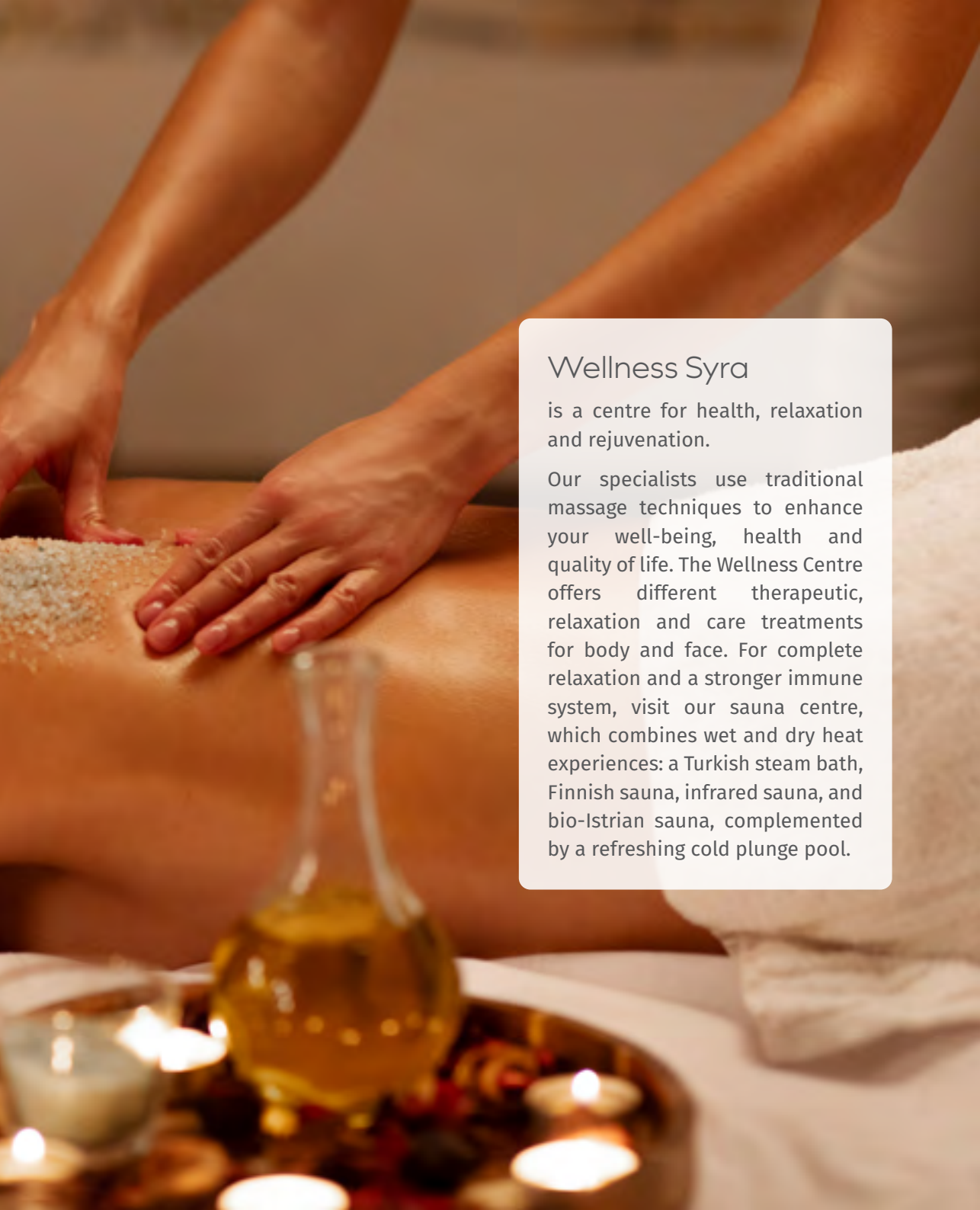


Wellness Syra

Salinera

SAVA HOTELS & RESORTS





Wellness Syra

is a centre for health, relaxation and rejuvenation.

Our specialists use traditional massage techniques to enhance your well-being, health and quality of life. The Wellness Centre offers different therapeutic, relaxation and care treatments for body and face. For complete relaxation and a stronger immune system, visit our sauna centre, which combines wet and dry heat experiences: a Turkish steam bath, Finnish sauna, infrared sauna, and bio-Istrian sauna, complemented by a refreshing cold plunge pool.

