

HEALTHCLUB

ESPLANADE ZAGREB



U samom srcu zagrebačkih ulica, u najljepšem hotelu u Zagrebu, nalazi se oaza mira i relaksacije samo za Vas. Ekskluzivnost i njega su privilegije i dragocjenosti današnjeg vremena. Doživite nezaboravne, opuštajuće trenutke koji će obogatiti sva Vaša osjetila. Želite vježbati uz individualan pristup visoko kvalificiranih trenera ili se želite prepustiti toplim rukama stručnih masera i terapeuta - mi smo Vaše rješenje.

Over my years at the Esplanade, the spa treatments and the wonderful staff have been the icing on the cake of my time in Zagreb.

Dr. Carol Cotton

In the heart of Zagreb's streets, in the most beautiful hotel in Zagreb, lies an oasis of peace and relaxation just for you. Exclusiveness and care are today's privileges and valuables and we provide it all just for you. Experience memorable, relaxing moments that will enrich all your senses. Whether you want to exercise with a private coach or you want to relax in the warm hands of our professional masseurs - we are your solution.

BASIC MASSAGES



SPORTSKA MASAŽA

Sportska masaža jedinstven je spoj duboke masaže i Shiatsu pristupa. Potiče i olakšava razgibavanje, otklanja umor, posporješuje izdržljivost te pomaže u prevenciji ozljeda. Preputstite se timu stručnjaka te poslušajte njihove savjete o vježbanju i načinu saniranja eventualnog problema.

60 min

80,00 €

DE-STRESS MASAŽA

Luksuzna švedska masaža s naglaskom na leđima i vratu, nakon čega slijedi osvježavajuća masaža lica s posebno odabranim preparatima. Ova masaža će Vas relaksirati i nakon najstresnijeg dana. Opustite se!

50 min

70,00 €

SPORTS MASSAGE

Sports massage is combination of deep massage and Shiatsu approach. It encourages and facilitates stretching, reduces fatigue, enhances stamina and helps to prevent injuries. Surrender yourself into the hands of our experts and take their advice on exercising and diminishing possible ailments.

60 min

80,00 €

DE-STRESS MASSAGE

A luxurious Swedish massage with an emphasis on back and neck regions followed by a refreshing facial massage with specially made preparations. This massage will relax you even after the most stressful day.

50 min

70,00 €

ESPLANADE MASAŽA

Nježna i umirujuća masaža za maksimalno opuštanje. Ovaj oblik anti-stresne masaže cijelog tijela kombinira duge poteze s nježnim masažnim tehnikama i posebno biranim relaksirajućim uljima, koja će Vas opustiti i dati Vam bestežinski osjećaj još dugo nakon tretmana.

50 min

60,00 €

PARCIJALNA MASAŽA

Parcijalna masaža pojedinih dijelova tijela, npr. leđa, noge, ruke, po Vašem izboru. Traje 30 minuta, a iskustvo masera presudno je kod izbora tehnike masiranja.

30 min

50,00 €

PILING TIJELA HIMALAJSKOM SOLJU

Ovaj piling sa mješavinom himalajske soli, bademovog ulja i eteričnih ulja limunskog eukaliptusa i lavande ostaviti će kožu čistom i mekom poput svile.

30 min

50,00 €

ESPLANADE MASSAGE

This is a gentle soothing massage for maximum relaxation. This form of anti-stress full body massage combines long strokes with gentle massage techniques and along with aromatic oils promises to relax you and leave you with that weightless feeling for a long time after the treatment.

50 min

60,00 €

PARTIAL MASSAGE

A partial massage of individual body parts, e.g. back, legs, arms, in accordance with your choice. This massage lasts 30 minutes and the expertise of the masseur is crucial in the choosing of the most appropriate massage technique.

30 min

50,00 €

BODY PEELING WITH HIMALAYAN SALT

This body peeling with Himalayan salt, almond oil and essential oils of eucalyptus and lavender will leave your skin feeling clean and silky.

30 min

50,00 €



EXCLUSIVE MASSAGES

MEDITERANSKA MASAŽA

Poklon prirode samo za Vas. Nježan miris i blagodati Mediterana, najfinije maslinovo ulje, prirodno sušena lavanda te morska sol, stvaraju osjećaj mira i topline koji preplavljaju cijelo Vaše tijelo. Tretman koji pomlađuje i njeguje Vašu kožu, vraća joj elastičnost i vlažnost te potiče stvaranje kolagena.

