microcurrent reminds the muscle to firm up, while the Arjuna-infused jowl and chin mask lifts and tightens for super-sleek contouring.

BIOTEC





Face and Body Treatments

TOP TO TOE ABSOLUTE TREATMENT

120 minutes

Using a combination of facial and massage techniques, our full-body deep tissue massage is followed by a 'made-to-measure' face treatment tailored specifically for your skin.

SUPER FOOD PRO RADIANCE FACIAL AND BACK MASSAGE

60 minutes

A relaxing back massage, followed by a nutritional boost facial treatment rich in superfoods and essential minerals, designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven to leave skin plumper, radiant and shining with good health.

EXCEPTION MARINE REDENSIFYING

90 minutes

Strong uplifting facial and tailored body treatment. The first Marine Lifting Facial and eye treatment that redefines facial contours, restores skin density and fills in sagging wrinkles. With the help of special uplifting massage techniques and products with a high concentration of active ingredients, you will see immediate results. Facial skin is hydrated, wrinkles smoothed and your body will feel fully relaxed.

beauty



Massages

STRESS AWAY MASSAGE

30 / 60 / 90 minutes

Our Stress Away Body Massage focusses on relieving specific stress and muscle tension. This deep rhythmic-pressure massage gives the whole body a vigorous work out. Combined with specially blended massage oils, this treatment can be tailor-made to suit the individual needs of the client.

AROMATHERAPY WITH LOCAL ESSENTIAL OILS

60 minutes

Aromatherapy is a specific type of therapy that incorporates the use of scented essential oils in the massage. Alternating between gentle and harder pressure, this massage will be given using a specific blend of essential oils.

DEEP TISSUE MASSAGE

60 / 90 minutes

This massage relieves specific stress and muscle tension and the deep rhythmic pressure gives the whole body a vigorous workout.

VOLCANIC HOT STONE THERAPY

60 minutes

Volcanic Hot stones bathed in our "Frangipani Monoi Body Oil" are worked deep into the muscles, getting into areas of real tension. The result is a feeling of sparkling vitality coupled with intensely hydrated skin. During a hot stone massage, smooth, flat, heated stones are placed on specific parts of your body. The stones are usually made of basalt, a type of volcanic rock that retains heat.

PEACEFUL PREGNANCY MASSAGE

75 minutes

An intuitive and relaxing massage which hydrates skin that is expanding to accommodate a growing baby. This unique pregnancy massage is profoundly nurturing and tranquil. Performed on a bed of comfy pillows, mothers-to-be are lulled and restored to optimum wellness.

SEA SHELL TREATMENT

60 minutes

Using heat from our tiger-striped clam shells, our deep tissue pressure point massage eases away muscle tension, releases energy flow and restores a sense of balance to the body and mind.

massage



Asian Experience

SHIATSU

60 minutes

Shiatsu is a form of therapeutic bodywork from Japan. It uses kneading, pressing, soothing, tapping, and stretching techniques. Shiatsu is a non-invasive therapy that may help reduce stress and contribute to overall wellbeing. It is believed to have both preventative and remedial effects.

FOOT REFLEXOLOGY

40 minutes

Whilst this treatment will feel amazing, its' benefits go deeper than just the skin and muscles. With repeated pressure and manipulation of nerve endings, reflexology also helps to clear any channels of blocked energy.

BALINESE MASSAGE

55 minutes

Balinese massage is a full-body, deep-tissue, holistic treatment. Balinese massage uses a combination of gentle stretches, acupressure, reflexology, and aromatherapy to stimulate the flow of blood, oxygen and "qi" (energy) around your body, and bring a sense of wellbeing, calm and deep relaxation.

TRADITIONAL CHINESE MASSAGE

40 minutes

This involves deep massage techniques that are applied to the whole body, especially the back, with the use of much repetition. Chinese Massage therapy is a holistic approach to health care that aims to provide relief from physical ailments, as well as relaxing and revitalising the body and mind.

CHINESE MADE TO MEASURE MASSAGE

55 / 80 minutes

Full body tailor-made treatment using Chinese techniques to help relieve fatigue and tension, reduce stress, assist with weakness and pain.

