



Terme Olimia

# Price list

SPA ARMONIA

Wellness Hotel Sotelia\*\*\*\*s

## WORKING HOURS

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### **SPA ARMONIA**

every day 9.00 - 21.00

T: +386 3 829 6011, [spa.armonia@terme-olimia.com](mailto:spa.armonia@terme-olimia.com)

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Price list is valid from 5. 2. 2024 until cancelation.

All prices are in EUR and include VAT.

We reserve the right to change prices and sale conditions.

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Terme Olimia d. d., Zdraviliška cesta 24, SI - 3254 Podčetrtek

T: +386 3 829 78 36 | [info@terme-olimia.com](mailto:info@terme-olimia.com) | [www.terme-olimia.com](http://www.terme-olimia.com)



**Let the magic of  
touch carry you  
far away.**

Spa Armonia massages | baths



## We recommend

Enjoy one of the house massages, which are the result of the **knowledge and experiences** of our therapists.

## HOUSE MESSAGES

### **Massage Olimia** *60 min / 75,00 €*

House recipe. An unique massage, acquire from the knowledge of the best masseurs and physiotherapists. It is the result of a holistic understanding of the human body and balancing Yin and Yang.

### **Massage Armonia** *60 min / 70,00 €*

A touch of the whole body, based on the longterm experiences of our therapists. By combining Olimian honey and oils, made of extracts of local herbal tradition, we achieve an incredible relaxing, therapeutic and energetic harmony of the body.

### **Massage Vitae** *60 min / 70,00 €*

A whole body massage, including various massaging techniques, among others the Japanese Shiatsu and the Chinese Tui-Na. Acupressure points are treated, improving the well being on the physical and mental level. We dedicate special attention to the spine and shoulder girdle. Special anti-stress oil is used, which calms and restores lost energy.

### **Anti-Stress Massage Kalma** *80 min / 85,00 €*

The Anti-Stress Massage Kalma is a therapy that will lead you to complete relaxation. Its a whole body massage, with special dedication to the back and legs. It relaxes muscle tension, accelerates the renewal of the energies of the body and soothes.

### **Magic face** *60 min / 70,00 €*

A treatment that will completely liven the radiance and freshness of your face. It works on skin tension and slows signs of ageing. After the cleansing and peeling of the face, you will relax completely, while the herbal mask will take effect. In this time enjoy the scalp and shoulder massage and enjoy a 20-minute facial massage.

### **Walking On Clouds** *60 min / 70,00 €*

A magical 60-minute foot treatment and massage of the head, neck and shoulders that completely balances the function of all internal organs and brings the whole body in perfect harmony. The treatment that includes a foot bath, peeling and mask will charm you for sure.

### **Pantha rei** *60 min / 70,00 €*

Free your body from harmful substances with the help of this useful French lymphatic drainage - Pantha rei.



## **Massages**

Our guiding principles are professionalism, genuine individual approach and the building of mutual trust.

## TRADITIONAL MASSAGES

### **Luxury experience Massage** 80 min / 90,00 €

A natural treasury of rich ingredients in combination with a unique massage activates the energy of well-being. It provides intensive skin regeneration in combination with a face mask and fresh Aloe Vera gel.

<b>Relaxation Massage</b>	20 min / 30,00 €
	30 min / 40,00 €
	40 min / 50,00 €
	50 min / 60,00 €
	60 min / 67,00 €

A relaxation massage with a beneficial effect on your overall well-being, muscle relaxation and blood circulation.

### **Face and Scalp Massage** 30 min / 40,00 €

With this massage, we accelerate regeneration and improve elasticity of the skin and eliminate tensions in the head.

### **Hot Stone Massage** 60 min / 70,00 €

*Ancient therapy, where balsamic hot stones of volcanic origin are used, which have strong healing effects. The massage stimulates blood circulation, has a soothing effect on muscles and replenishes the body with fresh energy.*

### **Relaxing foot massage** 30 min / 40,00 €

By treating the reflexive points on the feet, we influence all organic systems, muscles and joints. It improves lymph flow, strengthens your health and helps detoxify the body.

### **Chocolate Massage** 60 min / 70,00 €

This massage improves the mood and pampers. It stimulates the production of serotonin - the hormone of happiness, nourishes and remineralizes skin. We recommend the chocolate massage against stress, when not feeling well and for exhausted skin with lack of tone.

