



saruna
WELLNESS



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2000 m²
Spa & Fitness zone

350m²
Functional Fitness zone

29°C
Water temperature in the pool

5
Sauna

8 x 22
Pool

A new peaceful oasis in the heart of the city, luxuriously equipped Saruna Skyline Centre in Kneza Miloša Street, offers an unforgettable Wellness & Spa experience.

Covering an area of 1650 square metres of the Tower A ground floor in the residential complex Skyline Belgrade, it comprises an indoor pool, two hydromassage pools, sauna world (Russian sauna, two Finnish saunas, infrared sauna and a steam bath), a salt room, tepidariums, a vitamin bar, a fitness zone, an area for group and functional trainings, as well as luxury rooms for massage and cosmetic treatments.

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 / SALT ROOM / GYM

	1 _{month}	3 _{month}	6 _{month}	12 _{month}
	29.000	80.040	147.900	243.600
	52.200	144.070	266.220	438.480

HALF DAY MEMBERSHIP

If you prefer doing your wellness activities during the first half of day from 6:30 a.m. to 3.00 p.m. then half day membership is the right choice for you. With this type of membership, you are entitled to 25% discount.

SPA MEMBERSHIP

POOL / SAUNA / JACUZZI / TEPIDARIUM / SALT ROOM

	1 _{month}	3 _{month}	6 _{month}	12 _{month}
	23.200	64.030	118.320	194.880
	41.760	115.250	212.980	350.780
	16.240	44.800	82.820	136.410



AQUA MEMBERSHIP

POOL / JACUZZI	1 month	3 month	6 month	12 month
	20.300	56.030	103.530	170.520
	36.540	100.850	186.350	306.930
	14.200	39.220	72.470	119.360

- The membership fee from 3 to 12 months is paid in a single payment.
- Children up to the age of 14 are allowed in the spa centre until 5 p.m.
- Children must be accompanied by an adult all the time.

* All prices are shown in dinars including VAT.

SARUNA WELLNESS DAY

FULL ACCESS
POOL / SAUNA / JACUZZI / TEPIDARIUM

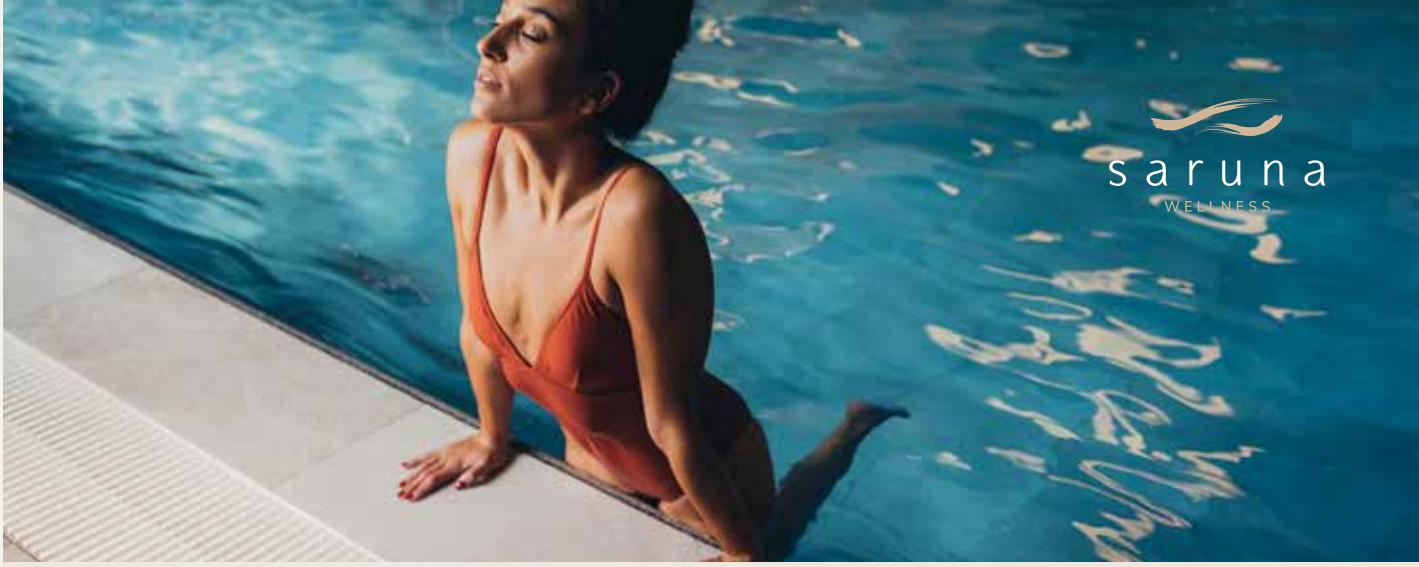
		MONDAY - FRIDAY	WEEKEND
	DAILY	5.000	7.000
	DAILY	4.000	5.000

