

TERME PORTOROŽ



Price List
2019-2020

The World of Healthy Experiences

TERME PORTOROŽ

Modern
medicine

Diagnostics
[Medical center](#)

Prevention,
treatment and
rehabilitation
[Medical center](#)

Aesthetic, anti-aging
and regenerative
medicine
[Center for
aesthetics and
anti-aging](#)

Physiotherapy
[Medical center](#)

Traditional
methods

Thalassotherapy
[Thalasso center](#)

Ayurveda
[Shakti – Ayurveda
center](#)

Traditional Chinese
methods

Wellness

Traditional Thai
massages
[Wai Thai center](#)

Beauty treatments
[Beauty center](#)

Sauna Park

Spa

Swimming-pools
with thermal
Prehistoric Sea

Swimming-pools
with heated sea
water
[Sea Spa](#)

Recreation

Guided activities
in the healthy
sea air
[Act-ion](#)

Fitness center
and
guided exercise
[LifeFit](#)

The Mediterranean

A healthy natural environment, a protective diet, healing local elements

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1. Medical Center

The Medical Center specialises in programmes for treatment and prevention of locomotor system disorders, health conditions related to stress, metabolic issues, chronic respiratory diseases and skin problems.

Examinations

Examination by a thermal therapy physician	45 €
Follow-up examination by a thermal therapy physician	35 €
Examination by a thermal therapy physician – various specialties	100 €
Follow-up examination by a specialist doctor	60 €

Diagnostics and laboratory tests

Densitometry – bone density diagnosis and consultation with a physician	58 €
Diagnostic ultrasound (neck vessels, peripheral vessels, abdomen, heart, joints)	75 – 200 €
Laboratory tests (basic / extended / hormone tests – small or large package / PSA and U-PSA tumour prostate marker)	49 – 470 €

Acupuncture

Needle acupuncture / Dry needling – the first session includes a medical examination	49 €
Needle acupuncture / Dry needling – subsequent sessions	39 €
Carboxy pain relief therapy (single location)	49 €

Physiotherapy

Initial assessment of muscle strength and joint mobility by a physiotherapist	25 €
Final assessment of muscle strength and joint mobility by a physiotherapist	20 €
Individual exercises / breathing exercises with a physiotherapist – to improve posture, joint mobility, muscle tone and strength (20 min)	37 €
Group exercises in the gym / Group water gymnastic (20 min)	10 €
Electrotherapy (single location) – TENS / DDT / IFT / Magnetotherapy / Ultrasound therapy / Biostimulation light therapy / IR therapy / Lasertherapy / Intermittent traction	20 €
Hilt therapy – high-intensity laser therapy (single location)	40 €
Kineziotaping / Lymphotaping (single location)	30 €
Shockwave therapy – pain relief therapy with shock waves (single location)	50 €

Manual therapy and mechanotherapy

	min	
Pain relief manual therapy	20	35 €
	40	55 €
Medical manual lymphatic drainage	20	35 €
	40	60 €
Craniosacral therapy to stimulate natural healing processes	50	65 €
Trigger point therapy	20	45 €
Medical pressotherapy	40	35 €

2.

Center for Aesthetics and Anti-Aging

Where state-of-the-art technology meets non-invasive medical treatments. To regain a youthful look and revitalise the body.

Examinations and consultations

Examination by a thermal therapy physician – various specialties	100 €
Consultation with a nurse	15 €

Measurements and diagnostics

Food intolerance test with medical interpretation of the results	115 €
Antioxidants and free radicals tests with medical interpretation of the results	65 €
Hologic – body structure diagnosis with medical interpretation of the result	50 €
Body structure diagnosis and anthropometry with medical interpretation	50 €

Laser treatments

Laser hair removal – single location	40 – 400 €
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Botox and dermal fillers*

Wrinkle correction with botulinum toxin – botox:	
· one aesthetic unit	100 € + toxin
· all aesthetic units for face and neck	350 € + toxin
· excessive sweating (one armpit)	150 € + toxin
Volume correction with fillers – one aesthetic unit	100 € + filler

* The final price depends on the material used. The price is determined by the doctor before the service is carried out. The price list of fillers is available at the reception of the Center for Aesthetics and Anti-Aging and at the reception desk of Terme Portorož.