### **Spa Ritual Wine and Chocolate** 60 min / 70,00€

Anti-stress massage of the back, neck and shoulders with grape seed oil that will eliminate stress and everyday burdens. It is followed by facial cleansing, a nourishing mask and foot massage.

### **Angels aroma touch** 70 min / 80,00 €

The most relaxing massage of all time.

### **Drop by drop** 80 min / 90,00 €

For intensive regeneration of the spine and the whole body.

### **Magnesium massage** 50 min / 65,00 €

For relaxing muscle tension, eliminating stress and pain, muscle spasms, stiffness and tingling.

# Massages Of faraway lands

Millennium old techniques,  
knowledge and experience  
from all over the world  
are united in a bouquet of  
massages from faraway lands,  
with a view to establishing  
physical, mental and emotional  
balance in the body.

## **Tibetan ritual**

*60 min / 70,00 €*

A mask from seaweed and Tibetan sea salt mixture and a selected essential oil wrapped into warm bundles that are used to knead and massage the whole body. We recommend it for a tired body without circulation, when lacking energy, when having a cold, being under stress or venous and lymphatic stagnation.

## **Tibetan Bowl Massage**

*60 min / 70,00 €*

The unforgettable experience of the sounds of Tibetan Singing Bowls will take you to a state of deep peace and balance. The sound of the bowls breaks blockages, accumulated in the physical body and calms the emotional and mental body. During the massage, we can feel the beneficial waves on those parts of the body, where the Tibetan Bowls are placed, the immense therapeutic power of sound has a great influence on eliminating pain, stress, insomnia, migraine and other problems.

## **Massage Nisvana**

*80 min / 90,00 €*

An unforgettable combination of sounds of Tibetan Bowls and therapeutic massage takes you to a state of deep peace and inner balance. The gentle sound vibrations break blockages in your body and influence muscle relaxation and completely prepare you for the effects of the therapeutic massage that follows.



## THAI MASSAGES

**Traditional Thai massage** *50 min / 60,00 €*  
*90 min / 99,00 €*

It has a pain-relieving effect, improves blood circulation, immune system function, increases joint mobility and strengthens internal organs. The massage is carried out with thumbs, palms, elbows and knees.

**Thai massage with aromatic oils** *50 min / 60,00 €*  
*90 min / 99,00 €*

The massage stimulates the acupressure points, thus regulating and stimulating the flow of energy and eliminating stress. Aromatic oils have a beneficial effect on the skin.

**Thai massage with herbs** *50 min / 60,00 €*  
*90 min / 99,00 €*

Thai massage with warm herbs is a pain-relieving regenerative massage that improves blood circulation, reduces joint and muscle pain, and maintains vitality. Properly selected herbs and oils have a beneficial effect on the body.

**Thai foot massage** *40 min / 50,00 €*

The massage stimulates the energy points of the body. It maintains the vital functions of the internal organs and stimulates the flow of life energy.

**Thai Back Massage** *40 min / 50,00 €*

Thai back massage works deeper than classic massage and relieves all tension in the neck and shoulders. Includes a head massage.

## Ayurvedic massages

**Abyanga the Olimje way** *60 min / 70,00 €*

In translation it means "anointing". The Ayurvedic oil massage is carried out completely different from other classic massage techniques. By means of touch and warm oils, a calming, relaxing and healing effect is achieved. The massage is extremely recommendable for eliminating tension and stress. It accelerates body detoxification, renews skin and strengthens its tone. The massage re-establishes energy flow, which provides a feeling of freedom and complete relaxation.

**Ayurvedic Head Massage** *30 min / 45,00 €*

Warm oil relaxes and relieves stress, improves energy flow and concentration.

# Pharmos natur

Pure nature. Experience it on your skin and enjoy the treatments with gel of a fresh Aloe Vera leaf and other natural agents.

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**Joy for life** *90 min / 90,00 €*

The skin will directly absorb over 100 agents that have a unique moisturizing complex and will thus rehydrate. Your skin will be intensively nourished with the Aloe-Vera gel from a fresh leaf and will become velvety smooth and flexible. Enjoy the wonderful massage of the face, neck and hands with the treasures of pure nature.

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**Joy for regenerate** *60 min / 85,00 €*

Precious ingredients stimulate the production of collagen and elastin, thus improving skin elasticity. Your facial lines will firm. You will feel the velvety softness of your skin and a wonderful sensation of full, toned skin.

