

Health tourism in Croatia

Full of well-being

Don't fill your life with days, fill your days with life.


CROATIA
Full of life

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PHOTO BY IVKO PERVAN



Croatia

Health Tourism





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Get healthy and in shape in Croatia

...Because we have the answer...

Today, being healthy, in shape and feeling good is imperative and a prerequisite for satisfaction and success.

In search of these ideals, more and more people leave their place of residence every year to come back healthier and happier, as well as better...

Because challenges that life imposes on us are getting bigger and bigger...

Croatia, so close and so familiar, has the answer to these expectations: expert knowledge, top technology and an enchanting climate.

And not just that – the pursuit of health has never been so pleasant or so close, tied in with the pleasure of staying in a country of overwhelming beauty, conservation and a never-ending treasury of natural sites, historic monuments, idyllic cities...

Many know this.
Find it out for yourself.

Health tourism in Croatia has natural predispositions, a long tradition and an excellent infrastructure. Naturally and geographically predestined for it, Croatia has been a confirmed health destination for centuries, thanks to its education, expertise and experience.

It is the most beautiful Mediterranean garden with a tenth of its territory under some form of nature protection, eight national parks and eleven nature parks. This country is a desirable year-round destination as it unites beautiful environment, rich history and beneficial climate with the power of tradition and cultural attractions, the expertise of the staff and quality of service, at the same time offering an excellent value for your money.

Written in the history

Natural predispositions, such as a mild, pleasant climate, as well as natural factors and the proximity to European destinations have paved the path of Croatia to health tourism as early as the 19th century. Ever since then, the path has led in the same direction, complemented by new expert knowledge and technology, excellent tourist and transport infrastructure and competitive prices. What is more, the recent national and regional business policies and development documents apply a clear direction, new impetus and a guarantee of service that respects the highest international standards to all forms of health tourism, be it medical or rehabilitation, as well as to wellness offers.

Here, you're more than just a number

A personalized approach and a service package created just for you are complemented by a beneficial climate, plentiful cultural attractions and heaps of flavours.

Many have already discovered the quality and affordability of the local dental services. So many reasons for a prettier and brighter smile!

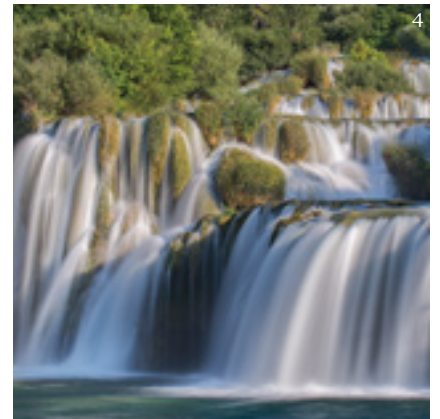
The quest for health is infused with the aroma of pine and lavender, overlooks rolling green hills or the beautiful azure of the sea, has the strength of mountain rivers, the taste of a fresh and healthy meal made from ecologically grown foods, accompanied by a glass of water straight from a spring.

Adopt a dolphin, observe birds in flight, explore the world of caves and the green forests, discover the rich, fertile fields and local dishes... Explore, observe and taste... Fly and fly again, contemplating your ever-growing happiness with every passing day!

Echoes of your childhood

Croatian high-quality healthcare facilities await you offering superior air and water quality, rich thermal springs and healing mud, as well as other gifts of nature, put at the service of your health by your hosts.

2 H. Serdar
3 H. Serdar
4 Krka National
Park, I. Biočina



Well-equipped wellness centres that meet international standards in service quality, and make use of all the benefits offered by this region, will provide you with the same delights.

The scent of rosemary, the touch of the marvellous immortelle on your skin and the local food flavours that you once felt in your childhood return to you here...

Because, here you are never just a number, you follow your desires and restore your vital energy and health.

Even when the sole purpose of your vacation is checking and maintaining your health, you certainly could not have made a better choice. Each new step, breath, and dish prepared for you, a glass of superb wine from the local vineyards, a tasty meal enjoyed in a tavern and the company of a loved one on a bench in a centuries-old park ...the beginning of a new zest for life and the knowledge that you are doing what is best for you, right here and right now

***Because life is beautiful,
once again truly beautiful...***

ISTRIA

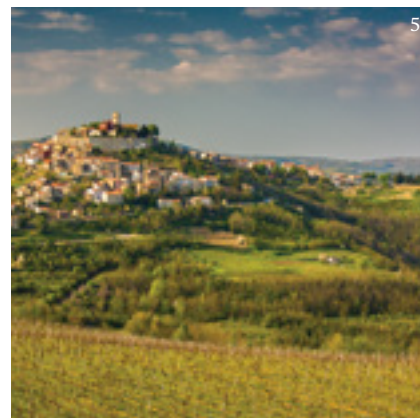
Life in motion

Istria's tourist development has always relied on active holidays as the key for a healthy life. Indeed, this is the perfect way to restore or sustain your vital energy and find that crucial life balance. The quest for all this in the beautiful setting of the Istrian coast, islands and the interior has never been easier – everything here contributed to a pleasant life with the much needed equilibrium between activity and relaxation, eventfulness and peacefulness, as well as attractive offer at your complete disposal.

The inhabitants of the Istrian coast and the interior, dotted with indigenous houses and lavish

villas, lead an active lifestyle where everything is adapted to the needs of contemporary guests. Luxury hotels with a carefully designed and comprehensive offer of wellness services, health tourism on thermal springs, medical facilities and dental offices are all attractions that appeal to guests who want to improve their health, enhance their appearance or simply reduce stress and raise their vital energy.

Istria is a mosaic assembled of copious and varied attractions, where everyone can create their own vacation as the perfect combination of rest, active life and relaxation.



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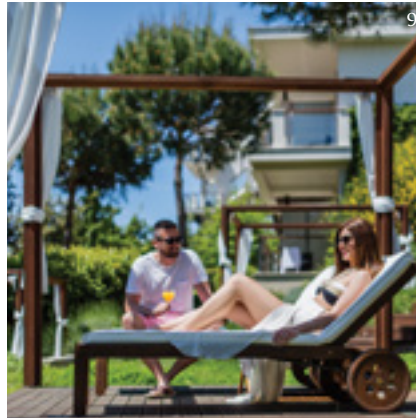
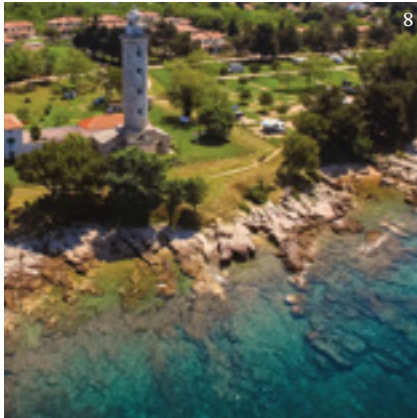


6

5 Motovun, Z. Jelača

6 H. Serdar

- 7 Arena, Pula,
D. Fabijanić
8 Savudrija,
I. Biočina
9 H. Serdar
10 Vineyard,
I. Šeler



But whatever their motivation to go there, everyone will discover that Istria is a region of excellent food and olive oil and outstanding wines, and there is also undeniable proof for this level of quality: international medals from the most prestigious competitions as well as praise from what could be the most finicky critics – guests from around the world. All of them so different and yet so united in their ratings. Istria is also known for its truffles, a unique ingredient in exquisite delicacies, and surely worth the trip.

The local taverns and top restaurants are the places where some of the best chapters in Croatian gastronomy are written, along with the experiences that are worth repeating over and over again.

Romantic Istrian hilltop villages, or the idyllic green interior of this peninsula help restore your energy and joie de vivre, and you can once again, full with enthusiasm, continue with your everyday life. The same, and yet so different.

The north-western part of the Istrian peninsula boasts Istarske Toplice, established at the source of the medicinal water called Sveti Stjepan, whose sulphuric, optimally radioactive warm water full of minerals surfaces in the Motovun forests and flows into the river Mirna.

The medicinal properties were confirmed for the first time through analysis carried out in 1858. Nowadays, it is used in the treatment of chronic rheumatic diseases, dermatological diseases, upper respiratory tract diseases, gynaecological issues and for post-operative recovery.

Istrian hotels offer a wide range of wellness services, providing individual programs tailored to your needs. Expert staff members and equipment fulfilling the highest functional standards are your allies in addressing health or aesthetic issues. You will discover the intoxicating fragrances and healing powers of Mediterranean herbs and cosmetics made from them, nourishing the body and strengthening the spirit...

Istria is also well-known for its network of well-equipped dental clinics with state-of-the-art technology and affordable service that will make your smile even more beautiful...

Combining pleasure and practicality has never been this close.

You will be able to enjoy the various amenities and visit beautiful Istrian towns and monuments. Pula is a city of lights and preserved historical heritage, a city of festivals, museums, as well as numerous cultural events, sports, superb gastronomy...

The Pula Arena is one of the world's best preserved Roman amphitheatres, and a truly special, unforgettable stage for countless music, film and theatre events, and performances by world-renowned and Croatian artists. Perhaps you did not know that the world's largest amphora site is located in Pula – over two thousand of these vessels used to preserve olive oil, wine, salted fish, canned fruit... the tradition has been written long ago, and the future is predetermined...

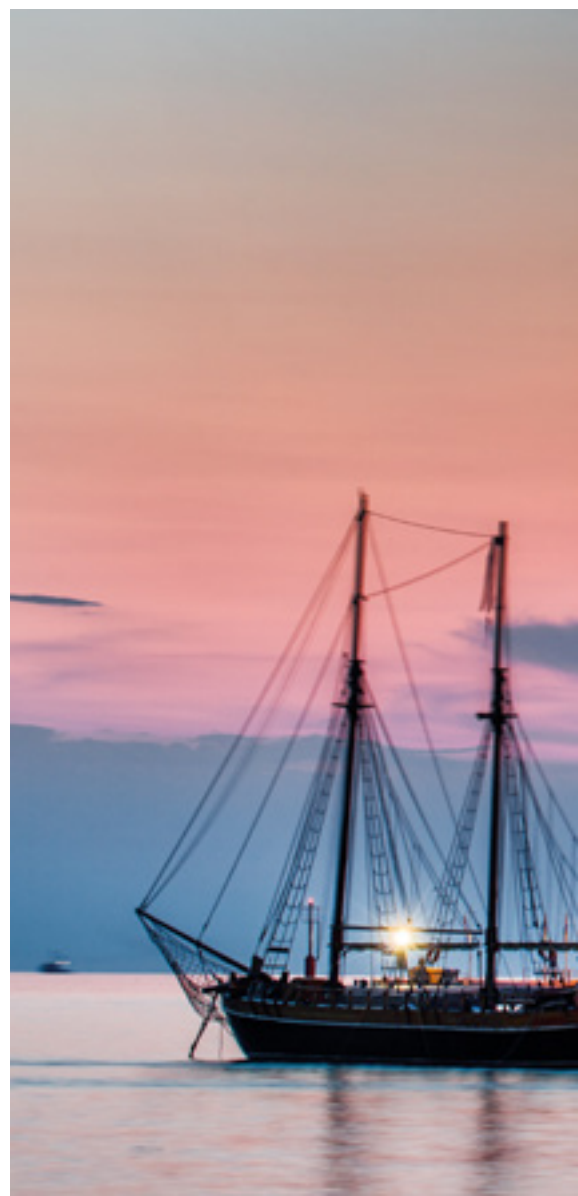
Poreč, the home of the Euphrasian Basilica, one of the most beautiful and best preserved monuments of early Byzantine art in the Mediterranean and a UNESCO World Heritage Site, is a popular tourist destination. Poreč is famous for its sports venues and an abundance of wellness services. The city of Umag hosts an ATP tournament, and it is a city characterised by a subtle connection between sports, tourism and wellness, a formula that ensures top activity, health and entertainment.

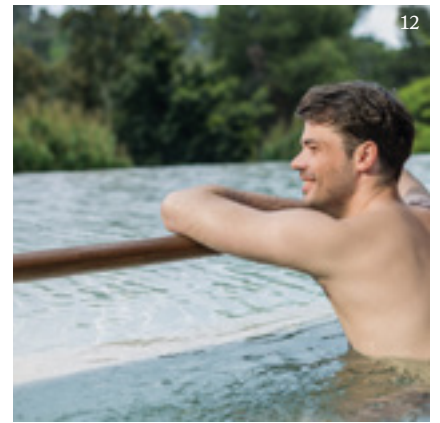
Its history and architecture have made the city of Rovinj one of the most romantic Mediterranean towns, a reputation that it has proven through its exemplary tourist offer of wellness centres and active life, where health and a pleasant vacation are undeniable allies.

Visitors can also revel in natural beauty and diversity. Istrian hilltop vilages have been revitalised and now often serve as venues for cultural events, making them attractive destinations for excursions.

The Brijuni National Park, famous for its impressive facilities and a rich history, is located in the beautiful Brijuni archipelago.

Istria is without a doubt a complex and never fully told tale. It is a mosaic of diverse attractions, in which health, active lifestyle and pleasure have become one.





- 11 Brijuni National
Park, I. Biočina
- 12 H. Serdar
- 13 H. Serdar
- 14 Rovinj, I. Biočina



KVARNER

Made to be a region of health

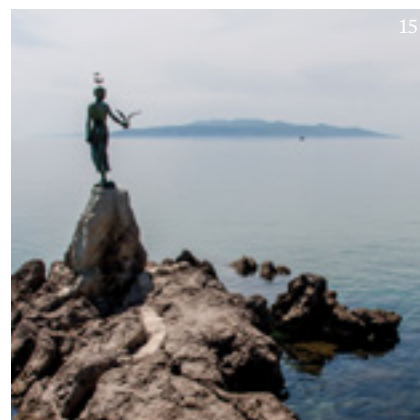
Kvarner has maintained a strong bond with health tourism for a long time, with scientific proof dating all the way back to the 19th century. Even then it was already completely clear that this region was predestined to be a health destination.

Your every step, breath and every positive thought invoked by the beauty of the landscape of this diverse region represents just that – health.

Kvarner is a common name for the coast, islands, and the nearby mountains. The unique Kvarner climate, the strength of the sea waves, the air with a marvellous combination of the effects of sea water and aromatic plants and other valuable

characteristics have joined forces with a long tradition and expert staff. Moreover, modern thalassotherapy centres use the properties of sea water, algae and air in treatments aimed at increasing vitality and enhancing beauty.

The power of the Kvarner sea is at your service... Its exceptional food and abundant opportunities for an active life make Kvarner a genuine health destination whose main centres are the island of Lošinj, Opatija and Crikvenica with their rivieras, along with the islands of Krk and Rab, as well as the towns of Delnice and Skrad in the continental, forested part of the region.



15

15 Opatija, D. Kvajo
16 H. Serdar



16

17 Sailing, B. Kačan
18 Carnival,
D. Sever



This region has a long tourist tradition. The city of Opatija has the longest tradition, and its tourism history dates back to 1844. The first hotel was opened in 1885, and the first congress of balneologists held that same year decided that it should become a climatic health resort, which officially happened in 1889 via an imperial decree. Interestingly, in 1907, Opatija was ranked second best among the top 243 health resorts in the Austro-Hungarian Monarchy. Many kings and emperors stayed there, it was a source of inspiration and pleasure for many artists, and all of them contributed to the everlasting beauty and splendour of its buildings, promenades and parks.

This tradition has continued and Opatija still remains a beautiful tourist destination, famous for the rich offer of its wellness centres, as well as medical tourism.

Thalassotherapy Opatija has half a century of experience in working with cardiology, rheumatic, psychiatric and dermatological patients and is ranked among the very top treatment and rehabilitation institutions.

Opatija also has a well-developed wellness offer which fulfils today's standards, with numerous treatments aimed at preventing disease and contributing to health and beauty. If you are looking for a wellness centre with the most beautiful view of the sea, you might just find one here, despite the really strong competition.

