



**Alpine
relaxation**

WELLNESS ŽIVA

RIKLI BALANCE HOTEL

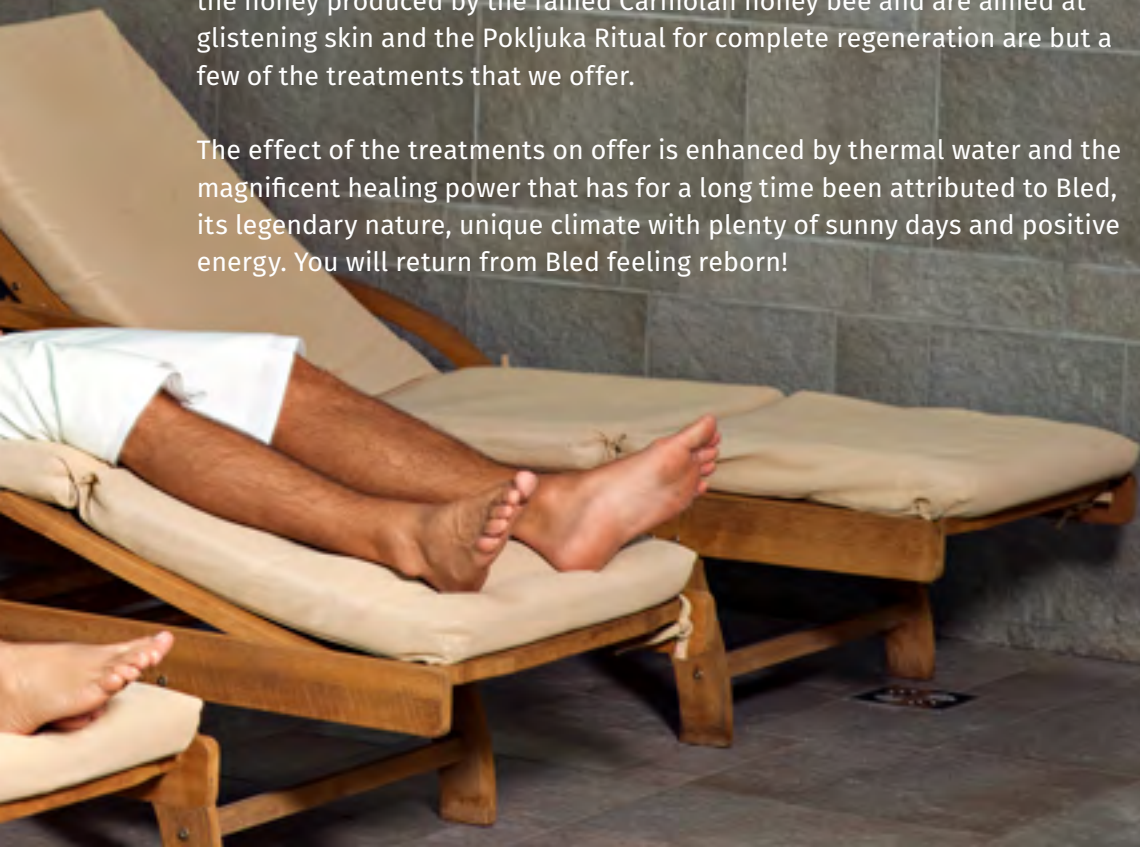


Živa Wellness – the source of youthfulness, gracefulness and beauty

We celebrate life at the Živa Wellness! And we also stand for everything that the Slavic goddess Živa and our namesake represents: long life, youthfulness, beauty, grace, fertility and vitality.

Our wellness treatments focus on life and vitality. They represent the confluence of Alpine freshness and the Rikli healing concept. The synergy of the environment and method has given rise to unique wellness products that you will not be able to find or experience anywhere else: the massage using spruce tips for muscle relaxation, beauty treatments, which use the honey produced by the famed Carniolan honey bee and are aimed at glistening skin and the Pokljuka Ritual for complete regeneration are but a few of the treatments that we offer.

The effect of the treatments on offer is enhanced by thermal water and the magnificent healing power that has for a long time been attributed to Bled, its legendary nature, unique climate with plenty of sunny days and positive energy. You will return from Bled feeling reborn!



Treatments with an Alpine note

Slovenia is an Alpine country. The Alpine world is characterised by spruce forests among other things. The spruce was believed in the ancient times to be a tree that can take on a person's disease. This is why it is held in especially high regard in medicine. The treatments at the Živa Wellness use spruce for preventative as well as relaxation purposes.

Classic massage with oils made from mountain herbs and mountain pine

Classic massages at the Živa Wellness are performed using warm oil. The warmth opens up and expands the pores allowing the oil to penetrate deeper into the skin, intensifying the effect of the massage and making its effects last longer. Oil made from mountain herbs relaxes the body and mind and softens the skin, while mountain pine oil promotes a cheerful mood.