Aesthetic treatments for facial and body rejuvenation

	min	
Rejuvenation with patient's own blood plasma – PRP (single location)	150 – 300 €	
Microneedling (one location) – treatment against scars, stretch marks, wrinkles, to improve skin quality, to reduce enlarged pores	45 – 450 €	
Needle mesotherapy – face / neck / décolleté / hands (first ampoule 1 ml)	140 €	
CooLifting treatment for deep skin regeneration with immediate effect (one location)	97 €	
Anti-aging plasma treatment:		
· wrinkle correction	50 – 400 €	
· non-surgical eye lifting	450 €	
· neck rejuvenation	450 €	
· décolleté rejuvenation	450 €	
· removal of skin blemishes	30 – 250 €	
· scar treatment	80 – 160 €	
Needle Carboxy therapy to reduce localised fat – face	50 €	
Needle Carboxy therapy to reduce localised fat – body (partial)	75 €	
Needle Carboxy therapy to reduce localised fat – body (large)	95 €	
Carboxy dry bath for healthy peripheral vessels / anti-cellulite / for faster tissue regeneration	20 40 60	30 € 50 € 70 €
Medical cellulite removal with shock wave		120 €
Aesthetic lymphatic drainage – face / body	20 40	40 € 57 €
Aesthetic acupuncture – lifting	40	85 €
Aesthetic acupuncture – rejuvenation	40	125 €

3.

Thalasso Center

The gifts from the sea with healing elements with high mineral content. For effective relaxation as well as preventive, corrective and beauty treatments.

Consultations

Balneology consultation	20 €
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Wraps and peelings

	min	
Therapeutic mud (fango) wrap – partial	20	29 €
Therapeutic mud (fango) wrap – large	20	39 €
Therapeutic mud (fango) hand treatment	20	29 €
Detox fango body wrap	20	39 €
Anti-cellulite mud (fango) wrap	20	42 €
Complete body algae wrap	20	45 €
Anti-cellulite algae wrap – partial	20	39 €
Mediterranean peeling with unrefined salt of the Sečovlje salt pans, olive and essential oils of Mediterranean plants	20	35 €
Salt peeling with unrefined salt from the Sečovlje salt pans	20	30 €

Baths

	min	
Therapeutic bath with brine and chromotherapy	20	39 €
Pearl sea bath	20	35 €
Bath (aromatic / herbal / vitamin / honey / Mediterranean)	20	39 €

Salt chamber therapies and inhalations

	min	
Sea water inhalation	10	12 €
Brine inhalation	10	15 €
Salt chamber therapy – individual	40	30 €
Salt chamber therapy – family (max. 2 adults + 2 children)	40	50 €

