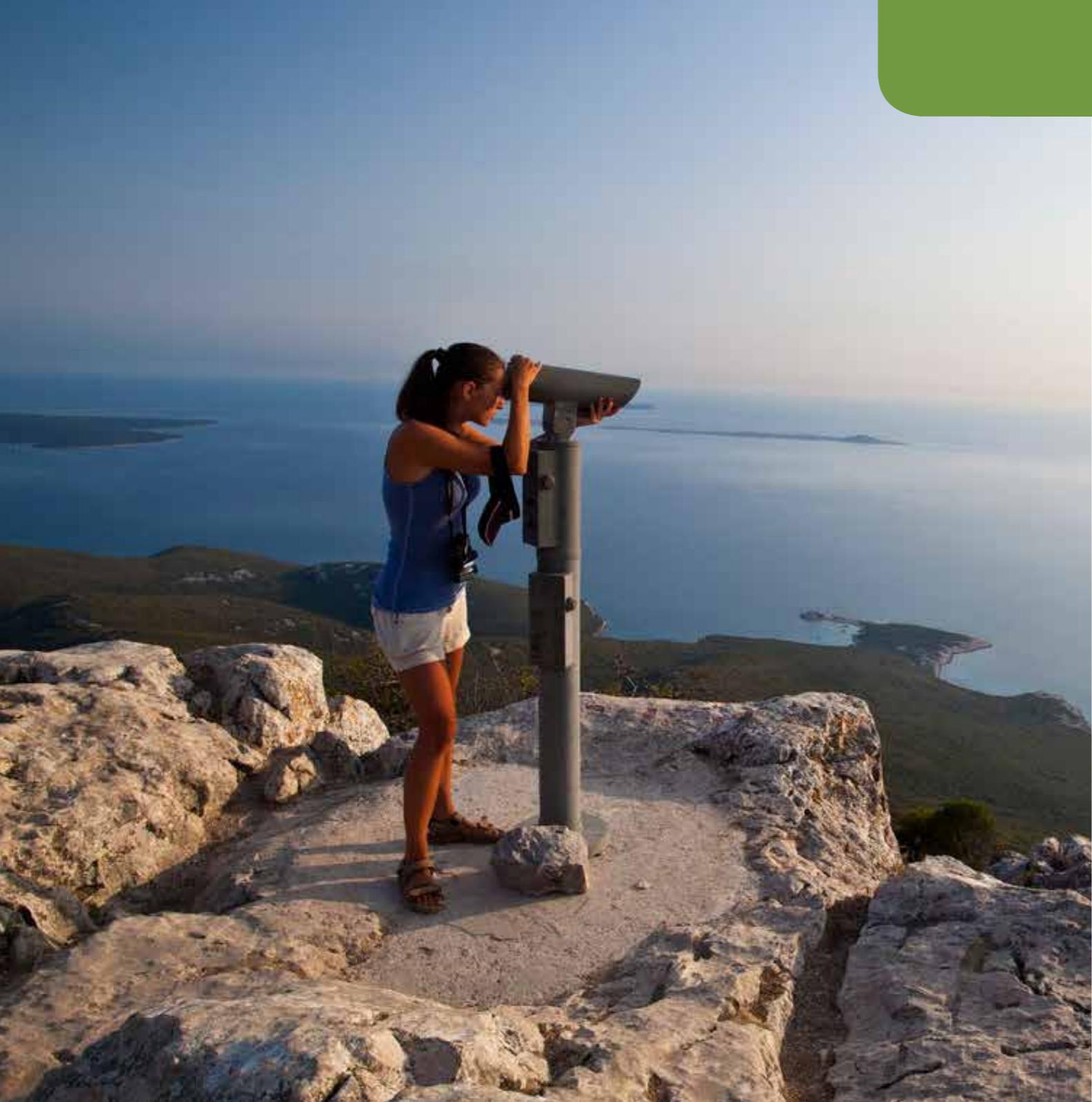




# Health on the Island of Vitality

# ISLAND OF VITALITY



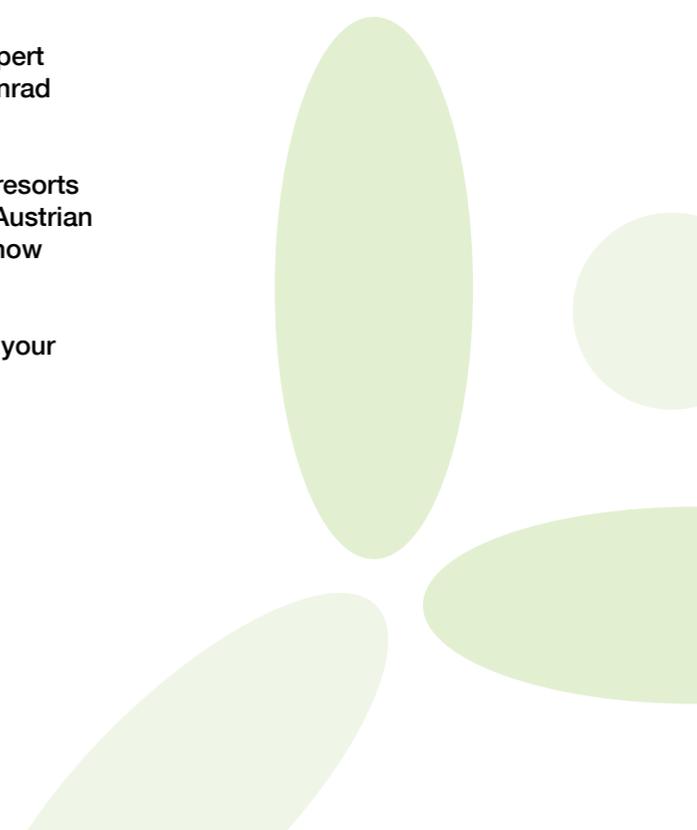
**PRESERVED NATURAL ENVIRONMENT IS A UNIQUE FEATURE OF OUR ISLAND;** clean sea and air, mild climate, vegetative cover and aromatic scents with rest and relaxation will have a beneficial effect on you and will make you healthier and happier. In addition to the therapeutic factors, Lošinj offers numerous year-round programs in nature and in specialized institutions that will help you restore and maintain your impaired vitality.

