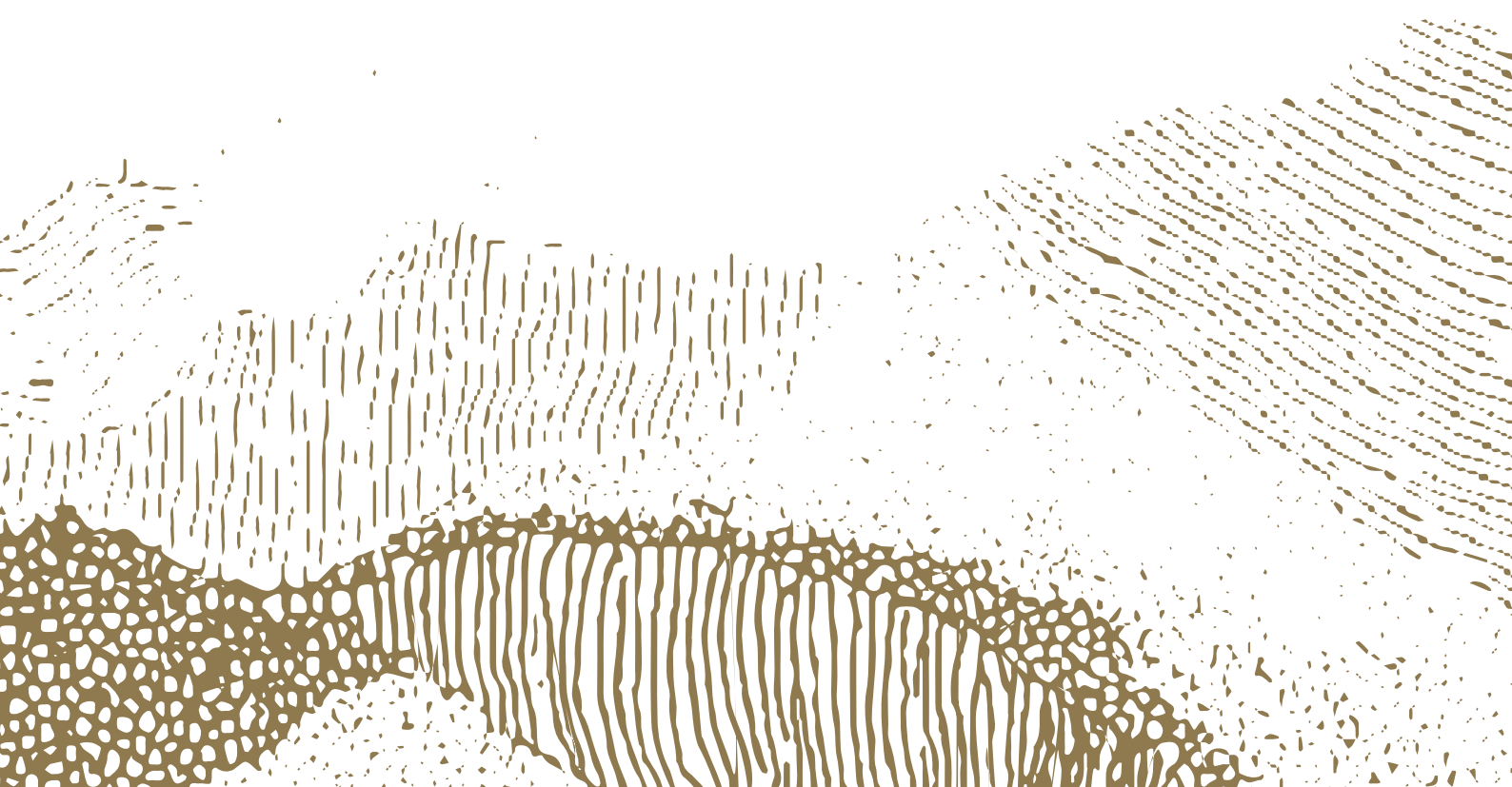




BALANCE

Mediterranean Spa
by Valamar



Radno vrijeme / Working hours:

**Spa treatment
09:00-20:00**

**Thermal area
08:00-21:00**

**Family wellness time
12:00-15:00**

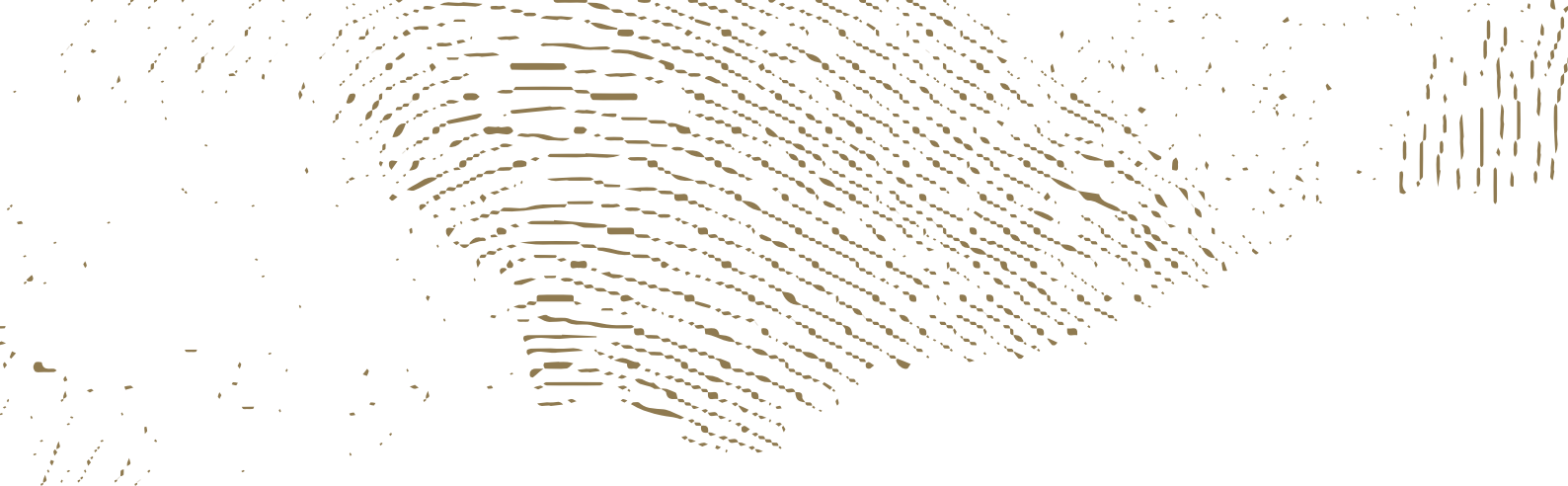
Balance Mediterranean Spa by Valamar

Valamar Meteor Hotel
Kralja Petra Krešimira IV 19
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www.valamar.com





Inspired by the seamless connection of sea and mountain, the purity of Biokovo air, and the warmth of sun-soaked landscapes, this is a place where time slows and presence deepens.

Leave behind the rhythm of everyday life and step into a world shaped by calm, natural beauty, and intuitive care. Each massage, facial, and body ritual is thoughtfully designed to reflect the flow of the coast — fluid, grounding, and deeply restorative.

Rooted in the power of Mediterranean botanicals, our treatments are enriched with pure, high-quality Immortella formulations, crafted from nourishing plant oils and extracts to restore the skin and awaken the senses.

Guided by skilled therapists, each experience is tailored with intention, inviting you to reconnect with your inner balance. Unwind in a setting where warm light, gentle movement, and subtle herbal notes create a refined sanctuary for body and mind.

Here, wellbeing is not simply a treatment — it is a way of being.



MASSAGES

MASAŽE

A journey into deep relaxation and natural balance

Slow, flowing movements inspired by the rhythm of the sea help release tension and restore harmony to body and mind. Natural oils of immortelle, lavender, chamomile, and olive deeply nourish the skin, leaving it soft, revitalised, and renewed.

BIOKOVO WHISPER

Partial - back or legs	25'
Full body	50'

A holistic body ritual inspired by the stillness of Biokovo and the slow rhythm of the Dalmatian coast. High-quality warm oils of immortelle, lavender, chamomile, and olive flow through long, soothing movements that ease tension, improve circulation, and restore a natural sense of balance.