50 min

80,00 €

ANTICELULITNA MASAŽA

Ovo je tretman u kojem se koristi inovativan antiselulitni proizvod u obliku masažnih perlica koje se tijekom masaže rastapaju i prodru u duboke slojeve razbijajući masne stanice. Završno se nanosi serum koji pojačava cirkulaciju i poboljšava tonus te je koža vidljivo zaglađena, a u nogama imate osjećaj lakoće.

40 min

70,00 €

MEDITERRANEAN MASSAGE

This is a gift of nature just for you. The delicate fragrance of the Mediterranean and the blessing of nature in the form of the finest olive oil, naturally dried lavender and sea salt create a sense of peace and warmth flooding your body with delight and waves of pleasure. This treatment rejuvenates and nourishes your skin, restores its elasticity and moisture and encourages the formation of collagen.

50 min

80,00 €

ANTI-CELLULITE MASSAGE

This treatment uses an innovative anti-cellulite product in form of massaging pearls that melt during the treatment, penetrate into deep skin layers and break down the fat cells. After the massage a circulation boosting and firming serum is applied so that skin is visibly smoother and your feet feel lighter.

40 min

70,00 €

HOT STONE

Blagotvorna svojstva toplog kamenja poznata su već tisućama godina. Ova jedinstvena tehnika masaže kombinira blagodati bazaltnog kamenja i mirisnu podršku eteričnih ulja. Hot stone masaža ima iznimno učinak drenaže i izbacivanja štetnih tvari, blagotvorno djeluje protiv stresa, napetosti i zakočenosti mišića, loše cirkulacije, raznih reumatskih stanja, boli u ledima, tjeskobe, nesanice i depresije. Tretman koji liječi tijelo, um i dušu!

80 min**110,00 €****ČOKOLADNI SAN**

Senzualna masaža topлом, tekućom čokoladom budi sva Vaša čula, čini kožu mekšom i čudesno glatkom, a njen miris ulazi u sve stanice, što potiče stvaranje serotonina, hormona koji nam pruža osjećaj sreće i dobrog raspoloženja. Nudimo vam čokoladnu fantaziju!

70 min**100,00 €****HOT STONE MASSAGE**

The healing properties of hot stones have been known for thousands of years. This unique massage technique is a combination of the benefits of heated basalt rocks and beautiful fragrances of essential oils. This massage has an excellent drainage and detoxification effect, is beneficial against stress, tension and stiff muscles, poor blood circulation, various rheumatic conditions, back pain, anxiety, insomnia and depression. It is a treatment for the body, mind and soul.

80 min**110,00 €****CHOCOLATE DREAM**

This sensual massage with warm, liquid chocolate awakens all of your senses, makes your skin softer and wonderfully smooth, and the smell of chocolate permeates the smell cells increasing serotonin production, the hormone responsible for the feeling of happiness and good mood. We offer you chocolate fantasy!

70 min**100,00 €****BAMBUS MASAŽA**

Bambus simbolizira snagu i fleksibilnost. Tri veličine bambusovih štapića, koje se koriste, savršeno pristaju uz konture tijela i osiguravaju duboku, revitalizirajuću relaksaciju, koja se od davnina koristi u Aziji. Bambus masaža stimulira, oslobođa napetost i odlično je sredstvo u borbi protiv stresa, glavobolje i nesanice. Njeguje kožu i čini je mlađom, mekšom i sjajnijom te dovodi tijelo u stanje prirodne ravnoteže.

90 min**120,00 €****ISTARSKA TERAPIJA GROŽĐEM**

Ljekovita, ali i kozmetička svojstva grožđa poznata su još od antičkih vremena. Zbog svoje velike anti-oksidacijske snage grožđe je jedan od najjačih zaštitnih, revitalizirajućih i anti-aging proizvoda. Piling od bademovog ulja i smeđeg šećera te masaža uljem koštica grožđa čine energični, stimulativni, drenažni i tonificirajući tretman za kožu tijela pod stresom.