The island's climate is defined by its position in the middle of the northern hemisphere. The island's favorable weather conditions were identified as early as the late 19th century by renowned Viennese medical experts, and were confirmed by long-term expert meteorological observations and research conducted by Dr. Conrad Clar and Prof. Ambroz Haračić.

This is why Mali Lošinj and Veli Lošinj were proclaimed climate resorts and rehabilitation centers in 1892 under the national law of the Austrian government in Vienna. It is due to these facts that the island is now a well-known climate resort across the world.

We invite you to discover the benefits of our island and provide your family with a healthy and active holiday.

Welcome to Lošinj, the Island of Vitality!



# FEEL-GOOD SENSATION



## ANNUAL VARIATION OF THE FEELING OF PLEASURE

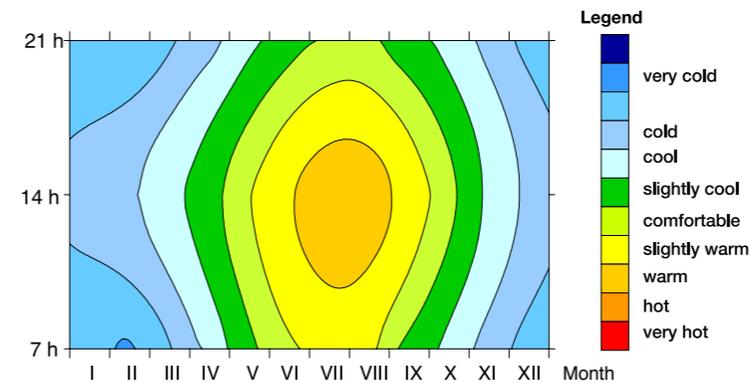
Did you know people felt very good on Lošinj because of the prevailing annual feeling of pleasure from chilly to warm and hot?

The feeling of "very hot" never appears, and "very cold" is very rare.

In summer months when the feeling of pleasant and warm prevails, you can stay outdoors all day. The feeling of heat in the afternoon hours of July and August will be mitigated by a refreshing swim in the sea or a stroll in the shade and cool of the pine trees.

The abundant Lošinj vegetation will also protect you from the harsh and cold winter bora, occasionally causing a feeling of greater cold in January and February.

March, April, May and October are the best months for active holidays with hiking and sports.



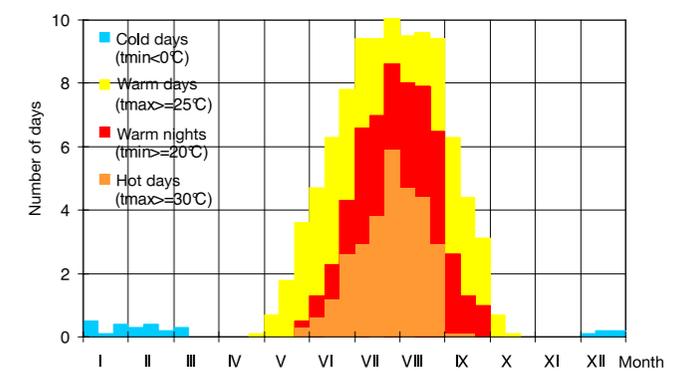
**Diagram:**  
Average feel-good sensation per day and per year

\* Source: The Croatian Meteorological and Hydrological Service, DHMZ

## CLIMATE AND BIO-CLIMATE

The latest research confirms the benefits of Lošinj's moderately warm and rainy climate that have been detected a long time ago. As it happens, under the direct impact of the sea, temperatures vary very little from the average one, the lowest (7.7°C) in February to the highest (23.8°C) in July, which suits everyone.

Daily temperature oscillations are also moderate, which contributes to a feeling of pleasure and reduces stress to the organism.



**Diagram:**  
Mild Lošinj climate stimulates good feelings

\* Source: The Croatian Meteorological and Hydrological Service, DHMZ

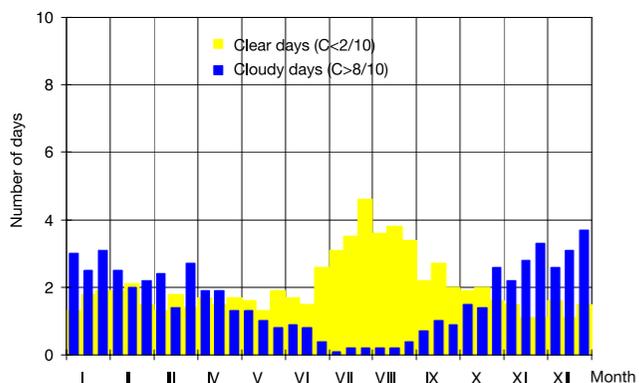
## OVER 200 SUNNY DAYS PER YEAR

The large number of average daily and annual sunny hours attracts numerous tourists to our island because the strictly dosed solar radiation, infrared and ultraviolet rays have a favorable effect on children's growth and development, as well as recovery and recreation of adults.

We recommend you use body milk or oil with a protective factor.

**Diagram:**  
Lošinj has an above-average number of sunny hours per year

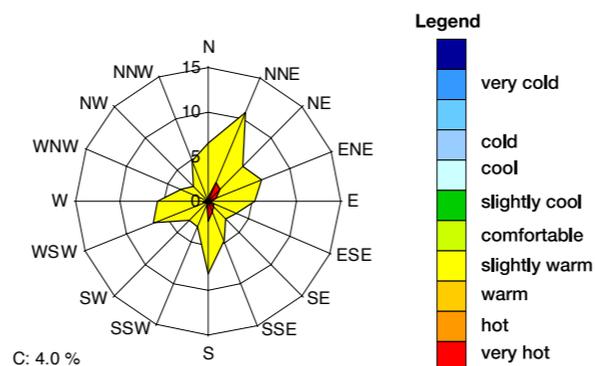
\*Source: The Croatian Meteorological and Hydrological Service, DHMZ



