

untold
story

BREATHE DEEP
on the
ISLAND OF WELLNESS

INTRODUCTION

BREATHE DEEP

Whilst always important, our wellness has probably never been more keenly treasured than now, so take some time out for you, time to stop and breathe and simply be.

Resting in the crystalline blue waters of the northern Adriatic you'll find Lošinj, Croatia's 'Island of Wellness'. Renowned for its pure air, beautifully clear seas and lush vegetation, the island is also blessed with a unique blend of natural sea aerosols, abundance of medicinal plant life and essential oils.

The island is the perfect place to slow down, refocus and realign.





The Alhambra Boutique Hotel sits tucked between the pine-scented forest and sparkling blue waters of Cikat Bay, and is the perfect setting for a wellness retreat. This beautifully restored turn-of-the-century villa is steeped in charm and character, overlooking the bay.

Mild spring days flow into hot sunny summers which then fade gently into autumn, all of which lend their own charms to the island of Losinj.

A carefully crafted wellness journey has been thoughtfully created to provide culturally uplifting and nurturing experiences that are inspired by the natural healing properties of the island. The feeling of peaceful immersion begins from the moment of arrival with a forest herbs tea ceremony overlooking the calm, turquoise waters of the Adriatic Sea.

Morning rituals can include yoga, free dive meditation, the ancient five Tibetan rites or 'fountain of youth' or the simple yet restorative pleasures of a lazy, lie in.

The time you spend here can be tailored entirely to your own needs, but we recommend a blend of treatments, experiences, and leisure time.



Highlight experiences might include a forest therapy session, where you'll join a guide in the pine-scented forest for a healing walk and breathing exercises, or undergo a personalised full body assessment followed by a herbal thermal circuit warm up and Adriatic cool down. Meet Losinj's 'Plant Whisperer' before taking part in a seasonal essential oil distillation*, and spend a day exploring the spectacular coastline.

Partner these distinctive experiences with a range of treatments that include the Herbs de Losinj, signature spa treatment, each of the four plants used are harvested and distilled locally. Discover the benefits of sub-zero therapy with a CryoSports cryosauna and massage and indulge in the utterly unique Alhambra blindfold Concerto. No 6, a massage choreographed to the music of the famous Austrian composers who brought the Vienna Philharmonic to glory at the turn of the century.

Leisure time to relax where you can simply lie back and absorb the view, calming signature facials in the spa and peaceful sunset drinks on the terrace complete the picture.

* *certain times of year*



YOUR ACCOMMODATION

THE ALHAMBRA BOUTIQUE HOTEL

In beautiful Ciklat Bay, between the emerald green of the forest and the indigo blue of the sea you'll find the Alhambra Boutique Hotel.



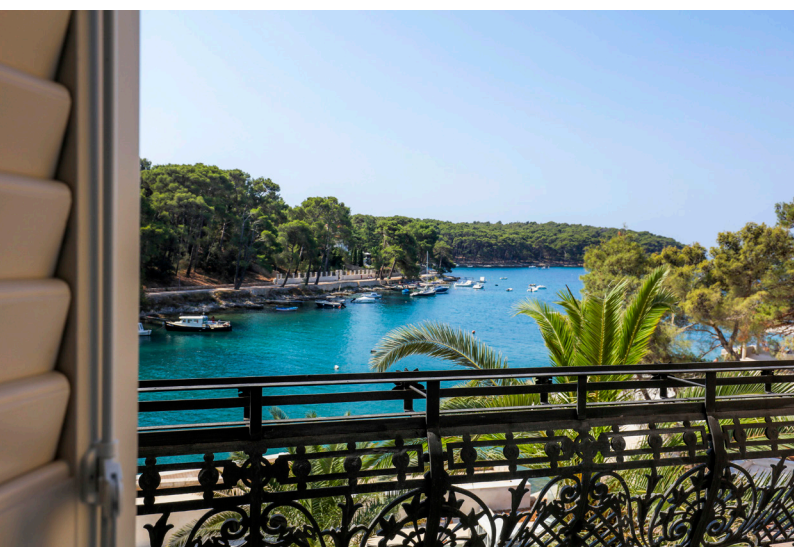
A charming, classically styled property that is famed for its fine dining, this is also a place for blissful relaxation.

The expansive Cube Spa invites you to experience thoughtful and carefully curated wellness journeys in a space that has a real sense of place. Inspired by the healing properties of Losinj itself you'll find one of a kind features such as an inhalation bar and breathing cabin.



In addition to the incredible wellness offerings you'll find a beautiful pool, private beach a cosy library and a well-stocked wine cellar.

The rooms and suites at the Alhambra have a quiet, serene feel with calming colours, space and views of the bay or parklands. All have outside space where you can just sit back and relax, breathing in the pure, pine-scented air.







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