



GORSKI

HOTEL & SPA

AGENDA GORSKI HOTEL & SPA



Dobro došli u Gorski Hotel&Spa****

U nastavku možete pronaći informacije vezane za smeštaj, hotelsku uslugu, room service, spa centar, kao i gastronomsku ponudu u okviru pansionskog i a la carte restorana La Pista.

Below you can find information related to accommodation, hotel services, room service, spa center, as well as culinary offerings within the board and a la carte restaurant La Pista.

DRAGI GOSTI

Kako bi Vaš Boravak bio što ugodniji molimo Vas da pročitate i uvažite sledeće informacije:

- Pri izlasku iz sobe obavezno zatvorite vrata. Karticu od sobe pri izlasku iz hotela nije potrebno ostavljati na recepciji, ali Vas molimo da je prilikom odjave vratite.
- **Pre izlaska iz sobe molimo Vas proverite da li ste u kupatilu zatvorili vodu.**
- Prilikom napuštanja hotela molimo Vas da još jednom pregledate da li ste nešto zaboravili. Zaboravljene predmete šaljemo na Vašu adresu isključivo na Vaš zahtev. **Zaboravljene predmete čuvamo 90 dana.**
- **Ukoliko Vaše dragocenosti, novac i dokumenta nisu čuvani u sobnom sefu uz Vašu poverljivu šifru, hotel ne snosi odgovornost u slučaju njihovog nestanka.**
- Molimo Vas da svaku neispravnost ili kvar, kao i Vaše nezadovoljstvo uslugom prijavite na recepciji kako bismo pokušali da isto popravimo i ispravimo.
- Sobni inventar je namenjen Vašoj upotrebi dok boravite u hotelu i njegovo iznošenje van hotela nije dopušteno.
- Molimo Vas da inventar, kao i dodatnu opremu u sobama čuvate, jer će svako oštećenje biti zaduženo i naplaćeno na Vaš račun.
- Molimo Vas da ne stvarate buku u Vašoj sobi ili hodnicima, naročito u periodu od 9 časova uveče do 10 časova ujutru.
- Donošenje i naručivanje hrane iz spoljnih objekata koji nisu u sklopu hotela nije dozvoljeno iz sanitarnih razloga.
- Kuvanje ili bilo koji vid pripreme hrane u sobi takođe nije dozvoljeno.
- Molimo Vas da se prilikom kretanja kroz hotel krećete u prikladnoj odeći.
- Unos lako zapaljivih i eksplozivnih materijala nije dopušten u prostorijama hotela.
- **Pristup životinjama u hotelu nije dozvoljen.**
- **Pušenje u sobama nije dozvoljeno** i nepoštovanje ove mere je podložno novčanoj nadoknadi.

Stojimo Vam na raspolaganju za svaku dodatnu asistenciju.

*Srdačno,
Recepcija Hotela Gorski*

Ukoliko Vam je potreban neki od naših servisa, možete ga dobiti pozivom na sledeće lokale:

Recepcija 888 • Room service 897 • Spa recepcija 883 • Restoran 886



DEAR GUESTS

Kindly read the following information and respect those during your stay.

- Please, when leaving your room, kindly check if you have closed the door properly. During the temporary leave of your room, you do not need to hand over your key card on the reception, only during your check out time.
- **Please kindly check if you have closed the water in the bathroom before leaving the room.**
- During your check out please kindly check all your belongings and did you forget something in the room. We are sending forgotten items to your address only on your personal request.
- **Hotel stores lost items for 90 days only.**
In a case you did not store your personal belongings such as money, credit cards, documents, jewelry etc. in your personal safety deposit box (locked with your personal code) hotel does not accept responsibility for any loss.
- Please kindly report any irregularity or your personal discontent to the reception.
- All the items inside of the room (pillows, covers, towels etc.) are there for your use and comfort during your stay. It is not allowed to take any of the items or other equipment out of the room.
- Please be careful with the items inside of the room and with the equipment. All the damages during your stay will be charged to your personal hotel bill.
- Please do not make noise in the room, lobby, or corridors during your stay specially from 9 p.m. and 10 a.m.
- Bringing or consuming your own food and beverages as well as catering service not provided by the hotel is not allowed in any area due to sanitary reason.
- Cooking or preparation of the food inside of the room is not allowed.
- Please be dressed appropriately during your stay in the hotel when walking through public areas of the hotel.
- Please do not bring any self-flammable or explosive items inside of your room.
- **Kindly note that the pets are not allowed inside of the hotel.**
- **Smoking inside of the room is not allowed** thus the fee will be charged.