Opatija is a city of beautiful architecture and parks, a twelve kilometre long promenade along by the sea, genuine health therapy out in the open, with the sublime combination of the effects of the sea and Mount Učka, which serves as a backdrop for this town. A famous institution for the treatment of orthopaedic illnesses is located in Lovran, in the immediate vicinity of Opatija.

Opatija's offer is supplemented by the amenities of the nearby city of Rijeka, Kvarner's largest city, which has built on its role of a maritime port by adding to it the reputation of a developed and ever dynamic tourist centre, flush with monuments, numerous events, dynamic day and night life and specialised health and dental institutions. All in one!

Outstanding dental services are available in other parts of Kvarner as well, and they are a common reason for the visit of patients who can combine health with an enjoyable stay and a great gastronomic offer.

The island of Krk, also known as Insula Aurea or Golden Island, is a well-developed and popular tourist destination, connected to the mainland by a bridge. Apart from its climate and other benefits, as well as a rich history awarding it the nickname "the cradle of Croatian culture", Krk is also known for its healing mud in the bay of Klimno.



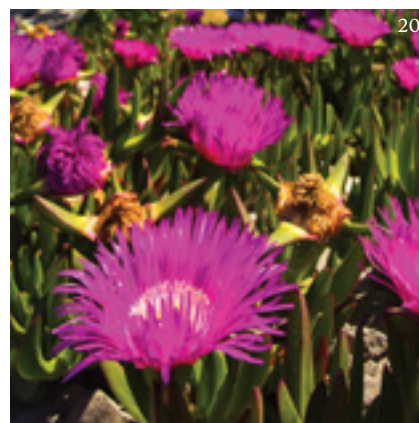
The island of Lošinj, with well-known towns of Mali Lošinj and Veli Lošinj, is nicknamed the "Island of Vitality" and is known in Croatia and abroad for its well-rounded concept of health care offered by health institutions, hotel complexes, local entrepreneurs as well as, like almost nowhere else, all of its residents. After all, the tourism concept of Lošinj has won the UNWTO award for the best European project, and it was the third best project internationally.

Due to its specific micro climate, whose positive effects have been confirmed through numerous studies, the island of Lošinj was declared a climatic health resort in 1892.

Along with professor Ambroz Haračić, who was responsible for the publication of meteorological research findings in 1884, Austrian balneologist and climate therapist dr. Conrad Clar also deserves to be mentioned. He confirmed the beneficial effects of the local climate through his research, but had the opportunity to further verify them through the experience of his son.



19



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21

19 Opatija,
H. Serdar
20 Mali Lošinj,
G. Razić
21 Veli Lošinj,
G. Razić

Lošinj has coupled its natural predispositions with modern health services, led by the Veli Lošinj Health Care Centre. The Centre offers programmes designed for treating respiratory tract illnesses and asthma, allergy and psoriasis treatment programmes, as well as classic rehabilitation programs for diseases of the locomotor system and neurological diseases.

Health tourism on the island is also complemented by admirable hotel service, systematic care for the environment, as well as staff expertise and innovativeness.

This concept is further strengthened by the fact that it does not include only professional health workers, but also hoteliers, wellness specialists and local residents. They complement the offer of this unique island of health and vitality through the gastronomic offer adapted to local and contemporary nutrition trends and the production of cosmetic preparations from aromatic herbs grown in this region...

The aromatic herbs, healthy food and pristine environment will be highly beneficial for your health, even if all you do is take walks around the island. Make sure to visit a special cultural attraction – the unique and original Museum of Apoxyomenos, adopt a dolphin, observe the flight of the griffon vulture and take deep breaths, walk along promenades, go cycling on designated bike trails... or just walk around and breathe deeply...

Health tourism is deeply embedded in the tradition of the Crikvenica Riviera, mentioned in foreign magazines and guides ever since the 19th century. Then and at the beginning of the following century, the first hydropathic institutions operated within large hotels, health resorts for children and adults started opening their doors and, in time, separate sanatoriums were built. In 1906, a special committee for health was established, and Crikvenica was officially proclaimed a climatic health resort and a seaside resort. Every following year started of a new chapter in the development of health tourism on this riviera, comprising Crikvenica, Selce, Dramalj etc.

They all come together to give a new impetus to the successes in the prevention and treatment of respiratory illness, sports injuries and the improvement of fitness for athletes, preparation and care of divers, etc.

Thalassotherapy, Crikvenica is a special hospital for medical rehabilitation and it provides treatment and rehabilitation for patients with respiratory diseases and rheumatism. The Terme Selce Polyclinic specialises in diagnostics, physical therapy and rehabilitation, sports medicine and special healthy living programmes.

All this is combined with a stay in beautiful surroundings, an excellent and diverse array of tourist services, enjoyment in the Mediterranean gastronomy and events that combine the past with the present, for the future, in such a pleasant and interesting way.

The path to health and the prevention of illness also leads to Rab, one of the lushest Adriatic islands, whose climate and wellness offers as well as over a hundred kilometres of cycling paths, have a beneficial effect on the health and on the spirit.

If you are in the mood for a change of scenery, you can visit another jewel of Kvarner, the mountains of the green Gorski Kotar, home to the Risnjak National Park and the towns of Delnice and Skrad.

With a simple stay on the islands, the coast or in the mountains, taking walks by the sea or through the forests, you are doing a lot for your health.

Kvarner's offer has been carefully designed and evolved, offering specialist education, continuously enriched with new elements, and presenting you with the path to health and an awakened joie de vivre.

ZADAR

Gifts of nature, just for you

If you are looking for a health destination which is strongly associated with an active vacation, you must already know a lot about the northernmost part of the Dalmatia region, the Zadar area. Here you can live an active life, restore or strengthen your health with the help of the unique gifts of Nature, in a region of such rich history and truly unparalleled natural attractions.

The city of Zadar, recently named the best European destination, is the central city of this area. Every time you take a walk through the old part of the city, you are walking through history, as witnessed

by each and every street and square of the old town centre, symbolised wby the church of St. Donatus and the Forum city square.

The city's many monuments are interconnected in a beautiful cluster that still thrives in a dynamic lifestyle and is a stage for numerous events.

One of the undeniable attractions is the three-kilometre long Zadar city ramparts which formed part of the defence system delimiting the Zadar peninsula and were built by the Venetian Republic for the defence from the Turks in the 16th century. The ramparts have been under UNESCO protection since 2017.



22



23

22 Nin, I. Čorić
23 H. Serdar

- 24 Island of
Dugi Otok,
B. Kačan
- 25 Island of Pag,
I. Biočina
- 26 Pag cheese,
I. Biočina
- 27 Pag lace,
I. Biočina



24



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26



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But the city has somewhat recently been given several new modern features, the most popular being the Sea Organ and The Greeting to the Sun, some of the most beautiful sights to see in Zadar.

The region of Zadar has benefited from numerous health care institutions, dental clinics and wellness facilities thanks to the contemporary age and a focus on health tourism.

We must not forget to mention Biograd na Moru, a town where Croatian kings were once crowned, featuring a specialised orthopaedic institution with an 80-year-old tradition, known for its innovative treatments and physical therapy programs.

Wellness centres in the hotels in Zadar, Biograd na Moru, Starigrad Paklenica, the island of Pag or Petřčane offer rest and relaxation followint intense activity, all of them ready to be your destination of choice for relaxation, healthy living and vitality.

Nature's link to health is the most evident in the town of Nin, whose natural features created a layered history of health, inspiration and new life energy.

This is the largest Croatian site offering healing mud, whose effectiveness has throughout history and to this day been proven by numerous analyses, as well as by the most convincing testimonies – tens of thousands of people who have experienced the effectiveness of this “outdoor clinic” which has helped cure their rheumatic, dermatological and other diseases. Barefoot walks in the shallow, sandy Nin lagoon allow you to “absorb” all of the benefits of the healing sea water with its specific composition and salinity, and are extremely beneficial for the regeneration of your body.

Add a run through nature, some cycling, or a bit of adrenaline to these relaxing long walks. The Nin lagoon is the favourite destination of kitesurfers and surfers who love the area because of the favourable air and wind currents, the summer maestral wind and the bura during the other seasons.

It is definitely worth mentioning that Nin, a European destination of excellence, is known as the oldest Croatian royal town, the cradle of the Croatian state, and it houses the world's smallest cathedral and the coronation church of St. Nicholas. Manual harvesting of salt is another memorable experience, and it is done in the traditional way, just like in Roman times.

Salt and healing mud are also typical of another jewel in the Zadar region – the island of Pag. Just as if time has stopped, salt here is produced naturally and ecologically, and thanks to the climate and the geographic position it is also of the highest quality.

The island of Pag is often called “the island of stone” or “the moon island” and it is one of the sunniest islands of the Croatian Adriatic. Many guests visit the south-western part of the city of Pag, where they can experience the proven therapeutic properties of the healing mud found in the shallow area of the sea.

Studies carried out in Croatia and abroad have established that peloid mud is particularly effective in the treatment and rehabilitation of the locomotor system, rheumatic, neurological, gynaecological and skin diseases, and the physical therapies have shown outstanding therapeutic results.

If you are looking for a way to escape stress, you might find it on one of the many islands in the Zadar archipelago, 17 of which are permanently inhabited, still retelling the story of the sea and maritime tradition, the beauty and diversity of nature, as well as its power as evidenced by the seemingly endless bays and 150 meters high cliffs formed by waves.

The connection between the nature and mankind creates impressive force, and this island shows this togetherness and interdependence in the best possible way.

Every island is a story onto itself, but perhaps the greatest inspiration can be found on the heart-shaped island of Galešnjak, which, for a good reason, is also nicknamed the Island of Love.

Visitors are also attracted by the generous offer of this region, and many of them choose facilities that allow them to travel back in time and get to know their customs, lifestyle and, of course, gastronomy.

For those of us who are fascinated by nature (and aren't we all, at least to some extent?), there are two national parks: the Paklenica National Park and the Northern Velebit National Park, which serve as inexhaustible sources of inspiration for an active life and enjoying the nature.





28



29

- 28 Kožino, Zadar,
I. Čorić
29 Queen's beach
in Nin, B. Kačan
30 Zadar,
M. Romulić &
D. Stojčić



30

ŠIBENIK

Stress-free happiness

The Šibenik subregion is an area of active lifestyle, the coexistence of man and magnificent nature, and the ample offer of highly sophisticated dental tourism services.

The hotels here have a rich wellness offer tailored to the specific needs and expectations of modern tourists and aimed at eliminating the health issues characteristic of the modern lifestyle. The centre of this region is the city of Šibenik, which tourists consider a beautiful city full of history.

Today it is the only city in Croatia with two monuments under UNESCO protection.

The most important monument in Šibenik is the St. James Cathedral, under UNESCO protection, and known for having been constructed from white stone blocks without any wooden parts or any other bonding material as a support. In 2017, the fortress of St. Nicholas was also declared a monument under UNESCO protection.

We mustn't forget the tourist centre of Vodice, also known for its active holiday opportunities. Many visitors come here because of dental centres offering high quality and specialised dental services.



31

32

31 Primošten,
I. Biočina
32 H. Serdar





33 St. James
Cathedral in
Šibenik, Z. Jelača

34 Kornati
National Park,
I. Pervan

35 St. James
Cathedral detail,
S. Gobbo

36 H. Serdar



There is also Skradin, a romantic Mediterranean city whose entire city centre is a protected cultural monument.

The Šibenik hinterland, part of inland Dalmatia, offers interesting walks through history and tradition, which are a sight for sore eyes and will also tickle your taste buds.

This region boasts two national parks: the Krka National Park and the Kornati National Park, which are also an inexhaustible source of inspiration for those looking for an active lifestyle and natural surroundings in their quest for health.

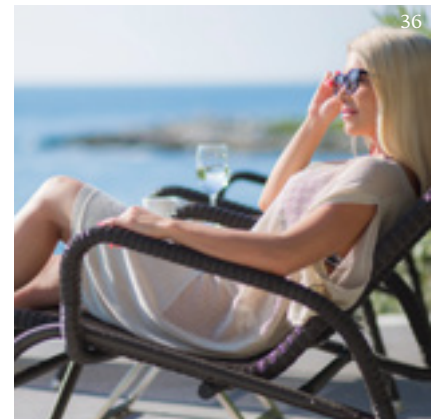
There is a wide selection of activities to choose from, from hiking and cycling to adrenaline activities on the water, the sea or in the hills.

Relaxation after these activities or as a stand-alone program is possible in wellness centres that will provide you with great opportunities for care, rest, or remedying health issues.

The Šibenik region is also known for its excellent gastronomy, fine wines (including the Babić variety, originating from Primošten vineyards, a photograph of which is even exhibited in the UN building).

It is a genuine celebration of human perseverance and determination to overcome barren earth through hard work.

And there are many other reasons for visiting this region that will make you stronger and more resistant to life's challenges, as well as provide you with so many new reasons for happiness and laughter.



SPLIT

Healing aromas, flavours, and colours

Everyone finds their own way and manner to achieve health and equilibrium.

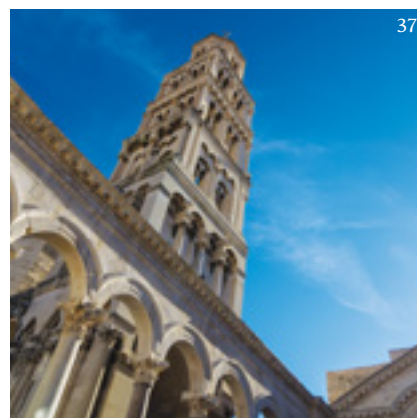
Sometimes it's enough to simply abandon your daily routine for a while in order to return stronger; other times you may need medical assistance coupled with somewhat unfamiliar aromas, colours, and flavours of a new place.

Whatever you choose, the Split subregion, belonging to the central part of the region of Dalmatia, has something for you. Something spectacular!

The islands, the coast and the interior all tell their own story.

The aroma of lavender, the taste of olive oil, Adriatic fish and freshly picked vegetables as the basis of Mediterranean diet, the healthiest diet according to the World Health Organization... stone towns with a special atmosphere and a relaxed way of life contribute to a good mood and fine health.

There is something relaxing and so special in staying on the beautiful Dalmatian islands that symbolically separate us from our busy day-to-day life.



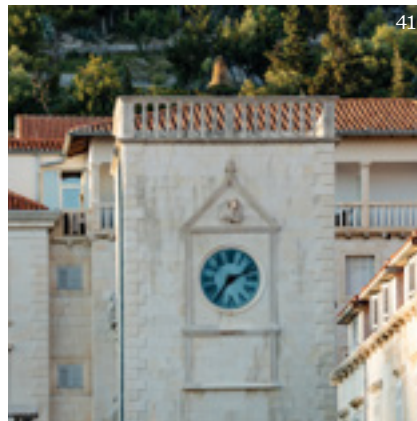
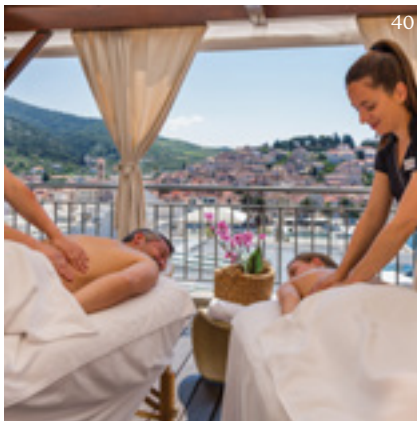
37



38

37 Split, I. Čorić
38 H. Serdar

- 39 Bol, Zlatni rat,
B. Kačan
40 H. Serdar
41 Island of Hvar,
H. Serdar
42 Traditional
grilled fish,
M.D. Pečanić



The closest ones are the island of Brač with its beautiful tourist destinations and the famous Zlatni rat beach, the trendy island of Hvar with the UNESCO World Heritage Site of the Stari Grad Plain, which seduces with its history, beauty and gorgeous features, the islands of Vis and Lastovo – each with its own story and year-round life full of healing colours, tastes and aromas.

