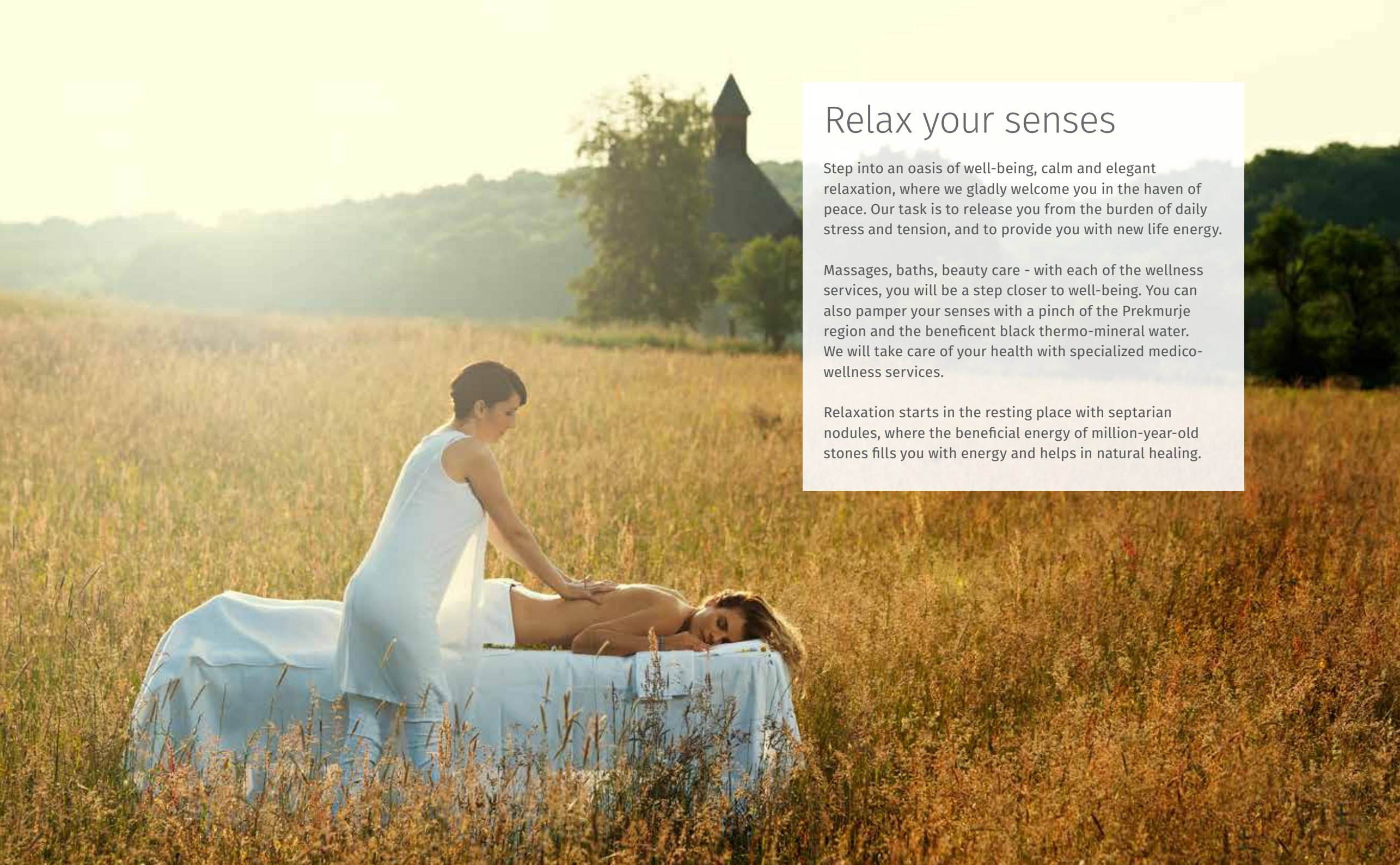




Relaxation
according to
Prekmurje

**TERME 3000 –
MORAVSKE TOPLICE**

SAVA HOTELS & RESORTS



Relax your senses

Step into an oasis of well-being, calm and elegant relaxation, where we gladly welcome you in the haven of peace. Our task is to release you from the burden of daily stress and tension, and to provide you with new life energy.