Therapeutic treatments

Classic massage

Classic massage helps release muscle tension, stimulates circulation and promotes greater well-being and mobility.

Pain-relieving therapeutic massage with marine magnesium

Experience immediate relief from stiff, aching muscles and sore joints as you enter an oasis of revitalising relaxation. Designed to restore the body, this massage uses highly concentrated, pure, natural marine magnesium, rich in minerals. When applied to the skin, magnesium oil is immediately absorbed and has a regenerative effect on your muscles and joints. Magnesium treatment is an effective natural tool for managing pain and eliminating stress, fatigue, muscle spasms, and muscle irritation, while enriching your body and mind through remineralisation and other beneficial effects. It is ideal for arthritis, for muscle tension, and for relieving tension after sports activities.

Tui-na massage

Tui-na is a traditional Chinese medical massage based on the principles of traditional Chinese medicine. Used for relaxation and preventive care, it helps release energy blockages and restore balance within the body.

It is effective for joint and muscle pain, nerve pain, headaches, insomnia, sinusitis, migraines, menstrual problems, muscle cramps, digestive disorders and stress.

General osteopathic treatment – GOT

General osteopathic treatment (GOT) is a holistic manual technique designed to improve mobility and balance throughout the body. Using gentle, rhythmic movements, the therapist works on the joints, muscles and soft tissues to help release tension. The treatment promotes better physical function, circulation and a sense of relaxation. It is suitable for anyone seeking greater ease and freedom of movement.

Bowen therapy

Energy-balancing massage employs a combination of techniques to promote deep relaxation and help release energy blockages. This full-body massage focuses on acupressure points and includes foot reflexology and a soothing head and face massage.

Hot volcanic stone massage

A specialised massage technique using warm volcanic stones brings soothing warmth deep into the body. The massage stimulates blood and lymphatic circulation, encourages a positive flow of energy, boosts metabolism, soothes the muscles, reduces tension and helps relieve pain. It leaves the whole body feeling re-energised.

Reflexology zone foot massage

This massage stimulates reflex points on the feet to help relax and balance the whole body. It encourages the elimination of toxins, supports organ function, improves blood and lymphatic circulation and helps restore a balanced flow of energy throughout the body.

Sports massage

Firm yet comfortable massage movements across the entire body help release tension and soothe muscles after exercise. The massage helps prepare the body for sport and maintain fitness, enhances physical and mental well-being and helps prevent injuries. Its aim is to restore relaxed, pain-free movement and good coordination.

Head/foot massage

This soothing massage helps relieve stress and headaches and promotes well-being by releasing tension in the neck, head and décolletage. An acupressure massage technique with essential oils revitalises and restores the scalp, and strengthens the hair down to its roots.

Children's massage (up to 12 years of age)

Designed for children under 12, this massage uses a natural relaxation oil. It helps relax the muscles, reduce stress and lower stress hormone levels, contributing to a stronger immune system and a healthy body. After the massage, children feel relaxed, calm and happier.



Aesthetic care programmes

Pain-relief wrap with self-heating mud and back massage

Take advantage of the natural properties of red algae and gold mud from the Arizona desert, enriched with copper, magnesium, and zinc. As nourishing minerals penetrate the skin, feel every part of your body relax and fatigue melt away. The soothing warmth of this gentle, bubbling wrap melts away any lingering stress, leaving you feeling renewed.

Rejuvenating body care with tropical fruit

This papaya and pineapple body treatment contains natural fats, calcium, a high concentration of vitamin A, pomegranate extracts and other anti-ageing ingredients. These ingredients also effectively combat the effects of excessive sun exposure. Collagen polypeptides smooth the skin, while elastin polypeptides improve firmness. When this sumptuous creamy scrub envelops your body, you will find yourself in a beautiful tropical oasis. The skin will be richly nurtured with visibly reduced wrinkles.

Soothing after-sun body treatment

Soothe sun-damaged or sun-sensitive skin with a cooling wrap. Soothing water lily, green tea, chamomile, and the amino acid proline help relieve discomfort caused by prolonged sun exposure. This wrap reduces burning and stinging sensations, restores and soothes the skin and lowers its temperature on contact.

