

KVARNER - CROATIA



Health on the Island of Vitality





ISLAND OF VITALITY

PRESERVED NATURAL ENVIRONMENT IS A UNIQUE FEATURE OF OUR ISLAND;

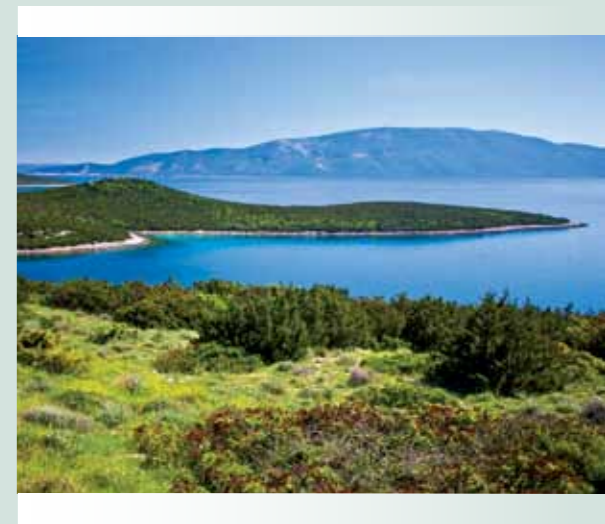
clean sea and air, mild climate, vegetative cover and aromatic scents with rest and relaxation will have a beneficial effect on you and will make you healthier and happier. In addition to the therapeutic factors, Lošinj offers numerous year-round programs in nature and in specialized institutions that will help you restore and maintain your impaired vitality.

The island's climate is defined by its position in the middle of the northern hemisphere. The island's favorable weather conditions were identified as early as the late 19th century by renowned Viennese medical experts, and were confirmed by long-term expert meteorological observations and research conducted by Dr. Conrad Clar and Prof. Ambroz Haračić.

This is why Mali Lošinj and Veli Lošinj were proclaimed climate resorts and rehabilitation centers in 1892 under the national law of the Austrian government in Vienna. It is due to these facts that the island is now a well-known climate resort across the world.

We invite you to discover the benefits of our island and provide your family with a healthy and active holiday.

Welcome to Lošinj, the Island of Vitality!





FEEL-GOOD SENSATION

ANNUAL VARIATION OF THE FEELING OF PLEASURE

Did you know people felt very good on Lošinj because of the prevailing annual feeling of pleasure from chilly to warm and hot? The feeling of "very hot" never appears, and "very cold" is very rare. In summer months when the feeling of pleasant and warm prevails, you can stay outdoors all day. The feeling of heat in the afternoon hours of July and August will be mitigated by a refreshing swim in the sea or a stroll in the shade and cool of the pine trees.

The abundant Lošinj vegetation will also protect you from the harsh and cold winter bora, occasionally causing a feeling of greater cold in January and February.

March, April, May and October are the best months for active holidays with hiking and sports.

CLIMATE AND BIO-CLIMATE

The latest research confirms the benefits of Lošinj's moderately warm and rainy climate that have been detected a long time ago. As it happens, under the direct impact of the sea, temperatures vary very little from the average one, the lowest (7.7°C) in February to the highest (23.8°C) in July, which suits everyone. Daily temperature oscillations are also moderate, which contributes to a feeling of pleasure and reduces stress to the organism.

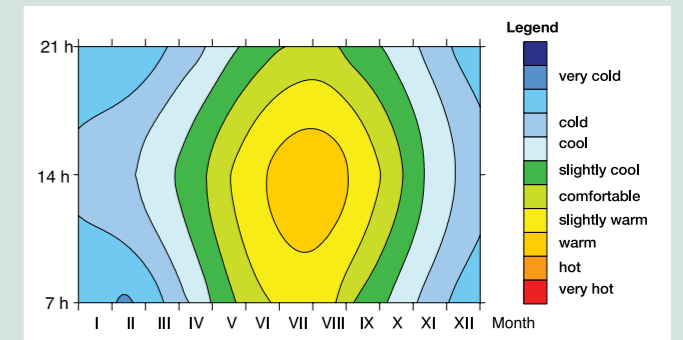


Diagram: Average feel-good sensation per day and per year

* Source: The Croatian Meteorological and Hydrological Service, DHMZ

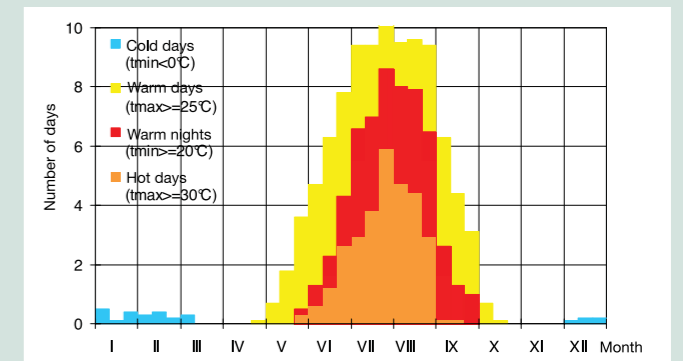


Diagram: Mild Lošinj climate stimulates good feelings

* Source: The Croatian Meteorological and Hydrological Service, DHMZ

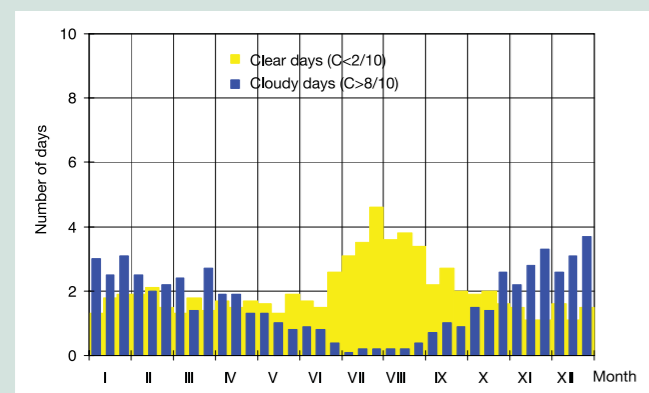


OVER 200 SUNNY DAYS PER YEAR

The large number of average daily and annual sunny hours attracts numerous tourists to our island because the strictly dosed solar radiation, infrared and ultraviolet rays have a favorable effect on children's growth and development, as well as recovery and recreation of adults.

We recommend you use body milk or oil with a protective factor. There are 207 sunny days per year. The least number of sunny days occurs from November to February, especially in December with only about 11 sunny days.

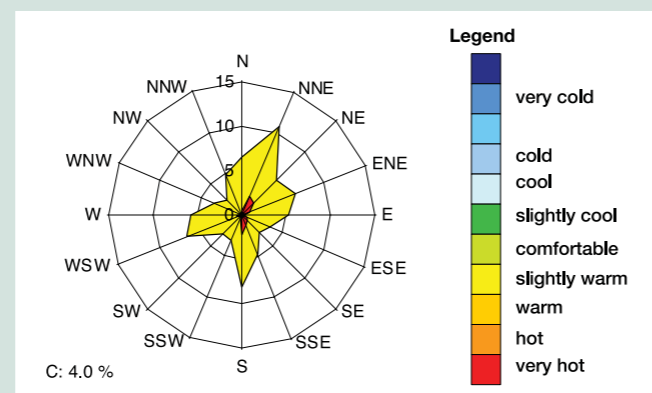
The number of sunny days constantly increases from March onwards. During the sunniest part of the year, from May to September, there are at least 20 sunny days. They mostly occur in July and August with as much as 24 days



Dijagram: Lošinj has an above-average number of sunny hours per year
* Source: The Croatian Meteorological and Hydrological Service, DHMZ

ANNUAL WIND ROSE

Weak winds prevail in the annual wind rose. Mistral, the northwest summer wind, will provide you with refreshment on hot summer days, while sailors and windsurfers will look forward to it out on the sea..



