

A large, elegant indoor swimming pool with a central fountain and classical columns. The pool is filled with clear, turquoise water. In the center, there is a circular platform with a white, ornate fountain. The pool is surrounded by white columns and a glass railing. The background shows a modern interior with a reception desk and lounge chairs.

The elegance  
of relaxation

**SPA LUISA**  
GRAND HOTEL TOPLICE



# Spa Luisa

The smaller Spa Wellness Centre on the Bled Lake shore is an intimate sanctuary for everyone who wants relaxation, peace and privacy. The elegant environment and the view of the Bled panorama makes every service a special experience.

The special feature of the Luisa Spa is an elegant thermal spa built in 1925, which is filled every morning from a healing thermal water source. The source (22°C) has been associated with healing effects for almost two centuries. The effects of drinking and bathing in thermal water are immediately evident. Bathing in thermal water has a soothing effect on the cardiovascular system, while drinking it helps to relieve stomach problems.

At the Luisa Spa Wellness Centre, we offer programmes based on thermal water, Alpine herbs, and Heaven cosmetics, which are currently widely considered to be the best natural alternative to Botox. Choose from relaxing and soothing massage therapies, peels, anti-cellulite programmes, Perron Rigot hair removal, manicures, pedicures, baths, pampering for two, and sauna sessions.

# Massage

	TIME	PRICE
<b>Luisa massage</b> A special service offered by the Wellness is a whole-body massage, including a face, scalp and foot massage, with warm aromatic oils, which have a very positive relaxing effect on the entire body. To increase the relaxation, the body is kept warm with special heat packs.	80 min	75,00 €
<b>Classical massage</b> This full-body massage is beneficial for general wellbeing, improves blood circulation and relaxes the muscles, nervous system and joints.	50 min	54,00 €
<b>Classical massage with warm herbs</b> A full-body massage with a combination of warm herbal bundles that improves circulation, relaxes tense muscles and improves general well-being. The bundles of healing herbs have a positive effect on the skin and a pleasant smell that helps you achieve deep relaxation.	50 min	56,00 €
<b>Partial massage</b> Back or foot massage that improves blood circulation in the muscles and relaxes muscle tension.	20 min	29,00 €
<b>Antistress massage</b> The antistress massage eliminates physical and emotional stress and relaxes tense muscles. The main focus areas are the back, legs, scalp, face and feet.	50 min	55,00 €
<b>Chocolate massage</b> This massage with cocoa bars made from natural cocoa butter is excellent for relaxation and pampering, as it moisturises and nourishes your skin.	50 min	56,00 €
<b>Lux massage with warm wax</b> The Lux massage is a journey into the world of emotions and well-being – the perfect choice to pamper your body and mind.	50 min	57,00 €



<b>Decleor aroma massage</b>	75 min	74,00 €
This massage with aromatic oils improves your physical and mental well-being. It eliminates the stress accumulated in your everyday life, helps you create balance and improves your mood.		
<b>Ayurvedic massage</b>	70 min	79,00 €
This personalised massage includes warm herbal oils in accordance with the principle of Ayurvedic medicine. It has a relaxing antistress effect, helps cleanse your body and improves your circulation and well-being.		
<b>Massage mosaic</b>	80 min	85,00 €
Relaxing combination of facial massage, body massage and foot massage. The massage is complemented by warming of the body with warm herbs and relaxation over selected soothing teas.		
<b>Foot massage</b>	25 min	29,00 €
Foot massage for total comfort and relaxation.		

## Body scrubs and masks

	TIME	PRICE
Decleor aromatic full-body scrub	30 min	34,00 €
Full-body chocolate scrub	20 min	31,00 €

## Facial care extras

Facial exfoliation and massage	30 min	31,00 €
Facial massage	20 min	29,00 €
Eyebrow shaping		10,00 €
Eyebrow colouring		12,00 €
Eyelash colouring		12,00 €
Eyebrow and eyelash colouring		20,00 €

# Facial care with Heaven cosmetics

Treat yourself to facial care with a luxurious range of cosmetics for natural beauty that firms and tightens the skin. Its anti-ageing effect is the best natural alternative to Botox that is currently available. The Heaven luxurious range of cosmetics was created by Deborah Mitchell. It is distinguished by products that use Abeetoxin®, a patented anti-ageing formula that uses bee venom. The main component of bee venom is melittin, a protein with proven anti-inflammatory, anti-bacterial and anti-ageing properties. ABEETOXIN stimulates blood circulation in the skin and boosts the production of collagen, which firms the skin, and elastin, which maintains skin elasticity.

