

A woman with dark hair is lying on her back on a white surface, receiving a massage. Her eyes are closed, and she has a serene expression. A hand is visible above her, holding a small bottle and pouring a liquid. In the foreground, there are several purple lavender flowers and three smooth, light-colored stones. The background is softly blurred, showing a bright, airy space with a window.

ISTRIAN PAMPERING WITH
UNIQUE VIEWS OF THE SEA

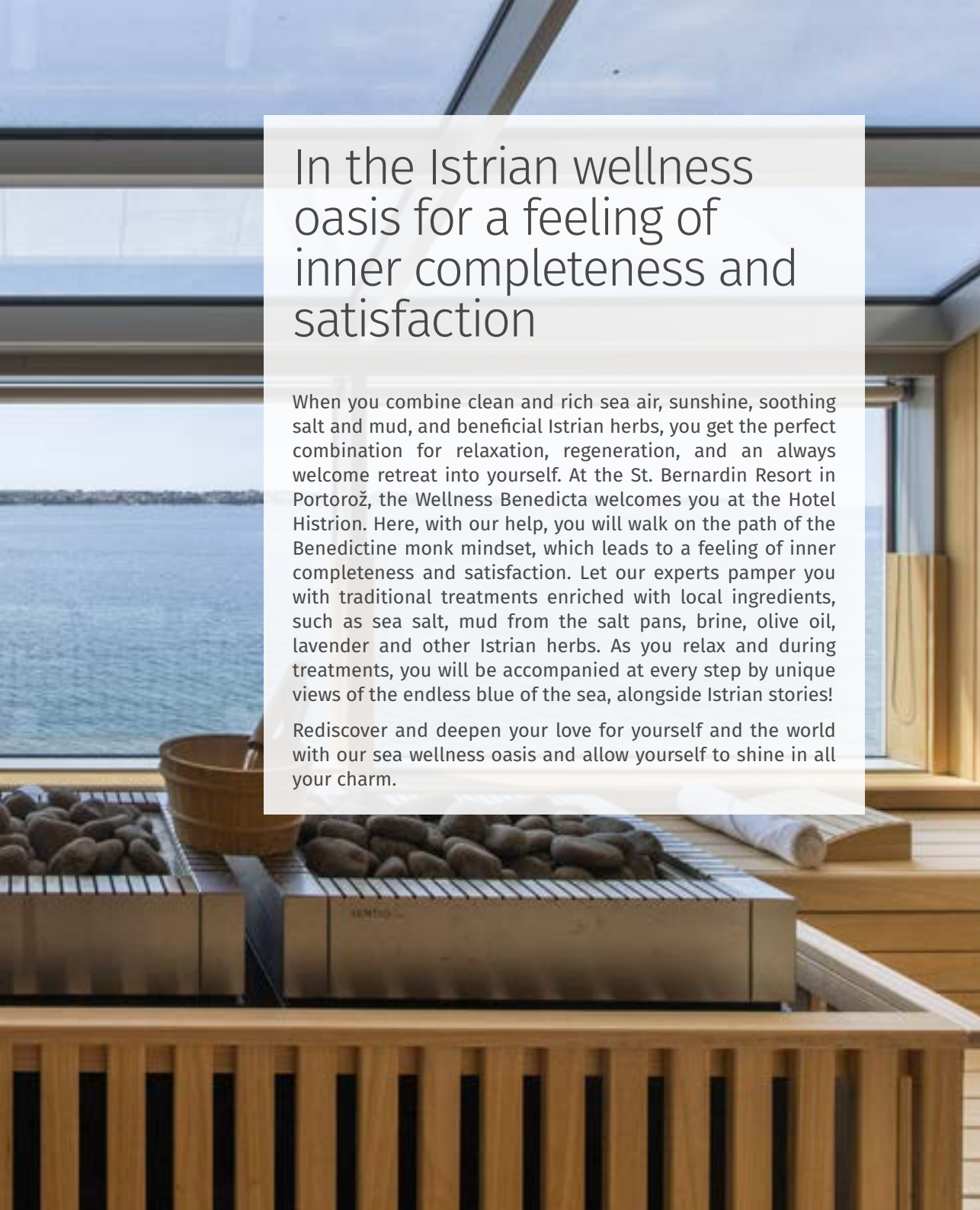
*in Wellness
Benedicta*

HOTEL HISTRION

ST. BERNARDIN RESORT PORTOROŽ





A wooden sauna with a view of the sea. The sauna has a wooden railing in the foreground and a wooden bench in the background. A wooden bucket is on the bench. The view shows a large body of water under a blue sky.