Thalasso massages

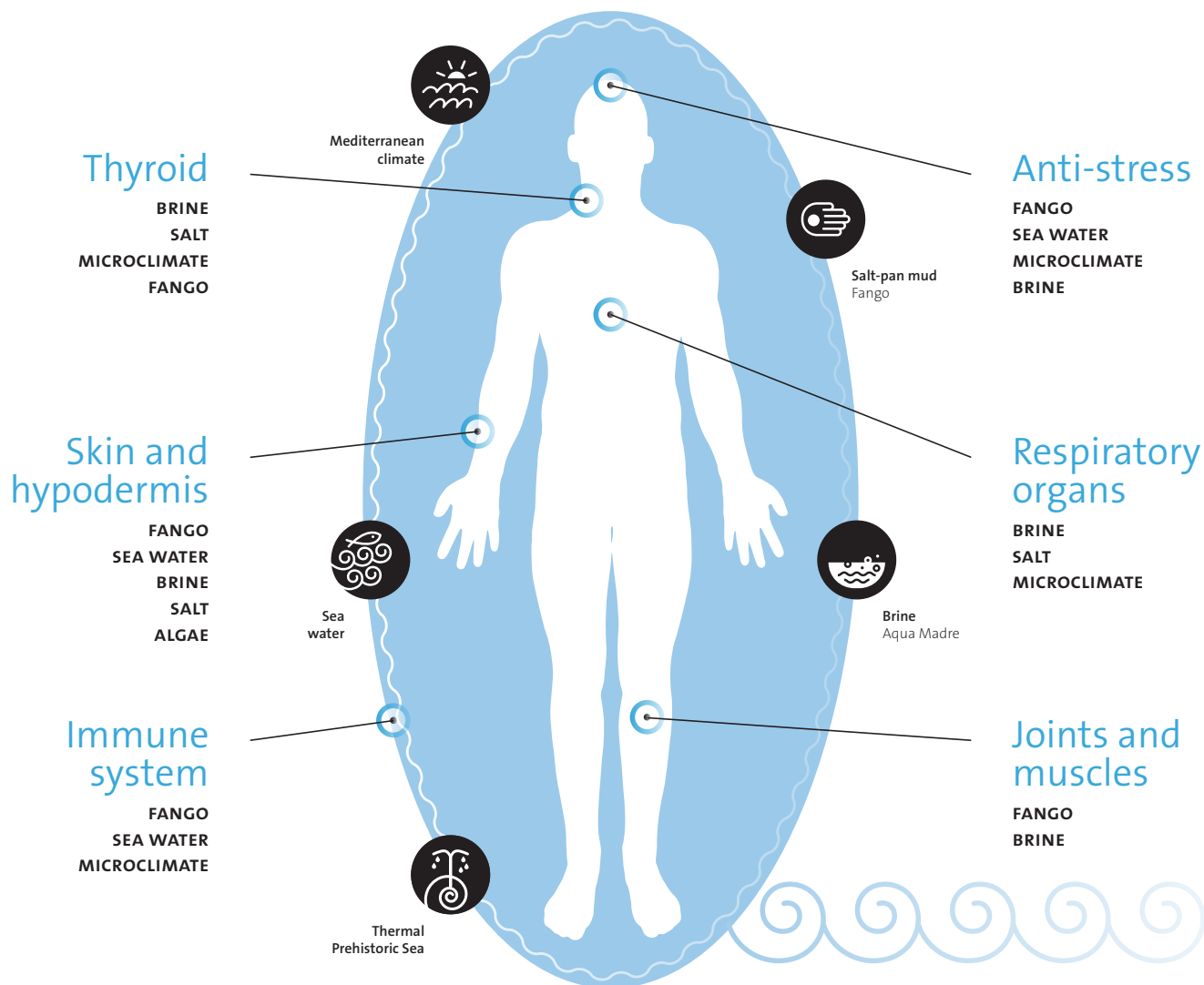
	min	
Healing thalasso massage	20	35 €
Vichy massage with warm sea water	40	55 €
Thalasso massage relax / detox	20	35 €
	40	49 €

Thalasso for children*

	min	
Healing salt therapy – individual	20	30 €
Vichy massage for children	20	30 €
Inhalations for children	10	10 €
BubbleMe – colourful bath for children	15	30 €

* Below the age of 12, parental presence is mandatory.

Here you can actually find a sea of health



4. Wellness

Shakti – Ayurveda Center	13
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SEASON B: 2019

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26. 12. (THURSDAY) – 7. 1. 2020 (TUESDAY)

Do you know what your
Dosha is?



VATA	PITTA	KAPHA
CREATIVE	SHARP-MINDED	RELAXED
IMAGINATIVE	SENSITIVE	FORGIVING
FUN-LOVING	COMPETITIVE	STABLE AND RELIABLE

You can check all this with the Ayurvedic specialist.

Shakti – Ayurveda Center

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Ayurvedic massages

	min	Season A	Season B
Abhyangam – whole body massage with warm oil to establish balance according to the dosha type	40 60 90	49 € 61 € 68 €	55 € 67 € 75 €
Marmabhyangam – massage with warm oil and stimulation of energy points	45	57 €	63 €
Neerabhyangam – Ayurvedic lymphatic drainage	60	62 €	69 €
Abhyangam and Othadam – complete massage with warm oils and herbal bundles	80	71 €	79 €
Shakti – relaxing four-handed Ayurvedic massage with warm oil	50	88 €	97 €
Jumbira Pindam – Ayurvedic pain-relief massage with bundles	50	67 €	74 €
Pinda Swedana – rejuvenating massage with rice bundles	60	71 €	79 €
Padabhyangam – Ayurvedic foot and leg massage	40	46 €	51 €
Ayurvedic back massage	30	41 €	46 €
Shiro Abhyangam – anti-stress head massage	30	41 €	45 €
Muhabhyangam – massage and stimulation of facial points	30	41 €	45 €
Ayurvedic massage for children (aged between 5 and 14) with warm coconut oil	40	41 €	45 €
Shirodhara – pouring liquids on the forefront/ deep relaxation and calming	45	88 €	97 €
Kapha body massage – with warm oil and drainage powder	80	72 €	80 €
Abhyangam anti-cellulite massage	60	67 €	74 €

Ayurvedic counselling

	min	Season A	Season B
Consultation with the Ayurvedic specialist at four levels (physical, cognitive, emotional and spiritual)	60	55 €	63 €
Consultation with the Ayurvedic specialist according to the dosha type	30	38 €	42 €
Short consultation with the Ayurvedic specialist – counselling about the services depending on the current condition	15	18 €	20 €

Holistic approach for improved well-being using traditional Ayurvedic expertise.

