



GORSKI

HOTEL & SPA



*Spa menu*  
*Spa menu*







# Dobro došli

## Welcome

Wellness&spa centar hotela Gorski otkriće Vam potpuno novo spa iskustvo, kreirano da um i telo dovedete u harmoniju. Smešten u samom srcu planine, okružen prirodom i svežinom Kopaonika.

Vaš izvor mira, predaha i opuštanja pronađite u nekom od spa sadržaja: slana soba, finska, ruska i borova sauna, parno kupatilo, tepidarijumi, jedinstvena relaks soba, veseli tuševi, đakuzi, zatvoreni ili otvoreni bazen.

Boravak upotpunite tretmanima iz naše bogate ponude. Kozmetički brendovi Massada i Purles spajaju tradiciju i inovaciju u jedinstvenoj metodi stvaranja prirodnih preparata koji uravnotežuju nedostatke i bude sva čula. Započnite Vaše putovanje kroz naš wellness svet uživanja.



The wellness&spa center of the Gorski hotel will reveal to you a completely new spa experience, created to bring the mind and body into harmony. Located in the very heart of the mountain, surrounded by nature and the freshness of Kopaonik.

Find your source of peace, rest and relaxation in one of the spa facilities: salt room, Finnish, Russian and pine sauna, steam bath, tepidariums, unique relaxation room, cheerful showers, jacuzzi, indoor or outdoor pool.

Complete your stay with treatments from our rich offer. Cosmetic brands Massada and Purles combine tradition and innovation in a unique method of creating natural preparations that balance imperfections and awaken all the senses. Start your journey through our wellness world of enjoyment.







# *Tretmani lica*

## *Facial treatments*

### BEAUTY LIFTOLOGY

70 min | 13.900 rsd

Alternativa botoksu. Ovaj tretman predstavlja simbiozu najmoćnijih aktivnih sastojaka komponovanih da učine moćan doprinos u borbi protiv starenja kože. Rezultat je vidljiv nakon prvog tretmana, a ogleda se u vidno redukovanoj dubini bora, popravljenoj teksturi kože, obnovljenoj elastičnosti i momentalnom učinku na čvrstinu i zategnutost kože.

An alternative to Botox. This treatment represents a symbiosis of the most powerful active ingredients composed to make a powerful contribution in the fight against skin aging. The result is visible after the first treatment and is reflected in the visibly reduced depth of wrinkles, improved skin texture, renewed elasticity and an immediate effect on the firmness and tightness of the skin.

### DIVINE

70 min | 11.900 rsd

Neponovljivom kompozicijom aktivnih supstanci u ovaj tretman je predloženo sve što slovi za sinonim bezvremenske lepote. Tretman u sebi sadrži četiri eliksira lepote, koji su ujedno sinonimi životnog stila i luksuza: zlato, kavijar, šampanjac i ekstrakt bisera.

With the unique composition of active substances, everything that is synonymous with timeless beauty is presented in this treatment. The treatment contains four beauty elixirs, which are synonymous with lifestyle and luxury: gold, caviar, champagne and pearl extract.



# GROWTH FACTOR TECHNOLOGY

60 min | 10.900 rsd

Alternativa PRP tretmanu. Tretman baziran na peptidima faktora rasta, koji vrše biološki stimulans na ćelije kože ubrzavajući njihov rast i metabolizam. Intenzivno se podstiče obnova kože, ubrzava sinteza kolagena i elastina, bore na koži vidno zaglađuju i pokreće proces zaceljenja svih oštećenja.

An alternative to PRP treatment. Treatment based on growth factor peptides, which exert a biological stimulus on skin cells, accelerating their growth and metabolism. Skin renewal is intensively encouraged, collagen and elastin synthesis accelerates, wrinkles on the skin are visibly smoothed and the healing process of all damages is initiated.

# PURE HYALURONIC

60 min | 9.900 rsd

Nega kojom se isporučuje sve što je potrebno zreloj koži. U svim proizvodima se nalazi izobilje hijaluronske kiseline različitih veličina molekula i kompleks antioksidanasa iz prirode. Ravnomerna hidratacija u svim slojevima kože značajno doprinosi unapređenju teksture koja postaje glatka, a bore popunjene. Tretman ujedno zateže kožu, deluje na unapređenje kontura i čini izgled lica podmlađenim.

Care that delivers everything mature skin needs. All products contain the richness of hyaluronic acid of different molecular sizes and a complex of antioxidants from nature. Even hydration in all layers of the skin significantly contributes to the improvement of the texture, which becomes smooth and the wrinkles are filled. At the same time, the treatment tightens the skin, works to improve the contours and makes the appearance of the face rejuvenated.