We remain at your service for any additional assistance.

*Cordially,
Reception of Hotel Gorski*

If you need some of our services, please contact us on the following local numbers:

Reception 888 · Room service 897 · Spa reception 883 · Restaurant 886



TELEFONSKI IMENIK

Za eksterne pozive birajte pozivni broj ispred željenog broja.
Za pozive unutar hotela, birajte prefiks lokal ili direktan broj sobe.

Recepcija: 888
Room service: 897



TURISTIČKI CENTAR KOPAONIK - VAŽNI TELEFONI

Informacije o radu žičara i ostalih instalacija na ski putevima: +381 36 5471 203

Informacije o ski pass-u: +381 36 5471 203 / +381 36 5471 211

Policija: +381 (0)36 5471 092

Vatrogasci: +381 (0)36 5471 093

Trauma centar: 066 8302 532

Pošta: 036 303 129 / +381 64 600 65 29

Auto - moto savez Srbije: 036 791 172 / +381 36 547 11 72

POZIVNI BROJEVI ZEMALJA PO ZONAMA

Države I zone:		Poljska	+48	Španija	+34	Države VI zone:	
Bosna i Hercegovina	+387	Slovenija	+386	Švedska	+49	Zambija	+260
Bugarska	+359	Turska	+90	Tunis	+216	Zimbabve	+263
Mađarska	+36	Ukrajina	+380	Države IV zone:		Države VII zone:	
Makedonija	+389	Češka	+420	Australija	+61	Brazil	+55
Rumunija	+40	Države III zone:		Kanada	+1	Meksiko	+52
Hrvatska	+385	Danska	+45	SAD	+1		
Države II zone:		Engleska	+44	Države V zone:			
Austrija	+43	Irska	+353	Egipat	+20		
Belgija	+32	Francuska	+33	Izrael	+ 972		
Grčka	+30	Kipar	+357				
Italija	+39	Nemačka	+49				

TELEPHONE DIRECTORY

For external calls, please add the city/area code before the number.
For calls within the hotel, please choose following number or the room number.

Front desk: 888
Room service: 897



TOURIST CENTER KOPAONIK – IMPORTANT TELEPHONE NUMBERS

Information regarding the functioning of ski lifts and ski trail objects: +381 36 5471 203

Ski pass information: +381 36 5471 203 / +381 36 5471 211

Police department: +381 (0)36 5471 092

Firefighters: +381 (0)36 5471 093

Trauma center: 066 8302 532

Post office: 036 303 129 / +381 64 600 65 29

Automobile and motorcycle association of Serbia: 036 791 172 / +381 36 547 11 72

COUNTRY DIALING CODE LIST

I Zone countries:		Poland	+48	Spain	+34	VI Zone countries:	
Bosnia and Herzegovina	+387	Slovenia	+386	Sweden	+49	Egypt	+20
Bulgaria	+359	Turkey	+90	Tunisia	+216	Israel	+972
Hungary	+36	Ukraine	+380	IV Zone countries:		VI Zone countries:	
Macedonia	+389	Czech Republic	+420	Australia	+61	Brazil	+55
Romania	+40	III Zone countries:		Canada	+1	Mexico	+52
Croatia	+385	Denmark	+45	USA	+1		
II Zone countries:		England	+44	V Zone countries:			
Austria	+43	Ireland	+353	Egypt	+20		
Belgium	+32	France	+33	Israel	+972		
Greece	+30	Cyprus	+357				
Italy	+39	Germany	+49				



SADRŽAJI HOTELA

Spa & Wellness centar

Spa centar nalazi se na nivou B3. Prostire se na preko 1000 m² i predstavlja sinonim za relaksaciju i uživanje.

Naš moto je *Uživajte svim čulima.*

Zbog toga Vas pozivamo da se prepustite i uživajte u sadržajima koji su Vam dostupni tokom boravka: otvoreni i zatvoreni bazen sa spa barom, svet sauna sa finskom i borovom saunom. Za posebna iskustva tu su slana soba, ledena fontana, parno kupatilo, kambala, veseli tuš, staza doživljaja i tepidarijumi, a za ultimativni užitak birajte VIP spa za dvoje.

