


SPA CLINIC - MEDI MENU

# SPA CLINIC MEDI MENU



A bespoke wellness medical offer specializing in preventive noninvasive therapy to help clients feel rejuvenated while sustaining overall well-being.

Offering an extensive selection of treatments ranging from cryotherapy for pain management and sleep disorders, to other beauty and wellness treatments consisting of rejuvenation therapy and diagnostic testing, all tailored to specific needs.

Our treatments are the most effective, safe and natural method to support a healthy lifestyle.





BIOPURE  
FOR PROFESSIONAL

CE100  
ceramide  
ESSENCE

BIOPURE is undiluted solution series  
of low molecularize ingredients  
bonded with organic minerals  
by biotechnology.

FORLe'd

# CRYOTHERAPY

We've brought cryotherapy out of the clinic and into the Spa.

Now you can enjoy all the benefits of cryo in a luxury atmosphere, with the world class service and convenience you expect.

Cryotherapy is the biohack to burn calories, accelerate weight loss, and promote collagen production.

Experience how three minutes of subzero temperatures burns 500 - 800 calories, destroys fat and cellulite, reduces pain and inflammation, and leaves your skin looking fresh and healthy.



# CRYOTHERAPY



# CRYOTHERAPY



## WEIGHT LOSS

Burn as many calories as an hour at the gym. Freeze fat and cellulite without surgery. In just three months you will see the difference.



## POST INJURY

Injury is a stressful and draining process for the body, CryoSauna is used to support a speedy recovery and healing process; it also boosts energy and immune system.



## RADIANCE AND BEAUTY

Destroy cellulite and dramatically reduces inflammation. Stimulates collagen and reduce wrinkles, also helps loose skin recover and combat signs of ageing.



## SLEEP & WELLNESS

The fast release of endorphins and improved blood oxygenation will leave you feeling fresh and invigorated. This feeling lasts all day, and will improve your mood and your sleep. Better sleep and detoxification mean your immune system gets a boost.



## JET LAG

For travelers and those with a busy lifestyle, 3 minutes of exposure to subzero temperature will not only oxygenate your body after long haul flights but is high in energy boosting which fights jet lag symptoms.

# MEDICAL BODY COMPOSITION ANALYZER

seca mBCA 515

## OPTIMIZE RECOVERY TIME.

During rehabilitation it is important to monitor the effectiveness of specified measures and adapt them if necessary. With a quick measurement time, precise measurement data, and a clear overview of the course of therapy you can create the appropriate therapy plan and reduce your recovery time.



# SECA mBCA 515

## **WHERE BMI ENDS, THE SECA MEDICAL BODY COMPOSITION ANALYZER BEGIN.**

Size and weight alone are not enough for an more extensive analysis of a your body composition. What about fat, muscle and water content? All of these are important and can indicators of serious disease – we use SECA to determine your healthy lifestyle.

## **IDENTIFY SYMPTOMS IN A FEW SECONDS.**

It takes several appointments and examinations to receive accurate and valid body composition measurements. SECA mBCA body composition analyzer delivers the exact results in seconds and saves you a substantial amount of time which could be used to start the necessary treatment.

## **SUPPORT YOUR DIAGNOSIS.**

In addition to height and weight, additional parameters such as fat mass, body water, and muscle mass will assist your diagnosis or recommendation for therapy. A body composition analyzer that delivers precise results and infographics.

## **RESPOND TO DEVELOPMENTS OVER THE COURSE OF THERAPY.**

Routine measurements are essential to respond to certain developments over the course of therapy. A body composition analyzer that delivers accurate and reproducible results in a clear overview will help you make precise adjustments over the course of therapy.

