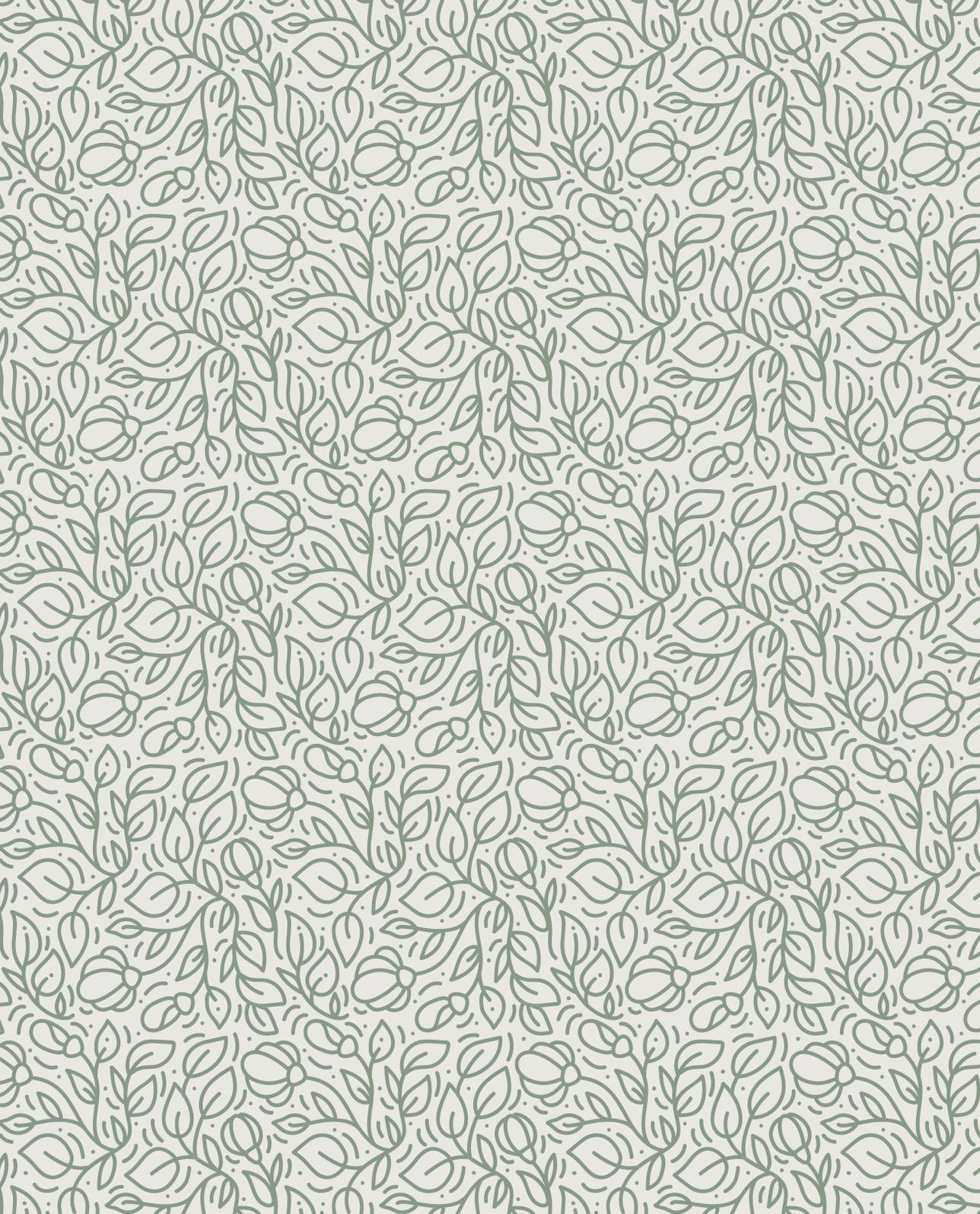




Relaxation
with panoramic
views of the
beauties of Bled

SPA PARK

HOTEL PARK



Spa Park – in the relaxing embrace of water and the forest

The Spa Park is a magical place, far away from worries and the outside world, offering the best views of the unique features of Bled – Lake Bled with its island and church, Bled Castle, and the mighty peaks of the Julian Alps.

