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Stories

Our story begins at dusk . . .

Before outboard motors, in olden times, the fishermen of Rovinj would set out by night in a batana, powered only by their strength on the oars, and, if the wind was favourable, a simple lug sail. They would lure fish into their nets with the illumination of a burning lantern, or a blazing fire set aloft on a staff.

Night navigation can be dangerous around these rocky shores. But when the torch is bravely lit, the fish practically leap into the boat: abundance follows courage.

The *batàna* is the characteristic wooden sailing craft of Rovinj, an ancient design, the symbol of a precious and vanishing culture. For the few remaining speakers of the dialect of this place, the batana endures as the centre of daily life. And just as this little boat is the centre of Rovinj culture, the mast — *àlbaro* — is the centre of the batana.

*When we stand tall like a mast, we are centred and strong,
yet flexible, resilient to the pressures of life.*

Lured by the siren call of the sea, and inspired by the freedom of sailing,
ALBARO WELLNESS & SPA offers a singular vision of Istrian healing.

Since ancient times, seafaring people have used the restorative powers of seaweed, salt, and mud to heal wounds, soothe the skin, and recall the glow of youth. Likewise, the herbal healing traditions of Istria have been encoded in old recipes for rakija, the herbal grappa of Istria.

At ALBARO WELLNESS & SPA we wish to share with you these secrets of Istrian wellness. From the gifts of the sea, to the first press of olives, to local herbs steeped in rakija, experience the most intriguing ingredients and therapies of the *Terra Magica*.

Albaro Exclusives

Let our ancient remedies bring you back to life: traditional rakija absinthe made with mysterious herbs, and the skin-healing wonders of olive oil — the golden nectar of Istria!

PELINKOVAC RAKIJA RITUAL

90 MINUTES | SOLO, OR SIDE BY SIDE

Welcome drink, aromatherapy massage, sugar fennel scrub, private shower, tea.

Although the ancient herbal medicine of Istria is forgotten, the wisdom has been encoded in certain elixirs, like the iconic Pelinkovac — Istrian »Absinthe« — made with *Artemesia absinthium* (wormwood). This potent psychoactive has been revered for thousands of years by cultures in the region, including the ancient Egyptians, Romans, and Greeks.

After a tasting of Pelinkovac, the ritual begins with an enchanting aromatherapy massage featuring grape seed oil with anise. Then, your skin will be awakened with a sugar fennel body scrub. To conclude the ritual, you will be given time to shower privately. When you emerge, discover our Pelinkovac tea flight. Features local ingredients.

[NOTE: *Artemesia* should not be consumed if you have a liver problem or may be pregnant. We do not use *Artemesia* in skin products — it is only in our beverages. Allow us to offer an alternate.]

OLIVE PRESS CEREMONY

120 MINUTES | SOLO, OR SIDE BY SIDE

Welcome drink, olive oil massage, olive pulp scrub and wrap, private shower, tea.

Trace the imaginative journey of an olive at harvest! This spa ceremony is both therapeutic and luxurious, and inspired by the historic olive presses situated at the heart of every Istrian town.

After a welcome shot of olive rakija, mesmerising massage techniques with pure extra virgin olive oil describe the pressing of olives, with compressions, glides, and cross-body pressure. Customised to your preference in intensity, the techniques bring utter relaxation as you melt into the oil. After the massage comes a rejuvenating exfoliation with a rich cream made from crushed Istrian olive pulp. Warmly enveloped in a 100% cotton wrap, you'll then enjoy warm oil drizzling that stimulates the pituitary gland, and a head massage.

After a private shower, you'll emerge to try some olive leaf tea, loaded with healthy antioxidants.

Features Istrian olive products by Helios Gea and local extra virgin olive oil.

BATANA BODYWORK

120 MINUTES

The best massage in the Adriatic, with a welcome drink and a hemp leaf tea finish.

A visit to Rovinj is not complete without a lamp lit evening ride in a batana, so we've brought this unforgettable journey into the spa with our Batana Bodywork.

