



# Wellness



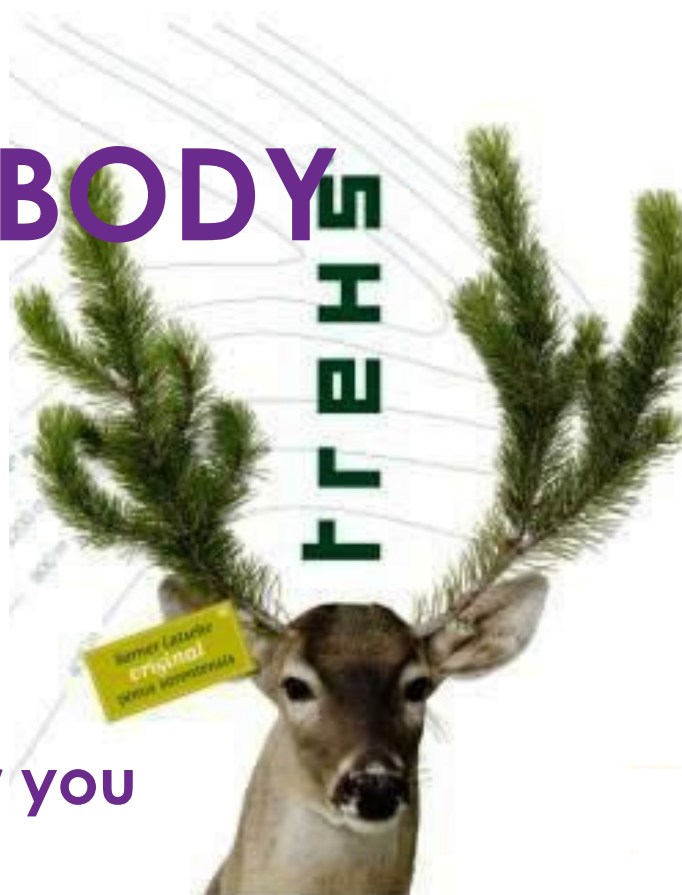
HOTEL KOMPAS  
Bled

Welcome to the friendly ambience of our wellness with more than 25 years of family tradition. Behind us are many years of experience in the field of sport and wellness. We have helped many famous athletes and other recreational in rehabilitation . Commitment to work for all those who want to pamper with us .

**Therefore you are welcome here, too.**

## -MASSAGE -FACE and BODY CARE

- whirlpool
- saunas
- swimming pool
- nail care
- romantic pool just for you
- fitness
- squash



Open:  
Every day 9.00 – 12.00 & 15.00 – 21.00  
July & August 9.00 – 21.00

# THE BEST FOR YOUR BODY



## TREHS® rejuvenating peeling

For all those who want to make their skin look youthful and healthy, we have prepared a rejuvenating body scrub. With natural exfoliation TREHS®, remove dead skin cells and thereby improve blood circulation. Mild exfoliating massage performed at the same time also helps mental relaxation. For all that you have a very rough (rash after depilation, shaving) and scaly skin, we use pumpkin-sponge and after the treatment you also receive one for home use.

Full body peeling	30 min	29 €
Full body peeling with pumpkin sponge	30 min	33 €

## TREHS® relaxing swedish massage

A rich skincare formula in TREHS® massage oil is designed for luxurious invigorating body massage, which wraps the skin with velvety softness and leaves a wonderful feeling of freshness on the skin throughout the day.

Full body	50 min	56 €
Partial (back, legs, foot, arms,...)	25 min	33 €

## TREHS® sport massage

Heal sports injuries with sport massage. It is intended for amateur and professional athletes who want to make a faster recovery after injury. Sports massage cream TREHS® from Sarener pine warms the muscles, nourishes and protects. After the massage we make a great finish with a cooling sports cream TREHS®, which creates a muscle “kneipp” effect and thereby accelerate the healing of muscle and connective tissue.

Full body	50 min	56 €
Partial	30 min	40 €
Partial	20 min	30 €

## TREHS® trigger point massage

Physiotherapy techniques to relieve or eliminate of myofascial pain syndrome with sports massage cream TREHS® from mountain pine.

Trigger point	20 min	25 €
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## Cryo therapy

Best for muscle regeneration after high-intensity training. Cooling the tissue results in increased secretion of transmitters in nerve fibers, thus significantly increases the metabolism and all enzymatic processes in the cell. Cooling massage also reduces pain in injuries such as sprains, fractures, muscle overload, etc.

Cryo therapy	20 min	25 €
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## TREHS® anti-cellulite massage

Anti-cellulite massage treats the problem areas on your body (legs-hips or belly-hand ...). Anti-cellulite cream TREHS® rich in active ingredients and when used in intensive massage stimulates the function of lymphatic system and thereby promotes elimination of cellulite.