How does the traditional Thai massage work?

Massage therapist

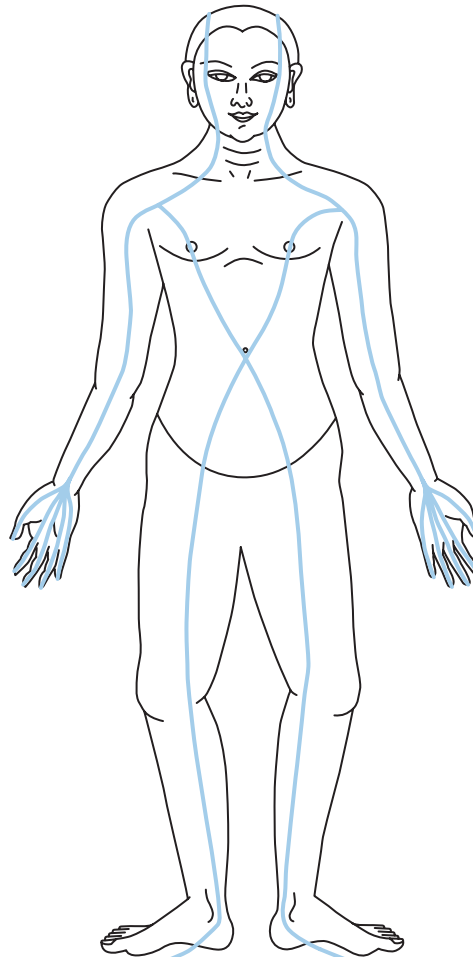
The massage therapist's
meditation before
the start of the massage

+

Physical strength
of the massage
therapist



Focusing of the
massage therapist on
energy lines
Sen



Your well-being

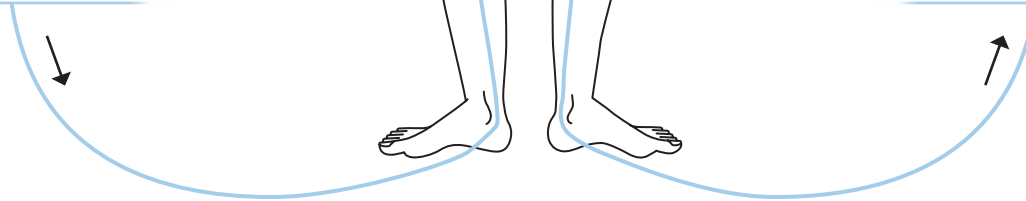
Total relaxation
and regeneration

+

Detoxification of
your body and spirit



Improved flow
of your energy lines
Sen



Wai Thai Center

15

Massages

	min	Season A	Season B
Wai Thai massage – a combination of traditional Thai massage and aromatic oil massage	50	59 €	65 €
	80	72 €	79 €
	120	105 €	115 €
Traditional Thai massage – performed on a dressed person by pressing on acupressure points and with traction	50	59 €	65 €
	80	72 €	79 €
Thai massage with selected aromatic oils – for mental and physical relaxation	50	59 €	65 €
	80	69 €	76 €
Thai massage with warm herbs and oils using herbal bundles – for joint and muscle pain relief	30	42 €	46 €
	50	62 €	68 €
	80	75 €	83 €
Thai lymphatic drainage with aromatherapy – stimulates lymphatic system, eliminates cellulite and detoxifies	50	57 €	63 €
	80	64 €	70 €
Hawaiian oil massage – intense massage using elbows and forearms	50	56 €	62 €
Hot volcano stones massage – relaxing massage to relieve stress, headache and pain	80	75 €	83 €
Hot oil massage on an Oriental table – massage on a heated table using warm oils	50	66 €	73 €
Oriental foot and hand massage – massage of reflex points for body balance	50	47 €	52 €

	min	Season A	Season B
Oriental foot massage – massage of reflex points to improve internal organ function	40	45 €	49 €
Thai anti-stress back massage – to relieve pain and reduce stress	20	39 €	42 €
Thai anti-stress face, head and décolleté massage	20	39 €	42 €

Rich tradition of Thai massages and natural facial and body care treatments.

