

ESPA *at* **PICAL**

IMMERSE YOURSELF IN A WORLD
OF WELLFULLNESS



CARINGLY CRAFTED TO OFFER REMARKABLE,
BESPOKE AND GENUINE WELLNESS EXPERIENCES,
ESPA AT PICAL DELIVERS AN ARRAY OF ENVELOPING
IMMERSIONS, ALL FOCUSSED ON HELPING
YOU TO FEEL THE VERY BEST YOU CAN.

A state of physical, emotional and energetic wellfullness is encouraged through our collection of contrast therapy experiences, evoking the scents and sounds of the Mediterranean while delivering the healing benefits of heat and cold therapy.

Elevate your experience with our thoughtfully created collection of treatments and rituals to nurture, motivate, support and equilibrate both mind and body.

Drawing inspiration from the rich heritage, eco-system and cultural influences of the Istria region, ESPA at Pical enables you to explore an exquisite and unique range of spa practices and treatments, holistically supporting your own wellness journey.



Signature *Treatments*

Inspired by the enchanting Parenzana Trail, tracking its way through Italy, Slovenia, and Croatia, ESPA at Pical weaves this rich heritage into every element of its design and treatments. From the experiential thermal suite to the immersive therapies, each experience draws from the healing flora, landscapes, and traditions found along the trail's 123km journey to Poreč. This harmonious blend of Mediterranean mindfulness and regional wellness rituals creates a truly unique ESPA at Pical experience — where every moment invites you to connect deeply with nature, culture, and yourself.

ESPA Parenzana Journey

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90 minutes

BATHE IN THE BALANCING VIBRATIONS OF NATURE AND ELEMENTAL ENERGY OF THE PARENZANA TRAIL, WITH THIS IMMERSIVE SENSORY JOURNEY.

The ebb and flow of the Sea, the whispering Adriatic breeze and the grounding serenity of the Earth are echoed by carefully chosen sound therapy instruments, selected intuitively depending on how you wish to feel. Mood-enhancing essential oils and flowing, stretching massage techniques mimicking the movement of water and air combine to transport your mind and body to a plane of deep relaxation, renewal and connection.

Sound therapy can be provided by one of the following:

Koshi Chimes evoke the soft Adriatic breeze whispering through the pine forests of Pical, bringing lightness and mental clarity

Ocean Drum carries the ebb and flow of the nearby sea, washing over the senses to calm the nervous system

Crystal Singing Bowl tuned to a specific energy center, the gentle resonance offers grounding and serenity

Includes: sensory consultation – warm oil body massage with sound therapy

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210,00 €

ESPA Restorative Salt Stone Therapy

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90 minutes

INSPIRED BY THE RICHES OF THE EARTH AND VALUING THE THERAPEUTIC BENEFITS OF THE ‘WHITE GOLD’ FOUND ON THE SALT PLAINS OF ISTRIA, THAT HAS BEEN HERALDED FOR MILLENNIA.

Salt Stone therapy draws from gentle, nurturing techniques and this treatment is a deeply grounding and clearing experience that connects with the natural riches of the Istria region. Body massage blends the healing warmth of hand-carved salt stones with locally sourced extra virgin olive oil, rich in nourishing vitamin E and cell supporting anti-oxidants. Infused with local lavender and thyme essential oils affording a sense of calm and clarity to this soothing massage therapy, helping to ease muscle tension, promote circulation, aid restful sleep and restore energetic balance.

Includes: ESPA salt & oil scrub – salt stone massage with warm oil – scalp massage with rose quartz crystals

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210,00 €

ESPA Istrian Herbology Four Hand Massage

120 minutes

INFORMED BY THE RHYTHMS OF ISTRIA, GUIDED BY HARMONY AND INTUITION.

Experience deeply immersive massage featuring two skilled therapists working in perfect harmony, mirroring each other’s movements with synchronised precision. Reflecting the rich healing traditions and natural abundance of the region by offering physical support and emotional renewal. Choreographed hands combine with the warmth of herbal poultices creating a hypnotic dance that quietens the mind and calms the nervous system, allowing a profound stillness and total relaxation to evolve.

Local Istrian herbs of lavender, sage and rosemary are infused into the poultices, releasing healing aromas and medicinal warmth into the skin and muscles. The alternating sensation of hands and warm poultices grounds your body while lifting mental fatigue, melting away layers of muscular tension and accumulated stress, offering total liberation for mind and body.

Includes: four-hand body and scalp massage using warm herbal poultices and advanced hands-on massage techniques

380,00 €

ESPA Thallasso Detox Ritual

120 minutes

CAPTURING THE CLEANSING, RENEWING AND HEALING POWER OF THE ADRIATIC SEA, THIS REVITALISING RITUAL DELIVERS IMMEDIATE RESULTS THAT CAN BE FELT LONG AFTER LEAVING THE SPA.