Massages, baths, beauty care - with each of the wellness services, you will be a step closer to well-being. You can also pamper your senses with a pinch of the Prekmurje region and the beneficent black thermo-mineral water. We will take care of your health with specialized medico-wellness services.

Relaxation starts in the resting place with septarian nodules, where the beneficial energy of million-year-old stones fills you with energy and helps in natural healing.

Relaxation with a touch of the Prekmurje region

Pannonian meadow

The secret of the Pannonian meadow massage is the specific nourishing oil with plants and herbs that grow in the Prekmurje region. After the massage, we will give you the remaining oil to take home. Plants and herbs of the Prekmurje region are also added to exfoliations and baths.*

	DURATION	PRICE
Pannonian meadow massage – partial	30 min	35 €
Pannonian meadow massage – complete	60 min	49 €
Pannonian meadow massage with exfoliation	80 min	62 €
Pannonian meadow massage with sheaves	60 min	53 €
Pannonian meadow honey back massage	45 min	43 €
Pannonian bath with the Pannonian meadow aroma	20 min	30 €

*You can purchase oil, herbal soap and Pannonian meadow exfoliation at the reception of the Thermalium Wellness Centre

Pumpkin seed oil massage

Pumpkin seed oil or green gold, as the locals call it, is one of the best-known products of our region - a treasury of vitamins and minerals. Allow the unique massage with pumpkin seed oil to take you to the world of the Prekmurje plains.

	DURATION	PRICE
Small Livada	20 min	30 €
Big Livada	50 min	49 €

Unique Thermalium massage - only available here

Special Thermalium massage

90 min

88 €

We have combined the many years of experience and knowledge of our masseurs into a unique massage using different types of massage techniques, which we believe are the best and most effective (classic massage and lymphatic drainage, with Ayurveda movements and foot massage). Massage is carried out with warm, natural oil.

Thermalium full body massage

50 min

48 €

A classic body massage with warm oil and an emphasis on foot massage. The oil contains ingredients that stimulate the body.

Thermalium massage – partial

30 min

33 €

A classic back and neck massage. The massage is carried out with warm oil. The oil contains ingredients that stimulate the body.

Massages

	DURATION	PRICE
Classic back massage	20 min	25 €
Classic full body massage	45 min	39 €
Lymphatic drainage	20 min	26 €
Lymphatic drainage	40 min	41 €
Reflexology foot massage with footbath	50 min	39 €
Reflexology foot massage + Classic back massage	70 min	56 €
Full body aromatherapy massage	40 min	40 €
Mask treatment and full body massage (Afrodita cosmetic)	70 min	62 €

Moor Mud aromatic massage

The combination of a mask and hand massage has proved very effective, especially for chronic pain in muscles, rheumatic diseases, sports injuries and exhaustion. The healing effects of black magma have been known for thousands of years: it relaxes the muscles, relieves pain, stimulates blood circulation and relieves stress. The warm aromatic mud is rich in natural vitamins and enzymes and has a detoxifying effect on the body.

	DURATION	PRICE
Back massage with mask	50 min	42 €
Full body massage with mask	70 min	62 €

Ayurveda

Ayurveda is a traditional Indian medicine that is more than 5000 years old. It treats a person as a whole of body and mind, emphasizing that you are healthy when in harmony with yourself and with the surrounding environment. This harmonious balance affects the healthy spirit in a healthy body.

At the Thermalium Wellness Centre, we perform Ayurvedic treatments with original Indian medicinal herb-based products prepared according to recipes that are more than 5000 years old! All therapies are carried out on original Indian tables (DRONES) made of medicinal Ayurvedic wood.

Abhyanga

	DURATION	PRICE
Dharamsala	90 min	75 €
Shirodara or Ksheeradara	40 min	48 €

Full body, face, scalp and foot massage

A stream of warm Ayurvedic oil or herbal milk on the forehead according to dosha - 2 therapists

After a "Dharamsala" massage, we recommend "Shirodara" or "Ksheeradara" for the complete relaxation of body and mind.