	TIME	PRICE
<b>Bee sting facial</b>	60 min	80,00 €
Anti-ageing facial care includes bee venom products and patented techniques to relax, tighten and lift the facial muscles. By massaging and pressing on key areas of the face, neck and shoulders, energy is released from the spine. The treatment focuses on head and shoulder massage, which reduces swelling around the eyes and lifts double chins, while offering a spiritual experience.*		
<b>Willow bee facial</b>	60 min	70,00 €
Facial care for skin with impurities (acne, blackheads), enlarged pores, pigmentation or damage from excessive exposure to the sun. The skin's pH is balanced with organic products. A special massage technique and deep pore cleansing are used to combat impurities and lighten pigmentation. The bee venom in the products used, smooths lines, firms the skin, and fights ageing. The results are visible after the very first treatment. For skin with impurities, we recommend regular monthly treatments.*		
<b>Bee peel facial</b>	30 min	65,00 €
A skin tone-perfecting treatment based on the new Bee Peel product, which acts as an intensive peel and moisturiser, as it smooths the skin, eliminates surface inflammation, removes deep impurities from the pores, and lightens pigmentation caused by age or exposure to the sun. A unique formula boosts the production of collagen, which improves skin elasticity and tightness, while also building up deeper layers of skin. The results are visible after the very first treatment. For optimum results, three consecutive treatments, two to three days apart, are recommended.*		

\*The three treatments also include foot massage. Alternatively, you can choose a hand massage.

## Facial beauty treatment

90 min

90,00 €

This treatment uses products with bee venom and patented techniques to relax, tone and tighten facial muscles. Intensive and moisturising treatment using Heaven products with their patented formula cleans, deeply moisturises and tightens your skin. We use massage techniques and put pressure on important points in the face, neck and shoulders to also relax a part of the spine, while foot relaxation creates harmony and balance in the entire body.

## M4M treatment for men

60 min

60,00 €

The M4M treatment will change your understanding of skin care for men. The treatment uses Heaven products designed specifically for men's skin, which is thicker and often irritated by shaving. This holistic treatment cleans, deeply nourishes and moisturises your skin. The skin becomes refreshed and soothed. Heaven products combined with a special massage technique have an intensively anti-aging effect.

The Heaven range of cosmetics contains totally organic ingredients. These revolutionary creams lift, tighten and firm the facial muscles, while smoothing deep expression wrinkles and lines. The products contain ABEETOXIN, a natural alternative to the botulinum toxin. To start, we recommend the Silver mask, which contains the venom of worker bees. After you have used Silver for a while, you can upgrade to Black. The Black mask is made up of three quarters of worker bee venom and one quarter of the rare bee venom used in the Gold version. The most potent anti-ageing Heaven product, the Gold bee venom mask, contains extremely rare and powerful queen bee venom. Only 500 are produced every year.

# Heavenly treatments with thermal water and Heaven cosmetics

Inspired by the beautiful nature of Bled, the healing properties of local thermal water, and the skin care expertise of Heaven cosmetics, the Luisa Spa collaborated with Heaven to create a new and innovative range of luxurious, heavenly treatments to heal and soothe the body, mind, and spirit. Our heavenly treatments are designed as a ritual that will boost your well-being, as well as your inner and outer beauty. They are highly enjoyable, relaxing, and tailored to your needs. Our therapists use the Heaven Dream Cream, which has been specially designed for heavenly treatments. Also, add essential oils to suit your mood. The Dream Cream is a gift to you after the treatment, enabling you to continue the ritual in your own home.