# PEARL PERFECTION

60 min | 8.900 rsd

Blistavost i mladalački sjaj – ideali kojima stremi svaka koža sa ulaskom u zrelije doba. Ovaj stimulativni tretman namenjen je koži sa приметnim znacima starenja: izražene bore, oslabljen tonus, koža bez sjaja i manjak elastičnosti. U sebi sadrži visoko aktivne peptide koji fokusirano deluju na znake starenja, a biserni prah čini da koža ostane blistava i sija zdravim sjajem.

Radiance and rejuvenation - ideals that every skin aspires for as it enters a more mature age. This stimulating treatment is intended for skin with noticeable signs of aging: pronounced wrinkles, weakened tone, dull skin and lack of elasticity. It contains highly active peptides that have a focused effect on the signs of aging and pearl powder makes the skin stay radiant and youthfully fresh.







## DNA PROTECTION EXPERT

60 min | 7.900 rsd

Tretman obogaćen antioksidativnim kompleksom, trostrukom oblikom vitamina C, acerolom i čitavim spletom aktivnih komponenti koji će detoksikovati kožu, snabdeti je potrebnim vitaminima i mineralima, obnoviti zdrav sjaj i odagnati tragove umora sa lica.

A treatment enriched with an antioxidant complex, a triple form of vitamin C, acerola and a whole tangle of active components that will detoxify the skin, supply it with the necessary vitamins and minerals and restore healthy glow and banish traces of fatigue from the face.

## HYDRA OXY INTENSE

60 min | 6.900 rsd

Iako nam je značaj kiseonika za ljudski život poznat, manje smo svesni da je on podjednako nepohodan za zdrav i lep izgled naše kože. Hydra Oxy tretman za imperativ ima dva cilja: hidriranu i oksigenizovanu kožu, jer samo koža kojoj je obezbeđeno dovoljno vode i kiseonika ostaje zdrava i sveža, održava mladalački izgled i spriječe stari.

Although we know the importance of oxygen for human life, we are less aware that it is equally necessary for the healthy and beautiful appearance of our skin. Hydra Oxy treatment for the imperative has two goals: hydrated and oxygenated skin, because only skin that is provided with enough water and oxygen remains healthy and fresh, maintains a youthful appearance and ages more slowly.

## EYE CONTOUR CEREMONY

30 min | 4.900 rsd

Zahvaljujući inovativnim aktivnim komponentama efikasno deluje na sve probleme kože oko očiju i garantuje blistav pogled. Nakon ovog tretmana tamni kolotovi, nadutost, umor i znaci starenja postaju prošlost.

Thanks to innovative active components, it effectively acts on all skin problems around the eyes and guarantees a radiant look. After this treatment, dark circles, puffiness, fatigue and signs of aging becomes the past.



# GUA SHA

30 min | 4.900 rsd

U tradicionalnoj kineskoj medicini Gua sha se koristi za ponovno uspostavljanje protoka životne energije “chi”. Ovu masažu lica karakterišu lagani, nežni pokreti namenjeni podizanju “shena” lica. Shen je ono što našem licu daje blistavost koja nam često nedostaje kada smo pod stalnim stresom ili stalno umorni. Masaža se radi posebnim kristalima. Kristali imaju jedinstvene energetske moći, vraćaju nam energiju i ravnotežu i oporavljaju duh i telo.

In traditional Chinese medicine, Gua sha is used to restore the flow of life energy “chi”. This facial massage is characterized by light, gentle movements intended to lift the “shen” of the face. Shen is what gives our face the radiance we often lack when we are under constant stress or constantly tired. The massage is done with special crystals. Crystals have unique energy powers, restore our energy and balance and recover our mind and body.









# *Mega tela*

## *Body care*

### RITUALNI TRETMANI TELA

#### RITUAL BODY TREATMENTS

#### ELYSIUM

120 min | 17.900 rsd

Tretman za kompletnu negu tela, karakterističan po tome što se izvodi na Paradise termalnom krevetu. Nakon pilinga svećom na bazi belog mošusa sledi parna tropska kiša koja opušta mišiće, pospešuje cirkulaciju i širi pore. Da bi koža bila negovana, meka i hidrirana telo se uvija u pakovanje na bazi pamuka, dok gost za to vreme dobija mini tretman lica. Savršena završnica jednog ovako kompletnog tretmana ne bi bila bez relax masaže.

Treatment for complete body care, characterized by the fact that it is performed on the Paradise thermal bed. After exfoliation with a candle based on white musk, steamy tropical rain follows, which relaxes muscles, improves circulation and expands pores. In order for the skin to be cared for, soft and hydrated, the body is wrapped in a cotton-based wrap, while the guest receives a mini facial treatment during this time. The perfect ending to such a complete treatment would not be complete without a relaxing massage.