Facial and décolletage care

Facial care provides gentle and natural skin protection against negative environmental effects. It cleans the skin, restores its softness, balances, nourishes and enriches it. Facial care directly affects the structure and speed of ageing. The condition of the skin changes, so take care of your skin. More attention must be devoted to the face, which is constantly exposed to various weather conditions, sun and other factors; therefore, the skin must be protected and nourished. Only nourished skin is beautiful, soft and shiny.

	DURATION	PRICE
Thermalium exclusive face and décolletage care after consultation with a beautician	90 min	84 €

Complete care includes surface and deep cleansing of the skin, the application of ampoules, special coatings or masks, if necessary, facial and décolletage massage, eyebrow shaping, partial facial depilation and eyelash tinting, if necessary. It is intended for all types of skin, as it is adapted to individual needs. A special addition to the Thermalium care is a hand massage that nourishes and hydrates the skin, and expert advice for further home care.

Facial and décolletage massage	20 min	26 €
---------------------------------------	--------	------

Face, neck and décolletage massage provides complete relaxation of the spirit with positive effects on the skin. The massage promotes and stimulates blood circulation and, therefore, supplies cells with oxygen, promotes the removal of waste materials from the body, softens the skin, helps tissue regeneration, reduces the appearance of wrinkles and overflows the face with freshness.

Facial refreshment using the Oxy System with immediate effect

The Oxy System with the use of oxygen for a complete facial care is considered the most efficient and luxurious treatment. Cell renewal and the formation of new collagen are accelerated with the supply of oxygen to the deepest skin layers. Immediately after the treatment, the skin is more resistant to external influences, refreshed, taut and shiny.

	DURATION	PRICE
Thermalium refreshing care with oxygen	60 min	52 €

Care with 100% naturally patented hyaluronic acid provides moisture to all skin layers and provides immediate and noticeable results. The care provides long-lasting moisture and protects against further moisture loss.

Refreshing Oxy treatment	45 min	45 €
---------------------------------	--------	------

Anti-age & lifting oxy treatment with diamond exfoliation	55 min	65 €
--	--------	------

Hydra oxy treatment with diamond exfoliation	55 min	60 €
---	--------	------

Oxy treatment with diamond exfoliation for impure skin	55 min	60 €
---	--------	------

Diamond exfoliation and mask

Diamond exfoliation is a new way to regenerate the skin. By means of a vacuum, it provides gentle abrasion with a diamond head. After the treatment, the skin is smooth and fresh, new basal cells begin to form, fibroblasts that form collagen and elastin are stimulated, and wrinkles, scars and hyperpigmentation are reduced.

Diamond facial exfoliation and mask	30 min	40 €
--	--------	------

Face, neck and décolletage diamond exfoliation and mask	50 min	61 €
--	--------	------

Facial care with Pevonia Botanica cosmetics

	DURATION	PRICE
Full face refreshment Depending on the type of skin, care includes skin cleansing, enzyme exfoliation, deep cleansing, the application of the ampoule and mask, and the application of an appropriate cream.	80 min	68 €
Youthful vitality for male skin Individual care according to skin type. After the care, the skin will be fresh, shiny and richly nourished.	60 min	60 €
Botanica daily pampering This is suitable for everyday use; it completely refreshes and nourishes the skin. The care includes basic cleaning, exfoliation, facial and décolletage massage, mask and cream application.	40 min	41 €
Mature skin care with escutox - a natural alternative to Botox After the use of the Pevonia Escutox formula and the application of a caviar cream mask, the skin will be visibly rejuvenated, additionally nourished, and the humidity and elasticity of the skin will increase. We recommend several visits in a row.	50 min	54 €
Surcharge for deep cleansing	20 min	10 €

After each facial treatment, we recommend: the partial depilation of the face and the shaping and tinting of eyebrows or eyelashes.

