



# THE BEST WELL-BEING PROGRAMMES *in Slovenia*



Our advice  
to make  
your stay  
nice!

REFRESHING, RELAXING, REENERGISING,  
REJUVENATING WITH A LOCAL FEEL

Sava Hotels Bled · Terme Ptuj · Health Resort Zdravilišče Radenci  
Terme 3000 - Moravske Toplice · St. Bernardin Resort Portorož  
San Simon Resort Izola · Salinera Resort Strunjan

[www.sava-hotels-resorts.com](http://www.sava-hotels-resorts.com)

**SAVA**  
HOTELS & RESORTS

A scenic view of a swimming pool with lounge chairs in the foreground, and a castle on a cliff in the background. The castle is built on a rocky outcrop, surrounded by lush greenery. The sky is clear and blue. The overall atmosphere is peaceful and relaxing.

# SAVA HOTELS BLED

## *What a view!*

## *What a feeling.*

Many global media outlets describe Bled as an image of paradise. The views of this fairytale lake are relaxing and calming all year round. Our accommodation facilities therefore offer the most beautiful views of the lake - either directly from the shore or elevated slightly above it. The combination of the benevolent climate of Bled, which has been a widely known natural health resort since the 19th century, its thermal springs and inspiring views, provides invaluable rejuvenating qualities for body and mind. Bled is also a paradise for hikers, mountain bikers, golfers, yoga lovers and runners. In the warmer months, it is a training centre for rowers from all over the world, and in winter it impresses visitors with its proximity to world-renowned biathlon centres on the wooded Pokljuka plateau and the ski jumping centre in Planica.



## SAVA HOTELS BLEĐ

- ▶ Stunning beauty of the unique natural scenery.
- ▶ Harmonious energies and fresh alpine air.
- ▶ Healing powers of thermal water.
- ▶ The holistic approach of the Alpine-themed wellness centres with authentic and local products.
- ▶ Rooms ideal for complete relaxation and regeneration.
- ▶ Local cuisine with a modern and sustainable approach.
- ▶ All of the above with the most beautiful views of the emerald lake, dreamy island, romantic castle and mighty mountain peaks.

## THE HEALING POWER OF BLEĐ

People have always believed that the Slovenian town of Bled and the enchanting nature around it have special healing powers. The best way to experience them is to **take a walk in nature** and follow it up by **taking a dip in the beneficial thermal water** in the Wellness Živa or Spa Luisa. You will understand immediately why Arnold Rikli chose Bled of all places to build his famous health resort in the 19th century.

## BLEĐ THERMAL WATER

Sava Hoteli Bled offers swimming and bathing in healing thermal mineral water. Pools in Wellness Živa are filled with thermal mineral water that has a **relaxing effect on the body and eases joint pain, while the minerals have a calming effect on the skin**. The Spa Luisa thermal baths are built around a hot spring of healing water; **bathing in the water has a positive effect on the cardiovascular and nervous system, while drinking the water soothes the stomach and other internal organs**.





## WELLNESS ŽIVA

### Holistic relaxation for the body and spirit

Arnold Rikli, natural healer and founder of the 19th century health resort in Bled, once wrote: **»Our every thought, breath, and heartbeat, our every feeling, conviction, and movement sends energy signals through the body that influence our entire being.«**

Adopting this thought, Wellness Živa is dedicated to holistic well-being – the wide range of massages, baths, saunas, body and facial treatments will help you relax and enhance your appearance, while the view from the pools over the Bled panorama will give you positive energy. For several years now, Živa Wellness has ranked among Slovenia's best wellness centres.



## SPA LUISA

### A traditional wellness centre

Spa Luisa was **built around a thermal spring**, which is used to fill the thermal pool every day. Spa Luisa is a boutique wellness centre situated just a stone's throw away from the famous Lake Bled. The centre is distinguished by its elegant baths surrounding the healing thermal water spring. Bathing in the thermal water has a positive effect on the cardiovascular and nervous system, while drinking the water soothes the stomach and other internal organs. Deckchairs are provided around the baths for guests to enjoy the beautiful views of Lake Bled and the Alps.





## SPA PARK

### A magical place far away from your worries and the outside world

The story and offer of the Spa Park wellness centre is based on two of Slovenia's most important natural resources - water and forest. At every step, you will feel the harmony of nature, water and forest. The latter two have a beneficial effect on health and well-being, while being calming, relaxing and energising. We also incorporate the story of water and forest in various massages, baths, rituals for couples and detoxification programmes. In Spa Park, we use exclusively Slovenian products, as we want to create an authentic local experience for our guests, who are also able to enjoy our swimming pool and saunas, both with the most beautiful panoramic views of the natural beauties of Bled.



## TOP WELLNESS EXPERIENCES

### Voice of water

Did you know that water is the oldest healing factor used by Ancient cultures? Enjoy our 4 hour voice of water package which includes: foot, back, neck and shoulder massage, use of Sauna world and swimming pools and enjoy a glass of fresh Alpine water.