Holistički ritual tijela inspiriran tišinom Biokova i sporim ritmom dalmatinske obale. Visokokvalitetna topla ulja smilja, lavande, kamilice i masline nježno klize kroz duge, umirujuće pokrete koji otpuštaju napetost, potiču cirkulaciju i vraćaju prirodan osjećaj ravnoteže.

BURA DEEP RESTORE

Partial - back or legs	25'
Full body	50'

Designed with the strength of mountain winds and the energy of coastal air in mind, this deep therapeutic massage releases underlying tension through precise pressure and technique.

Osmišljena imajući na umu snagu planinskih vjetrova i energiju obalnog zraka, ova dubinska terapijska masaža preciznim pritiskom i tehnikom otpušta dublju napetost.

MAESTRAL CALM RITUAL

50'

A soothing back, neck, and scalp ritual reflecting the gentle movement of the maestral breeze. Slow, calming movements combined with aromatherapy oils of immortelle and lavender reduce stress, soften tension, and bring a deep sense of ease.

Opuštajući ritual za leđa, vrat i vlasište koji odražava nježne pokrete maestrala. Spori, umirujući pokreti u kombinaciji s aromaterapijskim uljima smilja i lavande smanjuju stres, ublažavaju napetost i donose dubok osjećaj mira.

TRAMONTANA FLOW RITUAL

75'

A flowing body and face ritual guided by the movement of the sea. Long, wave-like strokes create deep relaxation while warm botanical oils nourish the skin and restore harmony to body and mind.

Protočni ritual tijela i lica vođen pokretima mora. Dugi pokreti nalik valovima stvaraju duboku relaksaciju, dok topla biljna ulja njeguju kožu i vraćaju sklad tijelu i umu.

SHORELINE RESET

25'

A grounding foot ritual shaped by warm coastal paths and seaside walks. Reflexology techniques stimulate circulation, release tension, and restore lightness throughout the body.

Uzemljujući ritual za stopala oblikovan prema toplim obalnim stazama i šetnjama uz more. Refleksološke tehnike potiču cirkulaciju, otpuštaju napetost i vraćaju lakoću cijelom tijelu.

MUM TO BE

50'

A nurturing massage designed for expectant mothers, using gentle techniques and soothing Immortella formulations. It relieves tension in key areas and creates a feeling of comfort, care, and deep relaxation.

Nježna masaža osmišljena za trudnice, uz blage tehnike i umirujuće Immortella formulacije. Oslobađa napetost u ključnim zonama te stvara osjećaj ugođe, njege i duboke relaksacije.

HOT STONE

75'

Indulge in deep relaxation with a warm volcanic stone massage. The heat eases into the muscles, stimulates circulation, and eases tension, restoring balance and a sense of inner calm.

Prepustite se opuštanju uz masažu toplim vulkanskim kamenjem. Toplina prodire duboko u mišiće, potiče cirkulaciju i smanjuje napetost, dok tijelo i um pronalaze ravnotežu i mir.





BODY CARE RITUALS

RITUALI NJEGA TIJELA

Herbal care inspired by
Biokovo and the Adriatic coast.

Experience the healing power of nature through rituals enriched with Immortella botanical formulations. Inspired by the synergy of sea and mountain, each treatment nourishes the skin, restores balance, and brings a sense of natural renewal.

SEA SALT RENEWAL RITUAL

30`

A mineral-rich body exfoliation with dalmatian sea salt, aromatic herbs, and natural oils. Inspired by the meeting of sea and mountain, it smooths, refreshes, and restores the skin, leaving it soft and revitalised.

Mineralni piling tijela s dalmatinskom morskom soli, aromatičnim biljem i prirodnim uljima dubinski obnavlja kožu. Inspiriran susretom mora i planine, zaglađuje, osvježava i vraća koži mekoću i vitalnost.

HERBAL COCOON RITUAL

50'

A warm body wrap inspired by the healing herbs of Biokovo. A nourishing mask enhances deep absorption of active ingredients while heat relaxes the body. Completed with a soothing facial massage, this ritual restores comfort, hydration, and deep regeneration.