Skin smoothing sea salt, iced mitts and invigorating essential oils exfoliate in preparation for a warm cocoon of marine algae gel to promote detoxification and deep mineral absorption. Specialised manual lymphatic massage techniques help to boost the immune system and reduce fluid retention, using oils enriched with cypress, juniper berry and grapefruit, selected for their purifying and stimulating properties, while digestive wellbeing massage focused on the abdominal area to support gut health, aids the relief of bloating and enhances natural detox pathways.

Each movement is purposeful, promoting internal balance while calming the nervous system. Infused with layers of marine actives, essential oils, and botanical extracts, this experience leaves your skin smooth, deeply nourished and hydrated, your mind refreshed and clear and the re-set button pressed for a new start.

Includes: skin brush and salt & oil body exfoliation with iced mitts - marine algae envelopment – lymphatic drainage massage with digestive health abdominal massage – scalp massage

270,00 €

ESPA Mindful Voyage

120 minutes

AN EXQUISITELY IMMERSIVE EXPERIENCE THAT GENTLY LEADS YOU ON A MINDFUL JOURNEY — EMBRACING PRESENCE, CONNECTION, AND THE TRUE ESSENCE OF CALM AND RELAXATION.

Breathwork, visualisation, and skilled hands guide this experience, deeply inspired by the timeless wisdom of Mediterranean traditions and lifestyle, celebrating the region's abundant natural beauty and rich, nourishing gifts.

This treatment, addressing both face and body, gently sheds layers of stress and tension, opening new pathways as breath, body, and mind find harmonious balance. A profound transformation unfolds, leaving your body and soul holistically renewed, deeply relaxed, and uplifted.

Includes: facial cleanse & exfoliation -
breathwork - massage to metamorphic
zones of the feet - full body massage -
facial massage with poultices and Rose
Quartz Crystals - facial mask - scalp
massage

270,00 €

ESPA Zenergy Head Spa Treatment

90/120 minutes

HERALDED AS THE PINNACLE OF RELAXATION, THIS SIGNATURE TREATMENT REDEFINES THE TRADITIONAL HAIR WASH — TRANSFORMING IT INTO A DEEPLY THERAPEUTIC JOURNEY THAT SOOTHES THE NERVOUS SYSTEM, RELEASES FEEL-GOOD ENDORPHINS, AND RESTORES BOTH SCALP AND HAIR HEALTH.

Rooted in the time-honoured rituals of the Japanese Head Spa, this experience layers gentle cleansing, nutrient-rich products, therapeutic massage, steam, and hydrotherapy. The result? A healthy, balanced scalp and beautifully revitalized hair.

But it doesn't stop there.

This ESPA at Pical specialty extends far beyond the scalp, enveloping the neck, shoulders, face, and hands in holistic care. It melts away tension, sharpens clarity and focus, and leaves your skin, hair, and scalp feeling deeply cleansed, refreshed, and renewed. The result is a state of euphoria that radiates through both body and mind — leaving you feeling rebalanced, reconnected, and utterly restored.

Includes: prescriptive hair wash - scalp
scrub - scalp massage - hair and scalp
mask and steam - hand treatment -
prescriptive facial with herbal poultice
massage - neck and shoulder scrub
and massage - face mask - deep
conditioning hair and scalp treatment

90 min - 160,00 €

120 min - 220,00 €



ESPA *Facials*

Reveal skin that glows each day with natural health and beauty. By assessing your skin, lifestyle and wellbeing needs, our ESPA Experts create a truly personalised, results-focussed facial using the latest innovative techniques with our powerful Tri-Active™ blends. Results are both instant and long-lasting – skin looks clear, radiant, fortified and inner calm is blissfully restored.

ESPA Skin Prescribe Facial

—
60 minutes

DEEPLY CLEANSE, HYDRATE AND RENEW WITH THIS INSTANT RESULTS FACIAL.

Tailored to your skin's precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful, and inner calm is blissfully restored.

Includes: skin analysis – triple cleanse – exfoliation – steam and extraction (if required) – facial massage – personalised mask – scalp massage

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152,00 €

ESPA Active Nutrient Glow Facial

—
60 minutes

A NUTRIENT-CHARGED TREATMENT DESIGNED TO FEED THE SKIN WITH NATURE'S MOST POTENT PLANT ACTIVES.

Rich in vitamins, omegas and antioxidants, this facial works to replenish, hydrate and restore balance. Gentle sculpting massage techniques encourage vitality and glow, while skin is left visibly smoother, more radiant and infused with lit-from-within brilliance.

Includes: skin analysis – cleanse & exfoliation (including Foreo) – steam (if required) – Gua Sha facial massage – double mask – hand & arm Gua Sha massage

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152,00 €

ESPA Instant Renewal Facial

—
90 minutes

AN INTENSIVE REGENERATING TREATMENT DESIGNED TO AWAKEN AND REVITALISE THE COMPLEXION.