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**Anti-Age Treatment** *90 min / 110,00 €*  
with Aloe-Vera Gel  
from Fresh Leaves

Your wrinkles will be smoothed out in a natural and very effective way, your connecting tissue will be regenerated and hydrated. The rejuvenation effect with long-term effect will be visible immediately!

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**Moisturising Face Treatment** *60 min / 75,00 €*  
with Fresh Aloe Vera

The high proportion of pure organic Aloe Vera juice and carefully selected precious plants and their oils give a soothing feeling on the skin and provide increased skin moisture.

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**Rohini Facial Care** *90 min / 145,00 €*

Joins nature and luxury at the highest level. The rejuvenating and restorative herbal complex gives important impulses to the cells for regeneration and the creation of new, young cells.

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**Natural Men's Care** *60 min / 80,00 €*  
*90 min / 95,00 €*

Complete nourishing and regenerating care in one. Aloe Vera juice, cranberry extract, grape seed oil and natural hyaluronic acid intensively moisturise, nourish, protect and regenerate the skin. The treatment is anti-inflammatory and soothes irritated skin.

# Guinot facial care

Innovative treatments for face and body as well as high-tech and effective products without parabens, GMO-free and not tested on animals.

## **Hydradermie Double Ionisation** *60 min / 85,00 €*

Hydradermie is a complete facial treatment, suitable for all skin states. The care includes different functions: DOUBLE IONISATION in which active agents are introduced again ageing, dark spots and to strengthen capillary walls, at the same time, we accelerate microcirculation and cleanse the skin. OXYGENATION in which by means of high frequency an antiseptic and anti-allergic effect is achieved and oxygen and new energy supplied to the cells. STIMULATING LIFTING MASSAGE with an active cream for firming and activation of cells and a special massage technique, we give skin shine and a healthy, radiant appearance.

## **Hydradermie Lift Serum** *60 min / 95,00 €*

A treatment with immediate lifting effect. In this process, first waste material and fluids are eliminated through lymphatic drainage, in order to improve cellular metabolism, followed by directed stimulation, which induces muscle activity. Muscles are toned and naturally firm facial features, the depth of wrinkles is reduced, skin becomes toned and firm.

## **Eye Logic Lift** *40 min / 75,00 €*

A complete renewal of the area around the eyes and forehead, which simultaneously works against signs of ageing (wrinkles around the eyes and between eyebrows) and fatigue around the eyes (eye pouches and dark circles). Already after 60 minutes, your skin around the eyes is toned, fresh, rested, the depth of wrinkles is less evident, and some small lines might even disappear.

## **Hydraclean** *60 min / 75,00 €*

Apparatus heat technology for deep cleansing of the face. Exclusive procedure for deep moisturisation of all skin types and/or cleansing of impure skin. After just one treatment, the skin will breathe again, the skin's moisture level will increase and the development of blackheads will be reduced.

## **Hydraclean care supplement** *30 min / 35,00 €*

- deep cleaning

## GUINOT HAND TREATMENT

### **Age Summum** *60 min / 115,00 €*

A prestigious anti-age treatment for face and neck, in which skin is regenerated, toned and deeply nourished in just one hour. Dead epidermal cells are removed with a double peeling, microcirculation is accelerated and wrinkles are smoothed on the face. Then, an intensive anti-ageing serum with hyaluronic acid and pure Vitamin C is massaged into the skin, which stimulates cell renewal. This is followed by a special lifting massage that firms supportive fibres. The treatment concludes with an active pro-collagen mask, which makes skin radiant and rejuvenated.

### **Lift Summum** *60 min / 95,00 €*

An intensive anti-ageing manual procedure where we boost the immunity of the cells that produce collagen and elastin. The result is firmness, tension, radiance, smoothed wrinkles and a rejuvenated appearance.

### **Pure equilibre care** *60 min / 70,00 €*

The treatment is suitable for all skin types, especially for impure and oily skin, which is restored to a healthy balance. Imperfections are weakened. Skin pores are visibly smaller. The skin is cleaner, shiny, beautiful, matte and evenly toned.

### **Hydra Summum** *50 min / 85,00 €*

A highly concentrated moisturizing care with hyaluronic acid. The skin is completely rehydrated and regains comfort. Wrinkles and fine lines are visibly reduced and the skin regains its radiance.