# DNA ANALYSIS IN 3 STEPS

## STEP ONE

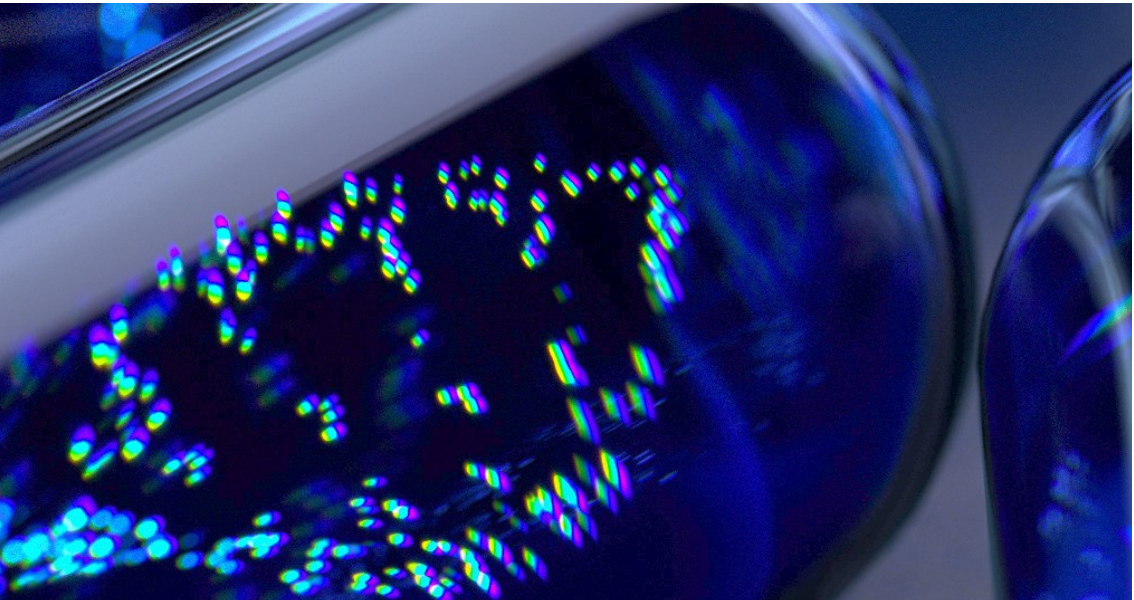
Order & you will receive a DNA sample collection kit with a buccal swab and our staff will perform DNA test

## STEP TWO

Provide sample - We will Register your sample using the barcode.

## STEP THREE - Shipping

After registration, we will send your sample to our lab in the enclosed pre-addressed and pre-paid envelop.



# DNA ANALYSIS


## DISCOVER

You will receive an email notification when your reports are ready and accessible in your online account. Log in and discover your DNA, discover yourself!

## NUTRIFIT LINE

NutriFit products represent DNA tests that will help you tune your lifestyle with your genes in the fields of personalised nutrition, sport, rejuvenation and health.

Which analyses?


- Your diet type based on your genes
  - 14 Nutrition analyses (macro and micro nutrition)
  - 4 Metabolic properties analyses
  - 4 Sport analyses
  - 2 Lifestyle analyses
  - 4 Analyses related to cardiovascular health
  - Nutritional charts
- 

# DNA ANALYSIS

## NUTRIFIT PREMIUM

Includes personalised recommendations based on 58 DNA tests that will help you achieve your nutritional and sports goals or improve your health and prolong your youthful appearance with the help of your genes.

### Which analyses?

- Your DIET TYPE based on your genes
  - 15 Nutrition analyses (macro and micro nutrition and metabolism)
  - 8 Metabolic properties and eating habits analyses
  - 10 Sport analyses
  - 9 Lifestyle and detoxification analyses
  - 9 Analyses related to cardiovascular health
  - 6 Rejuvenation analyses
  - Nutritional charts
- 

# DNA ANALYSIS

## NUTRISKIN

Your personal journey to skin health, vitality and rejuvenation in tune with your genes. Adjust your nutrition and build skincare rituals that work for you!