You will be hard-pressed to find better, more soothing and more effective therapy anywhere else.

The centre of this region is the city of Split, whose cultural and historical monuments, dynamic way of life and special atmosphere attract more and more tourists every year.

The Diocletian palace, with bustling life inside its walls, is protected by UNESCO, just like the old town centre of Trogir. Two World Heritage Sites in such a small area!

Not far from Split lies the Makarska Riviera, a famous tourist destination known for its beauty and prime tourist infrastructure.

Makarska is the home to a rehabilitation and physical medicine centre where natural healing factors of the sea and the coast, such as the clean air, sea water, algae, sunlight and Mediterranean vegetation, are applied in the treatment of spinal diseases, rheumatic diseases, neurological conditions and diseases, orthopaedic illnesses and deformations, as well as in the rehabilitation of athletes.

Expert knowledge and technology will do a lot for your health, and combined with the healing effects of the climate and the environment – they will do everything.

The so-called Dalmatinska Zagora, the inner part of the Split region, connected to a coast via a mountain range stretching almost to the sea, also has a lot to offer. All nature enthusiasts can enjoy the beautiful and unusual landscapes, while sport-loving and adventurous love exploring both the gorgeous scenery and the limits of their own physical fitness. If you decide to travel through inland Dalmatia by car, you will receive quite an award as well – the local agricultural tourism facilities are a offer a glimpse into the authentic lifestyle through tradition, original flavours and hospitality: a journey to the past and the joy of the present.

This region offers great opportunities for daredevils, as they won't be able to resist going rafting on the Cetina River or trying out other sports on the sea, the rivers, mountains and cliffs.

Hiking and cycling trails, adrenaline sports, equestrian sports, traditions such as the Sinjska Alka, which has now been held for over three centuries...

So many events and experiences, so many reasons for a new happiness in life.

Health institutions and dental polyclinics provide superior health care. Numerous excellent hotels offer services tailored to the needs of the modern tourist who doesn't consider wellness centres, swimming pools and exquisite treatments only a current need, but also a way of life. An offer attuned to modern trends and a response to the challenges of contemporary life is here because of you and for you.

Every step in this area is a path towards health and a good mood, a combination of quality services and a simple a cup coffee enjoyed by the sea, an a cappella song performed by a local "klapa" in the Dalmatian squares, or the intoxicating scent of lavender.

Indeed, life is so very beautiful!



43 H. Serdar
44 River Cetina,
D. Peroš



43



44

DUBROVNIK

Beauty and joy of living

Dubrovnik, the centre of the southern-most Dalmatian region and its most famous representative, is one of the most beautiful cities in the world.

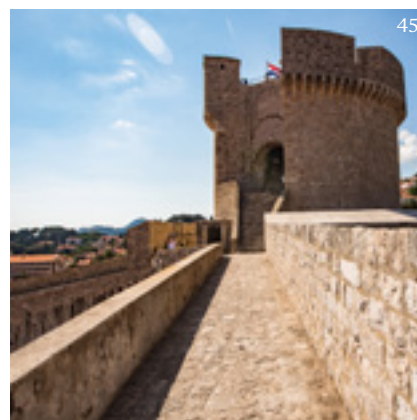
This is an region full of natural factors that help restore or preserve your health.

Exquisite hotels, winners of many prestigious awards for quality, offer the finest wellness centres with numerous services aligned to contemporary trends and individual needs and wishes. These exemplary services are based on the characteristics of the climate and the medicinal effects of seawater and coastal air, aromatic plants and a healthy Mediterranean diet.

The city of Dubrovnik is a stopping point for artists from all over the world, where they get inspired and are glad to recommend it, as well as a city of magnificent cultural events.

The Dubrovnik old town centre is a monument under UNESCO protection and its life beats to the rhythm of its residents and guests. Dubrovnik also offers the most beautiful scenery for international promotions, and an ideal setting for world-famous films.

A cup of coffee on Stradun, a view from the historic walls, one of the most monumental fortification monuments in Europe, a romantic dinner at one of the superb restaurants,

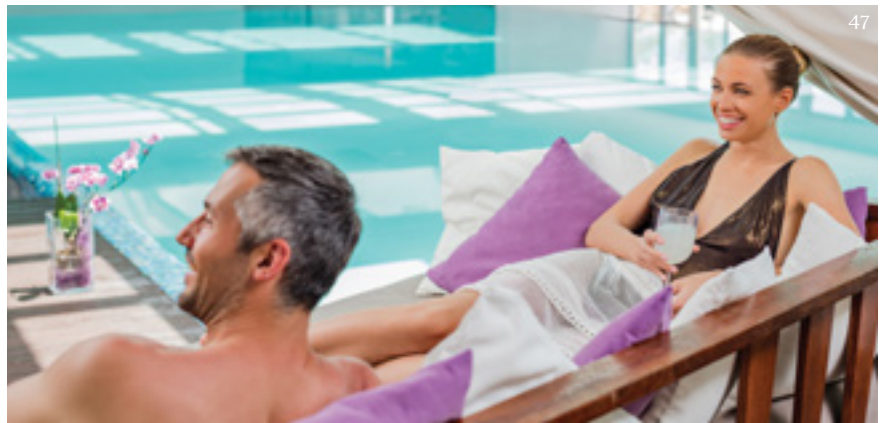


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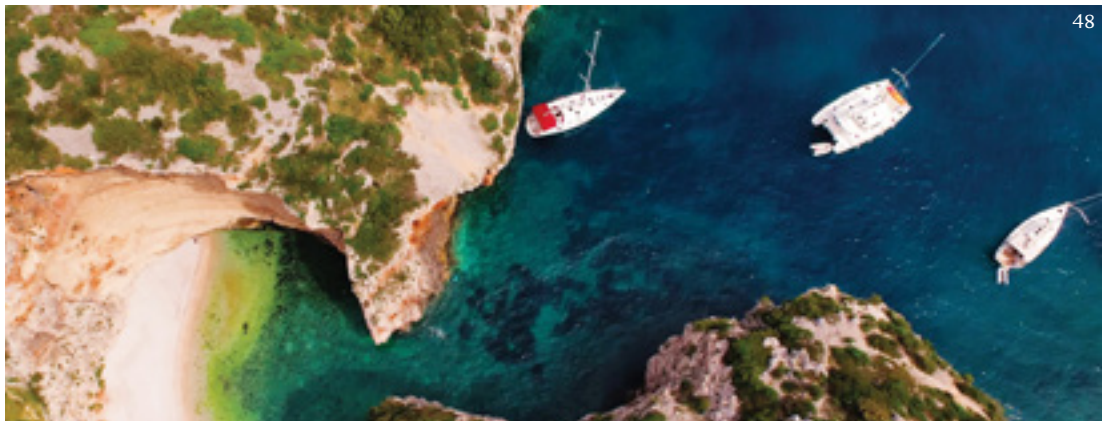


46

45 Minčeta Tower,
I. Biočina
46 Dubrovnik,
L. Esenko



47



48

47 H. Serdar
48 Island of Vis,
I. Biočina
49 Citrus fruits,
M.D. Pečanić

the sound of chansons on the Dubrovnik steps or klapa songs performed in the narrow alleys. Every one of them a reason for your visit, a starting point and an end point, where health, fine arts and romance become synonymous.

The Dubrovnik region boasts beautiful nature, opulent fragrances, colours and flavours, long traditions and highly developed tourism where every guest will find the opportunity to relax, restore vital energy and encounter the much needed balance.

Another exceptional location in this region is the Mljet National Park, located in the western part of the island of Mljet, extremely lush with forests and aromatic plants.

And this list of beautiful and genuine virtues of this region does not stop here. We must mention the nearby Cavtat, the towns of Ston and Mali Ston, the Dubrovnik hinterland of Konavle, the islands of Lastovo, the Elaphites, the Pelješac peninsula and the island of Korčula, full of gorgeous and developed tourist centres.

The island of Korčula and the Pelješac peninsula are both famous for their health facilities.

The interior of the island of Korčula is abundant with wild aromatic and medicinal herbs used to treat various conditions. In the bay of Kali, near the town of Vela Luka, there is a source of healing mud and radioactive water, a winning combination for the treatment of chronic rheumatic, neurological and gynaecological issues.

Foreign research as well as personal experiences have confirmed the effectiveness of these gifts of Nature.

A special institute for contemporary physical medicine and rehabilitation was developed thanks to all of these features. Experiences of the local population and confirmed foreign studies have led to the development of a special institute for contemporary physical medicine and rehabilitation, which bases all of its programmes on these gifts of Nature.



49



50



51

50 Traditional
gastronomy,
M.D. Pečanić
51 Mljet National
Park, I. Biočina
52 Ston, Z. Jelača



52

The healing mud in the Blaca Bay in Trpanj on the Pelješac peninsula is also well-known, and according to the results of numerous studies, it is extremely effective thanks to its antimicrobial, anti-inflammatory and biostimulation properties affecting regeneration processes.

Your stay here will be a unique combination of treatment, prevention and a healthy lifestyle, where each new day brings a special experience.

Guests find equal enjoyment in the picturesque south-Dalmatian hinterland of Konavle, with its plentiful offer of active tourism, tradition and local gastronomical delicacies.

The lower course of the Neretva River and the traditional boat race are also unique and interesting.

Another extraordinary attraction worth mentioning are the Ston walls, the longest fortification in Europe and second longest in the world, right behind the Great Wall of China.

The Ston oysters are another one of Ston's special features, a magnificent delicacy with an unforgettable flavour.

One thing's for sure, no matter where you go in that region, beauty awaits you. Dubrovnik and its surrounding areas are a combination of beauty, art and joie de vivre that has seduced so many, and will seduce you as well.

The polyclinic specialises in diagnostics, physical therapy and rehabilitation, sports medicine (Top Sport Professional program), and a special program for the body and the mind, Healthy living by IBD.



CITY OF ZAGREB

A healthy city, a city of health

Zagreb, the capital of Croatia, is a desirable destination for all those who want to combine treatment, aesthetic surgery or preventive work with staying in a pleasant and interesting city.

The Zagreb Medical School's tradition and expertise are evidenced by the fact that it was founded towards the end of 1917 and within a hundred years' of its existence it has educated a large number of medical professionals who continually improve their skills and (as part of Croatian and international teams) enhance their knowledge and expertise in treatment methods, preventing illnesses.

Well-equipped Zagreb hospitals and polyclinics and excellent dental centres make Zagreb the perfect, prosperous and complete health destination.

Outstanding transportation options, numerous experts, medical institutes and scientific activities, this city has all the necessary infrastructure, knowledge and equipment that makes it a desirable destination for health tourism. Special wellness centres or those located in Zagreb hotels offer a variety of programmes created just for you, aimed at restoring your strength, energy and beauty, continuously adjusting their services to the expectations and wishes of their clients.



53

53 Maksimir Park,
I. Biočina
54 Zagreb,
H. Serdar



54

55 H. Serdar

56 H. Serdar

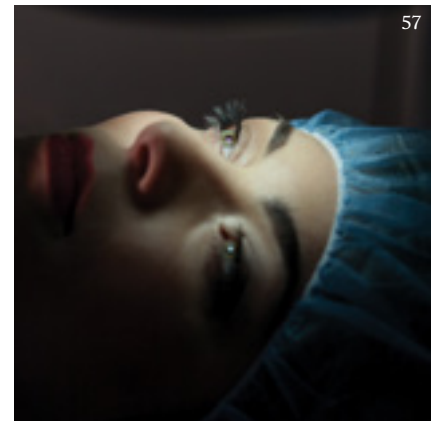
57 H. Serdar



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57

Zagreb is also an engaging tourist city full of historical monuments and romantic stories, modern and friendly. It is also known as a city of parks that stretch through centre of the city and its squares and make up the historically famous Lenuzzi horseshoe.

Most of the city's attractions are located in the very centre and are accessible on foot.

When they are in the mood for rest and recreation, the residents of Zagreb often choose the Maksimir park, as well as the sports and recreation areas Jarun and Bundek, and the city's swimming pools.

In Zagreb you can enjoy great concerts and events, and attend sporting events.

This is a city that guarantees the highest quality health service, as evidenced by the large number of well-equipped healthcare facilities with top experts who will make your journey to health, good looks and improved mood easier, more enjoyable and safer.

But this is also a city whose relaxed atmosphere is the perfect backdrop for creating new friendships and enjoying the visit.

Why not combine health and pleasure in the best possible way? Zagreb is extremely popular with its visitors thanks to its many tourist attractions, events and an ideal proportion of historical heritage and contemporary facilities, serious approach and quality in providing services, and the Mediterranean relaxed atmosphere of its streets and squares.

Zagreb is famous for its Upper Town, an old and romantic historical core with various museums, and you can often see actors dressed as famous historical figures strolling along its streets, depicting the old way of life. An tourist attraction closely related to health is the city's farmers' market, Dolac, where you can buy fresh fruit and vegetables, meat, dairy products prepared the traditional way, as well as fresh flower bouquets (Zagreb's famous pušlek) and the omnipresent handicrafts and souvenirs.

The special atmosphere contributes to the large number of visitors, and makes the scene perfect for sipping coffee at a nearby café and watching people coming and going and coming back.

You will feel relaxed strolling along its streets, or sitting in one of its squares (the central one, the Ban Josip Jelačić square was chosen as one the most beautiful European squares), and enjoying this unique blend of spontaneity and hospitality, as well as outdoor events, dynamic entertainment and cultural life.

Here you can see monuments dating back thousands of years, attend notable exhibitions, concerts given by Croatian and international performers, or enjoy the meditative silence in one of the city's beautiful parks.

Zagreb has a large number of restaurants, ranging from international ones to those offering local cuisine from the Zagreb region, as well as from all of Croatia.

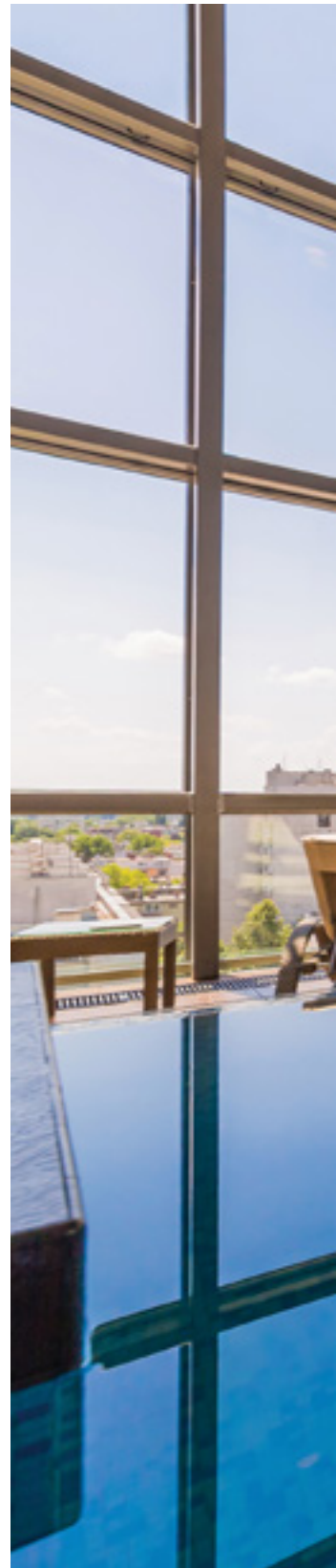
All year round, the streets of Zagreb feature a number of events providing guests and the Zagreb locals with the best musical and other artistic experiences, glimpses into the traditional customs, local gastronomy...

