



Solun
hotel & spa
★★★★

SOLUN HOTEL & SPA **** SUPERIOR
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ART OF SPA



Art of SPA



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WELCOME

Welcome to ART of SPA, by Hotel Solun, a place where the feeling of home provides a natural sense of calm and relaxation. Here you will find a warm atmosphere and a new kind of experience, where you are the master of your wellness journey. Guided by the holistic rituals of natural elements, fragrance, tea and music within these walls you will experience inspiration reflection and discovery.

WORKING HOURS
10:00 a.m. - 22:00 p.m. Daily

Private Sessions Available Upon Request*

INTRODUCING A NEW KIND OF SPA EXPERIENCE

The idea behind our wellness center is to awaken all of your senses to help you tune out for the duration of your session in order to emerge refreshed relaxed and feeling reborn.

There is something comforting in the idea of taking your journey by yourself, you will feel as if the SPA is your own and you are free to explore your emotions and senses at your own pace.

You can book sessions (Journey Packages) or book Only Spa access or individual Massages, you can view the rates in this brochure.

You can begin your journey by learning more about our Wellness center by contacting the Hotel Solun Front Desk.



WHAT TO EXPECT

Senses spa is a place specifically designed to create tailor made journeys for you based on your unique characteristics and goals.

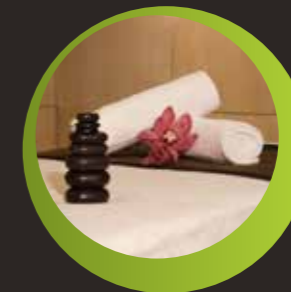
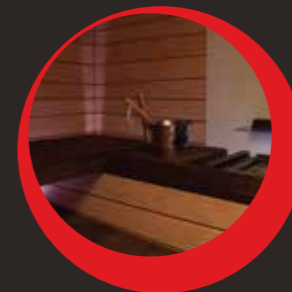
Every journey is unique based on your individual needs, whether you need to relax from a hectic day, or invigorate your body with energy, there is a journey here made just for you.

Our facilities are all from the world famous Starpool© professional spa line, at solun senses spa you can enjoy:

- Indoor pool
- Sauna
- Steam room
- Ice Fall
- Himalayan Salt room
- Wave Relax Beds
- Aromatherapy Rainfall Showers



THE JOURNEYS





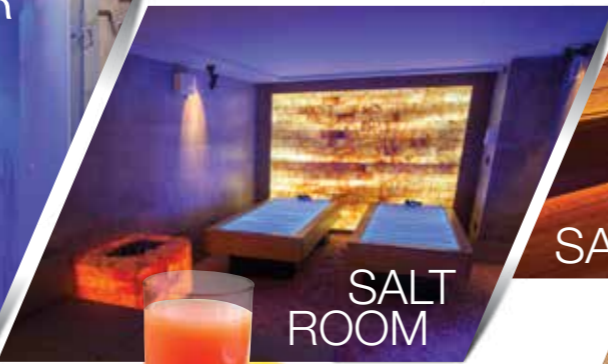
POOL



STEAM ROOM



SHOWER



SALT ROOM



SAUNA



ICE FALLS



AROMATHERAPY

You will begin your journey with a freshly made fruit cocktail that will help you detox and relax in one of the lounge chairs in the pool area.

After you have finished your cocktail, you will be ready to enter the aromatized steam bath infused with orange fragrance. To complete the treatment you will self-apply the Spice Dead Sea Salt that will remove dead skin-cells and revive your skin, leaving it fresh and smooth. Continue this segment by taking a warm rainfall shower to remove the residue of the scrub from your body.

Next you shall take a cold breeze to your body accompanied by the aroma of mint.

For the next 15 minutes, you should relax with a Red Orange Tea on the heated relaxation water beds in the Himalayan salt room where you will be able to enjoy specially selected music for deep mind relaxation. You shall continue by visiting the sauna, where you will dilute scented drops in the water and throw it on the heat to infuse the room with the aroma. 10-15 minutes

For the finale, you will go to the ice waterfall and begin sprinkling your body starting with the right foot, working your way up to your head, and repeat once more starting from the left foot. Massage: You will complete your journey by having an Aromatherapy massage with warm exotic citrus oil that will relax you and take you away on your own personal retreat.