Powered by ESPA's Tri-Active™ formulations, this facial harnesses the potency of botanical bio-actives to combat signs of fatigue and restore skins natural vitality. Expert, gravity-defying massage techniques work to lift and tone facial contours, leaving the skin feeling smoother, firmer and refreshed - a luminous complexion that looks and feels full of life.

Includes: skin analysis – triple cleanse – exfoliation – steam and extraction (if required) – age-defying Rose Quartz crystal massage – professional Lifting & Smoothing Mask – scalp massage

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220,00 €

ESPA Natural Face Lift Facial

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90 minutes

REVEAL VISIBLY RESILIENT, HEALTHY-LOOKING, YOUTHFUL SKIN.

This specialised facial is the complete approach to skin health using cutting edge pre and probiotic technology combined with the same benefits of physical exercise to detoxify, invigorate, sculpt and relax. Powerful age defying techniques inspired by Japanese Kobido massage, along with stimulating Jade rollers give instant results, leaving the skin firm, lifted and beautifully radiant.

Includes: skin analysis – double cleanse – steam (if required) – Japanese Kobido inspired facial massage - stimulating Jade rollers - sculpting & lifting massage techniques – Lifting & Smoothing Mask – scalp massage

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240,00 €

LYMA by ESPA Advanced Bio-Cellular Facial

90 minutes

A TRANSFORMATIVE TREATMENT COMBINING LYMA’S CLINIC-GRADE COLD LASER WITH ESPA’S ADVANCED MASSAGE TECHNIQUES TO SCULPT, LIFT AND REJUVENATE THE SKIN.

LYMA delivers state of the art laser technology to stimulate cellular repair, reduce wrinkles and improve skin tone. Enhanced by ESPA’s fascia-release and muscle lifting methods and professional grade products to promote long-lasting skin vitality, tone, hydration and anti-aging effects.

Includes: facial incorporating ESPA Cleanse - LYMA laser - ESPA Tri-Active Sculpting Facial Massage including fascia release, lifting and lymphatic drainage techniques - ESPA Lift and Smooth Mask with Cryo Globe Massage

280,00 €

ESPA Hair and Scalp Health Treatment

60 minutes

AN INTENSIVE HAIR AND SCALP HEALTH BOOST, THIS TREATMENT USES OUR UNIQUE HEAD SPA FACILITY.

Offering ultimate comfort for scalp cleansing, hydration and prescriptive hair care to restore ultimate wellness, shine and condition to hair. Therapeutic massage releases tension from the scalp, neck and shoulders, instilling an overall feeling of total wellbeing.

Includes: prescriptive hair wash - scalp scrub - facial cleanse, massage and mask - scalp massage - hair and scalp mask and steam - shoulder massage

130,00 €



Massage

Rediscover inner calm and physical wellbeing. Here, genuine care is taken to address your individual needs, with natural formulas and holistic techniques specially applied to provide a profoundly effective experience for both mind and body. Muscular tensions are released, your soul feels soothed and you emerge energised with renewed focus and lasting positivity.

ESPA Inner Calm Massage

60/90 minutes

QUIETEN YOUR MIND, RELEASE TENSION AND NOURISH YOUR SKIN WITH THIS HOLISTIC, ULTIMATELY RESTORATIVE EXPERIENCE.

Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

Includes: breathwork – full body aromatherapy massage – scalp massage with Rose Quartz Crystals

60 min – 140,00 €
90 min – 200,00 €

ESPA Hot Stone Massage

60/90 minutes

DISCOVER LASTING RELAXATION FOR MIND AND BODY WITH THIS AROMATHERAPEUTIC TREATMENT.

Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated.

Includes: full body aromatherapy massage with hot stones – scalp massage

60 min – 140,00 €
90 min – 200,00 €

ESPA Salt Stone Massage

60/90 minutes

RESTORE BALANCE AND HELP TO DIFFUSE THE EFFECTS OF MODERN LIFE.

Rich in natural minerals and known for their healing properties warm salt stones and ESPA aromatherapy oils combine in this massage treatment to help improve circulation, relieve anxiety, aid restful sleep and bring about a sense of deep inner calm.

Includes: full body aromatherapy massage with warm salt stones – scalp massage

60 min – 140,00 €
90 min – 200,00 €

ESPA Deep Muscle Massage

60/90 minutes

RESTORE COMFORT, SUPPLENESS AND MOVEMENT WITH THIS INTENSELY EFFECTIVE MASSAGE.

Active stretching and specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energised.

Includes: targeted massage, with or without hot stones, focussing on areas of concern

60 min – 155,00 € without hot stones
90 min – 220,00 € with hot stones

ESPA Strength and Resilience Focussed Massage

—
90 minutes

TRANSFORM MIND & BODY, RELEASE MUSCULAR TENSION AND REDISCOVER A SENSE OF WELLBEING WITH THIS RESILIENCE BOOSTING MASSAGE.