Learn how you react to external stressors that can be harmful to your skin's ageing process and the appearance of wrinkles. To keep your skin always young,

### **Discover your genes for:**

- Glycation protection
  - Inflammation sensitivity
  - Antioxidant capacity
  - Biological ageing
  - Elasticity and firmness
  - Hydration
  - Cellulite
  - Stretch marks
  - Varicose veins
- 



# REJUVENATION THERAPY



# MEDI SPA OFFER

## **NUTRITIONIST**

SECA m BCA Body Composition analyses

SECA measuring BMI BMA

Personal Consultation

Personalized Nutrition Plan 1/2/4 weeks

Detailed Meal Plan

Breakfast with Nutritionist

## **MEDICAL DOCTOR FULL CHECK UP**

Specialist check up- Internal Medicine

Specialist check up- Dermatology and Venerology

Specialist follow up

In-room Check up

Spirometry, Oximetry

ECG, Ultrasound

Otoscope

Consultation

Blood and Urine Sampling

# ULTHERAPY® HOW IT WORKS



# ULTHERAPY® HOW IT WORKS



## UPPER FACE

Includes area around eyes and eyebrow lifting – can be done in combination or separately



## LOWER FACE

Include area around jawline cheeks and upper neck



## FULL FACE

Includes area of full face, eyebrows, eyes, cheeks, upper neck



## NECK – DÉCOLLETÉ

Includes full neck and can be done separately or together

# ULTHERAPY® HOW IT WORKS



## **BUILDS NEW COLLAGEN**

The Ultherapy® procedure stimulates collagen production by delivering focused ultrasound energy to the skin's foundational layer typically addressed in cosmetic surgery—without cutting or disrupting the surface of the skin.



## **NO TOXINS NO NEEDLES**

Unlike lasers, radio frequency, surgery and other technologies, non-surgical Ultherapy bypasses the surface of the skin to deliver the right amount of ultrasound energy at the right depths and the right temperature. This energy triggers a natural response under the skin, jumpstarting the regenerative process that produces fresh, new collagen.



## **NO DOWNTIME - NATURAL RESULTS**

Some patients see an initial effect right after their treatment, but the real results appear over 2–3 months\* as new collagen works to lift and tighten skin on the neck, chin and brow as well as smooth skin on the chest. While Ultherapy® won't duplicate the results of a facelift, it's a clinically proven non-invasive alternative for those not ready for surgery—and can even be an option for patients who wish to extend the effects of cosmetic surgery..



## **EXIMIA FACE**

**3 in 1 for firmer face**

### **MICRODERMABRASION**

Improves skin tone and prepares it for the next step with a delicate exfoliation action, which eliminates dead cells. Microdermabrasion at the same time stimulates skin rejuvenation and enhances oxygenation. It is ideal, and warmly recommended, before any facial treatment.

### **RADIO LIFT**

Radio lift efficiently decreases wrinkles. It is providing needed lifting effect, thus making your skin look younger and firmer at the same time. Radio lift is suitable for any skin type with almost instantaneous result and no risks.

### **ENDO LIFT**

Gentle endodermic massage revitalizes skin tissue with a lifting effect. Endo lift is an added bonus for your overall younger skin tone. This treatment is intended to leave your skin smoother and more compact as it firms up the collagen fibres. You will notice an immediate lifting effect that will redefine the outline of your body.

# EXIMIA BODY

## **3 in 1 for firmer body**

fat reduction, skin toning, firming & reshaping.

The synergy of two technologies, radiofrequency and vacuum therapy, will allow you to obtain immediate, long-lasting results with safe, non-invasive methodologies. Eximia exclusive treatments against cellulite make your skin look firmer and body contour slimmer.

## **MICRODERMABRASION**

Microdermabrasion improves skin tone and prepares it for the next step with a delicate exfoliation activity. Moreover, it eliminates dead cells and stimulates skin rejuvenation, as well as oxygenation.

## **LASERPORATION**

Laserporation is known as unique and effective treatment that allows significant decrease in the volume of adipose tissue by increasing natural tissue metabolism.

## **ENDORADIOMAG**

Four distinctive massage strokes in a single motion are fused into endo-radiomag. It is very efficient as it stimulates reshaping, tissue firming and skin toning.





# HYDRAFACIAL

## 3 steps of HydraFacial

### Exfoliate, cleanse & hydrate

It is our promise to you that HydraFacial will not only improve the look of your skin, but with frequent treatments, will restore skin health. It is our belief that beautiful skin instills a deep confidence that amplifies inner beauty.

It is our mission to reveal the best skin of your life.

CLEANSE

+

PEEL

Uncover a new layer of skin with gentle exfoliation and relaxing resurfacing.