There is simply too many events to mention here, but the Advent in Zagreb must be pointed out as it has been declared the most beautiful in Europe among some very strong competition.

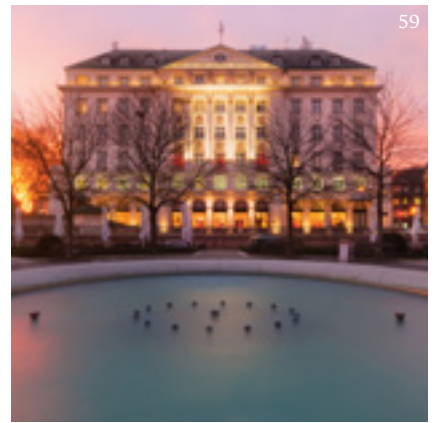
Another one of Zagreb's beautiful features is the backdrop of the city, the Medvednica Mountain, a part of which is protected as a nature park, and its highest peak, Sljeme. Sljeme is a popular year-round excursion destination in Zagreb, where you can always take a break and find a recreation area, some refreshment in the summer and skiing opportunities in winter.

The Sljeme slalom race has been included in the Women's Alpine Ski World Cup calendar since 2005, while the men's race was added three years later!

Everything you might need in your quest for health and vital energy is here, right next to you, thanks to road and air accessibility: expertise and reliability, modern offer and a thousand years of history, as well as a unique atmosphere which truly makes Zagreb a healthy city and a city of health.



58 Traditional
gastronomy
turkey,
M.D. Pečanić
59 Zagreb,
M. Špelić
60 H. Serdar



LIKA - KARLOVAC

What is the sound of silence?

Breathe deeply, it's enough just to breathe deeply, ride a bike, take a walk, and you will already feel so much better...

The rivers that spring up and disappear, caves concealing worlds that are waiting to be explored...

There is so much excitement and mystery in Lika, a region whose clean air and water, long walks in beautiful natural surroundings, and opportunities for open-air activities already constitute health.

Something else: when was the last time you could hear your own thoughts clearly and consciously? Do you even know what the sound of silence is?

Lika connects the continental part of Croatia with the Adriatic coast. This interaction between the mountain and Mediterranean climate has created a special natural environment with many health benefits.

The entrance from central Croatia to Lika is the city of Karlovac. This historic city is symbolised by the four rivers that give it special energy and function as its recreational zone.

The city has many interesting historical monuments and museums, including the favourite excursion site of the Karlovac locals, the old town of Dubovac, as well as a new attraction, the fresh water aquarium Aquatica.

Karlovac is in the vicinity of several old towns (Ozalj, Ribnik and Bosiljevo), and if you are traveling towards central or southern Adriatic, it marks the entrance point to the region of Lika.

Lika is dominated by the Velebit Mountain, one of the most beautiful and highest Croatian mountains, whose northern part is a national park.



61



62

61 H. Serdar
62 Cycling,
B. H. Markičević
63 River Gacka,
I. Biočina



63

64 Plitvice Lakes
National Park,
L. Esenko
65 River Kupa,
Z. Jelača



The youngest of eight Croatian national parks, it has received special status due to the diversity of its karst shapes, the flora and the fauna, and its landscape. The secrets and beauties of Velebit are further evidenced by the fact that the Paklenica National Park, known for its black pine forests, a rich plant world and karst forms, is located in its southern part.

The great world inventor Nikola Tesla was born in Lika, in the town of Smiljan. The Nikola Tesla Memorial Centre, with a total surface of 13,000 square metres, is dedicated to his life and work.

Lika is also known for its subterranean rivers and caves. We should also mention the Cerovac Caves, a complex of three caves with a total of four kilometres of explored canals, whose small part has been adapted for tourist visits.

The Lukina Jama cave in the Northern Velebit National Park is over 1.4 kilometres deep and is the deepest cave in Croatia and the fourteenth deepest cave in the world.

The river Gacka is ideal for water sports and it presents another challenge for guests planning an active vacation. If adrenaline is what you are searching for, you will find it here in a typical Lika village near the town of Gospić, the centre of this region. The local gastronomical offer is also attractive and varied. And you will be convinced of the fact that the traditional food flavours have been retained here, which is why the local restaurants and taverns greatly contribute to health and the regeneration of vital energy.

Although the entire region offers great possibilities for rest, relaxation and enjoyment, as well as adrenaline-packed activities, its greatest attraction is Croatia's most visited national park – the Plitvice Lakes. Experts will define it as tufa barrier waterfalls creating clear lakes in a permanent biodynamic process of tufa creation and growth, while for visitors from all over world it is first and foremost a magnificent string of 16 large and few smaller lakes cascading one into another, whose beauty leaves you breathless.

But an integral part of this beautiful mosaic is the almost 1300 different plant species, including 50 types of orchids, while its fauna consists of 321 species of butterflies, 157 species of birds, 20 species of bats... as well as some of the largest European beasts – the brown bear, wolf, and lynx.

UNESCO has included the Plitvice Lakes National Park in the World Heritage List because of its uniqueness, its natural beauty and its value. If you want to enjoy the beauty of the Plitvice Lakes and the active lifestyle of the area for a bit longer, we recommend staying in one of the hotels, camps or private accommodations.

Short and simple – for those who want to stay in pristine nature, explore its varied and layered worlds, breathe fresh air even during the worst summer heat and taste real home made food, Lika is the perfect choice, where the search for disease prevention, health and satisfaction in life is exciting and really easy – just be there and live an active life.

CENTRAL CROATIA

Romance and joie de vivre

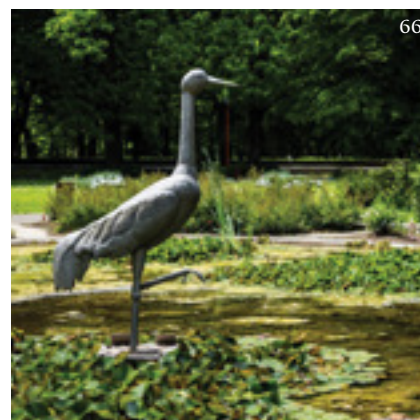
You would already be doing a lot for your health by simply enjoying the beautiful castles, lush green hills and gorgeous views of the vineyards in central Croatia!!

You would already feel the difference by simply visiting cultural and historical sites, trying the excellent food offered on family farms and in restaurants, taking walks or cycling! But if you combine all of this with well-equipped medical institutions, health resorts and wellness centres where expert staff works in accordance with the strictest international standards, you will find everything you need for your health and vitality right at your fingertips in this beautiful region.

Central Croatia forms a wide ring around the city of Zagreb, but it also boasts the largest concentration of thermal springs and other health facilities in the continental part of the country.

Many visitors consider this region the most romantic part of the Croatian mainland, as it is filled with beautiful Baroque castles and rolling green hills, as well as numerous thermal springs with many health tourism facilities developed many years ago.

Recent times have introduced some new insights, technology and energy to the region. The towns of Tuhelj, Stubičke Toplice, Krapinske Toplice, Donja Stubica, Sv. Martin na Muri,



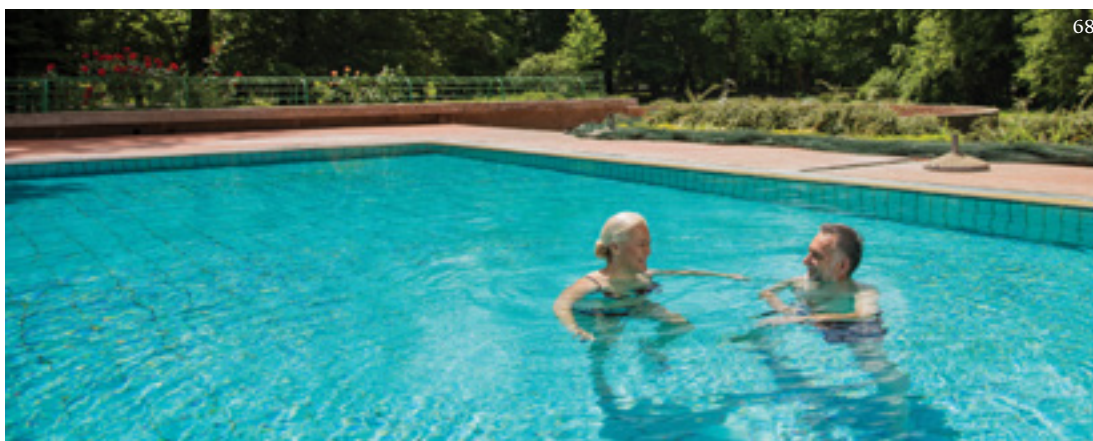
66

66 Park in
Daruvar, H. Serdar
67 Daruvar,
H. Serdar



67

68 H. Serdar
69 H. Serdar



Varaždinske Toplice, Daruvar, Topusko and Ivanić Grad all offer an impressive array of health resorts, medical tourism and wellness centres build around their thermal springs.

The region has grown thanks to extremely valuable natural factors which place the local thermal springs among the very best in Europe according to their quality, expert staff and tradition. Newly-refurbished and modern, tailored to the needs of modern and environmentally conscious consumers, the spas in central Croatia offer numerous facilities that will help you restore your health and vitality. Thanks to the expert staff, services that fulfil the needs of modern guests, these spas, just like the available network of hospitals and polyclinics, are equipped with state-of-the-art technology and places where you can combine therapy with a pleasant stay.

Great gastronomical offer, long wine routes, winding cycling trails, and interesting cultural and historical monuments and events, make it a region of romance, legends and fairytales, one you will gladly call your region of health and pleasure!

Some of the centres of this area are the towns of Krapina, Čakovec, Koprivnica and, above all, the Baroque city of Varaždin, whose architecture and interesting events attract numerous visitors. Visitors are also attracted to interesting features offered in central Croatia, including the Krapina Neanderthal Museum, the only one of its kind in the world, opened in 2010.

Our journey through this region of health starts in Hrvatsko Zagorje. The spa offer in Krapinske Toplice is based on ancient sources of thermomineral water known from the Roman times as *Aquae Vivae*, or the water of life. The water ranges from 39 to 41 degrees Celsius in temperature, and has a high content of calcium, magnesium and hydrocarbonates, while there is a locality of fango mud (which is used in certain therapies) right next to the springs.

The modern hospital located here specialises in the rehabilitation of patients with cardiological, neurological, rheumatic and orthopaedic illnesses, as well as for the rehabilitation of children.

For those seeking recreation, or wanting to improve their health, prevent diseases and improve their appearance, there is a water park with a well-equipped wellness centre.

The Stubičke Toplice spa resort bases its offer on the healing properties of thermal water whose temperature at the source is 43 – 69.5 °C. These healing properties were first recognized in the nineteenth century, which also marked the start of the focus on health tourism.

The medicinal thermal water of Stubičke Toplice is particularly suitable for the treatment of rheumatism of the joints and muscles, ischialgia, discopathy and posttraumatic conditions.



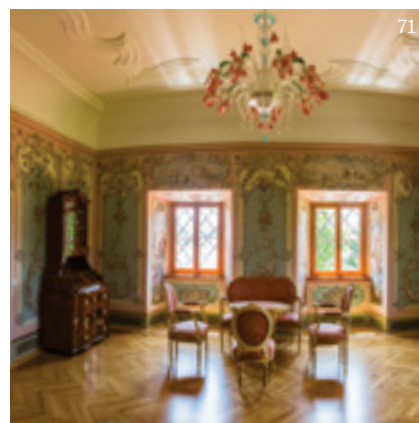
The spa offers wellness facilities as well. Terme Tuhelj were built at the very source of thermal water and healing peloid mud, known to heal and relax. This tourist and recreational centre with numerous swimming pools and a fun water park, a large wellness centre with a rich offer, as well as accommodation facilities, has everything you need in order to rest and relax. Along with recreational visitors, it also attracts athletes who come here for athlete preparation under expert supervision.

Terme Jezerčica are located in Donja Stubica, right at the natural thermal water spring. They boast a contemporary wellness centre as well as a water park with indoor and outdoor pools and attractions. Varaždinske Toplice is situated in the north-eastern part of Hrvatsko Zagorje.

This is the oldest thermal spa in Croatia, home to one of the most important continental archaeological complexes, the excavation site of a Roman thermal bath that served its purpose for four centuries.



70



71



72



73

- 70 Trakošćan
Castle, D. Vurušić
71 Miljana Castle,
I. Biočina
72 Vineyard,
I. Biočina
73 H. Serdar

The water rises from a depth of almost 1800 metres, and its journey to the very top of the spring, where the temperature is 58 °C, takes about 20,000 years.

Aside from the beneficial effects on improving the health and relaxation, these natural elements are also used to treat rheumatic, neurological and orthopaedic illnesses, as well as spinal diseases.

Today, Varaždinske Toplice is a respected thermal riviera with various spa and recreational facilities.

Life Class Terme Sv. Martin, located in Međimurje, near the city of Čakovec, have an aquapark, indoor and outdoor pools with thermal water, a wellness centre, a health centre offering spine therapies, as well as many sports fields. It offers traditional food sourced from local farms. All of this helped make Sv. Martin the destination for numerous guests coming here to improve their health, prevent diseases and remain in top shape.

Naftalan, a special hospital for medical rehabilitation, its natural factors making it unique in Europe and second in the world, is located in Ivanić Grad, in the Zagreb County. Naphthalene, an earth mineral oil is obtained through the distillation of oil of a high specific gravity, which falls into “heavy” oils.

The thermomineral water there is obtained from a depth of 1300 metres, and its temperature at the source is 60 degrees. Naftalan specializes in the treatment of skin diseases, locomotor system and rehabilitation following orthopaedic surgery, as well as in healing burns. Within Naftalan, there is a wellness centre whose packages are also based on its exceptional natural factors. The history of Topusko, located 65 kilometres away from Zagreb, in Sisak-Moslavina County and, began over 3000 years ago, when the Iapydes arrived to the natural mineral water springs.

The Romans who occupied this area also left recognisable traces of thermal baths meant for warriors, while in the 19th century, thanks to the value of the thermal spring and the clean air, Topusko became a popular gathering place for aristocrats and noblemen from many European countries.

In addition to treatment with warm mineral water, the Topusko Spa also offers mud baths (fango).

The quality of this thermal water (among the best in Europe) and other natural benefits of this area serve as the basis for the wellness offer and plentiful recreational services. The Daruvarske Toplice spa is located in the very centre of the city of Daruvar, one of the most beautiful small towns of continental Croatia, located in the Bjelovar-Bilogora County and 130 kilometres away from Zagreb.

It is located at the very source of medicinal thermal water and mineral mud springs, and surrounded by a large and beautifully designed Julius Park of great monumental and horticultural value.

As a natural healing factor, medicinal mineral mud called fango (peloid) is also used alongside the acratothermal (warm) water with a temperature of 46.6 °C. The spa specialises in the treatment of rheumatic diseases, medical rehabilitation, rehabilitation of athletes and the implementation of a programme which assists in the treatment of infertility.

Within Daruvarske Toplice, there is also a wellness centre with a rich offer of treatments based on natural elements.

Have we said everything about this region of health? Of course not, our true journey is just beginning...

SLAVONIA

A lovely new friendship

Everything here is devoted to making your stay enjoyable, relaxing and helping you feel the lightness of being.

The wheat fields, the rivers Drava and Danube popular with the tourists, healthy food and thermal water, horse farms and hundreds of kilometres of cycling trails all contribute to this healthy lifestyle.

***You will feel genuine hospitality,
the true sense of being welcome,
and the happiness that you have
managed to stop time and give it
to yourself as a gift.***

Slavonia is a region in the eastern part of Croatia, whose centre, the city of Osijek, is permanently written in the memory of every person who has had the pleasure of strolling along its streets and the old town, the popular Citadel, at least once in their lifetime. The beautiful promenade along the river Drava, a relaxed cup of coffee by the river bank and the famous Osijek cathedral are just some of the attractions that bring visitors to Osijek over and over again.