There are 207 sunny days per year. The least number of sunny days occurs from November to February, especially in December with only about 11 sunny days. The number of sunny days constantly increases from March onwards. During the sunniest part of the year, from May to September, there are at least 20 sunny days. They mostly occur in July and August with as much as 24 days

|            | I    | II   | III  | IV   | V    | VI   | VII  | VIII | IX   | X    | XI   | XII  | year  |
|------------|------|------|------|------|------|------|------|------|------|------|------|------|-------|
| SS (hours) | 116  | 142  | 191  | 224  | 293  | 323  | 368  | 334  | 246  | 182  | 112  | 101  | 2631  |
| T (hours)  | 9.2  | 10.5 | 11.9 | 13.5 | 14.8 | 15.5 | 15.2 | 14.1 | 12.6 | 11.0 | 9.6  | 8.9  |       |
| SD (days)  | 12.6 | 13.8 | 16.1 | 16.7 | 19.8 | 20.8 | 24.1 | 23.8 | 19.5 | 16.4 | 11.7 | 11.4 | 206.7 |

## ANNUAL WIND ROSE



**Diagram:**  
Annual Wind Rose

\*Source: The Croatian Meteorological and Hydrological Service, DHMZ

Weak winds prevail in the annual wind rose. Mistral, the northwest summer wind, will provide you with refreshment on hot summer days, while sailors and windsurfers will look forward to it out on the sea.

**Table:**  
Sun insolation (SI, hours per month), duration of the day (D, hours for the 15th day of the month), and number of sunny days (SI/D in days).

\*Source: The Croatian Meteorological and Hydrological Service, DHMZ



## BEST AIR QUALITY

The results measured by the Public Health Institute in 2007 and 2008 show that the area of Lošinj has a Category 1 air quality. Draw deep breaths and use the natural outdoor aromatherapy, while the essential oils of the pine and marine aerosol purify your lungs.

## THE CLEANEST SEA

The sea is of a high quality on the Island of Lošinj thanks to its transparency and absence of harmful substances. The temperature ranges from 11.8°C in February to a maximum of 23.8°C in August. It is suitable for swimming from June to mid-October when its average temperature is 20°C. As such, it has a beneficial effect on the human organism, relaxes and calms. In Lošinj you can swim along the entire shoreline and the Veli žal, Punta and Poljana beaches fly the Blue Flag. As an international environmental protection award, the Blue Flag proves the high quality of our sea and the fact that we know how to manage our environment, invest in environmental education and ensure our residents' and guests' safety.

Our sea is the most beautiful invitation we present to you!



## ALGAE

262 species of benthic algae have been registered in the sea around the Island of Lošinj. Many of them may have beneficial effects on human health thanks to their valuable ingredients and various methods of use.

Algae and sea salt – is there anything better for our skin?

## OVER 1,200 PLANT SPECIES

The mild Mediterranean climate has made the Island of Lošinj famous for its abundant vegetation and public gardens, on which its tourist flourishing is based. Diverse Mediterranean plants with their essential scents, colors and shapes have a beneficial effect on human health and protects against solar radiation and cold winds.

According to research, there are over 1200 plant species on the island, 939 of them belonging to the autochthonous flora. As many as 230 species are classified as herbs. Famous Lošinj captains and seamen brought around 80 species from their journeys, most of them exotic plants, and planted them in the gardens around their houses. Agave, Mexican cactus (opuntia), palm trees, magnolia, myrtle, pistachio, mimosa, Indian fig (karmus-nassarah), lemon, orange and tangerine, loquat, oleander, carob, rosemary, eucalyptus, sequoia, tamaris and other plants grow here.

Landmarks include the protected park forests of Čikat and Pod Javori, containing the full abundance of Lošinj's vegetation.

Lošinj is abundant in rich and diverse vegetation throughout the year. In May, when most plants are in bloom, the scenery is heavenly and the whole island just blossoms.



# WALKING TRAILS AND FOOTPATHS



## WALKING TRAILS AND FOOTPATHS – A scented experience across five islands

Walking and hiking across the Lošinj archipelago that stretches over five islands and with over 250 kilometres of walking paths is possible throughout the year. The trails cover areas of the islands of Cres (Punta Križa), Lošinj, Ilovik, Susak, and Unije. They vary from simple paths for people who are not in great physical shape, over mid-level difficulty paths to very difficult. The Osorščica mountain (Nerezine) and St. John's hill (Sveti Ivan, Veli Lošinj) are very attractive for anyone who loves hiking. The walking trails stretch along the coast and they are ideal for long walks and relaxation. Get on the move and discover the secrets that are hidden on our archipelago! Let the interests and beauties stowed away jealously on each island become a part of your unique experience!

## FOOTPATH OF VITALITY MALI LOŠINJ – VELI LOŠINJ

Along the three kilometres of the Mali Lošinj – Veli Lošinj footpath that stretches along the coast, hidden in a hundred-year-old pine forest, educational panels have been put up that provide the hikers with information on the importance of proper posture and breathing, as well as help them become aware of their movements and processes during their walks. The panels are on permanent display and thanks to them, the walkers can maximise the benefits of nature.

There are about 10 000 steps in both ways, recommended to be taken every day according to the World Health Organisation standards.

Active walkers can do both directions in 45 minutes, while recreational and slower walkers will need about an hour and a half.

The guests can walk along the footpath on their own but there are also guided walks with instructors from the PBS Studio at the Vitality Hotel Punta.

## FOOTPATH OF HEALTH

The footpath of health stretches along the coast from Sunčana uvala to Srebrna uvala in Mali Lošinj, and it is also covered by a hundred-year-old pine forest. The educational panels along the path provide information about correct posture, breathing and processes during walks and invite the walkers to exploit the natural health benefits to their full potential.

Active walkers can do both directions in three hours, while recreational and slower walkers will need up to five hours.

Awaken your vitality on the island of vitality!

## SPORTS-FRIENDLY ALL YEAR ROUND

The heavenly climate provides year-round sporting options. Professional athletes find a shelter here on cold winter days, while recreationists and amateurs find one throughout the year.

Sporting options are very diverse, including underwater sports (diving and underwater fishing) and water sports (sailing, windsurfing, skiing, sport fishing, water polo).

If you prefer onshore sports, you will be satisfied to find tennis, basketball, soccer, beach volley, bowling, boccie and fitness centers. You can rent a bike, moped or a boat, all toward a healthy and active holiday!