Beauty programmes	min	Season A	Season B
NATURAL BODY CARE PROGRAMMES			
Thai detox – detoxification and anti-cellulite body programme	70	67 €	74 €
Rejuvenating and firming body programme using d-age serum and cream	60	62 €	68 €
Whole body Thai peeling with tamarind / honey / ginger / lemongrass	30	37 €	41 €
Antioxidant body Thai peeling with a mixture of salt and essential papaya and coconut oils	30	37 €	41 €
NATURAL FACIAL CARE PROGRAMMES			
Wai Thai facial care	90	72 €	79 €
Rejuvenating facial care programme with relaxing aromatherapy	75	89 €	97 €
Revitalising and antioxidant facial care programme	60	59 €	65 €
Intense nourishing facial care with natural and organic active ingredients	45	55 €	61 €
FOOT AND HAND CARE			
Royal pedicure	90	60 €	66 €
Royal manicure	90	60 €	66 €
Classic pedicure	50	45 €	50 €
Natural manicure	45	39 €	43 €

Massages for pregnant women	min	Season A	Season B
Thai body massage for pregnant women	50	57 €	63 €
	80	62 €	69 €
Thai back massage for pregnant women	20	36 €	40 €

Beauty Center

17

Facial care

	min	Season A	Season B
Royal facial care (personalized facial care for the individual needs of the skin with deep cleanse)	90	89 €	98 €
Prestigious anti-aging face treatment with caviar	60	100 €	110 €
À la carte facial care	60	68 €	75 €
Face massage and mask according to the type of skin	40	42 €	47 €
Deep facial cleanse and mask	60	50 €	55 €

Facial beauty treatments

	min	Season A	Season B
Professional skin analysis	20	20 €	22 €
Rejuvenating oxygen lifting care with needle roller – first visit	60	119 €	131 €
Rejuvenating oxygen lifting care with needle roller – subsequent treatment	60	85 €	94 €
Oxygen lifting facial and décolleté care	60	75 €	83 €
Facial Maderotherapy	40	42 €	47 €
Eye area care	35	35 €	39 €

Body care

	min	Season A	Season B
À la carte body care (anti-aging / anti-cellulite / firming)	80	78 €	86 €
Body Maderotherapy (legs, hips, buttocks, lumbar area, arms)	50	52 €	57 €
Body Maderotherapy (legs, hips, buttocks)	30	32 €	35 €
Dry brushing to improve blood flow	10	15 €	17 €

Body-shaping and anti-cellulite machine treatments

	min	Season A	Season B
Slim Up – combination of muscle electro-stimulation and infrared light	40	32 €	36 €
Pressotherapy with body wrapping – mechanical lymphatic drainage with emulsion application and wrapping	30	32 €	36 €
Pressotherapy – mechanical lymphatic drainage	30	25 €	28 €
Cellulite removal using vacuum massage	45	62 €	69 €

Hair removal

	Season A	Season B
Leg depilation – complete (including bikini area)	32 €	35 €
Leg depilation – partial (legs / hands / back / chest)	27 €	30 €
Brazilian depilation	22 €	25 €

Using human touch and modern technology to achieve wonderful skin and well-being.

Natural hand care	min	Season A	Season B
»Portorož« manicure – hand peeling, nail care and varnishing, mask and massage	75	57 €	63 €
Natural nail care – manicure	45	39 €	43 €
Nail varnishing		7 €	8 €

Natural foot care	min	Season A	Season B
»Portorož« pedicure – bath, foot and toenail care, peeling, mask and massage	90	60 €	66 €
Pedicure – classic	50	45 €	50 €
Special pedicure – callus removal, ingrown toenail repair	60	55 €	61 €

Massages for relaxation and well-being	min	Season A	Season B
Massage of the face, neck and décolleté – anti-age / anti-stress	20	26 €	29 €
Hand massage and mask	30	36 €	40 €
Manual anti-cellulite massage	30	36 €	40 €
Classic manual body massage with aromatic oils	40	49 €	54 €
Classic partial massage with aromatic oils (back / legs)	20	28 €	31 €
Cosmetic manual lymphatic drainage	40	55 €	61 €
Reflex zone foot massage	40	50 €	55 €