Dijagram: Annual Wind Rose
* Source: The Croatian Meteorological and Hydrological Service, DHMZ

	I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII	year
SS (hours)	116	142	191	224	293	323	368	334	246	182	112	101	2631
T (hours)	9.2	10.5	11.9	13.5	14.8	15.5	15.2	14.1	12.6	11.0	9.6	8.9	
SD (days)	12.6	13.8	16.1	16.7	19.8	20.8	24.1	23.8	19.5	16.4	11.7	11.4	206.7

Table: Sun insolation (SI, hours per month), duration of the day (D, hours for the 15th day of the month), and number of sunny days (SI/D in days).
* Source: The Croatian Meteorological and Hydrological Service, DHMZ

FEEL...

BEST AIR QUALITY

The results measured by the Public Health Institute in 2007 and 2008 show that the area of Lošinj has a Category 1 air quality. Draw deep breaths and use the natural outdoor aromatherapy, while the essential oils of the pine and marine aerosol purify your lungs.

THE CLEANEST SEA

The sea is of a high quality on the Island of Lošinj thanks to its transparency and absence of harmful substances. The temperature ranges from 11.8°C in February to a maximum of 23.8°C in August.

It is suitable for swimming from June to mid-October when its average temperature is 20°C. As such, it has a beneficial effect on the human organism, relaxes and calms.

In Lošinj you can swim along the entire shoreline and the Veli žal, Punta and Poljana beaches fly the Blue Flag. As an international environmental protection award, the Blue Flag proves the high quality of our sea and the fact that we know how to manage our environment, invest in environmental education and ensure our residents' and guests' safety.

Our sea is the most beautiful invitation we present to you!

ALGAE

262 species of benthic algae have been registered in the sea around the Island of Lošinj. Many of them may have beneficial effects on human health thanks to their valuable ingredients and various methods of use. Algae and sea salt – is there anything better for our skin?

OVER 1,200 PLANT SPECIES

The mild Mediterranean climate has made the Island of Lošinj famous for its abundant vegetation and public gardens, on which its tourist flourishing is based. Diverse Mediterranean plants with their essential scents, colors and shapes have a beneficial effect on human health and protects against solar radiation and cold winds.

According to research, there are over 1200 plant species on the island, 939 of them belonging to the autochthonous flora. As many as 230 species are classified as herbs. Famous Lošinj captains and seamen brought around 80 species from their journeys, most of them exotic plants, and planted them in the gardens around their houses. Agave, Mexican cactus (opuntia), palm trees, magnolia, myrtle, pistachio, mimosa, Indian fig (karmus-nassarah), lemon, orange and tangerine, loquat, oleander, carob, rosemary, eucalyptus, sequoia, tamaris and other plants grow here. Landmarks include the protected park forests of Čikat and Pod Javori, containing the full abundance of Lošinj's vegetation. Lošinj is abundant in rich and diverse vegetation throughout the year. In May, when most plants are in bloom, the scenery is heavenly and the whole island just blossoms.



WALKING TRAILS AND FOOTPATHS



WALKING TRAILS AND FOOTPATHS – A scented experience across five islands

Walking and hiking across the Lošinj archipelago that stretches over five islands and with over 250 kilometres of walking paths is possible throughout the year. The trails cover areas of the islands of Cres (Punta Križa), Lošinj, Ilovik, Susak, and Unije. They vary from simple paths for people who are not in great physical shape, over mid-level difficulty paths to very difficult. The Osorščica mountain (Nerezine) and St. John's hill (Sveti Ivan, Veli Lošinj) are very attractive for anyone who loves hiking. The walking trails stretch along the coast and they are ideal for long walks and relaxation.

Get on the move and discover the secrets that are hidden on our archipelago! Let the interests and beauties stowed away jealously on each island become a part of your unique experience!

FOOTPATH OF VITALITY MALI LOŠINJ – VELI LOŠINJ

Along the three kilometres of the Mali Lošinj – Veli Lošinj footpath that stretches along the coast, hidden in a hundred-year-old pine forest, educational panels have been put up that provide the hikers with information on the importance of proper posture and breathing, as well as help them become aware of their movements and processes during their walks. The panels are on permanent display and thanks to them, the the walkers can maximise the benefits of nature.

There are about 10 000 steps in both ways, recommended to be taken every day according to the World Health Organisation standards.

Active walkers can do both directions in 45 minutes, while recreational and slower walkers will need about an hour and a half. The guests can walk along the footpath on their own but there are also guided walks with instructors from the PBS Studio at the Vitality Hotel Punta.

SPORTS-FRIENDLY ALL YEAR ROUND

The heavenly climate provides year-round sporting options. Professional athletes find a shelter here on cold winter days, while recreationists and amateurs find one throughout the year. Sporting options are very diverse, including underwater sports (diving and underwater fishing) and water sports (sailing, windsurfing, skiing, sport fishing, water polo).

If you prefer onshore sports, you will be satisfied to find tennis, basketball, soccer, beach volley, bowling, boccie and fitness centers. You can rent a bike, moped or a boat, all toward a healthy and active holiday!



INHALE...

THE IMPACT OF MICRO-CLIMATE AND NATURAL AEROSOL ON THE ISLAND OF LOŠINJ ON LUNG FUNCTION

The aim of our study was to examine the possible impact of the island's climate and endemic aerosol on the lung function of vacationers spending time on the island nowadays. A random population study comprised registered auto-camp "Čikat" vacationers in Mali Lošinj. We used spirometry to measure lung function parameters at subjects' arrival and departure time. The control measurement at departure was on average 11 days apart.

The study comprises 93 cases with verified control measurements. RESULTS: FVC and FEV₁ were significantly improved between the two measurements. This improvement was noted in the subgroup with the initial FVC of <100 % predicted although these subjects did not use any relevant therapy and/or undertook any other behavioural changes in order to improve their lung function. The improvements in lung function parameters was not significantly associated with age, sex, height and weight, the smoking habits of study subjects, or the time between measurements.

Results of the research lead to the conclusion that Lošinj could be useful to persons with a respiratory disorder, who could, by planning their vacation on the island outside the summer season, and especially in autumn and spring months, prolong their status of remission. The sojourn in Lošinj could lead to long-term remission by improving expectoration and reducing

cough, alleviated breathing due to staying in immaculately clean air, favourable temperature and humidity, as well as rich in beneficial aerosol.

Natural treatment and recovery could help in the better control of chronic lung diseases, reduce the consumption of medication and its side effects, prolong remissions and reduce acute inflammatory disease complications in winter.

Anamarija Margan Šulc, Mr.Sc



AROMATHERAPY



NATURAL COSMETICS LINE OF LOŠINJ

APOXYOMENOS LINE

(Greek for Apoksiomen) is made up of three products:

- **LIP BALM**
For everyday lip care we offer our lip balm that makes your lips shine and whose ingredients provide protection and nourishment.
- **BODY OIL – 50 ml**
The oil is intended for everyday body care. It is highly recommended for use after physical activity due to laurel essential oil that has a beneficial effect on the lymph and analgesic effect on muscles.
- **SCRUB SOAP – Stringiling**
With its two active ingredients, olive oil and sea sand, this soap provides a mild peeling for your body, while laurel essential oil encourages cleanse of the lymph.
- **SCENTED ISLAND**
A blend of essential oils for scented animations in your home that can also be used with massage base oils.

The aim of our natural aroma-cosmetics is to reach out to our clients and help them understand the values of natural resources of the island of Lošinj. Our natural products will be hard to resist. Amazed by organic material found in the interior of the statue, we have decided to create the Apoxyomenos line.

