



BALANCE

Mediterranean Spa
by Valamar

VALAMAR
COLLECTION

**ARBA
RESORT**



Open hours:
Every day from
09:00 to 20:00 h

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*This brochure offers a thoughtfully curated glimpse into our signature rituals. To discover the full spectrum of treatments and receive a personalised recommendation, we warmly invite you to visit our Balance spa reception.

WELCOME TO

BALANCE

Mediterranean Spa by Valamar

YOUR ISLAND ESCAPE

Inspired by the rhythm of the sea, the scent of wild herbs, and the warmth of time-honored traditions, this is a place where time slows down and presence deepens.

Leave behind the noise of everyday life and step into a world shaped by calm, beauty, and expert care. Each massage, facial and body ritual is thoughtfully crafted to reflect the island's natural rhythm - slow, soothing, and deeply restorative.

Rooted in the healing powers of Rab's native herbs and natural elements, our signature treatments feature 100% natural oils of lavender, immortelle, and calendula. These precious blends are lovingly prepared by the Benedictine sisters of St. Andrew's Monastery on Rab, following centuries-old monastic recipes passed down through generations.

Let our experienced therapists guide you with intention and care, helping you reconnect with your inner balance and natural flow.

Unwind in our peaceful spa zone, where warmth, stillness, and the gentle aroma of herbs create a harmonious retreat for body and soul.

Here, wellbeing isn't just a treatment - it's a way of life.

MASSAGES

AN IDEAL WAY TO ACHIEVE A FEELING OF RELAXATION AND WELL-BEING

Relaxing treatments will help you feel refreshed and rejuvenated. Natural oils made from the local olive oil, immortelle, lavender, St. John's wort, and chamomile will restore your skin's youthful elasticity and refreshed appearance

WHISPERS OF RAB

A slow, soothing massage using lavender and olive oils made by Benedictine hands. Let the island's rhythm quiet your thoughts and soften every breath.

Spora, umirujuća masaža s lavandom i maslinovim uljem iz benediktinske tradicije. Prepustite se ritmu otoka koji smiruje misli i omekšava svaki dah.

Partial – back or legs / <i>Parcijalna – leđa ili noge</i>	25'	60 €
Full-body / <i>Masaža cijelog tijela</i>	50'	110 €
Full-body, face & feet / <i>Cijelo tijelo, lice i stopala</i>	75'	150 €

WAVES OF RELEASE

Focused movements mimic the ebb and flow of Rab's tides, easing deep-seated tension from shoulders, back, and mind.

Pokreti inspirirani valovima Raba dubinski opuštaju napetost iz ramena, leđa i uma.

Partial – back or legs / <i>Parcijalna – leđa ili noge</i>	25'	70 €
Full-body / <i>Masaža cijelog tijela</i>	50'	120 €
Full-body, face & feet / <i>Cijelo tijelo, lice i stopala</i>	75'	160 €

DEEP TISSUE

A therapeutic massage that combines deeper pressure with targeted techniques, including joint manipulation and stretching. It helps improve circulation, release tension, and relieve muscular discomfort.

Terapeutska masaža koja kombinira snažniji pritisak s ciljanim tehnikama, uključujući manipulaciju zglobovima i istezanje. Potiče cirkulaciju, oslobađa napetost i ublažava mišićnu nelagodu.

Partial – back or legs / <i>Parcijalna – leđa ili noge</i>	25'	75 €
Full-body / <i>Masaža cijelog tijela</i>	50'	130 €
Full-body, face & feet / <i>Cijelo tijelo, lice i stopala</i>	75'	170 €

PATH OF THE PINES

As your feet are gently pressed, imagine walking barefoot through Rab's pine groves - the tension dissolves, and the whole body aligns in quiet joy.

Dok se stopala nježno masiraju, zamislite kako bosonogi koračate kroz borove šume Raba - napetost nestaje, a tijelo pronalazi tiho usklađenje.



PRIVATE SPA EXPERIENCE

YOUR SERENE RETREAT FOR ULTIMATE
RELAXATION AND RENEWAL

Enjoy a stress-relieving treatments for couples
seeking to unwind, reconnect, and share
a moment of pure wellbeing.