### Green Paradise

For a quick shot of energy, enjoy our 50 minutes green paradise package which includes: full body peeling, foot massage with mountain pine oil and a glass of fresh Alpine water.

### Mountain power

Healing mud mask, hand massage with mountain pine oil and a glass of fresh Alpine water is what you need to get you started.

### Alpine massage with oils of mountain pine and Alpine herbs

Captured in the massage oil for the exclusive Alpine full-body massage, the scent of mountain pine and Alpine herbs will carry you away into the world of the refreshing, reinvigorating energy of the Alpine peaks. The beneficial effects of the massage include better general well-being, better blood circulation, and relaxed muscles, nerves, and joints. And you're ready to face new challenges!

### Hemp oil massage

Full-body energy massage for cleansing and regeneration. Detoxification and regeneration of the body are two of the basic effects of virgin hemp oil, produced at an organic farm near Bled. The oil is used in a full-body massage that will fill you with fresh energy.

### Park Massage

Massage Park with herbal bundles for a relaxing combination of facial, body and foot massage, complements the warming of the body with warm herbal bundles that have a beneficial and relaxing effect.

### Park Ritual

Using a special peeling formula made from mountain pine, we remove dead skin cells and prepare the body for further treatment. This is followed by a massage, complemented by tapping the skin with warm herbal bundles, which has a very beneficial and relaxing effect. We finish the treatment with a body wrap, and just like that, you will feel completely rejuvenated!



# TERME PTUJ

*A perfect vacation  
for a fresh  
motivation!*

Due to the fast pace of modern life, finding balance is becoming one of the priorities. In Terme Ptuj, we will help you get there. Treat yourself to a holiday with us, and regeneration of body and mind is 100% guaranteed! The combination of physical activities, wellness treatments and healthy, delicious food will work wonders. In this quaint, superior-rated hotel with a renowned wellness centre, we take pleasure and relaxation seriously. Everything is designed to provide you with total relaxation. Next to the majestic river in the green park across from the hotel lies one of the largest water parks in Slovenia. Behind the hotel is a golf course with an inspiring view of Ptuj Castle. The combination is definitely a winning one - just like our coffee, which has won a total of 7 gold medals!



## TERME PTUJ

- ▶ Where there's no other way to be but active and fit.
- ▶ Enjoy a vacation fit for a Roman emperor. "Aquapolis" for the modern hedonists.
- ▶ Relaxation, wellbeing, refuelling with fresh energy, a rejuvenating makeover.
- ▶ Topmost medico-wellness, where the secret how to get a beautiful body and rejuvenate your appearance in a natural way is unveiled.
- ▶ Romantic baths in the VIP massage halls – do not hesitate or others will occupy them!
- ▶ Pampering for couples in the intimate atmosphere of the Emperor's Pool.
- ▶ The "Be-Fit Programme": a full plate and enjoyment with healthy food – it's all for your wellbeing.
- ▶ Taste the masterly creations by the topmost Ptuj wine makers straight from the oldest Slovenian wine cellar.
- ▶ Fill yourself with energy with the Pinwheel of Health – a daily nurturing of the six elements represented by the pinwheel strengthens your health, deepens your relation with yourself and others, manages stress, and presents an excellent solution against burn-out syndrome.

## THE THERMAL SPRINGS OF PTUJ

The Terme Ptuj springs are a source of beneficial natural thermal water that comes from a depth of 1100 m and has a temperature of 56 °C. The water is mild in composition but has a powerful and **reinvigorating effect on the organism**. It is known to have a **positive effect on the musculoskeletal system**. Terme Ptuj guests and visitors can enjoy the full benefits of thermal water in the Thermal Park and in the swimming pools of the Wellness Valens Augusta in Grand Hotel Primus.

## DRAW FROM THE HEALTH WINDMILL IN FORTUNA PARK

Enter the Health Windmill in the immediate vicinity of Grand Hotel Primus and surrender to the elements that shape its six blades. The six themed fields of Fortuna Park represent nature, relaxation, nutrition, relationships, exercise, and breathing. These fields surround the seventh, central field, which represents the awareness of self as the centre of the six components. The park is surrounded by ginkgo trees and lavender shrubs. Take a moment to yourselves and feel your centre at the central platform of the windmill. Before that, you can do one of the exercises at each of the blades to enhance your inner energy. It is best to do them at sunrise and then take a swim in the thermal water of the hotel's Pool of Emperors.