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.

		10 DAILY TICKETS
	VALID FOR 2 MONTHS	50.000
	VALID FOR 2 MONTHS	35.000

* All prices are shown in dinars including VAT.



SWIMMING SCHOOL / PERSONAL LESSONS

SWIMMING SCHOOL FOR CHILDREN GROUP PROGRAM

	1 lesson	4 lesson	8 lesson	12 sessions
 1 month	2.000	6.000	10.900	

- Children must be accompanied by an adult all the time.
- Minimum number of children 3, maximum 5.

PERSONAL TRAINING FOR CHILDREN AND ADULTS

	1 lesson	4 lesson	8 lesson	12 sessions
 1 month	3.000	10200	18.000	23.400

AQUA FITNESS

	1 lesson	4 lesson	8 lesson	12 sessions
 1 month	2.500	8.000	14.400	

- Maximum number of 3 persons.

* All prices are shown in dinars including VAT.





FITNESS STUDIO MEMBERSHIP

	6 month	60 SESSIONS	63.000
	12 month	120 SESSIONS	106.000

Single fitness sessions are also available, exclusively with a personal trainer at a price of 3.500 RSD.

	10 _{term}	20 _{term}
PERSONAL TRAINER 1 ON 1	31.200	57.600
PERSONAL TRAINER 2 ON 1 BUDDY WORKOUT	52.800	96.000
PERSONAL TRAINER 1 ON 1 EXCLUSIVE	43.200	

- 10 sessions package can be used within 35 days.
- 20 sessions package can be used within 65 days.
- Validity of the exclusive package is unlimited.

* All prices are shown in dinars including VAT.



GROUP FITNESS PROGRAMS

In Saruna Wellness Skyline Centre there is also a modern well-equipped training studio designed for group programs. Our team includes trainers with many years of experience in leading individual and group trainings. Regardless whether you are a young or an older person, a beginner or an advanced exerciser, you will easily achieve the desired results.

SARUNA WORKOUT

This unique type of training consists of a combination of aerobic exercises, strength exercises which are focused on different group of muscles, Pilates and stretching exercises. The combination of these exercises results in increased calorie consumption and decrease in fat, strengthens muscular system and improves body flexibility. Every training session is designed differently with a new direction and aim, thus preventing routine and monotony while activating the whole body.

FUNCTIONAL TRAINING

Functional training is a type of training which activates different muscle groups simultaneously through integrated and complex movements while engaging both mind and body. Each of these exercises is complex and requires inter-muscular coordination, great amount of energy and muscle strength, so that it represents a dynamic type of training with different methods of exercising.

PILATES

Pilates is a type of body exercise which makes a balance between strength and flexibility while improving mobility and elasticity of the whole body. Pilates elongates and tones the body, contributes to an elegant body posture, relieves stress and improves self-confidence. This type of training is intended for everyone who wants to promote his health while exercising, regardless sex, age or physical abilities.

STRETCHING AND PILATES

Pilates is famous for helping people to develop strength and flexibility, while stretching improves muscle elasticity and mobility of the whole body. The combination of stretching and Pilates enables us to awaken our body by exercising, to reset it and restart by stretching, especially after a long working day and sitting. The result is a sense of increased control of muscular system, flexibility, strength and range of movement.

YOGA

Yoga is an ancient type of exercise and breathing techniques which is believed to have existed for over 5000 years. Doing yoga contributes to improved elasticity of the entire body. It increases muscular strength, balance and flexibility. Also, it has a soothing effect on our body and mind, teaches us how to develop a good posture and promotes the function of our immune system. Everybody can do yoga, regardless the age and level of physical fitness.