POINTS OF SALE:

Mali Lošinj
Lošinj aromatic garden - Braće Vidulić 68, Mali Lošinj
Hotel Aurora - Sunčana uvala 38, Laurus Slow Spa, Mali Lošinj
Muškardin pharmacy - Riva lošinjskih kapetana bb, Mali Lošinj
Kaštel farma pharmacy - Veloselska cesta 33, Mali Lošinj
Veli Lošinj
Hotel Punta - Šestavine 17, Veli Lošinj

„MIRTA“ NATURAL COSMETICS

Discover the gentle side of Lošinj

„Mirta“ natural cosmetics is a product line based on the medicinal herbs and essential oils characteristic to the archipelago of Cres and Lošinj. We use only 100% natural ingredients from the best essential oils in our products. Their composition is very similar to the skin which makes the integration much easier. By using the products from this line you are doing good for your skin which will then breathe better, have a healthier and a more beautiful look, and long after the application, it will exude the intoxicating scents of this peculiar archipelago!



LAUREL-ORANGE NATURAL SOAP

For your scented pleasure in the shower...

Dr. Nina Bašić-Marković, MD recommendation:

„Everyday use of the natural soap is your way back to nature, and at the same time it provides a simple alternative for people with sensitive skin as well as all those who wish to avoid the unwanted irritants. This natural soap nourishes, regenerates, and moisturises your skin, blocks early aging signs, and helps with different skin problems.“

In contact with water it turns into rich creamy lather with an irresistible scent. Dried ground laurel boosts the mechanical removal of dead cells and impurities. Combined with sweet orange essential oil, it has an antiseptic and antibacterial effect, stimulates blood circulation and lymph flow, prevents fluid retention, and reduces swelling. Laurel and sweet orange are an exceptional blend that helps recover from illness, reduces chronic fatigue, and lethargy. Sweet orange essential oil is suitable for treating rough, irritated, and tired skin prone to flaking and acne. Your smooth skin will thank you and your mind will be playful and ready for new challenges, because remember, laurel is the symbol of victory!

Use: the soap is used on daily basis for showering and hand washing. For best results, combine it with LAUREL-ORANGE BODY SCRUB.

LAUREL-ORANGE BODY SCRUB

The power of natural ingredients for a glowing skin...

How do you restore glow in your skin and eliminate fatigue in a hasty lifestyle packed with stress? With a scrub - a very simple way that doesn't require too much time and has an effect on the whole body! Sea salt and dried ground laurel remove dead cells and other impurities, and accumulated toxins. At the same time, they stimulate better blood circulation, reduce fluid retention, relax the spirit, and bring back the enthusiasm. Since the ancient times, olive oil has traditionally been used for a beautiful and glowing complexion. It is naturally rich in antioxidants and vitamin E so it nourishes your skin, encourages regeneration, and restores its elasticity. Laurel essential oil stimulates blood circulation and lymph flow so it is a very common ingredient in products that are used for sore muscles, arthritis, and cold and swollen feet. As active ingredients of this product, they will boost body detox by stimulating liver and kidney functions. Orange essential oil has a similar effect on the body – it

encourages lymph flow, reduces swelling, and it is also useful in fighting cellulite. The warm scent of sweet orange dispels negative thoughts and pessimism, it is beneficial for people suffering from lack of energy or depression. Gently, it will bring back the warmth of the sun to your spirit.

Use: apply scrub to wet skin, and then rub it in gentle, circular motions from your feet towards your heart. Rinse. Use it once a week. For anti-cellulite effect, use it with LAUREL-ORANGE NATURAL SOAP.

Dr. Nina Bašić-Marković, MD recommendation:

„By using this product after a hard day you will do wonders for your skin and restore its brilliance, and at the same time remove the armour of fatigue and stress, and clear your mind.“

EUCALYPTUS DEODORANT

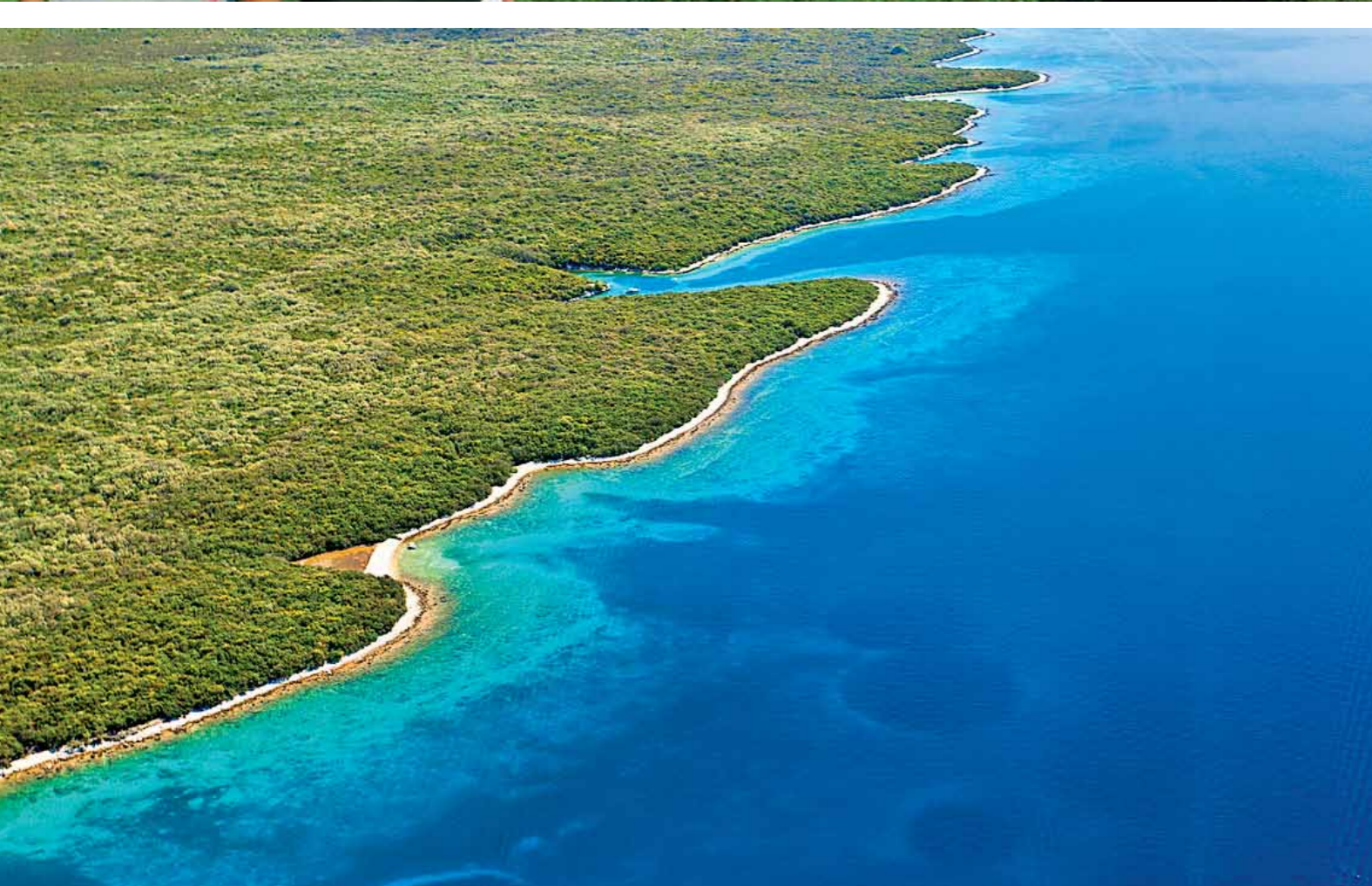
All the power of nature in the safest, most gentle formulas...

