



L I M E G R O V E
F I T N E S S & S P A

At METROPOL PALACE

SPA & BEAUTY BROCHURE



Limegrove Fitnes i Spa lociran / Limegrove Fitness and Spa

Limegrove Fitnes i Spa lociran je u samom centru prelelog, starog dela Beograda, u luksuznom hotelu Metropol. Prostire se na 1200 kvadratnih metara i ima pogled na očaravajući Tašmajdanski park. Obuhvata spa centar, koji se sastoji od 6 soba za tretmane, u kojima Vam na raspolaganju stoe jedinstveni tretmani Elemis i Beauty Lab, uvek orientisani na najbolje rezultate. Spa centar sadrži još i zonu za relaksaciju, bazen za plivanje dug 25 metara, đakuzi, saunu, parno kupatilo, ledenu fontanu, teretanu, studio i prodavnici sportske odeće i kozmetičkih preparata. Prepustite se relaksirajućim tretmanima u mirnom okruženju i odmorite se od gradske buke u Limegrove Spa centru. Sa druge strane, zašto ne biste postali Limegrove član i na taj način iskoristili sve beneficije koje Limegrove Wellness koncept pruža radi poboljšanja Vašeg zdravlja, fizičke spreme i opšteg blagostanja. U Limegrove centru cilj nam je da osvežimo Vaša čula i na taj način Vam pomognemo u revitilizaciji tela i ponovnom pronalažanju unutrašnjeg mira. Svakome ko nas posetii, ponuđeno je jedinstveno, personalizovano putovanje, specijalno kreirano prema potrebama svakog klijenta.

Limegrove Fitness and Spa, located in the center of the beautiful old city of Belgrade in the luxurious Metropol Palace Hotel and with a view over the stunning Tasmajdan Park, spans over 1200 square meters. It encompasses a spa consisting of 6 treatment rooms offering the unique results driven treatments of Elemis and Beauty Lab London, a beautifully appointed relaxation area, a 25m long swimming pool, Jacuzzi, Thermae experience consisting of sauna, steam bath and ice fountain , a gym, studio and a retail shop for sportswear and beauty products. Indulge yourself away from the noisy of the city at the Limegrove Spa, where you can enjoy a relaxing spa treatment in a tranquil setting. Alternatively, why not become a Limegrove member, where you will have the full benefit of the Limegrove Wellness Concept to enhance your overall health, fitness and wellbeing. Here at Limegrove we aim to reinvigorate the senses, helping you to revitalize your body and rediscover your inner peace. Each and every client who enters through our doors is offered a bespoke, personalized journey specifically designed with their individual needs in mind.

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ELEMIS

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ELEMIS je baziran na prirodnim resursima zemlje. Moćno bilje iz mora, u kombinaciji sa specijalno pomešanim aromama, čini osnov svih ELEMIS proizvoda. ELEMIS spaja nauku prirode sa naukom o koži izvornim crpljenjem, korišćenjem i podsticanjem izuzetnih prirodnih svojstava kroz tehnologiju.

ELEMIS begins with the earth's natural resources. Powerful marine and plant actives coupled with intricately-blended aromatics form the foundations of all ELEMIS products. Ethically sourcing and extracting, harnessing and boosting remarkable natural properties through technology,

ELEMIS is where the science of nature meets the science of the skin.

ELEMIS je pionirski britanski brend za negu kože i spa tretmane, koji koristi preko 6.5 miliona ljudi godišnje i koji ima najveći uticaj na trendove i razvoj ove industrije u svetu. Uspešnom kombinacijom moćnih prirodnih sastojaka, formulacija sačinjenih uz pomoć najnovih tehnologija i dokazima brojnih kliničkih ispitivanja, ELEMIS donosi na tržište proizvode protiv starenja kože i profesionalne spa terapije, koji su među najboljima ikada u ovoj industriji. Vaša koža, Vaše telo i blagostanje leže u srcu ELEMIS-a. Naši terapeuti koriste ono najbolje iz prirode i nauke kako bi kreirali inovativne formulacije, koje zaista transformišu Vašu kožu. ELEMIS naučno kontroliše svaki aspekt formulacije proizvoda, obezbeđujući na taj način kvalitet, efikasnost i izuzetan integritet. Od pravog izbora semena i tipa tla, koje će se koristiti, do izbora procesa ekstrakcije, ELEMIS obezbeđuje maksimalno terapeutsko dejstvo svih formulacija. Uzvišeni čulni doživljaji. Lično propisan svakome. Iskustvo je izuzetno, a rezultati vidljivi.

ELEMIS is the pioneering British skincare and spa brand that treats over 6.5 million people each year and has the single largest influence on trends and developments in the global skincare and spa industry. The successful combination of powerful, natural ingredients, cutting-edge formulation technology and proven clinical trials has enabled ELEMIS to bring to market some of the most influential anti-ageing skincare products and professional spa therapies the beauty industry has ever seen. Your skin, your body and your wellness lie at the heart of ELEMIS.

Our therapists harness the power of nature and science to create ground-breaking formulations that genuinely transform your skin. ELEMIS scientifically controls every aspect of product formulation, ensuring quality, efficacy and exceptional integrity. From the seeds chosen and the type of soil used, to the selection of extraction process, ELEMIS ensures that all formulations have maximum therapeutic activity. Sublime sensory. Personally prescribed. The experience is exceptional, the results are real.

ELEMIS KOMBINACIJE ZA LICE I TELO

Savršeni terapeutski tretmani za lice i telo, krojeni prema Vašim potrebama.

FACE AND BODY COMBINATIONS

Perfect spa-therapy treatments for face and body, tailored to your needs.

The prices are in Euros and all payments will be made in dinars by calculating the official exchange selling rate RSD/EUR of the National Bank of Serbia on the day of the payment.
Cene izražene u evrima, plaćaju se u dinarskoj vrednosti obračunato po zvaničnom prodajnom kursu dinara/eva Narodne Banke Srbije na dan uplate.