EXTRACT

+

HYDRATE

Remove debris from pores with painless suction. Nourish with intense moisturizers that quench skin.

FUSE

+

PROTECT

Saturate the skin's surface with antioxidants and peptides to maximize your glow.

# ANTI - AGEING THERAPY



# ANTI - AGEING THERAPY

## DERMAL FILLERS

Dermal fillers are used for facial contouring and plumping up the area around injection site. Available for face, neck, and hands.

## BOTOX®

Reduce fine lines, wrinkles, and remove visible signs of ageing. It is also used to treat hyperhidrosis (excessive sweating).

## MESOTHERAPY

Based on high concentrates of antioxidants, vitamins and hyaluronic acid that promotes regeneration of collagen and acts as a boost of overall skin health.

## HYDRAFACIAL

Only HydraFacial uses patented technology to cleanse, extract, and hydrate your skin. It is the newest treatment which removes all deficiencies of classic micro-abrasion and gives significantly better results with no recovery time needed .

## FACIAL PEELS

Mild peels that rejuvenate by exfoliating the outer skin, improving texture and providing a radiant glow. Our range of facial peels are tailored to each clients' needs; also offer treatments suitable for pregnant or lactating mothers.

## **PLATELET-RICH PLASMA (PRP)**

Non-surgical treatment that stimulates collagen and skin regeneration. In PRP (also known as Plasma) treatment, plasma is extracted and injected in the deep dermis or areas of concern for faster and effective regeneration and rejuvenation.

## **THREAD LIFT**

Surgical threads inserted underneath the skin to position the facial tissue in a certain “lifted” state; helps reposition volume and reshape the face resulting in a fresher and younger look. Areas of treatment: face, jawline, and neck.

## **ULTHERAPY**

An alternative to the surgical facelift. This procedure is based on consultation with our dermatologist to identify the best solution for your needs.

## **LED LIGHT THERAPY- AVAILABLE WITH HYDRAFACIAL ONLY**

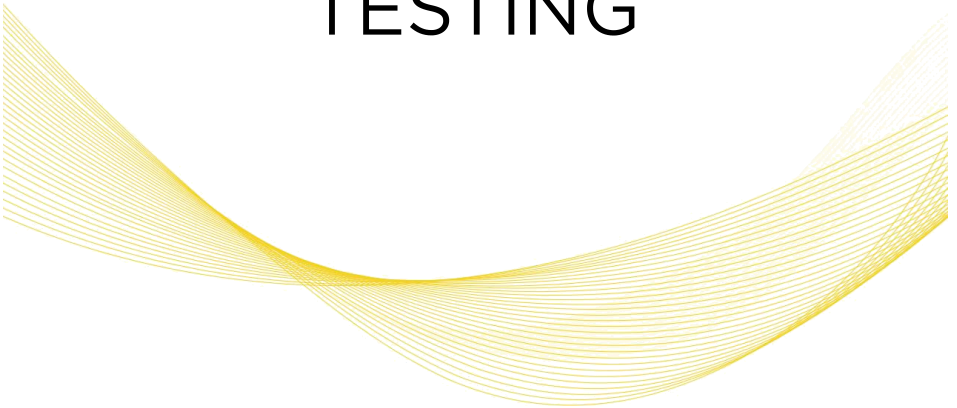
Red or blue infrared light therapy used to improve and rejuvenate skin, boost collagen, and assist with skin conditions such as pigmentation, acne or rosacea.

## **CONSULTATION**

All treatments require an initial consultation. Consultation fees are charged only when treatment has been taken or if a medical prescription is required.



# DIAGNOSTIC TESTING



# DIAGNOSTIC TESTING



## **BLOOD TESTING SERVICES**

A wide range of blood tests such as general health check-up, hormones, vitamin levels, and many more.



## **DOCTOR OF INTERNAL MEDICINE SERVICE**

Consultation with our INTERNIST. This service is available within our clinics and for house calls.



## **DOCTOR OF DERMATOLOGY & VENEROLOGY SERVICES**

Daily available as per schedule for all kind of skin concerns and anti-aging treatments. This service is available every day except weekends.