Perspiration is our body's natural cooling mechanism, but it also removes toxins from the body, reduces stress levels, and improves mood. The sweat itself is odour-free, however, when in contact with bacteria on the skin, the proteins and fatty acids create an unpleasant odour. Lemon eucalyptus essential oil acts as a deodorant, prevents odour caused by bacteria growth, while at the same time it does not interfere with natural perspiration mechanism. The cent of lemon eucalyptus is refreshing, invigorating, it reduces fatigue and brings in freshness in your daily life. Shea butter stimulates capillary circulation and oxygen supply of the tissue, at the same time enhances removal of toxins from the body and stimulates perspiration effect. It also prevents allergic reactions and irritations, especially after armpit waxing. Cocoa butter in this deodorant smoothes the skin, brings back its elasticity, and gives it a velvety feeling. Its antibacterial and detoxifying effect should not be forgotten either.

Use: to be used daily, as necessary. Apply to clean, dry skin of the armpit.

Dr. Nina Bašić-Marković, MD recommendation:

„When choosing a deodorant, apart from the scent, practicality, and efficiency, we need to think about our health too! By using this product you will profit from a totally natural protection from odours and maintain all natural body functions.“



CONTACT:

„Mirta“ home-made products
Owner: Mirta Lozančić
Zagrebačka 53, 51550 Mali Lošinj
Mob. +385 99 21 87 142
e-mail: lozancimirta3@gmail.com
<https://www.facebook.com/prirodna.kozmetikamyrtus?sk=info&edit=eduwork>
(As „Mirta“ natural cosmetics line is still in the making, I would greatly appreciate all your comments, suggestions, and reviews.)

POINTS OF SALE:

Mali Lošinj
Kaštel Farm pharmacy, Veloselska 33
Snježana Muškardin pharmacy, Riva lošinskih kapetana bb
Natura B, natural products pharmacy Božena Paskaš, Bočac 2A
Wellness hotela „Aurora“
OPG „Oaza“, vl. Mirjana Kordiš, Artatore 151

Nerezine
„Svi gušti“ shop, Obala nerezinskih pomoraca bb

„Tested and approved by friends!“

SPA SENSE - natural home deodorizers inspired by the archipelago of Lošinj

Take the scents of the island and the sea with you!
Refreshing blends of entirely natural home deodorizers that don't harm your body or environment, but they do create a good feeling and a pleasant atmosphere.
We offer:
Sweet orange and lavender – a blend of 100% pure essential oils with calming effect, they give a sense of pleasure and happiness. Available in 10 ml and 30 ml bottles.

BREATHE IN HAPPINESS!

Sweet orange and lavender essences stimulate happy thoughts.

Lemon, laurel, and rosemary – a blend of 100% pure essential oils with revitalising effect, they stimulate the feeling of vitality and alertness. Available in 10 and 30 ml bottles.

BREATHE IN VITALITY!

Lemon, laurel, and rosemary essences refresh space, thoughts, and spirit!

POINTS OF SALE:

Mali Lošinj
Hotel Aurora - Sunčana uvala 38, Laurus Slow Spa, Mali Lošinj
Fragrant festival - Mali Lošinj
every day: 09,00 - 12,00 hours / 19,00 - 23,00
Kaštel farma pharmacy - Veloselska cesta 33, Mali Lošinj

LOŠINJ'S NATURAL COSMETICS

The line of Lošinj's natural cosmetics are made from multiple award-winning extra virgin olive oil, ecological essential oils and unrefined sea salt.
Plant material used in the production of essential oils originates from the islands in the Cres-Lošinj archipelago, one of the most favourable areas for growing aromatic herbs.

The line of Lošinj's natural cosmetics comprises:

LOŠINJ POMADE – leaves your skin silky smooth, soft, shiny and rejuvenated after only two or three applications. It is an excellent remedy for dry skin, especially dry areas on hands, elbows and feet.

LOŠINJ BATH SALT – for tired feet and whole body relaxation. It awakens a feeling of comfort and makes life juices flow.

LOŠINJ BODY SCRUB – removes all impurities and dead skin cells from the surface of your skin, leaving it clean. Its ingredients provide nourishment and refreshment, stimulating blood flow and encouraging the natural lymphatic drainage. The skin becomes silky and sufficiently nourished, so there is no need for putting on body lotion after taking a shower. Since the main ingredient is fine sea salt, it is excellent for men since it easily dissolves in water on all skin areas.



SPECIAL OFFER

Choose a health programme or package arrangement that suits your needs and desires:

CAMPING CRES – LOŠINJ: ČIKAT

MORNING WALK “VITALITY WALK” WITH BREATHING EXERCISES

June – September

“Life begins and ends with a single breath”

Breathing is the most important process of the human body. One of man’s greatest problems today is improper breathing, that is, the fact that we only use 30 – 40% of our lungs’ capacity, which results in a loss of energy and certain illnesses.

Proper breathing means using the full capacity of the lungs by combining the three phases of breathing (breathing with the top part of the lungs, the middle part, and the bottom part, i.e. the stomach) into one.

Although air is free and accessible to everyone, its quality plays a role in the efficiency of the breathing technique. It is well known that Lošinj has air of a high quality due to its marine aerosols, the sea, pine forests and over 1000 types of plants (230 of which are considered medicinal herbs).

Breathing at your lungs’ full capacity in a natural environment also affects the release of the happiness hormone, thus awakening the feeling of unity with nature.

www.camps-cres-losinj.com

FOOT REFLEXOLOGY

June – September

“The feet – the basis of health and success”

Reflexology is one of the most efficient traditional approaches to our health that is still used today because it is applied to the feet, which are in direct contact with the Earth.

By treating the zones in the feet, we indirectly affect the organs and tissues in our body that are connected and in this way aid the body to obtain balance, which enables us to better deal with various health issues. Foot reflexology balances the body and returns it to homeostasis, strengthens the immune system, as well as the system that extracts harmful substances from our body, and stimulates circulation. Reflexology helps in lowering tension and the effects of stress on the mind and body and also helps in terms of physical and emotional changes before and during menopause.

www.camps-cres-losinj.com

VIBRATION MASSAGE OF THE CHEST (THORAX)

June – September

This vibration massage strengthens the heart and blood circulation, improves the usage of oxygen in the tissues which lowers a portion of excess fats, and eliminates muscle pain.

Essential oils help you to fully relax and to get rid of stress. The oils have an effect on our body in two ways: through their fragrance and their contact with the skin.

www.camps-cres-losinj.com

SOLAR YOGA

June – September

Without sunlight, there is no life. Each movement of every organism occurs due to the Sun.”

Solar yoga is performed in such a manner that you stand upright, barefoot, and look into the sun during the “safe hour.”

The safe hour is 1 hour after sunrise or 1 hour before sunrise when the UV factor is between 0 and 2 and it isn’t harmful to the eyes. You stand barefoot on a stone or concrete surface.

After a 15-minute cycle, solar yoga relieves mental stress and depression, improves memory and concentration, maintains positive thinking, relieves of bad habits and contributes to the art of living in the moment.

www.camps-cres-losinj.com

AQUA AEROBICS

June – September

Do you enjoy exercises in the water so much that you would like to shape your body in this manner? Aqua aerobics is a form of group exercise with many positive effects. It is important that, because of the water exercises, which are soothing for the body, both young and old people can partake, no matter if you are in shape or merely a beginner, since it enables individual adaptations of exercise intensity.

Aqua aerobics affects the improvement and maintenance of stamina, strength, coordination and balance.

Above all, it affects the cardiovascular and respiratory systems, while the water provides the body with a massage that is relaxing and very efficient in getting rid of cellulite.