Inspired by the arduous migration of the painted lady butterfly, this revitalising massage uses aromatherapeutic oils, yogic stretches and deep muscle massage to boost your energy levels and support your immune system. You emerge stronger and more resilient, ready to face life's unexpected journeys.

Includes: foot cleanse with local Piran salt - yogic stretching - reflex zone foot massage - back massage - sinus release - scalp massage

—
200,00 €



Body *Treatments*

Guided entirely by your personal needs, expect instant and long-lasting results from these profoundly renewing rituals. Unique in every sense, they make use of nature's most powerful and effective actives and oils, coupled with innovative techniques from our expert therapists. Your body feels rebalanced and skin's natural beauty is restored.

ESPA Back, Face & Scalp Treatment

90 minutes / 120 minutes with hot stones

UNRAVEL TENSION, INSTANTLY BOOST YOUR COMPLEXION AND RESTORE INNER CALM WITH OUR MOST RENOWNED TREATMENT.

Targeted massage techniques combine with the purest aromatherapy oils and a highly-personalised facial helping you to look and feel your very best — restored, de-stressed and beautifully radiant.

Includes: back exfoliation – back massage with or without hot stones – personalised facial – scalp massage

90 min – 210,00 € without hot stones
120 min – 270,00 € with hot stones

ESPA Geothermo-Therapy Massage

120 minutes

FEEL LIGHTER, BRIGHTER AND RE-CONNECTED WITH THIS MULTI-SENSORY RESTORATIVE TREATMENT.

Drawing on the benefits contrast therapy of applications of heat and cold to alleviate inflammation, improve circulation, revitalise skin and re-energise the mind. Warm basalt stones believed to hold the Earth's grounding energy melt away muscular tension while cooled marble pebbles tone, depuff and re-energise the complexion. Working in harmony with a blend of volcanic muds and green clay to aid detoxification and remineralisation the senses are revived, as a release of feel-good endorphins recalibrate mood and restore equilibrium.

Includes: body exfoliation – mud wrap – marine stone facial – basalt stone body massage

275,00 €

ESPA Targeted Hip and Thigh Treatment

60 minutes

TRANSFORM THE APPEARANCE OF YOUR HIPS, THIGHS AND LEGS WITH THIS REVITALISING, RESULTS-FOCUSED TREATMENT.

Working swiftly and effectively, powerfully detoxifying actives combine with targeted massage to instantly diminish cellulite and fluid retention, dispel toxins and boost circulation. Skin looks smooth, supple and beautifully toned.

Includes: skin brushing hip, thigh and abdominal areas – salt & oil scrub with iced mitt removal – detoxifying and lymphatic drainage massage techniques – deep cleansing abdomen massage – body moisturiser application

145,00 €

ESPA Pre-Natal Relax and Restore

60 / 90 minutes with exfoliation

NURTURE YOUR CHANGING BODY AND CALM YOUR MIND WITH THIS BEAUTIFULLY COMFORTING TREATMENT.

Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin while expert massage soothes tight, tender muscles and invokes a state of blissful relaxation.

Includes: back exfoliation (if required) – focussed body massage – scalp massage

60 min – 145,00 €
90 min – 215,00 € with exfoliation

ESPA Lighter Legs

—
40 minutes

SOOTHE TIRED, ACHING OR SWOLLEN FEET AND HEAVY LEGS
WITH THIS LUXURIOUS AND REVITALISING TREATMENT.

Cleanse and smooth hard-working feet and lower legs, then treat them
to a rejuvenating and intensely reviving massage – restoring cool comfort
and leaving you ready for another active day.

Includes: foot ritual with local Piran salt –
lower leg and foot exfoliation
and massage

—
95,00 €



Together *Time*

Enjoy our beautifully indulgent Private Spa Suite with someone special for a bespoke treatment and private time to enjoy your own Finnish Sauna, Rassoul, whirlpool bath, relaxation zone and side by side treatment area, followed by time to relax
– the ultimate opportunity to chill and reset together.

ESPA Suite Time Together

5 hours — including lunch

IMMERSIVE, PERSONAL, AND INTIMATE, THIS EXPERIENCE IS GROUNDED IN THE NATURAL RICHNESS OF THE REGION, GENTLY UNFOLDING THROUGH HEAT, MUD, WATER, AND TOUCH.