Relaxing marine mineral wrap and massage

Comprehensive care with a seaweed wrap that strengthens and tones the skin's immune system through its mineral, enzyme, and amino acid content. The soothing, delicately scented wrap revitalises the body and replenishes the skin with precious minerals. This care treatment provides a relaxing break from your daily routine. The wrap is rich in potassium, which prevents muscle fatigue, and iodine, which helps stimulate the consumption of oxygen in skin cells, while algae ensure excellent hydration of the skin. Relax your body, calm your mind and surrender to a complete wrap and massage treatment that helps restore vitality, strengthen the body and enhance well-being.



Scrubs, wraps, brushing

A body scrub is an essential part of body care, gently removing dead surface skin cells and impurities while helping maintain the skin's natural moisture. After the treatment, the skin feels smooth, silky soft and pleasant to the touch. Choose from a range of salt scrubs enriched with oils and herbs.

Sweet body scrub with marine minerals

A 100% natural body scrub. This delicately scented sugar and sea salt scrub leaves the skin exceptionally soft, satiny and velvety smooth. The scrub removes dead skin cells, preparing the skin to absorb active ingredients from subsequent oils, wraps or creams more readily.

Salt body scrub with Mediterranean herbs

A salt scrub with Mediterranean herbs gently removes dead skin cells, thoroughly cleansing and refreshing the skin. Sea salt stimulates circulation, while selected Mediterranean herbs revitalise the skin and restore its natural softness. After the treatment, the skin feels smooth, silky and delicately scented. This Mediterranean-inspired ritual brings a sense of freshness, lightness and relaxation.

Seaweed scrub for silky-smooth skin

This luxurious detoxifying seaweed scrub gently removes dead skin cells and impurities, improves the skin's appearance and texture, and stimulates circulation. Precious, mineral-rich seaweed purifies, refreshes and nourishes the skin, revealing silky-smooth, soft and beautifully hydrated skin.

Salt-pan mud wrap

Wraps made with mud sourced from the Portorož salt pans are suitable for rheumatic and skin conditions. Salt-pan mud encourages the elimination of waste products from the body and helps strengthen the body's immune defences.

Dry body brushing and a skin-firming wrap

This luxurious dry brushing technique ensures the elimination of dead, dry skin, stimulates microcirculation, and facilitates lymphatic flow. A revolutionary body wrap that contains Longan fruit seed extract, which smooths the skin and helps reduce fatty deposits. Caffeine extract improves fat cell metabolism and stimulates lipolysis, while collagen and hyaluronic acid leave the skin firm, deeply hydrated, rejuvenated and radiant. It is recommended for all skin types, especially for mature skin with lipo-ageing. The treatment radically reduces looseness of the skin and ensures an even texture, while at the same time awakening the metabolism of your cells. The wrap is not rinsed off, so it works for a long time and is ecological.

Detoxification and body contouring

Detoxifying Seaweed Body Wrap

Treat your body to a detoxifying therapeutic seaweed wrap that enriches the skin with minerals, deeply hydrates and revitalises it. A combination of two types of seaweed, Laminaria digitata and Fucus vesiculosus, helps improve the skin's appearance, stimulates circulation and reduces the appearance of cellulite. This treatment is an excellent choice for starting an anti-cellulite programme, as it promotes smoother, firmer and healthier-looking skin. After the treatment, the skin feels soft, hydrated and visibly renewed.

Detoxifying brine massage

The massage begins with brine (Aqua madre) being worked into the skin. A specialised massage technique, using juniper oil and manual stimulation of the lymphatic system, encourages lymphatic flow and drainage from different areas of the body.

Caffeine wrap and anti-cellulite leg massage

This treatment uses manual massage to stimulate circulation and immediately relax and relieve heavy legs. The wrap combines a caffeine concentrate with a slimming complex to eliminate toxins, address water retention and improve circulation. The treatment immediately promotes drainage and leaves the skin visibly firmer.

Anti-cellulite body-contouring massage

Specialised massage techniques and anti-cellulite oil improve blood circulation and microcirculation in the subcutaneous tissue, stimulate the lymphatic system and encourage the elimination of accumulated toxins. The massage focuses primarily on areas of concern.