Topli ritual obavljanja inspiriran ljekovitim biljem Biokova i bogatim Immortella formulacijama. Hranjiva maska potiče dubinsko upijanje aktivnih sastojaka dok toplina opušta tijelo. Ritual se dovršava opuštajućom masažom lica koja vraća svježinu i potiče cirkulaciju, donoseći osjećaj regeneracije i potpunog opuštanja.

SUNLIT REVIVAL

75'

An energising ritual reflecting the warmth of Dalmatian sunshine and the brightness of citrus groves. Exfoliation, nourishing care, and facial massage revive the skin, restoring freshness, radiance, and vitality.

Energizirajući ritual koji odražava toplinu dalmatinskog sunca i svježinu citrusnih vrtova. Piling, hranjiva njega i masaža lica obnavljaju kožu, vraćajući joj svježinu, sjaj i vitalnost.





FACIAL CARE

NJEGA LICA

Your daily ritual for hydration, balance and natural radiance.

Rooted in the purity of Biokovo air and the freshness of the sea, our facial rituals combine gentle techniques and potent plant actives to restore balance, improve skin texture, and reveal a naturally luminous complexion.

MEDITERRANEAN DEW RITUAL

50`

A facial treatment that brings together the freshness of the Makarska Riviera and the purity of Biokovo air. It deeply hydrates, soothes, and revitalises the skin, restoring its softness and natural glow, while Immortella active ingredients provide a renewed feeling after sun exposure and the sea.

Inspiriran susretom mora i planine, ovaj tretman lica donosi svježinu Makarske rivijere i čistoću zraka Biokova. Dubinski hidratizira, umiruje i revitalizira kožu, vraćajući joj mekoću i prirodan sjaj, dok aktivni sastojci Immortella linije pružaju osjećaj obnove nakon izlaganja suncu i moru.

IMMORTELLA REGENERATION RITUAL

70`

A luxurious anti-age ritual centred on immortelle, the resilient flower of Biokovo. Rich in regenerative properties, it nourishes, firms, and restores skin elasticity, leaving the complexion smooth, radiant, and revitalised.

Luksuzni anti-age ritual posvećen smilju, otpornoj biljci Biokova. Bogat regenerativnim svojstvima, ovaj tretman hrani kožu, poboljšava njezin tonus i vraća elastičnost, ostavljajući ten zaglađenim, blistavim i revitaliziranim.

PURE BALANCE RITUAL

50'

A clarifying facial designed for skin in need of freshness and balance. Botanical actives purify pores, regulate sebum, and restore a clean, healthy-looking complexio.

Pročišćavajući tretman lica za kožu kojoj nedostaje svježine i ravnoteže. Biljni aktivni sastojci čiste pore, reguliraju sebum i vraćaju koži uredan i zdrav izgled.

COASTAL RECOVERY RITUAL (MEN)

50'

A revitalising treatment inspired by the strength of the sea and coastal winds. Ideal after sun, activity, or travel, it deeply hydrates and restores the skin's energy and resilience.

Revitalizirajući tretman inspiriran snagom mora i obalnih vjetrova. Idealan nakon sunca, aktivnosti ili putovanja, dubinski hidratizira i vraća koži energiju i otpornost.