The city is also the starting point for touring the Baranja region, surrounded by the rivers Danube and Drava, appealing to anyone wanting to explore tradition and enjoy the well-known gastronomic offer.



74

74 **St. Peter's
Cathedral in
Đakovo**, I. Biočina
75 **Kopački rit**,
G. Šafarek



75

Baranja is a truly unique region, as is the way of life of its inhabitants, and the hospitality with which they welcome their guests, the food they bring to the table and the stories they share with their guests.

Slavonia is a region rich in thermal springs, the most famous one being in Bizovačke Toplice, whose spa and recreational offer is based on a rich source of thermomineral water that is unique in the world and characterized by experts as the hottest iodine hyperthermal salt water in Europe. Hydrotherapy in pools with thermomineral water, hydro-gymnastics, underwater massages, galvanic baths, kinesiotherapy, electrotherapy and thermal procedures are all treatments you can enjoy here.

The thermal water of Lipik has for centuries been put at the service of health. This is primarily owing to its constant temperature at the source (60 degrees Celsius), and its extraordinary balneological characteristics, suitable for the treatment of many diseases as well as for rehabilitation.

In this region there are also specialized medical institutions whose qualified specialists will help restore health, offer rehabilitation and assist in achieving a balanced lifestyle.

The beauty of Slavonia is ever more explored by travellers on big cruise ships who, sailing the Danube, stop in Vukovar and visit many sites and interesting cities, including Slavonski Brod, Vinkovci, Đakovo, and of course the already mentioned Osijek and Vukovar.

For those who prefer exploring new regions by bike, hundreds of kilometres of cycling trails provide a unique journey that combines physical activity, joy of discovery and a pleasant stay.

In the vicinity of Osijek there is the Kopački rit nature park, a floodplain created by the interaction of two large rivers, unique because of the so-called internal delta, created by the river Danube in the middle of its course,

with the help of the river Drava. Such a phenomenon is not known in this form in any other European rivers and it gives this area international significance.

Around 270 species of birds inhabit this area, and ornithologists and observers from all over the world visit Kopački rit. This is also the largest natural fish hatchery and the natural habitat for numerous wildlife species, attracting recreational and sports hunters and fishermen. Kopački rit became a protected area in 1967, and a reserve in 1976.

Slavonia is abundant in vineyards, and the most famous one is Kutjevo, with its old cellars, built almost eight centuries ago, where you can taste some esteemed and vintage local wines, as well as the exquisite Kutjevo wines, winners of a number of awards.

There are still many stories to be told about Slavonia, so different and inspirational that only one rule applies – you will leave this region stronger, more optimistic and richer for at least one new, powerful and lasting friendship.

76 State Stud farm in Lipik,

I. Biočina

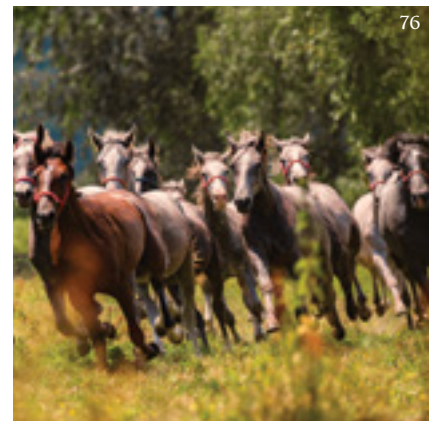
77 Ilok,

B.H. Markičević

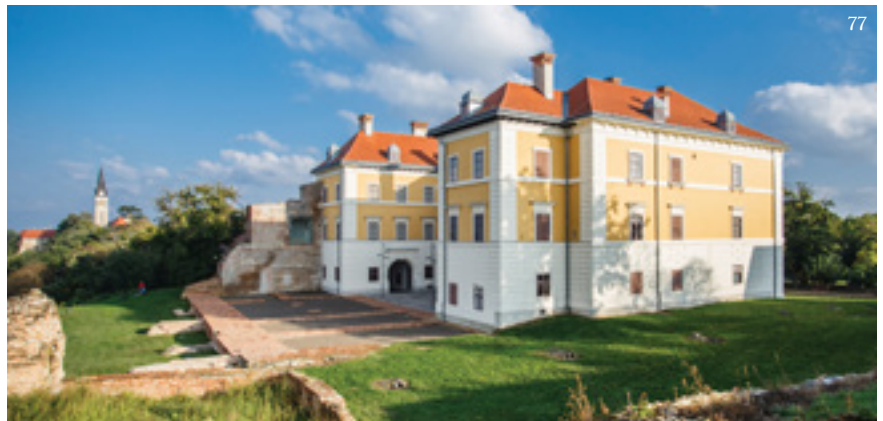
78 H. Serdar

79 Vineyard,

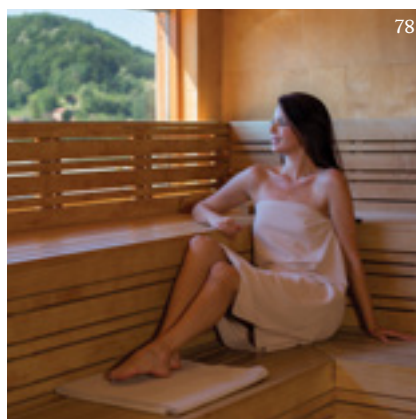
I. Biočina



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Professional and contemporary

Croatia has a long tradition of health tourism. Regardless of whether you are interested in medical or health tourism, or the wellness offer, you will be received by qualified and experts staff.

This is guaranteed by the well-developed education system with a long tradition, which follows contemporary trends.

The programmes applied in the vocational schools and at universities are fully aligned with the EU regulations, while the regulations in force in the Republic of Croatia guarantee that in these centres you will be greeted by expert staff

who have completed the necessary education and are undergoing continuous training. Moreover, due to the need for expert knowledge and the desire to follow trends and adopt special techniques, the staff receives additional education both at home and abroad, as documented by their official documents and certificates.

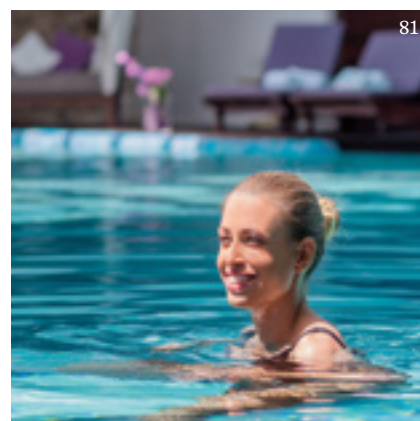
Furthermore, Croatian medical teams are often world leaders in the development of new methods and insights, thanks to which – with the help advanced technologies and climatic characteristics – they can achieve results that serve as an example and inspiration to others.

Combine all this with the safety and the highest level of protection of the patients' rights, as well as the excellent climate and surroundings bursting with attractions, and you can safely say that health and enjoyment have never been this close.



80

80 H. Serdar
81 H. Serdar



81

The home of good health

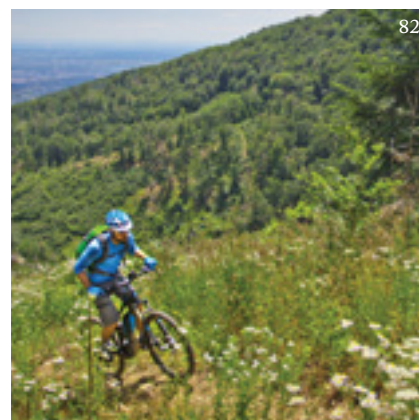
We are certain you know a lot about the beauty of Croatia and the possibilities it offers to its tourists. The benefits of nature and climate, rich cultural and historical heritage, geographic position and traffic accessibility in this country nestled in the very heart of Europe, as well as high quality service, are undeniable advantages and a powerful reason to come here. And return.

Throughout the year, many island and coastal destinations as well as the developed network of medical, health and wellness facilities in the continental part of the country, are known for a successful formula that unites health care, preventive care, and stress relief.

Expert staff in extremely well equipped facilities – a list of which has been included in our special attachment, along with their specialisations and contact information – can help you with all your needs, consulting the previously collected documents or following examinations in local outstanding diagnostic centres.

But in your quest for health and vitality you can count on one very important ally: you can do so much for your physical and mental health by merely breathing in the scent of aromatic plants, walking, swimming, bathing in seawater pools and thermal springs, cycling or enjoying other sports activities.

We must not forget the benefits of the local traditionally grown food, as well as healthy drinking water and fresh air. After all, the World Health Organization recommends the Mediterranean diet as the healthiest. Indeed, it has been scientifically proven that people who have opted for a tasty Mediterranean diet rich in olive oil, fruit and vegetables, fish oils and some wine are less likely to suffer from heart disease, malignant and other modern diseases. And you can be sure that Croatia has a lot to offer in this regard.



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82 Cycling on
Medvednica,
J. Fabris

83 Gastronomy
plate, M.D. Pečanić

84 Primošten
beach, B. Kačan

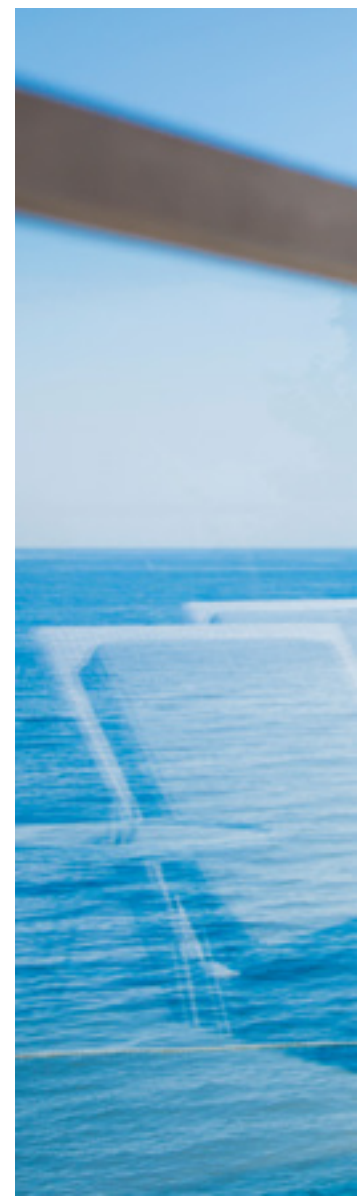
Just for you

Every person is a world unto themselves. This is why your hosts will prepare a service package tailored specifically to your needs, with the desired ratio of medical, health or wellness treatments and recreation, cultural attractions, excursions and rest.

There are specialised agencies who can create a complete, optimal, top quality offer for you, in collaboration with the tested and the best, in order to ensure you get exactly what you want. And even more than that!

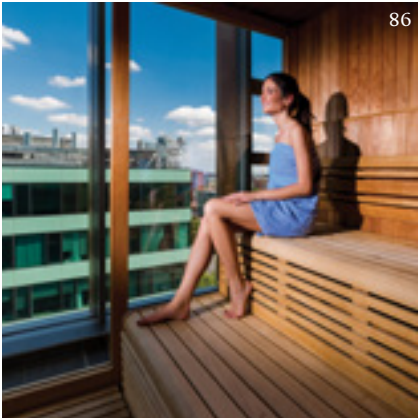
Because we know the style of life is ever changing, the challenges we face are ever greater, and a timely and quality response to them is the most important task, to which your hosts are completely dedicated.

Welcome to Croatia!





85



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87

85 Velebit,
D. Mance
86 H. Serdar
87 H. Serdar
88 H. Serdar



88

List of representative offices of the Croatian National Tourist Board

Impressum

CROATIAN NATIONAL TOURIST BOARD

(Hrvatska turistička zajednica)

Iblerov trg 10/IV
10000 Zagreb, Croatia
Tel: +385 (0)1 4699 333
Fax: +385 (0)1 4557 827
E-mail: info@htz.hr
Web: www.hrvatska.hr,
www.facebook.com/croatia.hr,
www.youtube.com/croatia,
www.issuu.com/croatia.hr

Kroatische Zentrale für Tourismus Österreich

E-mail: office@kroatien.at
Web: at.croatia.hr

Kroatische Zentrale für Tourismus Frankfurt/M, Deutschland

E-mail: info@visitkroatien.de
Web: de.croatia.hr

Kroatische Zentrale für Tourismus München, Deutschland

E-mail: office@visitkroatien.de
Web: de.croatia.hr

Ente Nazionale Croato per il Turismo Italia

E-mail: info@enteturismocroato.it
Web: it.croatia.hr

Chorvatské turistické sdružení Česká republika

E-mail: info@htz.cz
Web: cz.croatia.hr

Chorvátske turistické združenie Slovenská republika

E-mail: infohtz@chello.sk
Web: sk.croatia.hr

Horvát Idegenforgalmi Közösség Magyarország

E-mail: info@htz.hu
Web: hu.croatia.hr

Office National Croate de Tourisme France

E-mail: info@croatie-tourisme.fr
Web: fr.croatia.hr

Croatian National Tourist Office United Kingdom

E-mail: info@croatia-london.co.uk
Web: gb.croatia.hr

Croatian National Tourist Office USA

E-mail: cntony@earthlink.net
Web: us.croatia.hr

Narodowy Ośrodek Informacji Turystycznej Republiki Chorwacji Polska

E-mail: info@visitcroatia.pl
Web: pl.croatia.hr

Kroatiska Turistbyrå Sverige

E-mail: croinfo@telia.com
Web: se.croatia.hr

Kroatisch Nationaal Bureau Voor Toerisme Nederland

E-mail: kroatie-info@planet.nl
Web: nl.croatia.hr

Kroatische Nationale Dienst voor Toerisme - Office National Croate du Tourisme

België - Belgique
E-mail: info@visitcroatia.be
Web: be.croatia.hr

Хорватское туристическое сообщество Russia

E-mail: htzmoskva@mail.ru
Web: ru.croatia.hr

Hrvaška turistična skupnost Slovenija

E-mail: info@hts-slovenija.si
Web: si.croatia.hr

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Design Bureau Izvorka Jurić

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Silvana Jakuš

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PHOTOGRAPHY:

Ivo Biočina, Ivan Čorić,
Luka Esenko, Damir Fabijanić,
Joško Fabris, Sergio Gobbo,
Zoran Jelača, Boris Kačan,
Damir Kvažo, Davorin Mance,
Bojan Haron Markičević,
Maja Danica Pečanić, Denis Peroš,
Ivo Pervan, Goran Razić,
Mario Romulić & Dražen Stojčić,
Hrvoje Serdar, Domagoj Sever,
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Matija Špelić, Darko Vurušić

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Free



HERE FOR YOU

Health Tourism in Croatia

Health tourism is one of the most important segments of tourism development in Croatia, a country with a long tradition of tourism, as well as excellent natural, human and infrastructural predispositions.

The number of hospitals, polyclinics, health resorts and health centres is constantly increasing and the existing facilities are being renovated to comply with the highest international standards of quality.

We therefore invite you to look for medical, health or wellness services according to your needs and desires.

Apart from staying in an interesting and stimulating environment of a country that is called a hit destination for good reason, you will also undertake a journey to better health, vitality and joy...

because they are here for you!

Note: The Croatian Chamber of Commerce, which collected, processed and delivered the data to the Croatian National Tourist Board for the needs of this brochure and web pages, is responsible for the correctness of the data set out in this supplement.

Adriana, Hvar spa hotel

Adriana, Hvar Spa Hotel (4*) is located in the very centre of the city with a beautiful view of the picturesque town and marina. Thanks to its original design and amenities, it is an ideal choice for total relaxation and enjoyment. The interior of this award-winning boutique hotel hides a maze of rooms for relaxation of contemporary design, from the ground floor featuring a modern lobby bar and the picturesque Butchery & Wine restaurant, to the Top Bar and a spacious heated pool on top of the hotel.