80 min**110,00 €****BAMBOO MASSAGE**

The bamboo tree symbolizes strength and flexibility. Three different sizes of bamboo sticks used in this massage fit the contours of the body perfectly and provide a deep, revitalizing relaxation, which has been used in Asia since the ancient times. It stimulates, relieves tension and is an excellent tool in combating stress, headaches and insomnia. It nurtures the skin making it younger, softer and shinier and brings the body into a state of natural balance.

90 min**120,00 €****ISTRIAN GRAPES THERAPY**

The medicinal and cosmetic properties of grapes have been known since the ancient times. Due to its strong antioxidant properties grapes is one of the most important protective, revitalizing and anti-ageing products. Peeling with almond oil and brown sugar followed by massage with grape seed oil is an energizing, stimulating, draining and tonifying treatment for the skin of a stressed body.

80 min**110,00 €**

AROMA MASAŽA

Aroma masaža kombinira fizičke i emocionalne učinke nježne masaže s ljekovitim i psihoterapijskim djelovanjem toplih eteričnih ulja. Ne samo da smanjuje stres i poboljšava raspoloženje, već uspješno odstranjuje manje zdravstvene tegobe. Izbor eteričnih ulja prilagođava se potrebama svakog klijenta.

60 min	90,00 €
90 min	120,00 €

AROMA DETOX

Aroma detox započinje uklanjanjem mrtvih stanica kože cijelog tijela posebnim pilingom od morske soli i aromatičnih ulja. Slijedi aroma masaža posebnom mješavinom aromatičnih ulja koja pospješuju topljenje masnih naslaga te izbacivanje nakupljenih toksina iz tijela. Da bi se još više potaknulo znojenje i izbacivanje toksina iz organizma, klijent se zamotava u termo foliju na 20-30 minuta. Za to vrijeme klijent uživa u masaži lica.

90 min	120,00 €
---------------	-----------------

AROMATHERAPY

The Aroma Massage combines the physical and emotional effects of gentle massage with the medicinal and psychotherapeutic effect of warm essential oils. Not only does it reduce stress and enhance the mood but is also seen as a remedy for minor health problems. We choose essential oils according to your preferences or needs.

60 min	90,00 €
90 min	120,00 €

AROMA DETOX

Aroma detox starts by removing dead skin cells of the entire body with a peeling made of sea salt and aromatic oils followed by an aroma massage with a special blend of aromatic oils which speed up the melting of fat deposits and the detoxification process. In order to even further encourage perspiration and detoxification, the client is wrapped in a thermo foil for 20-30 minutes. During that time the client enjoys facial massage.

90 min	120,00 €
---------------	-----------------

ĐUMBIRO TERAPIJA

Terapija počinje đumbirovim čajem i toploim kupkom za stopala. Slijedi tretman leđa toplim oblozima, a završava masažom cijelog tijela pripravkom s eteričnim uljem đumbira. Ugrijani đumbir duboko prodire u tkivo i organe sve do same stanične razine, potiče cirkulaciju krvi i limfe i eliminaciju oslobođenih toksina.

90 min	120,00 €
---------------	-----------------

AROMATIČNA MASAŽA SVJEĆAMA

Prirodna topla ulja argana i shea maslaca se otapaju uz plamen upaljene svjeće i postižu idealnu temperaturu za savršeno nježnu i opuštajuću masažu cijelog tijela. Eterična ulja se oslobađaju i osim što stvaraju mirisnu rapsodiju vašoj koži i cijelom tijelu pružaju dragocjene aktivne sastojke.

60 min	90,00 €
---------------	----------------

MAGIC HONEY

Kombinacija toplog bademovog ulja i meda učinit će ovu masažu uistinu magičnom. Masaža medom potiče organizam da se osloredi toksina i viška tekućine te pozitivno djeluje na tonus kože. Pore na koži se čiste, a sama koža ponovno postaje meka i svilenkasta.

80 min	110,00 €
---------------	-----------------

GINGER THERAPY

The therapy begins with a ginger tea and warm foot bath, followed by a back treatment with warm compresses, and ending with a whole body ginger aromatic oil massage . Heated ginger penetrates deep into tissues and organs, down to the cellular level and stimulates blood and lymph circulation which helps eliminate toxins.

90 min	120,00 €
---------------	-----------------

AROMATIC MASSAGE WITH CANDLES

Natural warm argan oil and shea butter melt down under the candle flame and reach the ideal temperature for the perfectly tender and relaxing whole body massage. Essential oil set free creating a rhapsody of scents and giving your skin and your whole body precious ingredients.