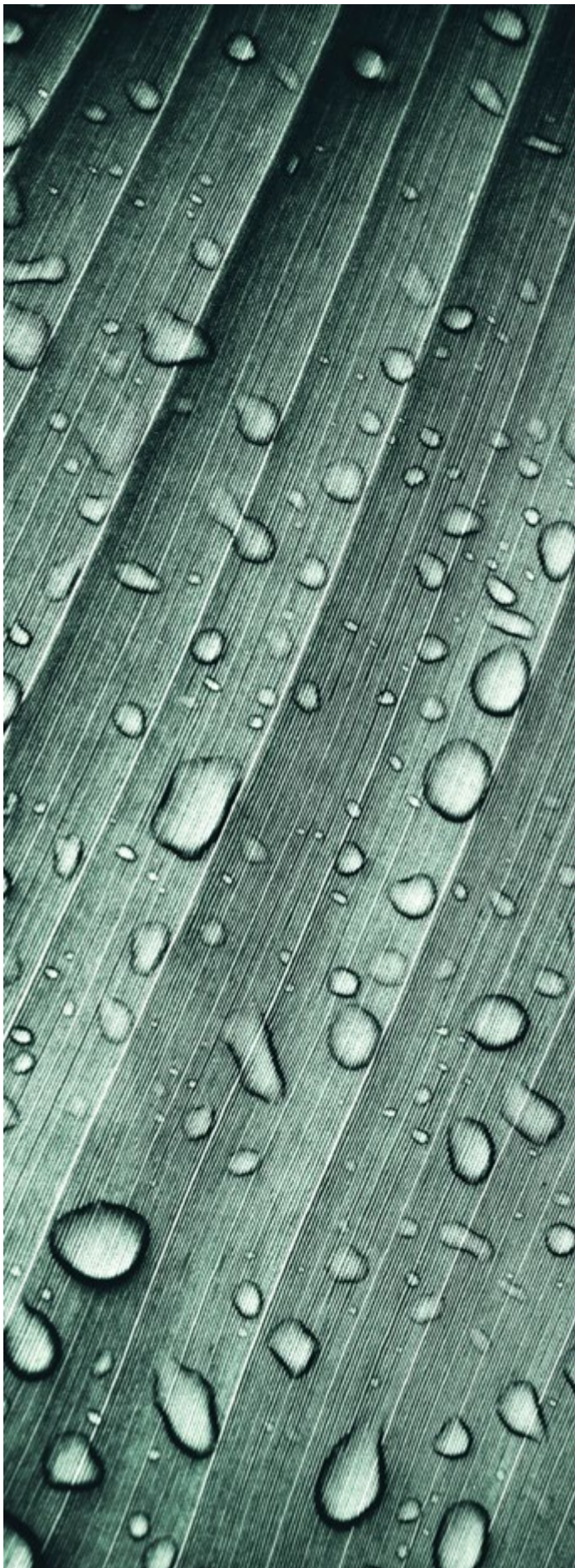
BREEZE & HERB TOUCH RITUAL

30'

A rhythmic facial massage aligned with the natural cycles of wind and herbs. It stimulates microcirculation, relaxes facial muscles, and restores a sense of calm and freshness.

Ritmična masaža lica usklađena s prirodnim ciklusima vjetra i bilja. Potiče mikrocirkulaciju, opušta mišiće lica i vraća osjećaj mira i svježine.





PRIVATE SPA EXPERIENCE

PRIVATNO SPA ISKUSTVO

Your private escape for connection and complete restoration.

Step into a tranquil space designed for relaxation, reconnection, and shared stillness. Immersive rituals for two combine soothing touch, warmth, and natural botanicals to create a deeply calming and restorative experience.

IMMORTELLA ESSENCE JOURNEY

90'