## THE IMPACT OF MICRO-CLIMATE AND NATURAL AEROSOL ON THE ISLAND OF LOŠINJ ON LUNG FUNCTION

The aim of our study was to examine the possible impact of the island's climate and endemic aerosol on the lung function of vacationers spending time on the island nowadays. A random population study comprised registered auto-camp "Čikat" vacationers in Mali Lošinj. We used spirometry to measure lung function parameters at subjects' arrival and departure time. The control measurement at departure was on average 11 days apart.

The study comprises 93 cases with verified control measurements.

**RESULTS:** FVC and FEV1 were significantly improved between the two measurements. This improvement was noted in the sub-group with the initial FVC of <100 % predicted although these subjects did not use any relevant therapy and/or undertook any other behavioural changes in order to improve their lung function. The improvements in lung function parameters was not significantly associated with age, sex, height and weight, the smoking habits of study subjects, or the time between measurements.

Results of the research lead to the conclusion that Lošinj could be useful to persons with a respiratory disorder, who could, by planning their vacation on the island outside the summer season, and especially in autumn and spring months, prolong their status of remission. The sojourn in Lošinj could lead to long-term remission by improving expectoration and reducing cough, alleviated breathing due to staying in immaculately clean air, favourable temperature and humidity, as well as rich in beneficial aerosol. Natural treatment and recovery could help in the better control of chronic lung diseases, reduce the consumption of medication and its side effects, prolong remissions and reduce acute inflammatory disease complications in winter.

Anamarija Margan Šulc, Mr.Sc.



# AROMATHERAPY



## LOŠINJ'S NATURAL COSMETICS

The line of Lošinj's natural cosmetics are made from multiple award-winning extra virgin olive oil, ecological essential oils and unrefined sea salt.

Plant material used in the production of essential oils originates from the islands in the Cres-Lošinj archipelago, one of the most favourable areas for growing aromatic herbs.

The line of Lošinj's natural cosmetics comprises:

**LOŠINJ POMADE** - leaves your skin silky smooth, soft, shiny and rejuvenated after only two or three applications. It is an excellent remedy for dry skin, especially dry areas on hands, elbows and feet.

**LOŠINJ BATH SALT** - for tired feet and whole body relaxation. It awakens a feeling of comfort and makes life juices flow.

**LOŠINJ BODY SCRUB** - removes all impurities and dead skin cells from the surface of your skin, leaving it clean. Its ingredients provide nourishment and refreshment, stimulating blood flow and encouraging the natural lymphatic drainage. The skin becomes silky and sufficiently nourished, so there is no need for putting on body lotion after taking a shower. Since the main ingredient is fine sea salt, it is excellent for men since it easily dissolves in water on all skin areas.

## SPECIAL OFFER

CAMPING CRES – LOSINJ

MORNING WALK “VITALITY WALK” WITH BREATHING EXERCISES

FROM MARCH TO OCTOBER

“Life begins and ends with a single breath”

Breathing is the most important process of the human body. One of man’s greatest problems today is improper breathing, that is, the fact that we only use 30 – 40% of our lungs’ capacity, which results in a loss of energy and certain illnesses.

Proper breathing means using the full capacity of the lungs by combining the three phases of breathing (breathing with the top part of the lungs, the middle part, and the bottom part, i.e. the stomach) into one.

Although air is free and accessible to everyone, its quality plays a role in the efficiency of the breathing technique. It is well known that Losinj has air of a high quality due to its marine aerosols, the sea, pine forests and over 1000 types of plants (230 of which are considered medicinal herbs).

Breathing at your lungs’ full capacity in a natural environment also affects the release of the happiness hormone, thus awakening the feeling of unity with nature.

www.camps-cres-losinj.com

FOOT REFLEXOLOGY

FROM MARCH TO OCTOBER

“The feet – the basis of health and success”

Reflexology is one of the most efficient traditional approaches to our health that is still used today because it is applied to the feet, which are in direct contact with the Earth.

By treating the zones in the feet, we indirectly affect the organs and tissues in our body that are connected and in this way aid the body to obtain balance, which enables us to better deal with various health issues.

Foot reflexology balances the body and returns it to homeostasis, strengthens the immune system, as well as the system that extracts harmful substances from our body, and stimulates circulation. Reflexology helps in lowering tension and the effects of stress on the mind and body and also helps in terms of physical and emotional changes before and during menopause.

www.camps-cres-losinj.com

VIBRATION MASSAGE OF THE CHEST (THORAX)

FROM MARCH TO OCTOBER

This vibration massage strengthens the heart and blood circulation, improves the usage of oxygen in the tissues which lowers a portion of excess fats, and eliminates muscle pain.

Essential oils help you to fully relax and to get rid of stress. The oils have an effect on our body in two ways: through their fragrance and their contact with the skin.

www.camps-cres-losinj.com

SOLAR YOGA

FROM MARCH TO OCTOBER

Without sunlight, there is no life. Each movement of every organism occurs due to the Sun.”

Solar yoga is performed in such a manner that you stand upright, barefoot, and look into the sun during the “safe hour.”

The safe hour is 1 hour after sunrise or 1 hour before sunrise when the UV factor is between 0 and 2 and it isn’t harmful to the eyes. You stand barefoot on a stone or concrete surface.

After a 15-minute cycle, solar yoga relieves mental stress and depression, improves memory and concentration, maintains positive thinking, relieves of bad habits and contributes to the art of living in the moment.

www.camps-cres-losinj.com

AQUA AEROBICS

FROM MARCH TO OCTOBER

Do you enjoy exercises in the water so much that you would like to shape your body in this manner? Aqua aerobics is a form of group exercise with many positive effects. It is important that, because of the water exercises, which are soothing for the body, both young and old people can partake, no matter if you are in shape or merely a beginner, since it enables individual adaptations of exercise intensity.

Aqua aerobics affects the improvement and maintenance of stamina, strength, coordination and balance.

## SPECIAL OFFER

Above all, it affects the cardiovascular and respiratory systems, while the water provides the body with a massage that is relaxing and very efficient in getting rid of cellulite.