Your journey begins with a carefully curated ritual designed to shed the outside world and prepare your mind and body for what’s to come. Step into your essential oil-infused sauna, scented with juniper berry, cypress, and pine needle — evoking the healing, fresh air of the Istrian inland. Next, embrace the traditional Rassoul ritual. Begin with an ESPA Salt Scrub to exfoliate, followed by the application of ESPA Marine Mud, a nourishing Face Mask, and Pink Hair and Scalp Mud to hydrate and condition your skin and hair, all while you relax in the gentle steam of the Rassoul. Then, soak side-by-side in a hydrotherapy bath for two, infused with local herbs and floating botanicals, setting the stage for your White Quartz exclusive Spa Suite Treatment. This harmonious duo treatment features warmed white quartz stones massaging the body, while cool white quartz soothes the face. These beautiful crystals carry deep emotional and energetic significance — promoting healing, unity, and emotional clarity in relationships. The experience begins and ends with shared breathwork, aligning intentions and energy in a beautifully complete moment of togetherness.

Includes: private sauna, Rassoul, hydro bath use and relaxation time – 120 minute White Quartz massage for two – lunch — 620,00 € for 2 people

ESPA Suite Indulgence

3 hours — including afternoon tea

ENJOY RELAXATION TIME AT YOUR OWN PACE.

In your personal Spa Suite Sauna, Rassoul (with ESPA scrubs and muds to use), hydro bath and relaxation spaces before your choice of a 60 minute side-by-side salt stone, hot stone or deep muscle massage.

Includes: use of Spa Suite facilities and relaxation time – 60 minute massage for two – afternoon tea — 380,00 € for 2 people



Family *Wellness*

Wellness isn't just for adults – it's a way of life that can be gently introduced to children through play and fun activities, creating positive habits and values that they can carry with them into their future.

From playful yet meaningful spa rituals to mindful activities that nurture both body, mind and emotions, our family approach revolves around connection, bonding, quality time, and teaching the next generation the importance of self-care, balance, and respect – for themselves, each other, and the world around them.

These moments are lived experiences that can strengthen relationships, create memories, and build a legacy of wellbeing that lasts far beyond a single day at the spa.



THE PATH TO WELLFULLNESS

We believe that wellness begins with small, meaningful moments. From baby baths and soothing touch to playful facials, lavender foot soaks and crystal face maps – each of our family wellness experiences is thoughtfully designed to gently introduce children and teens to the joy of self-care.

Our ESPA at Pical Wellfullness nurtures connection, calm, and confidence, helping young guests build healthy habits that last a lifetime. These rituals offer space to pause, play, and feel good – inside and out.

Each family experience unfolds in our beautiful Private Spa Suite, designed to welcome both young guests and parents. Treatments can be enjoyed side-by-side or with parental attendance, creating a nurturing environment for all ages. Choose from à la carte treatments or immerse yourselves in a full family spa suite experience—where everyone receives personalized treatments, enjoys exclusive use of the facilities, and unwinds together. To enhance relaxation time, younger guests can choose from a variety of age-appropriate activities, ensuring a truly memorable day for the entire family.

Babytime SPA

THESE 20 MINUTE EXPERIENCES ARE DESIGNED AS A FUN SENSORY DELIGHT FOR BABIES OVER 6 MONTHS OLD, AND A CALM, SKILL-BUILDING JOURNEY FOR PARENTS. OUR THERAPISTS HAVE BEEN TRAINED BY BABY-LED MASSAGE EXPERTS TO GUIDE PARENTS ON DIFFERENT WAYS TO SHARE WELLNESS AND CONNECTION TIME WITH YOUR BABY.

Baby Massage

—
20 minutes — 55,00 €

This is an interactive session with one or both parents where our baby-led massage trained therapist will show you simple techniques to help baby with relaxation, sleep, digestion and finding calm. It is an interactive session, covering suitable products, frequency, touch, pressure and speed, how to prepare, and what to do afterwards, to maximise the bonding experience for both baby and parent.

Baby Sensory Bath

—
20 minutes — 55,00 €

A soothing bath guided by your therapist in our specialised baby sensory bath tub, where parents take the lead, understanding how to turn bathtime into a calming, bonding ritual.

Baby Splash and Cuddle

—
40 minutes — 65,00 €

A joyful mix of bath and massage, guided by your therapist with active parent involvement—blending splashes, gentle touch, and expert tips to support baby’s wellbeing.

Tiny Treasures

FOR OUR GUESTS BETWEEN THE AGES OF 3 AND 7 OUR EXCLUSIVE TINY TREASURE TREATMENTS INTRODUCE A FUN SERIES OF BREATHWORK GAMES, GENTLE MASSAGE, DISCOVERY AROMAS AND TACTILE TOUCHES, ENGAGING WITH OUR YOUNG GUESTS AND INTRODUCING WELLFUL CARE. ALL TINY TREASURE TREATMENTS ARE 20 MINUTE DURATION.

Treasures Massage

—
20 minutes — 55,00 €

Enjoy a gentle, soothing massage on safe, comfortable spots like hands, feet (only if little toes aren’t too ticklish!), back, face, and scalp. We use specially chosen, super-soft massage oils, hydrating milk, and calming scalp care — perfect for young, sensitive skin. A relaxing treat and the perfect introduction to spa.