Anti-cellulite massage	30 min	45 €
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## Lymphatic drainage

The Green Press 8 has been designed on a principle of manual lymph drainage, the inflatable cuffs imitates the work of hands, and drain legs, buttocks and abdomen. Pressure therapy is always great and offers visible results in both cellulite reduction (*with optional anti-cellulite body wrap treatments*) as well as swollen legs and varicose veins. It is also an excellent treatment of lymphedema, it improves blood flow to the tissues and helps reduce swelling of all kinds. Especially recommended for recovery after ankle sprain and after surgery of ankle, knee or hip.

Lymphatic drainage	50 min	25 €
Lymphatic drainage + bio anti-cellulite bodywrapp TREHS®	70 min	40 €



## Nail bed relaxation

If you want to get into an alpha state of relaxation - perfect relaxation, after massage we recommend you fakir-bed (relaxation on nails), which is our specialty. Lying on a bed pierced with hundreds of nails cause the body relaxation. Due to the nails pressures on acupuncture points, the body is completely calm and enters the alpha state, which allows immense relaxation for body and spirit.

Nail bed relaxation	30 min	20 €
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# MAKE YOUR FACE LOOK YOUNGER



## **TREHS® Sarner rejuvenating face peeling**

Rejuvenated skin is clean skin and we achieve with the gentle peeling from Sarner pine TREHS®, which moisturises and refreshes the skin, while giving it an even tone. First of all your skin is gently cleaned with milk that cleanses the pores and does not irritate the skin, then we give you a gentle massage with exfoliation which makes your skin shine.

Face + cleavage

15 min

16 €

## **GOLD 24 Ka refreshing face massage**

Massage Oil GOLD 24 Ka contains pure gold combined with regenerative rosehip oil, with its rich anti-aging skin care formula is a great impact on your delicate facial skin and restores its shiny appearance. Facial and cleavage massage will also reassure your mind.

Face + cleavage

20 min

27 €

## TREHS® face lifting

Let your skin looks toned and firm. First of all we clean your skin with a cleansing milk, then we restore your skin tone, heal damage to the skin and create a lifting effect with excellent bio tonic from grape wine water TREHS®.

Face

15 min

17 €

## TREHS® acqua vinea nobilis face treatment

Treat your face to the best vine has to offer. First of all we clean your skin with a cleansing milk TREHS®, which ensures an even complexion. Then we make a moisturizing scrub TREHS® from dwarf pine cones, which is suitable for delicate and sensitive skin of the face. Excellent bio tonic water TREHS® evens out skin tone, heals skin damage and has a lifting effect. For a rejuvenating effect we use absorbent mask TREHS®, whose active ingredients give a feeling of freshness on your face and cleavage.

Face treatment

55 min

65 €



## FOR THE ONES IN LOVE



### Late night swimming and sauna just for you two

Relaxation in romantic atmosphere in the pool and whirlpool, with a choice of outstanding fragrances for water (3 different), just for the two of you. Treat yourselves to one visit to the sauna and overheat your bodies. After 9 o'clock you can spoil yourselves in the candlelight and you can enjoy the best Slovenian sparkling wine. Prior to this, you can treat your bodies to a regenerative massage with golden oil GOLD 24 Ka or bio-oil from Sarner pine TREHS®.

*Reservations at tel. +386 41 787 601 , +386 4 620 5120, no later than 4 pm on the same day.*

Late night swimming	1 h	30 €
Late night swimming + 0,375 L champagne	1 h	40 €
Late night swimming + 0,75 L champagne	1 h	48 €
Late night swimming with champagne + 2 x full body massage	2h	145 €
Late night swimming with champagne + 2 x partial massage	1,5 h	103 €



# LET YOUR NAILS SHINE



## Manicure or mini pedicure

Hands and feet are a reflection of our beauty, so make sure they are cared for and your nails shine. Cuticle care, nail/toe shaping into the desired shape, removing impurities from the nails/toes and professional nail painting will make your hands or feet beautiful. Your hands and feet will look cared for after the application of natural cream TREHS®.

Manicure	45 min	22 €
Mini pedicure	45 min	22 €

## Nail polish

Nail polish on hands or feet in any color, which you can also add a little painting and pearls.

Polish 10 nails	25 min	10 €
Polish 20 nails	45 min	18 €

## Gel polish

Parmanent gel polish concerns such as lacquer and is stable as a gel. Your nails will shine from 2-4 weeks.

Gel Polish 10 nails	50 min	28 €
Gel Polish 20 nails	110 min	50 €



# FITNESS



A pleasant space with modern equipment and professional staff is available to all who want to take care of health and beauty of their body. In the gym we have SokolGym equipment, Technogym, Life Fitness and Tunturi. After a hard workout you can also enjoy freshly prepared protein shakes, energy bars etc. Top manufacturers of sports and bio nutrition - AMsport, PlanetBio ...