RAB SUNSET RITUAL

Combine your favorite type of massages in a shared sanctuary of touch and stillness.. Let your journey together flow like the sea between Rab's shores - gentle, steady, and nourishing.

Uživajte u omiljenim masažama u zajedničkom prostoru tišine i nježnog dodira. Vaše zajedničko putovanje teče poput mora među obalama Raba - nježno, postojano i ispunjavajuće.

ISLAND EMBRACE FOR TWO

120' 290 €

Begin with the relaxing Waves of Release massage for two, then immerse yourselves in the warmth and intimacy of a private spa retreat – whirlpool, sauna, and sparkling wine for two.

Započnite opuštajućom masažom Waves of Release za dvoje, a zatim uronite u toplinu i intimu privatne spa oaze - whirlpool, sauna i pjenušac za dvoje.

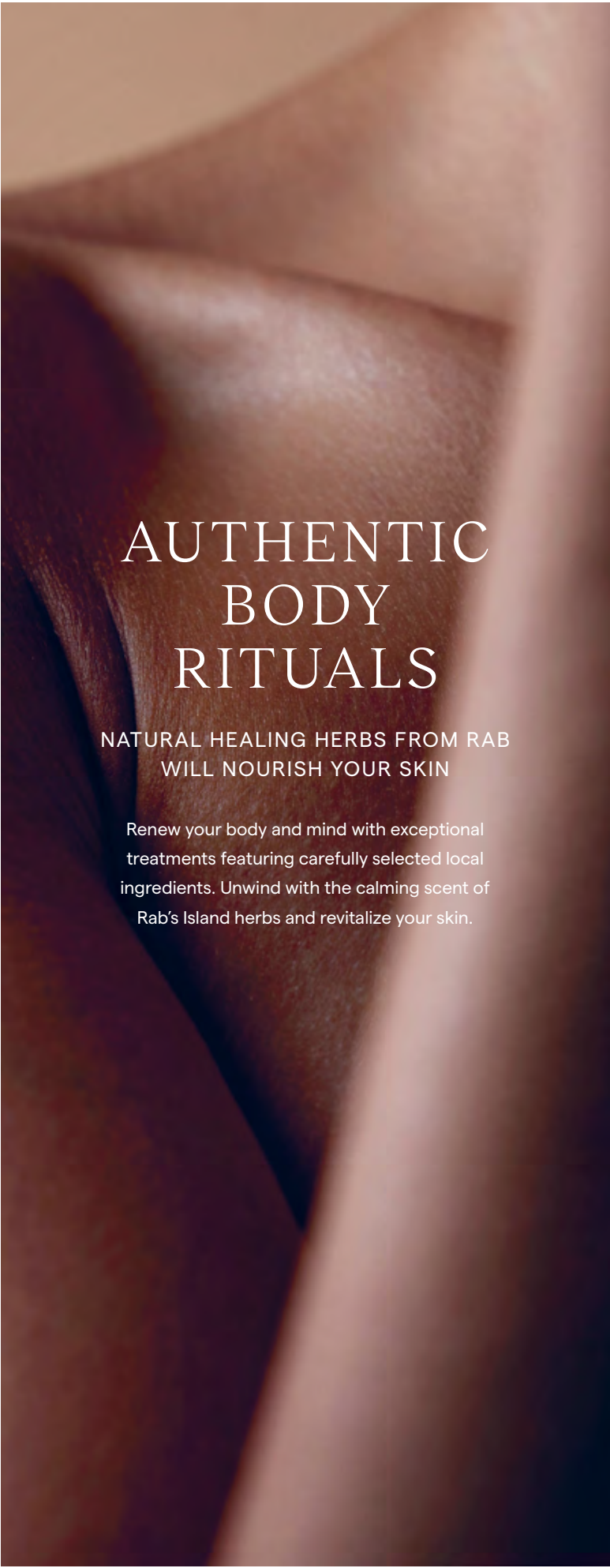
TRANQUIL ESCAPE FOR TWO

180' 450 €

Begin with a calming couple's massage Pulse of the Island, then drift into warmth and intimacy in your private spa suite - bubbling whirlpool, sauna, and a sparkling toast.