Lotions and Potions Facial

—
20 minutes — 55,00 €

Indulge in a gentle, luxurious experience with skincare lotions and potions specially crafted for young, delicate skin. Guided by your expert therapist, explore each product through soothing, mirrored movements, learning how to use them with care and intention. Emerging with skin that’s irresistibly soft, silky smooth, and sparkling fresh - an enchanting moment of connection and care.

Funny Feet Piran Lavender Soak

—
20 minutes — 55,00 €

Tiny toes and little hands are treated to a calming soak in warm, aromatic water infused with hand-picked dried lavender from the beautiful Istrian coast, sea-smoothed pebbles, and sparkling salt from Piran Bay. After a gentle rinse with cascading water, little feet and hands are pampered with gentle pressure point massage and soothing moves - leaving them feeling super soft, relaxed, and happy.

Glow Up SPA

FOR OUR DISCERNING GUESTS AGED 8 TO 11, THESE 30 MINUTE TREATMENTS OFFER A CAREFULLY CRAFTED SELECTION OF INTRODUCTORY, EFFECTIVE, FUN, AND THERAPEUTIC SPA EXPERIENCES. USING LOCAL INGREDIENTS COMBINED WITH ESPA PRODUCTS AND A VARIETY OF SOOTHING TECHNIQUES, EACH TREATMENT IS DESIGNED TO COMFORT THE SKIN, CALM THE SENSES, AND PROVIDE A DELIGHTFUL TASTE OF PAMPERING RELAXATION.

Olive Shore Massage

—
30 minutes — 60,00 €

Experience a holistic massage focusing on comfortable, nurturing areas — starting with the back, face, and head, then moving to hands and feet. Inspired by the serene Parenzana Trail, warm olive oil sourced locally is gently applied, reflecting the natural flow and calm of this healing journey. The session begins with guided breathing and the soothing rhythm of an ocean drum, creating a peaceful space and conjuring images of the ocean.

Glow Up Facial

—
30 minutes — 75,00 €

This refreshing mini facial features a gentle cleanse, a flowing facial massage, and a soothing face mask. Alongside the treatment, your therapist will guide both parent and young person through the skincare basics — cutting through the marketing myths to share simple, age-appropriate tips and recommend products that truly benefit young skin. It's a fun, informative, self-care moment that leaves skin feeling fresh and cared for.

Parenzana Sole Soak

—
30 minutes — 60,00 €

Hands and feet are pampered in a fragrant soak of herbal water infused with locally harvested dried lavender and mineral-rich salt from Piran Bay. Drawing inspiration from the healing landscapes along the Parenzana Trail, this soothing ritual includes gentle exfoliation followed by a nourishing massage — leaving your skin soft, revitalized, and deeply refreshed.

Crystal Face Map

—
30 minutes — 75,00 €

An elementary facial cleanse prepares skin for cool, soothing rose quartz crystals gently gliding across the face, awakening and refreshing the skin, followed by the application of a delicate, calming face mask for a radiant, glowing finish.

Zen Zone SPA

CREATED EXCLUSIVELY FOR GUESTS AGED 12 AND ABOVE, OUR ZEN ZONE TREATMENTS PROVIDE 45 MINUTES OF PURE SELF-CARE BLISS. SPECIALLY DESIGNED FOR TEEN SKIN AND FOCUSED ON STRESS-BUSTING MINDFUL MOMENTS, THESE TREATMENTS HELP BOTH MIND AND BODY RECHARGE, RELAX, AND FIND THEIR PERFECT BALANCE.

Parenzana Zen Massage

—
45 minutes — 95,00 €

A deeply relaxing massage that targets areas of tension — back, neck, shoulders, face, scalp, hands, and feet. Inspired by the peaceful rhythm of the Parenzana Trail, this ritual uses warm, locally sourced olive oil and slow, grounding movements to restore your body's natural balance. Guided breathing and the soothing sound of a Koshi Chime — a delicate, bell-like instrument — help calm the mind and bring focused relaxation.

Zen Skin Edit Facial

—
45 minutes — 100,00 €

A refreshing express facial featuring a gentle cleanse, a light exfoliation if needed, a pressure point facial massage, a skin-kind face mask, and a soothing scalp massage. During the treatment, your therapist will guide you to better understand your skin and offer helpful tips for a simple, effective skincare routine suited to your age and skin needs.

Soft Sole

—
45 minutes — 85,00 €

Feet and hands are pampered with a warm herbal soak infused with calming dried lavender and enriched with mineral-rich Piran Bay salt. This is followed by a smoothing exfoliation and a gentle massage to condition and nourish both your skin and nails.

