



One with Nature • One with Life

Join us in discovering, co-creating and celebrating life

To start making changes in our lives we need to look at ourselves as inseparable whole; combination of body, mind and spirit. Through our innovative holistic concept of holidays and wellbeing, we take into consideration the whole person in order to create unique program that will help the person to see their current situation in life. The *One with Nature • One with Life* concept offers guidance and tools to new awareness, lasting changes in your life, and renewed sense of health and wellbeing.

Evaluation, assessment and consultations

- ◆ Health consultation (includes computerised pulse diagnosis) 60 min.....750 kn
- ◆ Pulse diagnosis- computerised 30 min.....550 kn

Transformational floating bath

- ◆ Flotation Therapy 60 min.....200 kn

Massages

- ◆ Hot stone massage 75 min.....400 kn
- ◆ Raindrop massage 90 min.....500 kn
- ◆ Reflexology 45 min.....250 kn
- ◆ Relaxing massage 60 min.....240 kn
- ◆ Shiatsu 60 min.....450 kn

Activities

- ◆ Yoga 50 min.....300 kn
- ◆ Meditation, breathing and relaxation 50 min.....300 kn
- ◆ Meditation 50 min300 kn
- ◆ Tennis partner and tennis court hire 60 min.....300 kn
- ◆ Tennis court hire 60 min.....100 kn

Ayurveda - relaxing program

- ◆ Ayurvedic massage (152 movements) 70 min.....550 kn
- ◆ Ayurvedic massage (152 movements) 90 min.....650 kn
- ◆ Ayurvedic massage 70 min + Shirodara 50 min.....700 kn
- ◆ Ayurvedic massage 70 min + Swedana 30 min.....650 kn
- ◆ Pinda Sweda 45 min.....460 kn
- ◆ Ayurveda stretching (passive yoga) 60 min.....750 kn

Ayurveda - medical program

- ◆ Abhyanga shareera 60 min..... 500 kn
- ◆ Shiroabhyanga 30 min..... 290 kn
- ◆ Udwarthanam 50 min..... 375 kn
- ◆ Dhara (Sirodhara) 60 min..... 500 kn

Special offers

- ◆ Flotation Therapy 60 min + relaxing masage 60 min.....340 kn