



saruna
WELLNESS



CROWNE PLAZA
HOTELS & RESORTS

PRICELIST





1650 m²

Spa & Fitness zone

150m²

Functional Fitness zone

29°C

Water temperature in the pool

4

Sauna

7 x 17

Pool

In the Crowne Plaza Hotel there is a luxurious and modernly equipped Saruna Wellness & Spa center covering an area of 1650 m², which offers: indoor pool, hydromassage pool, Finnish sauna, infrared sauna, Russian sauna, steam bath, tepidariums, vitamin bar, fitness zone , five luxurious rooms for massages and beauty treatments, as well as a garden for sunbathing and relaxing in the summer months. A rich content of additional services and special fitness programs is also available.

Regular visits to Wellness centers significantly contribute to relieving stress and anxiety, have a beneficial effect on overall health, improve circulation and help the body release toxins. Also, it helps to maintain a slim figure, has a beneficial beauty effect and makes skin look younger while improving its elasticity.





WELLNESS MEMBERSHIP

FULL ACCESS

POOL / SAUNA / JACUZZI / TEPIDARIUM / GYM / SUMMER GARDEN

	1 month	3 month	6 month	12 month
	27.100	73.200	114.800	193.500
	48.800	131.800	206.500	348.300

- The membership fee from 3 to 12 months is paid in a single payment.

HALF DAY MEMBERSHIP

If you prefer doing your wellness activities during the first half of day from 6:30 a.m. to 4.00 p.m. then half day membership is the right choice for you.

FULL ACCESS

POOL / SAUNA / JACUZZI / TEPIDARIUM / GYM / SUMMER GARDEN

	1 month	3 month	6 month	12 month
	19.100	51.600	80.300	135.400
	34.400	92.900	144.500	243.600

* All prices are shown in dinars including VAT.

SARUNA WELLNESS DAY

FULL ACCESS
POOL / SAUNA / JACUZZI / TEPIDARIUM

		MONDAY - FRIDAY	WEEKEND
	DAILY	4.000	5.000
	DAILY	2.000	

- Children up to the age of 14 have access to the spa center on weekends from 8 a.m. to 12 p.m.
- Children must be accompanied by an adult all the time.

DAY TICKETS PACKAGE

Day tickets package is comprised of 10 one-day tickets which can be used within two months any day of the week.

		8 DAILY TICKETS	10 DAILY TICKETS
	VALID FOR 2 MONTHS	32.000	40.000

* All prices are shown in dinars including VAT.