Manual lymphatic drainage

Manual lymphatic drainage is a gentle technique that stimulates the lymphatic system through slow, repeated movements. These movements encourage the flow of lymphatic fluid from areas where it has accumulated due to a medical condition or injury. The massage is also effective in reducing cellulite.

Facial care

Refreshing deep-cleansing facial for all skin types

A refreshing treatment that leaves the skin feeling clean, comfortable and fresh. Thorough cleansing removes impurities and excess sebum, while selected active ingredients hydrate, soothe and revitalise the skin. The result is soft, smooth and pleasantly refreshed skin.

Rejuvenating facial for firm and glowing skin with stress-relieving eye care

A rejuvenating treatment designed to improve the appearance of skin firmness, smoothness and radiance, with special attention to the delicate eye area. The soothing treatment helps reduce visible signs of fatigue, leaving the face looking fresher and more rested.

Soothing facial for sensitive skin

A gentle yet effective treatment specially designed for very sensitive and reactive skin. Carefully selected natural ingredients deeply soothe the skin, reduce discomfort and help minimise the appearance of redness and visible capillaries. They gently care for the skin, restore suppleness and help reduce the appearance of troublesome flare-ups of redness. After the treatment, the skin looks visibly calmer and more even, and feels soft and supple.

Hydrating collagen facial to smooth fine lines

Treat your skin to an intensive rejuvenating and hydrating treatment. A gentle enzyme peel, hyaluronic acid and collagen gel deeply hydrate and revitalise the skin, while a detoxifying mask with micronised charcoal and essential oils cleanses and soothes it. After the treatment, the skin looks smoother, firmer, fresher and radiantly youthful.

MARINE MINERAL TREATMENTS

Massage and mask for soft, supple and relaxed skin

This marine mineral treatment combines a relaxing massage with a nourishing mask to intensely hydrate, nourish and rejuvenate the skin. We select a suitable skincare range and tools, such as gua sha stones, cooling globes or facial cups, according to your skin type. The face looks visibly less tired, with more relaxed features. The complexion is refreshed and revitalised.

Collagen-boosting rejuvenating facial to reduce wrinkles

An intensive rejuvenating treatment specially designed for skin that lacks vitality and shows visible signs of ageing. Combined with a specialised lifting massage, macroalgae and selected active ingredients nourish the skin, support firmness and elasticity and restore a firmer appearance. The skin looks smoother, firmer and more radiant.



Hand and foot care

Classic manicure

It includes shaping and polishing of the nails, caring for and grooming the cuticles, and application of a nourishing nail polish and cream.

Energo Syra – manicure

In addition to basic nail care, your hands are pampered with an aromatic scrub, a rich mask and an “energo” hand massage. After the treatment, the skin on your hands feels exceptionally soft, supple and smooth.

Classic pedicure

It includes a foot bath, shaping and polishing of the nails, removal of hard and dry skin, and the application of nourishing nail polish and cream. After the treatment, your feet look well groomed and the skin feels soft and nourished.