Započnite opuštajućom masažom Pulse of the Island za dvoje, a zatim uronite u toplinu i intimu privatne spa oaze - whirlpool, sauna i Moët & Chandon Ice Impérial Rosé.





AUTHENTIC BODY RITUALS

NATURAL HEALING HERBS FROM RAB
WILL NOURISH YOUR SKIN

Renew your body and mind with exceptional treatments featuring carefully selected local ingredients. Unwind with the calming scent of Rab's Island herbs and revitalize your skin.

MOM TO BE

50'

140 €

A gentle, nurturing treatment for mothers-to-be. With calming oils and custom facial care, this ritual is your soft landing into motherhood.

Nježan, hranjiv tretman za buduće majke. Umirujuća ulja i personalizirana njega lica pružaju sigurnost i podršku na vašem putu prema majčinstvu.

PULSE OF THE ISLAND

75'

200 €

Olive oil from Rab's monastery, deep tissue therapy, and reflexology come together in a rhythmic ritual that awakens vitality from within.

Maslinovo ulje iz samostana, dubinska masaža i refleksologija stapaju se u ritmičan ritual koji budi životnu snagu iznutra.

NATURA BISSÉ VITAMIN C INFUSION

75'

200 €

This antioxidant treatment includes body scrub and body massage. It will restore vitality to sun-damaged skin and help minimize signs of premature aging with an infusion of collagen-boosting vitamin C. Anti aging and revitalizing vitamin boost that visibly improves firmness, luminosity and radiance.

Ovaj antioksidativni tretman uključuje piling tijela i masažu tijela. Vratit će vitalnost koži oštećenoj suncem i pomoći u smanjenju znakova preranog starenja infuzijom vitamina C koji potiče stvaranje kolagena. Vitaminski poticaj protiv starenja i revitaliziranja koji vidljivo poboljšava čvrstoću, sjaj i blistavost kože.



FACIAL CARE

CHOOSE THE PERFECT ROUTINE
TO ACHIEVE BALANCE AND NOURISHING
HYDRATION

Maintain your skin's health while restoring its firmness and vitality. Our facial treatments deeply cleanse and nourish your skin, leaving it with a silky-smooth feel.

NATURA BISSÉ BLIC REFRESH

25'

70 €

Purifying and supremely hydrating boost for all skin types. It infuses your skin with a radiant glow to help minimize the appearance of imperfections and restore vitality in 4 steps - cleansing, peeling, serum and final cream. Skin care products are chosen depending on your skin type and age.

Pročišćavajući i vrhunski hidratantni poticaj za sve tipove kože. Daje vašoj koži blistav sjaj kako bi se smanjila pojava nepravilnosti i vratila vitalnost u 4 koraka - čišćenje, piling, serum i završna krema. Proizvodi za njegu kože odabiru se ovisno o vašem tipu kože i dobi.

NATURA BISSÉ DEEP CLEANSING

75'

150 €

The most comprehensive facial cleanse. A highly effective treatment that restores all the purity and freshness to shiny skin tending to develop blemishes and acne. It helps eliminate impurities from the surface of your skin while purifying pores, detoxifying the skin, and restoring moisture levels for a genuine skin renaissance.

Izuzetno učinkovita njega lica koja vraća čistoću i svježinu koži sklonoj nepravilnostima i aknama. Pomaže u uklanjanju nečistoća s površine kože, pročišćava pore, detoksicira kožu i obnavlja razinu vlage vaše kože. Izvanredna kombinacija vrhunskih sastojaka obnavlja površinu kože, smanjuje vidljive pore, uravnotežuje ten, kontrolira višak sebuma i vraća hidrataciju, uz dodatne anti-ageing benefite.

NATURA BISSÉ 3D Collagen

50'

150 €

Rejuvenating nourishing treatment, an infusion of collagen and nutrients designed to help revive dull and saggy skin. This advanced facial combines three types of collagen, skin nutrients, and effective massage maneuvers for noticeable rejuvenating action.