In the Istrian wellness oasis for a feeling of inner completeness and satisfaction

When you combine clean and rich sea air, sunshine, soothing salt and mud, and beneficial Istrian herbs, you get the perfect combination for relaxation, regeneration, and an always welcome retreat into yourself. At the St. Bernardin Resort in Portorož, the Wellness Benedicta welcomes you at the Hotel Histron. Here, with our help, you will walk on the path of the Benedictine monk mindset, which leads to a feeling of inner completeness and satisfaction. Let our experts pamper you with traditional treatments enriched with local ingredients, such as sea salt, mud from the salt pans, brine, olive oil, lavender and other Istrian herbs. As you relax and during treatments, you will be accompanied at every step by unique views of the endless blue of the sea, alongside Istrian stories!

Rediscover and deepen your love for yourself and the world with our sea wellness oasis and allow yourself to shine in all your charm.



Istrian Hammam Experience

Indulge in an oriental ritual with a body cleansing tradition and complete relaxation. What makes our Hammam Istriana so special is that you can feel a touch of Istria in it, as the cold and hot pouring and soaping with all-natural soaps and scrubs are performed in combination with mother water (brine), Mediterranean herbs and salt-pan salt.

The effects of the Hammam ritual are holistic and affect our mind as well as our body. The ritual has a beneficial and relaxing effect on our nervous system, facilitates sweating and elimination of toxins from the body, removes dead skin cells, and visibly rejuvenates and beautifies the skin. It strengthens the immune system, removes tension in the body, improves and facilitates blood and lymphatic circulation and helps improve general well-being.

The ritual can be supplemented with body wraps to enjoy the benefits of salt-pan mud. At the end of the ritual, indulge in a relaxing whole-body massage with healing olive oil and added Mediterranean aromas.

	DURATION	PRICE
Hammam Benedicta Royal	140 min	123,00 €
<ul style="list-style-type: none">• Steam bath• Cold-hot pouring• Body and facial scrub treatment• Soaping• Rinsing• Cooling down in the rest area• Salt-pan mud body wraps• Massage, 45 min		
Hammam Benedicta Classic	100 min	98,00 €
<ul style="list-style-type: none">• Steam bath• Cold-hot pouring• Body and facial scrub treatment• Soaping• Rinsing• Cooling down in the rest area• Massage, 45 min		
Hammam Benedicta Essential	60 min	68,00 €
<ul style="list-style-type: none">• Steam bath• Cold-hot pouring• Body and facial scrub treatment• Soaping• Rinsing• Cooling down in the rest area		

Thalasso Rituals

Embraced by the mud from the salt pans

The mud from the salt pans is a blackish-coloured Istrian clay enriched with brine, which accelerates the elimination of sweat and waste from the body, leaving the skin softer and more toned. Mud wraps relieve muscle and joint pain and are increasingly being used for beauty and cosmetic purposes. The

mud accelerates the elimination of waste, reduces cellulite, reshapes the figure and visibly cleanses the skin. Indulge in the embrace of the mud from the salt pans and your well-being and appearance will improve.