The sea is more effective than any wellness or fitness center in the world. It is a source of health and fitness (physical activities in the water are more efficient than those done on land) and beauty (the sea’s components are the most effective and natural balms for our skin and results are visible after the first bath when our skin becomes softer, smoother and tighter). The sea also has an anti-stress factor – it relaxes us, provides us with energy and enables positive thoughts and feelings.

www.camps-cres-losinj.com

PSAMOTHERAPY

FROM MARCH TO OCTOBER

Psamotherapy is a form of thalassotherapy. Thalassotherapy is the therapeutic application of the natural physical and chemical factors of the sea and the coast. Psamotherapy is a form of therapy during which a person is covered in dry, hot sand on the Island of Susak.

By being covered in the warm, dry marine sand, the warmth of the sun is transferred to the body thus relieving back pain, rheumatism and arthrosis. This form of therapy also improves blood content, speeds up the metabolism, ameliorates respiratory illnesses, and improves psychological wellbeing.

www.camps-cres-losinj.com

CAPPELLI TOURIST AGENCY, Mali Lošinj

HEALTH IN THE PALM OF YOUR HAND

JANUARY - MAY; SEPTEMBER - DECEMBER

Take a deep breath of Lošinj air and your bronchi will be grateful Lošinj – island of vitality is know throughout the world as a health resort.

This is an ideal destination to enjoy a mild Mediterranean climate which is good for the airways. Discover lookouts and choose happiness on Lošinj. Learn about the local way of life in winter, taste different liqueurs made with local herbs, and enjoy long walks. Breathe in essential oils of island’s herbs and improve your health. Clear your sinuses and discover the magic of aromatherapy. Discover aromatherapy, learn about plants, essential oils and their benefits on people’s health.

www.cappelli-tourist.hr

TURIST TOURIST AGENCY , Veli Lošinj

THE ISLAND OF LOSINJ – THE IDEAL NATURAL MEDICINE FOR TIRED LUNGS

FROM JANUARY TO APRIL AND FROM OCTOBER TO DECEMBER

We invite you to get to know the benefits of our island and to provide your family with a healthy and active vacation. The accommodation program is designed for both children and adults who have problems with the respiratory system (bronchitis), as well as for people who are stressed out. It is especially designed for grandmothers and grandfathers who want to improve their health while spending a great vacation with their grandchildren on the Island of Losinj. Accommodation is provided in apartments, while the program includes sightseeing, a souvenir workshop, essential oil massages obtained from the island’s plants, as well as an introduction to aromatherapy, all under the leadership and supervision of our professional staff.

www.island-losinj.com

## SPECIAL OFFER

VITALITY HOTEL PUNTA \*\*\*\* Veli Losinj  
VITALITY ZONE  
IUVENA BEAUTY STUDIO

“The road to recovery consists of daily massages and baths in medicinal essential herbs” – Hippocrates, the father of modern medicine

**MEDICAL SPA PROGRAM – GET HEALTHY WITH NATURE’S HELP**

### FROM MARCH TO OCTOBER

**MEDICINAL MASSAGE** complemented with analgesics from nature: St. John’s Wort and peppermint.

Reduces tension, stiffness, muscle pain, spasms, improves muscle relaxation, and prevents or eliminates tightness.

If you have health issues, our medicinal massage may be an integral part of your therapy. It can be applied to the following symptoms: contracture (limited joint movement), muscle atrophy, tendonitis (ligament inflammation), distortion, muscle sprains, sprains, circulation problems, spasms, joint edema, rheumatic illnesses (arthritis), neurological illnesses. It also helps with respiratory problems, headaches, migraines, digestive problems, depression, stress and anxiety.  
www.losinj-hotels.com

**LYMPHATIC DRAINAGE** complemented with a footbath and natural lymphocytes.

The lymphatic drainage starts with a warm essential oil bath for the feet that is made up of sea salt and the essential oils of laurel and cedar, which are considered natural lymph node accelerators. Our feet are copies of our body and everything we do to our feet indirectly affects our entire body. Manual lymphatic drainage follows, which brings balance to the fluids in our body. It is great for people who retain water in certain parts of the body and helps with detoxification.  
www.losinj-hotels.com

**MANUAL LYMPHATIC DRAINAGE** is a medicinal treatment that enables better blood flow in our body’s tissue and removes edema. It also activates our lymph pathways, which are in charge of collecting and eliminating waste products from our body. It can be applied to the following symptoms: water retention in the body, circulatory problems, innervations in the legs that results in edema and leg pains, chronic vein insufficiency, post-thrombotic syndrome, after surgery.  
www.losinj-hotels.com

**LAURUS AROMATHERAPY STUDIO – Support health and beauty and get to know aromatherapy!**

**WORKSHOPS:**

### FROM MARCH TO OCTOBER

**LOSINJ AROMATHERAPY FOR BEGINNERS**

Get to know the essential oils of rosemary, laurel, immortelle, sage, lavender, myrtle and pine.

Learn to perfume your living and workspace, make natural air fresheners, aromatherapy baths for relaxation, and natural serums for the beauty of your body!

Relieve stress and increase your concentration with the help of essential oils! Introduce natural essential oils to your everyday life!

**HOMEMADE COSMETICS – ECO-FRIENDLY COSMETICS**

Awaken your natural beauty!

Did you know that 60% of everything you put on your skin ends up in your bloodstream?

Learn to make your own natural and healthy cosmetics by following a few simple recipes!

Replace synthetic cosmetics with healthy and simple essential oil products.