60 min	90,00 €
---------------	----------------

MAGIC HONEY MASSAGE

The combination of warm almond oil and honey will make this massage truly magical. Honey massage stimulates the body to eliminate toxins and excess fluid, and has a positive effect on skin tone. The skin pores are cleansed, and the skin itself again becomes soft and silky.

80 min	110,00 €
---------------	-----------------



FACE CARE

DEEP HYDRATING TREATMENT

Pripravci korišteni u ovom tretmanu vašu kožu dubinski hidratiziraju vraćajući joj zdrav izgled i svježinu. Ugodna opuštajuća masaža doprinosi dubinskom djelovanju korištenih kozmetičkih pripravaka.

50 min

80,00 €

LIFTING TREATMENT

Ovaj intenzivni tretman vraća zreloj i umornoj koži tonus i elastičnost. Posebnom lifting masažom potičemo cirkulaciju i stvaranje kolagenih vlakana. Razmazite sebe i Vašu kožu ovim luksuznim tretmanom.

50 min

105,00 €

ANTI-WRINKLE TREATMENT

Ekskluzivni tretman namijenjen svim tipovima kože kod pojave prvi znakova starenja. Kožu regenerira, njeguje te umanjuje duboke i plitke bore. Nakon tretmana znakovi starenja su vidno umanjeni, koža postaje čvršća i poprima poseban sjaj.

50 min

90,00 €

DEEP HYDRATING TREATMENT

Cosmetics used in the treatment hydrate your skin deeply returning a healthy look and freshness. A pleasant relaxing massage contributes to the deep action of cosmetic products.

50 min

80,00 €

LIFTING TREATMENT

This intensive treatment restores tone and elasticity to mature and tired skin. Special lifting massage stimulates circulation and the production of collagen fibres. Pamper yourself and your skin in this luxurious treatment.

50 min

105,00 €

ANTI-WRINKLE TREATMENT

Exclusive treatment for all skin types with the first signs of aging. It regenerates the skin, nourishes and reduces deep and shallow wrinkles. After the treatment the signs of aging are visibly reduced, the skin becomes firmer and takes on a special glow.

50 min

90,00 €

ESSENCE OF IMORTELLA TRETMAN

Zlatno ulje smilja u ovom tretmanu snažno djeluje na proizvodnju kolagena, poboljšava mikrocirkulaciju, umanjuje bore te uklanja mrlje i druge nepravilnosti na koži. Tretman će mo upotpuniti masažom i njegovom vaših ruku.

50 min**90,00 €****MAGIC HONEY MASAŽA LICA**

Med se u kozmetici koristi od davnina te se smatra najstarijim i najprirodnijim proizvodom za njegu kože. Sprječava razvoj bakterija, ima regenerativna svojstva te povećava elastičnost kože. Omekšava kožu i vrlo je djelotvoran u borbi protiv bora i akni. Uljepšajte svoju kožu na najprirodniji način.

30 min**50,00 €****ESSENCE OF IMMORTELLE TREATMENT**

Golden Immortelle Oil in this treatment strongly activates collagen production, boosts microcirculation, reduces wrinkles and removes spots and other skin flaws. The treatment will be completed with hands massage.

50 min**90,00 €****MAGIC HONEY FACE MASSAGE**

Honey has been used in cosmetics since ancient times and is considered to be the oldest and most natural skincare product. It prevents the growth of bacteria, has regenerative properties and increases skin elasticity. It softens the skin and is very effective in the fight against wrinkles and acne. Spice up your skin in the most natural way.

30 min**50,00 €****MASAŽA LICA**

Umorni? Trebate brzinsko opuštanje? Opustite se uz masažu lica, vrata i dekoltea i iskušajte ljekovitu snagu ulja od marelice i smilja.

20 min**30,00 €****TRETMAN ČIŠĆENJA LICA**

Tretman čišćenja lica uklanja odumrle stanice i dubinski čisti kožu te ju ostavlja nahranjenom i blistavom.

60 min**90,00 €****FACIAL MASSAGE**

Feeling tired? Need fast relaxation? Relax with a face, neck and chest massage and try the healing power of apricot and immortelle oil.