	DURATION	PRICE
Algae body scrub and salt-pan mud wraps The ritual begins with a scrub with salt minerals and essential oils that remove dead skin cells and facilitate blood circulation. This allows the wrap to access deeper layers of the skin. The mud is applied directly to the skin for 20 to 30 minutes. Once you shower, a period of mandatory rest is required.	90 min	98,00 €
Algae and sea silt body wraps This ensures an effective purification of the skin, supplying it with minerals, vitamins, proteins and moisture, strengthening its structure and increasing elasticity and firmness.	90 min	70,00 €
Salt-pan mud body wraps The body wraps improve oxygen supply to cells and tissues, thus improving body and skin immunity. The warmth of the fango affects the nerve endings, alleviates pain and has a soothing effect on the general well-being.	60 min	62,00 €
Partial salt-pan mud wraps The wraps are applied to a specific body part, primarily for pain relief and relaxation.	30 min	42,00 €

The healing effects of body scrubs

Body scrubs restore the skin's radiance and suppleness, as removing the layer of dead skin cells and using selected ingredients provides the skin with intense nourishment. Regular body scrubs are recommended, as they cleanse the pores and remove dirt, dead skin cells and grease, preparing the skin for further treatment.

	DURATION	PRICE
Detoxifying sea salt massage	90 min	86,00 €
Sea salt body scrub with aromatherapy (with lavender, brin, rose)	30 min	38,00 €
Grape seed oil body scrub	30 min	36,00 €
Sea salt and algae body scrub	30 min	42,00 €



Saunas

In the world of saunas, you can warm up in the herbal, infrared and Finnish saunas, or in the steam bath. After enjoying a sauna, you can cool off in the pleasantly cool pool and enjoy the benefits of Kneipp baths. In the salt room, enjoy the soothing effects of salt, which is especially recommended for

respiratory and skin problems. Sauna relieves tension, speeds up body cleansing and helps with detoxification. The regular use of saunas strengthens the immune system and increases resistance to colds, alleviates illnesses, back and joint pain and stiff muscles, and has a beneficial effect on the skin. It also has an anti-stress and soothing effect.

	DURATION	MON-THU	FRI-SUN, HOLIDAYS
Outside visitors	up to 3 hours	25,00 €	29,00 €
Hotel guests	up to 3 hours	19,00 €	23,00 €
Additional hour	1 hour		5,00 €
10-visit package	up to 3 hours		203,00 €
Salt therapy	60 min		30,00 €
	30 min		25,00 €

Enjoy the soothing effects of salt in the salt room with salt therapy, which is especially recommended for respiratory and skin problems.

Saunas and seawater pools

	DURATION	MON-THU	FRI-SUN, HOLIDAYS
Sauna and pool for outside visitors	up to 3 hours	31,00 €	37,00 €
	all day	40,00 €	45,00 €

Bar

Sparkling wine		0,75 l	24,00 €
Glass of sparkling wine		0,1 l	4,00 €



Massage rituals with the healing effects of essential oils

Check the effects of carefully selected local ingredients used during gentle or strong massage techniques of friction, effleurage and petrissage with added healing essential oils. The rituals affect and improve blood and lymphatic circulation, relieve muscle and joint pain and have a calming effect on the nervous system.

	DURATION	PRICE
Classic massage with olive oil and healing essential oils	60 min	69,00 €
Olive oil is one of the best healing oils, as it contains natural polyphenolic antioxidants, which have antimicrobial properties and prevent premature skin ageing. The aroma affects our nervous system, emotions and hormones. The choice of the essential oil to use is yours to make, depending on the effect that you desire.		
<ul style="list-style-type: none">• Nutritious rosemary• Refreshing citrus• Detoxifying juniper• Soothing lavender• Beauty rose• Rejuvenating fig	30 min	39,00 €
Detoxifying body massage with olive oil and brine	60 min	66,00 €
	30 min	44,00 €
Brine or mother water, which contains calcium, potassium, magnesium, iron and bromides, has a calming effect while also helping facilitate the elimination of waste substances from the body.		

Relaxing body massage with aroma Istriana

The combined use of olive oil and Mediterranean aromas allows you to experience the relaxing feel of Istria, contributes to the regeneration of the body and has beneficial effects on your well-being

90 min	86,00 €
60 min	69,00 €
30 min	39,00 €

Rejuvenating body massage

- with grape seed oil
- aromatherapy rose of Portorož

Grapes contain many invaluable substances for the skin: vitamins, minerals, polyphenols and fruit acids, which effectively fight the signs of ageing. Rose oil has a nourishing effect and moisturises and soothes mature, dry and sensitive skin.