Radno vreme Spa centra je od 10 do 22h

Radno vreme otvorenog bazena je od 16 do 22h



Masaže i tretmani

Dozvolite sebi luksuz čarobnih trenutka opuštanja. Nudimo Vam raskošne tretmane za negu lica i tela, veliki izbor masaža, egzotičnih spa rituala i ceremonija. Svi tretmani izvode se u centru za masažu na nivou B3 i preporuka je da termine zakažete na vreme.

Radno vreme centra za masažu je od 10 do 22h



Fitness centar

Ostanite u top formi. Na raspolaganju Vam je besplatno korišćenje fitness centra sa najmodernijim spravama za vežbanje na nivou B3.

Radno vreme fitness centra je od 10 do 22h



Kongresni centar

Kongresni centar nalazi se na nivou B1 i sastoji se od četiri sale i prostranog foajea. Najveća sala ima površinu od 410 m² i maksimalan kapacitet od 440 mesta. Sve sale opremljene su najnovijom bežičnom tehnologijom i poseduju sve što je neophodno za uspešnu organizaciju svih vrsta skupova i događaja.



Gorski rental i skijašnica

Na nivou B1, ispred same staze nalazi se skijašnica u kojoj možete iznajmiti i odložiti ski opremu. Skijašnica je opremljena najmodernijim sušačima, lokerima i najkvalitetnijom ski opremom.

Radno vreme skijašnice je od 8 do 17h





HOTEL FACILITIES

Spa & Wellness center

The spa is located on level B3. It spreads over 1000 m² and is synonymous with relaxation and enjoyment.

Our motto is *Enjoy with all your senses.*

Therefore, we invite you to indulge and enjoy the facilities available to you during your stay: outdoor and indoor pool with spa bar, the world of saunas with Finnish and pine sauna. For special experiences there is a salt room, an ice fountain, flounder, a cheerful shower, an adventure trail and tepidariums, and for the ultimate pleasure choose a VIP spa for two.

The working hours of the Spa Center are from 10 am to 10 pm

The working hours of the outdoor pool are from 4 pm to 10 pm



Massage center

Allow yourself the luxury of magical moments of relaxation. We offer luxurious facial and body treatments, a large selection of massages, exotic spa rituals and ceremonies. All treatments are performed in the massage center at level B3 and it is recommended that you make an appointment on time.

The working hours of the Massage Center are from 10 am to 10 pm



Fitness center

Stay in top shape. Free use of the fitness center with state-of-the-art exercise equipment at level B3 is at your disposal.

The working hours of the fitness center are from 10 am to 10 pm



Congress center

The congress center is located on level B1 and consists of four conference rooms and a spacious lobby. The largest conference room has an area of 410 m² and a maximum capacity of 440 seats. All conference rooms are equipped with the latest wireless technology and have everything you need to successfully organize all kinds of gatherings and events.



Mountain rental and ski depot

At level B1, in front of the trail there is a ski depot where you can rent and store ski equipment. The ski depot is equipped with the most modern dryers, lockers and the highest quality ski equipment.