SWIMMING SCHOOL / PERSONAL LESSONS

SWIMMING SCHOOL FOR CHILDREN GROUP PROGRAM

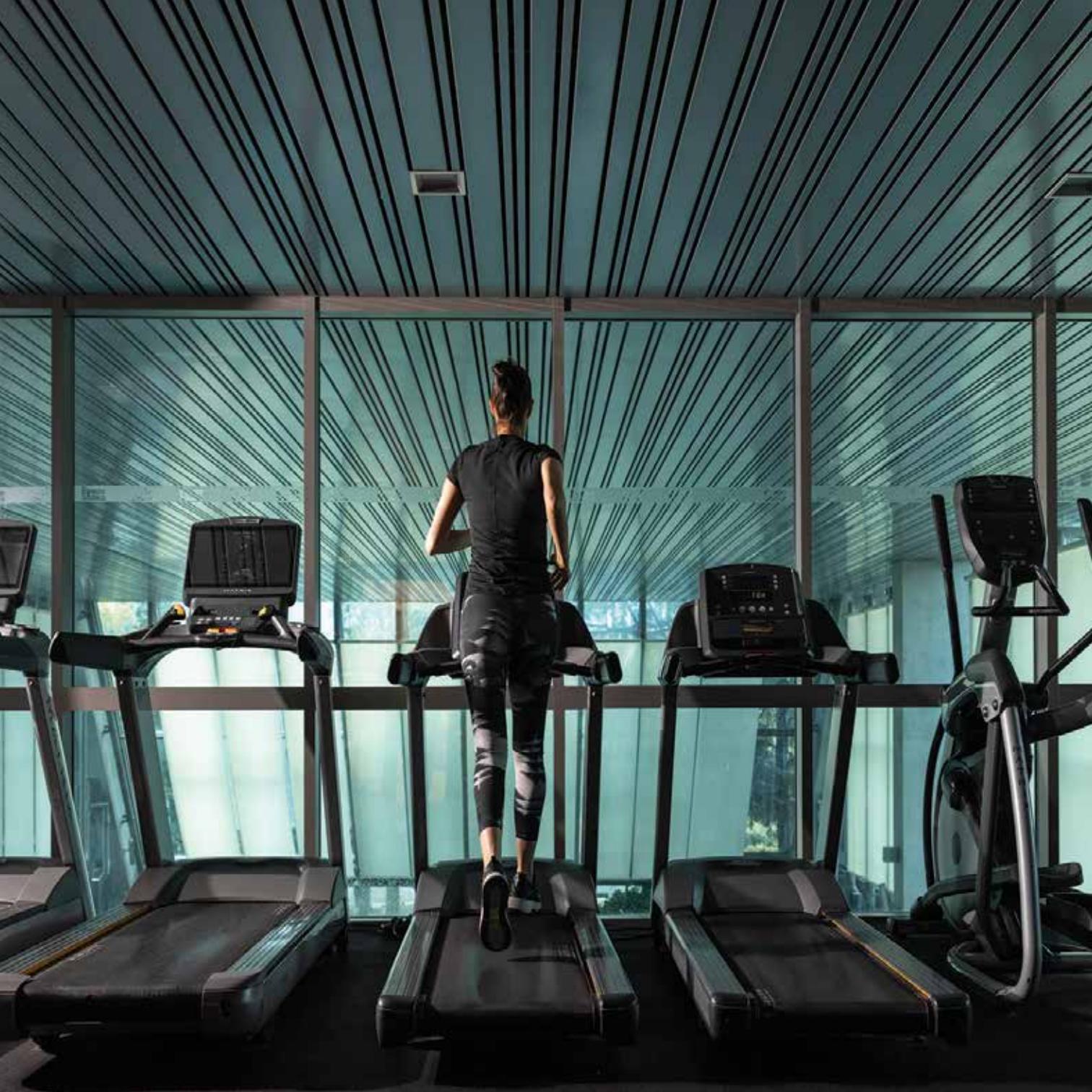
	1 lesson	4 lesson	8 lesson	
	1 month	2.000	5.450	10.900

- Children must be accompanied by an adult all the time.
- Minimum number of children 2, maximum 4.

PERSONAL TRAINING FOR ADULTS

	10 lessons	
	2 month	22.650

* All prices are shown in dinars including VAT.



FITNESS STUDIO MEMBERSHIP

INDIVIDUAL LESSONS

	usability	1h	
			1 SESSION 2.500
	2 month		8 SESSIONS 14.375
	2 month		12 SESSIONS 22.650
	2 month		16 SESSIONS 30.200

- Individual training must be scheduled at least one day in advance.
- Individual training must be canceled at least 6 hours before the training.

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SARUNA MASSAGE

Choose your preferred type of massage.

	45 ^{min}	60 ^{min}	70 ^{min}	90 ^{min}
RELAX MASSAGE This massage aims to completely relax the body from everyday stress and accelerated lifestyle. An extremely pleasant type of massage done with gentle and slow sliding movements to achieve the highest possible level of relaxation and restoration of the energy balance.	5.200	5.980		7.410
DEEP TISSUE MASSAGE It represents a specific technique of medical and sports massage focused on deeper muscle layers. This massage helps muscle recovery, eases pain and increases range of movement. This massage technique targets tense and stiff areas by applying concentrated pressure on deeper muscle layers, tendons and connective tissue surrounding the muscles.		6.630		8.450
ANTISTRESS MASSAGE It is a combination of relax and therapeutical massage lasting for 70 minutes focused on the areas where stress is most commonly localized, such as the neck, shoulders, back, head, palms and feet.			6.500	
THERAPEUTICAL MASSAGE Massage which has an aim to relieve pain and muscle tension. This is a combination of different manual techniques applied depending on the problem that needs to be alleviated and resolved. With stiff neck, cervical spine, back and headaches caused by bad posture, therapeutic massage is the right choice of treatment.	5.980	7.410		
SPORTS MASSAGE The aim of sports massage is to quickly and efficiently remove all unwanted consequences caused by increased physical effort both with athletes and recreational sportsmen. It can be used as a preparation before training or to recover muscles after physical exertion.	5.980			
ROYAL MASSAGE A special experience when two therapists do a four hands massage together in synchronized moves. This massage provides an amazing experience of release from tension, deep relaxation and the return of your mental and spiritual radiance.	7.410			
LYMPHATIC DRAINAGE Lymphatic drainage is a technique that involves the use of long, gentle and rhythmic strokes in order to restore the optimal function of the lymphatic system. It serves for detoxification of the organism, tissue regeneration, weight loss and physical therapy.		6.370		
ANTICELLULITE MASSAGE It is recommended to those who experience problems with connecting tissue, poor blood flow and circulation, excessive water retention as well as an aid in removing fat deposits trapped between fat cells.	4.160			
			ANTICELLULITE PACKAGE Anticellulite massage package 10 x 45 minutes	35.360