60 min	69,00 €
30 min	39,00 €

Rejuvenating facial massage

- aloe vera
- honey ritual
- with soothing lavender
- with sparkling wine cream

Thousands of years ago, the Egyptians discovered that the secret of eternal youth can be found in grapes and wine. The tradition of maintaining health, youth and eternal beauty, firm skin and a youthful appearance, through the unique power of the grapevine and its fruits, has been preserved to this day. Grapes and wine contain many invaluable substances for the skin: vitamins, minerals, polyphenols and fruit acids, which effectively fight the signs of ageing with a unique wrinkle-smoothing effect.

30 min	38,00 €
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Classic therapeutic and energy massages

Therapeutic massages are mainly designed to relieve pain and problems of the musculoskeletal system, and are tailored to the client's needs. The therapeutic massage increases blood circulation to the muscles, removes muscle blockages, improves mobility and speeds up the elimination of toxins from the body. They are performed with almond oil, which is appropriate for all skin types, including sensitive skin.

	DURATION	PRICE
Classic Swedish massage with a reflexology foot massage	90 min	89,00 €
Classic full body massage	60 min	69,00 €
Partial classic massage	30 min	39,00 €

The classic massage relieves tension in your body, facilitates in-depth circulation and allows muscle tissue to become softer. The result can be either stimulating or relaxing and helps eliminate stress and improve lymphatic circulation.

Full body sports massage	60 min	71,00 €
Partial sports massage	30 min	49,00 €

A more intense massage with fast and strong strokes to relax and relieve muscle tension. It is appropriate and intended for both recreational as well as competitive athletes and can be done before or after workout.

Pain relief massage (back, shoulders, and head)	40 min	49,00 €
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The massage focuses on the motor areas of the back and shoulders. It relieves tension and pain and eliminates stress.

Reflexology foot massage	60 min	63,00 €
	30 min	39,00 €

By massaging and applying pressure to specific points on the feet, we balance the flow of energy and influence the releasing of tension and establishing balance in the body.

Magnetic therapy pain relief (therapy device)	25 min	20,00 €
	15 min	15,00 €
	5 min	8,00 €

The therapy restores energy balance, activates faster healing, relaxes muscles and reduces pain. Improved blood circulation facilitates the regeneration of affected tissue and stimulates nerve cells.

Body Shaping Treatments

	DURATION	PRICE
Anti-cellulite massage	40 min	49,00 €
A special massage technique speeds up blood circulation in areas with cellulite, accelerates the process of fat reduction and improves skin elasticity.	30 min	38,00 €
Pressotherapy lymphatic drainage (device)	40 min	41,00 €
Pressotherapy speeds up the lymphatic function and thus the elimination of "toxic" substances and excess fluids.		
Anti-cellulite therapy with electro-stimulation	40 min	41,00 €
The therapy is designed to reduce the appearance of cellulite and volume in critical areas. The pulses from the machine cause the muscles to contract and become active, and the fat starts to be converted into energy through burning. The metabolism and lymphatic fluid drainage are increased. The therapy works locally on the abdomen and thighs.		
Anti-cellulite vacuum therapy	30 min	30,00 €
Vacuum therapy addresses cellulite problems with a mechanical massage. It accelerates microcirculation, stimulates lymphatic function, increases skin elasticity and reduces cellulite cells. The skin is restored to a toned and shiny complexion.		
Manual lymphatic drainage	70 min	75,00 €
Manual massage stimulates the flow of lymphatic fluid where it stagnates and accumulates due to certain pathologies or injuries.	40 min	49,00 €
Grapefruit & caffeine body wrapping	60 min	79,00 €
The combination of grapefruit and caffeine strongly facilitates the decomposition of fat cells and the elimination of toxins from subcutaneous tissue. Body circumference is reduced after a few treatments.		