## WELLNESS VALENS AUGUSTA

### Total relaxation in the spirit of ancient Rome

Terme Ptuj is regularly **ranked among the top spa wellness centres in Slovenia**. Even the ancient Romans enjoyed the Ptuj thermal springs and it is this majestic part of Ptuj's history that is reflected in the Terme Ptuj wellness offer. Wellness Valens Augusta in the Grand Hotel Primus offers **hedonistic pampering of the body and spirit**. If you are looking for a more dynamic way to relax, try Terme Ptuj Thermal Park and its distinguishing feature - **saunas in wine barrels**. The Valens Augusta Wellness Centre in the Grand Hotel Primus will please even the most demanding guests with an opportunity to take a unique journey of relaxation through 3 worlds: **the Imperium of well-being, the Flavia thermal baths and saunas, and the Vespasianus pools**. The Imperium is a contemporary wellness centre designed in the Roman spirit and offering a wide range of body and facial care treatments. Vespasianus is the pool complex with a variety of water adventures, while Flavia offers relaxation for sauna enthusiasts.







## TOP WELLNESS EXPERIENCES

### Med Contour

**A visibly improved figure – lose up to 2.5 cm on the treated parts of the body in one treatment!**

- ▶ One of the most effective non-invasive methods for reducing excessive fat and stubborn cellulite with heat.
- ▶ A perfectly safe and painless procedure supervised by a physician.
- ▶ Long-lasting results visible immediately.
- ▶ 100% safe treatments and long-lasting effects!

### Med Visage

**A unique treatment for natural facial rejuvenation!**

- ▶ One of the most effective anti-ageing skin treatments for the face, neck, and décolleté.
- ▶ The face appears less tired.
- ▶ Facial skin is smoother, tighter, and refreshed.
- ▶ In addition to visibly lifting and firming the skin, the treatment also has an invisible effect: it stimulates the growth of new collagen for a long-lasting youthful appearance.
- ▶ A perfectly safe and painless procedure supervised by a physician.

### REVIDERM

- ▶ Reviderm not only eliminates the symptoms of skin problems (e.g. dry skin), but focuses on the root causes of degenerative conditions.
- ▶ After performing a thorough analysis of your skin, we recommend the appropriate treatment your skin needs for a healthy look.
- ▶ It consists of three different treatments: Microdermoabrasion Basic, Anti OX treatment and Dermapen.
- ▶ Extremely effective for eliminating acne, scars, hyperpigmentation, etc.
- ▶ It refreshes the skin and restores its elasticity.
- ▶ Our beauticians are the first in Slovenia who, after the appropriate training, can boast the title of “Reviderm expert”.

### Valens Augusta massage

- ▶ Relaxation and reinvigoration in just 60 minutes!
- ▶ Full-body massage that you will only find in Ptuj's Valens Augusta medico-wellness centre. In addition to body massage it also includes anti-stress head massage and invigorating foot massage.

### The Empress Flavia experience

- ▶ Relax like an empress!
- ▶ Experience life in ancient Rome and relax like the Roman Empress Flavia. After a coconut scrub to remove dead cells, your skin will be nurtured by a chocolate wrap and treated to a relaxing cocoa massage. Finally we will focus on your face and choose the best skin care treatment for your skin type.

### The Emperor Vespasianus experience

- ▶ Experience life in ancient Rome and relax like an emperor.

### Free consultation

Book a free consultation with our specialists at the Valens Augusta medico-wellness centre. They will answer all your questions and advise you on the most suitable treatment for facial rejuvenation or body shaping.

“The pace of everyday life is reflected on our skin. Give yourself the gift of one of the most effective treatments seen in the profession as a leading alternative to surgical face lifting. A deep ultrasound treatment for the face, neck, and décolleté, Med Visage is perfectly safe and painless. It is carried out under medical supervision. The effects are long-lasting: reduced wrinkles, refreshed appearance, facial rejuvenation, and firmer skin. In addition to visible effects, new skin is produced in the skin, which gives you a youthful appearance. At the Valens Augusta medico-wellness centre in Grand Hotel Primus, we have tried the Med Visage medical treatment ourselves and the results are extraordinary. We absolutely recommend it to you, too!”

**TANJA RAUTER PUNGARTNIK, MD, specialist in physical medicine and rehabilitation, Head of Medical Services and Wellness at Terme Ptuj**





# TERME 3000- MORAVSKE TOPLICE

*A bounty  
of good!*

Terme 3000 – Moravske Toplice is one of Slovenia's largest thermal resorts. In a variety of accommodation facilities ranging from 4 to 5 star hotels, designer cottages, and apartments, everyone will find the right fit for themselves. Terme 3000 is famous for its proverbial Prekmurje hospitality and local specialities, which you will be experiencing at every step during your stay. You will have a good night's sleep on pillows filled with local grains. The hotel restaurants will beckon you with aromas of hearty Prekmurje flavours. You will be massaged with local pumpkin seed oil and herbs from the Pannonian plains. Each of the baths impresses with its special and unique Prekmurje story. And if you decide to combine your thermal holiday with exploring the surroundings, we are sure to meet again soon!



