



Ožujak - Oaza wellnessa u Opatiji

March - an Oasis of Wellness in Opatija

Stoljetna tradicija zdravstvenog turizma u Opatiji danas je obogaćena suvremenim zdravstvenim ustanovama i vrhunski opremljenim wellness centrima u Opatiji i Rijeci koji nude potpunu relaksaciju i idealno su mjesto za rješavanje zdravstvenih tegoba. Pomladite duh i tijelo kroz fizičku aktivnost, ali i opuštanje uz masaže, tretmane uljepšavanja, medicinske tretmane i tradiciju istočnjačke medicine, a sve kroz jedinstvenu promotivnu ponudu, posebne popuste i promotivne wellness paket aranžmane.

The long tradition of health tourism in Opatija is today continued in the town's modern health facilities and high-class wellness centres in Opatija and Rijeka which offer complete relaxation and are ideal for solving health issues. Rejuvenate your body and mind through physical activity, enjoy relaxing massages and beauty treatments, and benefit from professional medical consultations and traditional oriental medicine treatments. This March in Opatija you will find a wide range of special deals and promotional wellness packages.

THALASSO WELLNESS CENTAR OPATIJA
www.thalasso-wellness.hr
+385 (0)51 202 855

AMADRIA PARK HOTEL MILENIJ OPATIJA
www.amadriapark.com
tel.: +385 (0)51 202 050

REMISENS PREMIUM GRAND HOTEL PALACE OPATIJA
https://www.liburnia.hr/hr/wellness-opatija
tel.: +385 (0)51 480 365

HOTEL VILLA KAPETANOVIĆ OPATIJA -
Spa & Beauty Laurus
www.villa-kapetanovic.hr
tel.: +385 (0)51 711 378

DESIGN HOTEL NAVIS OPATIJA - Spa Navis
www.hotel-navis.hr
tel.: +385 (0)51 444 600

HOTEL BRISTOL OPATIJA by OHM GROUP® -
Spa & Beauty
www.hotel-bristol.hr
tel.: +385 (0)51 706 323

UČILIŠTE LOVRAN – MEDICAL WELLNESS AKADEMIJA
www.akademija.wellness.hr
tel.: +385 (0)51 293 851

ORTOSAN - MEDICAL WELLNESS CENTAR
www.ortosan.hr
tel.: +385 (0)51 292 451

STUDIO ZA MASAŽU I NJEGU TIJELA "NOA" OPATIJA
NOA MASSAGE AND BODY CARE STUDIO OPATIJA
www.studiohoa.hr
tel.: +385 (0)91 516 3250

BIOTERAPIJE MANOLA
www.bioterapije.com
tel.: +385 (0)95 801 8520

VESNA'S NATURALS
www.vesnasnaturals.com
tel.: +385 (0)99 288 3388

RENATA REINER YOGA
www.renatareiner-yoga.com
tel.: +385 (0)95 573 5391

GRADSKO DRUŠTVO CRVENOG KRIŽA OPATIJA
RED CROSS OPATIJA
www.hck-opatija.hr
tel.: +385 (0)51 712 577

LJEČILIŠTE VELI LOŠINJ
www.ljeciliste-veli-losinj.hr
tel.: +385 (0)51 236 111

TURISTICKA ZAJEDNICAGRADA OPATIJA
Turistički informativni centar

OPATIJA TOURIST BOARD
Tourist information centre

Maršala Tita 128, Opatija
tel.: +385 (0)51 271 310
e-mail: info@visitOpatija.com

www.visitOpatija.com

130
godina
years

OPATIJA
Klimatsko lječilište
Climatic Health Resort

OPATIJA

OŽUJAK OAZA WELLNESSA

MARCH AN OASIS OF WELLNESS



1 - 31/3/2019



Turistička zajednica grada Opatija poklanja besplatne programe rekreacije

Free recreational programmes offered by
Opatija Tourist Board

Nordijsko hodanje / Nordic Walking 2/3, 9/3, 16/3, 23/3 & 30/3

Nordijska šetnja kroz povijest Opatije uz stručna vodstva licenciranih voditelja nordijskog hodanja **KŠR Gorovo**. Svake subote u 10:00 sati ispred Ville Angiolina. Osigurani štapići za nordijsko hodanje za 40 osoba.

Guided Nordic walking tours through history of Opatija. Every Saturday at 10 am in front of the Villa Angiolina. Nordic walking sticks for 40 people are provided.