SENZACIJA ZA LICE I TELO (55 minuta) €80

Savršeni spoj za dane kada je vreme od presudnog značaja

Senzacionalna masaža u kombinaciji sa tretmanom za lice protiv starenja. Izaberite jednu od masaža u ponudi (Masaža za vraćanje energije, Ledeno hladna – termalna masaža, Termalna masaža za opuštanje) dok tretmani za lice pomažu kod smanjenja bora i vraćaju Vašoj koži mладалачи sjaj.

ELEMIS FACE AND BODY SENSATION (55 minutes) €80

The perfect duo when time is of the essence

A sensational massage, combined with an Anti-Ageing Booster Facial. Choose from the Re-Energiser, Ice-Cool Thermal Massage, or the Tranquillity Thermal-Soothing Massage, whilst your facial helps smooth wrinkles and restore youthful radiance.

POTPUNI SPA RITUAL (2 sata) €110

Uživajte u tretmanu broj 1!

Najbolji uvod u Elemis spa terapije. Ovaj najprodavaniji paket kombinuje Dubinsku masažu celog tela, ili Masažu za blagostanje, sa intenzivnim tretmanom lica protiv starenja, prepisanim prema potrebama Vašeg lica.

ELEMIS ABSOLUTE SPA RITUAL (2 hours) €110

Enjoy the No.1 treatment

The ultimate introduction to Elemis spa-therapies. This No.1 best-selling package combines a full body Deep Tissue or Well-Being Massage with an intensive Anti-Ageing Facial, prescribed to your needs.

LIMEGROVE PUTOVANJE (3 sata) €150

Savršeno iskustvo podmlađivanja

Preputstite se, opustite i revitalizujte ovim tretmanom celog tela sa podmlađujućim efektom. Nakon dubinskog čišćenja eksfolijacijom, uz pomoć mirisnih soli po Vašem izboru, Vaše telo prekriva se toplim slojem izabrane mineralne maske od blata. Nakon toga uživajte u hranljivim aromama, dok pažljiva masaža glave pomaže Vašim mislima da odlutaju i telu da se opusti. Vaš tretman završava se sa Aroma masažom celog tela i tretmanom lica protiv starenja, koji prati i najnovija tehnologija unošenja čistog kiseonika sa ciljem oslobađanja eventualno preostale tenzije kako bi Vaša koža ostala dubinski nahranjena i obnovljena, od glave do pete.

THE LIMEGROVE JOURNEY (3 hours) €150

The perfect rejuvenating experience

Indulge, relax and revitalize with this head to toe rejuvenating experience. After a deep cleanse exfoliation with your choice of fragranced salts, your body will be cocooned in a warm layer of your chosen mineral-rich body mud followed a deeply nourishing aromatic treat for your head while pressures on your scalp will assist you drift away. Your treatment is completed with an Aromatherapy full-body massage followed by an Anti-Ageing Facial accompanied with the latest technology of pure oxygen infusion to release any remaining tension and leave your skin deeply nourished and renewed from head to toe.



ELEMIS

ANTI-AGING TRETMANI LICA

(Tretmani lica protiv starenja)

Prkosite vremenu uz pomoć tretmanima za blistavost lica i protiv bora, sa instant, klinički dokazanim rezultatima.

Terapija uključuje Face Mapping – sveobuhvatnu analizu lica, tretman očiju, luksuznu masažu šaka i ruku, kao i masažu skalpa, koja je opcionala.

ANTI AGING FACIALS

Defy the hands of time with clinically proven anti-wrinkle, radiance and resurfacing facials for instant results. Therapies include facial mapping analysis, eye treatment, luxurious hand, arm and optional scalp massage.

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ELEMIS

KVARCNI LIFTING LICA SA PRO-KOLAGENOM

(1 sat i 15 minuta) €100

Tretman lica protiv bora sa dokazanim rezultatima

Klinički dokazano smanjuje broj bora i do 94%* i čini kožu čvršćom do 57%* posle samo jednog tretmana. Specijalizovana lifting masaža u kombinaciji sa delotvornim ekstraktima iz morske alge, poznate pod imenom Paunov rep (lat. Padina pavonica), pomaže u revitalizaciji ćelija i podmlađuje kožu.

PRO-COLLAGEN QUARTZ LIFT FACIAL

(1 hour 15 minutes) €100

Anti-wrinkle facial with proven results

Clinically proven to reduce the number of wrinkles by up to 94%* and improve skin firmness by up to 57%* after just 1 treatment. Specialized lifting massage, combined with proven marine extract, padina pavonica, helps re-energise cell communication and rejuvenate skin.

(PRO-) INTEZIVNI TRETMAN LICA SA LIFTING EFEKTOM

(50 minuta) €80

Ovim moćnim tehnikama tretira se opuštena koža na obrazima, vilici, bradi i vratu za ciljem postizanja najboljeg efekta liftinga.

Revolucionarna tehnika, koja kombinuje matične ćelije biljaka, hranljive prirodne lipide i učvršćujuće aktivne sastojke biljaka, takođe pomaže kod smanjenja otečenosti i zadržavanja tečnosti, koja se vezuje za opuštenu kožu. 69% žena izjavilo je da im konture lica izgledaju čvrše, podignutije i oblikovanije*

90% žena izjavilo je da im se smanjila opuštenost kože obraza i vrata*

82% žena izjavilo je da bi odložilo korektivne operacije na licu i/ili ubrizgavanje Botoksa nakon serije tretmana lica*

*Rezultati ispitivanja nezavisnih potrošača. Ispitivanje je obuhvatilo 49 ispitanika i obavljeno je u julu 2013. godine.

PRO -INTENSE LIFT EFFECT FACIAL

(50 minutes) €80

Powerful lifting techniques target sagging jowls, cheeks, chin and neck for the ultimate lift effect.