## TERME 3000-MORAVSKE TOPLICE

- ▶ The 39 pools, spread between the hotel's baths and the thermal park, allow you to stroll from one pool to another all day, and still not try them all!
- ▶ Among the many different pools, try not to miss those with black thermo-mineral water. Just a few minutes in the water will have a beneficial effect on your joints, limbs and skin.
- ▶ The classic wellness experience is upgraded by the Prekmurje meadows theme and the black thermal water.
- ▶ In the Wellness Thermalium resting area, you can absorb strength and energy from ancient rocks that were formed several million years ago.
- ▶ The crystal path by the pool of Hotel Termal will endow you with beneficial energy, while the resting area by the pool offers chromotherapy - therapy using colours and light.

## THE BENEFICIAL EFFECTS OF THE UNIQUE BLACK THERMAL MINERAL WATER

Guests and day visitors alike can enjoy total relaxation in the thermal pools. After bathing in thermal water, the entire organism is more relaxed, toned, and refreshed. Thermal water also improves blood circulation and eases pain.

### **Bathing in black thermal mineral water:**

- ▶ tones and refreshes the organism,
- ▶ has an analgesic or pain-relieving effect,
- ▶ improves blood flow and thus has a positive effect on chronic inflammatory processes,
- ▶ relieves and reduces nerve tension,
- ▶ has a photosensitive effect accelerating sun-tanning,
- ▶ together with peloid, medicinal mud, alleviates pain and improves mobility, joint swelling is reduced and the effects are enhanced in combination with physical therapy.





## WELLNESS THERMALIUM

### Relaxation and rejuvenation with a Prekmurje twist

Terme 3000-Moravske Toplice offers countless opportunities for relaxation, beauty, and well-being. The Wellness Thermalium is the largest centre of its kind in this part of Europe. Highlights of its range of treatments include treatments with a touch of Prekmurje - pumpkin seed oil, honey, herbs from the Pannonian meadows, and more. Terme 3000 also boasts the Thai Centre, which offers the latest in Thai massage and anti-stress treatments. In the heart of the Prekmurje plains and with the help of thermal mineral water springs, the experienced staff at Thermalium know how to provide contemporary wellness treatments in synergy with nature.





## TOP WELLNESS EXPERIENCES

### Little massage

The gentle scent of pumpkins will lead you into the magical world of the Prekmurje plains. One of Prekmurje's best known products, pumpkin seed oil is known as "green gold" thanks to its high mineral and vitamin content. A pumpkin seed oil massage has a beneficial effect on the body, relaxing the mind and restoring the energy level.

### Pannonian meadow massage

The secret of the Pannonian meadow massage lies in a special nurturing oil. The secret of the Pannonian meadow classic manual massage is a special nurturing oil with plants and herbs from the Pannonian grassland. The gentle floral and meadow scents enfolding your body have a relaxing, detoxifying effect.



### Septaria at the Wellness Thermalium – unique concretions that exude energy dating back 15 million years

During the Miocene, when the area was still covered by the Pannonian Sea, nature played with sea sediments. During diagenesis, sediment at the bottom of the sea was shaped into specific spherical concretions called septaria (Lat. sepire = to divide into pieces, to divide with fences). Septaria can be found in several sites across the world; however sizes such as the ones discovered in Slovenske gorice (measuring from one to two metres in diameter) are a rarity on a global scale.



### The Wellness Thermalium keeps one of these amazing 15 million year old creations of nature in a special room intended for resting.

Septaria are believed to help heal the body naturally with their energy. They are believed to strengthen memory, self-confidence, and brain activity and be especially helpful in overcoming difficult periods in one's life. Staying close to septaria supposedly restores life energy, overcomes insomnia, heals muscles and joints, and improves the immune system.



# HEALTH RESORT ZDRAVILIŠČE RADENCI

*The heart  
says yes!*

Health Resort Zdravilišče Radenci with a 140-year tradition, offers a thermal oasis with indoor and outdoor pools. Hot thermal pools, authentic and healthy local cuisine, and exploration of the surrounding vineyards are just some of the reasons to visit. Add to that three additional natural healing factors to strengthen your health - mineral water rich in CO<sub>2</sub>, healing mud, and a soothing climate with more than 250 sunny days a year - and you get a recipe for a great health vacation! You can boost your well-being with a daily glass of mineral water directly from the natural spring that awaits you in the heart of our health resort - the Health Lounge. Your heart is calling for a vacation at Health Resort Zdravilišče Radenci!



## HEALTH RESORT ZDRAVILIŠČE RADENCI

- ▶ A health resort with a 140-year tradition of treating cardiovascular disease.
- ▶ The only mineral wellness centre in Slovenia.
- ▶ Everyone who visits Health Resort Zdravilišče Radenci should try the tickling bubbles of the mineral water from Radenci, rich in CO<sub>2</sub>, directly from the spring in the Health Lounge.
- ▶ Continue exploring the bubbles in the mineral bath. You can also treat your hands to a bubbling bath, that will make them feel silky soft again.
- ▶ You can also take a swim in the bubbly water of the thermal oasis, or enjoy it in one of the massage pools.
- ▶ Take a stroll through the health resort park, or along the many springs of thermal and mineral water.
- ▶ Hiking trails through the vineyards, where you can explore as many as three countries, cycling, or walks along the Mura river help maintain good physical fitness.