# GORSKI RITUAL

100 min | 13.900

Planinski ritual u kome se kombinuju benefiti prirodno dobijenih preparata. Tretman počinje jedinstvenim pilingom čije sastojke birate Vi, kako bi se koža očistila i pripremila za dalji tok tretmana. Odaberite cvet kamilice ili lavande, listiće nane ili latice ruže u kombinaciji sa košticama maline, kajsije, komadićima đumbira, solju sa Himalaja. Pakovanje na bazi šumskog voća će Vašu kožu dodatno osvežiti, dok će masaža ši puterom opustiti telo i učiniti kožu blistavom i mekom.

Mountain ritual combining the benefits of naturally derived products. The treatment begins with a unique peeling with ingredients which you choose, in order to clean the skin and prepare it for the further course of treatment. Choose a chamomile or lavender flower, mint leaves or rose petals in combination with raspberry seeds, apricots, pieces of ginger or Himalayan salt. The wrap based on forest fruit will further refresh your skin, while the shea butter massage will relax the body and make the skin bright and soft.





# ETERNITY

90 min | 11.900 rsd

Eternity je ceremonija ekskluzivne nege tela. Inspirisan večitom težnjom da se očuva mladost i lepota kože ovaj ritual objedinio je sve eliksire mladosti – kavijar, zlato, prah bisera i šampanjac. Tretman koji opušta svojim senzualnim mirisima i teksturama, a ostavlja bez daha rezultatima koji se ogledaju u zategnutoj, mekoj i blistavoj koži. Savršen odabir kada želite da postignete besprekoran izgled i kožu koja će zasijati punim sjajem.

Eternity is a ceremony of exclusive body care. Inspired by the eternal desire to preserve the youth and beauty of the skin, this ritual united all the elixirs of youth - caviar, gold, pearl powder and champagne. A treatment that relaxes with its sensual scents and textures, and leaves you breathless with results that are reflected in tight, soft and glowing skin. The perfect choice when you want to achieve a flawless look and skin that will shine with full radiance.





## HARMONY

70 min | 9.900 rsd

Neponovljivi spa doživljaj koji će pokrenuti lavinu pozitivnih senzacija. Ritualni tretman sa orhidejom, bisernim prahom i poludragim kamenjem je idealan za uspostavljanje energetskog balansa i eliminisanje stresa i napetosti. Neguje kožu i čini je nežnom i mekom.

A unique spa experience that will trigger an avalanche of positive sensations. Ritual treatment with orchid, pearl powder and semi-precious stones is ideal for establishing energy balance and eliminating stress and tension. It nourishes the skin and makes it gentle and soft.

## NATURAL

70 min | 9.900 rsd

Terapeutski tretman morskim blatom sa mentolom, ruzmarinom i cimetom formulisan sa zadatkom da postigne brz oporavak mišića, okrepljenje organizma i eliminiše bol. Ovaj tretman ima umirujuće i opuštajuće dejstvo, preporučuje se u situacijama kada je potrebno obnoviti životnu snagu i vitalnost.

Therapeutic sea mud treatment with menthol, rosemary and cinnamon formulated with the task of achieving rapid muscle recovery, strengthening the body and eliminating pain. This treatment has a soothing and relaxing effect, it is recommended in situations where it is necessary to restore life force and vitality.



# TRETMANI ZA REOBLIKOVANJE FIGURE

TREATMENTS FOR RESHAPING THE FIGURE

## ARABICA

60 min | 7.900 rsd

Anticelulit tretman sa ekstraktom kafe i klekom kojim se stimuliše lipoliza, pospešuje limfa i izbacivanje tečnosti. Daje vidljive efekte zaglađene površine kože i umanjuje prisustvo neželjenog celulita.

Anti-cellulite treatment with coffee extract and juniper which stimulates lipolysis, promotes lymph and fluid removal. It gives visible effects of a smooth skin surface and reduces the presence of unwanted cellulite.

## TEA TIME

60 min | 7.900 rsd

Tretman za topljenje masnih naslaga sa zelenim čajem, žalfijom i klekom. Rezultat koji se brzo postiže je gubljenje u obimu, reoblikovanje figure i unapređen kvalitet kože.

Fat melting treatment with green tea, sage and juniper. The result that is quickly achieved is loss in volume, reshaping of the figure and improved skin quality.

## DETOX

60 min | 7.900 rsd

Tretman za izbacivanje viška tečnosti sa ginko bilobom i majčinom dušicom. Zahvaljujući pažljivo odabranom sastavu pospešuje cirkulaciju krvi i limfe, smanjuje nadutost i eliminiše težak osećaj u nogama.

