



SPA MENU





WELLNESS EXPERIENCE



ROSARIA MARAZZI HOTELS

The Wellness Experience that we have created takes shape by listening to the needs of each individual guest, thus creating a path that mixes the elements of the surrounding nature, wellness treatments, personalized diets and fun. In addition, guests will be able to continue to follow a healthier lifestyle, following the advice of our expert team and taking home the most useful products for their needs, and then return another time to Lopud, perhaps with friends and share the new luxury of well-being that only the Wellness Experience signed by Rosaria Marazzi Hotels can offer.

Only for Rosaria Marazzi Hotels - Luxury & Nature



AUTHENTIC WELLNESS JOURNEY

BY QUARNERO

Pure Regenerative Power of Sun, Sea and Wild Herbs

Organic Oils and Bath Salts in their Most Potent Natural Form

Discover, expand different dimensions and synchronize, balance and direct your inner energy towards your wellness goals.

The ancient techniques of relaxation and massage flow through the body balancing conscious and subconscious state of mind on the most subtle and deep levels inspired by Lopud's beautiful nature that you will experience through scents, touch, emotions and everlasting memories.



ORGANIC
COSMETICS



RMH LOPUD LAFODIA
Resort & Wellness

Exclusive Wellness Experience in our Spa Suites



SPA Suite (for two)

 120 min

Indulge yourself at the private SPA suite with a bath or steam room and sauna -the package includes a 30-minute massage of your choice and fresh fruit (you can add any treatment from our menu).

Lafodia Royal Treatment (for two)

 150 min


Harmonize with your partner in this luxurius treatment that will connect you with nature. Treatment includes welcome ceremony on your feet, indulging your face and body with organic oils and hebs followed by tailor made massage of your choice and completed with fresh fruit and bubbles.

Relax and Cleansing Therapy

 120 min

Indulge yourself at the private SPA suite with a bath or steam room and sauna -the package includes a 30-minute detox massage using organic oils and a special technique followed by a freshly made Lavender Lemon Detox Smoothie from natural ingredients.

Detox, De-Stress and Recharge Therapy

 120 min

The power of aromatherapy is combined with the riches of the ocean in this deeply warming and detoxifying therapy. A heated seaweed mask containing a soothing blend of essential oils is applied to your body before you are cocooned in a comforting wrap. Relax with foot or scalp massage while the active ingredients work to ease arthritis, fatigue and promote internal cleansing. Your treatment is completed with a full body massage.


 Service is part of SPA MORE. SAVE MORE.



Body Treatments




Symphony of the Cells

 50/75/105 min

A detailed gradual unfolding of body tissues through diverse precise strokes matched with four organic local oils carefully designed to revive your skin, paired with local herbs that activate your energy points. This holistic treatment is an ancient form of regeneration that will bring restoration to every cell of your body.

- *Welcome ceremony - Warm bath for the feet with a gentle scrub and massage in tune with Heart chakra breathing.*
 - *Body movements and light stretching*
 - *Quamero oil journey – four different oils, each with different effect and for different parts of the body*
 - *Full Body Circular Massage with dry herbs and oils mixture*
 - *Final touch – two points polarity stimulation*
 - *Followed by freshly made juice to boost your immune system*
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Mani d'Amore

 50/75/105 min

Therapeutic hands lovingly sail over your body with specially designed organic local oil, pampering and softening your skin, moving, stretching the body and inducing your mind to let go into the complete calm.

- *Welcome ceremony - Warm bath for the feet with a gentle scrub and massage in tune with Heart chakra breathing.*
- *Mild undreams stretching and body movements*
- *Stimulation of the third eye region with warm oil drops, continuing downwards to other chakras*
- *Full Body Massage with Relax and Sensual Oils*
- *Final touch – two points polarity stimulation*



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Specially designed treatments in conjunction with natural food/drinks






Body Treatments



Mare Piano


 50/75/105 min

Just like the gentle movement of sea waves, warm hands of your therapist will take you for an inner journey of coming home to yourself reconnecting through relaxing organic oil combined with local herbs aromas and sensations.

- *Welcome ceremony - Warm bath for the feet with a gentle scrub and massage in tune with Heart chakra breathing.*
- *Body movements imitating movement of the sea waves*
- *Stimulation of the third eye region with warm oil drops, continuing downwards to other chakras*
- *Full Body Stroke Massage with organic oil*
- *Final touch – All body polarity points stimulation*



Lava Love Hot Stone Massage

 50/75/105 min

A set of hand strokes fuse with volcanic stones at high temperatures. For you to deeply revitalize with special natural vibration from the heart of the Earth that goes hand in hand with the organic oils that we use. Good for immunity boost and stress release.