Powered by breakthrough technology that combines cutting-edge plant stem cells, nutrient-rich natural lipids and firming plant actives, which also helps to reduce puffiness and fluid retention associated with sagging skin.

69% of women stated that their facial contours appeared fir med, lifted and shaped*

90% of women stated that the sagging on their cheeks and neck was visibly improved*

82% of women stated that they would delay facial surgery and/or Botox following a course of facials*

*Independent Consumer Test Results based on 49 subjects, July 2013



ELEMIS

ELEMIS SKIN SPECIFIC FACIALS

The perfect skin maintenance
facial

SPECIJALNI TRETMAN LICA

Savršen za održavane lica

The prices are in Euros and all payments will be made in dinars by calculating the official exchange selling rate RSD/EUR of the National Bank of Serbia on the day of the payment.

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Aktivni voćni tretman za sjaj kože (1 sat) €40

Vraća sjaj beživotnom tenu. Koža se dubinski čisti i stimuliše specijalnim istočnačkim tehnikama masaže, dok moćne i regenerišuće aktivne supstance hrane i vraćaju koži vitalni sjaj.

Egzotična vlažnost rose (1 sat) €40

Priuštite Vašoj koži hidratantnost. Nakon stručne masaže lica, koža je nahranjena aktivnim supstancama koje je hidriraju i vraćaju zdrav i svež izgled.

Biljni oporavak lica lavandom (1 sat) €40

Za savršeno vraćanje balansa kože. Duboko čišćenje otklanja nečistoće iz kože i na taj način se ovim tretmanom lica redukuje neželjeni sjaj, prečišćavaju pore i tretiraju nesavremenosti na koži.

Probni tretman lica (30 minuta) €30

Ovaj uvodni tretman lica donosi Vam brzo osveženje za bilo koju priliku.

Fruit Active Glow (1 hour) €40

Brings back the glow to a lifeless complexion. Skin is deeply cleansed and stimulated by specialist Eastern massage techniques, whilst powerful conditioning actives nourish and renew vital radiance.

Exotic Moisture Dew (1 hour) €40

Treat your skin to a moisture boost. Following a specialist facial massage, the skin is fed with thirst-quenching actives that will bring back that healthy, dewy look to the skin.

Herbal Lavender Repair (1 hour) €40

For perfect restoration of skin balance. Deep cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts.

Taster Facial (30 minutes) €30

This introductory facial provides a quick and instant pick-me-up for any occasion.



BEAUTYLAB
LONDON

TRETMANI LICA

BeautyLab-ova filozofija ponovne aktivacije i učenja funkcija Vaše kože kako bi se postigao mladalački i besprekoran ten, dovela je do kreiranja funkcionalne nege od glave do pete, koja se prilagođava okruženju i Vašim individualnim potrebama.

FACIAL TREATMENTS

BeautyLab's philosophy of re-activating and re-educating your own skin's functions to achieve young and flawless complexion, has led to the creation of highly functional head to toe skin care range which adjusts to your environment and individual skin care needs.

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PILING GLIKOLNOM KISELINOM (60 minuta) €50

Ovaj jedinstveni tretman kombinuje glikolnu kiselinu i enzime nara za optimalni efekat. Kao rezultat, koža Vašeg lica je meka i glatka, a ten sjajniji. Bez obzira na činjenicu da su rezultati vidljivi već nakon prvog tretmana, preporučuje se šestostenedjni napredan program za optimalne i dugoročne rezultate.
Preporučljivo za sve tipove kože.

GLYCOPEEL (60 minutes) €50

A unique resurfacing treatment which combines Glycolic Acid and Pomegranate Enzyme for optimum effect, leading to softer, smoother and brighter complexion. Although this is visible within the first treatment, a progressive 6 week course is recommended for optimum long lasting results.

Recommended for all skin types.

TRETMAN LICA CRNIM DIJAMANTIMA (75minuta) €150

Ovaj luksuzni i glamurozni tretman kombinuje crne dijamante, drago kamenje, čist kiseonik i peptide visokih performansi i doprinosi da ten izgleda mlađe, glatko i sjajno. Poznatim ličnostima ovaj tretman je omiljeni pre izlaska na crveni tepih. Preporučljivo za klijente starije od 30 godina.

BLACK DIAMOND FACIAL (75 minutes) €150

This ICONIC luxurious and glamorizing treatment combines Black Diamonds, Gemstones, Pure Oxygen and high performance Peptides resulting in younger looking, smoother and illuminated complexion. A Celebs favorite before walking down the Red Carpet. Recommended for all skin types.

TRETMANI LICA PROTIV STARENJA (60 minuta) €60

Intenzivni tretman podiže Vašu kožu, čini je blistavom i podmlađenom kombinujući aktivne peptide i prirodne sastojke. Idealan je za kožu vrata, dekoltea, pa čak i ruku. Preporučljivo za klijente starije od 30 godina.

ANTI-AGEING FACIAL (60 minutes) €60

An intensive treatment that leaves the skin lifted, radiant and rejuvenated, combining highly active peptides and natural ingredients. It is also ideal for addressing age concerns of the neck, décolleté and it also incorporates hands.
Recommended for clients 30+

THE MICROCURRENT SYSTEM:

Najbolje od tehnologije protiv starenja: popunjava, učvršćuje i zateže sa instant vidljivim rezultatima.

The very best in anti-ageing technology: plumps, firms and tightens, with instant visible results.

TONIRANJE LICA DUALnim SISTEMOM MIKRO STRUJE DUAL MICROCURRENT SYSTEM FACIAL TONING (60 minuta) €50

PREOPTEREĆENA KOŽA CONGESTED SKIN (30 minuta) €30

TAMNI I NADUVENI KRUGOVI PUFFY & DARK CIRCLES (20 minutes) €30



ELEMIS

ELEMIS PILINZI I MASKE ZA TELO

Dozvolite mislima da odlutaju, dok je Vaše telo obavijeno smirujućom folijom. Svi tretmani uključuju i relaksirajuću masažu stopala ili lica i glave.

