



Pampering  
You to Health  
and Vitality

**ZDRAVILIŠČE RADENCI**

SAVA HOTELS & RESORTS



# Corrium Medico-Wellness Centre

Pampering at the Corrium Medico-Wellness Centre is a journey into the world of emotions and well-being. Everyone is warmly invited to choose the right moment to relax their body and soul. Guests can choose from myriad options for relaxation and stress relief. Wellness treatments also target the wellbeing of your heart and protect it from the negative effects of today's fast-paced way of life.

We offer a range of diverse massages, baths, a colourful palette of beauty programmes for body and facial care as well as vitality programmes. Radenci was among the first in Slovenia to complement their wellness programmes with Ayurvedic treatments drawing on the Indian healing knowledge for a long and healthy life.

The wellness centre, of course, also allows you to enjoy the effects of the most precious natural feature at Radenci which is the famed mineral water in a mineral bath.

Chose from our wide-ranging offer of pampering.



# Mineral Bath with CO<sub>2</sub>

While the world has only recently started discovering the soothing effects of CO<sub>2</sub> bubbles, our knowledge about the beneficial effects of the natural mineral water at Radenci goes way back to 1882. Mineral water from the springs at Radenci is one of the richest in the world in terms of the content of naturally dissolved carbon dioxide. It is excellent for both preventative and curative treatment. It can be used in baths and for drinking.

A mineral water bath with innumerable bubbles that penetrate through the skin help dilate the blood vessels and soften the vessel walls. Even a short, 15 to 20 minute bath will help regulate blood pressure, resulting in an immediate boost in your well-being. It is best to complement the baths with a drinking treatment, pouring yourself a glass of Radenci mineral water straight from the spring at least three times a day for five consecutive days.

In the natural mineral water bath with the temperature of between 30 and 33 degrees Celsius, your body will be enveloped in thousands of bubbles of carbon dioxide that is naturally dissolved in the mineral water. The mineral bath is beneficial for health, the heart, skin and general well-being. It helps the body to regenerate faster, strengthens immunity and makes the excretion of waste substances much faster owing to good blood circulation. Mineral baths also improve impaired blood circulation in the extremities of diabetes sufferers, while patients with atherosclerosis who suffer from cold feet and painful cramps will feel major improvement as early as after a few baths.

## Mineral bath

PRICE

27 €

## Mineral bath with essential oils

29 €

The beneficial effects of natural mineral baths are enriched by various essential oils with their aromatic effects.

## Herbal bath

28 €

A bath in natural mineral water with added herbs features active ingredients that provide for deep relaxation of body and soul, help open up the airways, accelerate metabolism, improve blood circulation and improve well-being.

## Flower bath

29 €

Flowers in natural mineral water combined with the rose essential oil are highly relaxing.

## Cleopatra's bath

29 €

Milk and salt with essential oils added to make your skin silky and supple. Cleopatra's bath is performed in a bath with underwater massage.

# Massages

	DURATION	PRICE
<b>Classic massage</b> Pain relief and muscle tension relaxation with the help of a massage is one of the most natural ways of healing by touch. Massage helps the body to recover faster, excrete waste substances more easily, strengthens and reinvigorates the muscles, makes joints more flexible, reduces swelling and alleviates tension and stress. It is pleasant and relaxing for the entire locomotor system allowing the body to regenerate faster.	45 min	45 €
<b>Manual massage – half</b>	20 min	30 €
<b>Manual massage – partial</b>	10 min	20 €
<b>Reflexology foot massage</b> Massage of the reflex zones in the feet is based on the teaching that life force energy flows constantly through the body along ten channels that begin and end in the feet. If the flow of energy along these routes is unobstructed, we are healthy, while we can fall ill if there are obstructions to the flow of energy. Reflexology foot massage aims to eliminate disturbances in the functioning of internal organs.	30 min	39 €
<b>Reflexology foot massage and classic back massage</b>	50 min	65 €
<b>Berber massage</b> Using cold-pressed argan oil, the massage relaxes muscle tension and detoxifies the body. Argan oil is rich in vitamin E. It helps to smooth out wrinkles, and also rejuvenates and nourishes the skin. It is absorbed well and does not leave a greasy film on the skin. Your skin will feel firmer, more elastic and velvety after the massage.	45 min	48 €

## Aromatherapy massage

40 min

45 €

Essential oils made of extracts from plants or their petals, leaves, stems or bark relieve tension in the body and effectively relieve stress.

