

BRIEF DESCRIPTION OF SPALMARIS SERVICES

~Enjoy your body and the spirit~

Spalmaris Body Essences Massage:

30 min massage of essential spots of your body: hands, legs, and back. Throughout the massage we use stress relief almond oil, and we devote a lot of attention to the oils which influence your mood.

Deep Tissue Stress Relief Massage:

60 min massage of the entire body with the anti stress oil. Special attention devoted to your muscles and the limbic system that affect your movement flexibility, and the mood. Nurturing your body means nurturing your spirit; do not ignore the body call.

Therapeutic Massage:

50 min massage that differs it self from stress relief massage by the movement pressure. Massage movements are slower and easier on your muscles. Massage is perfect for people who have a back pain or any type of pain that influences their flexibility.

Anticellulite Massage:

50 min massage which focuses on braking down the cellulite through the fast movements that stimulate circulation. Not just that you will feel more relaxed, but your skin will get revitalized completely.

Olio di Oliva Masaage:

50 min massage with the extra virgin olive oil from the island of Hvar. Olive oil has a long history and it is recommended as the best serum for skin nurturing. It is full of vitamins that preserve your skin from the sun, and from aging.

Aromatherapy Senses Recovery Massage:

60 min massage with aroma therapy oils that stimulate your senses and revived your spirit. In addition to the massage, we stimulate your mood throughout the aroma candles and carefully chosen relax music.

Neck and Head Energy Massage:

30 min massage of neck and head points that is perfect if you feel uncomfortable cramps in your neck or if you simply want to free up your mind.

Mediterranean Royal Manicure / Pedicure Treat:

20 min treat that includes hand or feet Mediterranean scrub (made from flowers of lavender and sea salt), bath with the flowers from the island of Hvar, and the parafin treat that will revive your hand or feet skin.

Herbal Fusion Treat:

90 min treat with the products from the island of Hvar (Kantarion oil, lavender oil, vrisak flower etc).

Treat involves:

1. herbal peeling (herbal peeling is made of special herbs from the island of Hvar. It is made of sea salt, extra virgin olive oil – produced by the island of Hvar, lavender flower, and the special herb called Lady's Soul)
2. 60 min massage with kantarion's oil that is perfect for neutralizing skin after the sun exposé
3. Watermelon mask that additionally hydrolyzes your skin, prevents aging, and gives skin a special glow.

After Sun Sensation Treat:

60 min treat that includes

1. massage with the kantarion oil gained from the special 40 day process (the herb-“Lady's soul” is soaked in an extra virgin olive oil for 40 days. It is soaked in the oil until the oil becomes red what means that it soaked in all the minerals from the herb)
2. Massage with the gentle ice bags that relax your skin
3. Massage with the shine glow lotion in order to provide your skin with shiny final touch

Spalmaris Natural Beauty Reincarnation (Angel's Touch):

90 min treat devoted to saying good-bye to stress and welcoming harmony from chocolate!

Chocolate made of cocoa beans has a significant effect on the beauty of your skin. The cocoa powder wrap made of the beans of cocoa trees helps improve the silhouette of the body and reduce the signs of cellulite on your skin. Researches have found proof that cocoa stimulates the production of endorphin that is the hormones of happiness, causing your spirits to rise at the same time working effectively on the process of burning fat. Chocolate wrap contains caffeine and polyphenole found in cocoa beans that improves the shape of your body, nourishes, moisturizes and tones your skin and helps get rid of cellulite.

Energy Bomb Treat

90 min treat that includes

1. Herbal Scrub
2. Energy Massage – Energetska masaza
3. Peel off grape or drainage mask. Peel of mask affects body as the toxin eliminator while it is made out of carefully chosen combination of alginates and the green clay. It stimulates circulation and detoxication, boosts oxygen and the supply of nutrients to cells; strengthens and provides the skin with the energy needed for regeneration processes. You will immediately experience a pleasant slight cool effect. After 10 minutes active substances fully develop their synergetic action, and a pleasant thermal effect takes over...

~We usually forget how much a simple treat can contribute to our health..~