Relax and feel your body, mind and soul resting while drinking mellowing herbal tea and enjoying fresh fruits in our Garden Terrace or Gallery Bar.

Your journey is complete.

1

RELAXING IN SOLUN



50€

Per Session for 1 Person



2

SENSORY WELLNESS JOURNEY



47€ Per Session for 1 Person



POOL



STEAM ROOM



SHOWER



SALT ROOM



SAUNA



SWEDISH MASSAGE

You will begin your journey by enjoying a fresh fruit cocktail that will awaken your senses and spirit in one of the lounge chairs in the pool area.

You will then proceed to have a steam bath infused with Mint aroma, and afterwards applying and gently massaging the chocolate scrub.

Take a warm rainfall shower to remove the scrub residue.

Step into the cold breeze with Mint aroma.

The next step is to take a 20 minute relaxation period while enjoying a Mint tea on the heated relaxation water beds in the Himalayan salt room, taking in the aromas and sounds of serenity.

After your relaxation, you are to enter the Sauna, with just a few drops of mint diluted in the water that will infuse the entire room with the powerful scent for a period of 10-12 min.

Massage: You will complete your Sensory Journey by having a relaxing SWEDISH MASSAGE which uses long smooth strokes, kneading, and circular movements on superficial layers of muscle using massage lotion or aromatic oil lasting 1 Hour.

Finish your journey by enjoying a mixed fruits tea, and fresh kiwi, apple and green grapes in the restaurant or in our garden terrace.

Your journey is complete.



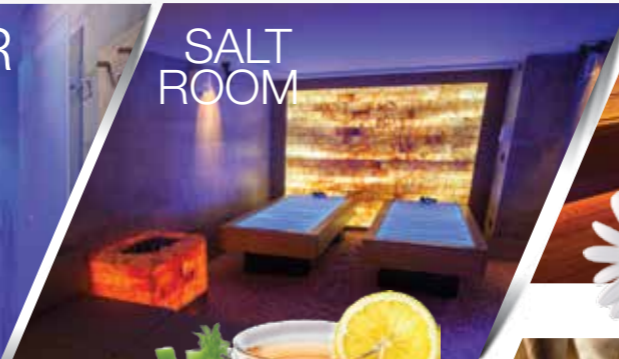
POOL



STEAM ROOM



SHOWER



SALT ROOM



SAUNA



LOMI LOMI MASSAGE



ICE FALLS



3

BALANCING ACT



62€

Per Session for 1 Person

This relaxing and balancing treatment begins with a digestive and relaxing cocktail of fresh fruit juices mixed by our master barman .You can enjoy in one of the lounge chairs in the swimming pool area.

Your balancing treatment is continued with the steam bath in a relaxing aroma, accompanied by the balancing and calming beam of the LED lighting. For this procedure you should apply a Salt scrub which will revive your skin and invigorate your soul through gentle self-massage. 10-15 min

Following your steam bath, shower down with warm water to wash away the scrub.

Take in the cold breeze with Mint aroma to refresh and revive your body. Then relax on the heated water beds in the Himalayan salt room with some Fennel Tea. 15-20 min

Visit the Sauna and dilute the water with some Chamomile drops and throw on the heat to infuse the room with this calming scent. 10-12 min

For the finale, you will go to the ice waterfall and begin sprinkling your body starting with the right foot, working you way up to your head, and repeat once more starting from the left foot.

Massage: You will then enjoy a 1h LOMI LOMI MASSAGE that will stimulate and prepare you for your hectic days.

Wind down and take it all in while sipping on green tea and tasting some fresh Pineapple and Green Apples relaxing in our garden terrace or gallery bar.

Your balancing journey is complete.

4

ENERGIZING & REVIVING JOURNEY



57€ Per Session for 1 Person



POOL



STEAM ROOM



MUSK



SHOWER



DEEP TISSUE



ICE FALLS



SALT ROOM

Prepare yourself for anything, with this energizing and reviving treatment which will awaken your senses, feed your soul and invigorate your body.

You will begin this procedure by drinking an energizing fresh cocktail mastered for you by our expert mixologist in one of the lounge chairs in the peaceful swimming pool area.