The working hours of the ski depot are from 8 am to 5 pm





WELLNESS&SPA CENTAR PRAVILA PONAŠANJA

- **ŠTA OBUĆI?** U našem Spa centru kupaći kostimi su obavezni. Nudizam nije dozvoljen. Prateću opremu (bade mantil i papuče) imate u sobi, peškir dobijate u Spa centru.
- **NAPOMENITE EVENTUALNI ZDRAVSTVENI PROBLEM** - ukoliko imate bilo kakvih zdravstvenih problema, napomenite to prilikom rezervacije svog termina kako biste izbegli neželjene posledice ili kako bi Vam se dao koristan savet.
- **VREDNE STVARI** - molimo Vas da vredne stvari ne nosite sa sobom. Osoblje Spa centra ne garantuje za bezbednost Vaših ličnih stvari.
- **IZABERITE NAJBOLJE ZA SEBE** - bilo da se radi o muzici, svetlu, razgovoru ili ćutanju tokom tretmana, jačini masaže obratite nam se. Mi smo tu da bismo sve prilagodili Vašim potrebama i željama, kako bi Vam boravak kod nas bio što prijatniji.
- **POŠTUJMO JEDNI DRUGE** - preporučujemo da svoje mobilne telefone ostavite u sobi ili u ormariću. Ukoliko morate da unesete telefon insistiramo da budete obzirni prema drugima. Svi tonovi telefona moraju biti utišani, a razgovori što tiši.
Fotografisanje je dozvoljeno jedino ukoliko ne ugrožava privatnost ostalih gostiju.
Gosti koji ne poštuju ova pravila će biti upozoreni od strane osoblja Spa centra ili će biti zamoljeni da napuste Spa centar.
- **ZAKAZIVANJE TRETMANA** - da biste dobili termin koji Vam odgovara, preporučujemo da svoj termin zakažete unapred.
Pažljivo odaberite tretman koji želite uz konsultaciju sa našim osobljem.
Ukoliko kasnite Vaš tretman će biti skraććen.
- **OTKAZIVANJE TRETMANA** - neki put je nemoguće sve isplanirati i morate da otkazete Vaš termin. Ukoliko Vam se to dogodi, obavestite nas u što kraćem roku.
- **VAŽNI SAVETI:**
Tuširanje je obavezno pre korišćenja bilo koje usluge.
Nemojte da jedete najmanje 1h pre zakazanog termina.
Izbegavajte konzumiranje alkohola.
Depiliranje ili brijanje obavite bar 2h pre zakazanog termina.
Unosite dovoljno tečnosti.
- **VAŽNE INFORMACIJE** - deca uzrasta do 12 godina mogu koristiti usluge Spa centra samo u pratnji odrasle osobe. Deci ispod 12 godina starosti nije dozvoljeno korišćenje Spa sadržaja osim slane sobe i bazena.
- **EKO SAVET** - Poštujte svoju okolinu. Štedite prilikom korišćenja vode i peškira.
- **SPA CENTAR JE NEPUŠAČKA ZONA.**

Menadžment Spa centra zadržava pravo da zatvori deo ili ceo Spa u slučaju
popravke, renoviranja ili iznenadnih radova.





WELLNESS & SPA CENTER RULES OF CONDUCT

- **WHAT TO WEAR?** Swimsuits are mandatory in our Spa. Nudism is not allowed.
The accompanying equipment (bathrobe and slippers) is available in your room, and you will receive a towel at the spa center.
- **NOTE AN ANY HEALTH PROBLEM** - if you have any health problems, mention this when booking to avoid side effects or to get an useful advice from our staff.
- **VALUABLE THINGS** - please do not carry valuables with you. Spa staff does not guarantee the safety of your personal belongings.
- **CHOOSE THE BEST FOR YOURSELF** - whether it is music, light, conversation, silence or the strength of the massage during the treatment, let us know how to please you. We are here to adapt everything to your needs and desires, to make your stay as pleasant as possible.
- **LET'S RESPECT EACH OTHER** - we recommend that you leave your mobile phones in the room or in the locker. If you have to take a phone with you, we insist that you be considerate of others. All phone tones must be muted and conversations must be as quiet as possible.
Photography is allowed only if it does not endanger the privacy of other guests.
Guests who do not follow these rules will be warned by the Spa staff or will be asked to leave the Spa.
- **APPOINTMENT OF TREATMENT** - to get an appointment that suits you, we recommend that you schedule your appointment in advance.
Carefully choose the treatment you want in consultation with our staff.
If you are late your treatment will be shortened.
- **CANCELLATION OF TREATMENT** - sometimes it is impossible to plan everything and you have to cancel your appointment. If this happens to you, let us know as soon as possible.
- **IMPORTANT TIPS:**
Showering is mandatory before using any service.
Do not eat at least 1 hour before the scheduled time.
Avoid consuming alcohol.
Wax or shave at least 2 hours before the scheduled time.
Make sure you have enough water intake.
- **IMPORTANT INFORMATION** - children up to the age of 12 can use the services of the Spa center only accompanied by an adult. Children under 12 years old can use only the salt room and indoor pool.
- **ECO TIP** - Respect your environment. Use water and towels rationally.
- **SPA CENTER IS A NON-SMOKING ZONE.**

The management of the Spa Center reserves the right to close part or all of the Spa in case of repair, renovation or sudden works.