## Hawaiian lomi-lomi massage

DURATION

PRICE

60 min

72 €

Relaxing massage quickly eliminates tensions, regenerates and restores life force energy and well-being. The lomi-lomi massage reaches the core of the human body and awakens the "aloha spirit" with the magnificent, invigorating and inspirationally rich experience of the body, mind and soul.

## East-Asian massages with herbal bundles

A pleasant, relaxing, and exotic massage is a form of comprehensive therapy for the relaxation of the body and soul as well as skin care with the help of herbs wrapped in sheaths. We tailor the selection of herbs to the individual's wishes and needs.

### Massage with herbal bundles

#### For the body

#### For the face

	DURATION	PRICE		DURATION	PRICE
Strengthening	60 min	60 €	Cleansing	30 min	43 €
Relaxation	60 min	60 €	Relaxation	30 min	43 €
Drainage	60 min	60 €	Refreshment	30 min	43 €

## Anti-cellulite massage

20 min + 20 min 38 €

Accelerates blood circulation in the skin and subcutaneous tissue, restores skin firmness, elasticity and smoothness, helps to break down fat, activates the lymphatic system and thereby the excretion of toxins from the body.

	DURATION	PRICE
<p><b>Whole body massage with grape seed oil</b></p> <p>The "Grape" massage oil made from grape seeds has a high content of unsaturated fatty acids, vitamins E and B6 as well as beta carotene and numerous minerals that maintain a beautiful structure of the epidermis, promotes regeneration, moisturises and rejuvenates the skin. After the massage, your skin will feel smooth, firm and silky to the touch and will also be protected against external effects.</p>	45 min	48 €
<p><b>Chocolate touch</b></p> <p>We recommend the relaxing whole-body massage for tired and dry skin that was exposed to stressors. Upon the application of chocolate, it first cools and then relaxes you. It nourishes the skin, providing it with moisture and anti-ageing protection.</p>	45 min	49 €
<p><b>Lux massage</b></p> <p>Pleasant, warm and gentle massage with candles made of Shea butter, coconut oil, almond oil or argan oil. It relieves tension, firms up and invigorates the body imbuing it with a sense of comfort and relaxation.</p>	60 min	66 €
<p><b>Khanya African massage</b></p> <p>Comprises select elements of eastern and western massage techniques, the sonorous energy of African maracas and the healing power of crystals. It is suitable for all those yearning for new energy and strength, and wishing to calm down and relax.</p>	60 min	76 €



# Clinical Aromatherapies according to Eve Taylor

Aromatherapy is a combination of various massage techniques using essential oil mixtures that relieve tension in the body, effectively soothe stress, and detoxify and strengthen the body.

	DURATION	PRICE
Whole-body aromatherapy	90 min.	75 €
Anti-stress aromatherapy massage	45 min	45 €
Detox aromatherapy massage	45 min	45 €
Anti-cellulite aromatherapy massage	20 min	33 €
Aromatherapy massage for tired legs	20 min	33 €

## Stone Therapy

Stone therapy or massage is a unique form of therapy, which uses hot volcanic stones and cold marble stones to heat and cool thus alleviating numerous problems. By combining the laying of warm and cold stones and massaging using these stones, we accelerate the physiological response of the body and blood circulation, lymphatic drainage and detoxification. Stone massage beneficially affects the flow of energy through the body and eliminates numerous problems such as tension, muscle and joint pain, and also helps with insomnia, stress, headaches and fatigue. The effect of the massage lasts for 72 hours after the massage.

	DURATION	PRICE
Stone therapy	90 min	74 €
Stone therapy	60 min	54 €
Stone massage for the back	30 min	38 €





# Fresh Energy Programmes

## Three experiences PRICE 97 €

- Mineral bath with essential oils
- Whole-body aromatherapy massage (40 min.)
- Face and décolletage massage (20 min.)

## Well-being massage 159 €

- Whole-body aromatherapy massage (40 min.)
- Reflexology foot massage (30 min.)
- Manual massage for the back (20 min.)
- Stone massage (60 min.)