The production of natural creams, balsams, tonics and masks for your face and body.

www.losinj-hotels.com

## SPECIAL OFFER

**PBS LOŠINJ - Center of Sport Excellence**

**BODY TALK**

### FROM MARCH TO OCTOBER

Body Talk is designed for those who actively invest in their body, and equally for those who want to discover their physical capabilities and acquire healthy habits. Do not miss the opportunity and familiarize yourself with unique body techniques that will provide you with tools for better quality of life.  
www.losinj-hotels.com

**GREEN ENERGY**

### FROM MARCH TO OCTOBER

Green Energy Program is recommended to those who live a busy and stressful life in a polluted urban environment, and therefore feel exhausted and weak, which could develop into a chronic fatigue. This program allows the energy of the unspoiled Lošinj’s nature to fulfill your body and make the stress of everyday life disappear.  
Inhale a breath of fresh air, revitalize body and mind, and fill yourself with pure energy of scented Lošinj’s nature, through specially designed Green Energy program with body technique and aromatherapy elements.  
www.losinj-hotels.com

**ACQUA FIT**

### FROM MARCH TO OCTOBER

Relax your muscles, stretch your spine and accelerate circulation! Aqua Fit program stimulates your body in a secure medium – water – and does not let everyday “office sitting” affect your health.  
Water is the source of life - the safest way to recreate a sense of your own body.  
With specially designed active and passive exercises that are performed in a warm pool or sea, you can relax spasms in muscles and joints, stimulate circulation and correct bad posture. After this treatment you will feel reborn!  
www.losinj-hotels.com

**WELLNESS AURORA \*\*\*\*, Mali Lošinj**

**A HEALTHY AND FUN WEEK WITH PINO**

### FROM APRIL TO OCTOBER

Children! Bring your parents, grandfathers, grandmothers and friends!

The nature of fragrances awakens in all its colours, while the light breeze mixes the scents of aromatic and medicinal herbs with the aerosols of the crystal clear sea. In such an environment positive health results are visible after only a few days. The unique nature of Losinj is a true ally to parents and children who have respiratory illnesses – asthma, bronchitis, laryngitis and various allergies. Nature also acts in a therapeutic manner on the improvement of appetite, better sleep, strengthens the immune system and gets rid of dermatological problems.

Spend a morning and an afternoon in a light stroll or play along the sea. You’ll most likely see one of Pino’s 130 friends playing happily as well. They are good-natured dolphins that live in the sea around the island. And don’t forget to breathe deeply – the natural wellness of Losinj will cleanse you on the inside and ensure positive energy! For the brave ones out there – you can always wash your face in the refreshing sea and blow out your nose.  
www.losinj-hotels.com

# SPECIAL OFFER

## FRAGRANT MASSAGE TREATMENTS

### FROM MARCH TO DECEMBER

These massage treatments follow the Fragrance Calendar and seasons of the year, and can be combined into packages. All treatments are administered manually. Preparations made on the spot using ecological essential oils made from island herbs, as well as cold-pressed herbal oils, hydrolates and clay in various colors, are applied in the treatments. The treatments also include welcoming rituals and treatments. [www.losinj-hotels.com](http://www.losinj-hotels.com)

## SUSAK STRESS RELIEF

### FROM MARCH TO DECEMBER

The program is inspired by the island of Susak, rich in oregano and sand. It is designed for modern, busy men and women suffering from a high level of stress. [www.losinj-hotels.com](http://www.losinj-hotels.com)

## UNIJE REJUVENATION

### FROM MARCH TO DECEMBER

The program is inspired by the island of Unije that was one big olive orchard during the Roman Empire. The island of Unije is still known for its olives. In body care, olive oil is used as a strong anti-oxidant. Applied in a massage treatment, it nurtures, nourishes and revitalizes dry skin. The program is designed to regenerate both body and soul. [www.losinj-hotels.com](http://www.losinj-hotels.com)

## ILOVIK FLOWER EXPERIENCE

### FROM MARCH TO DECEMBER

The program is inspired by the island of Ilovik, the island of flowers. There are two 100-year-old eucalyptus trees on Ilovik. Eucalyptus means 'the one that protects'. The eucalyptus essential oil deepens the breath, relaxes and nourishes. The treatments are designed to provide intense, natural, rejuvenating skin care. An excellent choice for mature and stress-affected skin. [www.losinj-hotels.com](http://www.losinj-hotels.com)

## THERE IS SOMETHING ABOUT APOXYOMENOS

### FROM MARCH TO DECEMBER

The program is intended for all those who wish to feel good in their own body, those who wish to boast beautiful skin, complexion and hair. [www.losinj-hotels.com](http://www.losinj-hotels.com)

## LOŠINJ SPA D-TOX

### FROM MARCH TO DECEMBER

A program ensuring natural body detoxification in which Lošinj herbs are used to make detoxifying preparations. It is recommended to combine the treatments with sauna. Homemade tea, which additionally stimulates the outflow of excess body waste, is served during the treatments. [www.losinj-hotels.com](http://www.losinj-hotels.com)

## CAMPING VILLAGE POLJANA, Mali Lošinj

### LET YOURSELF ENJOY THE CAMP SITE POLJANA.

#### FROM JUNE TO SEPTEMBER

- Full Body Massage on Acupressure Points
  - Reflex Feet Massage
  - Trigger point Therapy Back and Neck Massage with Stretching
  - Anti Rheumatic Massage with healing essential oils from the island Lošinj
  - Anti-cellulite Massage with Essential oils from the island Losinj
  - Anti-cellulite Peeling for Draining with Olive Oil and sea salt and Essentials oils from the island Mali Lošinj Essentials oils of Rosemary, Lavander and Lemon
  - Aroma-therapy with Essentials Oils from the island Lošinj
- [www.poljana.hr](http://www.poljana.hr)

## WELLNESS OFFER

### WELLNES HOTEL AURORA\*\*\*\*

Sunčana uvala bb, Mali Lošinj  
tel.: + 385 51 667 200, fax: + 385 51 667 222  
e-mail: [hotel.aurora@jadranka.t-com.hr](mailto:hotel.aurora@jadranka.t-com.hr)  
[www.losinj-hotels.com](http://www.losinj-hotels.com)

Wellness Aurora offers unique beauty treatments for an exquisite experience of natural cosmetics and deep relaxation. All massages and beauty treatments are inspired by the Lošinj archipelago, its rich flora, and the traditional usage of plants. Most of the skin care and relaxation products are applied on the spot with individual approach to the client. All products are entirely natural with an emphasis on ecological essential and herbal oils from local producers: lavender, immortelle, myrtle, mint, St. John's wort, olive... Lovers of natural cosmetics in Wellness Aurora can also enjoy special treatments with SpaRitual – a luxury, eco-vegan brand. Specially designed rituals and relaxation in relax room with sea view and a terrace while enjoying home-made tea and fresh fruit will complete all wellness treatments. Outdoor Spa of the Aurora Hotel is also attractive because here guests can enjoy massages and treatments among pine trees overlooking the turquoise sea. The space and treatments of the wellness concept are in synergy with nature.