BODY WRAPS AND SCRUBS

Drift away whilst you are cocooned in a comforting foil wrap. All treatments include a relaxing foot massage or a stressing pressure point face and scalp massage.

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AROMA SPA OCEAN WRAP ZA OPUŠTANJE MIŠIĆA
(1 sat i 15 minuta) €60

Tretman od morskih trava za zagrevanje mišića
Moć aromaterapije kombinovana sa bogatstvom okeana. Ova prelepa maska za telo od zagrejanih aromatičnih morskih trava, koja sadrži mešavine od borovine i ruzmarina za zagrevanje mišića, pomaže kod umanjenja bolova od artritisa i zamora mišića. Dozvolite da Vaše misli odlutaju, i opustite se dok je Vaše telo obloženo umirujućem folijom.

MUSCLEASE AROMASPA OCEAN WRAP
(1 hour 15 minutes) €60

Muscle warming seaweed wrap
The power of aromatherapy combined with the riches of the ocean. This beautiful, aromatic heated seaweed body mask containing muscle warming blends of pine and rosemary essential oils, helps ease the pain of arthritis, fatigue and aching muscles. Whilst cocooned, let your thoughts drift away.

EGZOTIČNI I HRANLJIVI FRANGIPANI BODY WRAP
(50 minuta) €50

Egzotični tretman, koji dubinski hrani Vašu kožu
Aromatični tahičanski kokos i frangipani – havajska cveće spojeni su kako bi se dobilo monoi ulje, koje se sipa po celom Vašem telu nakon čega imate priliku da se opustite, obmotani hranljivom folijom. Vaša koža natopljena je vlagom, što Vam odmah daje osećaj mekoće, gipkosti i blistavosti.

EXOTIC FRANGIPANI BODY NOURISH WRAP
(50 minutes) €50

Deeply nourishing aromatic treat
Aromatic Tahitian coconut and frangipani flowers are soaked together to produce monoi, which is poured all over your body and then cocooned in a nourishing foil wrap or dry float. Skin is drenched with moisture for immediate softness, suppleness and radiance.

EGZOTIČNI TRETMAN KOKOSOM I RITUALNI WRAP MLEKOM
(50 minuta) €60

Opuštajuća nega tela
Ova terapija nežno neguje i hrani Vašu kožu, čineći je glatkom i mekanom, dok Vam se opuštaju sva čula. Hranljiva kupka od toplog mleka lagano se posipa po Vašem telu, nakon čega sledi tretman kokosom sa Balija. Opustite se dok Vaše telo upija obogaćujuće aktivne supstance.

EXOTIC COCONUT RUB AND MILK RITUAL WRAP
(50 minutes) €60

Soothing body polish.
This indulgent therapy gently polishes and nourishes your skin whilst soothing the senses for smooth, soft skin. Warmed Skin Nourishing Milk Bath is drizzled over your entire body, followed by a softening Balinese coconut scrub. Relax whilst your body soaks up the enriching actives.

TRETMAN AROMATIČNIM SOLIMA SA LIMETOM I ĐUMBIROM ILI FRANGIPANI CVETOM
(30 minuta) €30

Soli poseduju izvanrednu moć čišćenja, jer pospešuju oslobođanje toksina iz tela. Mirisljave soli, po Vašem izboru, nežno odstranjuju mrtve ćelije i na taj način pomažu regeneraciju novih ćelija. Koža je nakon ovoga poput glatkog platna, spremna da upije ulja za telo, koja je dubinski neguju. Pruža baršunasto mekanu, okrepljenu kožu.

EXOTIC LIME AND GINGER OR FRANGIPANI SALT GLOW
(30 minutes) €30

Invigorating deep cleanse
The extraordinary cleansing power of salt goes to work releasing toxins in this body polishing treatment. The fragranced salt of your choice will gently slough away dead cells, encouraging the regeneration of new cells and perfectly prepping the skin. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. Delivers velvety soft, invigorated skin.



ELEMIS

ELEMIS DETOKSIKACIJA TELA

Odredite problematične regije uz pomoć terapeutiske, detoks i oblikujuće terapije. Otklanja toksine i čisti kožu do najdubljih slojeva.

BODY DETOX

Target problem areas with therapeutic detox and sculpting therapy. Detoxify and deep cleanse to the deepest level.

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CELLUTOX AROMATIČNI SPA OCEAN TRETMAN (1 sat i 15 minuta) €60

Detoksikujte i ponovo pokrenite svoje telo

Dopustite da Vam misli odlutaju, dok uživate umotani u morske algde, kleku i limun sa detoks efektom. Prepustite se masaži lica i opuštajućoj masaži glave, ili izaberite smirujuću masažu stopala.

Ublažava izgled celulita i pomaže kod neprijatnosti nastalih usled zadržavanja tečnosti.

CELLUTOX AROMA SPA OCEAN WRAP (1 hour 15 minutes) €60

Detoxify and kick-start your body

Let your thoughts drift away, whilst cocooned in a comforting wrap of rich marine algae and detoxifying juniper and lemon. Enjoy a facial massage and de-stress scalp treatment or soothing foot massage. Helps refine the appearance of cellulite and relieve the discomfort of fluid retention.

OBLIKOVANJE TELA TERAPIJOM ZA CELULIT I DEBELO CREVO (1 sat) €65

Elemisov klinički dokazan sistem oblikovanja tela kombinovan je sa detoksikujućom maskom za telo od breze i koprive.

Specijalističkom tehnikom drenaže masaže abdomena, kukova i butina pomaze se kod čišćenja debelog creva, kako bi se izravnjala koža sa celulitom, pospešila cirkulacija i smanjilo zadržavanje tečnosti. Koža je čvršća i glatka na dodir.