Studio Eternal
(Nail & Hair Studio)

Gel nail extensions (new application)	55 €
Gel nails repair	49 €
Gel reparation of a single nail	8 €
Permanent varnish with mini manicure	35 €
Permanent varnish with mini pedicure	35 €
Microblading or the Japanese method of drawing eyebrows	185 €
Permanent makeup (eyeliner, lip contouring and shading)	185 – 300 €
Eyelash extension	90 €
Neyes Brows technique	39 €
Lash lift technique for colour-contouring eyelashes	45 €
Makeup (everyday, evening, wedding)	70 – 150 €
Children's haircut	10 – 15 €
Women's haircut	20 – 25 €
Men's haircut	15 – 20 €
Blow-dry	20 – 35 €
Coloring	40 – 60 €
Creative dyeing	50 – 80 €
Highlights	45 – 65 €
Medical hair treatment	15 – 20 €
Elegant hairdo	35 – 65 €
Extensions (pcs)	4 – 5 €

5. Spa and Recreation Center

Swimming-pools with thermal Prehistoric Sea	20
Swimming-pools with heated sea water – Sea Spa	20
Sauna Park	21
LifeFit – fitness center and group exercises	21

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Swimming pools with thermal Prehistoric Sea

	Children and seniors	Adults
Non-resident guests:		
· 2 hours	8 €	11 €
· 4 hours	11 €	15 €
· 4 hours family ticket (max. 2 adults + 2 children until 12 years of age)		37 €
· Saturday, Sunday and holidays – 2 hours	9 €	13 €
· Saturday, Sunday and holidays – 4 hours	13 €	18 €
· Saturday, Sunday and holidays – 4 hours family ticket (max. 2 adults + 2 children until 12 years of age)		44 €
Subscriptions:		
· 10 entrances – 2 hours	72 €	99 €
· 6-month pass – 2 hours		300 €
· Annual pass – 2 hours		450 €
· Annual pass – 4 hours		640 €
Bathrobe rental		7 €
Towel rental		4 €
Loss of a chip card		11 €
Late charge – additional hour		6 €

Experience the primal energy of the thermal
Prehistoric Sea.

Swimming-pools with sea water – Sea Spa

	Children and seniors	Adults
Non-resident guests:		
· 2 hours	9 €	12 €
· 4 hours	12 €	17 €
· Saturday, Sunday and holidays – 2 hours	11 €	15 €
· Saturday, Sunday and holidays – 4 hours	14 €	19 €
SEA SPA – SAUNAS		
Non-resident guests:		
· 2 hours		19 €
· 4 hours		24 €
· Saturday, Sunday and holidays – 2 hours		24 €
· Saturday, Sunday and holidays – 4 hours		30 €
Hotel guests:		
· 2 hours		12 €
· 4 hours		20 €
· Saturday, Sunday and holidays – 2 hours		15 €
· Saturday, Sunday and holidays – 4 hours		25 €
Bathrobe rental		7 €
Towel rental		4 €
Loss of a chip card		11 €
Late charge – additional hour		7 €

Dive into the world of marine adventures.

Sauna Park

Hotel guests:	
· 2 hours	12 €
· 4 hours	20 €
· Saturday, Sunday and holidays – 2 hours	15 €
· Saturday, Sunday and holidays – 4 hours	25 €
Non-resident guests:	
· 2 hours	19 €
· 4 hours	24 €
· Saturday, Sunday and holidays – 2 hours	24 €
· Saturday, Sunday and holidays – 4 hours	30 €
Subscription Sauna Park and thermal Prehistoric Sea:	
· 10 entrances – 4 hours	200 €
· 3-month pass – 4 hours	400 €
· 6-month pass – 4 hours	500 €
· Annual pass – 4 hours	820 €
Bathrobe rental	7 €
Towel rental	4 €
Loss of a chip card	11 €
Late charge – additional hour	6 €