During the treatment you will have the chance to refresh yourself with a glass of thermal water from our own spring and discover the healing, cell-renewing power of thermal water. Before or after the treatment, we recommend bathing in thermal water to soothe the body, mind, and spirit. To prolong the ritual, treat yourself to a heavenly smoothie or drink while enjoying the most beautiful view of Lake Bled. You will leave us feeling reinvigorated inside and out. We promise you a heavenly journey! You can choose from heavenly facial treatments or a combination of facial and full body treatments. Our therapists will recommend the best treatment based on your mood, wishes, and needs. All treatments focus heavily on inner and outer beauty, caring for the body and spirit, and improving your well-being.





	TIME	PRICE
Heavenly facial treatment	60 min	100,00 €
Heavenly facial and body treatment	90 min	125,00 €

## Heavenly relaxation

Soothing green mint, pomegranate and geranium oil will help you forget your worries, be calm, and relax.

## Heavenly immune system boost

Uses ginger, peppermint, red pomegranate and geranium to regenerate your white blood cells and open the chest, boosting the immune system.

## Heavenly brain stimulation

Contains rosemary, cypress, lemongrass and lavender oils to boost the production of adrenaline, which in turn improves the brain's memorising and understanding abilities.

## Heavenly regeneration

Contains carefully-selected fragrant orange, mandarin and neroli oils for a positive outlook on life changes.

## Heavenly love potion

Promotes self-love as it contains sumptuous jasmine, ylang ylang, rose, geranium, and lavender.



heaven

Deborah Mitchell

Gold Bell

heaven

Deborah Mitchell

heaven

Deborah Mitchell

# Anti-cellulite programmes

	TIME	PRICE
<b>Fat Burning treatment</b> To reduce subcutaneous pads of fat. The treatment includes: scrub, wrapping and the application of anti-cellulite lotion.	60 min	56,00 €
<b>Anti-cellulite massage</b> This massage of problematic body parts improves the skin tone and blood circulation, and helps eliminate cellulite.	45 min	54,00 €
<b>Healing mud mask</b> This mask helps improve circulation, revives and tones the skin, and has a detoxifying effect.	40 min	43,00 €
<b>Algae mask</b> Algae contain natural minerals and vitamins that are absorbed by the body. The algae mask has a detoxifying effect, improves the metabolism and helps clean the skin, leaving it with a better tone and elasticity.	40 min	43,00 €
<b>Anti-cellulite day</b> In addition to the anti-cellulite treatment – body scrub, 20 min, anti-cellulite massage, 45 min, and algae mask – the anti-cellulite day includes all-day access to the pools and saunas in the Luisa Spa.		95,00 €

# Depilations Perron Rigot

	PRICE
Full leg hair removal	30,00 €
Partial leg hair removal	20,00 €
Depilation of bikini hair	17,00 €
Brazilian depilation	29,00 €
Arm depilation	15,00 €
Armpit depilation	12,00 €
Upper lip hair removal	10,00 €
Facial hair removal	14,00 €
Back or chest hair removal (for men)	37,00 €

# Hand and foot treatments

	TIME	PRICE
<b>Manicure, classical</b>	50 min	35,00 €
<b>Luisa SPA manicure</b> Classical manicure, exfoliation, nail varnishing, luxurious hand massage with rejuvenating cream and hand mask.	85 min	45,00 €
<b>Gel nail varnish and cuticle treatment</b>	50 min	34,00 €
<b>Gel nail varnish removal</b>	45 min	12,00 €
<b>Nail varnish (classical)</b>	20 min	12,00 €
<b>Paraffin hand mask</b> Deep-cleans, moisturises and nourishes the skin.	20 min	19,00 €
<b>Pedicure, classical</b>	50 min	39,00 €
<b>Pedicure, medical</b>	60 min	49,00 €
<b>Luisa SPA pedicure</b> Classic pedicure, foot scrub, nail varnish, foot massage and the application of a cream that nurtures the skin for a velvety soft touch.	85 min	61,00 €