BODY SCULPTING CELLULITE AND COLON THERAPY (1 hour) €65

Redefine and smooth your silhouette

Elemis' clinically proven Body Sculpting System is combined with a detoxifying birch and fennel peel-off body mask. Specialist abdominal, hip and thigh drainage massage techniques help with colon cleansing, to smooth the appearance of cellulite, boost circulation and reduce fluid retention. Skin is firmer and smoother to touch.



ELEMIS

ELEMIS MASAŽA TELA

Terapije visokog učinka, koje opuštaju i obnavljaju.

BODY MASSAGE

High performance therapies to relax and recharge.

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MASAŽA DUBOKIH MIŠIĆNIH TKIVA

(55 minutes) €50
(70 minutes) €60

RITMIČNA, DUBINSKA MASAŽA MIŠIĆA

Smanjite nivo stresa, opustite bolne mišiće i oživite čula sa mocnom dubinskom masazom. Dinamični spoj esencijalnih ulja kao i nivo pritiska prilagođavaju se svakome ponaosob. Pomaže kod relaksacije i vraća energiju.

Izaberite jednu od ponuđenih masaža:

Antistres masaža: Opustite se i dozvolite da napetost, koja Vam se nakupila u toku dana, jednostavno nestane.

Masaža za okrepljenje duha: Snažni talas koji ojačava i vraća energiju.

Masaža za opuštanje mišića: Opustite se i vratite eneriju umornom i bolnom telu.

Balansiranje čakri: Ponovo povežite svoje misli, telo i duh.

DEEP TISSUE MUSCLE MASSAGE

(55 minutes) €50
(70 minutes) €60

Deep rhythmic pressure massage

Alleviate high stress levels, ease aching muscles and revive the senses with this powerful deep tissue massage. Dynamic blends of essential oils and level of pressure are customised to target individual needs. Helps relax, recharge and re-energise, whilst tension melts away.

Choose from:

Stress-a-Way: Wind down and release the tension of the day.

Spirit Reviver: A powerful surge to invigorate and recharge.

Muscle Melt: Relax and re-energise a tired and aching body.

Chakra Balancing: Reconnect your mind, body and soul.

ELEMIS DUBINSKA MASAŽA LEĐA

(25 minuta) €30

Za najkraće vreme dobijate najbolje rezultate za uklanjanje tenzije.

Namenjena je specifično za leđa, ramena i vrat. Baš tamo gde je masaža i najpotrebnija.

ELEMIS DEEP TISSUE BACK MASSAGE

(25 minutes) €30

Minimum time, maximum tension-relieving results.

Specifically targeting the back, shoulders and neck areas, where you need it most.



PUTOVANJE MASAŽOM MASSAGE JOURNEYS

The prices are in Euros and all payments will be made in dinars by calculating the official exchange selling rate RSD/EUR of the National Bank of Serbia on the day of the payment.
Cene izražene u evrima, plaćaju se u dinarskoj vrednosti obračunata po zvaničnom prodajnom kursu dinara/eva Narodne Banke Srbije na dan uplate.

MASAŽE ZA TRUDNICE (75 minuta) €60

Ova ritmična masaža koristi tehnologije koje poboljšavaju stanje tela i umu, donoseći balans i blagostanje budućim mamama. Nakupljena tenzija u telu lagano se oslobađa i sprečava se disharmonija organizma. Naša ulja, specijalno kreirana za trudnice, neguju i mamu i bebu.

TERAPEUTSKA MASAŽA (55 minuta) €45

Ova masaža naročito je korisna ukoliko imate problem sa bolovima i ukočenošću. Dubinska masaža celog tela opušta mišiće, donoseći harmoniju tela i umu.

ŠVEDSKA MASAŽA (55 minuta) €50 (85 minuta) €65

Švedska masaža veoma je korisna zbog povećanja nivoa kiseonika u krvi, jer se na taj način smanjuje količina toksina u mišićima, poboljšava cirkulacija i fleksibilnost, dok se oslobađate napetosti.

LIMFNA MASAŽA (40 minuta) €40

Masaža za limfnu drenažu je oblik veoma lagane masaže, koja poboljšava tok limfe u telu. Naročito je dobra za detoxifikaciju, edeme, u pred- i postoperativnom periodu kod estetskih operacija i nakon liposukcije. Može služiti i kao ispomoć kod tretmana celulita, ožiljaka, kapilara, crvenila i akni.

PREGNANCY MASSAGE (75 minutes) €60

This nurturing and rhythmic body massages uses techniques which enhances the mind and body bringing balance and wellness. We work gently relieving built up tension within the body and prevent disharmony. Our specially crafted pregnancy oil will nurture the pregnant mother and child.

THERAPEUTIC MASSAGE (55 minutes) €45

Especially beneficial if you are suffering from aches, pains and stiffness. A full body deep massage to ease muscles, bringing harmony to the mind and body.

SWEEDISH MASSAGE (55 minutes) €50 (85 minutes) €65

Swedish massage is exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility while easing tension.

LYMPHATIC MASSAGE (40 minutes) €40

Lymphatic drainage massage is a form of very light massage that encourages lymph flow in the body. It is particularly good for detoxification, edema, pre- and post-plastic surgery and post-liposuction. It can also help with cellulite treatments, scar tissue, spider veins, redness and acne.



MASSAGE JOURNEYS

MASAŽA ZA OPORAVAK OD JET LAG-A (MASAŽA ZA OPORAVAK NAKON PUTOVANJA)

(40 minuta) €40

Ova masaža za vraćanje energije specijalno je osmišljena da ukloni bolove u mišićima, napetost prouzrokovane dugim putovanjem.

JET LAG ENERGIZING MASSAGE

(40 minutes) €40

This energizing massage is specialised to eliminating pain, muscle aches and tension, the ultimate after flight treatment.