## WELLNESS CORRIUM

**Face the challenges of everyday life with a relaxed spirit**

To be pampered in the Wellness Corrium is to enter a wonderful world of enjoyment and well-being. **Health, well-being, and beauty go hand in hand here.** Guests can enjoy the **reinvigorating effects of** a whole range of massages, baths, and body and facial care treatments that will also strengthen their health. In the Radenci Health Resort, wellness services are seen as a method of relaxation and reducing stress. This is important because it **helps protect the heart from the negative impacts exerted by the fast pace of modern life.** We offer effective programmes combining the power of thermal and mineral water with long years of experience in health care.

## THREE LEGENDS FROM RADENCI

More than 150 years ago, when mineral water from Radenci still sprung from the depths of the earth without human intervention, the spring was enveloped by loud sizzling, rumbling, and rippling. The unusual sounds coming from way down below stirred the imagination of the inhabitants of the time of Radenci and triggered unusual explanations. Three legends were born. One says that the noise is caused by diligent elves digging the tunnels for the medicinal water. The second says that there is a huge kettle under the spring where witches cook dumplings. And the third believes the thundering noise to be the collection of thunder and hail. Regardless of whether it is elves, witches, or any other mythical creature, one thing is for sure: nature has been truly generous with its healing, pampering, and invigorating gifts to Radenci.



## HOME OF THE ONLY MINERAL WELLNESS IN SLOVENIA

Whether it is a drinking therapy or inhalations with mineral water rich in CO<sub>2</sub>, mineral baths or saunas with ice from mineral water, each of these unique services has its own beneficial effects on your well-being. Coupled with thermotherapy, swimming in thermal swimming pools, and outdoor recreation, mineral wellness is a part of the holistic approach to well-being offered by Health Resort Zdravilišče Radenci.

## TOP WELLNESS EXPERIENCES

### Drinking therapy in the Health Lounge

Drinking therapy with mineral water rich in CO<sub>2</sub> is recommended both as a preventive and a curative treatment. It is exceptionally effective for low blood pressure, chronic constipation, and for the prevention of bladder stones and osteoporosis. Pour yourself a glass directly from the spring in the Health Lounge three times a day, one hour before your meal.

### Unique bath with thousands of bubbles

Bathing in mineral water rich in CO<sub>2</sub> has beneficial effects on the heart, skin and general well-being. The CO<sub>2</sub> bubbles penetrate the body, thus improving blood circulation and facilitating detoxification of the body. The bath also contributes to regulating your blood pressure and has positive effects on the revitalisation and rejuvenation of the body.

### Mineral hand bath

Experience the unique effects of a mineral bath in a bath specifically made for your hands. After a few minutes of being caressed by the bubbles, the improved blood circulation will make your hands feel light as feathers, soft and supple. Regular baths also help eliminate age spots.

### Inhalations with mineral water

Inhalations with mineral water rich in CO<sub>2</sub> clear up and moisturise your airways. Essential oils and even medication can be added to the mineral water to obtain the desired effect. Daily inhalations with mineral water and mindful breathing with the help of breathing exercises will make it easier for you to breathe.



### Saunas with ice from mineral water

Enter the world of saunas with two Finnish saunas, a steam bath, a herbal and an infrared sauna, and a tyliarium, which offers a sauna programme with mineral water. Mineral water rich in CO<sub>2</sub> is frozen. Before entering the sauna, cool off with ice, opening the pores and reviving the skin.







“The most precious natural feature of Health Resort Zdravilišče Radenci is its famous CO<sub>2</sub>-rich mineral water, excellent for preventative and curative treatments alike. It can be used for bathing and drinking. A bathtub filled with CO<sub>2</sub>-rich mineral water is absorbed through the skin, expands the blood vessels, and makes the vascular walls softer and more flexible. Even a short, 15 minute bath will help to regulate blood pressure, resulting in an immediate boost of well-being for our guests. It is best to complement the baths with a drinking treatment, pouring yourself a glass of CO<sub>2</sub>-rich mineral water from Radenci straight from the spring at least three times a day for five consecutive days.”

**ANDREJ VUGRINEC, MD,**  
cardiology, vascular  
medicine, and internal  
medicine specialist



## CO<sub>2</sub>-RICH MINERAL BATH FROM RADENCI

The exclusive CO<sub>2</sub>-rich mineral bath from Radenci: relaxation, reinvigoration, and rejuvenation – all in one bath!

The healing effects of warm baths have been known since the times of ancient Greece and Rome, but in Radenci these baths are enhanced by the invigorating bubbles of carbon dioxide and mineral substances that are absorbed into the body through the skin.