20 min**30,00 €****DEEP CLEANSING FACIAL**

An exfoliating treatment that helps your skin go free from dead skin cells and other impurities. Treatment for cleaner and glowing skin.

60 min**90,00 €**



EX CLU SIVE FACE CARE

GO&GLOW FACIAL

Siva i umorna koža izgledat će sjajno, pomlađeno i obnovljeno. Brzi posvjetljujući tretman za sjajnu i ujednačenu kožu lica koji uključuje 15 minutnu masažu lica.

30 min

60,00 €

GO&GLOW HYDRA LIFT

Za sve tipove kože sa okrepljujućom 15 minutnom masažom lica. Kožu lica osvježava, umiruje i hidratizira.

30 min

60,00 €

GOLDEN LIFT SIGNATUR FACIAL

Luksuzni tretman lica koji kombinacijom čistog zlata, algi i gline kožu snažno osvježava te je čini blistavom i zategnutom. Posebnim rollerom sastojci se unose u dublje slojeve kože što dodatno pojačava njihovo djelovanje.

60 min

110,00 €

GO&GLOW FACIAL

Grey and tired skin will look glowing, rejuvenated and regenerated. A quick skin lightening treatment for glowing and balanced face skin including a 15-minute facial massage.

30 min

60,00 €

GO&GLOW HYDRA LIFT

For all skin types with a regenerating 15-minute facial massage. Your skin will be refreshed, soothed and hydrated.

30 min

60,00 €

GOLDEN LIFT SIGNATUR FACIAL

A luxurious facial that combines pure gold, algae and clay, refreshes the skin strongly and makes it radiant and tight. Special roller helps ingredients to penetrate into the deeper layers of the skin which enhances their action.

60 min

110,00 €



FINAL TO UCH

DEPILACIJA

Njegovana, nježna i glatka koža daje nam samopouzdanje, a koristimo li pri tome i prirodna sredstva za depiliranje užitak je još veći. Nepoželjne dlačice s lica i tijela mogu se brzo i lako ukloniti, i to na dulje vrijeme.

Ruke	30,00 €
Noge i bikini	50,00 €
Pola nogu	30,00 €
Nausnica	10,00 €
Bikini	25,00 €
Pazusi	15,00 €
Muška leđa	50,00 €

DEPILATION

Nourished, soft and smooth skin makes us feel more self confident, and if we use natural depilatory products the feeling is even greater. Unwanted facial and body hair can be removed quickly and easily, for an even longer period of time, by using natural products.

Arms	30,00 €
Legs and bikini	50,00 €
Half leg	30,00 €
Upper lip	10,00 €
Bikini	25,00 €
Armpits	15,00 €
Mens back	50,00 €

GYM & SA UNA



GYM & SAUNA

Za razliku od velikih komercijalnih fitnesa u gradu mi vam nudimo intiman, elegantno uređen prostor, opuštenu i smirenu atmosferu bez gužve te potpunu posvećenost našeg osoblja. Boravak u sauni će vam pomoći da se do kraja opustite i riješite nakupljenog stresa i toksina. Upotreba saune i fitnesa za goste hotela je besplatna.

Gym program-personal training

60 min	50,00 €
Power plate program	
30 min	40,00 €
Sauna	
90 min	30,00 €
Sauna	
1 mjesec	120,00 €

GYM & SAUNA

Unlike other commercial fitness studios in the city we offer you an intimate, elegantly furnished space with relaxing and calming atmosphere, away from stress and crowd where our well-trained and entirely dedicated staff will attend to you. Staying in sauna will help to relax completely and get rid of accumulated stress and toxins. Use of sauna and fitness is free for hotel guests.

Gym program-personal training

60 min	50,00 €
Power plate program	
30 min	40,00 €
Sauna	
90 min	30,00 €
Sauna	
1 month	120,00 €

ČLANSTVO

SILVER ČLANSTVO Vam omogućava korištenje prostora fitnesa i saune od ponedjeljka do nedjelje, uz konzumaciju vode i voća te 40% popusta na sve ostale naše usluge.

1 mjesec **150,00 €**

GOLD ČLANSTVO Vam omogućava korištenje prostora fitnesa i saune od ponedjeljka do nedjelje uz konzumaciju vode i voća. Osobni trener Vam je na raspolaganju od ponedjeljka do petka. U cijenu su uključene dvije masaže iz našeg programa BASIC, te pranje i čuvanje Vaše odjeće za vježbanje. Za sve ostale naše usluge nudimo vam 40% popusta.