## Four continents massage 233 €

Four whole body massages:

- Abhyanga (Asia)
- Stone massage (America)
- Khanya (Africa)
- Aromatherapy massage (Europe)

## The mysterious world of massages 264 €

- Whole-body aromatherapy massage (40 min.)
- Reflexology foot massage (30 min.)
- Manual massage for the back (20 min.)
- Whole-body manual massage (45 min.)
- Abhyanga - Ayurvedic whole-body massage (60 min.)
- Shirodara, pouring of warm oil over the forehead (30 min.)

## Pampering for the two of us PRICE 153 €/person

- Mineral bath with essential oils for two
- For her**
- Face massage with a phyto-aromatic mask (30 min.)
- Chocolate touch
- Whole-body aromatherapy massage (40 min.)
- For him**
- Whole-body aromatherapy massage (40 min.)
- Whole-body exfoliation
- Stone massage (60 min.)

## Wellness holiday break for two 133 €/person

- Mineral bath with essential oils for two
- For her**
- Aromatherapy massage
- Lux whole-body massage
- For him**
- Whole-body anti-stress aromatherapy massage
- Khanya whole-body African massage

## Anti-stress programme 289 €

- Mineral bath with essential oils
- Whole-body anti-stress aromatherapy massage
- Khanya massage (60 min.)
- Reflexology foot massage
- Aromatherapy massage (40 min.)
- Abhyanga - Ayurvedic whole-body massage

# Body Relaxation Programmes

Well-being and self-confidence begin with the care for oneself and one's body. Our pampering programmes care for the body and soul.

<b>Beautiful and healthy</b>	PRICE <b>167 €</b>	<b>Actively against cellulite</b>	PRICE <b>180 €</b>
<ul style="list-style-type: none"><li>• Face and décolletage massage with phyto-aromatic masks (30 min.)</li><li>• Body wrapping</li><li>• Whole-body exfoliation</li><li>• Detox aromatherapy massage (45 min.)</li><li>• Mineral bath with essential oils</li></ul>		<ul style="list-style-type: none"><li>• Mineral bath</li><li>• Body wrapping</li><li>• Whole-body exfoliation</li><li>• Anti-cellulite aromatherapy massage (20 min.)</li><li>• Foot Pressotherapy -legs</li><li>• Whole-body aromatherapy massage (40 min.)</li></ul>	
<b>Beautiful and relaxed</b>	<b>228 €</b>		
<ul style="list-style-type: none"><li>• Mineral bath</li><li>• Mineral bath with essential oils</li><li>• Whole-body exfoliation</li><li>• Face and décolletage massage (20 min.)</li><li>• Body wrapping</li><li>• Peel off facial mask</li><li>• Whole-body aromatherapy massage (40 min.)</li></ul>			







# Ayurveda

Originating in India, Ayurveda is one of the world's oldest healing methods. It has been used for over 5000 years. It means "knowledge of life and longevity" in Sanskrit. According to Ayurveda, a person is healthy when they are in harmony with themselves and the people and the environment that surround them. To achieve this goal, Ayurveda recommends a suitable diet tailored to an individual type of person, a suitable way of life, breathing exercises, meditation and massage. Through internal and external purification, we can re-establish an imbalance in ourselves.

## Meet Ayurveda

PRICE  
117 €

- Mineral bath
- Abhyanga - Ayurvedic whole-body massage (60 min.)
- Svedana, steam bath (20 min.)

## Mysterious World of Ayurveda

191 €

- Mineral bath
- Padabhyanga, foot massage (20 min.)
- Abhyanga - whole-body massage (60 min.)
- Svedana, steam bath (20 min.)
- Shiroabhyanga - head, neck and back massage (20 min.)