### **The CO<sub>2</sub>-rich mineral bath from Radenci has a number of extraordinary, impressive effects:**

- ▶ It increases the blood flow through the capillaries in the skin, thus relaxing and reinvigorating the body;
- ▶ The lower blood pressure and heart rate relieve the heart's workload;
- ▶ Increased elimination of toxins for better detoxification;
- ▶ Faster healing of wounds and ulcers;
- ▶ Anti-inflammatory effect;
- ▶ Reduced sensitivity to cold and increased heat stimuli;
- ▶ Excellent effect on the pelvic floor muscles in men and women alike;
- ▶ Beneficial effect on the heart.

### **The CO<sub>2</sub>-rich mineral bath from Radenci are recommended for everyone, including healthy people, but especially for:**

- ▶ Mild arterial hypertension;
- ▶ Coronary vascular diseases;
- ▶ Peripheral arterial circulation disorders;
- ▶ Vascular diseases;
- ▶ Small nerve diseases caused by diabetes;
- ▶ Venous circulation disorders;
- ▶ Ulcer treatments;
- ▶ Weak pelvic floor muscles and prostate disorders.

## 4 NATURAL HEALING FACTORS

Health Resort Zdravilišče Radenci boasts a distinguished reputation and 140 years of health resort tradition. It has four natural healing factors that heal, pamper, strengthen, and revitalise the body: mineral water rich in CO<sub>2</sub>, beneficial thermal water, healing fango mud, and a mild climate with over 250 days of sunshine a year.

### Mineral water rich in CO<sub>2</sub>

#### Mineral water rich in CO<sub>2</sub>

Mineral water from Radenci has a carbon dioxide content that places it among the richest mineral waters in Europe and is our most valuable natural feature. Surrender to its effects in the baths that we offer!

#### Beneficial thermal water

Thermal water generally improves circulation in the visceral organs and veins. Its thermal activity with the aid of heat has beneficial effects on the whole body. Indulge in its embrace in our thermal oasis with 10 different pools.

#### 250 days of sunshine a year

The town of Radenci enjoys over 250 days of sunshine a year. It is precisely due to the abundance of sunshine that Health Resort Zdravilišče Radenci was the first in Slovenia to receive the title of a bioclimatic resort.

#### Fango healing mud

One of the four natural healing factors in Health Resort Zdravilišče Radenci is also the fango healing mud, which can be found in abundance all around Radenci.





## DID YOU KNOW:

- ▶ The production of vitamin D in deeper layers of the skin is initiated by UVB rays;
- ▶ Vitamin D monitors the absorption and depositing of calcium and phosphorus in the bones;
- ▶ If the body lacks vitamin D, it will start to extract the vitamin from bones, increasing the possibility of fractures;
- ▶ The body stores vitamin D in fatty tissues and muscles for the months with less sunshine;
- ▶ Once the stocks are full, vitamin D production automatically ceases;
- ▶ Research shows that a vitamin D deficiency is accompanied by frequent infections (the flu, angina) and some other, more severe diseases.



## HEALTH RESORT ZDRAVILIŠČE RADENCI – THE PERFECT PLACE TO RENEW YOUR VITAMIN D SUPPLIES

Physicians are starting to admit that sunbathing has been unfairly blacklisted in the past decades. According to the new doctrine, getting the right amount of sunshine is the best way to renew the body's supplies of vitamin D, which is good for the bones and prevents inflammation. It is recommended that you sunbathe for a short time without using sunscreen, which reflects the sunlight, thus preventing the production of vitamin D. Lengthy exposure to the sun is obviously not a good idea – it is better to sunbathe in the morning and afternoon, while some people also recommend briefly exposing the arms, especially the forearms, to the sun around noon. A summer holiday in Health Resort Zdravilišče Radenci is a great way for catching enough sun to last you all winter, and if you happen to miss the sunshine in the colder days, you know where to find it in heaps.



# ST. BERNARDIN RESORT PORTOROŽ

*Just a step  
away from  
the sea*

The St. Bernardin Resort Portorož is located right by the sea, along the popular promenade between Portorož and Piran. It is the perfect starting point for exploring old Piran on the one hand, and the Portorož world of entertainment on the other. The three hotels are located near the old Benedictine chapel by the sea, surrounded by oleander trees, palm trees and rosemary bushes. There are seaside lidos all around, and the hotels offer both indoor and outdoor pools filled with sea water, as well as wellness centres. The heart of the resort is the marina, where you can find traditional restaurants serving typical Istrian dishes. From the cliff above the resort, a five-star hotel with the largest congress centre in Slovenia watches over everything. This is the St. Bernardin Resort Portorož - something for everyone, but never more than a step away from the sea!



## ST. BERNARDIN RESORT PORTOROŽ

- ▶ Pleasant Mediterranean climate with breathtaking views of the Slovenian sea.
- ▶ Fresh sea air that strengthens your body and spirit all year round.
- ▶ Beneficial effects of the heated “young sea” in the Sea Waterpark Termaris all year round.
- ▶ Rejuvenation through wellness pampering with local herbs and Piran sea salt.
- ▶ A cleansing visit to the diverse world of saunas overlooking the most beautiful sunsets.
- ▶ Authentic Istrian dishes intertwining Mediterranean and continental cuisine.