Additions to the facial care:

Partial facial depilation	10 €
Eyebrow shaping	10 €
Eyebrow or eyelash tinting	10 €

Body care

Depilation

Leg depilation (complete)	30 €
Partial hand or leg depilation (up to the knee)	20 €
Back depilation	24 €
Bikini depilation	17 €

Anti-cellulite treatments

With anti-cellulite cosmetic treatments, we accelerate the circulation, cell metabolism and body detoxification. Treatments also improve tonus and skin appearance. Treatments are recommended for full-body relaxation, the elimination of cellulite and subcutaneous fat pads.

	DURATION	PRICE
Anti-cellulite massage	20 min	26 €
Body wrapping 1 x	50 min	26 €
Body wrapping 5 x		117 €

We recommend that you benefit from our free consultation with a beautician, who will advise you how to set up a program in order to fix a specific problem.

	DURATION	PRICE
Detoxifying algae wrap	45 min	52 €

Wrap your body in beneficent algae, which eliminate stress and toxins and remineralize dry and exhausted skin. After the treatment, the skin of the body is youthful, refreshed and moisturized.

Hand care

	DURATION	PRICE
Classic manicure Nail and cuticle shaping, nail polish	40 min	27 €
Wellness manicure Classic & exfoliation, massage, mask	60 min	35 €
Thermalium manicure Wellness & paraffin bath/hand mask*	80 min	41 €

Foot care

Complete care for beautiful, well-kept and healthy feet. This includes the removal of dead skin on the feet and toenail clipping and arrangement (preventive against growing in). In the case of ingrown toenails, problems with calluses and corns, we recommend a medical pedicure.

	DURATION	PRICE
Classic pedicure	40 min	32 €
Classic pedicure with nail polishing	50 min	37 €
Medical pedicure	60 min	41 €
Wellness pedicure Classic pedicure with toenail polish & exfoliation, massage and mask	70 min	44 €

Surcharge		
Nail polish		8 €
French nail polish		13 €
Paraffin bath/hand mask		17 €

The paraffin bath/hand mask has a deep and nourishing effect; it stimulates the circulation in the tissue, makes the skin soft and flexible and cures dry and cracked skin.



Baths

	DURATION	PRICE
Natural thermal bath Health and well-being from the depths of the Pannonian Sea in a bath with a unique black thermo-mineral water that tones the body. The water relieves pain, as it is rich in mineral substances; as a hydrocarbon water, it expands the veins and positively affects chronic inflammatory processes. The water is also known for its sedative effect.	20 min	15 €
Thermalium dream for two With your partner, indulge in the gentle waves of the Pannonian Sea in thermal water with candles and a glass of sparkling wine.	40 min	35 €
Cleopatra bath Enjoy like Cleopatra, the Queen of Egypt, who captivated the greatest warriors of the time with her beauty. Enjoy this deep bath with the addition of milk and honey, which extensively nourishes the skin.	20 min	27 €
Pannonian bath with a Pannonian meadow aroma	20 min	30 €
Underwater relaxation massage	40 min	29 €



Reservations

We advise you to book your Thermalium services a few days before the desired time by phone +386 2 512 24 00 or e-mail: thermalium@terme3000.si.

Cancellations

Please communicate any cancellations at least a day before the booking date. If you fail to cancel or use the booked service, we will be obliged to charge you for the services.

Tips

We recommend that you arrive at Thermalium 10 minutes before the commencement of treatment. In the case of delay, the selected term will be limited in time. We do not recommend alcohol or substantial meals before treatment. Before the commencement of the procedure, please inform the therapist about any specific features of your health condition and follow his/her instructions. Individuals with severe conditions are advised to consult their personal physician before the use of these services.

Open:

From Monday to Saturday: 8.00 – 19.00

Sunday: 8.00 – 16.00

T: +386 2 512 2400

F: +386 2 512 2481

E-mail: thermalium@terme3000.si

TERME 3000 – MORAVSKE TOPLICE

SAVA HOTELS & RESORTS

Prices are in EUR and shall apply as of 8. 10. 2018. Prices include VAT in accordance with the law.
We reserve the right to change prices.

Sava Turizem d.d.

Terme 3000 – Moravske Toplice, Kranjčeva 12,
9226 Moravske Toplice, Slovenija