



BALANCE

Mediterranean Spa
by Valamar

VALAMAR LACROMA

HOTEL 4*



WELCOME TO BALANCE MEDITERRANEAN
SPA BY VALAMAR, YOUR SERENE ESCAPE
INTO THE HEART OF THE MEDITERRANEAN.

Inspired by the rhythm of the sea, the scent of native herbs, and the warmth of ancient traditions, this is a place where time slows and presence deepens. Each ritual is a delicate fusion of nature and innovation, designed to restore vitality and awaken a sense of wellbeing.

Leave behind the noise of everyday life and step into a world shaped by calm, beauty, and expert touch.

From rejuvenating facials and deeply relaxing massages to immersive body rituals and soothing spa baths, every experience is thoughtfully tailored to you. Our experienced therapists are here to guide you gently through reconnecting with your body's natural balance.

Unwind in our tranquil spa zone, where warmth, silence and scent come together in perfect harmony.

Whether you seek renewal, release or simply stillness - you will find it here.



WELLNESS & SPA ETIQUETTE

PERSONALIZED TREATMENT EXPERIENCE

From music and lighting to room temperature, conversation, or silence – every detail is carefully adjusted to suit your personal preferences and ensure a truly tailored experience.

IMPORTANT WHEN BOOKING AN APPOINTMENT

Please inform us of any health conditions at the time of booking. This helps us avoid unwanted complications and allows our therapists to provide personalized recommendations and ensure your safety and comfort.

To help us fully adapt your treatment to your needs, we recommend booking in advance. Kindly arrive 5–10 minutes early to relax and prepare without feeling rushed. In the event of a late arrival, we reserve the right to shorten your treatment time. Cancellations must be made at least 3 hours before your scheduled appointment. Otherwise, 50% of the treatment cost may be charged.

CARE AND COMFORT

In the wellness area, it is not permitted to smoke, consume alcohol or use mobile phones or cameras. Valuables and money should be kept safely in designated hotel areas. Prior to using the wellness facilities, please try to avoid eating a short time before using the spa, depilation (may cause reactions on the skin), applying perfumes (because of allergic reactions), wearing jewellery.

PAYMENT

Payment is accepted in euros. All major credit cards are also welcome.



EXCLUSIVE TREATMENTS

A SENSORY JOURNEY TO
RENEW BODY AND SPIRIT.

Our carefully crafted treatments blend the power
of nature with the latest in skincare science
to stimulate regeneration, restore vitality,
and awaken your inner glow.

OYSTER & PEARL 60' 250,00 €

Nourishing remineralizing anti-aging treatment. Stimulates the production of your own collagen. After the first treatment, the skin is visibly renewed and tightened.

GARDEN HERBS 60' 250,00 €

A revitalizing salt body scrub infused with freshly picked herbs, followed by a full-body massage that soothes both body and mind.

WINE THERAPY 60' 250,00 €

A stimulating and regenerative treatment. A therapy that stimulates, tones, regenerates, and is ideal for slowing down the aging process of the body's skin.

CHAMPAGNE & TRUFFLE 60' 250,00 €

A luxurious facial treatment that pampers your skin with deep hydration and intensive regeneration.



FACIALS

A PERFECT BLEND OF NATURE AND SCIENCE

Our cosmetics deeply nourish your facial skin and protect it from harmful environmental influences. Enriched with organic ingredients, they restore skin balance and highlight its natural beauty, leaving it soft, light and renewed.

AROMA	50'	100 €
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Aromatherapy facial treatment.

HYDROLIFE	60'	110 €
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An intensive treatment that deeply reactivates optimal skin hydration.

PURI LIFE	50'	100 €
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Treatment for impure and oily skin.

OPTIMAL DEFENCE	40'	90 €
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Treatment for sensitive couperose skin.

FRESHNESS	75'	120 €
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Comprehensive treatment for the face, neck and décolleté for an exceptional feeling of regenerated skin.

MEN'S ENERGY	60'	110 €
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A treatment designed specifically for men's facial skin care.