## WELLNESS BENEDICTA

### **An Istrian wellness oasis for a feeling of inner fulfilment and satisfaction.**

If we combine the clean and rich sea air, sun, sea salt and mud, with beneficial Istrian herbs, we get the perfect combination for relaxation, regeneration and a welcome retreat. Welcome to Wellness Benedict, where with our help you will walk the path of the monks of the Order of Benedict, which leads to a feeling of inner fulfilment and satisfaction.

Relax in the capable hands of our experts, and allow yourself to be pampered with traditional treatments enhanced with local ingredients, such as sea salt, mud from the salt pans, brine, olive oil, lavender and other Istrian herbs. During your relaxation in the world of saunas, in the salt room and the only hammam in Slovenian Istria, as well as beauty care, you will be accompanied by the stories of Istria and unique views of the endless blue of the sea!





## PARADISE SPA

### Treat yourself to only the best!

The perfect rest, relaxation and a source of new strength - all this awaits you at Paradise Spa! An intimate and pleasant space filled with the scent of essential oils and all around comfort with soothing and relaxing massages. The smiles of the masters of traditional massages and the magical touch of their palms in an environment full of artistic stories will seduce you into a heavenly feeling of security, comfort and relaxation. For the finishing touch, you can take a swim in the panoramic pool, where you will be enchanted by the most beautiful sunsets. Treat yourself to only the best!





## TOP WELLNESS EXPERIENCES

### Relaxation with a touch of Istria

#### Olive oil care

The olive tree is the gold of Istria, and its fruits are invaluable in the region's cuisine and cosmetics. Olive oil is one of the most healing oils, as it contains natural polyphenolic antioxidants that act antimicrobially, and at the same time destroy free radicals and prevent premature aging. Additionally, its fatty acids provide rich skin care. It is highly recommended for dry, tired and dehydrated skin. Convince yourself of its effects with a relaxing massage.

#### Istrian lavender care

Lavender has been native to Istria for centuries. Its healing power and pleasant scent are particularly appreciated. It is a natural antibiotic and antiseptic. It has a calming effect, improves sleep quality, and restores and nourishes the skin. After an aroma facial massage with the essential oil of this herb, you will not only be more relaxed, but also rejuvenated!

### Embraced by the mud from the salt pans

The mud from the salt pans is a blackish-coloured Istrian clay, enriched with brine, which accelerates the elimination of sweat and waste from the body, leaving the skin softer and more toned. Mud wraps relieve muscle and joint pain, and are increasingly being used for beauty and cosmetic purposes. The mud accelerates the elimination of waste, reduces cellulite, reshapes the figure, and visibly cleanses the skin. Let yourself be embraced in salt pan mud, and in just 40 minutes, both your well-being and appearance will improve!

### Eve's paradise experience

In one day, we will make sure you feel like a goddess again. We start with the Hanakasumi ritual, which is a combination of a biological and mechanical peeling with special gloves, and a full body massage with cherry blossom, rice and lotus extract; continue with a luxurious spa pedicure, and end with a Japanese facelift with facial reflexology that balances your hormonal, as well as your physical and spiritual condition.

### Adam's paradise experience

Who says wellness pampering is not for men? Indulge in body wraps with salt pan mud that will relax you, and continue with the exceptional experience of a four-handed massage with a combination of different massage techniques and essential oils. The healing effects of the massage help to improve general well-being and health, with the synchronous movements of both therapists further enhancing the pleasures of the treatment.

# SAN SIMON RESORT IZOLA

## *Lively Mediterranean*

The San Simon Resort Izola is located in the Simonov zaliv bay, surrounded by lush Mediterranean greenery, where the remains of the ancient Roman port of Haliaetum can still be seen today. The resort draws its character from the nearby seaside town of Izola - always lively, happy and in motion! Its seaside location, sandy beach with a waterslide, professional children's entertainers, a mini club, and lively fun all year round, bring guests of all generations to the resort. Throughout the year, the Roman tradition of enjoyment and indulgence is alive and well - lively culinary celebrations and festivals will make sure that your palates will enjoy the holiday as well.





## SAN SIMON RESORT IZOLA

- ▶ Ideal location in Simonov zaliv bay in the middle of the lush Mediterranean greenery.
- ▶ Beneficial effects of fresh sea air.
- ▶ Soothing views of the blue Slovenian sea.
- ▶ Ancient Rome-themed wellness relaxation enriched with local herbs and salt.
- ▶ Authentic dishes from local, fresh and healthy ingredients, prepared according to traditional recipes.



## WELLNESS MIRTA

### A bay of peace and rejuvenation.

The well-being centre lies nestled in lush Mediterranean greenery, near the ancient Roman port whose mosaics are still visible below the water today. It hides your bay of peace, where you will rejuvenate your mind, spirit and body.