Contact:

Address: Obala Fabrika 28, 21 450 Otok Hvar
Tel: +385 21 750 200
E-mail: reservations@suncanihvar.com
www.suncanihvar.com/adriana-hvar-spa-hotel.html

Adriatic Dent

Dental Polyclinic Adriatic dent is located in the Istrian town of Rovinj and specializes in all branches of dentistry: implantology, parodontology and prosthetics. For more than 20 years, this polyclinic has been involved in health tourism and is dedicated to providing the patient with the highest level of health care and a pleasant and interesting stay in this destination.

Contact:

Address: Istarska 18, 52 210 Rovinj
Tel: +385 52 842 500
E-mail: info@adriaticdent.com
www.adriaticdent.com

Air Pannonia

Air Pannonia is a 25-year-old company, covering five aviation segments: education, maintenance, English language test, patient and organ transportation and VIP passenger transportation. An experienced medical team with certified equipment for transporting patients together with our pilots flying Cessna Citation 525 and Beechcraft King Air C90 airplanes are a winning combination for patient satisfaction.

Contact:

Address: Jablanova 21, 31 000 Osijek
Tel: +385 31 297 788
E-mail: info@air-pannonia.hr
www.air-pannonia.hr

Arabco Tourism

Arabco Tourism is part of the Arabco Projects company headquartered in Croatia. The company's goal is to connect clients with Croatian hospitals and private clinics and ensure quality health care. Arabco Tourism provides information necessary to obtain visas, books transportation and accommodation, offers a wide range of additional services such as sightseeing, wellness & spa, beauty treatments, etc. and organises unique and all-inclusive health care trips according to the client's wishes and needs.

Contact:

Address: Radoslava Cimermana 60, 10 000 Zagreb
Tel: +385 99 306 3311
E-mail: info@arabcoprojects.hr
www.arabcotourism.com

Arena Polyclinic

The Arena Polyclinic is a facility specializing in dental services with an emphasis on aesthetic and implantology solutions. The entire team of experts and professional staff is dedicated to offering the best for the patients, so that their experience is a pleasant one, meeting and even exceeding the patients' expectations. In addition to excellent experiences the Arena Polyclinic is known for, the highest quality of service is guaranteed by certificates of excellence: ISO 9001: 2015 Certificate, ICERTIAS Customer's Friend Certificate and the AAA certificate of excellence.

Contact:

Address: Remetinečki gaj 2k, 10 020 Zagreb
Tel: +385 1 654 2655
E-mail: info@arenapoliklinika.hr
www.arenapoliklinika.hr

Ars Salutaris dentistry and facial aesthetics Polyclinic

After successful interventions on several thousand patients, founders of the dental polyclinic decided to take the next step. In January 2009, they started the construction of a modern, exclusive dental clinic in the elite part of Zagreb, not far from the centre of the city. In the past decade, the dentists in this dental polyclinic have performed all kinds of dental procedures on local and foreign patients.

Contact:

Address: Dobri Dol 33, 10 000 Zagreb
Tel: +385 1 235 6940
E-mail: info@dental-cro.com
www.dental-cro.com

Atlantis Travel

The mission of Atlantis Travel is to provide its partners and clients with a wide range of high quality services to ensure safe and worry-free travel, tailored to individual desires and requirements. The vision of the company is to be the leading agency on the market, which will use its knowledge, creativity, dedication and ability to adapt to different situations in order to retain current clients and attract new ones to build a strong mutual relationship.

Contact:

Address: Petrinjska 59, 10 000 Zagreb
Tel: +385 1 48 111 55
E-mail: zagreb@atlantis-travel.hr
www.atlantis-travel.hr

Aviva Polyclinic

Aviva Polyclinic, priding itself on four decades of tradition, covers almost all specialties: internal medicine with subspecialties (cardiology, gastroenterology, endocrinology and immunology), radiology, dermatology, urology, oncology, neurology, minor surgery, pulmology, gynaecology, otorhinolaryngology, ophthalmology, nuclear medicine, orthopaedics, physical medicine with rehabilitation, psychology and a biochemical hematology laboratory. Polyclinic Aviva today employs 25 physicians.

Contact:

Address: Nemetova 2, 10 000 Zagreb
Tel: +385 1 469 3111
E-mail: info@poliklinika-aviva.hr
www.poliklinika-aviva.hr

Bagatin Polyclinic

Bagatin Polyclinic provides services in the field of plastic surgery, dentistry, dermatology and cosmetology. With over twenty years of history and tradition, and over 12,000 satisfied clients, it is an innovative polyclinic that combines professionalism and sophistication of a medical institution specializing in health and beauty with the help of professional doctors, a top team of medical cosmetologists, technicians and nurses.

Contacts:

Addresses: Ulica Grada Vukovara 269 A,
 Ulica Kneza Višeslava 14, 10 000 Zagreb
 Tel: +385 1 461 0225
 E-mail: info@poliklinikabagatin.hr
 www.poliklinikabagatin.hr

Bizovačke Toplice health resort

The hotel complex with thermal water and a health resort is located in Bizovac. Accommodation facilities are available at the Termia Hotel and in the health resort. The treatment options available to patients include hydrotherapy in pools with thermomineral water, hydrogymnastics, underwater massage, galvanic baths, kinesiotherapy, electrotherapy and thermoprocure with paraffin or Solux. The beneficial effect of thermomineral water is evident in psoriasis treatment.

Contact:

Address: Sunčana 39, 31 222 Bizovac
 Tel: +385 31 685 100
 E-mail: ljeciliste@bizovacke-toplice.hr
 www.bizovacke-toplice.hr

Bluesun Hotel Elaphusa

The thalasso wellness of the Bluesun Hotel Elaphusa (4*) occupies more than 4000 m² of highly decorated open and closed spaces. It consists of indoor and outdoor pools with sea water, water world, sauna, relaxation area, 12 treatment rooms and a wellness bar. Apart from luxurious accommodation, the Elaphusa hotel, situated on an attractive seafront location, offers a variety of attractive facilities. Hotel accommodation includes a total of 306 spacious hotel rooms and suites arranged in four hotel blocks.

Contact:

Address: Put Zlatnog rata 46, 21 420 Bol
 Tel: +385 21 306 200
 E-mail: elaphusa@bluesunhotels.com
 www.hotelelaphusabrac.com

Bluesun Hotel Kaj

Bluesun hotel Kaj (4*) is located on the northern slopes of the Medvednica mountain, about 40 kilometres away from Zagreb, in Marija Bistrica. The hotel is situated in a picturesque, hilly area with lots of vineyards and dense ash and oak forests. It has wellness and spa facilities and offers a service packages tailored to the needs of the contemporary guest. An exquisite gastronomic offering is based on an innovative interpretation of traditional cuisine.

Contact:

Address: Zagrebačka bb,
 49 246 Marija Bistrica
 Tel: +385 49 326 601
 E-mail: kaj@bluesunhotels.com
 www.hotelkaj.hr

Bluesun Hotel Soline

A wellness & spa centre equipped with the latest technology with 1500 m² of indoor and outdoor space there are numerous facilities and services catering to the needs of a contemporary guest. Treatments are based on aromatic Mediterranean herbs and salts. Bluesun Hotel Soline (3*) is located next to the beach, 10 m from the sea and has a rich gastronomic offer of Mediterranean cuisine.

Contact:

Address: Trg Gospe od Karmela 1,
 21 322 Brela
 Tel: +385 21 603 207
 E-mail: soline@bluesunhotels.com
 www.hotelsolinebrela.com

Clinic Svjetlost

The eye clinic Svjetlost focuses on diagnostics, therapy and all kinds of eye surgery that can remove dioptre and other vision problems. It is a winner of the ophthalmological Oscar (Videocatarattarefrattiva Milano 2015) and the international quality recognitions “Best Hospital” (European Business Assembly) and “Quality Choice Prize” (ESQR). Quality is guaranteed by 40 top-level ophthalmologists of the Svjetlost group, who work on state-of-the-art technology in the Svjetlost centres in Croatia, in Zagreb and Split.

Contacts:

Address: Heinzelova 39, 10 000 Zagreb
 Tel: +385 1 777 5656
 E-mail: info@svjetlost.hr
 Address: Borisa Papandopula 8b, 21 000 Split
 Tel: +385 21 783 050
 E-mail: split@svjetlost.hr
 www.svjetlost.hr

Confutura

Medical tourism is the primary activity of this agency offering complete services, ranging from daily transportation from 12 Italian cities to organizing patient accommodation in Zagreb, at The Loop Hotel, operated by the agency. Within the agency there is a high-tech call centre employing native Italian speakers. The agency has more than five thousand clients annually.

Contact:

Address: Petrova 49, 10 000 Zagreb
 Tel: +385 1 230 6908
 E-mail: marko.perkovic@confutura.hr
 www.denticroazia.it

Danmari Tours

D-one agency provides complete services in medical tourism in cooperation with renowned polyclinics in Croatia. Packages include wellness and weight loss programs, anti-age and aesthetic surgery, diagnostics, Louise L. Hay workshops and various other programs. Clients save time and money and are provided a VIP treatment and D-one experience.

Contact:

Address: Cirkovljanska 2, 10 000 Zagreb
 Tel: +385 98 516 250
 E-mail: marijana@d-one.com.hr
 www.d-one.com.hr

Dental Polyclinic dr. Jelušić

Dental Polyclinic dr. Jelušić from Opatija is a member of the prestigious European Centres for Dental Implantology (ECDI), association of the best European implant centres, headed by the internationally renowned implantologist, dr. Damir Jelušić. A top-notch dental team and state-of-the-art technology provide patients with services from all areas of dental medicine, and a completely individual approach. The Polyclinic is composed of six clinics, a cutting edge digital diagnostic centre and a modern dental laboratory, all in one place.

Dubravica Dental Centar

Dubravica Dental Centar is one of the leading implantology centres in the region and it offers a complete array of dental services. Diagnostic, therapeutic and laser technology of the highest quality, in combination with an expert medical team, guarantee professional services in accordance with the highest European standards within a relatively short timespan. Located in Vodice, the heart of Dalmatia, and a popular tourist destination in the vicinity of two national parks and in the vicinity of the beautiful city of Šibenik, it is the perfect destination for a perfect smile.

Energy Clinic – Grand Villa Argentina

The Grand Villa Argentina Hotel wellness centre has numerous facilities for relaxation, as well as a multitude of unique treatments tailored to the needs of the contemporary guest. The energy level is raised by exercising in a superbly equipped fitness studio with a relaxing garden view, a special massage or another beauty treatment for regeneration and beauty of the body. A simple stroll in the gardens and swimming in the clear sea next to the hotel's beach will be beneficial to the mind and body.

Energy Clinic – Hotel Bellevue

The quiet wellness oasis of Hotel Bellevue (5*), stretching over 200 m², includes a swimming pool, a Jacuzzi, relaxation areas, Finnish sauna and steam bath. From the rich range of holistic spa treatments that combine the best from the Eastern and Western philosophy, we would like to highlight calming massages of the mind, facial treatments, body treatments, scrubs and pleasant relaxing baths.

Energy Clinic – Hotel Croatia

In the wellness centre of Hotel Croatia (5*) guests can use indoor and outdoor swimming pools with salt water, a steam bath, Finnish sauna and hydromassage shower. Massage and aromatherapy services are available, as well as face and body treatments. The wellness centre employs highly educated therapists and beauticians who adapt to the individual wishes and needs of each guest, providing professional treatments and quality cosmetics.

Energy Clinic – Hotel Dubrovnik Palace

In addition to an unmistakable view of the sea as a specific feature of the entire Dubrovnik Palace Hotel (5*), including the wellness centre extending over 1510 m², users can enjoy a wide selection of superior therapeutic treatments, including massages, scrubs, treatments for couples, special treatments in the VIP room, cosmetic and specialized treatments with the use of selected cosmetic products. The use of numerous pools, Jacuzzis, whirlpools, baths, saunas and fitness rooms is free for hotel guests.

Energy Clinic – Hotel Excelsior

Guests at Hotel Excelsior have two swimming pools with natural salt water at their disposal. The wellness centre includes saunas, a wellness area for relaxation and a fitness room. Thanks to the combination of scientifically advanced preparations with holistic and energizing methods of application, facial and body treatments are effective in improving the skin tone and stress relief, and for even greater comfort, all rooms have a view of the sea.

Contact:

Address: Matuljska cesta 1, 51 410 Opatija
Tel: +385 51 718 050
E-mail: dr@jelusic.com
www.jelusic.com

Contact:

Address: Magistrala 59, 22 211 Vodice
Tel: +385 22 444 796
E-mail: info@dcd.hr
www.dcd.hr

Contact:

Address: Frana Supila 14,
20 000 Dubrovnik
Tel: +385 20 440 596
E-mail: gva@energyclinic.com
www.energyclinic.com

Contact:

Address: Ulica Pera Čingrije 7,
20 000 Dubrovnik
Tel: +385 20 330 390
E-mail: bellevue@energyclinic.com
www.energyclinic.com

Contact:

Address: Frankopanska 10,
20 210 Cavtat
Tel: +385 20 475 776
E-mail: cavtat@energyclinic.com
www.energyclinic.com

Contact:

Address: Masarykov put 20,
20 000 Dubrovnik
Tel: +385 20 430 194
E-mail: hdp@energimic.com
www.energyclinic.com

Contact:

Address: Frana Supila 12,
20 000 Dubrovnik
Tel: +385 20 53 390
E-mail: excelsior@energyclinic.com
www.energyclinic.com

Energy Clinic – Hotel Kompas

The ambiance of the wellness centre of Hotel Kompas (4*) is an urban oasis in which natural rock, which dominates the area of the indoor swimming pool, is ideally complemented by minimalist interior design. Holistic treatments, beauty treatments, a relaxation zone and many other amenities that guarantee a unique wellness experience are available to guests.

Contact:

Address: Kardinala Stepinca 21,
20 000 Dubrovnik
Tel: +385 20 299 008
E-mail: kompas@energyclinic.com
www.energyclinic.com

Energy Clinic – Hotel Meneghetti

Hotel Meneghetti (5*), an authentic Istrian residence from the beginning of the 20th century, once served as a place for Austro-Hungarian officers to rest and dine, is completely restored today with six rooms, three apartments and 15 luxurious residences designed for a relaxed vacation and recreation, with a strong gastronomic offer and a wine experience. Its quality has won the hotel many awards and accolades. The wellness centre offers massages and treatments, a Finnish sauna or spa relaxation in the two hydromassage pools, while strolling on this property as part of the treatment also provides added value.

Contact:

Address: Stancija Meneghetti 1,
52 211 Bale
Tel: +385 52 528 800
E-mail: meneghetti@energyclinic.com
www.energyclinic.com

Energy Clinic – Hotel Ola

The exclusive body, mind and spirit care centre - located at the Hotel Ola (4*), in addition to the feeling of pleasure and satisfaction, provides its clients with a fresh, revitalizing and efficient energy. The centre offers a unique combination of authentic cuisine, contemporary Western medicine and ancient Chinese techniques based on human touch, one of the basic healing methods, as well as alternative facial and body treatments with the premium line of its own organic cosmetic products.

Contact:

Address: Hrvatskih žrtava 296,
21 218 Seget Donji
Tel: +385 21 798 600
E-mail: ola@energyclinic.com
www.energyclinic.com

Energy Clinic – Kempinski Hotel Adriatic

The wellness centre located in the Kempinski Hotel Adriatic (5*) offers a wide range of luxurious treatments based on elixirs obtained from Mediterranean medicinal herbs offered by the Energy Clinic Carolea Spa. In addition to treatment facilities, the wellness centre has an indoor pool, two outdoor pools, a Jacuzzi, various types of saunas and a fitness facility.