Massage using spruce tip sheaves

Massage using sheaves made of spruce tips is based on essential oils that are released at high temperatures from the tips shaped into special sheaves. Tapping the body with warm sheaves soothes and relaxes the body.

Spruce tip bath

The bath is drawn and a special emulsion made from spruce tips is added making for an aromatic relaxing bath.

Pokljuka Ritual

Ritual that is based on Alpine flora that ushers in complete refreshment and relaxation and includes:

- saunas visit lasting 1 hour,
- herbal drink,
- pine exfoliation treatment (15 min),
- massage using spruce tip sheaves (50 min),
- relaxation with a tea.

Pine exfoliation treatment

This special exfoliation treatment prepared from mountain pine removes dead cells and prepares the body for the massage.

Alpine programme for two

Programme that brings Alpine freshness and includes:

- bath with essential pine oils (40 min) that relaxes the body and mind and softens the skin,
- 2 classic massages with oils made from mountain herbs (50 min) that promote a cheerful mood,
- 3-hour visit to saunas with swimming pools, including a towel, a bed sheet, tea and water.

Rikli Day Ritual

Programme for complete relaxation and regeneration of the body and mind, adapted according to selected Rikli methods for natural healing and including:

- unlimited visit to saunas with swimming pools, including a towel, a bed sheet, tea and water,
- selected herbal exfoliation treatment at the sauna,
- healthy meal at the Živa Bistro,
- massage (50 min) using sheaves made of spruce tips that is based on essential oils that are released at high temperatures from the tips shaped into special sheaves. Tapping the body with warm sheaves soothes and relaxes the body,
- healthy drink.



In the footsteps of Arnold Rikli

The tradition of natural medicine at Bled goes back to the 19th century when the Swiss, Arnold Rikli, founded a natural health resort here. He based his healing on natural factors: air, water and sunshine. He encouraged exercise in fresh air, moderate and high-quality diet, and invigorating sleep. You can follow the Rikli health programme while staying with us: get up before sunrise, drink fresh Bled water on an empty stomach, walk barefoot on the Rikli barefoot trail, enjoy light meals, swim, sunbathe and walk in the fresh Alpine air. At Živa Wellness, you can try the treatments that have been adapted to the Rikli healing methods.

Treatments using the honey of Carniolan honey bees

Ancient Greeks, Romans, Egyptians and Arabian people knew about the healing effects of bee products. Honey as their main ingredient maintains the flexibility and elasticity of the skin, while at the same time delaying the ageing process. During the massage, it penetrates the skin which is rejuvenated, firm, smooth and youthfully fresh after the massage.

Honey massage with warm honey

Classic body massage using warmed Carniolan bee honey.

Honey exfoliation treatment

This exfoliation treatment that removes dead cells from the body and prepares it for the massage is prepared from Carniolan bee honey and sugar.

Honey and milk bath

The bath is drawn and a special milk emulsion with a spoonful of Carniolan bee honey is added making for a relaxing bath that promotes wellbeing.

Honey beauty ritual

Ritual for the complete body care includes:

- honey beverage which is a house specialty of the Rikli Balance Hotel,
- honey exfoliation treatment that softens the skin (15 min),
- honey wrap on a cocoon bed: we apply the Carniolan bee honey on the body and wrap it in foil. This is followed by rest in a cocoon water bed, the warmth of which enhances the effect of the wrap thus improving its deep tissue action,
- whole body massage with warm honey (50 min),
- relaxation with a tea with added Carniolan bee honey.



The honey treatments at the Živa Wellness use the Carniolan bee honey, which is an autochthonous Slovenian bee breed that is widespread at Bled and its surroundings. The Carniolan bee produces premium honey that features numerous beneficial effects on health and wellbeing.

Massages

A massage is one of the oldest and simplest methods of healing. It has a beneficial effect on general wellbeing, improves blood circulation, and relaxes the muscles, nerves and joints.

Classic massage

with almond oil

oil is rich in vitamins, minerals and fatty acids. It moisturises and softens the skin.

with argan oil

Argan oil is rich in antioxidants and vitamin E. It helps to keep skin supple, rejuvenates it and smoothes out wrinkles.

with grape seed oil

Grape seed oil strengthens cell tissues, renews skin and helps it maintain moisture. It also helps prevent the early onset of skin ageing.

with oils made from mountain herbs and mountain pine

The oil made from mountain herbs relaxes the body and mind and softens the skin. The oil made from mountain pine promotes a cheerful mood.

with hempseed oil

Hempseed oil improves the natural resistance and protection of the skin and introduces the required amino acids, antioxidants, vitamins and minerals into the skin. This massage is performed using cool oil as the oil may not be heated due to its composition.

