

PHAROMATIQ WELLNESS



WELLNESS PACKAGES

With our Wellness Packages, guests can choose from a selection of treatments and unlock exclusive savings that make your wellness experience even more enticing.

All packages begin with an in-depth Wellness Consultation, unlimited use of the Aquathermal facilities, and a daily wellness class.



Restore & Revitalize



Reconnect with your inner balance and elevate your well-being with Maslina Resort's exclusive Restore & Revitalize retreat. This tailored experience blends personalized consultations, mindful movement practices, and signature treatments in the serene setting of Hvar Island, offering a holistic approach to rejuvenation.

DISCOVER A DEEPER CONNECTION TO YOURSELF AND THE NATURAL BEAUTY OF HVAR WITH THIS WELLNESS EXPERIENCE, AVAILABLE ONLY AT MASLINA RESORT.



Your Wellness Experience

price per person for 2 or 3 days



ADD-ON: Mediterranean lunch/dinner of your choice at our

restaurant

90 EUR

BIOMARKER	Begin your wellness journey with exclusive access to Maslina Resort's renowned wellness experts.
ASSESSMENT &	Your personalized biomarker assessment provides tailored insights to create a retreat designed
CONSULTATION	for your physical, mental, and emotional needs, ensuring results that reflect the exceptional care found only at Maslina.
YOGA SESSION	Enhance your practice in Maslina Resort's serene indoor and outdoor spaces, surrounded by the natural beauty of Hvar. These sessions are crafted to inspire mindfulness, promote balance, and foster a deep connection with the island's tranquil environment.
PERSONAL	Achieve your fitness goals with expert-led sessions in Maslina's state-of-the-art wellness facili-
TRAINING	ties. Each session is tailored to your needs and paired with the calming ambiance of the resort, offering a combination of progress and peace.
SOUND HEALING	Immerse yourself in the soothing vibrations of sound, a signature wellness experience at Maslina
	Resort. This deeply relaxing practice harmonizes body and mind, reflecting the resort's dedication
	to comprehensive wellbeing and the integration of natural energies.
FULL BODY HOLISTIC	Indulge in a bespoke treatment designed to align your body's energy flow while addressing
TOP-TO-TOE	physical tension. This signature Maslina experience blends traditional techniques with a modern
TREATMENT	approach, ensuring a holistic journey toward rejuvenation.
CRYO 3 FACIAL	Experience the cutting-edge luxury of Maslina's exclusive Cryo 3 Facial. This advanced cryo- therapy treatment lifts, tones, and revitalizes your skin, combining high-tech innovation with Maslina's personalized approach to beauty and wellness.
SLEEPING KIT	Enhance your nightly rest with Maslina Resort's thoughtfully curated sleeping kit. Designed exclusively for guests, this collection of soothing items ensures deep, restorative sleep, setting a new standard for relaxation during your stay.
HERBAL LAVENDER TEA	Unwind with herbal tea crafted from Hvar's renowned lavender fields, a signature offering that embodies Maslina Resort's deep connection to the island's heritage. This calming ritual is the perfect way to embrace the natural essence of Hvar.

PERSONALIZED WELLNESS JOURNEY

Gain deep insights into your physical, mental, and emotional needs with the Biomarker Assessment & Consultation, ensuring your retreat is fully customized for optimal results.

EXCLUSIVE MASLINA EXPERIENCES

Enjoy treatments and practices only available at Maslina Resort, such as the Cryo 3 Facial and the Full Body Holistic Top-to-Toe Treatment, blending traditional and innovative approaches to rejuvenation.

CONNECTION TO NATURE

Immerse yourself in the healing beauty of Hvar with Yoga or Pilates Sessions and Sound Healing, designed to harmonize body and mind while embracing the island's natural energy.

ADVANCED FITNESS & RELAXATION

Combine Personal Training in stateof-the-art wellness facilities with calming rituals like Herbal Lavender Tea and a specially curated Sleeping Kit to balance activity and rest.

HOLISTIC APPROACH TO WELL-BEING

Experience a retreat that integrates movement, mindfulness, cutting-edge therapies, and local traditions to provide a comprehensive sense of renewal and relaxation.