Pomlađujući hranjivi tretman, infuzija kolagena i hranjivih tvari osmišljena za oživljavanje beživotne i opuštene kože. Ovaj napredni tretman lica kombinira tri vrste kolagena, hranjive tvari za kožu i učinkovite masažne pokrete za primjetno pomlađujuće djelovanje.

NATURA BISSÉ INHIBIT ZERO GRAVITY

75'

230 €

An advanced line-smoothing ritual. Effectively corrects and fades away wrinkles and expression lines, visibly fills skin from within, providing volume and elasticity. Significantly smoothes and softens skin texture, renews and brightens complexion. Enhances and prolongs the effect of microinjections and other medi-aesthetic procedures.

Ritual učinkovitog ispravljanja bora i mimičkih linija, vidljivo ispunjava kožu iznutra, pružajući joj volumen i elastičnost. Značajno zaglađuje i omekšava teksturu kože, obnavlja i posvjetljuje ten. Pojačava i produžuje učinak mikroinjekcija i drugih medi-estetskih postupaka.





MANI & PEDI

IMPROVE YOUR SKIN'S TEXTURE AND
ENCOURAGE SKIN REPAIR

Renew your skin with soothing natural baths made from Nin saltworks with a centuries-old tradition. These mineral-rich treatments gently eliminate dryness and restore silky smoothness.

SEA SALT BLOOM - HANDS

90 €

A mineral-rich hand ritual with Nin salt and organic sugar scrub. Smooths, nourishes, and adds a final polish of coastal elegance.

Mineralni ritual za ruke sa solju iz Nina i organskim pilingom. Zaglađuje, njeguje i donosi završni dašak obalne elegancije.

SEA SALT BLOOM - FEET

100 €

A revitalizing foot treatment with salt soak, sugar scrub, and gentle massage. For feet that feel like they're walking on sea foam.

Revitalizirajući tretman za stopala sa solnom kupkom, pilingom i blagom masažom. Za osjećaj hodanja po morskoj pjeni.

HARBOUR RITUAL - HANDS

70 €

Tailored care for the modern man - soothing salt baths, smoothing scrubs, and impeccable finishing touches for a naturally polished look.

Personalizirana njega za suvremenog muškarca - umirujuće kupke, piling i besprijeckorna završna njega za prirodno uglađen izgled.

HARBOUR RITUAL - FEET

85 €

The treatment starts with a soothing salt foot soak, followed by our premium organic sugar scrub for a polished look and feel.

Tretman započinje umirujućom kupkom za stopala u soli, nakon čega slijedi naš vrhunski organski šećerni piling za uglađen izgled i osjećaj.

KIDS SPA

NURTURE DELICATE SKIN FROM THE START WITH GENTLE, PRODUCTS AND TREATMENTS

Help your little one's skin stay healthy by protecting its natural barrier. Organic-based products gently hydrate your child's skin, helping to retain its softness.

CLOUD TOUCH MASSAGE	25'	65 €
	50'	110 €

A soft, honey-vanilla massage that cradles young shoulders, neck, and scalp into serenity. Perfect before bedtime.

Nježna masaža s mirisom meda i vanilije koja umiruje dječja ramena, vrat i vlasište. Savršen uvod u miran san.

CANDY CLEAN	50'	100 €
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A fun and fresh facial for teens with skin challenges. Candy apple scrub and charcoal mask combine for a purifying, sweet-smelling glow.

Zabavan i svjež tretman za tinejdžere s kožnim izazovima. Piling od karamelizirane jabuke i maska s ugljenom pročišćavaju i mirišu čudesno.

ROYAL NAP RITUAL	50'	115 €
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A full ritual with massage and soft skincare fit for young royalty. A dreamy pause in a world of play.

Potpuni ritual s masažom i njegom kože za malene kraljevice i princeze. Sanjiva stanka u svijetu igre.

BONDED IN BALANCE	50'	220 €
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A shared ritual where little ones enjoy sweetness while parents release stress. A moment of calm connection.

Zajednički ritual u kojem se djeca opuštaju uz nježnost, a roditelji oslobađaju stresa. Trenutak tihe povezanosti.

*Rituals designed for children aged 4 to 12 years/
Rituali namijenjeni djeci u dobi od 4 do 12 godina.