The story and offer of the Spa Park Wellness Centre is closely connected and intertwined with the story of Hotel Park that is based on two important natural features in Slovenia – water and the forest. In the Spa Park, the harmony of nature, water, and the forest can be felt every step of the way. Both the water and the forest have beneficial effects on health and well-being. They soothe and relax us, and help us calm down while infusing us with energy. Surrender to their soothing embrace, and we will make sure that you stay focused on a single objective – relaxation, calmness, and returning to yourself. So, take a deep breath and surrender to the moment, which will infuse you with fresh energy.

The Spa Park offers diverse massages, rituals for couples, and detox programmes. The treatments again include the story of the water and the forest, and we use exclusively Slovenian products, as we wish our guests to enjoy a fully local experience. There are swimming pool and saunas available, all offering the best panoramic views of the natural beauties of Bled.



Alpine rituals with a touch of water and the scent of the forest

The treatments, which incorporate authentic beneficial elements of Bled and its surroundings, combine the wisdom and purity of Alpine nature with therapeutic characteristics of natural products from the forest, water, and plants. At the end of every treatment, we surprise you with a natural beverage that will provide even more refreshment.

Ritual Park	120 min	115 €
<p>A special mountain pine body scrub exfoliates dead cells and prepares the body for further treatment. This is followed by a massage, complemented with tapping using warm herbal sheaves, which has a beneficial and relaxing effect. The treatment ends with a body wrap.</p>		
Honey touch of nature	90 min	90 €
<p>A sugar body scrub exfoliates dead cells and prepares the body for the massage. This is followed by a classical honey butter massage (50 min). The sweet honey wrap remoisturises your skin, nourishing and regenerating it.</p>		
Alpine energy	120 min	115 €
<p>A mountain pine body scrub exfoliates dead cells and prepares the body for the massage. Green tea oil in combination with a massage (70 min) improves blood flow and restores energy. The yoghurt green tea wrap additionally nurtures the skin and restores balance.</p>		
Detox ritual	100 min	100 €
<p>A salt body scrub is especially recommended for impure skin. It has slightly abrasive functions. Energy massage (50 min) or lymphatic drainage stimulate the lymphatic and immune system, and restore balance in the body. The algae wrap detoxifies and purifies the skin.</p>		
Ritual Zen	110 min	90 €
<p>A rice body scrub gently exfoliates dead skin cells. This is followed by a classical massage (80 min) with a fresh note of green tea that establishes balance of the body and soul. The nurturing green tea lotion additionally nourishes and revitalises the skin.</p>		

Massages

The modern-day pace of life forces us to live our lives faster, and rarely take time for ourselves. Stress accumulates and there is less and less opportunity to relax. The solution can lie in getting a regular massage, which is an excellent way of overcoming everyday worries, and treating our mind and body to much needed relaxation.

Classical massage 50 min or 80 min 50 € / 75 €

With an oil of your choice: almond, herbal, alpine and grape. It has beneficial effects on overall well-being, improves blood flow, and relaxes the muscles and joints.

Partial massage 20 min 25 €

The massage focuses on individual parts of the body: combination of the shoulder girdle, neck and back, or legs or feet.

Sports massage 50 min or 70 min 60 € / 80 €

A stronger massage using friction, petrissage, and effleurage massage techniques to improve mobility and endurance of muscles and joints.

Aroma massage 50 min 55 €

A relaxing massage using a combination of essential oils and diverse massage techniques to achieve complete relaxation of the body and soul.

Foot massage 50 min 55 €

A relaxing foot massage, where pressure is applied to individual zones of the feet to relax and harmonise the entire body and improve well-being.



Classical massages in the Spa Park are something special. We cover you with a warm towel. The warmth opens the pores of the skin, allowing the oils to penetrate the skin and giving the massage a more intensive and longer lasting effect. You can choose the massage oil you would like us to use, and each will provide its own way of relaxation.