Batana Bodywork is a deep therapeutic massage style inspired by a night batana journey. It is performed on a special wave table that pulses around you, reminiscent of the Adriatic on a gentle evening.

For this ritual, we developed our Batana Balm, with just three healing ingredients: hempseed oil, beeswax, and fragrant lavender. With heavy palms and smooth forearms, your therapist will deliver rowing motions, pulsing movements, gentle rocking and stretches, as well as thumping beats of percussion — like the sea beats against the bottom of the batana. Best of all, your therapist will use sections of a batana oar to roll and lengthen the muscles for more freedom and greater ease of motion. At the conclusion, you will have time to drift on the wave table and integrate your journey. Afterwards, try a calming cup of hemp leaf tea. This treatment features our local, hand-made Batana Balm.

If you prefer not to consume alcohol, allow us to serve you tea at the opening of your treatment; simply inform us during booking or when you check in.

Private Spa

Enjoy wellness experiences in complete serenity with our private spa offering.

VILA, OUR PRIVATE SPA THERAPY ROOM

If you want to try a sauna in total solitude, or arrange a rassoul ritual with a loved one, we have the perfect solution. Inquire about Vila, our VIP double spa room, which includes our sauna, steam bath, and experience shower in one.

While all side-by-side treatments will be accommodated in our Vila private spa suite, if you wish to use the sauna, time can be added to your reservation in increments of an hour, as per the price list (unless sauna time is specified in your package description).

With your advance reservation, we adjust the sauna to your temperature preference, and you can select Fresh Spa body, hair and face masks to enhance your experience.

Couples & Combos

Allow us to suggest the perfect pairing of spa services, or build your own spa programme.

COUPLE'S ESCAPE

2 HOURS

Welcome drink, private steam sauna with botanical scrubs, 90 min massage for two, tea

Escape by the sea to reconnect! Start with a welcome drink, then get messy in a private steam bath with our playful scrubs and masks. After showering, receive side by side 90 minute massages. Choose from Aromatherapy Massage with Cypress, Hot Stone with Bay Laurel, or Deep Tissue Massage with St. John's Wort. Afterwards, we will serve you tea in the relaxation lounge.

Features local Istrian products.

**COASTAL COMBO: AROMATHERAPY MASSAGE
AND CLEANSING SEA FACIAL**

2 HOURS

Breathe fresh in our forest park by the sea, and start your holiday right with this perfect pairing of a 60 minute Aromatherapy Massage with Cypress, followed by our gentle 60 minute Cleansing Sea Facial with algae. In a single appointment, sweep away the pollution and dullness of city life, and emerge feeling vibrant and renewed. You may book this combo solo, or side-by-side with a friend. *Features local Istrian products.*

SEAWEED COMPLETE RETREAT

3 HOURS 45 MINUTES

Welcome tea, seaweed bath, exfoliation and body wrap, seaweed facial

Reboot your life with a purification retreat that unfolds gently over several hours. Begin with tea and a candlelit bath amongst large winding *Fucus* seaweed leaves. You'll then experience the detoxifying power of kelp in our Organic Seaweed Leaf Wrap with exfoliating body buff. After a refreshment interlude, the retreat concludes with our brilliant Organic Seaweed Leaf Facial. *Features certified organic products by VOYA.*

Massage Modalities

Healing hands, paired with the finest massage training and techniques in the Adriatic? Yes, please!

The massage oil and aroma suggested for each massage may be customised. All massages in this section can be reserved side-by-side with a friend (pending availability of our Vila double treatment room).

HOT STONE MASSAGE WITH BAY LAUREL

60 OR 90 MINUTES

Featuring white stone, like that carved from the ancient quarry in our forest park, as well as grounding black basalt, this massage delivers heat therapy with gliding movements to soothe, repair, and energise. While the stones support emotional grounding, crystals balance and uplift your energy. Bay laurel (*Laurus nobilis*), has been prized for millennia for its curative properties and aroma.