- *Welcome ceremony - Warm bath for the feet with a gentle scrub and massage in tune with Heart chakra breathing.*
- *Hot stones stimulate of energy points*
- *Final touch – Circular energy points massage with oil and herbs mixture*




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Body Treatments


Regale

 50/75min

Four hands massage ritual brings more than a double beneficial effect with synchronized movements, dedicated oil, and herbal ingredients for each area of your body with a goal to enjoy, balance, and recharge.

- Welcome ceremony - Warm bath for the feet with a gentle scrub and massage in tune with Heart chakra breathing.
 - Stimulation of full body polarity points by two therapists working on opposite sides
 - Tailor Made Massage style and pressure
 - Final touch – Circular chakras massage with oil and herbs mixture, finishing with scalp massage
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Figura di Donna

 50/75min

Sculpt your body in your desired wellness goals easier and faster by improving the exchange between different regions with kind but vigorous impulse through all body parts.

- Welcome ceremony - Warm bath for the feet with a gentle scrub and massage in tune with Heart chakra breathing.
- Stimulation of two polarity body points
- Repetitive full hands dynamic massage style in transforming positions
- Whole body strokes massage with organic oil and dry herbs mixture
- Final touch – All body polarity points stimulation




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Body Treatments

Forte


 50/75min

Recover your strength after or prepare before the exercise. This dynamic treatment paired with local strong oils and herbs designed intelligently wakes up inner organs to better energize and take the load out of your muscles.

- *Welcome ceremony - Warm bath for the feet with a gentle scrub and massage in tune with Heart chakra breathing.*
 - *Underarms Thai stretch*
 - *Strong and fast massage style with extra stretching movements*
 - *Closing strokes with organic oil and dry herbs mixture of rosemary, mint and sage*
 - *Final touch – Two body polarity points stimulation*
-




Profondo

 50/75min

Slow and deep, to revive. Rosemary, mint and lavender paired with easily absorbing organic oil are attentively applied with increasing pressure to relax the core of a particularly hard tension

- *Welcome ceremony - Warm bath for the feet with a gentle scrub and massage in tune with Heart chakra breathing.*
 - *Underarms Thai stretch*
 - *Slow and deep massage style*
 - *Closing strokes with organic oil and dry herbs mixture of rosemary, mint and sage*
 - *Final touch – Two body polarity points stimulation*
 - *Followed by natural homemade herbal tea*
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Anti-cellulite

 50/75min

This complex of relaxation, opening the energy lines and strong anti-cellulite massage is aided by particularly designed oils and herbs for a real deep impact with a dietary and exercise recommendations.

- *Welcome ceremony - Warm bath for the feet with a gentle scrub and massage in tune with Heart chakra breathing.*
- *Head or back massage with organic oil and a relaxing dry herbs mixture, feet reflexology followed by strong anticelulite massage*
- *Final strokes additional oil and hearbs rosmary, sage mint wrap followed by the Face massage*
- *Final touch – Two body polarity points stimulation*



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Specially designed treatments in conjunction with natural food/drinks



Body Treatments


Pure Reflexology

 30 min

Welcome to a complete Feet Reflexology massage linking multiple peripheral body gates with matching oil and herbs for you to come out with a powerfully renewed system.

- *Welcome ceremony - Warm bath for the feet with a gentle scrub and massage in tune with Heart chakra breathing.*
 - *All body polarity points stimulation*
 - *Freshly prepared herbs and oil mixture for each part of the body; feet, hands and head massage*
 - *Full body closing strokes*
 - *Final touch – All body polarity points stimulation*
-


Lafodia Face & Body Fleur De Sel Scrub

 50 min

Slow and deep, to revive. Rosemary, mint and lavender paired with easily absorbing organic oil are attentively applied

- *with increasing pressure to relax the core of a particularly hard tension*
 - *Welcome ceremony - Warm bath for the feet with a gentle scrub and massage in tune with Heart chakra breathing.*
 - *Underarms Thai stretch*
 - *Slow and deep massage style*
 - *Closing strokes with organic oil and dry herbs mixture of rosemary, mint and sage*
 - *Final touch – Two body polarity points stimulation*
-

Lafodia Body & Face Herbs and Oil Wrap

 50 min

An old local tradition of herbs healing comes through essential oils, and directly from the plants. The magic blend of scents and high vibrating energy will stay for a long on your skin and in your senses making you feel light and empowered.