### **Hydra Peeling Care** *60 min / 90,00 €*

An intensive, all-in-one, acid-based treatment for smoothing wrinkles, rejuvenating, hydrating, brightening pigment spots. The skin is tightened, regenerated, wrinkles are reduced and pigmentation is less visible. The treatment can be performed alone or, depending on the needs and condition of the skin, in combination with other Guinot treatments.

### **Detoxigen** *50 min / 85,00 €*

This treatment removes dead cells. A detoxifying mask containing green clay acts like a magnet on toxins and removes them from the skin. The treatment is completed with a special massage that stimulates microcirculation and cellular respiration.

## HYDRADERMIE DELUXE TREATMENTS

### **Hydradermie deluxe** *90 min / 135,00 €*

Hydradermie Double Ionisation and Lifting

### **Hydradermie deluxe** *100 min / 195,00 €*

*and eye logic*

## FACIAL CARE

<b>eyebrow Shaping</b>	12,00 €
<b>eyebrow Dyeing</b>	9,00 €
<b>eyelash Dyeing</b>	9,00 €

## BODY CARE

**Vitamin Body Peeling** 20 min / 35,00 €

Dead skin cells are removed through circular motions and circulation is accelerated. The skin becomes smooth, fresh and breathes easily.

**Body relax** 60 min / 70,00 €

Dead skin cells on the surface are removed through circular motions and circulation is accelerated. This is followed by a relaxation massage of the whole body with aromatic oils. This care is perfect for pampering and the relaxation of mind and body.

**Seaweed Wrap** 40 min / 45,00 €  
*with Facial Massage*

The seaweed wrap tones and shapes the body, reduces fat deposits and detoxifies. In anti-cellulite and slimming programs, the seaweed wrap is indispensable. The facial massage during the wrap will ensure complete relaxation.

**Chocolate Wrap** 40 min / 45,00 €  
*with Facial Massage*

Intended for the care of dry, tired and exhausted skin. It nourishes the skin and protects it from ageing, moisturises it and provides nutrients of high value.

**Mineral Mud Wrap** 40 min / 45,00 €  
*with Facial Massage*

The mineral mud wrap has a natural cleansing power and a strong therapeutic effect on the skin, body and bones. This wrap detoxifies and slows the ageing process of the skin, while the massage reduces stress and tensions.

## ANTI-CELLULITE CARE AND BODY SHAPING

**Detox Whole Body Massage** 60 min / 75,00 €  
with Aloe-Vera Gel  
*from Fresh Leaves*

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You will experience a massage and care of the whole body with exclusive oils of especially effective plants, the Moroccan healing soil, full of minerals and the unique gel of a fresh Aloe-Vera leaf. This will activate the lymph, detoxify the body, reduce cellulite and visible strengthen connecting tissue and veins. The elasticity and tone of the skin will improve.

**Aromatic Corps Minceur** 60 min / 75,00 €

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Aromatic Corps is a 60-minute anti-cellulite treatment, in which toxins are flushed from the body through special techniques. The treatment applies special anti-cellulite oil and a sauna mask with green tea, which helps the hydration, firms and smooths the skin. The effects of the treatment are firm tissue and firm, smooth skin, less visible cellulite and eliminated excess fluids. The later is achieved by the exclusive Guinot Massage Technique against cellulite that uses detoxifying massage oil.

**Anti cellulite massage** 20 min / 35,00 €

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The massage accelerates the excretion of waste from the body and promotes the blood circulation and elasticity of the skin.

## FEET AND HANDS

### **Classic Pedicure** *60 min / 45,00 €*

For an easy step and the well-being of your feet. Basic foot care includes nail shaping, cuticle and foot care, as well as the application of care balm and nail polish.

### **Spa Pedicure** *90 min / 65,00 €*

In addition to the pedicure, it includes a special refreshing bath for vitality, a foot scrub and a foot massage with herbal balm. The pedicure is completed with a paraffin wrap, which will leave your feet feeling incredibly toned, soft and smooth.

### **Gelish Pedicure** *80 min / 65,00 €*

### **Natural Manicure with Nail Painting** *40 min / 35,00 €*

Groomed hands are a sign of orderliness and beauty. The manicure includes the care of nails and cuticle and the application of a nourishing cream and nail painting.