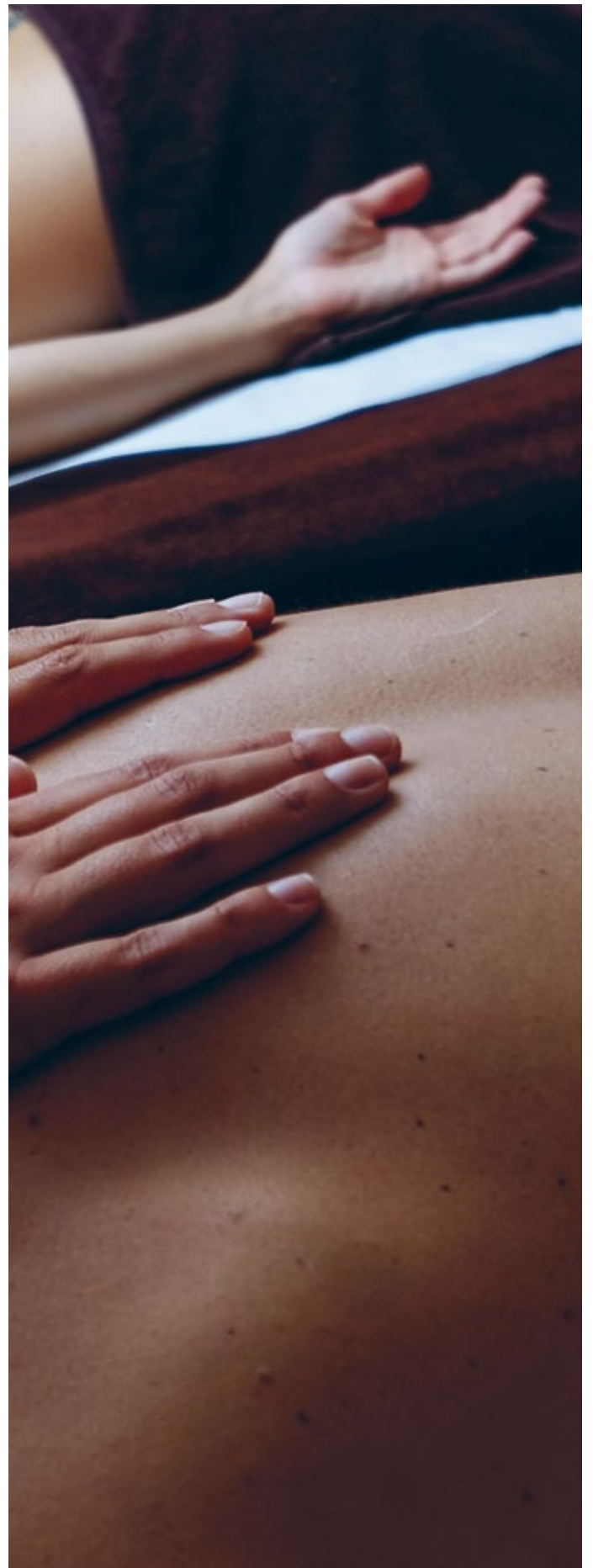
A signature ritual designed to restore balance and awaken the body through the harmony of natural elements. Beginning with a gentle foot scrub and dry body brushing to stimulate circulation, the experience unfolds into a deeply relaxing full-body massage using warm Immortella oils. This immersive ritual revitalises the senses, nourishes the skin, and leaves the body feeling renewed, grounded, and at ease. *Signature ritual osmišljen za vraćanje ravnoteže i buđenje tijela kroz sklad prirodnih elemenata. Započinje nježnim pilin-gom stopala i suhim četkanjem tijela za poticanje cirkulacije, nakon čega se nastavlja duboko opuštajućom masažom cijelog tijela toplim Immortella uljima. Ovaj sveobuhvatni ritual revitalizira osjetila, njeguje kožu i ostavlja tijelo obnovljenim, uzemljenim i u osjećaju potpune lakoće.*

SUNSET HARMONY FOR TWO

150'

A shared wellness ritual created to deepen connection and unwind together. Starting with a body scrub and continuing with a synchronised couples massage, it offers a quiet moment of relaxation, balance, and togetherness.

Zajednički wellness ritual osmišljen za produbljivanje povezanosti i zajedničko opuštanje. Započinje pilingom tijela, a nastavlja se sinkroniziranom masažom za dvoje, stvarajući trenutak mira, ravnoteže i zajedništva.





KIDS EXPERIENCE

DJEČJI SPA DOŽIVLJAJI

A soft introduction to wellbeing and care.

Shaped by the ease and lightness of coastal days, our kids spa rituals nurture delicate skin through gentle touch and natural ingredients. A moment of comfort, calm, and joyful relaxation.

STORIES OF SUN & WAVES

30'

A gentle, playful massage inspired by the rhythm of the sea. Soft movements create a sense of warmth, safety, and relaxation, while natural oils care for delicate skin.

Nježna, razigrana masaža inspirirana ritmom mora. Lagani pokreti stvaraju osjećaj sigurnosti, topline i opuštanja, dok prirodna ulja njeguju osjetljivu dječju kožu.

LITTLE GLOW RITUAL

20'

A soft facial for younger guests using gentle textures and natural aromas. A calming introduction to wellness care.

Nježan tretman lica za mlađe goste, uz blage teksture i prirodne mirise. Smirujuće upoznavanje sa svijetom wellness njege.

SEA STAR CARE RITUAL

(MANI & PEDI) 20'

A nurturing hand and foot ritual designed for young guests. Soft textures and a light massage create a relaxing and playful experience, finished with a joyful touch of colour.

Nježan ritual njege ruku i stopala osmišljen za mlađe goste. Mekane teksture i lagana masaža stvaraju opuštajuće, razigrano iskustvo, uz završni dodir boje.