The sea is more effective than any wellness or fitness center in the world. It is a source of health and fitness (physical activities in the water are more efficient than those done on land) and beauty (the sea’s components are the most effective and natural balms for our skin and results are visible after the first bath when our skin becomes softer, smoother and tighter). The sea also has an anti-stress factor – it relaxes us, provides us with energy and enables positive thoughts and feelings.

www.camps-cres-losinj.com

CAPPELLI TOURIST AGENCY, Mali Lošinj

HEALTH IN THE PALM OF YOUR HAND

January – May; September – December

Take a deep breath of Lošinj air and your bronchi will be grateful. Lošinj – island of vitality is known throughout the world as a health resort.

This is an ideal destination to enjoy a mild Mediterranean climate which is good for the airways. Discover lookouts and choose happiness on Lošinj. Learn about the local way of life in winter, taste different liqueurs made with local herbs, and enjoy long walks. Breathe in essential oils of island’s herbs and improve your health. Clear your sinuses and discover the magic of aromatherapy. Discover aromatherapy, learn about plants, essential oils and their benefits on people’s health.

www.cappelli-tourist.hr



SPECIAL OFFER

TURIST TOURIST AGENCY, Veli Lošinj

THE ISLAND OF LOSINJ – THE IDEAL NATURAL MEDICINE FOR TIRED LUNGS

January – April; October – December

We invite you to get to know the benefits of our island and to provide your family with a healthy and active vacation. The accommodation program is designed for both children and adults who have problems with the respiratory system (bronchitis), as well as for people who are stressed out. It is especially designed for grandmothers and grandfathers who want to improve their health while spending a great vacation with their grandchildren on the Island of Lošinj.

Accommodation is provided in apartments, while the program includes sightseeing, a souvenir workshop, essential oil massages obtained from the island's plants, as well as an introduction to aromatherapy, all under the leadership and supervision of our professional staff.

www.island-losinj.com

VITALITY HOTEL PUNTA****, Veli Lošinj

LUNG REHABILITATION PROGRAMME – FOR ADULTS AND CHILDREN

(Off-season)

Lung rehabilitation programme is based on scientifically proven clinical and diagnostic methods combined with natural healing factors, the Lošinj aerosol, and the island's hundred-year-old spa tradition. The optimal treatment period is three weeks. Our multidisciplinary team is led by mr.sc. Anamarija Margan – Šulc dr.med, specialist in internal medicine who is in charge of the adult programmes, and mr.sc. Tatjana Funarić dr.med, paediatrician, in charge of children's programmes. The team also includes nurses, nutritionists, psychologists, and trained therapists (kinesiologists, work therapists, and physiotherapists) who will support the patients and motivate them during the programme at the top quality and comfortable venues of the Vitality Hotel Punta.

The programme is intended for people with light obstructive breathing disorders and it was developed in cooperation with Croatian Pulmonary Society and Srebrnjak Children's Hospital in Zagreb. The indisputable benefit of this programme is evident in preparing the participants for using the skills and procedures

that will facilitate their breathing, extend the quiet period without symptoms, reduce the frequency of illness progress, and reduce consumption of medicines during the year.

SPA & RELAX – a zone that creates harmony between beneficial health factors of the sea water and sunrays. Relax on our sundecks and breathe in the sea aerosol and the scented air of the island of Lošinj. The benefits of the sea water, indoor and external swimming pool, hot whirlpool, and different underwater attractions will help your body forget about stress and tension.

Underwater aerobic programmes delivered by our trainers will help you discover your synergy with nature and make you feel vital.

- Aqua Body gym is a free programme of morning gym for all ages that revitalises your body and lifts up the spirits.
- Individual exercise programmes, a relaxing water treatment with a personal trainer, will encourage your blood and immune systems and improve your health by reducing tension.
- Group exercises in the swimming pool will activate all your muscles, increase your stamina, strength and coordination, and result in better joint flexibility.

Our sauna programmes are an addition to the steam baths, Finnish saunas, and Jacuzzi with heated sea water.

Choose from indoor fitness or exercising outdoors in the pine-tree forest with a personal trainer or on your own. The possibilities are endless.

Functional training, running or a walk by the sea with a personal trainer or in a group offer you top quality in training process.

www.losinj-hotels.com

PBS LOŠINJ - Center of Sport Excellence

BODY TALK

April – October

Body Talk is designed for those who actively invest in their body, and equally for those who want to discover their physical capabilities and acquire healthy habits. Do not miss the opportunity and familiarize yourself with unique body techniques that will provide you with tools for better quality of life.

www.losinj-hotels.com

GREEN ENERGY

March – October

Green Energy Program is recommended to those who live a busy and stressful life in a polluted urban environment, and therefore feel exhausted and weak, which could develop into a chronic fatigue. This program allows the energy of the unspoiled Lošinj's nature to fulfill your body and make the stress of everyday life disappear.

Inhale a breath of fresh air, revitalize body and mind, and fill yourself with pure energy of scented Lošinj's nature, through specially designed Green Energy program with body technique and aromatherapy elements.

Anti-gravity breathing exercises contribute to the psycho-physical revitalisation of the organism.

Manipulative stretching instantly brings back the energy and clears the mind.

Targeted walks by the sea activate all muscle groups.

www.losinj-hotels.com

ACQUA FIT

March – October

Relax your muscles, stretch your spine and accelerate circulation! Aqua Fit program stimulates your body in a secure medium – water – and does not let everyday "office sitting" affect your health.

Water is the source of life - the safest way to recreate a sense of your own body.

With specially designed active and passive exercises that are performed in a warm pool or sea, you can relax spasms in muscles and joints, stimulate circulation and correct bad posture. After this treatment you will feel reborn!

www.losinj-hotels.com



SPECIAL OFFER

FAMILY HOTEL VESPERA****, Mali Lošinj

A HEALTHY AND FUN WEEK WITH PINO

April – October

Children! Bring your parents, grandfathers, grandmothers and friends!

The nature of fragrances awakens in all its colours, while the light breeze mixes the scents of aromatic and medicinal herbs with the aerosols of the crystal clear sea. In such an environment positive health results are visible after only a few days. The unique nature of Losinj is a true ally to parents and children who have respiratory illnesses – asthma, bronchitis, laryngitis and various allergies. Nature also acts in a therapeutic manner on the improvement of appetite, better sleep, strengthens the immune system and gets rid of dermatological problems.

Spend a morning and an afternoon in a light stroll or play along the sea. You'll most likely see one of Pino's 130 friends playing happily as well.

They are good-natured dolphins that live in the sea around the island. And don't forget to breathe deeply – the natural wellness of Losinj will cleanse you on the inside and ensure positive energy! For the brave ones out there – you can always wash your face in the refreshing sea and blow out your nose.

www.losinj-hotels.com

FAMILY HOTEL VESPERA**** WELLNES HOTEL AURORA****, Mali Lošinj

JUNIOR SCHOOL OF PROPER BREATHING

(Off-season)

Junior school of proper breathing is available for children aged 8 to 15 which allows you to enjoy your holidays in peace, even if your child suffers from one of the chronic diseases such as asthma or bronchitis.