1 mjesec **360,00 €**

PLATINUM ČLANSTVO Vam omogućava korištenje prostora fitnesa i saune od ponedjeljka do nedjelje uz konzumaciju vode i voća. Osobni trener Vam je na raspolaganju cijeli tjedan. U cijenu su uključene dvije masaže iz našeg programa BASIC, dvije masaže iz programa EXCLUSIVE, te pranje i čuvanje Vaše odjeće za vježbanje. Za sve ostale naše usluge nudimo vam 40% popusta.

1 mjesec **450,00 €**

Članom kluba možete postati samo na preporuku hotela ili dosadašnjeg člana kluba.

MEMBERS ONLY

SILVER MEMBERSHIP allows you to use fitness facilities and saunas from Monday to Sunday, free water and fruits included. We offer you 40% off for all our treatments.

1 month **150,00 €**

GOLD MEMBERSHIP allows you to use fitness facilities and saunas from Monday to Sunday, free water and fruits included. Your personal trainer is there for you from Monday to Friday. Price includes: two massages from our BASIC program and washing your workout clothes. We offer you 40% off for all our treatments.

1 month **360,00 €**

PLATINUM MEMBERSHIP allows you to use fitness facilities and saunas from Monday to Sunday, free water and fruits included. Your personal trainer is there for you all week. Price includes: two massages from our BASIC program, two massages from the EXCLUSIVE program and washing your workout clothes. We offer you 40% off for all our treatments.

1 month **450,00 €**

Memberships are available through hotel or Member recommendations.

GIFT YOU CHER

POKLON BON

Poklon bon Health cluba Esplanade savršen je dar za poslovnog partnera ili vama dragu osobu.

GIFT VOUCHER

Our gift voucher is a perfect gift for a business partner or someone dear to you.



REZERVACIJA TERMINA

ezervirati termin možete na interni broj telefona 3559
+385.01.4566.059, +385 091.4566.601 te na
mail: info@healthclub-esplanade.com,
esplanade@healthclub-esplanade.com.

DLAZAK NA ZAKAZANI TRETMAN

trebno je prijaviti se na recepciju Health Cluba
njmanje 15 minuta prije zakazanog termina, kako bi se
ispložilo skraćivanje trajanja tretmana.

SKAZ REZERVACIJE

koliko želite promijeniti vrijeme Vašeg već zakazanog tretmana, trebate nam se javiti najmanje 3 sati unaprijed. Zadržavamo pravo naplate 50% iznosa u kazanog tretmana, ukoliko tretman nije otkazan najmanje 3 sata unaprijed. Ako se ne pojavitte na kazanom tretmanu, bit će Vam u cijelosti naplaćen.

PRIGOVOR NA USLUGU

koliko imate prigovor na uslugu, molimo Vas da ju razrite osoblju Health cluba prije nego izvršite plaćanje potpišete potvrdu usluge. Naknadni prigovori na teleskoi recepciji se ne uvažavaju.

Ukoliko Vas da prije korištenja prostorija Health Club pročitate i pridržavate se pravila kuće, pravila kuće možete pročitati u cijelosti na www.healthclub-esplanade.com.

užbeni fiksni tečaj konverzije: 1 ₣ = 7,53450 HRK

The official fixed exchange rate applies for conversion: EUR 1 = HRK 7.53450

ITION

Make a reservation by using the internal number 3559, or telephone numbers 66.059, +385.091.4566.601 or healthclub-esplanade.com, <http://healthclub-esplanade.com>.

FOR APPOINTMENT

the reception desk of the HealthClub at least before your appointment in order to assure smooth of the treatment.

BOOKING A RESERVATION

To change the time of your appointment, you must contact us at least 3 hours in advance of the set time. We reserve the right to charge 50% of the amount for the arranged treatment if the treatment has not been canceled at least 3 hours in advance of the set time. If you fail to show up for your appointment, you will be charged the full amount for the arranged treatment.

ABOUT SERVICE

If you have a complaint about the service, please state it to the hotel staff before you make the payment or service confirmation. We do not consider complaints at the hotel reception.