Treatment for expelling excess fluid with ginkgo biloba and thyme. Thanks to the carefully selected composition, it promotes blood and lymph circulation, reduces bloating and eliminates the heavy feeling in the legs.







# PILING & MASAŽA

## SCRUB & MASSAGE

### PISTACHIO

60 min | 7.900 rsd

Piling na bazi pistača.

Pistachio based scrub.

### EXOTIC

60 min | 7.900 rsd

Piling na bazi ananasa, pomorandže, manga i kivija.

Pineapple, orange, mango and kiwi based scrub.

### SEA MUD & SALT

60 min | 7.900 rsd

Piling na bazi kristala morske soli, minerala i morskog blata.

Sea salt crystals, minerals and sea mud based scrub.







# MASAŽE SA TOPLIM EFEKTOM

MASSAGES WITH WARM EFFECT

## ALL SENSES

60 min | 7.900 rsd

Voskovi su napravljeni od potpuno prirodnih sastojaka: sojinog voska, ši putera i ulja slatkog badema. U ovu hranljivu bazu dodaju se miksevi najfinijih eteričnih ulja kako bi se probudila sva čula. Odaberite Soft heaven na bazi cveta mošusa i pamuka, Beautiful life kombinaciju jasmina, pomorandže, irisa, pačulija i sandalovog drveta ili Euphoriu sa sedam različitih cvetnih nota oplemenjenih mirisima grejpa i pomorandže.

Waxes are made from completely natural ingredients: soy wax, shea butter and sweet almond oil. Mixes of the finest essential oils are added to this nourishing base to awaken all the senses. Choose Soft heaven based on musk flowers and cotton, Beautiful life a combination of jasmine, orange, iris, patchouli and sandalwood or Euphoria with seven different floral notes enriched with grapefruit and orange scents.

## AROMA MOMENT

60 min | 7.900 rsd

Pored aroma efekta, sveće su pravi “raj” za kožu koja dobija infuziju visoko nutritivnih sastojaka neophodnih za njen zdrav izgled. Ukombinovano sa toplim dodirrom voska, telo se dodatno opušta, a um oslobađa napetosti. U ponudi imamo mirisne note masline, belog mošusa i cveta pomorandže.

In addition to the aroma effect, candles are a true “heaven” for the skin, which receives an infusion of highly nutritious ingredients necessary for its healthy appearance. Combined with the warm touch of the wax, the body is further relaxed, and the mind releases tension. We offer scented candles notes of olive, white musk and orange blossom.



# HIMALAYA

60 min | 7.900 rsd

Blagotvorno dejstvo himalajske soli je poznato već hiljadama godina. Bogatstvo minerala i posebno oblikovano kamenje utiče na um i telo. Oslobađa telo od stresa, umanjuje napetost, smanjuje mišićnu tenziju i doprinosi poboljšanju opšteg stanja organizma.

The beneficial effects of Himalayan salt have been known for thousands of years. The wealth of minerals and specially shaped stones affect the mind and body. It relieves the body of stress, reduces muscle tension and contributes to the improvement of general state of the organism.





# MASAŽE

## MASSAGES

Sportska / Sports	75 min / 50 min	10,900 / 8,900
Antistres / Antistress	75 min / 50 min	9,900 / 7,900
Relaks / Relax	75 min / 50 min	8,900 / 6,900
Gorski predah / Gorski deep breath	60 min	8.900
Kraljevska / Royal	40 min	8.900
Parcijalna / Partial	30 min	5.900
Refleksna / Reflexology	30 min	5.900
Prenatalna / Prenatal	30 min	5.700

# MASAŽE ZA DECU (od 6 do 12 god.)

## MASSAGES FOR CHILDREN (from 6 to 12 years old)

AROMA MOMENT	30 min	4.500
ALL SENSES	30 min	4.500
CHOCO	30 min	4.500







# Wellness & Spa

Odrasli karta do 15h / Adult card till 3 pm	4.300
Deca od 6 do 12 godina karta do 15h Children card from 6 to 12 years till 3 pm	2.150
Odrasli karta od 15h / Adult card from 3 pm	6.300
Deca od 6 do 12 godina karta od 15h Children card from 6 to 12 years from 3 pm	3.150
Fitnes dnevna karta / Fitness daily card	1.900
Fitnes nedeljna karta / Fitness weekly card	5.900
Fitnes mesečna karta / Fitness monthly card	15.900

## RITUALI ZA PARNO KUPATILO

### STEAM BATH RITUALS

Piling na bazi šumskog voća / Forest fruit scrub	900
Pakovanje na bazi šumskog voća / Forest fruit wrap	900
Ritual (piling i pakovanje) / Ritual (scrub and wrap)	1.500





# RADNO VREME

WORKING HOURS

10-22h

060/25 00 542

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