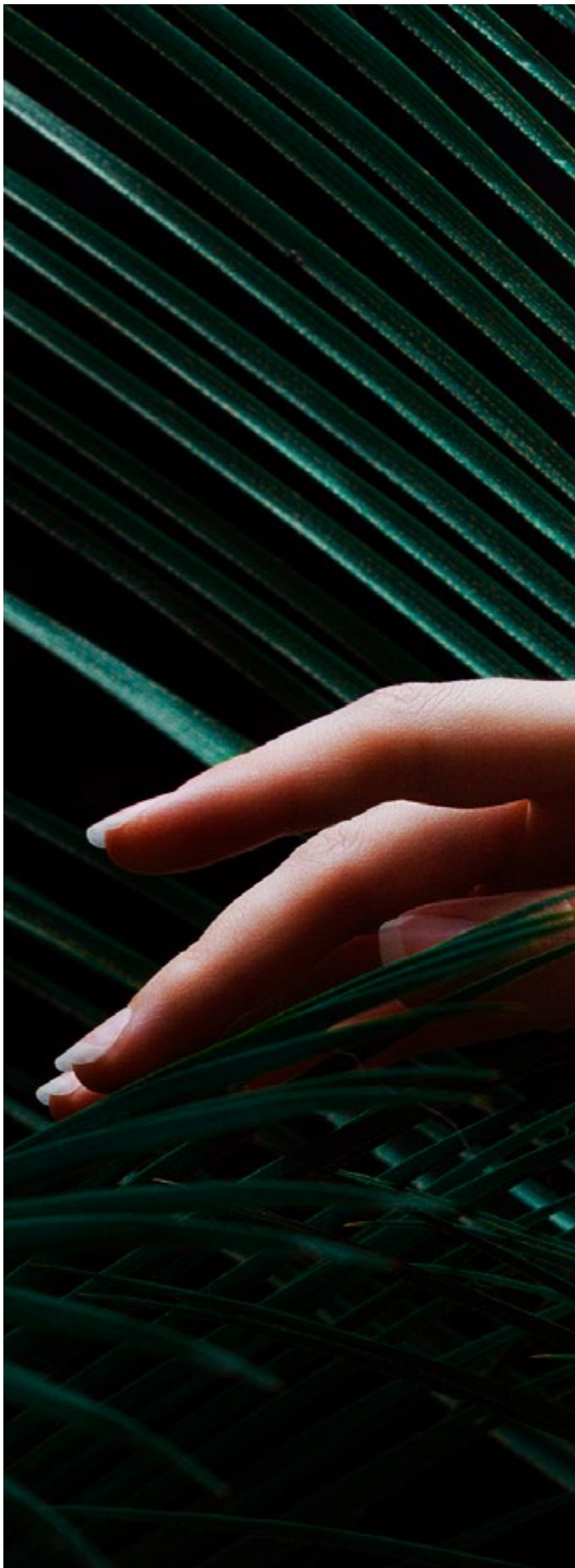
SUN & SEA BONDING RITUAL

60'

A shared wellness moment for parent and child. Gentle movements and natural oils create connection, comfort, and a sense of calm together.

Poseban wellness trenutak za roditelja i dijete. Nježni pokreti i prirodna ulja stvaraju osjećaj povezanosti, ugone i zajedničkog mira.





WAXING

DEPILACIJA

MINI

Upper Lip & Eyebrow Shaping
(nadusnica, obrve) 20'

HAND & FOOT CARE

NJEGA RUKU I STOPALA

MANICURE

Manikura 50'

PEDICURE

Pedikura 50'

NAIL POLISH APPLICATION

Lakiranje 20'

GEL POLISH

Trajni lak 60'

GEL NAIL EXTENSIONS

Gel ugradnja 120'

GEL CORRECTION

Gel korekcija 90'

GEL POLISH REMOVAL

Skidanje trajnog laka 30'

COLORING AND CORRECTION SERVICE

Bojanje i korekcija usluga 20'

WORKSHOPS

(10–15 guests) / Radionica (10-15 pax)

IMMORTELLA EXPERIENCE

(Adults)

Immortella iskustvo (odrasli) 60'

A facial care workshop inspired by immortelle and Mediterranean herbs. Guests learn simple steps for cleansing, hydrating, and nourishing the skin, as well as choosing the right products. Guided by scents, textures, and Gua Sha massage, this is a relaxing, sensory skincare ritual.