DEEP TISSUE MASSAGE WITH ST. JOHN'S WORT

60 OR 90 MINUTES

An old remedy of Istria is Saint John's Wort, infused into extra virgin olive oil until the flowers turn the oil red. Discover the power of this plant, updated with modern therapeutic deep tissue massage, intelligent neuromuscular therapy and firm pressure. *Hypericum perforatum* is known for its anti-inflammatory and mood elevating properties.

AROMATHERAPY MASSAGE WITH CYPRESS

60 OR 90 MINUTES

Our hypnotic aromatherapy massage is performed with hydrating grape seed oil and essential oil of cypress, the noble tree of Rovinj. Cypress improves respiratory function, heals the skin, and is known to calm emotions and bring on sensations of wellbeing. Sweeping massage movements are gentle and designed to improve the circulation and lymphatic balance in the body.

Pure relaxation!

Pair this massage with our Cleansing Sea Facial by reserving the Coastal Combo.

UNWIND NECK AND BACK MASSAGE

45 MINUTES

Undo the effects of travel with this focused back and neck massage. We'll customise the pressure to your liking, and incorporate therapeutic techniques to release knots and renew your spirits. Choose your oil: we recommend our St. John's Wort infused olive oil with anti-inflammatory and calming properties, or grape seed oil with cypress aromatherapy.

FOOT RELIEF MASSAGE WITH WILD CHESTNUT

45 MINUTES

Kick your feet up in a zero gravity position and restore your soles with this foot-focused treatment. We start by brushing the feet with distilled spirits, a traditional Istrian folk remedy to lift away heat and heaviness. Then it's time to relax with a detailed foot massage. Your treatment will conclude with an energising cooling leg gel made with wild chestnut.

VOYA MESSAGES

Hand-picked, certified organic seaweed is our saviour with these holistic healing massages by VOYA.

VOYAGER MESSAGE

90 MINUTES

Crafted for pure relaxation after a long journey! First, a full body dry brushing balances the lymph system and circulation while refreshing the skin. Then, a soothing body oil infused with seaweed extracts is massaged in with both gentle and stimulating movements, using palm pressure, thumb rolling, long strokes and stretches that echo the movement of the sea.

PRENATAL VOYAGER MESSAGE

90 MINUTES

This wellbeing ritual promotes relaxation and tranquillity while nourishing your skin. A full body exfoliation will buff the skin, leaving you radiant and renewed. Certified Organic Nourishing Mama Oil is then used for a body, face and scalp massage. Melt away any aches and pains of pregnancy and feel comfortably cocooned, supported and restored.

SEAWEED SPICE BUNDLE MASSAGE

90 MINUTES

A sensory treat! Warm bundles of orange, clove, ginger and Fucus seaweed are gently massaged into the body, releasing precious seaweed oils and a delicious fragrance. The finest organic ingredients and seaweeds are brought together in 100% organic cotton muslin bundles to massage your muscles while gently polishing your skin.

Facial Therapies

Reclaim your healthiest skin with professional care by our expert aestheticians and the purest ingredients sourced from sea and land.

CLEANSING SEA FACIAL

60 MINUTES

Let your skin breathe free again with this refreshing thalassotherapy facial to sweep away pollution and reveal a dewy, luminous complexion. We use a synergy of marine and botanical ingredients, including a clarifying algae mask and smoothing hyaluronic serum. *Includes gentle extractions, if needed. Features premium Istrian skincare by Esensa Mediterana.*

Pair this facial with an Aromatherapy Massage by booking our Coastal Combo.

DISCOVERY RADIANCE FACIAL

60 MINUTES

This custom facial is deeply detoxifying, thoroughly revitalising and helps smooth skin and increase clarity. Your therapist will analyse your skin to choose VOYA products right for you. The treatment incorporates a relaxing facial massage with seaweed to release toxins and repair cells damaged by pollution. Using exfoliators, serums and masks, this facial will transform your skin leaving it purified, nourished and perfectly balanced. Discover your radiance! Features certified organic seaweed products by VOYA.