REŽIM RADA SPA CENTRA U SKLADU SA PREVENTIVNIM MERAMA

- Radno vreme je od 10h do 22h u okviru kog je predviđeno korišćenje spa sadržaja u sledećim terminima:

10-12h

12:30-14:30h

15-17h

17:30-19:30h

20-22h - samo za odrasle i decu preko 12 godina starosti

- Nakon svakog termina od 2h, vršiće se dezinfekcija i provetravanje u trajanju od 30 minuta
 - Maksimalan broj korisnika u jednom terminu je 60
 - Omogućeno je zakazivanje termina unapred
 - Preporučuje se tuširanje pre i nakon korišćenja spa centra
 - Otvoreni bazen će raditi od 16h do 22h
 - Poslednji termin od 20 do 22h predviđen je samo za odrasle osobe.
Deca mlađa od 12 godina mogu da koriste sve ranije termine.
 - Deca mlađa od 12 godina u okviru spa zone mogu boraviti samo u slanoj sobi.
Nije im dozvoljeno korišćenje fitnes centra.
 - Korišćenje peškira je obavezno u saunama i slanoj sobi.
- 



WORKING HOURS AND MODE OF OPERATION OF THE SPA CENTER IN ACCORDANCE WITH PREVENTIVE MEASURES

- Working hours are from 10 am to 10 pm, within which the use of spa is possible in the following periods:

10-12h

12:30-14:30h

15-17h

17:30-19:30h

20-22h - adults only and children over the age of 12

- After each period of 2 hours, disinfection and ventilation will be performed for 30 minutes
 - The maximum number of users in one term is 60
 - It is possible to make an appointment in advance
 - Showering before and after using the spa is recommended
 - Massages and treatments can be scheduled regardless the working hours of spa center
 - The outdoor pool will be open from 4 pm to 9 pm
 - The last term from 8 pm to 10 pm is only for adults.
Children under the age of 12 can use all the earlier terms.
 - Children under the age of 12 can only stay in the salt room within the spa area.
They are not allowed to use the fitness center.
 - The use of towels is mandatory in saunas and the gym.
- 



WELLNESS & SPA CENTAR UPUTSTVO ZA KORIŠĆENJE

Da bi Vaš boravak kod nas bio kvalitetniji, preporučujemo da Spa sadržaje koristite sledećim redosledom:

SLANA SOBA

Mesto za zdravlje Vaše dece i Vas.

Lekovitost slanih soba se već vekovima najčešće koristi za lečenje respiratornog sistema, astme, bronhitisa, alergija i lečenje kožnih bolesti.

Preporučujemo da je koristite više dana uzastopno.

BAZEN

Plivanje stimuliše rad srca, jača mišiće i opušta telo od stresa.

Temperatura zatvorenog bazena je 31°C. Temperatura otvorenog bazena je 35°C.

TEPIDARIJUM / TOPLE KLUPE

Prijatna temperatura, približna temperaturi tela oslobađa telo negativnih tenzija i grčeva izazvanih svakodnevnim stresom.

Toplota klupa veoma prijatno deluje na nervni sistem i vraća telo u prirodni balans.

Zbog pozitivnog i umirujućeg uticaja preporučuje se osobama svih starosnih dobi.

Osnovna funkcija toplih klupa je da opusti čitavo telo i mišiće, posebno pre ulaska u saune i parno kupatilo, a može se koristiti i između seansi u saunama.

Temperatura klupa je 37-40°C.

SAUNE

Od davnina je poznata terapijska važnost znojenja, kao vrlo efikasnog načina pročišćavanja organizma.

Pored blagotvornog učinka na kožu lica i tela, Vaš organizam oslobađajući se toksina, postaje vitalniji i otporniji na viruse.

Na visokim temperaturama pojačava se cirkulacija krvi, mišići se opuštaju, tako da nema boljeg načina da završite naporan dan, a da pri tom relaksirate svoje telo. Boravak u sauni učiniće da se osećate zdravije i lakše.

Pre upotrebe svake saune potrebno je da telo bude čisto i suvo.

Nije dozvoljeno nošenje sočiva, niti bilo kakvog nakita i satova.

Boravak u sauni ne preporučuje se:

- Deci ispod 12 godina starosti,
 - Osobama koje su konzumirale alkohol,
 - Osobama koje su pod dejstvom narkotika,
 - Osobama sa povišenim ili niskim krvnim pritiskom, srčanim oboljenjima, "pace-makerom", proširenim venama, akutnim infekcijama,
 - Trudnicama
- 



WELLNESS & SPA CENTER USER MANUAL

To get the best from your stay, we recommend that you use the Spa facilities in the following order:

SALT ROOM

A place for the health for your children and you.