## **DNA – TEST ANALYSIS**

A genetic skin & nutritional test that uses your DNA to scientifically identify genetic markers that influence your lifestyle.



## **CLINICAL NUTRITIONIST SERVICES**

Comprehensive analyses of eating habits, meals plan and food triggers intolerance.



## **WEIGHT & MEDICAL BODY ANALYSES**

Measure breaks down weight into body compartments relevant to the practice of medicine: Fat Mass and Fat-Free Mass, Body Water and Skeletal Muscle Mass.

# HOLISTIC

## ACUPUNCTURE

We designed a personalized therapy based on the knowledge and capabilities of western contemporary and eastern traditional medicine.

Such customized therapy will help you to attain fullness of life, optimal health, and a naturally rejuvenated appearance. Health and natural beauty are a reflection of our inner physical and emotional state.

Up to 25 years, we use our inherited resources and enjoy our beauty and harmony. After that we slowly become, almost 3D projections of our own created physical and emotional body, with traces of experience and environment. We become life's canvas.

With acupuncture, our MD will provide the most sophisticated art of treatment and overall balance of body, mind and spirit will be achieved.

This new inner balance will radically change your physical appearance and improve your overall health. The results are felt and seen for years.



# MENU OF SERVICES



<b>ULTHERAPY®</b>	<b>PRICE (€)</b>
Full Face (eyebrows, eyes, cheeks, upper neck) 500 lines.....	1750
Upper Face (eyebrows, eyes) 140 lines.....	490
Lower Face (cheeks + upper neck) 400 lines .....	1400
Lower Face & Full Neck 800 lines.....	2800
Neck 300 lines.....	1050
Double Chin .....	150
Double Chin & Neck.....	1750
Decollete.....	980
Eyebrow Lifting .....	175
Only Eyes.....	175
Lower Face Neck & Décolleté.....	1080

## ANTI AGEING THERAPY

## PRICE (€)

Dermal Fillers .....	starting from 460
Botox® .....	starting from 383
Hyperhidrosis.....	613
Mesotherapy Face.....	215
Eyes .....	92
Skin Booster .....	613
Facial Peels .....	starting from 115
Platelet-Rich Plasma (PRP) Face.....	460
Threads Lift.....	starting from 613
Fat Reduction Double Chin.....	250
Abdomen.....	800
LED Light Therapy .....	20
Consultation .....	100

<b>CRYO THERAPY</b>	<b>PRICE (€)</b>
Full Body 1-3 min.....	67
Cryosauna & Personal training 20 min.....	80
Cryosauna 5 times.....	280
<b>DIAGNOSTIC TESTING</b>	<b>PRICE (€)</b>
Blood Testing.....	Price varies
Mineral Tissue and Heavy Metal Analysis.....	300
Food Intolerance Test.....	350
DNA Nutrifit.....	250
DNA Nutrifit Premium.....	399
DNA Nutrisikin.....	250
DNA Nutriplan.....	80 (Add on)
Concierge Service Fee.....	150

<b>ACUPUNCTURE</b>	<b>PRICE (€)</b>
Natural Anti- Ageing Facial (ear, body & face).....	200
Anti- Nicotine Acupuncture (ear).....	76
Body Detox Acupuncture (ear & body).....	81
Asthma & Lung Deficiency (ear & body).....	80
Allergy ReliefAcupuncture (ear & body).....	81
Burn out Syndrome Release (ear, body & face).....	108
Apetitte / Stomach Disorders (ear & body).....	108
Migraine / Headache (ear & body).....	81
Insomnia / Disturbed sleeping (ear & body).....	81
Sweating / Palpitation (ear & body).....	81
Musculoskeletal disorders / Back pain.....	108
Women's health .....	81

\*Consultation and recommendations are free of charge

**FACE EXIMIA**

**PRICE (€)**

Facial treatment by Eximia HR77.....	60
(Microdebrasion, Radio and Endo Lift)	
5 day Smart Face Lift with Eximia HR 77 .....	267
(improves skin tone, efficiently decreases wrinkles and revitalizes skin tissue)	