Albaro

ORGANIC SEAWEED LEAF FACIAL

75 MINUTES

This facial features wild seaweed leaves and anti-oxidant algae extracts for an unforgettable experience! Suitable for all skin types, this natural lifting and plumping facial includes a contouring massage to stimulate collagen production and activate micro-circulation. The heart of the treatment is a facial mask with the re-mineralising power of Mermaid's Purse and whole organic *Laminaria* seaweed leaves. Your skin is left hydrated and refreshed, with the appearance of lines reduced. *Features organic seaweed products by VOYA.*

To reserve this facial as part of a package, see our Seaweed Complete Retreat.

Omorovicza's exquisite skincare products feature the Hydro Mineral Transference™ delivery system to carry bio-available mineral nutrients deeply into the skin.

THERMAL MUD DEEP CLEANSING FACIAL

75 MINUTES

An ancient cure for clearer skin, updated with modern science! A velvety mud mask from thermal Lake Héviz follows a cleansing and exfoliation using Omorovicza's iconic Moor Mud Cleansing Balm with rosemary extract to treat sensitive skin and reduce pore size. This treatment includes gentle extractions, as needed. A special facial massage instantly lifts and firms the skin with firm, fluttering strokes. *Features geothermal Healing Concentrate™ and the Moor Mud Collection by Omorovicza.*

COPPER PEEL ILLUMINATING FACIAL

75 MINUTES

Designed to brighten and illuminate, this facial begins with a gentle peeling using copper for an anti-oxidant collagen-stimulating punch. A facial massage soothes the senses and accelerates micro-circulation, whilst a rose-and peony-scented mask plumps the epidermis to reduce the appearance of fine lines and wrinkles. Attention is given to the neck and hands to address pigmentation and smooth the skin. *Features geothermal Healing Concentrate™ and Hydro Mineral Collection by Omorovicza.*

GOLD HYDRALIFTING FACIAL

75 MINUTES

This repairing anti-aging treatment starts with thermal mud from Lake Héviz to cleanse, exfoliate and peel. A rose-scented gold mask delivers hyaluronic acid in three different forms to plump and nourish the skin, whilst bio-available gold serum repairs micro-damage to strengthen its defences. Includes a contouring and lifting facial massage with rose quartz wands, and a cooling eye treatment with Derm-A-Globes. *Features bio-available gold lysate from the Gold Collection by Omorovicza.*

BLUE DIAMOND FACIAL

75 MINUTES

With DNA-repairing diamond peptides, delivered by Omorovicza's patented Hydro Mineral Transference™ system, ingredients from the Blue Diamond Collection penetrate deeply to reverse signs of aging. Advanced massage accelerates oxygenation to energise and lift, followed by chilled Derm-A-Globes to reduce pore size, calm redness, and tighten skin. *Features the Blue Diamond Collection by Omorovicza.*

Skin Secrets

Not everyone will tell you how they get their glow. Let us confide in you.

Please see our current menu price card for additional services like waxing and brow shaping.

RIGENERA INTENSIVE BODY SMOOTHING

45 MINUTES

Laxity, loss of tone, and rippled texture can be improved naturally, with a synergy of powerful therapies — radiofrequency, lymphatic massage, and photobiomodulation (905nm Softlaser and LED). These forces combine to stimulate collagen, assist with lymphatic drainage, improve skin elasticity and smooth the appearance of stretch marks or cellulite. Each 45 minute session can intensively treat one major zone of choice. A series of Rigenera Intensive Body Smoothing treatments is recommended for maximum results, which improve over time as the cells produce new collagen and elastin.

Features our new generation EME Rigenera3 device.

This treatment may be added to any massage; please inquire for combination options.

RIGENERA INTENSIVE FACIAL RENEWAL

45 MINUTES

Can we share a natural skin care secret? The best collagen for your skin is the kind you grow yourself. With the natural powers of light, frequency, and massage — harnessed through a non-invasive device — get cells back on track growing new collagen and elastin to restore resilience, and reduce the appearance of lines, scars and under-eye shadows evident due to thinning skin. A hybrid of radiofrequency, lymphatic lift massage, 905nm Softlaser and LED stimulates deep cellular renewal. Although visible improvement is normal immediately after each treatment, real results grow with time, as your skin builds volume, contour and elasticity the natural way. *Features our new generation EME Rigenera3 device.*

Body Treatments

Feel light on your feet and enjoy silky smooth, supple skin with our exfoliations and wraps drawing on ancient cures.