WOMAN POWER

It combines elegance and fluidity of dancing with fitness training focused on specific aims. One of the main characteristics of this training is developing a sense of belonging to the divine feminine gender, feeling its subtlety and strength.

HIP HOP

Hip Hop training is a mixture of old and new school. This program will increase your fitness, sense for rhythm and flexibility. With this interesting style of dance your imagination will be awoken and it will make your training efficient through fun and dance followed by rhythmic music. In every lesson you will learn a new dance routine which will enable you to develop your own style and increase self-confidence. No previous dance experience is needed.

KICKBOX

If you wish to have an intensive training to combat excessive weight and stress, then kickbox is the right thing to do. Kickbox is a specific cardio training based on martial arts. This type of training develops endurance, explosive strength, improves focus, coordination and mobility of the whole body, while at the same time it relieves stress and boosts self-confidence and motivation.

BALLET FOR CHILDREN AND ADULTS

In this program, your child will learn the basics of ballet, will dance and have fun. The purpose of this training is to encourage creativity and imagination, develop elegance, musicality and physical abilities. While playing and having fun, children will learn the basics of ballet, will be taught discipline, tidiness and nice manners. Their level of socialization will also be increased by practicing in small groups.

Lessons for adults are adjusted to the participants' level and include both floor exercises and barre workout which activates the whole body. This is a great chance to master everything that your natural potential allows you and also learn something new through play and entertainment. savladate ono što vam vaši prirodni potencijali dopuštaju i naučite nešto novo.

RHYTHMIC GYMNASTICS

Rhythmic gymnastics is a perfect match of art and sport. It is a combination of ballet, dance and acrobatics. It promotes healthy growth and development of girls and good posture. By practicing this sport, your child will develop good motor skills, improve coordination of movements as well as grace, will improve overall balance and gain a good basis for taking up any other activity. Rhythmic gymnastics generally highlights the charisma and femininity from which girls develop self-confidence and ease needed for every form of public performance.

SPORT FOR CHILDREN

Through functional play with elements of basic sports, sports games and martial arts, children obtain and develop basic motor and coordination capabilities in a fun way. Guided by professional trainers, children improve their physical capabilities through game, sports polygons and socializing. They strengthen the muscular system and create a basis for doing sports in the future. This type of work promotes personal approach and flexibility depending on the child's age and capabilities.



	1 term	4 term	8 term	12 term
 GROUP PROGRAM	950	3.400	6.450	8.900
 INDIVIDUAL	2.950	10.800	20.060	28.800
 INDIVIDUAL FOR 2 PERSONS	5.310	19.440	36.100	51.840
 PASSIVE STRETCHING 20MIN. (INDIVIDUAL)	900	3.250	6.200	8.640
 CORRECTIVE EXERCISES 30MIN. (INDIVIDUAL)	1.400	5.100	9.600	14.400
 FITNESS MIX (AQUA FITNESS + GROUP PROGRAM)			10.450 (4 AQ+ 4 GR)	13.100 (4 AQ+ 8 GR)

* 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



HOT MASSAGE

60^{min}

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.

5.200

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.

5.100

VOLCANIC STONES MASSAGE

A massage that will relax even the most tense parts of your body and mind. Complete relaxation is achieved with light movements, the smell of natural oils and the touch of warm stones. Massage with warm volcanic stones achieves deep muscle relaxation. Hot stones have the power to help exchange good energy throughout the body, and the result is a feeling of relaxation as after a long, healthy sleep.

4.900

SHORT MASSAGES

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.

3.100

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.

2.900

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.

2.600

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.

2.900

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.

3.200


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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.



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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.

5.800

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.

5.800

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.

5.800

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.

5.800

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.

5.800

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.

5.800

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.

5.800

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.

7.100



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.

8.100



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.

8.900



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.

8.500



CANDLE TOUCH

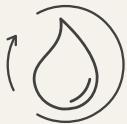
This voucher includes a whole day enjoyment with access to all the Wellness Centre facilities and a relax massage with natural candles that melt into lavish massage wax which warms up and relaxes your body, while the pleasant aromas of candles add to the ease of your mind. This massage leaves your skin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

9.200



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.

9.700



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.

9.900



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.

10.200



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.

13.500



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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