MASAŽA ZA MRŠAVLJENJE (40 minuta) €40

Naša specijalno dizajnirana masaža za mršavljenje kreirana je za detoksifikaciju, drenažu limfnog sistema, dok u isto vreme pomaže i digestivnom sistemu. Mešavina ulja, koja se koristi, smanjuje vidljive znakove celulita, stimuliše čula i pojačava imunitet. Vaše celo telo je prožeto vitalnošću i snagom.

SLIMMING MASSAGE

(40 minutes) €40

Our specially designed slimming massage is created to detoxify, drain the lymphatic system and at the same time aids the digestive system. Our oil blends will help reduce visible signs of cellulite, stimulate and uplift your senses – boosting your immune system. Your entire body is awakened with vitality and stamina.

AROMA MASAŽA (55 minuta) €45

Stimulišite čula kako bi ojačali telo i motivisali um. Koristeći esencijalna ulja biljaka, cveća, semenki i lišća, kao osnove aromaterapije, ova masaža korisna je za Vaše telo uz pomoć dva mesta apsorpcije – koža i nos, što znači da ima dvostruki efekat.

AROMATHERAPY MASSAGE (55 minutes) €45

Stimulate your senses to boost your body and motivate the mind. Using essential oils from plants, flowers, seeds and leaves, aromatherapy massage benefits from two absorption points- the skin and the nose, which means it has double effect.

INDIJSKA MASAŽA GLAVE (40 minuta) €35

Počinje sa ritmičnom masažom leđa, kako bi se balansirao i poravnalo tok energije i na taj način smanjili bolovi u mišićima. Nakon toga sledi masaža glave i ramena, kojom se aktiviraju energetske tačke, smanjuje stres, fokusira um. Sve ovo dovodi do dubokog osećaja relaksiranosti.

INDIAN HEAD MASSAGE (40 minutes) €35

Beginning with a rhythmic back massage to balance and re-align the energy flow to ease muscular aches and pains. Followed by a head and shoulders massage to awaken the energy points to de-stress the mind creating focus and clarity to establish a deep profound sense of relaxation.

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MASSAGE JOURNEYS

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SPORTSKA MASAŽA (55 minuta) €50

Osnovna svrha terapije sportskom masažom je da pomogne kod otklanjanja stresa i tenzije, koje se skupljaju u mekim tkivima tokom fizičke aktivnosti. Manje povrede i lezije, nastale usled prevelikog napora i/ili previše aktivnosti, mogu se brzo i efektivno otkloniti masažom. Povrh svega, ova masaža pomaže u sprečavanju povreda, koje često stoje na putu ka određenim dostignućima, bilo da su u pitanju profesionalni sportisti, ljudi koji žele da budu u formi ili ljudi koji samo povremeno vežbaju.

SPORTS MASSAGE (55 minutes) €50

The prime purpose of sports massage therapy is to help alleviate the stress and tension which builds up in the body's soft tissues during physical activity. Where minor injuries and lesions occur, due to overexertion and/or overuse, massage can break them down quickly and effectively. Above all, it can help prevent those niggling injuries that so often get in the way of performance and achievement, whether one is an athlete, ardent keep-fitter or a once a week jogger.

ŠIACU MASAŽA (85 minuta) €75

Šiacu masaža je alternativna tehnika, koja uključuje pritisak rukom na specifične tačke tela radi oslobođanja od tenzija i bolova. Prema pravilima japanske tehnike lečenja, Šiacu (što znači pritisak prstom), u masaži se koristi palac, prsti, lakan i kolena kako bi se stvorio pritisak na određene putanje energije u telu, koje se zovu meridijani. Ova masaža je poznata i kao akupresura i koristi se za smanjenje tenzija i umora. Pospešuje cirkulaciju u telu i poboljšava funkcionisanje limfnog sistema.

SHIATSU MASSAGE (85 minutes) €75

Shiatsu Massage is an alternative technique that involves manual pressure applied to specific points on the body in an attempt to relieve tension and pain. According to the Japanese healing treatment, Shiatsu (meaning finger pressure) massage uses thumbs, fingers, elbows, and knees to concentrate pressure at certain energy pathways in the body called meridians. The massage also known as acupressure works to reduce muscle tension and fatigue and is thought to improve blood circulation in the body as well as improve function of the lymphatic system.

MASAŽA TOPLIM (VULKANSKIM) KAMENJEM (80 minuta) €75

Ovo magično, drevno kamenje greje se i integrise sa ritmičnim tehnikama masaže. Terapeut vešto uskladije kamenje sa pritiskom i spiralnim pokretima, sa ciljem da se umanji bol u mišićima, fizičke i emocionalne tenzije. Kroz Vaše telo prostrujiće energija čineći Vas radosnim.

HOT STONE MASSAGE (80 minutes) €75

These magical ancient stones are heated and integrated with a rhythmic massage techniques. The therapist skillfully coordinates the rocks with pressure points and spiraling movements that aim to relieve muscular aches and pains, physical and emotional tension, leaving the body's energies dancing with joy.

REFLEKSOLOGIJA (45 minuta) €45

Refleksologija je terapeutski metod umanjenja bolova stimulisanjem predodređenih tačaka pritiska na stopalima. Kontrolisani pritisak ublažava uzrok nelagodnosti. Ukoliko klijent nema nikakva oboljenja ili abnormalnosti, refleksologija može biti efikasna za održavanje dobrog zdravlja i prevenciju bolesti, ali i za otklanjanje simptoma stresa, povreda ili bolesti.

REFLEXOLOGY (45 minutes) €45

Reflexology is a therapeutic method of relieving pain by stimulating predefined pressure points on the feet. This controlled pressure alleviates the source of the discomfort. In the absence of any particular malady or abnormality, reflexology may be as effective for promoting good health and for preventing illness as it may be for relieving symptoms of stress, injury, and illness.