Face Care

	DURATION	PRICE
Intensive Sothys anti-ageing treatment	75 min	80,00 €
<p>Targeted care for fighting the signs of aging, wrinkles and skin slackening with βP3 Tri-complex™, which combines the botanical active ingredients of saffron and sophora with the latest generation peptides.</p>		
Classic Sothys face care treatment	60 min	55,00 €
Face care and protection for different skin types.	45 min	53,00 €
Seasonal Sothys face care treatment		
<p>Face care combining chronobiology and delicious flavours to reveal the skin's radiance, season by season. A dose of oxygen with a complex of minerals to boost the skin's defence system before winter and a cocktail of vitamins to revitalise it before summer.</p>		
Luxurious Afrodita anti-wrinkle face care with gold	60 min	79,00 €
<p>This luxurious facial treatment contains gold particles that accelerate communication between the skin cells. The high concentration of isoflavones stimulates the production of collagen and elastin. After treatment, the skin is visibly smoothed.</p>		
Ultimate Afrodita lifting with ice wine	60 min	75,00 €
<p>The power of ice wine rich in polyphenols intensively protects the skin from loss of moisture and damaging free radicals and other environmental factors. It is appropriate for all skin types.</p>		
Seasonal Afrodita face care treatment	45 min	60,00 €
<p>A combination of Afrodita cosmetic lines, which supplement each other perfectly with regard to skin type and season, leaving your skin feeling nourished and hydrated or boosting its regeneration.</p>		
Eyebrow shaping	10 min	12,00 €
Classic eyebrow tinting	15 min	12,00 €
Eyelash tinting	20 min	15,00 €



Hand and Foot Care

	DURATION	PRICE
Manicure with scrub, massage, and paraffin wraps	90 min	54,00 €
<p>After a short bath and a thorough scrub of the hands, the nails are shaped and the cuticles are cleaned. A paraffin mask and a relaxing massage relax the hands, while the skin is properly nourished and moisturised.</p>		
Benedicta manicure	40 min	25,00 €
<p>Conventional manicure for your fingernails and cuticles.</p>		
Benedicta pedicure and reflexology foot massage	90 min	70,00 €
<p>The pedicure is followed by a reflexology foot massage, where pressure is applied to specific points on the feet to balance the flow of energy and release tension.</p>		
Medical pedicure	75 min	41,00 €
<p>Pedicure for skin and nail changes causing pain or problems – nail fungus and ingrown toenails, corns and calluses.</p>		
Benedicta pedicure	60 min	33,00 €
<p>Conventional pedicure for your toenails and cuticles.</p>		
Classic nail polish	20 min	8,00 €
Permanent nail varnish	30 min	25,00 €
Permanent varnish removal	20 min	10,00 €

Hair Removal

Unwanted and undesired hair on the surface of the skin is removed with waxing and techniques that are adapted to various parts of the body. Regular waxing is a semi-permanent hair removal option for a period of up to eight weeks.

	DURATION	PRICE
Full legs	60 min	35,00 €
Legs below knees	30 min	26,00 €
Bikini wax	20 min	20,00 €
Armpits	20 min	11,00 €
Arms	20 min	20,00 €
Upper lip	10 min	9,00 €



Wellness Benedicta

Opening hours

Location

in Hotel Histrion****, St. Bernardin Resort Portorož
Obala 2, 6320 Portorož

Wellness Benedicta and saunas:

Every day: 10.00 A.M. - 9.00 P.M. (Monday closed)

*Seasonal adjustments are possible depending on the season.

Reservations

We recommend that you book the services at the Wellness Benedicta a few days before the desired date by phone **05 695 89 01** or by e-mail: **wellness.benedicta@h-bernardin.si**.

Cancellations

If you wish to cancel your reservation, please do so one day before the booked date. If you do not cancel a booked service and do not use it, you will be charged the amount of the service booked.

We recommend

To make sure you are relaxed and ready for the experience, we are expecting you 10 minutes before the treatment. We recommend that you do not consume large meals or alcohol before the treatment. Alert the therapist to any specific medical conditions before starting the procedure.



GIFT VOUCHERS

Want to make your loved ones happy? Surprise them with the gift of divine relaxation. For information, please contact the reception of Benedicta Wellness.



St. BERNARDIN

SAVA HOTELS & RESORTS

Wellness Benedicta - Hotel Histriion****, Obala 2, 6320 Portorož

www.sava-hotels-resorts.com

www.hoteli-bernardin.si

All prices are in EUR and include VAT. We reserve the right to change the prices.

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