TRADITIONAL CHINESE FOOT TREATMENT

45 minutes

This treatment starts with a warm-water foot soak for 5 to 10 minutes, while the therapist administers a relaxing upper body, neck and shoulder massage. This is followed with a traditional Chinese Foot Massage.

massage





Hands and feet

CLASSIC PEDICURE

60 minutes

A warm foot soak and foot-scrub, followed by clipping and shaping of the nails, cuticles being pushed back, a short foot and calf massage, moisturizer and nail polish (if desired).

CLASSIC MANICURE

45 minutes

Nail shaping, cuticle care, a hand massage, lotion and polish.

SPA PEDICURE OR BEST FOOT FORWARD

75 minutes

Take a load off with this foot-focussed tension releaser! Lower legs and feet are thoroughly exfoliated, bathed and massaged. Softens and smoothes to leave feet as supple and fragrant as a rose. Includes Clip and File Nails and dry File sole of foot, exfoliation, wrapping and relaxing foot massage.

SPA MANICURE OR GARDEN OF ENGLAND ROSE

Restore hand treatment

60 minutes

Hand massages are incredibly relaxing and our treatment is the ultimate in conditioning, restorative, anti-ageing hand treatments. Targetting age spots and dryness, you'll float out with the softest hands and a look of pure bliss on your face. Treatment includes clip and file , exfoliation, wrapping with lavender mitts and a relaxing hand massage.

hands and feet



Scrubs and Wraps

INTENSELY CLEANSING SALT SCRUB

Lime and Ginger or Frangipani

30 minutes

The extraordinary cleansing power of salt goes to work releasing toxins in this body- polishing treatment. The fragranced salt of your choice will gently slough away dead skin cells, encouraging the regeneration of new cells and perfectly prepping the skin. Our treatment will leave your body a smooth and responsive canvas, ready to absorb our deeply-nourishing body oils. Delivers velvety soft, invigorated skin!

REVITALISING MARINE EXPRESS SCRUB

30 minutes

Based on the MICRONISED ALGAE body scrub, this treatment purifies the skin and balances sebum secretion. The skin is smoothed, regains softness and brightness, active ingredients are absorbed better and cell renewal is promoted.

THOUSAND FLOWER DETOX WRAP

60 minutes

Enriched with nutrients derived from flowers, trees and grass, this treatment provides strong detoxification to the skin by helping it eliminate harmful substances and restore the natural balance.

MARINE BODY CARE

75 minutes

100% natural mud from the Dead Sea with an exceptional mineral content (in particular Calcium and Magnesium) makes this wrap a multi-action treatment: assists with slimming, a natural anti-stress, post-exercise recovery. Cellulite dimpling is smoothed, tense joints and muscle pain are eased and the body is completely replenished by these minerals.

COLD CREAM MARINE BODY SNAPSHOT

60 minutes

This nourishing treatment is especially suited to those with dry to very dry skin. A deeply nourishing body wrap and massage, you will feel comforted and replenished, skin is left feeling incredibly soft and velvety.

scrubs&wraps





Spa Etiquette

Spalato has been designed to be a peaceful and serene environment. We encourage you to enjoy the tranquillity by sharing space respectfully, following all of our safety and security guidelines.

BOOKING

In order to accommodate your needs, we recommend that you book treatments before your arrival. To book your treatment please **dial 3900** from your room or send an e mail to: **spa.split@radissonblu.com**.

ARRIVAL

We are happy to welcome you 15 minutes before your treatment time.

CANCELLATION

Should you not be able to make your appointment, please cancel 12 hours in advance. Any bookings cancelled within 12 hours will be charged 50% of the cost of the booked service.

IMPORTANT

Please inform us of any cardiovascular problems, allergies, pregnancies, or recent surgeries before your spa visit.

BEING LATE

Out of respect to other guests, we trust that you understand that being late may reduce your treatment time.

ACCESS AND AGE USE

of Wellness facilities is complimentary for guests of the hotel. Use of the spa, wellness centre, thermal zone and gym are for guests aged 16+ only. Children (aged 16 and under) using the swimming pool must be accompanied by an adult.