



SENSEAS

Wellness & Spa

by Arena Hospitality Group
📍 Hotel Park Plaza Arena Pula



SENSEAS

We invite you to rebalance your energy flow and to revitalize your body and mind in our professional wellness. Our desire is to take you away from your daily commitments, leave behind the stresses and monotony of your daily life. The experienced team will help you determine the best services and will assist you to give your mind, body and soul the maximum relaxation. For deep well-being we offer rituals and treatments with french cosmetology, Phytomer. Step into tranquillity and immerse yourself in soothing warmth and heavenly aromas. We offer you a unique experience that will make you feel reborn.



PHYTOMER

—
FACE CARE

SENSEAS

Wellness & Spa

HYDRA ORIGINAL

PLUMPING THIRST-RELIEF FACIAL
WITH ORGANIC ALGAE

60 MIN

85,00 €

A skincare essential that pairs moisturizing performance with intense relaxation using organic ingredients, sense-awakening textures and relaxing massage to leave skin soothed and glowing, plumped and restored.

DOUCEUR MARINE

COMFORTING SOOTHING TREATMENT

60 MIN

85,00 €

A nurturing treatment that softens sensitive skin and strengthens its defenses with soothing, hydrating results.



ANTI-AGEING
TREATMENTS



SENSEAS

Wellness & Spa

EXPERT YOUTH

60 MIN

110,00 €

WRINKLE CORRECTION TREATMENT

The leading anti-aging ritual that targets all wrinkles to smooth the skin, reduce lines and re-plump the face.



MEN'S TREATMENT



SENSEAS

Wellness & Spa

NEW SKIN FOR MEN

MEN'S FACIAL

60 MIN

85,00 €

Enter a skincare experience designed especially for men. Choose from a selection of moisturizing, youth-restoring, soothing and anti-pollution facials that have been specially adapted to men's skin needs.



BODY CARES
& RITUALS

THALASSOTHERAPY

SENSEAS

Wellness & Spa

MASSAGES

AROMA SENSEAS 50 MIN **75,00 €**

By reducing minor discomforts and pains and to relieve tension and stress, the technique of traditional wellness styles guarantee complete relaxation of muscle tension and circulation.

AROMA THAI 50 MIN **85,00 €**

This energizing massage is combination of traditional Thai and Swedish massage. Harmony of relaxing and deep tissue massage mouvements with aromatized oils activates energy channels. Positive energy is restored, body relaxed and mind relieved.

80 MIN **110,00 €**

TRESOR WELLNESS 60 MIN **90,00 €**

ABSOLUTE SERENITY MASSAGE

An Ayurvedic-inspired, flowing massage that encompasses the body and scalp, inviting you to let go and relax completely. Gradually, energy returns to the whole body, which becomes lighter and more serene, as if weightless.



HOT STONE

75 MIN

95,00 €

Deep warming massage with volcanic rocks.

BACK & NECK MASSAGE

25 MIN

47,00 €

It is performed locally mainly for back and neck ailments or problems. It stimulates the flow of blood and nutrients to the muscles and reduces muscle tension. It has general effects on both muscle activation and overall relaxation.

TIME FOR TWO

50 MIN

145,00 €

Enjoy the relaxing massage experience with your friend or partner. The exclusive couple massages are a great way to enjoy together.

DEEPLY NOURISHING FOOT MASSAGE

20 MIN

35,00 €

The feet represent the essential connectors between earth and heaven for a good flow of energy. This massage provides deep wellbeing and intense relief of nervous tension.

SCALP MASSAGE 20 MIN **35,00 €**

The head, back of the neck and trapezius centralise a lot of nervous tension. Relaxing with a targeted massage provides deep relaxation, lowers sensitivity to stress, helps you to switch off and improves the quality of sleep.

REFLEXOLOGY 25 MIN **55,00 €**

By pressing feet and palms reflex zones all body is treated. This acupressure massage balances the whole body, bringing it into a state of proper functioning.

45 MIN **70,00 €**

THAI BACK& NECK 40 MIN **60,00 €**

THAI PACKAGE 50 MIN **85,00 €**

Combination of head, neck and back massage with reflexology provides deep relaxation.

Tension is relieved, sleep quality is improved and well-being is restored.



SPA
SERVICES



SENSEAS

SPA SERVICES

Gym — 1 visit **16,00 €**

Spa zone — 1 visit / up to 3 hours **30,00 €**



SPA
ETIQUETTE



SENSEAS

RESERVATION To ensure that your preferred treatment or therapists available, we invite you to schedule your appointment in advance at the Spa reception. Spontaneous bookings (day-of-service / walk-ins) are always welcomed, and will be confirmed based on availability.

CANCELLATION POLICY We require a six hours notice to cancel your treatment without charge. The amount of 50% of a treatment will be charged if it is not cancelled in accordance with the cancellation policy, or if it is not attended.

SPA ARRIVAL We would advise arrival to the SPA center ten minutes prior than scheduled in order to provide the service at the scheduled time. Please notice that late arrivals will result in a shortened appointment. In fairness to others, we must follow scheduled appointment times so the next guests' sessions can begin on time. Please note that in case of late arrival you will be charged the full amount of the service.

DIALOGUE Communication with your therapist should be a free and open dialogue. Prior to the start of your service, please advise the areas you would like the therapist to focus on and any areas that should be avoided. During your service please let the therapist know if you feel any discomfort. Please inform your therapist if you have any medical conditions as this may interfere with Spa use and treatment selection.



PAYMENT We accept cash and all major credit cards; as well as room charge.
Prices include VAT. Prices are subject to change without prior notice.

VALUABLES The hotel takes no responsibility for lost or damaged personal items. Please leave your valuables in your room or use lockers provided in the changing rooms.

MINIMUM AGE We welcome guests of all ages in the pool area.
Spa zone and Gym are reserved for guests 16 years of age and above.

WORKING HOURS Every day from 10 a.m. until 7 p.m.



SENSEAS

Wellness & Spa

by Arena Hospitality Group

📍 Hotel Park Plaza Arena
Verudella 31, 52100 Pula
Tel: +385 (0)52 375 000
wellness.arena@parkplazacroatia.hr
www.arenahotels.com