ELEMIS

RUKE I NOGE

Završni detalji koji prave razliku

HANDS AND FEET

The finishing touches that make
a difference

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ELEMIS

PRO-RADIANCE TRETMAN RUKU I NOKTIJU

(30 minuta) €20

(60 minuta - manikir) €30

Redefinišite tragove vremena

Zanoktice i nokti se regenerišu i ojačavaju, dok Elemis hranljiva kupka od mleka kombinovana sa Pro-Radiance krema za ruke i nokte protiv starenja intenzivno hidrira. Vaše ruke izgledaće neodoljivo glatko i mladalački. Ukoliko tretman uključuje i manikir, trajanje je 60 minuta.

PRO-RADIANCE HAND AND NAIL TREATMENT

(30 minutes) €20

(60 minutes with manicure) €30

Redefine the hands of time

Cuticles and nails are conditioned and strengthened, whilst the indulgent Elemis Skin Nourishing Milk Bath combined with the anti-ageing Pro-Radiance Hand and Nail Cream intensely hydrates for irresistibly smooth, youthful looking hands. May be extended to a 60 minute treatment to include a manicure.

PRIJATNA NEGA ZA STOPALA

(30 minuta) €20

(75 minuta – pedikir) €40

Senzualno iskustvo za Vaša stopala

Zagrejana aromatična ulja sa hranljivim, terapeutskim dejstvom omekšavaju zapuštena stopala i nokte. Veoma bogata hidratacija obnavlja i omekšava pete raskošnom i isceljujućom akcijom na Vašoj koži.

SOLE DELIGHT GROOMING FOR FEET

(30 minutes) €20

(75 minutes with pedicure) €40

A total sensory experience for your feet

Warmed aroma-therapeutic oils nourish and super-condition neglected feet and nails. The extra-rich hydration replenishes and softens hard working heels, lavishing a rich and healing action on your skin.

NOKTI

MANIKIR 45minuta €20

PEDIKIR 50minuta €30

MANIKIR GEL 60minuta €25

TURPIJANJE I POLIRANJE 15minuta €10

SKIDANJE GELA 15minuta €5

NAILS

MANICURE 45minutes €20

PEDICURE 50minutes €30

MANICURE GEL 60minutes €25

FILE & POLISH 15minutes €10

GEL REMOVAL 15minutes €5



ELEMIS

OSNOVI LEPOTE / ESSENTIAL BEAUTY

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FARBANJE TREPAVICA / OBRVA

(15 minuta) €15

Profesionalno bojenje trepavica i obrva odlično će istaći dubinu i boju Vaših očiju i konture Vašeg lica. Izgledaćete kao da uvek imate maskaru. Čak i u vodi.

EYELASH / EYEBROW TINTING

(15 minutes) €15

Professional eyelash tinting and eyebrow tinting will do for the depth and color of your eyes and the definition of your face. And if you simply can't stay out of the water, imagine not needing mascara.

DEPILACIJA

Cele noge	€15
Polovina nogu	€8
Bikini zona	€5
Brazilska depilacija	€20
Nausnice i brada	€5
Leđa	€8 – €12
Pazuh	€8
Grudi	€8 – €12
Ruke	€8
Oblikovanje obrva: Max 30 minutes	€7
Depilacija pola ruku	€6

WAXING

Full Leg Wax	€15
Half Leg Wax	€8
Bikini Line Wax	€5
Full Bikini Wax (Brazilian)	€20
Upper Lip & Chin Wax	€5
Back Wax	€8 - €12
Half Arm Wax	€6
Under Arm Wax	€8
Chest Wax	€8 - €12
Arm Wax	€8
Eyebrow Shape (tweezers): Max 30minutes	€7

USLUŽNO ŠMINKANJE

Dnevna šminka
Večernja šminka
Paketi za mlade

* Kontaktirajte recepciju za više informacija

MAKE UP SERVICES

Day make-up
Evening make-up
Bridal packages

*Please contact reception for more details



PRAVILNIK LIMEGROVE FITNESS I SPA U METROPOL PALACE

U cilju komfora, sigurnosti i opuštanja svih naših gostiju molimo Vas da se pridržavate sledećih pravila:

OPŠTA PRAVILA:

- U prostorijama spa centra strogo je zabranjeno pušenje.
- U prostorijama spa centra nije dozvoljeno korišćenje mobilnih telefona. Molimo Vas da isključite svoje mobilne telefone i ostavite ih u svom ormariću. Iskoristite vreme za opuštanje i oslobađanje od svakodnevnog stresa.
- Molimo vas da konverzacija u spa centru bude u skladu sa opuštajućom spa atmosferom.
- Sadržaje spa centra mogu koristiti osobe od 16 godina pa naviše.
- Peškire za tuširanje čete naći u svom ormariću, molimo Vas da ih ne iznosite iz spa centra.
- Sve predmete od vrednosti ostavite u Vašem ormariću. Spa centar ne snosi odgovornost za gubitak ili oštećenje ličnih stvari gostiju.
- Obavezno se istuširajte pre korišćenja bazena i između korišćenja saune i parnog kupatila. Bade mantil i papuce su obavezne u svim prostorijama spa centra.
- Korišćenje bazena, saune i parnog kupatila nije dozvoljeno bez kupaćeg kostima.
- Obavezno stavite peškir na deo za sedenje u sauni i parnom kupatilu.
- Molimo Vas da ne ostavljate šampone i ostalu kozmetiku u tuš kabinama i u svlačionicama.
- Brijanje je dozvoljeno u muškoj svlačionici. Molimo Vas da lavaboe za sobom ostavite čiste i da brijачe ne bacate u kantu za smeće.
- Brijanje je strogo zabranjeno u sauni i parnom

kupatilu.

- Molimo Vas da u sauni ne dodajete ulja ili druge proizvode u kanticu sa vodom bez dozvole nekog od zaposlenih.