**EXIMI BODY SHEAPING & CELLULITE**

**PRICE (€)**

Eximia HR77 1 treatment.....	80
(Microdebrasion, Laseroporation EndoRadioMag combined 60 min)	
Eximia HR77 5 treatments.....	370
(Microdebrasion, Laseroporation EndoRadioMag combined 60 min)	

**Add on**

Eximia HR77 Waiste Shaping 20 min .....	45
Eximia HR77 Tights & Buttocks Firming 20 min.....	45
Eximia HR77 Upper Arm Firming 20 min.....	45

**HYDRAFACIAL®** **PRICE (€)**

HydraFacial Booster 30 min.....	93
HydraFacial 90 min.....	133
HydraFacial 90 min.....	200
Back HydraFacial 90 min.....	120

**Add on Hydrafacial®** **Price (€)**

Boosters ampules and collagen mask .....	20
LED Light Red or Blue.....	20
Facial Lymphatic Drainage.....	20

## QUICK FIX PACKAGES

Refresh, Rejuvenate, Recharge

PACKAGE	PRICE (€)
<b>Emergency Back Pain Management</b> ..... (CryoSauna + MRF medical massage + back stretching and manipulation with a physical therapist 120 min )	200
<b>Water Retention</b> ..... (SECA BMA measurement with our nutritionist, CryoSauna, detox scrub, body wrap and massage, detox artichoke tea 140 min)	230
<b>Mini Body Detox</b> ..... (Nutritionist-SECA BMA, CryoSauna , Detox scrub, wrap & massage, artichoke detox tea 190 min)	340
<b>Liver Detox</b> ..... (Liver ultrasound, SECA, counselling with a doctor/clinical nutritionist + 1-4 weeks diet plan + exercise plan designed by our kinesiologist 140 min)	340
<b>Beauty Fix</b> ..... (Deep facial cleansing with hydrating Britanol serum to provide long-term protection against sunspots for yachtsmen and guests who are frequently exposed to the sun; body contouring with EXIMIA technology and 30 min anti-cellulite massage 180 min)	300



## Shaping & Cellulite

<b>PACKAGES</b>	<b>PRICE (€)</b>
<b>Package 1</b> .....	240
(Body treatments, Cryosauna, Lymphatic drainage, Anti- cellulite massage)	
<b>Package 2</b> .....	295
(Body treatments, Cryosauna, Lymphatic drainage, Anti- cellulite massage, Seca BMI & BMA, Diet plan)	
<b>Package 3</b> .....	800
(Body treatments, Cryosauna, Lymphatic drainage, Anti- cellulite massage, Seca BMI & BMA, Diet plan, Personal training)	

# NUTRITION SERVICES

SERVICE	PRICE (€)
SECA mBCA - Body Composition Analyses 45min.....	80
SECA measuring BMI BMA - Follow up 20 min .....	40
Personal Consultation with MSc. Nutritionist 60 min .....	100
Personalised Nutrition Plan 1 week .....	64
Personalised Nutrition Plan 2 weeks.....	96
Personalised Nutrition Plan 4 weeks.....	160
Detailed Meal Plan for preexisting conditions.....	180
Learn how to eat healthy - Breakfast with nutritionist.....	*20

\*(up to 5 persons, price is per person)

# SPA RETREATS

Custom made

## Recommended duration 7 or 14 days

- Sleep Disorders
- Pain Management
- Detox
- Re-Hab your body
- Slimming

## Recommended duration 3 and more days

- Corporate Retreats
- Active Escape Retreats

Contact our Spa Concierge to create your personalised retreat

## IMPORTANT

- All new clients must have a consultation upon first visit only.
- SPA concierge service is only available booking in advance. Any visit outside the MMC will incur additional cost.
- CRYO is only available in the Spa Clinic - at scheduled hours.
- All packages are non-refundable and cannot be combined with other promotions.

# BELLEVUE SPA CLINIC



BELLEVUE  
MALI LOŠINJ CROATIA

## CONTACT

MMC & SPA CLINIC - HOTEL BELLEVUE

Mali Lošinj

[bellevue.spaclinic@jadranka.hr](mailto:bellevue.spaclinic@jadranka.hr)

T +385 (0)679050/051



@losinj hotels