# Ayurvedic Massage

	DURATION	PRICE
<b>Abhyanga</b>	60 min + 20 min	71 €
<p>Body massage with special oils tailored to each individual person. The massage can be performed by two massage practitioners simultaneously ("synchronized Abhyanga"). It is a mild form of massage, it acts on the flow of blood and lymph, eliminates fatigue and increases the body's effectiveness, eliminates insomnia and strengthens the immune system. The massage lasts 60 minutes and is followed by 20 minutes of rest and tea drinking.</p>		
<b>Shirodara</b>	30 min + 20 min	48 €
<p>It is the pouring of a gentle stream of oil onto our centre of intuition and spirituality to achieve complete peace and relaxation. It relieves stress and eliminates sleep disorders, vertigo, tension and headache.</p>		
<b>Shiroabhyanga</b>	30 min+ 20 min	39 €
<p>Massage of the head, neck, shoulders and back with warm oils to relieve tension and relax tired muscles.</p>		
<b>Padabhyanga</b>	20 min + 10 min	39 €
<p>Foot massage using warm Ayurvedic oils relaxes tired muscles and is beneficial for overall well-being.</p>		
<b>Jambira Pinda Sweda</b>	60 min + 20 min	73 €
<p>Decreases subcutaneous fat pads and makes the skin smoother. It effectively treats cellulite and scarred skin. We recommend it for beauty purposes and skin regeneration.</p>		
<b>Udvartana</b>	40 min. + 20 min	73 €
<p>Whole-body massage using a mixture of chickpeas, basil, sage and oil ground into dust. Multiple massages reduce fat deposits and thoroughly clean the skin. The massage boosts the functioning of internal organs and restores softness and a healthy appearance to the skin.</p>		
<b>Svedana</b>	20 min + 10 min	25 €
<p>Steam bath with special herbal extracts in the form of soothing wave action features deep tissue action, activates digestion and boosts the effect of certain Ayurvedic massages (Abhyanga, Udvartana, etc.).</p>		



# Thermotherapy

Warm wraps improve blood circulation, alleviate pain in the lower back and joints, and relieve muscle tension. This improves the flow of oxygen and nutrients in the muscles and improves the elasticity and flexibility of soft tissues.

## **Fango wraps**

	PRICE
1 wrap	17 €
2 wraps	22 €
3 wraps	27 €
4 wraps	30 €
5 or more wraps	39 €

## **Mechanical anti-cellulite treatments**

	PRICE
Pressotherapy – legs	21 €

# Body and Facial Care

	DURATION	PRICE
<b>Body exfoliation</b> Removes dead cells and accelerates blood circulation in the skin to regenerate it. We recommend it especially before and after the sunbathing season.	20 min	30 €
<b>Body wrapping</b> It is intended for the reduction of inches while at the same time improving the appearance of skin affected by cellulite, stretch marks and subcutaneous fat pads.	40 min	34 €
<b>Body wrapping with a face and décolletage massage</b>	40 min	52 €
<b>Body wrapping with a face and décolletage massage using phyto-aromatic masks</b>	40 min	58 €
<b>Cecropia body wrapping</b>	40 min	46 €
<b>Cecropia body wrapping with a face and décolletage massage</b>	40 min	57 €
<b>Cecropia body wrapping with a face and décolletage massage using phyto-aromatic masks</b>	40 min	66 €



# Facial Care

## Facial and décolletage care with hyaluronic acid

It moisturises the skin and boost the creation of vital cells. The line of cosmetics is designed on the foundations of the revolutionary patented form of hyaluronic acid that helps regenerate the skin's naturally occurring moisture and features immediate lifting action on the skin.

PRICE  
47 €

## Facial and décolletage care with the lifting effect of hyaluronic acid

Features the lifting effect. The skin becomes firmer and tighter. The skin tonus and elasticity improve. The care package includes a peel off mask.

63 €

## Facial and décolletage care with Luxury Gold 24

Care package with pure gold that reaches into the depth of the Earth to bring positive energy to your skin, enveloping your complexion in luxurious glitz and glamour through the soft reflection of light. Gold promotes life force energy which is why gold skin care is a true privilege for the skin. It has been proven to rejuvenate the skin, smooth out wrinkles and improve skin tonus. The skin becomes noticeably smoother and has a magnificent sheen.

62 €

## Rejuvenating anti-ageing facial and décolletage! care with the power of grapes

Grapes and wine contain more than a 1000 ingredient, some of which are invaluable for skin, i.e. vitamins, minerals, polyphenols and fruit acids that effectively combat the signs of ageing and feature a unique wrinkle smoothing effect. The WINE THERAPY line of products offers extremely beneficial rejuvenating effects.