The healing properties of salt rooms have been used for centuries to treat the respiratory system problems, asthma, bronchitis, allergies and skin diseases.

We recommend that you use it for several days in a row.

SWIMMING POOL

Swimming stimulates circulation, strengthens muscles and relaxes the body from stress.

The water temperature is 31°C.

WARM BENCHES

Pleasant temperature, approximate to body temperature relieves of negative tensions and cramps caused by daily stress. The heat coming out of the bench has a very pleasant effect on the nervous system and returns the body to its natural balance.

Due to its positive and calming effect, it is recommended for people of all ages.

The basic function of warm benches is to relax the whole body and muscles, especially before entering saunas and a steam bath, and it can also be used between sessions in saunas.

The temperature of the bench is 37-40°C.

SAUNAS

The therapeutic importance of sweating has long been known as a very effective way of purifying the body.

In addition to the beneficial effect on the skin, your body by getting rid of toxins becomes more vital and more resistant to viruses.

At high temperatures, blood circulation increases, muscles relax, so there is no better way to end a hard day.

Staying in the sauna will make you feel healthier and easier.

Before using each sauna, it is necessary for the body to be clean and dry.

It is not allowed to wear lenses, or any jewelry and watches.

Staying in the sauna is not recommended for:

- Children under 12 years of age,
- Persons who have consumed alcohol,
- Persons under the influence of narcotics,
- People with high or low blood pressure, heart disease, "pacemaker", varicose veins, acute infections,
- Pregnant women





WELLNESS & SPA CENTAR

UPUTSTVO ZA KORIŠĆENJE

FINSKA SAUNA

Temperatura 80-100°C, vlažnost vazduha 8-10%

Finska sauna svojim dejstvom pomaže u prevenciji respiratornih bolesti, alergija, osobama sa problematičnom kožom, i povećava izdržljivost celog tela. Toplota stimuliše cirkulaciju krvi i znojenje, što povećava aktivnost znojnih žlezda koje izbacuju toksine iz organizma.

Preporučeno vreme boravka od 5 do 15 minuta.

BOROVA SAUNA

Temperatura 50-60°C, vlažnost vazduha 45-55%

Ruska sauna predstavlja blaži oblik u odnosu na Finsku saunu.

Temperatura je niža, dok je vlažnost vazduha veća.

Primerena je osobama koje imaju zadržavanje vode u organizmu i osobama koje teže podnose temperaturu Finske saune, pa se samim tim preporučuje i duže vreme boravka.

Preporučeno vreme boravka je do 30 min.

PARNO KUPATILO

Temperatura 45-55°C, vlažnost vazduha 80-100%

Parno kupatilo se smatra pravim zadovoljstvom koje pozitivno utiče na organizam, okrepljuje i osvežava.

Parno kupatilo je drevna vrsta kupatila i vodi poreklo još iz Rimskog doba.

Zbog visoke vlažnosti vazduha u kombinaciji sa eteričnim uljima, posebno se preporučuje osobama koje imaju problem sa astmom i bronhitisom.

U parnim kupatilima postoje tuševi za povremeno rashlađivanje, takođe se u njima mogu raditi pilinzi tela.

Preporučeno vreme boravka je od 5 do 20 minuta u zavisnosti od podnošljivosti velike vlažnosti i povišene temperature.

Nakon korišćenja neophodno je istuširati se i piti dosta tečnosti.

LEDENA FONTANA

Temperatura leda -0,5°C

Led je namenjen za rashlađivanje nakon korišćenja sauna.

Korišćenje leda za rashlađivanje se koristi ukoliko želite da određene tačke na telu izložite ekstremnim temperaturnim razlikama.

JACUZZI

Temperatura vode 32-36°C

Hidromasažne kade koriste simbiozu tople vode i različitih vrsta mlaznica, kako bi maksimizirali efekat hidromasaže i opustile telo od pete do vratnih mišića.

Topla voda u kombinaciji sa dubinskom hidro i aero masažom opušta napetu muskulaturu i oslobađa telo od stresa.

Preporučeno vreme do 30 minuta.





WELLNESS & SPA CENTER USER MANUAL

FINNISH SAUNA

Temperature 80-100°C, humidity 8-10%

Finnish sauna helps prevent respiratory diseases, allergies, people with problematic skin, and increases the endurance of the whole body. The heat stimulates blood circulation and sweating, which increases the activity of the sweat glands that expel toxins from the body.