The programme is conducted under medical supervision. Junior school of breathing provides children with information on proper breathing; they are engaged in open-air exercises under professional supervision by therapists, accompanied by fun activities programme.

www.losinj-hotels.com

WELLNES HOTEL AURORA****, Mali Lošinj

FRAGRANT MASSAGE TREATMENTS

February – October

These massage treatments follow the Fragrance Calendar and seasons of the year, and can be combined into packages. All treatments are administered manually. Preparations made on the spot using ecological essential oils made from island herbs, as well as cold-pressed herbal oils, hydrolates and clay in various colors, are applied in the treatments. The treatments also include welcoming rituals and treatments.

www.losinj-hotels.com

SUSAK STRESS RELIEF

February – October

The program is inspired by the island of Susak, rich in oregano and sand. It is designed for modern, busy men and women suffering from a high level of stress.

www.losinj-hotels.com

UNIJE REJUVENATION

February – October

The program is inspired by the island of Unije that was one big olive orchard during the Roman Empire. The island of Unije is still known for its olives. In body care, olive oil is used as a strong anti-oxidant. Applied in a massage treatment, it nurtures, nourishes and revitalizes dry skin.

The program is designed to regenerate both body and soul.

www.losinj-hotels.com

ILOVIK FLOWER EXPERIENCE

February – October

The program is inspired by the island of Ilovik, the island of flowers. There are two 100-year-old eucalyptus trees on Ilovik. Eucalyptus means 'the one that protects'. The eucalyptus essential oil deepens the breath, relaxes and nourishes.

The treatments are designed to provide intense, natural, rejuvenating skin care. An excellent choice for mature and stress-affected skin.

www.losinj-hotels.com

THERE IS SOMETHING ABOUT APOXYOMENOS

February – October

The program is intended for all those who wish to feel good in their own body, those who wish to boast beautiful skin, complexion and hair.

www.losinj-hotels.com

LOŠINJ SPA D-TOX

February – October

A program ensuring natural body detoxification in which Lošinj herbs are used to make detoxifying preparations. It is recommended to combine the treatments with sauna. Homemade tea, which additionally stimulates the outflow of excess body waste, is served during the treatments.

www.losinj-hotels.com

KAMP POLJANA, Mali Lošinj

LET YOURSELF ENJOY THE CAMP SITE POLJANA

February – October

- Masaža tijela po akupunkturnim točkama
- Full Body Massage on Acupressure Points
 - Reflex Feet Massage
 - Trigger point Therapy Back and Neck Massage with Stretching
 - Anti Rheumatic Massage with healing essential oils from the island Lošinj
 - Anti-cellulite Massage with Essential oils from the island Losinj
 - Anti-cellulite Peeling for Draining with Olive Oil and sea salt and Essentials oils from the island Mali Lošinj Essentials oils of Rosemary, Lavander and Lemon
 - Aroma-therapy with Essentials Oils from the island Lošinj

www.poljana.hr



WELLNESS OFFER

WELLNES HOTEL AURORA****

Sunčana uvala bb, Mali Lošinj
tel.: + 385 51 667 200, fax: + 385 51 667 222
e-mail: hotel.aurora@jadranka.t-com.hr
www.losinj-hotels.com

Wellness Aurora offers unique beauty treatments for an exquisite experience of natural cosmetics and deep relaxation. All massages and beauty treatments are inspired by the Lošinj archipelago, its rich flora, and the traditional usage of plants. Most of the skin care and relaxation products are applied on the spot with individual approach to the client. All products are entirely natural with an emphasis on ecological essential and herbal oils from local producers: lavender, immortelle, myrtle, mint, St. John's wort, olive... Lovers of natural cosmetics in Wellness Aurora can also enjoy special treatments with SpaRitual – a luxury, eco-vegan brand.

Specially designed rituals and relaxation in relax room with sea view and a terrace while enjoying home-made tea and fresh fruit will complete all wellness treatments.

Outdoor Spa of the Aurora Hotel is also attractive because here guests can enjoy massages and treatments among pine trees overlooking the turquoise sea.

The space and treatments of the wellness concept are in synergy with nature.

In the relax zone, you will find your peace in 3 differently designed relax rooms. In addition to Finnish and bio saunas, you will find a Turkish sauna, aromatized showers with tropical effects, and laconium with chronotherapy, unique to the Adriatic and providing a sea view. The extension of the spa center contains 4 indoor pools with hydro-massage and an outdoor pool, all of them with seawater.

Surface area of the wellness facilities: 1500 m²
(2500 m² including the pools)

Services:

- **Beauty Zone:**
10 rooms – 1x pedicure, 1x manicure, 2x facial care, 2x massage and 3x special treatments
- **Spa Zone:**
Water facilities – 5x sauna: (Finnish, bio sauna, Turkish bath, Roman bath, laconium), Kneip therapy for led circulation, ice therapy, sea salt therapy
Pool: 5x hydro-massage pools with heated seawater
Tub: Jacuzzi for 6-8
- **Fit Zone:**
Program Area: cardiovascular programs, stretching programs and active programs in nature

• reception, changing rooms

Medical support of the Hotel Aurora is comprised of newly equipped internal medicine and paediatrics specialists' offices that ensure a safe holiday with a wide range of specialists and diagnostic services.

Private paediatric office mr.sc. Tatjana Funarić, dr.med.
Guest pediatrician mr.sc. Tatjana Funarić dr.med.

SPECIALIST PEDIATRICIAN OFFICE MR. SC. TATJANA FUNARIĆ, DR. MED., SPEC. PEDIJATAR
Priko 69, 51 550 Mali Lošinj
Tel 051 233 734
tatjanafunaricpedijatar@gmail.com

VITALITY HOTEL PUNTA****

Šestavine bb, Veli Lošinj
tel.: + 385 51 662 000, faks: + 385 51 236 301
e-mail: hotel.punta@jadranka.t-com.hr
www.losinj-hotels.com

VITALITY ZONA
IUVENA – BEAUTY STUDIO

“The road to recovery consists of daily massages and baths in medicinal essential herbs” – Hippocrates, the father of modern medicine

MEDICAL SPA PROGRAM – GET HEALTHY WITH NATURE'S HELP

April – October

MEDICINAL MASSAGE complemented with analgesics from nature: St. John's Wort and peppermint.

Reduces tension, stiffness, muscle pain, spasms, improves muscle relaxation, and prevents or eliminates tightness.

If you have health issues, our medicinal massage may be an integral part of your therapy. It can be applied to the following symptoms: contracture (limited joint movement), muscle atrophy, tendonitis (ligament inflammation), distortion, muscle sprains, sprains, circulation problems, spasms, joint edema, rheumatic illnesses (arthritis), neurological illnesses. It also helps with respiratory problems, headaches, migraines, digestive problems, depression, stress and anxiety.

www.losinj-hotels.com

LYMPHATIC DRAINAGE complemented with a footbath and natural lymphocytes.

The lymphatic drainage starts with a warm essential oil bath for the feet that is made up of sea salt and the essential oils of laurel and cedar, which are considered natural lymph node accelerators. Our feet are copies of our body and everything we do to our feet indirectly affects our entire body. Manual lymphatic drainage follows, which brings balance to the fluids in our body. It is great for people who retain water in certain parts of the body and helps with detoxification.

www.losinj-hotels.com

MANUAL LYMPHATIC DRAINAGE is a medicinal treatment that enables better blood flow in our body's tissue and removes edema. It also activates our lymph pathways, which are in charge of collecting and eliminating waste products from our body. It can be applied to the following symptoms: water retention in the body, circulatory problems, innervations in the legs that results in edema and leg pains, chronic vein insufficiency, post-thrombotic syndrome, after surgery.

www.losinj-hotels.com

LAURUS AROMATHERAPY STUDIO

HOMEMADE COSMETICS – ECO-FRIENDLY COSMETICS

June – September

Awaken your natural beauty!

Did you know that 60% of everything you put on your skin ends up in your bloodstream?

Learn to make your own natural and healthy cosmetics by following a few simple recipes!

Replace synthetic cosmetics with healthy and simple essential oil products.

The production of natural creams, balsams, tonics and masks for your face and body.

www.losinj-hotels.com



WELLNESS OFFER

Vitality Zone of the Punta Hotel is a special place where you will feel the hundred-year-old strength of therapeutic cosmetics of Lošinj and realise the needs of your body and mind.