ANTI-AGE

PRESTIGE SPA	60'	155 €
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A luxurious skin-firming treatment with 24-carat gold flakes and exclusive anti-aging ingredients is an elixir of beauty and youth.

CAVIAR	60'	120 €
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Anti-aging skin treatment that intensively regenerates and nourishes the skin. An energy cocktail consisting of 100% natural caviar extract.

ROSE	30'	55 €
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Skin revitalization treatment.



BODY

YOUR BODY SKIN DESERVES AS MUCH
ATTENTION AS YOUR FACE

Our targeted treatments, combining special massage techniques and certified organic products rich in hydration and nutrients, regenerate, tone, and deeply nourish the skin.

LAVANDER	60'	150 €
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An intensive treatment that includes a body scrub, a mask, and a final massage that encourages the elimination of excess fluid in the body.

SLIMMING THERMO ACTIVE	60'	110 €
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A body treatment with a wrap that regenerates and drains the skin.

API THERAPY	60'	100 €
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A body treatment with honey-based products in combination with herbal extracts.

SLIMNESS	30'	80 €
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Drainage massage with silky camphor and menthol oil that stimulates skin microcirculation.

SENSATION	60'	130 €
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A hydrating and nourishing body treatment. A luxurious body wrap and a relaxing massage that will pamper you.

BECOMING MUM	50'	110 €
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A specially designed treatment for expectant mothers with a relaxing massage that softens and moisturizes the skin.

BODY SCRUB	30'	50 €
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Body scrub with sea salt, aromatic essential oils and organic Mediterranean herbs as the main ingredient that deeply regenerates, nourishes and protects the skin, mind and body.

A sweet body scrub in fragrant and relaxing oil followed by the application of a moisturizing body lotion.



MASSAGE

A RETREAT FOR YOUR BODY,
A RESET FOR YOUR MIND

The natural ingredients in the essential oils used in our massages, through their delicate textures are deeply absorbed into the skin, gently soothing both the body and mind.

MEDITERRANEAN MASSAGE	75'	145 €
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A holistic massage of the whole body, head, face and feet that provides an extraordinary feeling of connection with nature, creating harmony between mind and body.

PINDA HERBAL MASSAGE	60'	120 €
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Massage with warm herbal compresses made from Mediterranean plants such as lavender and sage. Aromatic plants emit pleasant fragrant notes during the massage, which, along with their traditional healing properties, contribute to a completely relaxing atmosphere.

ANTISTRESS MASSAGE		
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Relaxing facial, head or foot massage	20'	50 €
Back or leg massage to relieve muscle pain	25'	70 €
Relaxing head, neck and back massage	35'	85 €

MUM-TO-BE	40'	90 €
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Massage for pregnant women using natural and organic olive or almond oils. This massage nourishes the skin and relaxes the body and mind.

DEEP TISSUE	50'	125 €
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Deep tissue massage that uses strong pressure and specific techniques to relieve muscle tension.

SWEET ORANGE AROMA	50'	110 €
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A full body massage bathed in the scents of Mediterranean nature and aromatic sweet orange balms.

HARMONY	60'	160 €
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A very relaxing full body massage with avocado and coconut oils using an individual approach.

UNWIND	60'	160 €
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Full-body massage with heated seashells.

THAI MASSAGE	60'	130€
	90'	170€

This ancient technique of stretching and pressure connects body and mind, encouraging energy flow and deep relaxation. It revitalizes the body, improves flexibility, and releases tension.

REFLEXOLOGY	30'	70€
	60'	120€

The therapeutic foot massage promotes balance, boosts circulation, and supports the body’s natural healing processes.





SCRUBS AND BATHS

Sea salt and organic aromatic essential oils award
your entire body with a sense of wellbeing,
relaxation, and joy.

MEDITERRANEAN BATH

30' 45 €

A relaxing bath with a choice of one or a combination of Mediterranean essential oils.

DREAM BATH

30' 45 €

A nourishing body bath that restores the skin's velvety appearance and a feeling of comfort.