Using fitness		GRATIS
Protein shake	0,5 L	2,5 €
Energy and protein bars		2 € - 3€
L-carnitine drink	0,5 L	3 €



# SWIMMING POOL

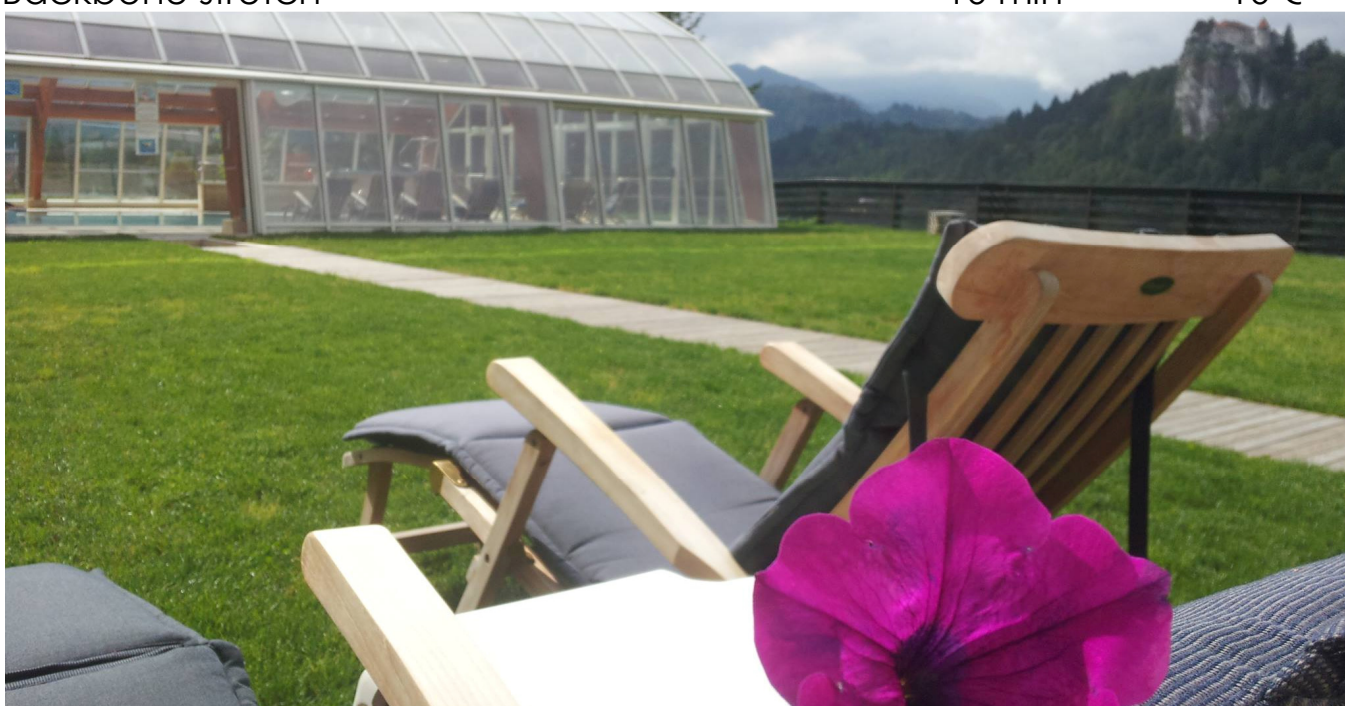


You can exercise your body in the water, where this form of recreation is even more enjoyable because of our sense of ease body. We do also have a water fitness which is the innovation of largest world know inventor Mr. Peter Florjančič. It is a premium solution to eliminate many injuries and great for the spine rehabilitation.

Using pool and massage pool  
Backbone stretch

10 min

GRATIS  
10 €



# SAUNA

## finnish, infra-red and turkish



Sauna is a deep cleansing or detoxification of the body. It increases blood circulation, due to an accelerated heartbeat. The skin improves the circulation and therefore turns pink. Because of accelerated renal function waste and toxic substances are eliminated. The warm air relaxes the muscles and joints, improves the function of internal organs, prevents both physical and mental stress, improves blood circulation; and thus better blood circulation, causing profuse sweating, which cleans body.

You can also use salt peeling in finish or steam sauna for better cleaning.

1 person

10 €

Salt for peeling in the sauna

1 €



# SQUASH

## 1 squash hour = 45 min



Squash is a game for 2 with racket and rubber ball in place with 4 walls. Is one of the most intense sports played by the most recreations on the world. **Journal FORBES** label squash as **the healthiest sport in planet**. We have 1 court and **the best club in Slovenia** with 83 medals from nationals in just 7 years of existence.

Morning	9.00 – 12.00	8 €
Afternoon	15.00 – 21.00	11 €
Rent – a – racket		2 €
Rent – a – shoes		2 €

FITNES SQUASH SAVNA BAZEN MASAŽA

# FENIKS

BLLED

*Najboljši kraj za rekreacijo!*