Embrace comfort – essential oils of island's fragrant plants, skilled hands and holistic approach of the therapist will heal the effects of stress. Use the strength of nature and freshen up your beauty, awaken your body with one of the programmes of body techniques. You will be surprised with the results after just one workout. Aromatherapy workshops are an interesting past-time where you will learn about the fragrant world of essential oils made from island's medicinal and aromatic plants.

Vitality Zone includes several activities and facilities:

In 2014, the opening of a new specialist's office that will provide internal medicine service and other specialist and consulting services.

Due in 2015, a new **rehabilitation programme for people suffering from rheumatism**. Physical therapy under supervision by a doctor and physiotherapist.

VITALITY PROGRAMMES AT HOTEL PUNTA VITALITY ZONE

Vitality programmes were created in cooperation with leading experts in kinesiology of the PBS Centre of Sports Excellence and their patented programme body technique. The Centre also offers specially created exercises of body technique that amount to over 3,000 different exercises.

Therapeutic exercises with elements of classic pilates, gym, aqua-aerobic, dance, and yoga will help you achieve optimum movement of your body and the results will be visible after the first hour of exercising. If you're attending as a couple, we offer a semi-individual one hour lesson under trainer's supervision. Suitable for all ages.

Water manipulation treatment - with specially created active and passive exercises that you perform in a warm swimming pool or in the sea, this treatment will help you relieve the muscle and joint tension, encourage blood circulation, and correct bad posture.

Water and body technique are an ideal combination for gaining physical strength. Deep and shallow water are an excellent medium for therapeutic exercises with an additional hydro massage effect for the entire body. The result is increasing your physical fitness, but also learning new techniques for all people who enjoy the water, however, not swimming.

Anti-gravitational stretching exercises are a unique experience to understand your body and stimulate the blood flow. On a prop hanging from a ceiling, while swinging and hanging, we will present you with new methods of relaxation, as well as stretching, strengthening, and manipulation. This is an excellent exercise for a light stretch for the spine and lymphatic drainage.

Anti-gravitational breathing exercises will contribute to psycho-physical revitalisation of your organism. The exercises are performed on a specially created prop that additionally intensifies different moves such as those for relaxation, stretching, strengthening, and manipulation because it enables swinging and inverse positions.

Manipulative stretch outdoors instantly brings back the energy and clears your mind. Using a warm rock as a prop or leaning against the trunk of a scented pine-tree, your body technique trainer will demonstrate methods of passive body stretch in different positions.

Targeted walks by the sea will help you relieve stress in the beautiful surroundings of the island of Lošinj. Besides waking up all muscular groups in a fun way, you will experience the natural beauties of the island and the charm of its coves, as well as breathe in the scents of indigenous plants. Perhaps you will meet bottlenose dolphins on your way that will say hello in their playful manner.

Junior Fit, a specially created body technique programme for children of the 21st century who are missing out on quality playtime.

Body talk, an intense programme intended for everyone who actively invests in their body and wants to learn about their physical abilities, as well as introduce healthy habits in their lives.

Green Energy programme is recommended for anyone living in a fast paced and stressful world in a polluted city environment and feels exhausted and lethargic, which can easily develop into chronic fatigue.

Aqua-Fit programme of five dynamic and incredibly pleasant exercises in water and on land will make you feel reborn, relax your muscles, stretch out your spine, and get the blood circulating, while your body will notice visible and positive changes.

www.losinj-hotels.com

HOTEL PUNTA BEAUTY VITALITY ZONE

The Beauty studio Vitality zone concept is based on rituals and therapeutic massages under professional guidance of a senior therapist. It encourages the use of Croatian natural cosmetics Esensa Mediterana, as well as ecological essential oils made of indigenous plants.

MEDICAL MASSAGE is complemented with natural pain killers: St. John's Wort and peppermint. It reduces tension, stiffness and muscle pain, relieves spasms, and helps achieve relaxation of the muscular system, as well as prevent or eliminate myogelosis.

LYMPHATIC DRAINAGE is complemented with foot bath and natural lymphatonics. The massage starts with a warm aroma therapeutic foot bath comprised of sea salt, and laurel and cedar essential oils, which are considered natural lymphatic stimulants. The feet are the reflection of our bodies and whatever we do to them indirectly affects the entire organism. The treatment continues with a manual lymphatic drainage that creates balance in body fluids.

MANUAL LYMPHATIC DRAINAGE is a medical treatment with several benefits such as better blood supply of the tissue and elimination of edema (swellings), as well as activating lymph flow through lymph paths, which are important for the collection and discharge of waste from the tissue.

ISLAND OF LOŠINJ DREAM

Specially created programme aimed to achieve body and spirit balance accompanied by the scents of the island of Lošinj

- ESENSA SEA SALT PEELING
- LOŠINJ MASSAGE
- ANTI-AGE FACIAL TREATMENT WITH IMMORTELLE

VITALITY PUNTA

Indulge in the top-notch revitalising treatment and active effect of pure essential oils from the island of Lošinj to increase your body's level of vitality.

- VITALITY PUNTA MASSAGE
- FOOT REFLEXOLOGY
- REVITALISING FACIAL MASK

MEDITERAN PLEASURE

Relax and feel the unforgettable scent of the Mediterranean.

• **MEDITERRANEAN MASSAGE** This holistic massage offers you an exceptional feeling of being in harmony with the nature. You will experience a variety of movements, from deep relaxation, followed by encouragement of the blood



WELLNESS OFFER

circulation and draining wavy movements, to a pleasant, light muscular system stretch. Such massage is complemented by "Mediterranean forest" massage oil – a special blend of pine-tree, lavender, and rosemary essential oils.

- **AROMA MEDITERRANEAN** Aroma, phyto, and thalasso facial therapy realised by a special massage technique, combined with essential oils, lavender and rosemary peel-off mask that nourishes, relaxes, regenerates, drains, and detoxes the skin.

- **ADRIATIC HERBAL TOUCH** Warm massage prepared with Mediterranean plants (lavender, sage, rosemary).

www.losinj-hotels.com

AROMATHERAPY STUDIO AT THE HOTEL PUNTA VITALITY ZONE

Delivered by leading experts in aromatherapy, Lošinj Aromatherapy workshops will show you how to use medicinal plants in everyday life. This is an opportunity to gain some valuable knowledge on aromatherapy, learn about local plants, as well as introduce healthy habits in your lives that will always remind you of Lošinj.

HOTEL BELLEVUE*****

Čikat bb, Mali Lošinj
tel.: + 385 51 231 222, fax: + 385 51 231 268
e-mail: hotel.bellevue@jadranka.t-com.hr
www.losinj-hotels.com

Alongside a variety of specialists' offices, SPA Clinic at the Hotel Bellevue will offer chosen aesthetic, holistic, and medical treatments that nurture and improve your beauty and health. Individual programmes will be conducted under the supervision of leading experts, using cutting edge medical technology and the most recent products.

Find a programme for yourself:

- **BRING BACK BALANCE IN YOUR BODY THROUGH DETOX PROGRAMME!**

July – December

Stress, life in the fast lane, and lack of physical activity can weaken the organism and cause problems such as fatigue, drowsiness, which can result in greater issues, for example early aging signs, depression, and many other different conditions. In an oasis such as this, a unique combination of nutrition, physical exercise, and wellness treatments will ensure a natural

cleansing of the organism. During the programme you can consult a nutritionist, fitness trainer, wellness therapist, and a medical professional who will provide you with guidelines for a healthier lifestyle.