Contact:

Address: Alberi 300A, 52 575 Umag
Tel: +385 52 707 080
E-mail: kempinski@energyclinic.com
www.energyclinic.com

Energy Clinic – Villa Agava

Villa Agava (5*) embodies the luxury of a typical Mediterranean villa where guests are offered a mobile spa that enables it to be converted into a private spa centre at a unique location on the Adriatic.

Contact:

Address: Frana Supila 12, 20 000 Dubrovnik
Tel: +385 20 353 390
E-mail: agave@energyclinic.com
www.energyclinic.com

Energy Clinic – Villa Orsula

Villa Orsula (5*) is situated at a prestigious location right by the sea, just steps from the Old Town, and represents the ultimate combination of rich historical architecture and luxurious, sophisticated interior design that makes this classic Mediterranean villa the most sought-after boutique hotel. The guests of the villa can enjoy numerous treatments personalized according to their needs and wishes.

Contact:

Address: Frana Supila 14, 20 000 Dubrovnik
Tel: +385 20 440 596
E-mail: orsula@energyclinic.com
www.energyclinic.com

Energy Clinic – Villa Sheherezade

Villa Sheherezada (5*) is situated on a quiet cliff, surrounded by idyllic Mediterranean gardens where guests can relax in the sea or in the pool with a hydromassage system in the complete privacy of a spacious stone beach. The villa offers a beautiful view of the open sea, the island of Lokrum and the Dubrovnik city walls, only a ten minute pleasant walk away. In line with the Villa's luxury, exclusive treatments are available to clients tailored to their individual needs and desires.

Contact:

Address: Ulica Vlaha Bukovca 2,
20 000 Dubrovnik
Tel: +385 20 440 596
E-mail: sheherezade@energyclinic.com
www.energyclinic.com

Enjoy Health

The team of the specialized agency Enjoy Health will make sure health care is the most pleasant experience possible and allow you to enjoy the benefits of the Mediterranean. Regardless of whether you are looking for a medical service or a wellness centre, Enjoy Health provides top quality service and ensures a pleasant and fun vacation.

Contact:

Address: Ivana Gundulića 2, 21 000 Split
Tel: +385 21 321 171
E-mail: info@enjoyhealth.hr
www.enjoyhealth.hr

General Hospital Zabok and Hospital of Croatian Veterans

Located in the Krapina-Zagorje County and just 40 kilometres from Zagreb, the capital of Croatia, this 25,000 m² hospital has 249 beds, state-of-the-art equipment and offers various medical activities and treatments. Currently it has 624 employees, consisting of 490 medical and 134 non-medical staff.

Grand Hotel 4 Opatijska Cvijeta

Wellness-oasis of the Grand Hotel 4 Opatijska Cvijeta (4*) has many facilities. There are outdoor and indoor swimming pools with underwater massages, a therapeutic pool with underwater massages, whirlpool, sauna and baths, ice fountain and fitness and solarium. Numerous treatments are based on top cosmetic lines, while wellness facilities are complemented by original wellness packages. The hotel's offer pays great attention to the preparation of dishes made of fresh, local ingredients, and the hotel carries the special Traditional Croatian Cuisine standard.

Health and Holidays

The Health & Holidays Platform offers a variety of treatments in internationally accredited healthcare facilities where diagnostic and therapeutic services are available, as well as doctors and specialists recognized worldwide.

Histria Medic

Histria Medic is a health care centre that combines a wide range of health services in one place, in a modern space within the Ridente Polyclinic building in Poreč. The centre's activities include general medicine and tourist office, full check-ups, complete UTS diagnostics, breast care, urological, neurological and dermatological practices.

Hotel & Casa Valamar Sanfior

This renovated, romantic hotel (4*) is located on the very shore of a wooded peninsula overlooking the Rabac bay. The wellness centre has an outdoor and heated indoor pool. It offers treatments with the signature of the Labin goddess Sentona in the beauty centre, where essential oils and hand picked sage, laurel and lavender are used.

Hotel Bellevue

Hotel Bellevue (5*) has a spa oasis with top-quality amenities and quality service that combines ancient techniques with the latest achievements. The Santé! Program consists of a thorough internist check-up with nutrition counselling, counselling with a personal trainer and relaxing, luxurious Silhouette spa treatments. The program is designed for body shaping and weight loss. Renergy de Luxe is a scientifically based multidisciplinary program designed to speed up recovery and restore energy for work. The program's goal is to speed up digestion and eliminate excess fluid from the body. Stress Adieu! is a stress relief program.

Hotel Bristol by OHM Group®

Services of the Bristol by OHM Group® (4*) spa & beauty centre are designed to make your spa experience personalized. Spa specialists are dedicated to creating a warm and accessible environment to optimize the spa experience and offer a large number of programs tailored to individual expectations and needs.

Hotel Kaštel Motovun

Hotel Kaštel (3*) is located on the main square of the medieval town of Motovun, situated on a 277-meter-high hill. The hotel is located in a 17th century palace. The hotel Kaštel wellness & spa centre has a modern interior complemented with Istrian stone, while the harmony of the space is enriched with natural light colours that blend with the fragrances and authentic decorations of the space. The wellness & spa centre stretches over approximately 430 m² and offers a covered swimming pool, sauna and bath, relaxation area, spa treatments and a wellness garden.

Contact:

Address: Bračak 8, p.p. 36, 49 210 Zabok
Tel: +385 49 204 011
E-mail: informacije@bolnica-zabok.hr
www.bolnica-zabok.hr

Contact:

Address: Viktora Cara Emina 6,
51 410 Opatija
Tel: +385 51 295 001
E-mail: repcija.grand@milениjhoteli.hr
www.milениjhoteli.hr

Contact:

Address: Franje pl. Pogledića
Kurilovečkog 16, 10 410 Velika Gorica
Tel: +385 1 662 6580
E-mail: iva.dilber@health-and-holidays.com
www.health-and-holidays.com

Contact:

Address: Istarska 1a, 52 440 Poreč
Tel: +385 52 496 396
E-mail: info@histria-medic.hr
www.histria-medic.hr

Contact:

Address: Lanterna 2, 52 221 Rabac
Tel: +385 52 862 220
E-mail: reservations@valamar.com
www.valamar.com

Contact:

Address: Čikat 9, 51 550 Mali Lošinj
Tel: +385 51 679 000
E-mail: health@losinj-hotels.com
www.losinj-hotels.com

Contact:

Address: Ulica Maršala Tita 108,
51 410 Opatija
Tel: +385 51 706 300
E-mail: info@hotel-bristol.hr
www.ohm.hr

Contact:

Address: Trg Andrea Antico 7,
52 424 Motovun
Tel: +385 52 681 607
E-mail: info@hotel-kastel-motovun.hr
www.hotel-kastel-motovun.hr

Hotel Milenij

Royal Spa, the Hotel Millennium (5*) wellness centre offers special programs for revitalization, relaxation and body shaping, as well as gold and chocolate treatments. This wellness centre is inspired by the Austro-Hungarian Empress Sisi as the symbol of the first modern and well-groomed woman. The wellness facilities include a pool with a glass dome (outdoor/indoor), a Jacuzzi on a wellness terrace, saunas and baths, an ice fountain, relaxing benches and beds, salt bath and a relaxation area overlooking the beautiful Sv. Jakov park.

Hotel Split

Guests staying in Hotel Split (4*) can enjoy a view of the sea from every room. The Sanarium Spa Suite is the biggest attraction of the Sea L'Aroma Spa & Wellness. The VIP corner features a hydro-massage bath, a sauna and a relaxation area. In addition to aromatherapy, to which special attention is paid, the services of kinesiologists, physiotherapists and beauticians are available.

Hotel Sport

Hotel Sport (4*) is located in Ivanić-Grad, 35 kilometres from Zagreb, at the very edge of Moslavina. It is a perfect place to relax and rest. The modern two-floor gym is equipped with professional technogym equipment. The wellness area has an indoor swimming pool with counter-current swimming, several types of saunas, a relaxation area, surprise showers and an ice well. The luxuriously equipped beauty salon offers complete facial and body care services thanks to quality cosmetic lines and state-of-the-art body shaping equipment.

Hotel Terme Jezerčica

The hotel Terme Jezerčica (3*) is located in Donja Stubica, in the centre of Hrvatsko Zagorje, right on top of a natural medicinal thermal water spring. It offers comfortable accommodation in 47 rooms, an indoor and outdoor water park with eight pools, a spa area and a modern wellness centre. Nature lovers will be delighted with the Labyrinth City or the Iris Garden, located next to the outdoor water park.

IMED Polyclinic

IMED Polyclinic is a private clinic with a ten-year tradition, whose activities cover dentistry, orthodontics and aesthetic surgery with a primary focus on implant prosthetics. A specialized and highly educated team of doctors is responsible for the multidisciplinary and individualized approach to every patient. Eight offices, an operating room and its own laboratory ensure high-quality work, keeping up with international dental health achievements.

Implant Centre Martinko

Implant Centre Martinko, a modern dental practice in Zagreb, brings together a team of experts with many years of experience in dentistry. We provide treatments in accordance with the highest international standards, providing patients with quality therapy and an individual approach. Advanced technology and high quality materials ensure a superior service in the field of diagnostics, implantology, surgery, prosthetics, parodontology and aesthetic and general dentistry.

Istarske Toplice health resort

Greenery, peace and tranquillity create a special ambience for relaxation in Istarske Toplice. The cliff Gorostas rises above them, under which lies the Sv. Stjepan medicinal water spring. It is known for its high sulphur level, optimally radioactive and warm water rich in minerals, which has proven effective in treatment of chronic rheumatic diseases, dermatological diseases, upper respiratory tract diseases, gynaecological diseases and postoperative rehabilitation. The healing effects of this water differentiate Istarske Toplice from other thermal springs.

Contact:

Address: Maršala Tita 109, 51 410 Opatija
Tel: +385 51 278 016
E-mail: milenij@milenijhoteli.hr
www.milenijhoteli.hr

Contact:

Address: Strožanačka 20,
21 312 Podstrana – Split
Tel: +385 21 420 420
E-mail: info@hotelsplit.com
www.hotelsplit.com

Contact:

Address: Etanska cesta 4,
10 310 Ivanić-Grad
Tel: +385 1 236 9700
E-mail: recepcija@hotel-sport.hr
www.hotel-sport.hr

Contact:

Address: Toplička 80, 49 240 Donja Stubica
Tel: +385 49 200 600
E-mail: info@terme-jezercica.hr
www.terme-jezercica.hr

Contact:

Address: Selska cesta 90a, 10 000 Zagreb
Tel: +385 1 366 8936
E-mail: info@imed.hr
www.imed.hr

Contact:

Address: Hruševička 7, 10 000 Zagreb
Tel: +385 1 364 4494
E-mail: info@implant-centre-martinko.com
www.turismo-dentale-martinko.com

Contact:

Address: Sv. Stjepan 60, 52 427 Livade
Tel: +385 52 603 000
E-mail: info@istarske-toplice.hr
www.istarske-toplice.hr

Lege Artis Polyclinic

Lege Artis Polyclinic is a private polyclinic whose primary activity is vascular surgery - vascular surgery (flebiology), but it combines both general, abdominal (proctologic) and plastic surgery for aesthetic purposes and deals with a complete approach to vascular diseases that affect about half of the population.

LifeClass Terme Sveti Martin

LifeClass Terme Sveti Martin (4*) is a unique destination in continental Croatia for relaxation and wellness, sports and an active holiday, congresses and team building, with a superior gourmet experience and beautiful nature. The resort centre includes indoor pool complex with thermal water, a summer aquapark, wellness centre and restaurants.

Lone Wellness & Spa

In a modern space and in synergy with nature, Lone Wellness & Spa, stretching over a 1700 m² area of the Lone (5*) hotel offers: indoor heated swimming pool with fresh water and hydromassage effects, "submerged rooms", Finnish and aroma saunas and steam bath, relaxation area, outdoor garden, beauty area, fitness centre, seven multifunctional therapeutic areas, specially created rituals, massages and cosmetic treatments with local products, vitality bar and MBS - Movement Balance System - a scientific approach to diagnostics and training.

Magdalena Cardiovascular Disease Clinic

The Magdalena Clinic provides services that include prevention, a complete range of non-invasive and invasive diagnostics, as well as percutaneous and surgical treatment of cardiovascular diseases. The basic features of the Magdalena Clinic are comprehensive treatment of cardiovascular diseases, a large number of annual diagnostic and therapeutic procedures with a minimal number of complications, reduced hospitalization time, introduction of new medical technologies in daily practice and constant quality control, as confirmed by the platinum level certification by Accreditation Canada International and ISO standards 15224 and 9001.

Medicinska Grupa

Medicinska Grupa is an investment-consulting company for health tourism development and projects. Apart from being a promoter of Croatian tourism with an emphasis on the health sector, the company provides comprehensive support for the development of more conceptual and financially undefined projects. A professional multidisciplinary team composed of architects, health professionals, hoteliers, economists and investment designers prepares pre-investment and investment studies for health tourism projects.

Medicinska Mreža

Medicinska Mreža, a specialized travel agency for health tourism, offers comprehensive services - from travel and health treatment organization, monitoring and organization of accommodation to check-up and conclusive opinion of the medical service. The new Medicinska Mreža project, the Health Card, is a global project whose goal is to connect all health care tourism providers. The Health Card connects health care tourism providers with their users in a unique way.

Olympia Life Wellness

Olympia Life Wellness provides divine moments of relaxation in an oasis of health and beauty. Everything is tailored to the client – every scent, sound and touch. These are the moments to live for. Olympia Life Wellness offers its guests a wide variety of massages, treatments and rituals made to bring balance to both the body and the spirit. There is something for everyone.

Contact:

Address: Vukovarska 1, 31 000 Osijek
Tel: +385 325 676
E-mail: info@lege-artis.hr
www.lege-artis.hr

Contact:

Address: Izvorska 3,
40 313 Sveti Martin na Muri
Tel: +385 40 371 111
E-mail: info@termesvetimartin.com
www.termesvetimartin.com

Contact:

Address: Luje Adamovića 31, 52 210 Rovinj
Tel: +385 52 632 011
E-mail: lone@maistra.hr
www.maistra.com

Contact:

Address: Ljudevita Gaja 2,
49 217 Krapinske Toplice
Tel: +385 49 244 115
E-mail: info@magdalena.hr
www.magdalena.hr

Contact:

Address: Savska cesta 41, 10 000 Zagreb
Tel: +385 1 580 4575
E-mail: office@medicinska-grupa.hr
www.medicinska-grupa.hr

Contact:

Address: Savska cesta 41, 10 000 Zagreb
Tel: +385 1 580 4575
E-mail: info@medicinska-mreza.com
www.medicinska-mreza.com

Contact:

Address: Ljudevita Gaja 6, 22 211 Vodice
Tel: +385 22 452 493
E-mail: sales@olympiavodice.hr
www.olympiavodice.hr

Premium Dent

Premium Dent stands out with its individual approach to providing dental services, aesthetic and vascular surgery. In each of these areas, they are dedicated to providing care to the patient and aesthetics. Consequently, along with complete dental services, permanent make-up services are also offered, which in the hands of a micropigmentator make the eyes and eyebrows perfect. In addition, cutting edge methods are used to eliminate the problem of enlarged veins.

Ražnjevića dvori A.D. 1307

The diffused hotel Ražnjevića Dvori (4*) is located in an authentic Dalmatian stone house with three luxurious suites. On the estate, local products, such as wine and olive oil, are produced using traditional and ecological methods, offering guests the opportunity to enjoy top quality authentic gastronomy. With expert help from physiotherapists, the emphasis is on individually tailored programs performed in rustic surroundings with aromatherapy using medicinal herbs from this area or outdoors. There is also an outdoor heated pool, fitness facilities, many natural trails for trekking, cycling or exercising in nature with a high degree of focus on nature conservation and sustainability.