Energo Syra – pedicure

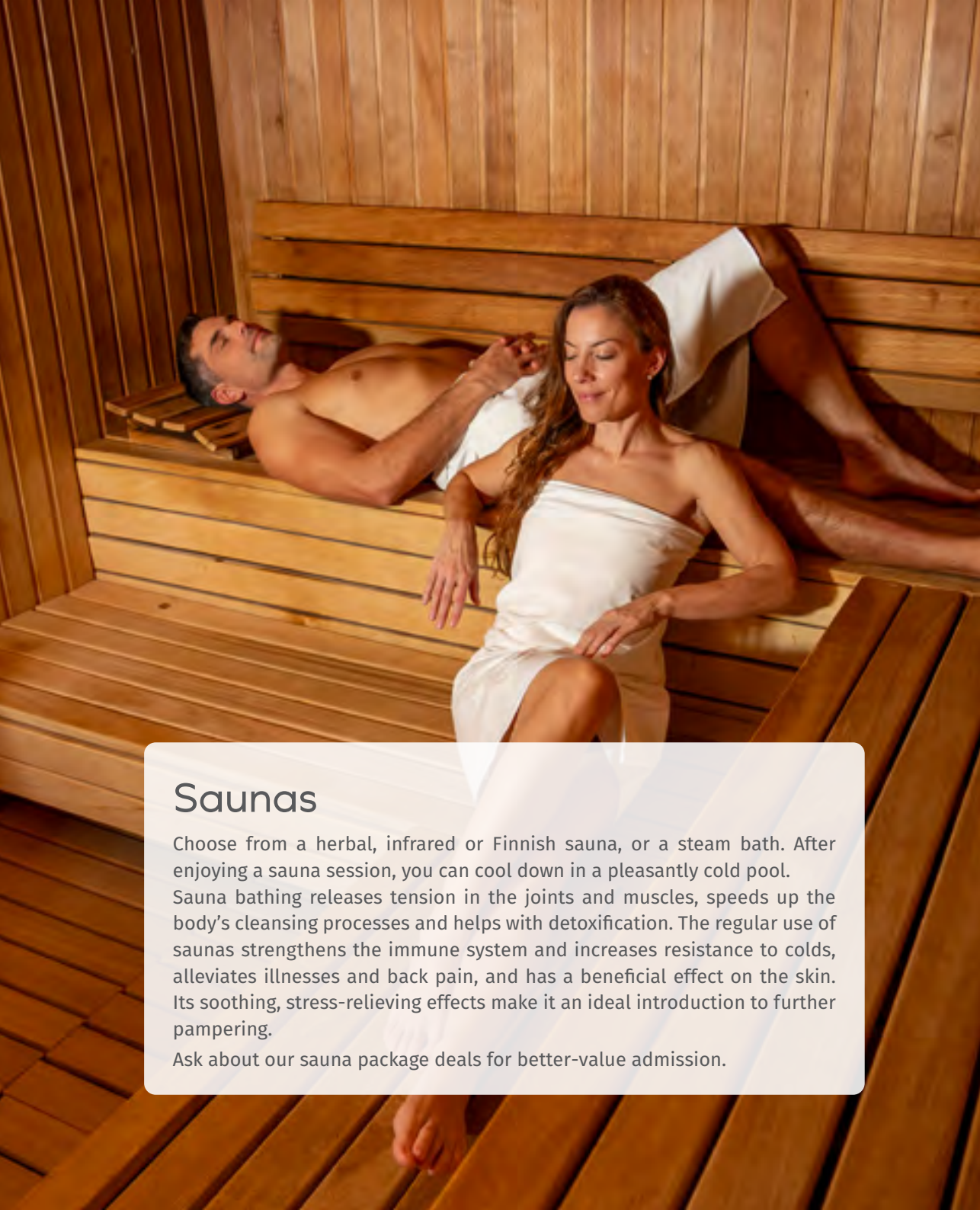
The pedicure provides you with perfectly groomed feet. The scrub thoroughly cleanses your feet and prepares them for a rich vitamin mask that restores moisture and softness, protecting them from harmful external influences. An “energo” foot massage follows, revitalising the whole body.

Medical pedicure

You can also add a standard or gel polish application to your treatment.

Hair removal and other services

We also offer a range of hair removal treatments and beauty services, including eyebrow shaping and eyelash and eyebrow tinting. Please contact the wellness reception to discuss any additional requests or arrange an individual appointment.



Saunas

Choose from a herbal, infrared or Finnish sauna, or a steam bath. After enjoying a sauna session, you can cool down in a pleasantly cold pool.

Sauna bathing releases tension in the joints and muscles, speeds up the body's cleansing processes and helps with detoxification. The regular use of saunas strengthens the immune system and increases resistance to colds, alleviates illnesses and back pain, and has a beneficial effect on the skin. Its soothing, stress-relieving effects make it an ideal introduction to further pampering.

Ask about our sauna package deals for better-value admission.

Wellness Syra

Bookings

Advance booking is required. Please book several days before your preferred appointment by telephone:
+386 5 676 32 00
or by e-mail: **syra.center@sava.si**