ADRIATIC SEA SALT & LAVENDER SCRUB

45 MINUTES

Smooth those rough edges with some loving attention for dry or dull skin. Extra fine hand-harvested sea salt from the Pag island saltworks whisks away dead skin cells to reveal your glow, while Istrian lavender essential oil awakens your senses. Leave feeling connected and energised with silky, polished skin. *Features local lavender and Adriatic salt from Solana Pag.*

STIMULATING SEAWEED BODY BUFF

60 MINUTES

A health-boosting treat for the whole body! Get scrubbed from head to toe with organic Fucus seaweed powder, paired with a luxurious body oil made with potent healing seaweed. The combination of anti-oxidants with the re-mineralising power of marine ingredients is a powerfully holistic way to shed tired skin cells and smooth your skin, while massage balances the circulatory and lymphatic systems to promote wellness and energy. *Features organic seaweed by VOYA.*

WARM SPICED MUD WRAP

75 MINUTES

A serious detoxifier and metabolism booster! We start with a full body brushing exfoliation, then hand-picked organic seaweed is combined with purifying earth for a mud wrap rich in potent vitamins, anti-oxidants, humic acid, and trace elements. The experience is enhanced with warming oils of organic ginger, orange and cinnamon. For the results-driven seeker, this wrap has immediate effects of firming and toning. *Features organic seaweed and mud products by VOYA.*

ORGANIC SEAWEED LEAF WRAP

90 MINUTES

Unlike any seaweed treatment in the world, this therapy uses organic raw seaweed leaves to purify your body. A Fucus seaweed body buff firms and softens the skin, and then your body is covered in whole Laminaria kelp for incredible results. We finish with a body cream application to nourish and soften the skin. *Features organic seaweed by VOYA.*

To reserve this wrap as part of a detox package, see our Seaweed Complete Retreat.

Immersion Baths

Go deep! Immerse yourself — body, mind and soul — with one of our inspired bathing rituals. Includes tea, candlelit bath, and time for a private shower in the treatment suite.

WARMED SPICED MUD BATH

45 MINUTES

Indulge in a potent detoxification with mud rich in trace elements, vitamins, lipids, polyphenols and humic acid. Infused with organic seaweed extracts, the bath assists in reducing the appearance of cellulite and combats signs of aging. The dark relaxing bath soothes muscular aches and pains, relieves stress and fatigue, and energises mind and soul. *Features certified organic products by VOYA.*

WILD SEAWEED BATH

45 MINUTES

We bring you the purest gift of the sea — organic *Fucus serratus* seaweed. Restore your mermaid soul as you soak amongst large, winding leaves and their healing gel. Seaweed re-mineralises and firms, while softening and healing the skin and dissolving aches and pains. *Features organic seaweed by VOYA.*

To reserve this bath as part of a package, see our Seaweed Complete Retreat.

Sound and Energy

This subtle therapy, performed while you drift away on our wave table, is designed to usher in emotional calm and free your creative energy.

ENERGY INFUSION WITH SOUND, GEMS AND AROMATHERAPY

45 MINUTES

After a brief welcome to select your aromatherapy, you will be invited to relax on our sensory wave table. Wrapped in a blanket, you will be guided in gentle breathing and relaxation. Soothing sound, supportive gemstones, and peaceful, energetic laying on of hands will balance mind, body, and emotions to restore vital energy. The treatment concludes with grounding facial acupressure with rose precious oil.

Mindful Wellness

With our brain sensing headband, Muse, train yourself to enter a sublime healing state of relaxed mind and body.

Muse's brain-sensing technology is used for research in hospitals and universities worldwide, including NASA, The Mayo Clinic, MIT, and UCLA. Muse optimises biofeedback to uncover what works for you. With continued use, not only is Muse effective for improving focus and clarity, but research has documented beneficial changes of the brain's structure and function, like increased grey matter density, reduced thinning of the prefrontal cortex, decreasing amygdala activity (associated with stress), and increased resilience.