Cleansing Back Treatment

—
45 minutes — 85,00 €

Focusing on this often-congested area, this treatment gently cleanses, exfoliates, and hydrates the skin on your back and shoulders, helping to balance sebum production while smoothing and repairing surface cells.

Rose Quartz Facial Massage

—
45 minutes — 100,00 €

A beautiful, flowing facial massage perfect to boost young skin and balance sebaceous activity. Following a soothing facial cleanse, chilled rose quartz crystal wands are used to massage your face, cooling and calming skin, before a gentle decongesting and clarifying face mask.

Zen Head Spa - Olive Calm Edition

—
45 minutes — 110,00 €

Surrender to a deeply soothing ritual inspired by the tranquil stillness of the Istrian coast. Warm, locally sourced olive oil is gently massaged into your scalp, melting away tension while nourishing your hair and roots. The calming sound of a rain stick accompanies flowing, water-like massage movements and mindful touch, designed to calm the mind, ease mental fatigue, and restore balance. Experience a profound sense of lightness, clarity, and total peace as your entire body unwinds in this restorative journey.

Mindful Enhacements

DESIGNED ESPECIALLY FOR OUR YOUNGER GUESTS, THESE GENTLE 15-MINUTE ADD-ONS INVITE A MOMENT OF CALM AND CURIOSITY. THROUGH SIMPLE BREATHWORK, GUIDED VISUALISATION, OR GROUNDING SENSORY ACTIVITIES, GUESTS ARE INTRODUCED TO THE FOUNDATIONS OF MINDFULNESS IN A FUN AND AGE-APPROPRIATE WAY. A PERFECT COMPLEMENT TO ANY GLOW UP OR ZEN ZONE TREATMENT, THIS EXPERIENCE NURTURES EMOTIONAL BALANCE, PRESENCE, AND A DEEPER CONNECTION TO SELF.

Sound Relaxation

—
15 minutes — 40,00 €

Immerse in a soothing sound bath designed to restore inner balance and calm. Using therapeutic sound instruments, this gentle experience invites a wave of harmonious frequencies and rhythmic vibrations that help reset mood, ease emotions, and guide the mind into a state of deep relaxation. A peaceful and grounding journey— perfect for young guests who wish to explore the calming power of sound.

Guided Breathing and Visualisation

—
15 minutes — 40,00 €

A gentle, imaginative journey using simple breathwork and visualisation techniques designed to support the nervous system — often working its magic without guests even realising it! This calming experience helps build emotional resilience and inner peace in a fun, approachable way. Each guest takes home a favourite palm stone and an easy to follow guide to continue the practice at home, offering lasting support beyond the spa.

Elemental Adventure Spa Trail

—
15 minutes — 40,00 €

Embark on a guided sensory journey through the four elements — each thoughtfully designed to engage the senses, calm the mind, and connect with nature's rhythms.

This nurturing trail offers a shared moment of connection and calm for both adult and younger guest. At the end of the journey, each guest receives a symbolic keepsake to carry the memory and meaning of the experience forward.

EARTH - Ground with a mineral-rich mud experience or deeply soothing scalp massage

WATER - Refresh with a warm foot soak followed by a gentle foot massage

FIRE - Feel warmth and comfort from smooth, heated stones placed with care

AIR - Drift into stillness to the soft, melodic tones of Koshi Chimes

Family Mindfulness Activities

SEE THESE AS USEFUL ADD-ONS TO FAMILY SPA TIME TO BE ENJOYED BY ONE PARENT AND YOUNG GUESTS WHILE HE OTHER GUESTS ARE TAKING TREATMENTS. THEY ALL PLAY INTO A SENSE OF FUN, DISCOVERY AND TOGETHERNESS WITH SOME CREATIVE IDEAS BELOW CAN BE ADDED/ADAPTED TO MOST AGE GROUPS AS EXTRA TIME OR ENJOYED WHILE OTHER PARENT IS TAKING A TREATMENT EXPERIENCE WITH ANOTHER CHILD.

Shared Tea Ceremony: Create Your Own Fruit Infusion

—
45 minutes — 60,00 €

Slow down and savour a mindful moment together with this sensory tea ceremony, perfect for young guests and their grown-ups. Begin with a fresh fruit platter, exploring taste and aroma as a gateway to the ritual. Then, create your own infusion pouch using locally sourced dried fruits — each selected for their natural health benefits and calming properties. Blending fun with mindfulness, this shared experience becomes a creative journey as you craft your own fruit-infused 'magical potions.' A beautiful way to connect, explore the senses, and enjoy the soothing ritual of 'tea' together.

Pical Memory Making Keepsake

—
45 minutes — 60,00 €

A quiet, focused, and tactile experience designed to promote fine motor skills, creativity, and meaningful family connection. Together, parent and child create a beautiful keepsake bracelet using locally sourced natural materials inspired by the essence of ESPA at Pical.