CONNECTION TO HVAR'S HERITAGE

Gain deep insights into your physical, mental, and emotional needs with the Biomarker Assessment & Consultation, ensuring your retreat is fully customized for optimal results.

SUSTAINABLE LUXURY

Benefit from Maslina Resort's commitment to sustainable practices, blending modern luxury with eco-conscious efforts, creating a retreat that's as mindful as it is indulgent.

DEEP RESTORATIVE SLEEP

Enhance your nightly rest with Maslina Resort's signature Sleeping Kit, designed to ensure rejuvenating sleep, leaving you feeling refreshed and revitalized.

LASTING RESULTS & RECOMMENDATIONS

Conclude with the 20-minute Wrap-Up Program, offering personalized feedback and practical steps to carry the benefits of your retreat into your daily life.

Active & Energize

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The Active & Energize Wellness Retreat offers a complete fitness and rejuvenation experience that combines personalized training, invigorating movement practices, and holistic treatments. You'll not only strengthen your body but also nurture your mind, leaving you energized, balanced, and ready to embrace life with renewed vitality.

DISCOVER A DEEPER CONNECTION TO YOURSELF AND THE NATURAL BEAUTY OF HVAR WITH THIS WELLNESS EXPERIENCE, AVAILABLE ONLY AT MASLINA RESORT.

Your Wellness Experience

price per person for 2 or 3 days

— 700 EUR —

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ADD-ON:

Mediterranean lunch/dinner of your choice at our restaurant

- 90 EUR -

per person

BIOMARKER ASSESSMENT &	Kickstart your journey with a personalized biomarker assessment, allowing Maslina Resort's expert wellness team to customize your retreat to address your physical and emotional needs
CONSULTATION	for optimal results
PRIVATE FITNESS TRAINING	Work one-on-one with a personal trainer to focus on your fitness goals. Whether you're look- ing to increase strength, enhance endurance, or improve flexibility, Maslina's exclusive fitness sessions will support and challenge you.
DYNAMIC YOGA SESSION	Awaken your body and mind with a dynamic yoga practice designed to stretch and strength- en. Suitable for all levels, this invigorating session aligns your physical and mental energy while embracing the island's natural beauty.
SUP YOGA	Experience the healing power of nature with SUP Yoga on the crystal-clear waters of the Adriatic Sea. This practice combines balance, mindfulness, and yoga on a paddleboard, enhancing both physical strength and mental clarity.
BOXING CLASS	Release energy and boost vitality with an exciting boxing class designed to improve cardiovas- cular health, strength, and coordination, all while having fun in a supportive and motivating environment.
DEEP TISSUE MASSAGE	Soothe sore muscles and reduce tension with a therapeutic deep tissue massage. This treat- ment targets deep layers of muscle and fascia to release tension, promote circulation, and accelerate recovery.
STRETCHING	Enhance flexibility and improve mobility with targeted stretching techniques, designed to in- crease range of motion, prevent injury, and support your body's recovery after each workout.
20-MINUTE WRAP-UP PROGRAM	Conclude your retreat with a personalized wrap-up session. Review your progress, receive expert recommendations for maintaining your results, and learn how to incorporate your newfound fitness and wellness practices into your daily life.
ENERGIZING ORGANIC DRINK	Refresh and recharge with an energizing organic drink, crafted with locally sourced ingredients, to nourish your body and replenish lost nutrients.

PERSONALIZED

WELLNESS INSIGHT

Gain deep insights into your physical and emotional needs through the Biomarker Assessment, enabling tailored fitness and wellness recommendations that align with your long-term goals.

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INCREASED STRENGTH & VITALITY

Enhance physical strength, flexibility, and endurance with Private Fitness Training and a Dynamic Yoga Session, all in the calming environment of Maslina Resort.

MENTAL CLARITY & STRESS RELIEF

Reduce stress and improve mental clarity through SUP Yoga, Dynamic Yoga, and Stretching — practices designed to promote mindfulness and restore balance.

— 4 —

PHYSICAL RECOVERY & REJUVENATION Relieve muscle tension, boost circulation, and promote faster

recovery with a Deep Tissue Massage and Stretching sessions.