Živa massage

During the pleasant massage, we will exercise your arms and legs, massage the face and scalp, which will release tension and prepare the body for new energy. The crystals that we lay on the chakras promote the functioning of energy centres in the body.

Hot stone massage

The massage comprises an ancient relaxation technique using smooth volcanic stones that we place on the meridians – energy pathways that run through our bodies. Their warmth relaxes muscle tension, helps eliminate stress and balances as well as rejuvenates energy centres in the body.



Classic massages at the Živa Wellness are a special treat as we perform them using warm oil. The warmth opens up and expands the pores allowing the oil to penetrate deeper into the skin thus intensifying the effect of the massage more intensive and making it last longer. You can choose the oil yourself as each oil will relax you in a different way.



Aroma massage

Using a combination of essential oil aromas and various massage techniques, we achieve complete relaxation of the body and mind. Aroma massage promotes circulation, speeds up body detoxification, and improves muscle and skin tone. Essential oils that we use enrich the massage and improve your wellbeing.

Pain relief massage

We perform this massage on the part of the body affected by pain. It releases tension and mitigates functional disorders.

Sports massage

The stronger pressure, kneading and rubbing improves the flexibility and endurance of the muscles and joints.

Anti-stress massage

Anti-stress massage focuses on so-called hotspots: upper back, neck and shoulder girdle, face, scalp and feet. The massage is intended to relax tense muscles in areas where these problems occur most frequently either because of an unhealthy lifestyle or the stress at work.

Anti-cellulite massage

An anti-cellulite massage is one of the more successful therapies that eliminate cellulite on the legs and buttocks. The procedure will improve your blood circulation and provide more oxygen to the skin. Regular repetition of the treatment will visibly reduce cellulite.

Pre-massage exfoliation treatment

You can choose to have an exfoliation treatment before any massage. The treatment removes dead cells from the skin and prepares the body for further care. Immediately after exfoliation, the skin will become softer, smoother and glistening.

Partial massage

A partial massage focuses on the part of the body you want massaged (shoulder girdle and neck, or the back, or the legs, or the feet).

Živa duo

The pampering package for two includes:

- 2 classic massages with warm oil of your choice (80 min),
- 3-hour visit to saunas with swimming pools.



Treat yourself to a swim in the thermal water before the massage. Thermal water enhances the effect of the massage and also fills your body and mind with freshness and ease.

Baths*

Baths relax you and improve your wellbeing. They can either calm you down or invigorate you depending on the water temperature and the type of essential oil or fragrance that we use.

Honey and milk bath

The bath is drawn and a special milk emulsion with a spoonful of Carniolan bee honey is added making for a relaxing bath that promotes wellbeing.

Spruce tip bath

The bath is drawn and a special emulsion made from spruce tips is added making for an aromatic relaxing bath.

Rikli bath (water, sunshine and wind)

The bath is drawn and a special emulsion of your choice (water, sunshine or wind) is added making for a bath that recharges your body and mind with the energy of nature.

Romantic bath

The time is always right for a romantic pampering for two. The pampering package includes a romantic bath with real rose petals, a glass of sparkling wine, dried fruits and nuts.

* applies for one or two persons

Facial care using Heaven cosmetics

Živa Wellness swears by Heaven cosmetics created by Deborah Mitchell. Just as the Rikli Balance Hotel, these cosmetic products are closely tied to bees and focus on nature. One of its special features is products with the patented Abeetoxin® or bee venom (apitoxin). They have received over 25 Stevie awards which are regarded as one of the biggest and most prestigious international awards in the business world.

Bee sting facial

Anti-ageing facial treatment includes bee venom products and patented techniques that relax facial muscles, make them firmer and raise them. Massage techniques and the application of pressure on the important points on the face, neck and shoulders releases the energy from the spine. The treatment focuses on massaging the head and shoulders, which helps reduce the swelling around the eyes, reduces double chin and is simultaneously a spiritual experience. *

Willow bee facial

Facial treatment for people with impure skin (pimples, acne, blackheads), enlarged pores, skin pigmentation or damaged skin resulting from excessive sunbathing. Organic products balance the skin pH while a special massage technique and deep tissue pore cleansing does away with skin impurities and lightens the pigmentation. Bee venom contained in the products relaxes the facial lines, firms up the skin and has an anti-ageing effect. Results are visible after the very first treatment. Regular once-a-month treatments are recommended for impure skin.*