GIFT VOUCHERS

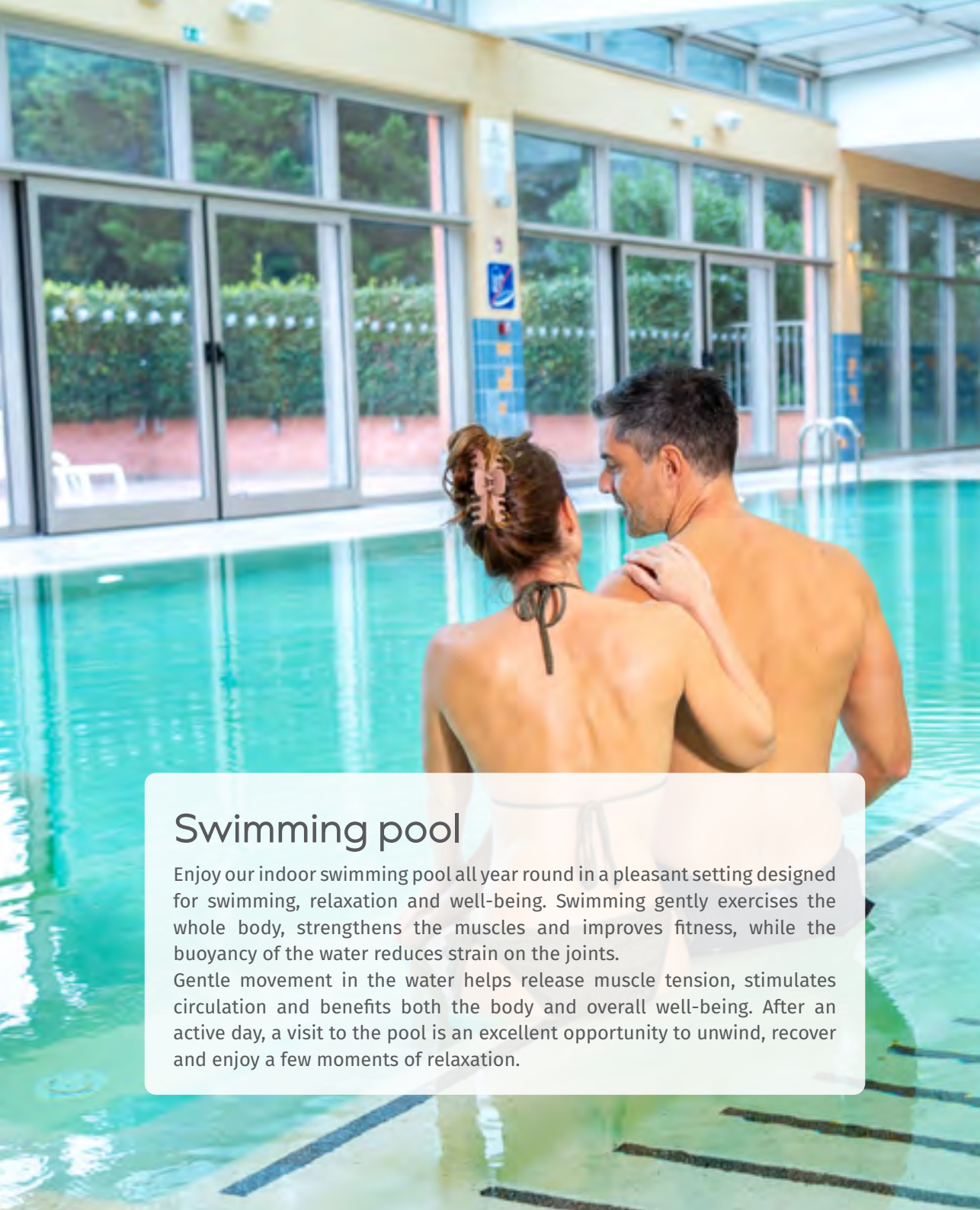
Want to make your loved ones happy? Gift someone a heavenly experience. For more information, please contact the Wellness Syra reception desk.

Cancellations

If you wish to cancel a booked treatment, please do so at least 12 hours before your appointment. Otherwise, a cancellation fee of 50% of the treatment price will apply.

We recommend

To make sure you are relaxed and ready for the experience, we suggest you arrive 10 minutes before the treatment. We recommend that you do not consume large meals or alcohol before the treatment. Alert the therapist to any specific medical conditions before starting the procedure.



Swimming pool

Enjoy our indoor swimming pool all year round in a pleasant setting designed for swimming, relaxation and well-being. Swimming gently exercises the whole body, strengthens the muscles and improves fitness, while the buoyancy of the water reduces strain on the joints.

Gentle movement in the water helps release muscle tension, stimulates circulation and benefits both the body and overall well-being. After an active day, a visit to the pool is an excellent opportunity to unwind, recover and enjoy a few moments of relaxation.



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