— 5 —

LASTING RESULTS

& RECOMMENDATIONS

Receive tailored advice and personalized feedback in the 20-minute Wrap-Up Program, ensuring you leave with clear steps to maintain your health and fitness progress. - 6 -

Rejuvenate your body and restore energy with an Energizing Organic Drink, ensuring a replenished and revitalized feeling.



Detox & Revitalize

L S V P



Maslina Resort's Detox & Revitalize Wellness Retreat offers a powerful combination of natural detoxification, personalized fitness, and luxurious rejuvenation therapies to help you cleanse, restore, and recharge. With a focus on both body and mind, this retreat leaves you feeling revitalized, balanced, and ready to embrace long-term wellness.

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Your Wellness Experience

price per person for 2 days

- 460 EUR -

ADD-ON: Mediterranean lunch/dinner of your choice at our restaurant

— 90 EUR —

per person

BIOMARKER ASSESSMENT & CONSULTATION	Begin your retreat with a Biomarker Assessment, where Maslina's expert wellness team will analyze your body's needs for detoxification. Follow this with a Personal Training Session, de- signed to complement your detox goals, focusing on strengthening and invigorating your body.
BODY EXFOLIATION AND WRAP	Experience the powerful benefits of a Body Exfoliation and Wrap, designed to remove toxins and dead skin cells while stimulating circulation. This detoxifying treatment leaves you with smooth, glowing skin while promoting overall body rejuvenation.
ORGANIC BATH WITH MASLINA'S GARDEN HERBS	Immerse yourself in a luxurious Organic Bath infused with healing herbs from Maslina's garden. This natural detoxifying bath cleanses your body, relieves stress, and nourishes your skin, all while grounding you in nature's healing power.
FULL BODY LYMPHATIC MASSAGE	Purify your body with a Full Body Lymphatic Massage designed to stimulate lymphatic flow, remove toxins, and improve your body's natural detoxification process. This massage helps reduce water retention, boost immunity, and promote deep relaxation.
SOIN CRYO 3R FACIAL	Restore and rejuvenate your skin with the Soin Cryo 3R Facial, a cutting-edge treatment that uses cryotherapy to cleanse, tone, and refresh your skin. This facial lifts and revitalizes, leaving your complexion glowing and youthful.
GREEN DETOX JUICE	Replenish your body with a refreshing Green Detox Juice, made from locally sourced organic ingredients. This nutrient-packed drink helps detoxify and hydrate, enhancing your body's natural cleansing process.
20-MINUTE WRAP-UP PROGRAM	Conclude your retreat with a 20-minute Wrap-Up Program, where you'll receive expert feedback on your detox journey and personalized recommendations to continue your wellness transforma- tion. This session ensures you have the tools to maintain your detox results long after your stay.

DEEP DETOXIFICATION

Experience total body cleansing with the Body Exfoliation and Wrap, Organic Bath with Maslina's Garden Herbs, and Full Body Lymphatic Massage designed to remove toxins, stimulate circulation, and restore natural balance.

PERSONALIZED WELLNESS

The Biomarker Assessment provides a detailed understanding of your detoxification needs, offering tailored recommendations to ensure maximum results during and after your retreat.

PHYSICAL REJUVENATION & VITALITY

Rejuvenate your body with Personal Training and Lymphatic Massage, focusing on strength, flexibility, and detoxification to promote vitality and energy.

— 4 — MENTAL CLARITY & STRESS RELIEF

Detoxify your body and mind with practices like Personal Training, Yoga, and the Organic Bath, offering relaxation and clarity while reducing stress.

RADIANT GLOW & REJUVENATION

Achieve glowing, healthy skin with Personalized Facials, Detox Juices, and Body Treatments that refresh and nourish your skin, leaving you with a radiant appearance.

— 6 — LASTING RESULTS & RECOM-MENDATIONS

Receive personalized insights in the 20-Minute Wrap-Up Program, ensuring you have practical steps to continue your wellness journey after your stay at Maslina Resort.



Radiant Revival

L S V P



The Radiant Revival Retreat at Maslina Resort offers a transformative experience that rejuvenates your body, mind, and skin. With personalized treatments, expert-led fitness sessions, and luxurious therapies exclusive to Maslina Resort, you'll leave feeling revitalized, balanced, and glowing, ready to carry the benefits of your retreat into everyday life.