* All prices are shown in dinars including VAT.



AROMATHERAPY MASSAGE

The synergy of 100% organic essential oils specially prepared by recognized brand Lakshmi which has been successfully creating nature from nature for over 30 years, gives you strength, vitality, detox, harmony, immunity.

DETOX / HARMONY / ANTISTRESS / POWER / ENERGY / IMMUNITY

45 ^{min}	60 ^{min}	90 ^{min}
5.460	6.370	7.800

HOT MASSAGE

60 ^{min}	75 ^{min}
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SHELL MASSAGE

It is a massage with hot tiger shells that live in the southern part of the Pacific, rich in minerals and filled with volcanic ash which is activated with lava gel consisting of algae, seaweed, natural minerals and salt water.

6.760

AROMATIC CANDLE MASSAGE

Natural candles melt into lavish massage wax which warms up and relaxes your body, while the pleasant aromas of candles add to the ease of your mind.

6.630

HIMALAYAN SALTS MASSAGE

A soothing massage with warm, hand-processed lumps of Himalayan salt, in combination with essential oils, allows the body to absorb its precious minerals and micro-elements, that have multiple beneficial effect on the body and restores the energy balance. The Himalayan salt will gently exfoliate the skin and open the pores which leads to easier penetration of the minerals into the skin. The result of this massage is complete relaxation, soft, nourished skin and stimulated circulation.

6.760

SHORT MESSAGES

30^{min}

THERAPEUTIC MASSAGE

This is a massage aimed to remove pain and muscle tension. That's a blend of many manual techniques applied depending on the problem that is to be alleviated or resolved.

4.030

BACK, NECK AND SHOULDERS MASSAGE

This massage provides complete relaxation of back and neck thanks to long massage movements intended to relieve, loosen and relax the muscles.

3.770

FACE, HEAD, AND DÉCOLLETÉ MASSAGE

Not only that this massage will set you free from stress, headache and tension, but the look and quality of your skin will also improve.

3.380

FEET AND CALF MASSAGE

This is relaxation, detoxification and stimulation of the whole body through the pressure points on feet corresponding to all body organs and glands as well as numerous nerve endings.

3.770

LYMPHATIC DRAINAGE

Lymphatic drainage is a technique that involves the use of long, gentle and rhythmic strokes in order to restore the optimal function of the lymphatic system. It serves for detoxification of the organism, tissue regeneration, weight loss and physical therapy.

4.160


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MASSAGE ADD-ONS

BODY PEELING

MEDITERRANEAN SCRUB / PINE, ROSEMARY, LAVENDER

Body scrub containing sea salt rich in iodine, pine, rosemary and lavender. It improves blood circulation while removing dead skin cells, bacteria and dirt that are the main contributors to tired and dull looking skin. It leaves skin much brighter, softer and prepared for further treatments.

1.000 din.

OLIGOMER DRY SCRUB A

Scrub intended for energy restoration and remineralisation. This scrub leaves skin as smooth as silk owing to sea crystals which hydrate it.

1.000 din.

SATIN SHIMMER SRUB

Body scrub intended for detoxication and drainage. Due to its cleansing, drainage and toning effect on skin it is used as preparation for detoxication and slimming treatments.

1.000 din.

GENTLE SCRUB

It contains three kinds of sea oils and oligomer particles. Oligomer is sea salt in solid state which is by 75% more concentrated than sea water. It gives energy to the body and cells.

1.000 din.