Recommended stay time is from 5 to 15 minutes.

PINE SAUNA

Temperature 50-60°C, humidity 45-55%

The Russian sauna is a milder form compared to the Finnish sauna.

The temperature is lower, while the humidity is higher.

It is suitable for people who have water retention in the body and people who have a harder time withstanding the temperature of the Finnish sauna, so a longer stay is recommended.

The recommended stay is up to 30 minutes.

STEAM BATH

Temperature 45-55°C, humidity 80-100%

A steam bath is considered a real pleasure that has a positive effect on the body, invigorates and refreshes.

The steam bath is an ancient type of bathroom and dates back to Roman times.

Due to the high humidity in combination with essential oils, it is especially recommended for people who have a problem with asthma and bronchitis.

In the steam baths there are showers for occasional cooling, body peels can also be done.

The recommended stay is 5 to 20 minutes, depending on the tolerance of high humidity and elevated temperature.

After use, it is necessary to take a shower and drink plenty of fluids.

ICE FOUNTAIN

Ice temperature -0.5°C

The ice is intended for cooling after using the sauna.

The use of ice for cooling is used if you want to expose certain points on the body to extreme temperature differences.

JACUZZI

Water temperature 32-36°C

Hydromassage baths use a symbiosis of hot water and different types of nozzles, in order to maximize the effect of hydromassage and relax the body from the heel to the neck muscles.

Warm water in combination with deep hydro and aero massage relaxes tense muscles and relieves the body of stress.

Recommended time up to 30 minutes.





WELLNESS & SPA CENTAR UPUTSTVO ZA KORIŠĆENJE

VESELI TUŠ

Tuševi doživljaja nude različite varijacije vodenih efekata kako bi stimulisali, okrepili i osvežili čitavo telo i um.

Mlaz vode u različitim veličinama kapljica usmeren na određene segmente tela priuštiće Vam potpuni užitek. Kod nas možete odabrati tropsku ili prolećnu kišu, hladnu maglu ili karipsku oluju praćenu zvučnim efektima.

Korišćenje veselog tuša se ne preporučuje:

- Osobama koje boluju od epilepsije
- Osobama koje su osetljive na svetlost (fotofobija)

FITNES SALA

Vežbama utičemo na tri životna polja:

- Fizičko: jačamo mišiće i kardiovaskularni sistem, gojaznost, bolesti srca, dijabetes, održavamo fizičko zdravlje, jačamo imuni sistem, ubrzavamo metabolizam;
- Mentalno: bolje pamćenje, očuvanje mentalnih funkcija;
- Emocionalno: bolje raspoloženje, optimizam, sprečavanje i ublažavanje deprsije.

Benefiti vežbanja su mnogobrojni, ali i sami rezultati će zavisiti od više faktora:

- Pravilna ishrana
- Pravi izbor programa treninga
- Istrajnost, upornost...

TRETMANI

Nakon korišćenja sadržaja Spa centra tretmani su pravi izbor.

Stres je jedan od glavnih uzroka različitih bolesti i hroničnih stanja današnjice.

Redovnom upotrebom tretmana i masaža, kao glavnog aduta u borbi protiv stresa, možete drastično smanjiti njegov uticaj na Vaš organizam. U kombinaciji sa korišćenjem Spa sadržaja, kada su telo i mišići opušteni tretmani i masaže predstavljaju savršen završetak posete Spa centru.





WELLNESS & SPA CENTER USER MANUAL

HAPPY SHOWER

Experience showers offer different variations of water effects to stimulate, strengthened and refreshed the whole body and mind.

A jet of water in different sizes of drops directed at certain segments of the body will give you complete enjoyment. You can choose tropical or spring rain, cold fog or Caribbean storm accompanied by sound effects.

The use of a cheerful shower is not recommended to:

- People with epilepsy
- People who are sensitive to light (photophobia)

FITNESS SALA

Exercises affect three fields of life:

1. Physical: we strengthen muscles and cardiovascular system, obesity, heart disease, diabetes, maintain physical health, strengthen the immune system, speed up metabolism;
2. Mental: better memory, preservation of mental functions;
3. Emotional: better mood, optimism, prevention and alleviation of depression.

The benefits of exercise are numerous, but the results themselves will depend on several factors:

- Proper nutrition
- The right choice of training program
- Perseverance, persistence...