DISCOVER A DEEPER CONNECTION TO YOURSELF AND THE NATURAL BEAUTY OF HVAR WITH THIS WELLNESS EXPERIENCE, AVAILABLE ONLY AT MASLINA RESORT.

Your Wellness Experience

price per person for 2 or 3 days

900 EUR —

ADD-ON: Mediterranean lunch/dinner of your choice at our restaurant

90 EUR — per person

BIOMARKER	Begin your wellness journey with a comprehensive biomarker assessment, allowing Maslina
ASSESSMENT &	Resort's experts to customize your retreat experience, ensuring it addresses your needs and
CONSULTATION	goals.
YOGA/PILATES SESSION	Awaken your body with a tailored Yoga or Pilates session. Whether you are a beginner or a seasoned practitioner, these sessions focus on flexibility, strength, and alignment in a serene and inspiring environment.
PERSONAL TRAINING	Work one-on-one with a certified personal trainer to improve your fitness. Whether it's
SESSION	boosting strength, enhancing endurance, or increasing mobility, this personalized session will help you reach your wellness goals.
ADRIATIC	This soothing treatment nurtures your skin while incorporating local healing practices and
REJUVENATION	herbal healing ingredients inspired by the island. First, an organic olive kernel exfoliation
TREATMENT	energizes and uplifts your senses, followed by an oat milk soak to soften and soothe your skin.
	The experience finishes with a customized Aromatherapy Massage to leave the mind and body relaxed and rebalanced.
PERSONALIZED	Indulge in a Personalized Biologique Recherche Facial designed to rejuvenate and address
BIOLOGIQUE	specific skin concerns. This high-end facial ensures a radiant, youthful glow, tailored to your
RECHERCHE FACIAL	skin's needs.
TOP-TO-TOE HOLISTIC	Experience a full-body therapeutic massage designed to release tension, improve circulation,
MASSAGE	and restore balance. This holistic treatment will leave you feeling deeply relaxed and re-ener- gized.
BEAUTY KIT	Take home a Beauty Kit, thoughtfully curated to continue your wellness journey, featuring
	essential products to enhance your skin's health and maintain your rejuvenated glow.
TAILOR-MADE	Enjoy a refreshing Tailor-Made Organic Drink, carefully crafted with locally sourced ingredients
ORGANIC DRINK	to boost your energy and nourish your body.
20-MINUTE WRAP-UP	Conclude your retreat with a personalized wrap-up session, where Maslina Resort's wellness
PROGRAM	experts provide feedback, review your progress, and offer tailored recommendations for main- taining your wellbeing.

PERSONALIZED

Gain a comprehensive understanding of your body's needs with the Biomarker Assessment and receive a tailored wellness plan to enhance long-term health.

— 2 — REJUVENATION & SKIN HEALTH

The Personalized Biologique Recherche Facial and Adriatic Rejuvenation Treatment deeply nourishes and rejuvenates your skin, leaving you with a glowing, youthful complexion.

— 3 — PHYSICAL VITALITY

Boost your strength, flexibility, and fitness through Yoga/Pilates Sessions, Personal Training, and a Top-to-Toe Holistic Massage, helping you feel physically revitalized and balanced. and expert guidance.

— 4 — MENTAL CLARITY & RELAXATION

Experience mental clarity and deep relaxation with customized movement practices and luxurious treatments, allowing you to leave feeling centered and calm.

LASTING RESULTS & RECOMMENDATIONS

Receive expert feedback in the 20-minute Wrap-Up Program, with tailored advice to integrate your vellness journey into your everyday life, ensuring lasting results.





L S V P



Exclusive to Maslina Resort, this transformative wellness retreat offers a bespoke experience designed to rejuvenate your body, mind, and spirit in one of the most serene and picturesque locations on Hvar Island. Immerse yourself in luxury and nature, with treatments and practices tailored to your needs.

DISCOVER A DEEPER CONNECTION TO YOURSELF AND THE NATURAL BEAUTY OF HVAR WITH THIS WELLNESS EXPERIENCE, AVAILABLE ONLY AT MASLINA RESORT.