STEAM BATH SCRUB

This scrub is a combination of sea salt, lavender flowers and etheric oils of rosemary and pine. It will provide a real refreshment and silky feel of deeply cleansed and replenished skin.

350 din.



BODY WRAP TREATMENTS

* All prices are shown in dinars including VAT.

GREEN CLAY AND SEA ALGAE DETOXIFYING WRAP

This body wrap based on green clay and Dead Sea algae nourishes skin while the oligo elements accelerate regeneration of cells and microcirculation which further revitalises skin.

1.500 din.

SELF-HEATING MINERAL MUD FOR BACK

This wrap contains detoxifying marine products which promote drainage of myogelosis and help release the tension and accumulated lactic acid in muscles. It contains 100% natural sea mud, algae and oxygen.

1.500 din.

HYDRATING AND FIRMING WRAP

Body wrap which restores skin tonus, reduces stretch marks and hydrates the skin. A cocktail made from brown algae with green algae Chlorella firms the epidermis and regenerates the connective tissue.

1.500 din.

BODY DRAINAGE MASK

Body wrap containing green coffee from Brazil, melts fat deposits intensively, drains and firms your body and promotes removal of toxins and excessive liquid.

1.500 din.



LAKSHMI ORGANIC FACIAL TREATMENTS

VATA RITUAL FOR DRY SKIN

It is designed for dry skin prone to losing vitality, elasticity and hydration. It drives mechanisms for better use of water and its penetration into deeper skin layers.

7.540

PITTA RITUAL FOR SENSITIVE SKIN

Intended for dry, combination, irritated skin prone to redness. It visibly reduces reactivity and sensitivity while protecting skin against harmful impact of the sun, wind, pollution and cold.

7.540

KAPHA RITUAL FOR OILY AND PROBLEMATIC SKIN

This facial treatment is designed for problematic skin with excessive sebum secretion. It is particularly effective on acne prone skin.

7.540

FACIAL TREATMENTS

60^{min}

HYDRATING FACIAL TREATMENT

Enjoy the advantages of organic superfood. Grown in Portugal on the open lakes, organic nori algae provides a highly hydrating formula. It leaves skin radiant, firm and rehydrated.

7.540

PIONEER ANTI-AGE TREATMENT

Facial, neck and lips treatment which provides complete reshaping of face contour and wrinkle filling. "Second skin" treatment fills wrinkles with sea fillers and adds black orchid for a firming effect.

7.540

FLORAL SMOOTHIE REGENERATIVE TREATMENT

Energetic treatment that will provide your skin with vitamins and give it a radiant look. A flower and fruit combination with a smoothie-like texture will give your skin a bath with nourishing and radiant effect.

7.540

ENERGY TREATMENT FOR MEN

A treatment specially designed for men, removes fatigue and soothes the skin. It leaves skin revitalised and hydrated while redness and fatigue are removed due to sea oxygen, rosemary oil, cypress, and red grapes.

7.540

45^{min}

ULTRASONIC SPATULA

This treatment can be done independently or as part of any cosmetic treatment. This treatment cleans the surface layer of the skin, cleaning blackheads and sebum from the pores, smoothing the skin and introduces active ampoules into the skin.

The advantage of the ultrasonic spatula is that it shortens the time of the classic cleaning treatments, making it less painful and pleasant.

MICRODERMOABRASION

Microdermabrasion is a very mild and non-aggressive method of removing the superficial layer of the skin, i.e. the dead cells of the stratum corneum. It is one of the basic procedures for improving skin texture. It is applicable and successful for all skin types. Microdermabrasion is used to reduce enlarged pores, regulate skin fat, correct fine wrinkles, correct superficial scars and hyperpigmentation.

7.930

7.930

MASSAGE ACCESSORIES

FACIAL MASKS

DEEP HYDRATION MASK

It hydrates skin and gives it special hydration and glow. Suitable for all skin types.

1.500

NOURISHING AND REGENERATIVE MASK

It regenerates tired skin intensively and rejuvenates cells. It leaves skin visibly nurtured, refreshed and young looking.

1.500

ORGANIC MASK ACCORDING TO THE SKIN TYPE

100% organic masks by Lakshmi, an Italian brand, will provide the right care according to your skin type.

1.500

ANTI-AGE FACIAL MASK

It helps the skin restore elasticity, gives it a lifting and an anti-aging effect.