MUSE INTRO

45 MINUTES

Begin here: learn to use the Muse EEG device and application in this introductory session: a calm 30 minute guided experience in the privacy of our consultation room. This introduction is a prerequisite for booking Muse sessions on our sensory wave table or self-guided Muse sessions.

MUSE WAVE

30 MINUTES

Want to surrender completely to your Muse in a relaxed meditation position, free from external distractions? Reserve a Muse appointment on our gentle wave table for maximum results in brain optimisation — the perfect option if sitting upright in stillness is a challenge and you need a deep mental reset.

MUSE RELAX

UP TO 60 MINUTES

Check-out a Muse from spa reception each day, and enjoy app-guided brain wellness sessions in our peaceful relaxation lounge. You'll have plenty of time to explore the best meditation approaches for your unique situation and enter increasingly focused and serene brain states.

Continued use of Muse will increase your capacity to enter the desired brainwave states, with or without wearing Muse.

Active Movement

Sculpt your body like the ancient sailors of the Adriatic did, with our fitness offerings based on functional, holistic sailing movements, rowing techniques, and the rigging principles of tensegrity. Inquire at spa reception to book your next training.

FITNESS CONSULTATION & PERSONAL TRAINING SESSIONS

60 MINUTES

The check in. Includes identification of needs and goals, body composition analysis, workout plan suggestions, and an initial full body workout with our fitness trainer.

ROWING TECHNIQUE FOCUS

30 MINUTES

Discover the ancient full body workout of rowing, or refine your form, with a 1-on-1 technique session under the guidance of our fitness pros. Rowing develops lean muscles, a toned core, and optimises cardiovascular performance, yet is zero impact and enjoyable even for beginners.

KINESIS TRAINING 1-ON-1

45 MINUTES

Elegant, intuitive, functional training: Kinesis offers a breakthrough in resistance training that works smoothly in three dimensions, and transitions rapidly from one movement to the next. Whether you are getting started, or would like our trainers to design a new Kinesis workout, this session is for you.

SUSPENSION TRAINING

60 MINUTES

A full workout, anywhere, with a device that weighs less than 1 kilo? Amazing. Are you ready to change your life with dynamic, functional suspension fitness? Learn the art of suspension training with our fitness pros in a small group class or private session.

When we stand tall like the mast of the ship, we endure centred and strong, yet flexible, resilient to the pressures of life.

Mermaid University

Swim with your whole body like a dolphin using a monofin: a holistic way of moving in water that will unlock your ancient marine DNA.

MONOFIN TECHNIQUE OR MERMAID EXPERIENCE 1-ON-1

60 MINUTES

Enhanced with a monofin, and powered by your undulating core, you will train on the wave-like movement and breath control of our marine mammal relatives. This one-on-one session with a swimming pro will change the way you move in water, forever.

KIDS MERMAID AND NEPTUNE CERTIFICATION

60 MINUTES

Kids age 6 – 14 become Certified Mermaids or Neptunes with our safety and technique class! In one magical, action packed hour, kids learn to use a monofin, quick release the fin, train for agility, slap their fluke like a dolphin, race like sharks, and dive for sunken treasures. For confident swimmers; child must pass a skills test (during first 5 minutes of the course), and parent must be present. Use of monofin and fabric tail skin is included; student should wear a swim suit and bring goggles.

ADULT AND TEEN MERMAID AND NEPTUNE CERTIFICATION

60 MINUTES

Become a Certified Mermaid or Neptune with our safety and technique class! Learn to use a monofin, quick release the fin, train for agility, slap your fluke like a dolphin, and dive for treasures. Stretch your fins and make a splash — this group training is for swimmers age 14 to 102! For confident swimmers. Use of the monofin and fabric tail skin is included; student should wear a swim suit and bring goggles.

Thermal Zone

Thermal experiences can be understood on a curve of humidity and temperature. At Albaro Wellness & Spa, each heated room is uniquely placed on this curve to offer a continuum of satisfying variety.