This hands-on activity invites gentle conversation, intention setting, and a calming sense of presence - leaving each guest with a personalised reminder of their time together and the peaceful moments shared.

Floating Moments

Private Family Bathing Ritual

—
30 minutes —55,00 €

This gentle escape into warmth and togetherness can be enjoyed as a stand-alone experience or as a perfect complement to any treatment for parents and guests aged 8 and above. Relax side-by-side in our private spa suite hydro-massage tub, enveloped by soothing waters, calming ESPA aromas, and moments that drift softly between joy and deep connection. This shared journey invites relaxation, bonding, and peaceful presence in a serene setting.

Lab Sessions

OUR LAB SESSIONS ARE FUN, ENGAGING SESSIONS GUIDED BY ONE OF OUR HIGHLY SKILLED THERAPISTS CONDUCTED IN YOUR PRIVATE SPA SUITE EITHER BEFORE OR AFTER YOUR TREATMENT EXPERIENCE.

Mini Massage Moments

—

45 minutes — 65,00 €

Gentle shoulder, hand or foot massage. Fun learning sessions where young guests get to understand what feels nice and then practise their kindness hand massage on their parents.

Gratitude Journal

—

60 minutes — 75,00 €

Lab sessions on how family-led journalling can help build a positive mindset, encourage focus and foster a sense of appreciation.





Family *Wellness*

Essential Information

Scheduling an Appointment

All family wellness experiences take place in our beautiful private spa suite, thoughtfully designed to welcome both young guests and parents. Choose from à la carte treatments that can be enjoyed side-by-side, or immerse yourselves in a full family spa suite experience—where everyone receives personalized treatments and enjoys exclusive use of the facilities, including a temperature-adjusted Sauna, Rassoul, hydrotherapy bath, and a serene relaxation zone.

For guidance on booking your family wellness journey, including adding Mindful Enhancements or Mindfulness Activities, please contact our Spa Reservations team. They will be delighted to help you create the perfect bespoke experience tailored to your family’s needs.

For your comfort, the spa suite is furnished with luxurious towels, robes, slippers, and all necessary amenities to enhance your visit.

Please note: All family wellness activities require the presence or participation of a parent, along with completion of a treatment waiver on behalf of our younger guests.

Arrival Time

Please allow sufficient time prior to your appointment to complete a Spa Consultation Form and Health Questionnaire. Kindly note that late arrivals may result in a reduction of your treatment time.

Spa Facilities and Access

The Private Spa is reserved for family wellness experiences and therefore the main spa facilities are dedicated to guests over the age of 16.



How
to SPA

Scheduling an appointment

To schedule an appointment for your perfect treatment, please contact our ESPA at Pical reservations team who will be able to guide you to the right choice. To ensure your preferred time and service is available we recommend to book in advance. All spa treatments and packages will need to be guaranteed with a credit card.

Arrival Time

We recommend you arrive up to one hour in advance of your treatment so that you can change, relax and enjoy the spa facilities. Please be advised that late arrivals will result in a reduction of treatment time.

We will provide luxurious towels, robes and slippers and any amenities required for use during your spa visit.

We have extensive spa facilities available at ESPA at Pical, all thoughtfully representing the Istrian region through sensory immersions including Salt sauna, Mediterranean sauna, Finnish sauna, Herbal steam room, Aroma steam room, Experience showers, Ice fountain and Spa changing rooms. We have a unique Aufguss sauna hosting regular events, and multiple relaxation areas at different stages of your journey. If you are a Resort guest please feel free to come to the Spa in your robe.

Family Wellness

We are delighted to offer treatments for children under 16 years old. These will be conducted within the Private Spa Suite and accompanied by an adult Parent or Guardian for the duration. Please contact our ESPA at Pical reservations team for details on our Family Wellness treatment offering and experiences. Access to the Spa, including the changing facilities, heat experiences and relaxation zones is dedicated to over 16s.

Cancellation Policy

A 100% charge will be incurred for any treatment not cancelled at least 24 hours prior to your scheduled time. Late arrival will shorten your treatment time.

Spa Etiquette

Our spa environment is one of relaxation and tranquillity. Please respect all spa guests' right to privacy and serenity. In light of this, the spa is a mobile phone, camera, alcohol and smoke free zone.

Health Conditions

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation.

Pregnancy

We have specially designed treatments for expectant women, past their 1st trimester, and nursing mothers. Please allow our spa team to guide you in selecting which treatments are most suitable during this special time.

Gifts

Our treatment experience certificates make the ideal gift for someone special. Please contact our ESPA at Pical spa reservations team for details.

Homecare

To continue your spa experience at home, most products used in our treatments are available at reception.

Valuables

ESPA at Pical accepts no responsibility for loss of valuables and jewellery at any time on the spa premises.

Prices

All prices are quoted in EURO and are subject to change at any time. Gratuities are not included and are welcomed at your discretion.

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