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# REJUVENATE WITH EVERY BREATH AT BOUTIQUE HOTEL ALHAMBRA



Lošinj, with its fresh sea breezes and aromatic pine forests, provides a healing environment for ultimate relaxation. The island's unique microclimate promotes overall wellness, making it an ideal destination for rejuvenating spa experiences. Breathe in the restorative air of Lošinj and enjoy deep relaxation amidst its natural beauty.

## Herbs de lošinj wellness retreat - 3 nights of renewal

Experience pure rejuvenation at Cube Spa Alhambra and Lošinj's beautiful nature with our Herbs de Lošinj Wellness Retreat. This 3-night package combines Aleppo Pine forest therapy, breathing exercises, facials, diverse massages with local essential oils, and wellness treatments for complete renewal. Achieve radiant skin with TFC8 Augustinus Bader facials, detox your body with Kerstin Florian body treatments, and relieve tense muscles with tailor-made full-body and foot reflexology massages. Start each day with a private yoga session or Forest Bathing Therapy, enjoy our relaxation area with the Finnish Sauna and Mediterranean Bath. Take magical walks between the Aleppo Pine forest and the mineral-rich sea, leaving you completely stress-free and renewed.

### THE PACKAGE INCLUDES:

- 1 x Lošinj Tea Ceremony, 30min
- 1 x Aleppo Pine Immunity Massage, 90min
- 1 x Breathing Exercises, 30min
- 1 x Aleppo Pine Forest Bathing, 60min
- 1 x Herbs de Lošinj - Four Precious Plants massage, 90 min
- 1 x Augustinus Bader Classic TFC Facial, 60min
- 2 x Breathing Exercises add-on, 10min
- 1 x Private yoga session, 60min
- 1 x OPI Spa Manicure, 45min
- 1 x Detox Body Firming, 90min

### Lošinj tea ceremony

Čikat, meaning "waiting," has patiently nurtured its forest for over 130 years, now offering a rich bounty of healing plants. Pine and sage shoots, harvested at their peak and dried in the sea air, are combined with local honey and Lošinj figs for a revitalizing experience. Join us for the exclusive Herbs de Lošinj Tea Ceremony and indulge in this refreshing island ritual for your well-being.

### Aleppo pine immunity massage

Essences of Pine contain high levels of vitamin C and phyto-phenols encouraging white blood cell proliferation, increasing the body's ability to take in oxygen, boosting the immune system and staving off disease. Here we use potent pine essential oils distilled from the forest of Čikat Bay with your preference of massage style, pressure and depth.

### Breathing exercises

We take over 25,000 breaths a day, and each one does more than just exchange oxygen and carbon dioxide—it influences our organs, heart rate, digestion, and emotions. Sometimes, the body needs a gentle nudge to breathe more fully, slowly, and deeply. Breathwork exercises can guide us there.

### Aleppo pine forest bathing

The calming, grounding effects of nature are undeniable—the sound of the forest, the scent of the trees, sunlight through the pines, and fresh air. In the 1980s, Japan's research on Shinrin-yoku, or "Forest Bathing," confirmed its health benefits, from lowering blood pressure and cortisol to boosting immunity through tree-released phytoncides. Experience the power of Forest Therapy with us in Čikat Bay, surrounded by Aleppo Pines.

### Herbs de lošinj - four precious plants massage

Our tiny island is home to 1,200 plant varieties, with 900 indigenous and 230 medicinal species. These beloved plants are woven into local life—sage salves, Immortelle oil for youthful skin, and herbal Rakija. Experience Lošinj's prized plants and oils with all six senses. Begin by savoring house-cured herbal liquors, then enjoy a full body massage using island essential oils, healing salt stones, herbal poultices, and a traditional smoke smudging with our four-herb smudge sticks for the ultimate botanical experience.

### Augustinus bader classic TFC facial

Our signature facial leaves your skin healthier, firmer and stronger employing 40-ingredient TFC8 combined with the Method Augustinus Bader, a unique facial sculptural lifting massage technique. This treatment remarkably reduces signs of ageing, impedes oxidative stress, and counters uneven tone and redness.

### Breathing exercises

#### Private yoga session

#### Opi spa manicure

An exfoliation of the hands, cleaning of the cuticles, file, shaping and flawless polish.

#### Detox body firming

This detoxifying treatment refines and contours the body using lymphatic techniques, algae, caffeine, and cold therapy. It begins with dry brushing to exfoliate, boost circulation, and enhance the absorption of slimming actives. A nutrient-rich algae wrap is followed by a metabolism-boosting slimming massage that stimulates circulation and flushes out toxins. Cool compresses and Multi-Vitamin Firming Crème complete the experience, leaving the body firm, hydrated, and brightened.

#### Breathing exercises

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**Price:** €999,00

Accommodation, food, beverages and additional special offers are not included in the price.