In the relax zone, you will find your peace in 3 differently designed relax rooms. In addition to Finnish and bio saunas, you will find a Turkish sauna, aromatized showers with tropical effects, and laconium with chronotherapy, unique to the Adriatic and providing a sea view. The extension of the spa center contains 4 indoor pools with hydro-massage and an outdoor pool, all of them with seawater. Surface area of the wellness facilities: 1500 m<sup>2</sup> (2500 m<sup>2</sup> including the pools)

#### Services:

- Beauty Zone:  
10 rooms – 1x pedicure, 1x manicure, 2x facial care, 2x massage and 3x special treatments
- Spa zone:  
Water facilities – 5x sauna: (Finnish, bio sauna, Turkish bath, Roman bath, laconium), Kneip therapy for led circulation, ice therapy, sea salt therapy  
Pool: 5x hydro-massage pools with heated seawater  
Tub: Jacuzzi for 6-8
- Fit zone:  
Program Area: cardiovascular programs, stretching programs and active programs in nature
- reception, changing rooms

### VITALITY HOTEL PUNTA\*\*\*\*

Šestavine bb, Veli Lošinj  
tel.: + 385 51 662 000, faks: + 385 51 236 301  
e-mail: [hotel-punta@jadranka.t-com.hr](mailto:hotel-punta@jadranka.t-com.hr)  
[www.losinj-hotels.com](http://www.losinj-hotels.com)

Vitality Zone of the Punta Hotel is a special place where you will feel the hundred-year-old strength of therapeutic cosmetics of Lošinj and realise the needs of your body and mind. Embrace comfort – essential oils of island's fragrant plants, skilled hands and holistic approach of the therapist will heal the effects of stress. Use the strength of nature and freshen up your beauty, awaken your body with one of the programmes of body techniques. You will be surprised with the results after just one workout. Aromatherapy workshops are an interesting past-time where you will learn about the fragrant world of essential oils made from island's medicinal and aromatic plants.

Vitality Zone offers the following programmes and facilities:

PBS Centre for sports excellence – a place for an active holiday with specially designed programmes in harmony with nature and environment under a professional watch by the body technique instructor Laurus – fragrant island plants aromatherapy studio where guests can learn about and how to prepare their own aromatherapy products Iuvena – beauty centre where exquisite natural cosmetics and holistic approach of the therapist will bring back beauty and vitality to every guest  
Infirmaria and Dental Studio – a physician and a dentist  
Relax Zone – a number of relaxation facilities with indoor and outdoor swimming pool, Pool Bar, sun deck, saunas (Turkish and Finnish), jacuzzi, and relax room reception desk, changing rooms

### HOTEL BELLEVUE\*\*\*

Čikat bb, Mali Lošinj  
tel.: + 385 51 231 222, fax: + 385 51 231 268  
e-mail: [hotel.bellevue@jadranka.t-com.hr](mailto:hotel.bellevue@jadranka.t-com.hr)  
[www.losinj-hotels.com](http://www.losinj-hotels.com)

Surface area of the wellness facilities: approximately 250 m<sup>2</sup>  
Services: indoor pool with heated seawater and hydro-massage, sauna, massage studio, fitness room, medical office.

### HOTEL MANORA\*\*\*,

Mandalenska 26b, Nerezine  
t: + 385 51 237 460, fax: + 385 51 237 470  
e:e-mail: [manora@manora-losinj.hr](mailto:manora@manora-losinj.hr)  
w: [www.manora-losinj.hr](http://www.manora-losinj.hr)

Surface area of the wellness facilities: approximately 160 m<sup>2</sup>  
Services: sauna, massage, fitness, outdoor pool

## BEAUTY

### «BELLA» BEAUTY SALON

Lošinjskih pomoraca 40  
51550 Mali Lošinj  
tel.: + 385 51 233 394, GSM: 098 72 45 32  
e-mail: [durdicamanzoni@gmail.com](mailto:durdicamanzoni@gmail.com)

Beauty Studio Bella offers a full range of face and body care services and uses autochthonous herbs in its treatments, such as lavender, rosemary, immortelle, myrtle, pine, eucalyptus, orange lemon... all for the purpose of preserving your health, body, mind and spirit. The beauty studio also offers nonsurgical lifting and microdermoabrasion services, E-light treatments (removing hairs, acne, pigmentations and capillaries; skin rejuvenation), vacuum cavitation and radiofrequency, medical pedicure, OXY treatments (infusion), spray treatments, oxygen inhalation with face and body chromotherapy and aromatherapy, permanent and standard makeup, a UV-free tanning machine, and aqua detox.

#### «KATARINA» BEAUTY AND MASSAGE SALON

Malin 46, Mali Lošinj  
tel./fax: + 385 51 233 043, GSM: 091 211 5771  
e-mail: rahela.tomljenovic.bojic@gmail.com

In addition to the normal salon services such as facial treatments, manicure, depilation, deluxe massages (hot stone, hot chocolate, gold massage), Beauty Salon Katarina offers treatments in cooperation with the Aromatic Island Garden, such as antistress massages using autochthonous essential oils from the island (lavender, orange, lemon, eucalyptus...), massage and peeling with aromatic salt and essential oils from the island, and pedicure with aromatic baths or aromatic salts.

#### «VITA» MASSAGE AND HEALTH IMPROVEMENT STUDIO

Dinka Kozulića 1, Mali Lošinj  
tel.: + 385 51 238 276, GSM: 098 962 5057  
e-mail: anabanic16@gmail.com

Studio Vita's entire program is focused on preservation and improvement of health, including massages and exercises. The massage range includes medical massage and lymph drainage performed with autochthonous essential oils, such as oils of lavender, rosemary and pine, which are excellent for relieving painful conditions and relaxation. The exercises include Pilates, yoga, exercises for pregnant women and corrective exercises for children. The groups are small, up to six (6) persons, because an individual approach is applied.

All services are performed by Senior Physical Therapist Ana Banić, certified Pilates instructors and hata yoga teachers.