RexRea

RexRea is a team of medical specialists completely dedicated to organizing patient treatment in search of the best available medical care in Croatia. From the first query to the final recovery, the patient's progress is carefully monitored to ensure their well-being. They also provide business consultancy services to foreign institutions interested in co-operating with medical institutions in Croatia.

Rident, Dental Polyclinic and Dental Laboratory

Rident Polyclinic was established in Rijeka in 2004 in order to provide comprehensive dental services. In 2013, the Polyclinic branch office in Poreč was opened. With 12 years of experience and more than 200 employees in the Rident Polyclinic system, comprehensive dental care is provided to patients from all over Europe, mostly from Italy, Slovenia, Germany and Switzerland, who choose one of the Rident Polyclinics in Rijeka and Poreč as their medical destination. The oral surgery team of specialists is a member of the Leading Implant Centres international web platform, which brings together implant placement experts from around the world.

Slavonija Polyclinic

The two-storey Slavonija polyclinic, with an elevator and large parking space, provides diagnostic, baromedical and surgery services. It is equipped with state-of-the-art medical equipment and employs competent, professional and friendly staff who will take care of the patient from their first moment of staying at the Polyclinic. Through years of experience it has specialized in performing full-body check-ups that are recommended for everyone once a year for a more positive outcome of the disease due to earlier diagnosis.

Smile Polyclinic

The Smile polyclinic team, employing over 40 people experts led by Dr. Darko Sloviša, is distinguished by its professionalism, relationship with patients and excellent equipment. Dr. Sloviša has successfully installed over 12,500 implants and bears the title "Master of oral medicine in implantology" and "Master of Science in implantology and dental surgery" awarded by the International Medical School in Germany. Two clinics, a vast experience, ISO 9001 certification for oral surgery and implantology, complete digital dentistry, international manufacturer excellence centre, and the latest generation of devices for top-quality diagnostics guarantee top-notch services.

Smile Studio Kovačević Mikšić

Smile studio is a family-run dental clinic that has been dealing with dental tourism for 15 years now. Patients are offered quality service, an individual approach and modern technology solutions and materials.

Contact:

Address: Savska cesta 7, 10 000 Zagreb
Tel: +385 1 779 3354
E-mail: info@premiumdent.hr
www.premiumdent.hr

Contact:

Address: Polača, 23 423 Polača
Tel: +385 23 383 556
E-mail: sales@ilirijabiograd.com
www.ilirijabiograd.com/raznjevica-dvori-ad-1307/o-hotelu

Contact:

Address: Poljana Borisa Hanžekovića 8, 10 000 Zagreb
Tel: +385 98 234 432
E-mail: info@rexrea.hr
www.rexrea.hr

Contacts:

Address: Franje Čandeka 39, 51 000 Rijeka
Tel: +385 51 648 900
Address: Istarska 1 A, 52 440 Poreč
Tel: +385 51 648 900
E-mail: info@rident.hr
www.rident.hr

Contact:

Address: J.J.Strossmayera 163, 31 000 Osijek
Tel: +385 31 400 650
E-mail: poliklinika.slavonija@gmail.com
www.poliklinika-turjak.hr

Contact:

Address: M. Tita 129, 51 214 Opatija
Tel: +385 51 706 600
E-mail: info@smile.hr
www.smile.hr

Contact:

Address: Bribirska 2, 51 000 Rijeka
Tel: +385 51 678 678
E-mail: info@smilestudio.hr
www.smilestudio.hr

Specijalna bolnica Arithera

Specijalna bolnica Arithera operates on two locations in Zagreb. It has over 2000 m² of top-of-the-range space with two operating rooms, hospital section and gymnasiums and a pool for physical therapy and rehabilitation. Fast and effective medical solutions for orthopaedics, physical therapy and rehabilitation, painful spine, enlarged veins, haemorrhoids, abdominal surgery or aesthetic procedure are just part of Arithera's offer. A multidisciplinary approach to treatment will enable each patient to address a large number of health and aesthetic issues in one place.

Special hospital for medical rehabilitation Daruvarske Toplice

Daruvarske Toplice is a high-ranking and contemporary healthcare centre, unobtrusively integrated into its surroundings, at the very source of medicinal thermal water and mineral mud. It specializes in treatment of rheumatic diseases, medical rehabilitation, rehabilitation of athletes and the implementation of programs assisting in the treatment of infertility using medicinal factors "Joy of life". As a natural healing factor, medicinal mineral mud fango is also used along with thermal water.

Special hospital for medical rehabilitation Krapinske Toplice

Special hospital for medical rehabilitation Krapinske Toplice is a modern hospital for rehabilitation of patients with cardiological, neurological, rheumatic and orthopaedic illnesses and for rehabilitation of children. It was built on springs of thermal mineral water at a temperature of 39 - 41 °C, rich in calcium, magnesium and hydrocarbonate. The hospital has four swimming pools, of which Jakob's pool is built right at the thermal water spring, and is one of the few such pools in the world.

Special hospital for medical rehabilitation Naftalan

The Naftalan health centre in Ivanić-Grad, located only thirty kilometres from Zagreb, is unique in the use of medicinal oil, naphthalene, used by medical experts in the treatment of skin diseases, especially psoriasis and neurodermatitis, as well as inflammatory processes in the joints, such as rheumatoid and psoriatic arthritis, in rehabilitation after orthopaedic operations and in healing burns. Apart from physical therapy, the treatment includes specific and unique procedures, such as naphthalene baths.

Special hospital for medical rehabilitation Stubičke Toplice

Stubičke Toplice, located at the foot of the northern slopes of Medvednica, in the gentle valley of Hrvatsko Zagorje, is a health-rehabilitation centre with healing thermal water whose temperature at the source is 69°C. Specialist examinations in different fields are conducted at the special hospital. Users recognize Stubičke Toplice as a destination for health, vitality, beauty and hospitality.

Special hospital for medical rehabilitation Varaždinske Toplice

Varaždinske Toplice are a destination with a healthy environment, medicinal thermal water, peace and pristine nature. The work of the Special Hospital is based on the millennia old tradition of using thermal sulphur water and healing peloids. Aside from the beneficial effects on health and relaxation, these natural elements are used to treat rheumatic, neurological and orthopaedic illnesses and spinal diseases. Tradition, expertise and quality of service make Varaždinske Toplice one of Croatia's top physical medicine and rehabilitation centres.

Special hospital for orthopaedics and traumatology Akromion

The Akromion Hospital was opened in 2008. Around one thousand operations are performed there each year. Equipped with state-of-the-art equipment, integrated HD operating room technology, it is fully computerized so the offices in Split and Zadar are connected to the polyclinic in Zagreb. Akromion provides medical services in the treatment of diseases and injuries to the locomotor system, from arthroscopy and installation of artificial joints to reconstructive procedures of poorly remedied fractures. A large number of top athletes have been successfully operated and rehabilitated in Akromion.

Contact:

Address: Bukovačka cesta 1, 10 000 Zagreb
Tel: +385 1 23 04 074
E-mail: arithera@arithera.hr
www.arithera.hr

Contact:

Address: Julijev park 1, 43 500 Daruvar
Tel: +385 43 623 000
E-mail: rezervacije@daruvarske-toplice.hr
www.daruvarske-toplice.hr

Contact:

Address: Gajeva 2, 49 217 Krapinske Toplice
Tel: +385 49 383 100
E-mail: info@sbkt.hr
www.sbkt.hr

Contact:

Address: Omladinska 23a,
10 310 Ivanić Grad
Tel: +385 1 283 4555
E-mail: informacije.rezervacije@naftalan.hr
www.naftalan.hr

Contact:

Address: Park Matije Gupca 1,
49 244 Stubičke Toplice
Tel: +385 49 201 000
E-mail: info@sbst.hr
www.sbst.hr

Contact:

Address: Trg slobode 1,
42 223 Varaždinske Toplice
Tel: +385 42 630 000
E-mail: prodaja.minerva@sbvzt.hr
www.minerva.hr

Contact:

Address: Ljudevita Gaja 2,
49 217 Krapinske Toplice
Tel: +385 49 587 487
E-mail: akromion@akromion.hr
www.akromion.hr

Special Hospital St. Catherine

Special hospital St Catherine is a European centre for excellence in modern diagnostics, orthopaedic surgery and spinal surgery with pain relief, sports medicine, and implementation of innovative diagnostic methods and personalized medicine in clinical practice. St. Catherine is a hospital that uses a multidisciplinary approach and state-of-the-art equipment to provide superior diagnostics, therapeutic and surgical procedures and individually prepared rehabilitation under one roof.

Thalassotherapy Crikvenica

Thalassotherapy Crikvenica - special hospital for medical rehabilitation specializes in treatment and rehabilitation of respiratory diseases and rheumatism. The location of Thalassotherapy on the sea, plenty of hours of sunshine and favourable air currents create ideal conditions for thalassotherapy. Physicians specialising in physical medicine and rehabilitation, pulmonology, internal medicine, otorhinolaryngology, paediatrics, allergology and baromedicine work to combine a favourable climate with modern medical methods and equipment, which is why they achieve excellent results in the treatment of respiratory diseases and the locomotor system.

Thalassotherapy Opatija

Thalassotherapy Opatija is the first health institution in Croatia that has introduced professional and modern rehabilitation of cardiac patients. It has fifty years of experience in working with cardiology, rheumatic, psychiatric and dermatological patients and is ranked among the very top of treatment and rehabilitation institutions. Complete harmony of experience, professional education, state-of-the-art medical, diagnostic and therapeutic equipment and climate of the area define this hospital as a great place for rest, health and pleasure. All therapy and rehabilitation programs are under constant supervision of an expert team of physicians.

Terme Selce Polyclinic

The Terme Selce Polyclinic has nurtured the tradition of health tourism on the Crikvenica Riviera for more than 25 years. Patients from 86 countries and six continents have been treated here, and Terme Selce experts took care of 120 international and Olympic champions. The specialty of the polyclinic are diagnostics, physical therapy and rehabilitation, sports medicine (Top Sport Professional program), and body and mind special program Healthy living by IBD. Over 40 diagnostic and 250 therapeutic procedures are performed, and many of their own innovative methods are used in therapy for the purpose of rapid and effective rehabilitation and recovery.

Terme Tuhelj

Terme Tuhelj, a spa and wellness centre in Croatia, is located right at the source of thermal water and medicinal mud, surrounded by the green hills of Zagorje. Hotel Well (4*) operates as part of the Terme. Its wellness and spa centre offers numerous services and animation activities for children and adults, as well as an excellent gastronomic offer.

Uniline

Uniline, an incoming tour operator, was founded in 1996 and since then has been offering accommodation services, excursions, car rental services and numerous special programs in Istria, Kvarner and Dalmatia. A team of 200 experienced and professional employees and the quality service they provide are the main reasons for this agency's excellent reputation. The headquarters of Uniline are in Pula, while the branch offices are in Rovinj, Poreč, Rabac, Opatija, Split, Dubrovnik, Zagreb, Ljubljana and Sarajevo.

Valamar Diamant Hotel

Sport and wellness hotel (4*) in Poreč is just a ten minute walk away from the historic town centre in an oasis of pine trees and clean beaches. The first choice for a combination of an active vacation, relaxation and gastronomic offer, with the possibility of special diet menus. At the wellness centre, guests can use the healing saunas, a large swimming pool with counter-current swimming effect, a whirlpool, spa area, sunbathing area and other facilities on an area of 2400 m². A professional and medical team is available for physical medicine and rehabilitation.

Contact:

Address: Trpinjska 9, 10 000 Zagreb
Tel: +385 1 286 7400
Address: Bračak 8, 49 210 Zabok
Tel: +385 49 296 600
E-mail: info@svkatarina.hr
www.svkatarina.hr

Contact:

Address: Gajevo šetalište 21,
51 260 Crikvenica
Tel: +385 51 407 666
E-mail: info@thalasso-ck.hr
www.thalasso-ck.hr

Contact:

Address: Ulica Maršala Tita 188,
51 410 Opatija
Tel: +385 51 202 600
E-mail: thalassowellness.opatija@ri.t-com.hr
www.thalassotherapy-opatija.hr

Contact:

Address: 1. prilaz I. L. Ribara 8,
51 266 Selce
Tel: +385 51 764 055
E-mail: info@terme-selce.hr
www.terme-selce.hr

Contact:

Address: Ljudevita Gaja 4,
49 215 Tuheljske Toplice
Tel: +385 49 203 000
E-mail: info@terme-tuhelj.hr
www.terme-tuhelj.hr

Contact:

Address: S. Dobricha 16, 52 100 Pula
Tel: +385 52 390 000
E-mail: info@uniline.hr
www.uniline.hr

Contact:

Address: Brulo 1, 52 440 Poreč
Tel: +385 52 400 000
E-mail: reservations@valamar.com
www.valamar.com

Veli Lošinj health resort

Veli Lošinj health resort conducts programs for treatment of respiratory tract diseases, asthma and allergies, as well as psoriasis treatment programs and classical rehabilitation programs for locomotor system diseases and neurological diseases. The natural environment, favourable climate and the therapeutic effects of the sun and the sea are of great importance in their implementation. The spa has 180 beds in two buildings, Villa Elisabeth with 27 anti-allergic rooms and the Park V building which has 34 private rooms for individual guests, especially families with small children. In addition to the benefits of the microclimate, sun and sea, guests can enjoy rehabilitation services under medical supervision.

Vitality Hotel Punta

The specialty of the Vitality Hotel Punta (4*) lies in specially designed exercises and group exercise programs from the Les Mills system as well as internist and nutritionist services. The goal of the program is to reduce the symptoms and improve the quality of life in people with lung problems. A six week stay and rehabilitation are recommended in order to maximize the effect. They are designed to assist in controlling and adapting your life to a specific condition or illness and to maintain the condition of the lung musculature.

Wellness and Spa Villa Lenije

The Villa Lenije (4*) wellness and spa centre is located in the modern and newly built part of Hotel Villa Lenije. It is located near the centre of the city. It has a wellness oasis: swimming pool, Finnish sauna and steam bath, massage and cosmetic rooms.

Wellness Hotel Aurora

The unique concept of the AURAbotanicSPA of the Wellness Hotel Aurora (4*) provides the possibility of revitalizing the entire body. The holistic approach of the staff, in accordance with nature through aromatic and medicinal herbs grown locally, revives the spirit and body. In the comfortable relaxation zone and in the seawater pools you can relax and enjoy the various amenities.

Wellness hotel Villa Magdalena

The wellness hotel Villa Magdalena (4*) offers a unique experience: a jacuzzi connected directly with a medicinal thermal water with a beautiful view of the region and green hills, panoramic wellness and spa oasis (saunas, outdoor and indoor swimming pool, fitness, massages, whirlpool). It also has a superb gastronomic offer, a combination of traditional Zagorje cuisine and modern international cuisine. The hotel is open all year round and offers packages for different occasions. It is surrounded by nature and thermal water springs.

Contact:

Address: Podjavori 27, 51 551 Veli Lošinj
Tel: +385 51 236 111
E-mail: info@ljeciliste-veli-losinj.hr
www.ljeciliste-veli-losinj.hr

Contact:

Address: Šestavine 17, 51 550 Veli Lošinj
Tel: +385 51 662 000
E-mail: health@losinj-hotels.com
www.losinj-hotels.com

Contact:

Address: H. D. Genschera 3,
32 100 Vinkovci
Tel: +385 32 340 164
E-mail: wellness@hotelvillalenije.com
www.hotelvillalenije.com

Contact:

Address: Sunčana uvala 4,
51 550 Mali Lošinj
Tel: +385 51 667 200
E-mail: health@losinj-hotels.com
www.losinj-hotels.com

Contact:

Address: Mirna ulica 1,
49 217 Krapinske Toplice
Tel: +385 49 233 333
E-mail: info@villa-magdalena.net
www.villa-magdalena.net