Info: +385 91 420 0650



MM Trening / Mario Mlinaric Training 10/3, 17/3, 24/3 & 31/3

Vježbajte na otvorenom s najpoznatijim hrvatskim trenerom magistrom kineziologije **Mariom Mlinarićem**. Nedjeljom u 10:00 sati ispred UP Juraj Šporer.

Open air bodyweight training with most known Croatian fitness coach Mario Mlinarić. Sundays at 10 am in front of Juraj Šporer Arts Pavilion.

Info: +385 99 226 3229



2. OŽUJKA / 2nd MARCH

9:00
Jutarnji trening / Morning Footing
Conference Park 25/7

10:00-17:00
**DAN ZDRAVLJA, VITALNOSTI I LJEPOTE /
DAY OF HEALTH, VITALITY AND BEAUTY**

Conference Park 25/7

• PREDAVANJA I RADIONICE /
PRESENTATIONS AND WORKSHOPS

• SAJAM WELLNESSA I ZDRAVLJA / WELLNESS FAIR:

Thalassoterapia Opatija, Učilište Lovran - Medical Wellness Akademija, Ortosan - Medical Wellness Centar, Bioterapije Manola, Vesna Naturals, Renata Reiner Yoga, Amadria Park Hoteli, Hotel Bristol by OHM, Hotel Navis, Hotel Villa Kapetanović, Liburnia Riviera Hoteli, Studio za masažu Noa, Crveni križ Opatija, Lječilište Veli Lošinj

• Kutak zdrave hrane by gastronom Damir Perman / Healthy food corner by gastronomist Damir Perman

14:00
Thalasso Fit Challenge
Royal Platz

15:00
UniQ Dance Fitness – Zumba
Royal Platz

16:00
Dynamic Fitness škola
Royal Platz



9. OŽUJKA / 9th MARCH

9:00 - 14:00
**Ekološki sajam Opatija u organizaciji Udruge Žmergo /
Organic food fair**
Tržnica Opatija / City Market

16:00-18:00
Radionica za žene pod vodstvom Damira Manole,
Villa Zora

19:00
**NOĆNA RIKA
CARMEN SYLVA - TRAIL UTRKA /
NIGHT TRAIL RACE CARMEN SYLVA**

Kupalište Slatina / Slatina Beach

14. - 16. OŽUJKA / 14th - 16th MARCH

RELAX ADRIA
**Sajam bazena, sauna i outdoor namještaja
Tradeshow for wellness and outdoor equipment**

Mjesečni Programi Monthly Programmes



Dynamic Fitness

9/3, 16/3, 23/3 & 30/3

Subotama od 12:00-16:00 sati besplatan ulaz u teretanu. Popust 20% za nove korisnike.

Free entrance on Saturdays from 12 pm-16 pm. 20% discount for new users.

Sportska dvorana Marino Cvetković / Sports Hall Opatija

Učilište Lovran – Medical Wellness Academy

5/3, 12/3 & 19/3 u 19:00 sati / at 7 am

Yoga i meditacija u pokretu. Ulaz slobodan – obavezna prijava radi ograničenog broja putem telefona 051 293 851 ili putem maila info@wellness.hr

Yoga & Meditation. Free entrance – limited places, registration on phone 051 293 851 or over e-mail info@wellness.hr

Ortosan – Medical Wellness Centre

11/3 & 27/3

Radionica "Ruke koje vole" - obuka masaže za parove. Cijena radionice za dvije osobe: (440,00 kn) 350,00 kn Prijava putem telefona 051 293 851 ili putem maila info@wellness.hr

Amadria Park Hotel Milenij vikend radionice / weekend workshops

02-03/3

Dvodnevni Yoga seminar s yoga instruktoricom Renatom Reiner / Two-day yoga seminar and meditation practice with Renata Reiner

Cijena/Price: 250,00 kn po danu/per day

09-10/3

Wellness u funkciji zdravlja: Samoosvjestavanje o potrebi brige za vlastito tijelo / Health Through Wellness: Self-evaluation in Body Care

Cijena/Price: 280,00 kn (dvodnevna radionica/two-day workshop)

23-24/3

Wellness u funkciji zdravlja: Značaj prirodne kozmetike u njezi tijela / Health Through Wellness: The Importance of Natural Cosmetics in Body Care

Cijena/Price: 280,00 kn (dvodnevna radionica/two-day workshop)