- *Welcome ceremony - Warm bath for the feet with a gentle scrub and massage in tune with Heart chakra breathing.*
- *Warm the organic oil of your choice slowly pouring it on your body followed by full body strokes*
- *Application of different organic oil and dry herbs mixture wrap for each part of the body • Face massage with the organic oil of your choice*
- *Shower*
- *Final touch – Full body strokes with the organic oil of your choice*





Facial Treatments

THALGO
LA BEAUTE MARINE

A revitalizing four-step method
Inspired by the benefits of the sea on the body and mind.

Immerse, Energize, Correct, Reveal

Anti-Aging

To reveal the youthfulness of the skin

The vital force of the Oceans is concentrated at the heart of a carefully tailored to-target treatment any aging issue in the skin. Facials has been cleverly designed to combine results-driven products with targeted 'touch' techniques to deliver a visibly improved result.



Hyalu – Pro-Collagen Wrinkle Correcting Treatment

 60 min

The first Thalgo wrinkle-by-wrinkle treatment combines hyaluronic acids and marine pro-collagen using Roller boosters, for visible effectiveness, from the first treatment. First marine filler, instantly plumps up the skin, visibly smooths wrinkles, and gradually fills in even established wrinkles.

- Improves skin elasticity and firmness
- Immediate lifting effect that visibly rejuvenates
- Invigorates the skin



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Facial Treatments

Heart of the Ocean Rituals
To enhance the beauty of the skin

The vital force of the Oceans is concentrated at the heart of a carefully tailored treatment to meet the specific needs of every skin type. Effective signature professional products and a sensorial, relaxing massage are available in 3 treatment rituals:

Source Marine

 60 min

This facial lastingly corrects the hydration level of dehydrated skin, and deeply replenishes and restores the skin's velvety-smooth feel and original radiance.

- Stimulates connective tissue and improves circulation
 - Skin Hydration
 - Brings vitality and radiance to the skin
-



Puret  Marine

 60 min

Specifically designed for combination & oily skin, this treatment provides marine power to restore the beauty of healthy skin. Visibly reduces imperfections, redefines pores and controls shine.

- Removes impurities, dead cells, and metabolic waste
 - Energizes the skin so it becomes healthy, radiant, and fresh
 - Balances PH of the skin
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Cold Cream Marine

 60 min

A haven of peace for dry or sensitive skin, this treatment delivers the essence of the Cold Cream Marine recipe, a THALGO exclusive, to lastingly nourish and increase the skin tolerance threshold of delicate and fragile skin.

- 'Vacation Friendly' for sensitive skin
- Soothes the skin



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Facial Treatments

Heart of the Ocean Rituals
To enhance the beauty of the skin

Mini Facial

Movement that allows your face and the skin to get more relaxed and tonic on the same time

- Skin Hydration
- Stimulates connective tissue and improves circulation

 25 min



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Beauty Salon




Sole Delight Manicure

 60 min

Your hands are two of your most important accessories, so keep them beautiful with this invigorating manicure that will warm your spirit and cool your stress. Using a combination of therapeutic oils and the warmth of massage, your hands will be nourished and polished to perfection. This is the most rejuvenating hand therapy. Indulge your hands in warmed aromatherapy oils combined with scrub~ followed by a full manicure.



Sole Delight Pedicure

 30 min

Sole Delight Ritual with Pedicure This is the most rejuvenating foot therapy. You will walk on air when you indulge your feet in warmed aromatherapy oils combined with nourishing scrub and soothing massage. This exquisite treatment includes a traditional manicure.



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Sport & Recreation Activities



Mountain Bike Island Ride

Nordic Walking Island Explore

Kayak Excursion

For more information please contact the Hotel Travel Agency



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Spa Etiquette

Waterhills Spa, 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 1 followed by 940 from your room or send an e mail to: spa.lafodia@rmh-hotels.com

ARRIVING

We kindly ask hotel guests to come to the Spa in the bathrobe and slippers provided in the hotel room. If the bathrobe is not provided in your room it will be provided at the Spa reception, where you can use our changing rooms with lockers.

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

Usage of wellness facilities is complimentary for hotel guests. Waterhill Spa is an adult only area.


In order to book a Spa treatment or to use wellness facilities minimum age is 18 years.

OPENING HOURS

Every day from 10 am – 18 pm

*Please note that the first treatment can be booked at 10 am and the last treatment at 18 pm. Earlier and later appointments are available upon request.

SPA MORE SAVE MORE

Book two services with this symbol  and you will receive a 10% off on the most expensive treatment, or book three treatments to get the 15% off on the choosed most expensive treatment. All treatments must be booked and paid in advance. This promotion is subject to availability.