Your Wellness Experience

price per person for 2 or 3 days

– 800 EUR 🛏

ADD-ON:

Mediterranean lunch/dinner of your choice at our restaurant

- 90 EUR -

BIOMARKER ASSESSMENT & CONSULTATION	Begin your wellness journey with a comprehensive biomarker assessment. Maslina Resort's expert wellness team will tailor your retreat to your physical, mental, and emotional needs, ensuring a truly personalized experience in our peaceful environment.
PERSONALIZED YOGA SESSION	Awaken your body with a yoga practice designed to address your needs. Whether you're a be- ginner or experienced, Maslina Resort's tranquil surroundings provide the perfect backdrop for improving flexibility, strength, and alignment.
MASLINA MEDITATION	Refresh yourself with a lavender lemonade, infused with the essence of Hvar's blooming lavender fields. This exclusive offering celebrates the island's natural beauty, providing a calm and restorative boost.
HOLISTIC FULL BODY MASSAGE	Relax in Maslina Resort's expert wellness facilities with a luxurious full-body massage. This therapeutic treatment releases tension, improves circulation, and restores harmony to your body, leaving you feeling deeply relaxed and rejuvenated.
STAND UP PADDLE BOARD YOGA	Experience an extraordinary yoga session on the crystal-clear waters of the Adriatic Sea. Stand Up Paddle Board Yoga at Maslina Resort combines mindfulness, balance, and the heal- ing power of nature, offering an unforgettable connection to the island's natural beauty.
MASLINA HAMMAM	Exclusive to Maslina Resort, our signature Maslina Hammam is a truly rejuvenating expe- rience. This treatment features a soothing steam ritual and a nourishing olive exfoliation, leaving your skin deeply cleansed, soft, and revitalized, all within the comfort of our exclu- sive wellness facilities.
TAILOR-MADE FACE LIFT TREATMENT	Indulge in a revitalizing facial, custom-designed to lift, tone, and revitalize your skin. Experi- ence the latest skincare technology and techniques, leaving you with glowing, youthful skin, tailored to your skin's needs and preferences.
WRAP-UP PROGRAM	Conclude your journey with a personalized wrap-up session, where you'll receive a one-on- one consultation to review your progress and receive expert recommendations. We'll help you integrate your new practices and insights into daily life for long-term wellbeing and vitality.
LAVEN DER LEMONADE	Indulge in a guided meditation session designed to center your mind and enhance relaxation. Held in our peaceful spaces, this practice is an ideal way to disconnect from the outside world and reconnect with yourself.

— 1 — PERSONALIZED WELLNESS INSIGHT

A deeper understanding of your body's needs through the biomarker assessment, allowing for tailored wellness recommendations to improve longterm health. A custom wellness plan that integrates practical steps to continue your journey toward wellbeing

after the retreat.

— 2 — PHYSICAL WELLBEING

Increased flexibility, strength, and alignment through personalized yoga sessions. Improved circulation and relaxation from the holistic full-body massage. Boosted energy and reduced tension from mindfulness and movement practices like SUP yoga.

— 3 — MENTAL CLARITY & STRESS RELIEF

Reduced stress and mental clutter, thanks to guided meditation and breathwork, leaving you with a calm and centered mind. Improved mindfulness, focus, and emotional balance, supporting better mental clarity.

— 4 — RADIANT APPEARANCE & GLOW

Rejuvenated and glowing skin from the tailored facelift treatment, designed to lift, tone, and revitalize.

WHY MASLINA RESORT

Maslina Resort is more than a destination — it's a transformative experience. From exclusive treatments like the Cryo 3 Facial to serene practices inspired by Hvar's healing environment, every aspect of the Retreat is crafted to reflect the resort's blend of luxury, sustainability, and connection to the island's heritage.

THIS RETREAT IS NOT JUST A GETAWAY — IT'S A JOURNEY ONLY MASLINA CAN OFFER.

PHAROMATIQ

To speak with our wellness advisors, dial ext. 424 from your hotel room and +385 (21) 214 888 if dialing outside the hotel, or contact us at spa@maslinaresort.com

Our services and treatments are subject to change based on availability, seasonality, and health and safety regulations.

Kindly note that our Pharomatiq Wellness prices are subject to change. Maslina Resort reserves the right to adapt our prices throughout the season.

"Leave this world a little better than you found it" ROBERT BADEN-POWELL