RITUALS

DIVE INTO A NEW DIMENSION OF WELLNESS

Each of our rituals tells its own story, expressed through carefully designed sensations, movements, and scents.

Choose the one that speaks to you and discover the authentic soul of our destination – one you'll remember for a long time.

AFTER PLANE RITUALS

FACE&BODY REFRESH	75'	150 €
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Relaxing full body massage with a short facial treatment.

WELLCOME TOUCH	90'	150 €
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Peeling and body massage with the use of a relaxing bath.

JET LEG RECOVERY	75'	140 €
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Anti Fatigue facial + detox legs.

BALANCE SPA SIGNATURE RITUALS

ESSENCE	75'	140 €
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A body scrub with lavender flowers in olive oil or a sugar scrub in nourishing almond oil enriched with essential oils of sweet orange and mandarin. Followed by a Mediterranean Balance body and foot massage, and a revitalizing facial massage.

OLIVE PULP	75'	120 €
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Peeling, mask and body massage with natural olive products from Istrian eco olive groves.



PRIVATE SPA

SHARE MOMENTS
OF PURE RELAXATION

Escape together into a sanctuary of serenity,
where time stands still and only the two of
you exist In the privacy of your own spa.

BALANCE LUXURY DATE	180'	450 €
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Private spa area with bio and infrared sauna. Includes a body scrub with sea salt and lavender in olive oil, followed by a full-body, facial, foot, and scalp massage using an oil of your choice. Guests can also enjoy a specially curated healthy menu of smoothies and juices.

BALANCE PARTNER RELAX	120'	300 €
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Private spa area with bio and infrared sauna, de stress massages. The client gets to choose from a specially designed healthy menu of smoothies and juices.

PRIVATE SPA - RENTAL	120'	150 €
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Private spa area with bio and infrared sauna. The client gets to choose from a specially designed healthy menu of smoothies and juices.

KIDS RITUALS

A GENTLE WELLNESS WORLD MADE
JUST FOR LITTLE ONES.

From sweet-scented massages to playful facials and colorful nails, our kids’ treatments are designed to relax, delight, and create special moments. Parents are welcome to join in for shared time and soothing memories.

CHOCOLLATE DREAM	30'	60 €
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Light full body massage with chocolate balm.

SWEET VANILLA	30'	60 €
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Light full body massage with vanilla balm.

TEEN MASSAGE	30'	65 €
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Relaxing massage with oil of your choice.

MINI GLAM FACIAL	25'	45 €
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Light facial hydration.

YUMMY NAILS	25'	25 €
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Nail shaping and varnishing.

FAMILY TIME

BUBBLE BATH	30'	45 €
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Relaxing bath for the child (accompanied by parents).

SWEET MOMENTS	30'	120 €
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Back and head massage for the parent, and full body massage for the child in the same treatment room.



MANICURE AND PEDICURE

INDULGE IN RITUALS BEYOND BEAUTY

Treat yourself to moments of relaxation, refinement, and renewal. With precise attention to detail and the soothing touch of expert care, your skin is softened, your nails perfected, and your spirit gently uplifted.

Spa manicure	45'	65 €
Classic pedicure	50'	60 €
Organic Olive Foot Care	30'	55 €
Nail polishing	20'	13 €
Permanent nail polish - hands or feet	45'	80 €
Permanent nail polish removal	25'	17 €



SPA ZONE AND MEMBERSHIP

Get the most from your visit with a Balance Spa membership. Depending on the tier – Bronze, Silver or Gold – enjoy access to the swimming pool, fitness area, spa zone, vitality bar and exclusive discounts on all wellness treatments.

SAUNA PROGRAMME

1-day-scrub	5 €
3-day-scrub	10 €

SPA ZONE

Relax day (Spa zone/Pool/Fitness)	40 €
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MEMBERSHIP

BRONZE	Monday to Friday, 7am-2pm	100 €
SILVER	Monday to Friday,7am-9pm	140 €
GOLD	Unlimited	200 €