Special massages

Our experts bring all their expertise and dedication to each massage in the Spa Park, with your well-being in mind. For this reason, they use numerous natural features of the region, and products of Slovenian origin.

Park massage with herbal sheaves	75 min	80 €
A relaxing combination of face, body, and foot massage is complemented by body warming using warm herbal sheaves with soothing and relaxing effects.		
Hot stone massage	80 min	80 €
The massage includes an ancient relaxation technique using smooth volcanic stones that are placed on the energy pathways that run through the body. Their warmth relaxes muscle tension, helps eliminate stress, and balances as well as rejuvenates energy centres in the body.		
Green line massage or green massage	70 min	75 €
Body massage using green tea oil and facial massage and mask improve blood flow, and skin texture and softness.		
Anti-stress massage	70 min	65 €
The anti-stress massage focuses on the upper back, neck and shoulder girdle, face, scalp and feet. The massage is intended to relax tense muscles in areas where these problems most frequently occur.		
Pain relief massage	50 min or 80 min	60 € / 80 €
The massage is performed on the part of the body affected by pain. It releases tension and mitigates functional disorders.		
Synchronous massage	50 min	90 €
The four-hand massage is a special experience, as the synchronised movements of two therapists take you to a deep state of relaxation and complete peace.		

Programmes for couples

There can never be too many special moments for two, when you take time for each other in the embrace of the romantic Bled promenade. Visit us and treat yourselves to pampering for two.

Alpine romance

130 €

The programme includes two aromatherapy massages (50 min) and a day of pampering at the sauna.

Indulge in Alpine pampering.

A massage with a combination of essential oils for the relaxation of the body and soul, and beneficial effects for your well-being.

To ensure additional relaxation and pampering, the programme includes a day visit to the saunas for two.

Relaxation in the embrace of the Alps

155 €

The programme includes a body scrub, 2 green massages (70 min), and a visit to the saunas (3 hours).

After the gentle body scrub, the green massage with green tea oil (70 min) will relax you and infuse you with fresh energy. After the treatment, you can relax in the saunas and enjoy the views of the alpine scenery.

The sound of water

120 €

The programme includes 2 back and feet massages (45 min) and a visit to the saunas (3 hours).

The back and feet massage will relax you so that you can enjoy the next three hours in the saunas.

Detox programmes

With all the detox programmes that we prepared, we recommend regular drinking of natural Alpine water from the tap every hour. There are drinking fountains available at different locations in the Spa Park.

Anti-cellulite massage

45 min

50 €

This massage focuses on reducing cellulite on affected body parts, and improving blood flow, thus enabling the skin to get more oxygen. Regularly repeating the treatment helps reduce the visibility of cellulite.

Lymphatic drainage	50 min	60 €
Manual techniques stimulate the lymphatic vascular system, and thus the elimination of toxins and fluids from the body.		
Lipo-detox	50 min	65 €
The lipo-detox treatment for body detoxification includes the application of an activator and drainage cream on the affected body parts, the wrapping of the affected area in foil, and the application of a slimming cream.		
Detox wrap	30 min	30 €
A sea algae wrap with an in-depth detox effect is applied to the body.		

Additional services

Body scrub before the massage	20 min	20 €
You can choose from various types of body scrubs: pine, rice, grape, sugar, and salt.		
Body scrub and lotion	30 min	25 €
Body scrub and wrap	50 min	50 €
Wrap	30 min	30 €
In a cocoon pillow. You can choose from various wraps: algae, sweet honey mask, yogurt, green tea, yogurt grapes mask.		
Facial scrub and massage	30 min	30 €
Facial scrub and mask	30 min	30 €
Facial scrub, massage, and mask	45 min	45 €

Panoramic saunas

When you visit us, spending time in a sauna is much more than just that. In addition to all the beneficial effects – spending time in a sauna releases tension, facilitates body detoxification, strengthens the immune system, and has anti-stress and soothing effects – all our saunas, Finnish and Infrared sauna and the Turkish steam bath, offer panoramic views of Lake Bled and Bled Castle, which you can also admire while resting on the outer terrace in front of the saunas.