60 €

## Peel off mask

Provides deep skin cleaning action and opens up the skin thus making it intensively receptive for skin care ingredients, even in the deeper layers where new cells are born. It tightens the skin over a very short period of time (lift effect). After the treatment, your skin will feel smooth and soft, small wrinkles will disappear and the depth of the deeper wrinkles will diminish.

45 €

# Face Massage

Reinvigorates facial and décolletage muscles and skin, and improves blood circulation. The massage improves lymph flow. It is performed using a moisturising cream for all types of skin.

	DURATION	PRICE
Face and décolletage massage	20 min	30 €
Face and décolletage massage with phyto-aromatic masks	30 min	38 €
Face massage with a chocolate mask	30 min	40 €
Lymphatic drainage of the face and neck	30 min	37 €

Following lymphatic drainage, swelling dissipates and blood circulation improves. Lymphatic drainage is recommended to all those with swollen eyelids, double chin and wrinkled skin.

# Depilation

	PRICE
Upper Lip	14 €
Eyebrow shaping	14 €
Lower Legs	29 €
Upper Legs	35 €
Full Legs	40 €

# Pedicure and Manicure

Using the premium cosmetics line.

	DURATION	PRICE
<b>Classic pedicure</b>	40 min	33 €
<p>Pedicure cleans and removes dry, dead skin on the feet, and shapes toenails to perfection allowing them to grow correctly.</p>		
<b>Pedicure with polishing</b>		45 €
<p>After the polishing, we will give you the polish as a gift.</p>		
<b>Royal pedicure</b>	80 min	57 €
<p>We have upgraded the classic pedicure with exfoliation, a leg mask and foot massage. It additionally relieves stress and eases the strain of everyday life.</p>		
<b>Imperial pedicure</b>	90 min	69 €
<p>Our royal pedicure was complemented with toe polishing using Jessana products that provide nail care which hardens the nails and makes them stronger from the outside, while at the same time making them softer and flexible on the inside. After the polishing, we will give you the polish as a gift.</p>		
<b>Classic manicure</b>	50 min	39 €
<p>The professional hand products containing high-quality anti-ageing ingredients make your hands softer, supple and fragrant. After the polishing, we will give you the polish as a gift.</p>		
<b>Wellness manicure</b>	80 min	56 €
<p>Our classic manicure was complemented with hand exfoliation using a mixture of aloe, banana flower and marine collagen. The skin on the hands is regenerated, blood circulation accelerates, and the collagen gel mask moisturises and protects the skin.</p>		

## **Reservations**

We recommend you book the services a few days prior to the desired date by calling +386 2 520 2738 or by writing us at: [info@zdravilisce-radenci.si](mailto:info@zdravilisce-radenci.si).

## **Cancellations**

We kindly ask that you communicate eventual cancellations a day before the scheduled appointment. If you do not cancel a reserved service and do not use it, we will have to charge you for the full amount of the service(s) booked.

## **Advice**

We recommend that you arrive to the wellness centre 10 minutes before the start of your treatment. If you are late, your appointment will be accordingly cut short. We advise against consuming alcohol or eating large meals before therapy. We kindly ask that you warn the therapist of any eventual special considerations regarding your medical condition or health before the start of the procedure and that you observe the therapists' instructions. We advise individuals with serious disorders to consult their personal physicians before any of our services.

## **Gift certificate**

Delight your loved ones, friends, business partners with pampering and carefree relaxation. For information and to purchase gift vouchers, ask at the hotel reception, call 02 512 2200 or browse [www.shr.si](http://www.shr.si).

**T:** +386 2 520 2738 (Corrium reception desk)  
+386 2 520 2728 (hotel reception desk)

**E-mail:** [info@zdravilisce-radenci.si](mailto:info@zdravilisce-radenci.si)



# ZDRAVILIŠČE RADENCI

SAVA HOTELS & RESORTS

Prices are in EUR and apply as of 1<sup>st</sup> January 2024 onwards. The prices are inclusive of the VAT in accordance with the law. We reserve the right to change the prices.

**Sava Turizem d. d.**

Zdravilišče Radenci, Zdraviliško naselje 12, SI-9252 Radenci