- Molimo Vas da unosite dosta tečnosti posle korišćenja saune i parnog kupatila.

- Molimo Vas da korišćene peškire i bade mantile ubacite u korpe predviđene za to.

- Nije dozvoljeno unošenje hrane i pica u spa centar. Moguće je poslužiti se osveženjima u relax sobi i u hotelskom restoranu.

- Potrebno je da svi gosti popune i potpišu zdravstveni upitnik i upitnik o životnim navikama pre ulaska u spa prostorije.

- Ukoliko imate poklon-vaučer molimo Vas da isti ponesete sa sobom i predate ga na spa recepciji prilikom dolaska.

- Svi sadržaji zavise od raspoloživosti.

DOLAZAK NA TRETMAN

Molimo Vas da dođete na vreme kako biste uživali u našim sadržajima. Potrudite se da budete spremni kada terapeut dođe po vas u precizirano vreme.

KAŠNJENJE NA TRETMAN ĆE REZULTIRATI SK- RAĆENJEM TRAJANJA TRETMANA ILI ĆE BITI PONUĐEN DRUGI TRETMAN BEZ NADOKNADE.

•Obavezno je nošenje kupaćeg kostima ili donjeg veša u sobi za masazu i tokom tretmana. Za pojedine tretmane čete od terapeuta dobiti veš za jednokratnu upotrebu

odgovarajući peškir koji će biti korišćen sve vreme tretmana. Molimo Vas da tokom tretmana date do znanja svom terapeutu da li Vam je udobno, previse toplo ili hladno ili da li Vam odgovara jačina tretmana. Vaš komfor je naš prioritet.

•Ukoliko imate neku povredu, molimo Vas da to objasnite Vašem terapeutu. Terapeut Vam može preporučiti odgovarajući tretman u cilju Vaše udobnosti i maksimalnog opuštanja.

•Na Vama je da odlučite da li želite razgovor tokom tretmana. Ako imate bilo kakva pitanja ili želite da razgovarate sa terapeutom, slobodno učinite to. Terapeut će se ponašati u skladu sa Vašim željama.

•Nadamo se da čete uživati u vremenom provedenom kod nas.

•Vaši komantari su uvek dobrodošli.

SPA TURE

Spa ture se moraju zakazati i moraju biti van radnog vremena spa centra.

POLITIKA OTKAZIVANJA

Ukoliko želite da otkažete tretman, molimo Vas da nas obavestite 6h pre tretmana. U suprotnom će 50% od cene tretmana biti naplaćeno. Podaci o kreditnoj kartici mogu biti traženi u cilju potvrde rezervacije.

RADNO VРЕME LIMEGROVE FITNESS & SPA CENTAR JE OD 7:00-23:00



LIMEGROVE FITNESS & SPA ETIQUETTE AT METROPOL PALACE

Limegrove Fitness & Spa Etiquette at Metropol Palace
In the interests of the comfort, safety and relaxation of all our guests we ask that the following guidelines are followed at all times:

GENERAL

- The Spa and its environs are strictly NO SMOKING areas.
- We do not allow mobile phones in the spa areas, please leave them switched off in your locker. This is the time for your body and mind to release the worries and stresses of the day.
- Please conduct all conversations at levels consistent with a relaxing Spa environment.
- The Spa & its facilities are open to persons aged 16 and over.
- Shower towels can be found in your lockers, please do not take shower towels outside.
- Please leave all items of value in your locker. The Spa is not responsible for loss of or damage to a guest's personal belongings.
- Always shower before using pool facilities and between sauna and steam rooms. A robe & slippers should be worn in all spa areas.
- Swimwear is compulsory in Steam, Sauna and pool areas.
- A towel should always be placed on sauna and steam room benches between you and the bench.
- Please do not leave toiletries in showers or wet vanity areas.
- Shaving is permitted in the male changing rooms. However, please ensure that wet vanity areas are left clean.

WHEN TAKING A TREATMENT

- Please arrive in good time to enjoy the facilities and ensure that you are ready to be collected by your therapist at the allotted time.

TIME LOST THROUGHLATE ARRIVAL WILL RESULT IN A SHORTENED OR AMENDED TREATMENT BEING OFFERED WITHOUT REFUND.

- Underwear or suitable swimwear should be worn into the treatment room and during treatments. For some treatments you will be provided with disposable underwear by

your therapist, and suitable towel draping will be used at all times.

•During treatments, please let your therapist know if you are comfortable or uncomfortable, too warm or too cold, or if their pressure is too light or too firm. Your comfort and care is our greatest concern and priority.

•If you have a particular injury or physical condition, please explain it to the therapist. They can suggest appropriate adjustments to the treatment for your comfort and enhancement.

•There is no pressure to talk during a treatment. It is entirely up to you. If you have any questions or would like to talk, certainly do so. The therapist will take their cues from you.

•If you are quiet they will be too.

•We hope you enjoy this interlude of pampering and relaxation.

•Your comments are always welcome.

SPA TOURS

Spa Tours are by appointment only and can be conducted outside of the spa's operating hours.

CANCELLATION POLICY

Please note 6 hours cancellation notice is required for all bookings and services otherwise 50% of the total treatment price will be charged. Credit card details may be required in order to confirm a booking.

LIMEGROVE FITNESS & SPA OPENING HOURS ARE FROM 7:00-23:00 SPA OPENING HOURS 9:00 – 21:00



METROPOL PALACE
A LUXURY COLLECTION HOTEL

Belgrade

Bulevar kralja Aleksandra 69, 11000 Belgrade.

TELEPHONE: +381 11 3333 111

Hotel Guests call direct for enquiries on 111

EMAIL: spa@metropolpalace.com
www.metropolpalace.com



L I M E G R O V E

F I T N E S S & S P A

At METROPOL PALACE



Managed by WW ExclusivelySpa LTD
www.exclusivelspa.com