Sauna visitors can spend time in the tea corner, enjoy various sauna programmes with body scrubs and masks, and drink from the water fountain to stay hydrated.

Finnish sauna

The Finnish sauna is the hottest of all the saunas with an average temperature of around 90°C. Due to a high content of various types of essential oils, it has antibacterial effects. Spending time in a sauna strengthens the cardiovascular system, relaxes the muscles, alleviates stress, and gives a feeling of comfort.

An individual visit to the sauna should take from 5 to 20 minutes. If you wish to increase the humidity, spray the stove with hot stones with the essential oil enriched water. Take a 30-minute break before entering another sauna.

Turkish steam bath

The temperature in a Turkish steam bath is not that high; however, the humidity is high. It has positive effects on blood flow and the vascular system. It is very effective for eliminating impurities from the skin and has beneficial effects on the respiratory system.

The air temperature in the steam bath ranges from 40 to 45°C, with humidity between 90 and 100%.

Infrared sauna

Infrared heat penetrates the skin, warms the body, and relaxes tension. Regular visits to the infrared sauna will alleviate different types of pain, relax muscles, lower the blood pressure, improve blood flow and strengthen the immune system.

The temperature in the infrared sauna does not exceed 65°C, which is also appropriate for people who can not stand the heat of the Finnish sauna. You can stay in the sauna for up to 40 minutes.

Sauna price list

Up to 3 hours	14 €
Whole day	18 €

You are not allowed to wear a swimsuit in the sauna. Children under the age of 15 are not permitted to enter the saunas.

Swimming pool with panoramic views of Lake Bled

Go for a swim in the pool filled with natural water that will soothe you and relax your muscles. After your swimming session, dive in and get lost in the panoramic views of Lake Bled that will take your breath away while resting on the comfortable wooden benches. An additional embrace of the green nature awaits you on the outer terrace, where you can enjoy the fresh alpine air and get to feel Bled with all your senses.

Taking a swim in thermal water makes the massage even better. The thermal water will enhance the effects of the massage, and bring freshness and lightness to your body and soul.

Gym with views of the lake

If you like being active on your holiday, visit our gym with its breathtaking views of the lake. Here, you will constantly have the feeling of being one with nature. Is there a better motivation to exercise?!

Tips for relaxing and recharging in Bled

- We recommend the 6 kilometre or 7,500 steps long walk around Lake Bled to breathe in the fresh Alpine air.
- Visit the Rikli Relaxation Park in front of the Rikli Balance Hotel to slow down the rhythm of life and treat yourself to a few moments for your well-being. Reduce stress and worries on the Rikli Barefoot Trail, find a safe haven in nature, hug a tree, and restore your health. Do yoga in the beautiful park to calm your mind, relax the body, and restore your well-being.
- Climb the Osojnica, and recharge with feel-good hormones while resting on the bench of love in the arms of your loved one.
- Swimming to Bled Island and back will ensure you get your daily fill of activity.
- Visit Bled Castle standing at attention overlooking the captivating Lake Bled.
- Stretch your legs and fill your soul with the unforgettable vista of the beauties of Bled.
- Rent a SUP, test your balance, tighten your muscles, and surrender to the natural rhythm of the lake.
- Rent a boat and row to the island on the lake, where you can climb the 99 stairs to the top.
- Hop on a bike and discover the beauties of Bled and its surroundings from a completely different perspective.