#### HEALTH OFFER

#### VELI LOŠINJ HEALTH RESORT

Podjavori 27, 51551 Veli Lošinj  
tel.: + 385 51 236 111, fax: 236 224  
e-mail: info@ljeciliste-veli-losinj.hr  
www.ljeciliste-veli-losinj.hr

This is a climate resort for treatment of respiratory tract diseases and physical medical therapy and rehabilitation having a tradition of a hundred years. Numerous local and international guests combine pleasure with benefit at the Veli Lošinj Health Resort, using medical rehabilitation services supervised by a physical medicine and rehabilitation specialist and enjoying the microclimate, sun and sea. Specialist/advisory healthcare: a physical medicine and

rehabilitation specialist and a dermatology & venereology specialist. Medical team: in addition to the specialist physicians, there are several physical therapists, nurses, lab technicians, pharmacologists, aromatherapists and kinesiology professionals. In addition to basic specialist examinations, the physical therapy office provides recommendations for physical therapy, medical massage, aromatherapy (inhalation, massages, baths) and massage baths in a tub. In addition to basic specialist examinations, the dermatology office offers medical cosmetology services, including removal of wrinkles and other signs of skin ageing, treatment of acne and other skin irregularities, removal of capillaries and veins, allergy testing, aesthetic removal of moles and other skin growths, keloids, and treatment of psoriasis and other skin diseases. Veli Lošinj Health Resort operates year-round and implements a holistic approach to rehabilitation of all groups of patients and other customers, with a special focus on children and their parents.

#### HEALTHCARE CENTER DR. DINKO KOZULIĆ

Priko 69, Mali Lošinj, 51550  
tel./fax: + 385 51 231 804,  
e-mail: dom.zdravlja.mali.losinj.1@ri.t-com.hr  
www.dz-mali-losinj.com

Healthcare Center Dr. Dinko Kozulić includes an emergency service, acute-observation beds (infirmary with 14 beds) for observation and treatment of patients, hemodialysis, dental care, laboratory services, x-rays and ultrasound diagnostics. Specialist/advisory healthcare: surgeon, anesthesiologist, gynecologist, internist, physical therapist and dermatologist. Visiting specialists (ophthalmologist, ENT specialist, psychiatrist, orthopedist). The tourist clinic operates in summer months.

Dialysis centre is open all year round.  
Dialysis unit has 7 dialysis spots.  
Patients are received in the morning and afternoon on Mondays, Wednesdays, and Fridays.  
Choose between classical hemodialysis and on-line hemodiafiltration.  
Equipment: Fresenius 4008 S.

High-flux and low-flux hemodialyzers of the Fresenius FX series.  
Medical supervision by a specialist internist and another physician with nurses specially trained in dialysis care.  
Complications are handled by KBC Rijeka.

Reservations:  
At least one month in advance.

Enclose recent medical and dialysis records, including serology for hepatitis and HIV, and blood type.  
Reservation is confirmed after evaluation of documents.

Payment:

Croatian patients must enclose a valid referral from their local hospital. No charges for the treatment.

Patients from abroad:

Convention on health insurance with Croatian Institute for Health Insurance (valid for some countries)

Payment through a private insurance company (currently available through Coris insurance company).

A guarantee of a private insurance company that the expenses will be covered for a certain number of dialyses must be enclosed.  
Cash

#### CONTACT

Community Health Centre of Primorje-Gorski Kotar County  
Mali Lošinj branch  
Dialysis Unit  
Priko 69  
51550 Mali Lošinj  
tel: +385 51 238 008  
fax: +385 51 238 008  
e-mail: dom-zdravlja.kozulic.dijaliza@ri.t-com.hr

#### TOURIST CLINICS

In addition to the tourist clinic within Healthcare Center Dr. Dinko Kozulić in Mali Lošinj, tourist clinics are available in Nerezine and Punta Križi in summer months.  
Nerezine, Vladimira Gortana bb, tel.: + 385 51 237 098  
Punta Križa – ambulanta dr. Šime Mužić, tel.: + 385 51 235 684

#### PRIVATE INTERNAL MEDICINE OFFICE

ANAMARIJA MARGAN, MS, MD  
Ulica G.Garibaldi 35, Mali Lošinj 51550  
tel./fax: + 385 51 571 184  
e-mail: anamarija.margan@ri.t-com.hr

The Internal Medicine Practice offers a wide range of specialist and diagnostic services.  
Full internal examination, blood pressure, ECG, laboratory tests with cardiac risk assessment: Cardio fit program for the prevention of coronary disease.

Clinical examinations of the lungs and upper respiratory tract, functional lung tests using spirometry and lung status assessment: Lungo Mare program for the prevention of respiratory disease.  
These examinations include advisory services for tourists, following up on their health status during their stay on the island, and an assessment of any changes in their health status before departure.

The Practice also provides diagnostic services using ultrasound tech-

niques and including preventive examinations of the thyroid gland, hormone control, kidney, liver, gall bladder, pancreas, urinary bladder and prostate examinations, full laboratory tests, and other services necessary to maintain health and to follow up on tourists' health during their stay on the island in a controlled manner, including the possibility of communicating with physicians from our patients' home countries.

Communication languages: Croatian, English, Italian and German.

#### DENTAL OFFICES

#### MALI LOŠINJ HEALTHCARE CENTER

Priko 69

#### DENTAL CLINIC

DARIO ŠIMUNOVIĆ, DR.STOM.  
tel./fax: + 385 51 233 731  
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#### DENTAL CLINIC

VERA LOVRIĆ-BULJAT, DR.STOM.  
tel./fax: + 385 51 233 732  
e-mail: lovric-buljat.vera.stomatoloska.ord@ri.t-com.hr

#### DENTAL CLINIC

MARKO PILAŠ, DR.STOM.  
tel.: + 385 51 232 119

#### DENTAL OFFICE

DR. DOLORES GAGRO  
Zagrebačka 56 A, Mali Lošinj  
tel./fax: + 385 51 231 360  
e-mail: stomatolog-d.gagro@ri.t-com.hr

#### DENTAL OFFICE

DR. SVEBOR BIVAL  
Šestavine bb (Vitality Hotel Punta \*\*\*\*), Veli Lošinj  
tel.: + 385 51 236 386, fax: + 385 51  
e-mail: info@punta-dentist.com



## Mali Lošinj Tourist Board

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