Radionica njege lica inspirirana smiljem i mediteranskim biljem. Kroz jednostavne korake gosti uče kako očistiti, hidratizirati i nahraniti kožu te odabrati idealne proizvode. Ritual je vođen mirisima, teksturama i Gua Sha masažom, za opuštajuće i senzorno iskustvo njege.

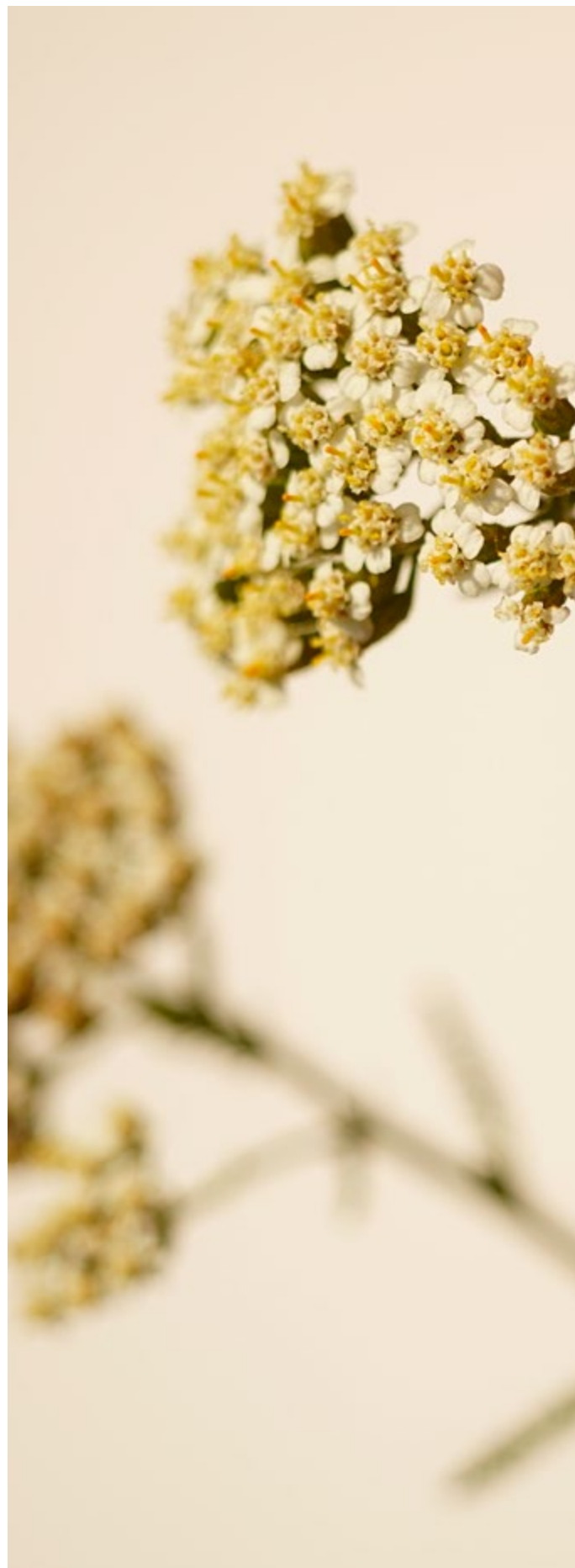
IMMORTELLA EXPERIENCE

(Mother & Child)

Immortella iskustvo majka & dijete 60'

A special massage workshop for parent and child, focused on bonding, tenderness, and quality time together. Guided by a therapist, participants learn simple massage techniques and the benefits of touch, with tips for home use.

Posebna radionica masaže za roditelja i dijete, usmjerena na povezivanje, nježnost i kvalitetno zajedničko vrijeme. Pod vodstvom terapeuta uče se jednostavne tehnike masaže i dobiti dodira, uz savjete za primjenu kod kuće.





VALAMAR METEOR

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Panata sport d.o.o.

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