# Rituals

	TIME	PRICE
<b>Luisa's beauty spring for her</b> For ladies who know that relaxation and care for your self are the keys to a beautiful and fresh appearance. <ul style="list-style-type: none"><li>• Milk bath with honey added to enhance the elasticity of the skin,</li><li>• relaxing full-body massage,</li><li>• creaming of the body with a firming and anti-ageing effect,</li><li>• facial massage and beauty mask, adapted to the requirements of the skin (moisturising, rejuvenating or anti-stress).</li></ul>	90 min	105,00 €
<b>Luisa's energy elixir for him</b> For gentlemen who appreciate the power of nature and its best ingredients and positive energy, provided by the touch of the human hand. <ul style="list-style-type: none"><li>• Aromatic massage bath for the revitalisation of the body,</li><li>• relaxing full-body massage, focusing especially on the back and shoulders,</li><li>• foot massage.</li></ul>	90 min	90,00 €
<b>Sweet embrace of chocolate</b> The power of natural ingredients melts away tension, exhaustion and stress in this exotic ritual treatment. <ul style="list-style-type: none"><li>• Full-body chocolate scrub,</li><li>• full-body massage with dark chocolate oil,</li><li>• rest in a warm chocolate wrap for total relaxation.</li></ul>	90 min	95,00 €
<b>Luisa aroma package</b> Luxurious treatment for a complete revitalisation of the skin. The aromas have a wondrous effect on the body and soul. <ul style="list-style-type: none"><li>• Aromatic creamy exfoliation,</li><li>• Décleor aromatic massage,</li><li>• firming rejuvenating aromatic mask,</li><li>• treatment with vitaroma cream with rejuvenating effect.</li></ul>	120 min	127,00 €



# Baths for one or for two

	TIME	PRICE
<b>Bath with relaxation pearls</b>	40 min	62,00 €
<p>A romantic candlelight massage bath with a glass of sparkling wine. The relaxing effect of the bath is increased thanks to the essential oils and ocean minerals that refresh the body and mind with the power of aromatherapy.</p>		
<b>Pristine power of nature</b>	40 min	55,00 €
<p>This herbal bath with a personalised freshly prepared herbal decoction will fill your body with the lightness of health and well-being.</p>		

## Relaxation for two\*

<b>Luisa Duet package for two</b>	PRICE
<ul style="list-style-type: none"><li>• A relaxing bath for two (40 min),</li><li>• Luisa massage (80 min).</li></ul>	165,00 €
<b>“Romantic duo” package</b>	155,00 €
<ul style="list-style-type: none"><li>• Bath with rose oil alongside a glass of champagne (40 min),</li><li>• full-body massage with warm oils (50 min),</li><li>• use of the pool and saunas.</li></ul>	
<b>Herbal Relaxation package</b>	152,00 €
<ul style="list-style-type: none"><li>• Herbal bath for full-body relaxation (40 min),</li><li>• massage with warm herbal bundles (50 min),</li><li>• use of the pool and saunas.</li></ul>	

\* Hotel guests have 10 % discount to the package price.

# Pools and saunas

	PRICE
Pools and saunas	22,00 €
Pools, day ticket for children up to 14 years old	6,00 €
Extra fee for outside pools	10,00 €
Bathrobe rental fee	5,00 €
Bath towel rental fee	2,50 €
Day ticket	25,00 €

Includes outside pools, bath towel, sunshade, deckchair and a welcome drink.



# Luisa Spa

## Opening hours

### **Saunas and swimming pool**

every day, from 7 am to 8 pm

### **Wellness centre**

every day, from 8 am to 8 pm

### **Recommendations**

We recommend that you arrive at least 10 minutes before the treatment to better prepare for the relaxing experience. Heavy meals and alcoholic beverages are strongly discouraged prior to the therapy. Please advise your therapist of any ailments you may have prior to the treatment.

### **Reservations**

We recommend that you book the services of the Luisa Spa in advance.  
Tel.: +386 (0)4 579 13 71, E-mail: [spaluisa@hotelibled.com](mailto:spaluisa@hotelibled.com).

### **Cancellations**

Should you wish to cancel your reservation, please advise us at least 24 hours beforehand. Should you fail to cancel your booking, we will be obliged to charge you 50% of the price of the reserved service.



#### **GIFT CERTIFICATES**

Do you want to surprise your nearest and dearest? Gift them with heavenly relaxation. For more information, ask at the Luisa Spa reception.



**S M A L L  
L U X U R Y  
H O T E L S  
O F T H E W O R L D™**



**GRAND HOTEL TOPLICE**

SAVA HOTELI BLEĐ



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