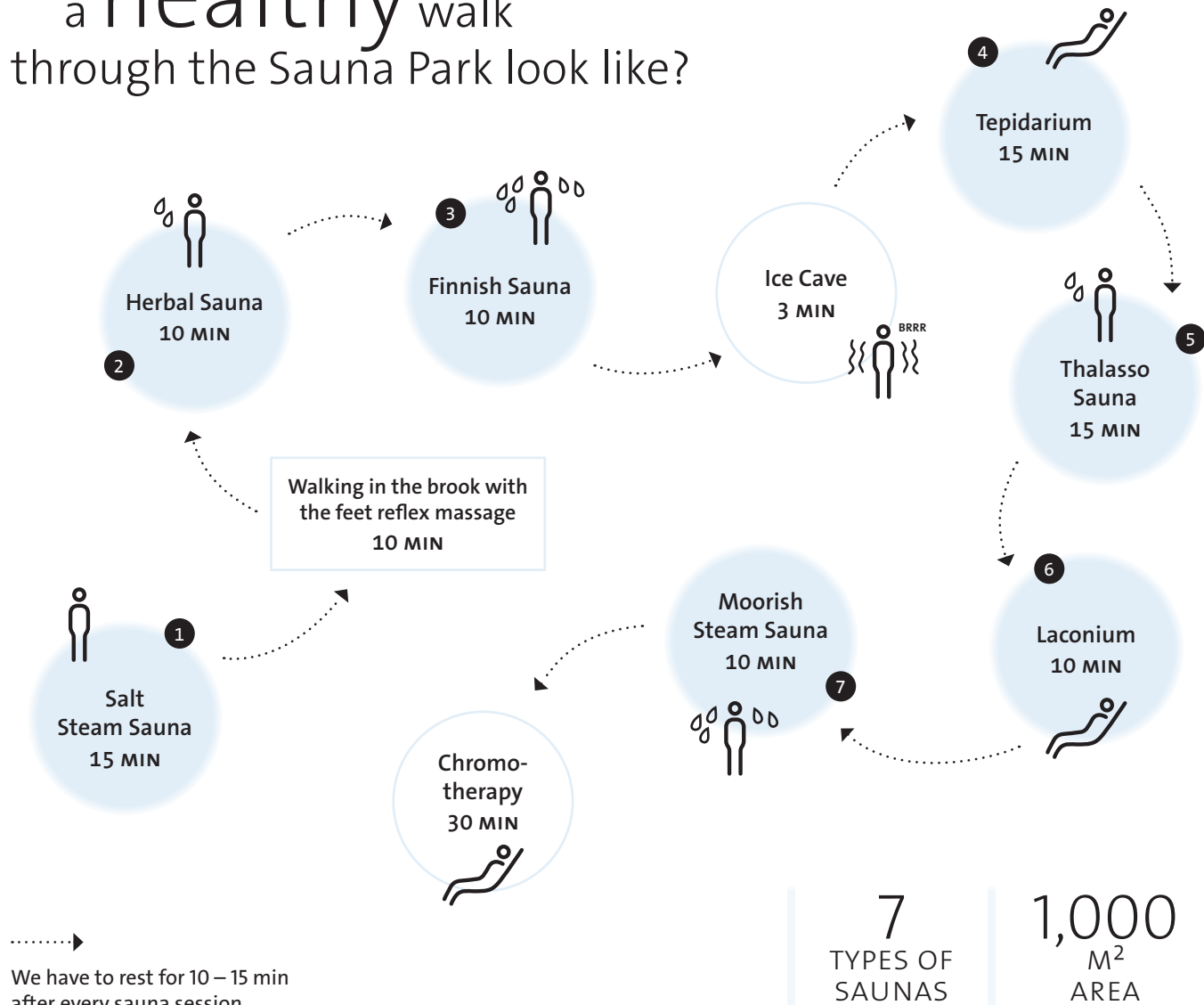
Forget about the time, worries and stress while enjoying beneficial effects of heat in seven different types of sauna.

LifeFit – fitness center and group exercises

Fitness – single visit	9 €		
Fitness – monthly pass	49 €		
Fitness – monthly pass (students / pensioners / morning)	40 €		
Fitness – 3-month pass	140 €		
Fitness – 6-month pass	240 €		
Consultation and preparation of an individualised fitness programme	32 €		
Individual training (60 min)	29 €		
Fitness – single visit – Hotel guests	6 €		
Group exercise classes – hotel guests:			
· breathing exercises – single visit	4 €		
· yoga / meditation – single visit	7 €		
Group exercise classes – non-resident guests:			
· yoga / meditation – single visit	11 €		
· yoga / meditation – twice weekly (monthly pass)	40 €		
· yoga / meditation – unlimited (monthly pass)	50 €		
Dietary Counselling (Nutritionism):			
	min	Season A	Season B
· Short consultation with a nutritional expert	20	18 €	20 €
· Consultation with a dietary professional (nutritionist)	60	60 €	65 €
· Preparation of a diet plan to take home (mandatory prior consultation with a nutritional expert)		90 €	99 €
· Individual nutrition workshop with a nutritional expert (mandatory prior consultation)	45	45 €	49 €

Modern center for healthy workout.