1.500

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BEAUTY



GIFT VOUCHERS

Give the gift of wellness! A perfect gift for you and your loved ones.



SPA DAY

Spa Day Voucher includes a whole day enjoyment with access to all the Wellness Centre facilities, excluding the fitness zone. The welcome drink is a glass of natural fruit juice.

5.100



RELAXING MOMENTS

This Voucher includes a 60-minute relax massage with gentle and slow movements. Organic essential oils are used in this massage which results in achieving an exceptional level of relaxation and energy balance while the body is relieved of stress and tension. The welcome drink is a glass of wine.

5.900



HEDONIST

This voucher includes a whole day enjoyment with access to all the Wellness Centre facilities, a 45-minute relax massage with gentle and slow movements. Organic essential oils are used in this massage which results in achieving an exceptional level of relaxation and energy balance while the body is relieved of stress and tension. The welcome drink is a glass of wine.

7.100



ORGANIC & HEALTHY

This voucher includes a whole day enjoyment with access to all the Wellness Centre facilities, a 60-minute aromatherapy massage plus inhalation with selected organic essential oils of highest quality by Lakshmi, an organic Italian brand. A specific massage technique is applied which treats deeper muscle layers. Its aim is to recover the muscles, tendons and connective tissues. The welcome drink is a glass of natural fruit juice.

8.100



ANTISTRESS

This voucher includes a whole day enjoyment with access to all the Wellness Centre facilities, a facial, nape and decollete spa massage accompanied with a foot massage. This combination of massages will relieve stress, tension and headache. The whole treatment is completed with a self-heating mineral mud mask for back which contains detoxifying sea products for drainage and back tension relief. The welcome drink is a cup of tea with a soothing effect. The total duration of treatment is 60 min.

8.100



CANDLE TOUCH

This voucher includes a whole day enjoyment with access to all the Wellness Centre facilities and a relax massage with natural candles that melt into lavish massage wax which warms up and relaxes your body, while the pleasant aromas of candles add to the ease of your mind. This massage leaves your skin elastic, radiant and soft. The welcome drink is a cup of tea. Contains a candle massage for 60 min.

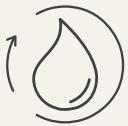
8.200



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VOUCHERS FOR TWO PERSONS

10% discount on all duo vouchers



EXPRESS HYDRATION

This voucher includes a whole day enjoyment with access to all the Wellness Centre facilities and a 60-minute hydrating facial. Organic nori algae grown in Portugal on the open lakes are used in this treatment to achieve a highly hydrating formula. It leaves skin radiant, firm and rehydrated. The welcome drink is a glass of Prosecco.

8.600



STRESS RELIEF

This voucher includes a whole day enjoyment with access to all the Wellness Centre facilities and a 75-minute body treatment (body scrub, massage and body wrap). Mediterranean scrub is rich in iodine, pine, rosemary and lavender. It improves blood circulation while removing dead skin cells and represents a perfect skin care. This body wrap restores the tonus and hydrates skin. Cocktail made from brown algae with green algae Chlorella firms the epidermis and regenerates the connective tissue.

9.200



ROYAL BEAUTY

This voucher includes a whole day enjoyment with access to all the Wellness Centre facilities and a relax massage as a special experience when two therapists do the massage together in synchronized moves and four hands. The welcome drink is a glass of wine. The total duration of treatment is 45 min.

9.200



SARUNA EXPERIENCE

This voucher includes a whole day enjoyment with access to all the Wellness Centre facilities and a 60-minute aromatherapy massage with 100% organic essential oils plus organic synergy chosen according to the client's needs (strength, energy, detox, harmony, immunity etc.) and 100% organic facial treatment according to the client's personality. The welcome drink is a glass of organic wine.

13.000



PREMIUM WEDDING EXPERIENCE

The perfect gift or addition to a gift for newly married couples. This voucher includes full-day enjoyment of all wellness center facilities for two, 2 anti-stress massages (70 minutes), 2 steam bath scrubs, 2 welcome champagnes and 2 fruit salads.

15.900

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SARUNA CROWNE PLAZA

Vladimira Popovića 10

11000 Beograd Srbija

011 2204 193, 060 33 58 770

plaza@saruna.rs

www.saruna.rs