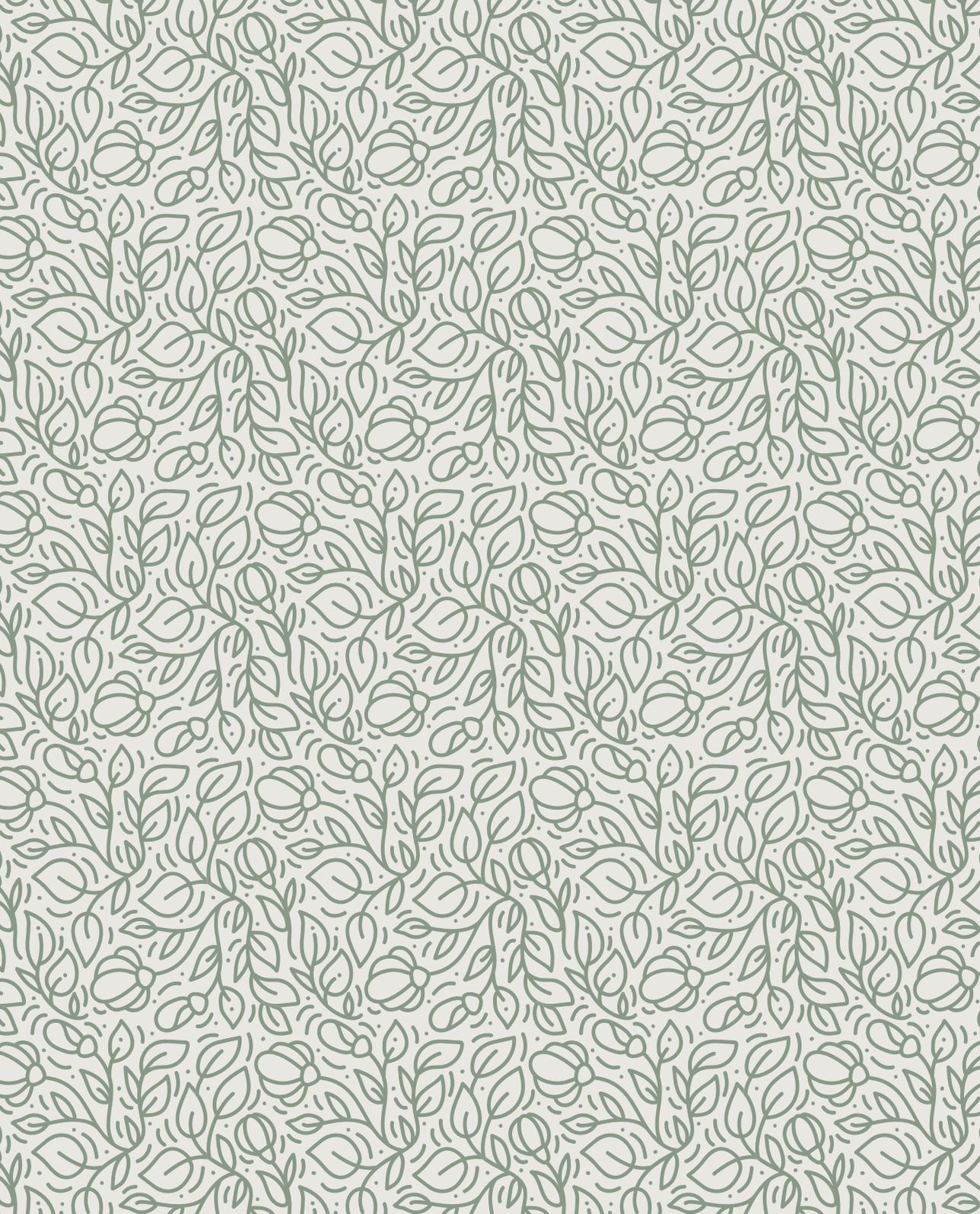


Reservations

We recommend that you book the services in the Spa Park by phone on 04 579 1805, at the reception desk, or by email to spapark@hotelibled.com

Cancellations

If you wish to cancel a booked service, please do so one day prior to your appointment, as we will otherwise charge you 50% of the booked service.



SAVA HOTELI BLEĐ

SAVA HOTELS & RESORTS

All prices are in EUR and inclusive of VAT. The price list applies as of 25th June 2020.

We reserve the right to change the prices.

Sava Turizem d.d., Dunajska cesta 152, 1000 Ljubljana

www.sava-resorts-hotels.si