Bee peel facial

Treatment for perfect facial complexion. The basis is the new Bee Peel product that acts as an intensive exfoliation and moisturising treatment as it smoothes out the skin, reduces surface inflammation, removes impurities from deep within the pores and reduces pigmentations resulting from ageing and sun exposure. The unique formula promotes the creation of collagen which improves skin elasticity and firmness making it thicker in the deeper layers. Results are visible after the very first treatment. Three consecutive treatments in two to three day intervals are required for optimum results.*

Nettle Venom Facial

Discover the key to youthful skin with Nettle Venom Facial. Using 100% natural, vegan ingredients, it has a lifting effect and alleviates redness and puffiness, as well as smoothing fine lines and reducing pigmentation. *

Collagen Facial

Facial with Heaven products that boost collagen production. The facial is based on collagen drops, a nutritional supplement that is also used in skin care, and special massage techniques that give facial muscles a lift and reduce wrinkles. *

* All five treatments include a foot massage. You can also change the foot massage to a hand massage.

Facial treatment with deep cleansing

Facial treatment for people with impure skin (pimples, acne, blackheads) and enlarged pores. In addition to special massage techniques used on the hands and feet and the application of organic products, we also perform a deep tissue cleansing of the skin. Results are visible after the very first treatment, while regular once-a-month treatments are recommended for impure skin.

Beauty facial treatment

Beauty facial treatment includes bee venom products and patented techniques that relax facial muscles, make them firmer and raise them. In addition to a facial massage, the treatment also includes a massage of the muscles of the décolletage, shoulders, head, arms and feet.

Facial massage

Complete relaxation of the face using four oil serums that we select subject to the skin type or skin problem. By applying special massage techniques, we relax facial muscles and conclude the massage by applying the Age Defiance cream which firms up the skin and refreshes its appearance.

Facial exfoliation and massage

This treatment that includes a non-abrasive glycol facial exfoliation and massage using organic oil is a solution for pigmentations. It also firms up, smoothes out and tightens the skin, and also makes the complexion more uniform.



The palette of the Heaven luxurious organic products includes facial, body and hair products: cleansing milk, hydrogels, moisturising creams, masks, exfoliations, oil serums, massage oils, creams and soaps for the body and hair. All products are designed around the best ingredients provided by nature and without parabens that can cause allergic reactions. Heaven cosmetics do not employ nanotechnologies in the products and are not tested on animals.

Heaven products for natural skin treatment using organic ingredients are a guarantee of an impeccable appearance. Treatment using Heaven cosmetics can significantly improve the appearance of the skin and is recommended for conditions such as psoriasis, eczema, acne, and oily and impure skin. The products make use of the power of nature and are completely in line with the latest discoveries in cosmetics technology.

Special body care programmes

Anti-cellulite body programme

Cellulite is a nuisance that affects many women. The treatment that reduces the orange peel appearance of the skin includes:

- saunas visit lasting 1 hour,
- body detoxification tea,
- body exfoliation,
- massage of the areas affected by cellulite using orange oil,
- body covering with algae in foil and rest in a cocoon water bed, the warmth of which enhances the effect of the wrap thus improving its deep tissue action.

The treatment concludes with an application of an anti-cellulite cream.

Lipo-detox

The treatment for body detoxification that also breaks down fat cell includes application of an activator and slimming cream cream on the cellulite-affected area,

- wrapping of the cellulite-affected area in foil and rest in a cocoon water bed, the warmth of which enhances the effect of the wrap thus improving its deep tissue action.

The treatment concludes with an application of a drainage cream.

Body wraps in a cocoon bed

The treatment is highly effective in reducing cellulite as it features deep tissue action. It includes:

- selection of a suitable wrap after consultation with a therapist and application of the wrap on the problematic areas of the body,
- wrapping of the problematic areas of the body in foil and rest in a cocoon water bed, the warmth of which enhances the effect of the wrap thus improving its deep tissue action. The treatment concludes with an application of a hydrating lotion.

Day-long pampering

Alpine programme for two

Programme that brings Alpine freshness and includes:

- bath with essential pine oils (40 min) that relaxes the body and mind and softens the skin,
- 2 classic massages with oils made from mountain herbs (50 min) that promote a cheerful mood,
- 3-hour visit to saunas with swimming pools, including a towel, a bed sheet, tea and water.

Rikli Day Ritual

The programme for complete relaxation and regeneration of the body and mind adapted according to selected Rikli methods for natural healing includes:

- unlimited visit to saunas with swimming pools, including a towel, a bed sheet, tea and water,
- selected herbal exfoliation treatment at the sauna,
- healthy meal at the Živa Bistro,
- massage (50 min) using sheaves made of spruce tips that is based on essential oils that are released at high temperatures from the tips shaped into special sheaves. Tapping the body with warm sheaves soothes and relaxes the body,
- healthy drink.



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