Cooling showers, ice fall and cold plunge facilitate cool down. We recommend cooling for 30 minutes between rounds of heat. The muscles take time to respond to contrast heat therapies, so go slowly, stay hydrated, and take the time to have a deep and safe experience! Explore our range of thermal experiences, and don't miss our outdoor Forest Banya and Cool Plunge!

FINNISH SAUNA

90°C + 10% HUMIDITY

Dry heat and aromas of green birch await you in our classic Finnish sauna. Our sauna master will offer a variety of aroma and water pouring experiences.

MASTIC RELAX SAUNA

65°C + 40% HUMIDITY

Inhale the botanicals of our forest park — precious gum mastic, stone pine, and eucalyptus — planted here over 100 years ago for their respiratory benefits. Our sauna master will offer rituals with Mastic essential oil, one of the most expensive essences available.

ABSINTHIUM STEAM ROOM

45°C + 55% HUMIDITY

Inspired by Pelinkovac, the Istrian absinthe, we've curated a blend of essential oils with fennel, anise, mint and more. You can relax wearing a Fresh Spa body, hair or face mask.

CITRUS LIFT STEAM ROOM

40°C + 98% HUMIDITY

Uplifting notes of lemon and other citrus will awaken your senses in our Citrus Lift Steam Room. You can also relax wearing a Fresh Spa body, hair or face mask.

COOL PLUNGE POOLS + ICE FALL

10°C

Enjoy a stimulating dip in one of our cool plunge pools as a part of your thermal circuit — no suit required! If you prefer snow, visit the ice fall for a little cryotherapy.

RELAXATION ISLAND

Rest yourself between thermal experiences on our warmed stone island.

SHOWER ARCHIPELAGO

Visit our invigorating experience showers, infused with the essential oils of our forest park, including Himalayan Cedar, ginkgo, sage, juniper, cypress and more.

OUTDOOR FOREST BANYA

75°C + 15% HUMIDITY

Rich with the scent of fine, exotic woods, fresh tree boughs, and herbal bundles, our Outdoor Forest Banya is a special place for sauna rituals.

NIGHTSPA

Explore the wellness nightlife with our evening spa-tainment, NIGHTSPA. NIGHTSPA programmes are themed, adults-only events for wellness enthusiasts.

Check with spa reception for information on NIGHTSPA events happening during your stay; they may feature special themes, music, beverages, and seasonal aromatherapy.

Fresh Spa

Get beautifully messy with Fresh Spa: hands-on body, face and hair care recipes featuring the purest ingredients of Istria.

PHILOSOPHY OF FRESH SPA

Fresh Spa is our way of bringing you the treasures of nature, presented pure and fresh, in the form of scrubs and masks for face, body, or hair. The recipes vary seasonally, and may include crushed olive products, mineral rich muds, craft-distilled Istrian essential oils, hand-harvested Adriatic sea salts, purifying seaweed, grape crush, and more.

HOW TO FRESH SPA

Inquire with spa reception for our daily selections, or order from our Fresh Spa trolley. You can apply the scrubs or masks and relax in our Citrus Lift Steam Room or Absinthium Steam Room while the mask works. (Please sit on a wrap or towel.) For hair masks, apply to damp hair, and you can use the provided hair wrap to cover longer hair while the mask works. Please inform our staff if you have any allergies before ordering a Fresh Spa mask. Should you detect an unexpected reaction, please wash it off thoroughly and seek qualified assistance.

Our Ingredients

At Albaro Wellness & Spa, we offer you timeless remedies treasured for thousands of years, imbued with meaning and mystery.

We source local ingredients by artisan producers in Istria, like local olive crush products, organic plant oils and premium skincare products.

In addition, we identified two luxury spa brands rooted in historical wellness traditions that speak to our own story: of ancient sailors' remedies drawn from the deep, and wellness traditions developed to grow an empire. Beyond this historical resonance, they impressed us with their integrity, elegance, and efficacy. We are excited to bring you organic seaweed treatments from VOYA, and the sublime thermal mineral collections of Omorovicza.