Your session continues with a steam bath in the energizing Aroma, while self-applying and gently massaging with a White Musk scrub, completed with the energizing beam of the LED light. 15-20 min

Take a warm rainfall shower to remove the scrub residue.

Massage: You will then be guided to the massage area where you will receive a full body DEEP TISSUE massage using warm energizing aromatic oils for 1 hour.

Sprinkle your body with ice from the ice waterfall, starting with your right foot up to the head, and repeat from left foot.

You will finish your session with relaxation with a wild berry tea and some fresh berries on one of the heated water beds in the salt room.

Your energizing & reviving is complete.

SPA & Fitness ACCESS RATES

HOTEL SOLUN Spa & Fitness Center		
	Fitness	Spa, Fitness, Salt Room & Pool
Daily Entrance		
Daily Access (Anytime)	10 EUR	25 EUR
Daily Access (from 10:00 – 16:00)	6 EUR	15 EUR
Access 3 times per Week		
Monthly (3 times a week, anytime)	65 EUR	105 EUR
Monthly (3 times a week, from 10:00 – 16:00)	61 EUR	89 EUR
3 Month Card (3 times a week, anytime)	165 EUR	268 EUR
3 Month Card (3 times a week, from 10:00-16:00)	156 EUR	226 EUR
6 Month Card (3 times a week, anytime)	310 EUR	503 EUR
6 Month Card (3 times a week from 10:00-16:00)	294 EUR	426 EUR
Access 7 times per Week		
Monthly (7 times a week, anytime)	97 EUR	137 EUR
Monthly (7 times a week, from 10:00-16:00)	82 EUR	116 EUR
3 Month Card (7 times a week, anytime)	247 EUR	350 EUR
3 Month Card (7 times a week from 10:00-16:00)	210 EUR	297 EUR
6 Month Card (7 times a week, anytime)	465 EUR	658 EUR
6 Month Card (7 times a week from 10:00-16:00)	395 EUR	558 EUR

*Limited Membership Available in order to provide our SPA Members with the intimate and relaxing atmosphere.

*Special benefits for our members in Loyalty program

MASSAGE

FULL BODY SESSIONS	
Swedish Massage	25 EUR
Deep Tissue Massage	30 EUR
Aromatherapy Massage (Aroma of your Choice)	25 EUR
Hot-Stone Massage	40 EUR
Lomi Lomi Massage	40EUR
Yumeiho Massage	60EUR
Relaxing Massage	25 EUR
Exfoliating Massage	30EUR
Partial Massage (30 min./1h.)	30/15 EUR
Sports Massage (45min)	30EUR
Back Massage (30min)	15 EUR
Royal Massage (30min)	50EUR

PRIVATE SPA

Ever wonder what it would be like to have your very own Spa? You don't have to wonder any longer. Just book ours for your own private use! Have an unforgettable experience with your partner, or lay back with a group of friends...the choice is yours to make.

Special for Hotel Guests:

Just for Us (2 persons)

-Fresh Fruits	
-Bottle of Sparkling/ Still Water	
-Towels and Slippers for each guest	
-Treatment Scrubs (Different Aromas)	100 EUR

*Max. 2 hours (Between 13:00-15:00 & 22:00-00:00)

Fun & Spa (up to 6 persons)

-Private Spa Access for up to 6 persons	
-Bottle of Wine and Fresh Fruits	
-Bottle of Sparkling/ Still Water	
-Towels and Slippers for each guest	
-Treatment Scrubs (Different Aromas)	250 EUR/ 3 hours

*Private Sessions Available Upon Request.

Special Occasion (for 2 persons)

The perfect setting to create a romantic surprise. Whether it is for a birthday, a marriage proposal or an anniversary, you are sure to never forget this special day.

Includes:

-Private Spa Access for 2 persons	
-Bottle of Champagne with Fresh Fruits	
-Bottle of Sparkling/ Still Water	
-Private Server	
-Spa Necessities (Slippers, Towels etc.)	
-Treatment Scrubs (Different Aromas)	
-Couples Massage (1 Hour)	
-Rose Petals	
-Bouquet of Roses awaiting in Spa	220EUR/ 3 hours

CONTACT & RESERVATIONS Private Sessions Available Upon Request*

Telephone: +389 (0) 2 3232 512
E-mail: info@hotelsolun.com.mk