In the Wellness Mirta, in addition to Mediterranean-themed treatments, you will also find a herbal sauna, a dry Finnish sauna, an infrared sauna, a Roman steam bath, an ice bath and a Roman style whirlpool. You can choose from a wide range of relaxing massage treatments, therapeutic and healing services, and other forms of relaxation, regeneration or body shaping based on sea salt and local herbs.



## TOP WELLNESS EXPERIENCES

### A Mediterranean greeting

Body scrub with sea salt and Mediterranean herbs 20 min  
Exfoliation is the initial and fundamental part of skin care. It removes dead epidermal cells, and thus revitalises the skin, in addition to allowing the active ingredients of the cream to penetrate deeper. This restores the skin's healthy look and radiance.



Relaxing massage with Mediterranean herb oil 60 min  
By employing different essential oils and massage techniques, we relax the body and balance the spiritual state. The choice of herbal oil is left to the customer.

### Salt pan mud wrapping

The wraps are suitable for the treatment of rheumatic and skin diseases, as salt pan mud accelerates the excretion of waste products and improves the body's overall resistance.



# SALINERA RESORT STRUNJAN

## *Bioenergetic resort*

Salinera Resort Strunjan is located in the heart of a green, natural environment, blessed with the mild Mediterranean climate. The Resort is located next to Nature Park Strunjan, a natural reserve and home to many plant and animal species. It is also part of the unique natural and cultural heritage of Slovenian Istria. The resort guests can explore the regional park on foot. The resort is inseparably tied to nature, which is also evidenced by its own bioenergy park. Meditation at the bioenergetic points will help you regain your balance. Our guests love to return to this peaceful green bay to recharge their batteries by living in harmony with nature and performing activities in the fresh sea air.



## SALINERA RESORT STRUNJAN

- ▶ The many sunny days and mild winters allow for a year-round vacation by the sea, with the fresh sea air contributing to your well-being.
- ▶ In the resort, a bioenergy park with 12 energy points will also help you on your path to well-being. In it, you will regain your vital life energy.
- ▶ Additionally, the green colours of the lush Mediterranean greenery of Hotel Salinera's surroundings are also soothing and relaxing.
- ▶ The Syra Wellness Centre, a centre of health, relaxation and vitality, stands on the site of a former Benedictine monastery dedicated to healing.
- ▶ In the sauna centre you can treat yourself to a detoxification of the body with a combination of wet and dry saunas.
- ▶ From the resort, you can walk to the beautiful secret beach at the foot of a cliff in Mesečev zaliv, Slovenian for Moon Bay.

## WELLNESS SYRA

### Health, relaxation and rejuvenation with a stunning view.

Wellness Syra is a centre of health, relaxation and rejuvenation, where experts will improve the quality of your life and health with their touch. The offer includes therapeutic, relaxation and care programmes for body and face. For complete relaxation and bolstering of the immune system, we invite you to our world of saunas, which offers a combination of wet and dry saunas: a Turkish sauna, a Finnish sauna, and an infra or bio Istrian sauna, where you can enjoy the scents of lavender and Mediterranean herbs. After your sauna, you can refresh yourself in the cold bath, which offers an unforgettable view of the bioenergy park. Or you can treat yourself to one of our therapeutic and relaxing massages with herbs and aromatic oils, either whole body or individual parts.

## TOP WELLNESS EXPERIENCES

### Massage with warm herbal bundles

The warm herbal bundles in combination with various massage techniques will have a beneficial effect on your well-being, stimulate blood circulation, relax tense muscles and relieve joint pain caused by rheumatism, arthritis, etc.

### Four-handed massage with aromatic oils

An exceptional four-handed massage experience with a combination of different massage techniques and essential oils. The healing effects of this massage help to improve general well-being and health. The synchronous movements of both therapists will further enhance the pleasures of the treatment.



## HOW TO REACH US?



Ljubljana 130 km | Trieste 225 km | Venice 375 km | Milan 630 km  
Munich 485 km | Salzburg 350 km | Graz 100 km | Klagenfurt 210 km | Vienna 290 km  
Budapest 310 km | Zagreb 100 km | Belgrade 490 km



### HOTELS & RESORTS

Sava Hoteli Bled  
Terme 3000 – Moravske Toplice  
Health Resort Zdravilišče Radenci  
Terme Ptuj  
St. Bernardin resort Portorož  
Salinera resort Strunjan  
San Simon resort Izola

**Terme** | 02 512 22 00 | [info.shr@sava.si](mailto:info.shr@sava.si)  
**Obala** | 05 690 70 00 | [booking@h-bernardin.si](mailto:booking@h-bernardin.si)  
**Bled** | 04 579 16 00 | [info@hotelibled.com](mailto:info@hotelibled.com)

[www.sava-hotels-resorts.com](http://www.sava-hotels-resorts.com) | [www.hoteli-bernardin.si](http://www.hoteli-bernardin.si)

Spremljajte nas na