RAW GOODNESS FROM THE WILD SEA

VOYA

Seaweed is an ancient remedy used by seafaring peoples for thousands of years to heal the skin. To bring you wild, sustainable seaweed untouched by pollution, we had to look beyond our Adriatic to the cold waters of Ireland, where VOYA — founded as a revival of indigenous seaweed bathing traditions — crafts their products. Research confirms seaweed — in particular *Laminaria digitata* and *Fucus serratus* — has a profound effect on skin's collagen production, increasing elasticity and suppleness. VOYA's sustainably hand-picked products are certified organic and produced in a carbon neutral

process. They are cruelty-free and suitable for vegans, and we love their conscious packaging. The products do not contain parabens, phthalates, aluminium, mineral oil, propylene glycol, hexane, genetically modified organisms, petrochemicals, carcinogenic dioxins, silicones, sodium laureth sulphates, synthetic colours, synthetic fragrances, plastic microbeads, or nanoparticles.

HEALING NATURE FROM THE DEEP EARTH

OMOROVICZA

The story of Omorovicza — O-MO-RO-VEET-SA — begins with ancient geothermal healing traditions and regal bath houses made during the era of the Austro-Hungarian Empire. The Omorovicza family built the exquisite Ràcz baths on an ancient thermal spring in Budapest in 1870. Twenty years later, as part of the same wellness movement, Georg Hütterott purchased land in Rovinj to create climate health resort Cap Aureo — our forest park. Omorovicza has turned the richness of pure geothermal water and mud into profoundly healing products, working with a Nobel-prize-winning laboratory to unlock curative properties of thermal water with bio-fermentation, resulting in their special Healing Concentrate™.

The products are gluten free and suitable for vegans, and we love the eco packaging. The products do not contain parabens, polyethylene glycol, petrochemicals, silicones, sodium laureth sulphates, synthetic colours, synthetic fragrances, plastic microbeads, or nanoparticles.

How to Spa

ALBARO WELLNESS & SPA OPEN HOURS

Wellness and thermal zone: 08:00 to 21:00

Swimming pools: 07:00 to 21:00

Fitness room: 07:00 to 21:00

ACCESS & AGES

Use of wellness facilities is complimentary for guests of the hotel. Spa, wellness, thermal zone, relaxation areas, and gym are for ages 16+. Children may use swimming pools, accompanied by an adult. Ages 14-17 may receive treatments with a parent in our double spa suite.

SPA ETIQUETTE

The spa is a serene environment; participate in this tranquillity by sharing space respectful of privacy, safety, and health. Smoking is prohibited in spa and wellness facilities, including outdoor relaxation areas. Do not bring phones or electronic devices to the spa and wellness areas. Phone use and photography are strictly forbidden. The spa and hotel are not responsible for valuables: leave jewellery in your room safe. Spa lockers are for guests receiving treatments.

SPA ATTIRE & HYGIENE

Come to the spa wearing the robe and sandals provided in your room. Shower with soap before using facilities or receiving treatments. Swimsuit and sandals are not to be worn inside the saunas and steam rooms — use the cotton wrap. Wear a swimming suit in swimming pools.

HEALTH & SAFETY

Inform us of allergies or health concerns prior to receiving a treatment or using products. If you have a condition, consult your doctor before receiving a treatment or using Thermal Zone, pool or gym.

SPA TREATMENTS

To book treatments, dial [NUMBER] from your room phone or call 00385 52 642 021 or visit our spa reception desk. You may also email us at albarospa@maistra.hr. Book in advance to ensure we can accommodate your choice in treatments and timing. Please arrive at least 15 minutes before your treatment. Should you need to reschedule or cancel, provide at least 6 hours' notice; no-shows or late arrivals will be charged the full amount.

WELLNESS MEMBERSHIP

Exclusive memberships may be available; inquire with our Spa Manager.

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In honour of the sea that nourishes us, we are committed to learning how to reduce our environmental impact. Thank you for supporting us as we transition to more sustainable practices, such as reducing single-use disposable plastic and avoiding harmful materials.