How does
a **healthy** walk
through the Sauna Park look like?



6.

Programmes

Day Spa programmes	24
Programmes for couples	25

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Day Spa programmes

	Season A	Season B
Relax Day Spa	45 €	50 €
1 × Entrance to the Sauna Park and swimming pools with thermal Prehistoric Sea (up to 4 hours)		
1 × Classic partial massage with aromatic oils – back / legs (20 min)		
Shakti Day Spa	73 €	79 €
1 × Entrance to the Sauna Park and swimming pools with thermal Prehistoric Sea (up to 4 hours)		
1 × Marmabhyangam – massage of energy points (45 min)		
Wai Thai Day Spa	65 €	71 €
1 × Entrance to swimming pools with heated sea water (up to 4 hours)		
1 × Wai Thai massage (50 min)		
Vital Day Spa	62 €	69 €
1 × Entrance to the Sauna Park and swimming pools with thermal Prehistoric Sea (up to 4 hours)		
1 × Classic manual body massage with aromatic oils (40 min)		
Thalasso Day Spa	84 €	89 €
1 × Thalasso experience (salt peeling, mud wrap and quick massage)		

The programmes are not performed during the closure of the swimming pools and the Sauna Park:

- The swimming-pools with thermal Prehistoric Sea are closed from 1 July to 11 July 2019
- The Sauna Park is closed from 1 July to 2 August 2019

Programmes for couples

Shakti – Ayurveda center

1. Abhyangam and Othadam programme	238 €
(FOR TWO PERSONS)	120 min
1 × Herbal emulsion bath	20
1 × Abhyangam and Othadam	80
1 × Traditional steam sauna	20

2. Ayurveda for You and Me	191 €
(FOR TWO PERSONS)	80 min
1 × Herbal emulsion bath	20
1 × Abhyangam massage	40
1 × Traditional steam sauna	20

Wai Thai center

1. Perfect Romance for Two	279 €
(FOR TWO PERSONS)	140 min
1 × Relaxing aromatic steam bath	20
1 × Jacuzzi (plus a glass of sparkling wine)	20
1 × Wai Thai massage	80
1 × Anti-stress face, scalp and décolleté massage	20

2. Thai Pampering for Two	159 €
(FOR TWO PERSONS)	70 min
1 × Invigorating Jacuzzi with refreshing aromatic oils (plus a glass of sparkling wine)	20
1 × Wai Thai massage	50

Recommendations and tips

How to use spa treatments

- These treatments are intended for healthy adults. Before beginning any treatment, people with more serious disorders should consult their personal doctor or the doctor at Terme Portorož.
- If you have any medical issues, please inform your therapist before the treatment and follow their instructions.
- We advise you not to drink alcohol or eat heavy meals before the treatment.

In order to enable a smooth and efficient treatment, please observe the following recommendations:

- Come at least 10 minutes before the scheduled appointment. If you are late, the treatment will not be carried out or will have to be shortened.
- Please wear appropriate attire (light cotton clothing, slippers, bathrobe, dry swimwear), without makeup and jewellery. Detailed instructions regarding a particular treatment are available at the reception desk.
- Look after your belongings, valuables and cash. We are not liable for any loss or theft.

Reservations

We recommend that you book the treatment a few days in advance. You may contact us at any of the phone numbers listed below or via wellness@lifeclass.net.

Cancellations

Please let us know about any cancellation a day before your appointment. If you do not cancel your appointment and fail to show up, you will be charged for the treatment.

Gift vouchers

Make your loved ones, friends or business partners happy with pampering and carefree relaxation.

For any information and purchase of gift vouchers please stop by the Terme Portorož reception desk, or call +386 5 692 80 60 or +386 5 692 80 09.

You can browse through all the listed treatments on our website www.lifeclass.net.

Price list is valid from 19 April 2019. The rates are specified in Euros and are inclusive of VAT. Istrabenz Turizem d.d. retain the right to change the rates.

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- The Sauna Park is closed from 1 July to 2 August 2019.