### **French Manicure** *50 min / 40,00 €*

The manicure includes the care of nails and cuticle. the application of a nourishing cream and French nail painting.

### **Paraffin Wax Hand or Foot Coating** *20 min / 20,00 €*

Treat your hands and feet to a paraffin wax hand and foot treatment to deeply cleanse, moisturise and nourish the skin. Your hands and feet will feel soft, smooth and toned after treatment. Recommended for rheumatic problems and in winter, when the hands in particular are exposed to the cold.

### **Gelish Manicure** *60 min / 45,00 €*

### **Gelish Nail Polish on Feet** *60 min / 35,00 €*

### **Gelish Removal** *20 min / 15,00 €*

## DEPILATION

A new, innovative way of depilation that is skin friendly. It does not cause allergies, due to its herbal origin. It ensures a long lasting smooth skin effect without fracturing and ingrown hairs.

<b>Depilation of facial hair</b>	12,00 €
<b>Face – partial</b>	15,00 €
<b>Arm pits</b>	15,00 €
<b>Arms</b>	27,00 €
<b>Arms – elbow high</b>	22,00 €
<b>Back</b>	34,00 €
<b>Chest</b>	34,00 €
<b>Legs – whole</b>	30,00 €
<b>Legs – knee high</b>	20,00 €
<b>Bikini</b>	20,00 €

## PROGRAMMS FOR MOTHERS-TO-BE

**Pampering for future mothers the Olimian way** 60 min / 70,00 €

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## MINI CORNER FOR OUR YOUNGEST

**Chocolate Massage** 30 min / 35,00 €

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**Massage with Aromatic Oils** 20 min / 25,00 €

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**Mini Manicure** 20 min / 20,00 €

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**Facial Massage** 20 min / 20,00 €

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## PAMPERING FOR TWO

**Romantic Pampering** *120 min / 185,00 €*

A romantic bath for two, massage Olimia for him and massage Vitae for her

**Romance in Candlelight** *100 min / 145,00 €*

a romantic bath for two, a 40-minute relaxation massage for him and her

**Romantic Bath for Two** *60 min / 60,00 €*

## WELLNESS PACKAGES

**Instant Relaxation** *90 min / 100,00 €*

Body relax Foot Reflexology Massage.

**Wellness for Him** *140 min / 175,00 €*

Vitae Massage, hydrating treatment with fresh Aloe- Vera and foot reflexology massage.

**Detoxification** *140 min / 180,00 €*

Body peeling, detoxifying whole body massage with fresh Aloe-Vera leaves, seaweed wrap and anticellulite massage.

All prices stated are in EUR. We reserve the right to change prices and other sales conditions.

## SPA ARMONIA PRICE LIST

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### **RESERVATION OF SERVICES**

We recommend you to book your service in Wellness Centre Spa Armonia at least a few days before the desired date. This way, you will ensure a reservation at a time that suits you best.

### **HOW TO CANCEL AN ORDERED SERVICE**

We kindly ask you to inform us about a possible cancellation of your reservation at least 5 hours prior to the reserved date. In case you shall not cancel the ordered service and will not make use of it, we will surcharge you 50 % of the price of the service.

### **DO YOU HAVE HEALTH ISSUES**

We kindly ask you that upon reservation, you point out eventual health issues or limitations. This way we are able to recommend you the treatments that are best suitable for you.

### **SPA ADVICE**

We recommend that you come to Wellness Centre Spa Armonia at least 5 minutes before the beginning of the treatment. We recommend our hotel guests to come dressed in bathrobes. Outside guests will receive a locker, bathrobe and slippers upon arrival. We recommend that you do not take jewellery, telephones and money with you, for these have to be removed before each treatment. We do not vouch for lost objects. Do not consume foods or alcoholic drinks before the treatment.

### **WELLCARD OLIMIA LOYALTY PROGRAM**

Join the Wellcard Olimia community, where every euro you buy at Terme Olimia or Terme Tuhelj brings you Wellcoin value points. With them, you will partake in many prizes, above standard benefits and surprises that will further enrich your vacation with us!

Join easily: via the My Wellcard web profile at [www.terme-olimia.com](http://www.terme-olimia.com) or the Wellcard Olimia mobile app. Upon registering, you receive a digital card and access to your profile, where you can easily check the status of Wellcoin points and many other benefits.