TREATMENTS

After using the contents of the Spa center, the treatments are the right choice.

Stress is one of the main causes of various diseases and chronic conditions today.

With regular use of treatments and massages, as the main trump card in the fight against stress, you can drastically reduce its impact on your body. In combination with the use of Spa content, when the body and muscles are relaxed treatments and massages represent the perfect end to a visit to the Spa.





USLUGE HOTELA

Buđenje

Za usluge buđenja obratite se službi recepcije hotela.

Domaćinstvo

Na vaš zahtev obezbedićemo dodatne pokrivače, jastuke, kozmetiku ili dodatno pospremiti vašu sobu.

Dečiji kreveti

Ukoliko su vam potrebni dečiji kreveti, molimo vas da se obratite službi recepcije hotela.

Doktor

Za informacije o pružanju lekarske pomoći, molimo vas da se obratite trauma centru.

Električna energija

Napon u Srbiji je 220V. U kupatilu se nalazi utikač za aparate za brijanje, napona 220/110V.

Štampanje, kopiranje i skeniranje dokumenata

Molimo vas kontaktirajte službu recepcije hotela.

Internet

Wireless internet je besplatan i dostupan u svim sobama i javnim prostorijama u okviru hotela.

Kreditne kartice

Sve usluge unutar hotela možete plaćati kreditnim karticama Master, Maestro, Visa, Visa Electron i American Express.

Informacije

Služba recepcije hotela pružiće vam detaljne informacije o sadržajima i uslugama hotela.

Izgubljene ili nađene stvari

Molimo vas da se obratite službi recepcije hotela.

Menjačnica i banka

Usluge banke i menjačnice dostupne su u okviru hotela.

Mini bar

Mini bar je dostupan u svim sobama. Cenovnik sadržaja mini bara potražite u sobnoj agendi.

Prijavljivanje i odjavljivanje

Prijavljivanje u hotel moguće je posle 14.00, a odjavljivanje je do 10.00.

Parking

Molimo vas da se za usluge parkiranja obratite službi recepcije hotela. Hotel ne snosi odgovornost za bilo kakvo oštećenje ili nestanak vozila sa parking prostora.

Sobna usluga

Sadržaj sobnih usluga potražite u ovoj agendi.

Poruke

Za proveru poruka pozovite službu recepcije hotela.

Perionica rublja

Za informacije o uslugama pranja i peglanja odeće, molimo vas da pozovete službu recepcije hotela.

Sefovi

Hotelski sef vam je na raspolaganju na recepciji hotela. U vašoj sobi dostupan je mini sef sa uputstvom za upotrebu. Hotel ne preuzima nikakvu odgovornost za stvari, odnosno vrednosti koje nisu predate na recepciji hotela ili nisu u hotelskom sefu.

Tv program

Tv vodič sa spiskom dostupnih kanala kablovske mreže nalazi se u vašoj sobi.





HOTEL SERVICES

Wake up calls

You can order your wake up call at the Front desk.

Housekeeping

On your demand, we can provide you sheets, blankets, pillows or housekeeper maid service.

Baby cot

If you need a baby cot, please contact the Front desk.

Doctor

For information about the medical services please call the trauma center.

Electricity

Voltage in Serbia is 220V. Shaving sockets in the bathroom are 220V/110V.

Printing, copying and scanning documents

Please contact the Front desk.

Internet

Wireless internet is free of charge and available in rooms and all public areas.

Credit cards

You can pay all hotel services by credit cards Master, Maestro, Visa, Visa Electron and American Express.

Information

For detailed information about the hotel please contact the Front desk.

Lost and found items

Please contact the Front desk.

Exchange office and bank

Bank and exchange office services are available in the hotel.

Mini bar

Mini bar is available in every room. You can find the price list in the room agenda.

Check-in and check-out

Check-in time is from 14.00. Check-out time is until 10.00.

Parking

The hotel can not be held responsible for any loss or damage caused in the outdoor parking area. For parking services please contact the Front desk.

Room service

You can find room service menu in room agenda.

Messages

For checking messages please contact the Front desk.

Laundry

For all information regarding laundry services please call the Front desk.

Safes

Hotel safe is available at the Front desk. A mini safe with instructions for use is available in your room. The hotel does not take any responsibility for items that are not given at the reception or not in the hotel safe.

Tv channels

Cable TV is available in every room. For details, please see TV guide.