- **PREVENTIVE INTERNIST PROGRAMME DISCOVER, PREVENT, AND REMOVE POTENTIAL RISK FACTORS – IMPROVE THE QUALITY OF YOUR HEALTH!**

July – December

A preventive check-up should be conducted at least once a year to identify an illness or risk factors on time since they can lead to chronic conditions. It is especially important for people who are exposed to a lot of stress, which is contextual to many chronic and even malignant diseases of the 21st century.

- Weight loss programme – a personalised multidisciplinary programme for a balanced lifestyle that ensures a gradual but continuous weight loss under medical supervision.

- Anti-stress programme – this short anti-stress programme with support from the psychologist will help you adopt healthy lifestyle habits and master stress management techniques. A great value of this programme is that the techniques you develop can be practiced on your own and in that way you can continue working on and taking care of yourself.

- Anti-aging programme – a preventive personalised medical practice rendered by leading experts in aesthetics by using cutting edge medical technology.

www.losinj-hotels.com

HOTEL MANORA***

Mandalenska 26b, Nerezine
t: + 385 51 237 460, fax: + 385 51 237 470
e-mail: manora@manora-losinj.hr, hotelmanora@gmail.com
www.manora-losinj.hr

Surface area of the wellness facilities: approximately 160 m²
Services: sauna, massage, fitness, outdoor pool

Beauty

"BELLA" BEAUTY SALON

Lošinjskih pomoraca 40
51550 Mali Lošinj
GSM: 098 72 45 32
e-mail: durdicamanzoni@gmail.com

Beauty Studio Bella offers a full range of face and body care services and uses autochthonous herbs in its treatments, such as lavender, rosemary, immortelle, myrtle, pine, eucalyptus, orange lemon... all for the purpose of preserving your health, body, mind and spirit.

The beauty studio also offers nonsurgical lifting and microdermoabrasion services, E-light treatments (removing hairs, acne, pigmentations and capillaries; skin rejuvenation), vacuum cavitation and radiofrequency, medical pedicure, OXY treatments (infusion), spray treatments, oxygen inhalation with face and body chromotherapy and aromatherapy, permanent and standard makeup, a UV-free tanning machine, and aqua detox.

"VITA" MASSAGE AND HEALTH IMPROVEMENT STUDIO

Dinka Kozulića 1, Mali Lošinj
tel.: + 385 51 238 276, GSM: 098 962 5057
e-mail: anabanic16@gmail.com

Studio Vita's entire program is focused on preservation and improvement of health, including massages and exercises.

The massage range includes medical massage and lymph drainage performed with autochthonous essential oils, such as oils of lavender, rosemary and pine, which are excellent for relieving painful conditions and relaxation. The exercises include Pilates, yoga, exercises for pregnant women and corrective exercises for children. The groups are small, up to six (6) persons, because an individual approach is applied.

All services are performed by Senior Physical Therapist Ana Banić, certified Pilates instructors and hata yoga teachers.

HEALTH OFFER

VELI LOŠINJ HEALTH RESORT

Podjavori 27, 51551 Veli Lošinj
tel.: + 385 51 236 111, fax: 236 224
e-mail: info@ljeciliste-veli-losinj.hr
www.ljeciliste-veli-losinj.hr

This is a climate resort for treatment of respiratory tract diseases and physical medical therapy and rehabilitation having a tradition of a hundred years. Numerous local and international guests combine pleasure with benefit at the Veli Lošinj Health Resort, using medical rehabilitation services supervised by a physical medicine and rehabilitation specialist and enjoying the microclimate, sun and sea.

Specialist/advisory healthcare: a physical medicine and rehabilitation specialist and a dermatology & venereology specialist.

Medical team: in addition to the specialist physicians, there are several physical therapists, nurses, lab technicians, pharmacologists, aromatherapists and kinesiology professionals.

In addition to basic specialist examinations, the physical therapy office provides recommendations for physical therapy, medical massage, aromatherapy (inhalation, massages, baths) and massage baths in a tub. In addition to basic specialist examinations, the dermatology office offers medical cosmetology services, including removal of wrinkles and other signs of skin ageing, treatment of acne and other skin irregularities, removal of capillaries and veins, allergy testing, aesthetic removal of moles and other skin growths, keloids, and treatment of psoriasis and other skin diseases.

Veli Lošinj Health Resort operates year-round and implements a holistic approach to rehabilitation of all groups of patients and other customers, with a special focus on children and their parents.

HEALTHCARE CENTER DR. DINKO KOZULIĆ

Priko 69, Mali Lošinj, 51550
tel./fax: + 385 51 231 804,
e-mail: dom.zdravlja.mali.losinj.1@ri.t-com.hr
www.dz-mali-losinj.com

Healthcare Center Dr. Dinko Kozulić includes an emergency service, acute-observation beds (infirmery with 14 beds) for observation and treatment of patients, hemodialysis, dental

care, laboratory services, x-rays and ultrasound diagnostics. Specialist/advisory healthcare: surgeon, anesthesiologist, gynecologist, internist, physical therapist and dermatologist. Visiting specialists (ophthalmologist, ENT specialist, psychiatrist, orthopedist). The tourist clinic operates in summer months.

DIALYSIS CENTRE MALI LOŠINJ

Dialysis centre is open all year round.
Dialysis unit has 7 dialysis spots.
Patients are received in the morning and afternoon on Mondays, Wednesdays, and Fridays.
Choose between classical hemodialysis and on-line hemodiafiltration.
Equipment: Fresenius 4008 S.
High-flux and low-flux hemodialyzers of the Fresenius FX series.
Medical supervision by a specialist internist and another physician with nurses specially trained in dialysis care.
Complications are handled by KBC Rijeka.

Reservations:

At least one month in advance.

Enclose recent medical and dialysis records, including serology for hepatitis and HIV, and blood type.
Reservation is confirmed after evaluation of documents.

Payment:

1. Croatian patients must enclose a valid referral from their local hospital. No charges for the treatment.
2. Patients from the European Union must provide a valid European health insurance card and they do not cover treatment expenses.
3. Patients from abroad:

Convention on health insurance with Croatian Institute for Health Insurance (valid for some countries) Payment through a private insurance company (currently available through Coris insurance company).

A guarantee of a private insurance company that the expenses will be covered for a certain number of dialyses must be enclosed.

4. Cash

CONTACT

Community Health Centre of Primorje-Gorski Kotar County
Mali Lošinj branch
Dialysis Unit
Priko 69, 51550 Mali Lošinj
tel: +385 51 238 008, +385 51 238 509
fax: +385 51 238 008
e-mail: dom-zdravlja.kozulic.dijaliza@ri.t-com
dialysis.losinj@gmail.com
web: www.dijaliza-losinj.com

Tourist Clinics

In addition to the tourist clinic within Healthcare Center Dr. Dinko Kozulić in Mali Lošinj, tourist clinics are available in Nerezine and Punta Križi in summer months.

Nerezine, Vladimira Gortana bb, tel.: + 385 51 237 098

Punta Križa – ambulanta dr. Šime Mužić, tel.: + 385 51 235 684

PRIVATE INTERNAL MEDICINE OFFICE

ANAMARIJA MARGAN ŠULC, MS, MD
Hotel Aurora, Sunčana uvala 4, 51550 Mali Lošinj
tel./fax: + 385 51 667 272 / + 385 51 667 273
e-mail: anamarija.margan@gmail.com

The Internal Medicine Practice offers a wide range of specialist and diagnostic services.

Full internal examination, blood pressure, ECG, laboratory tests with cardiac risk assessment: Cardio fit program for the prevention of coronary disease.

Clinical examinations of the lungs and upper respiratory tract, functional lung tests using spirometry and lung status assessment: Lungo Mare program for the prevention of respiratory disease.

These examinations include advisory services for tourists, following up on their health status during their stay on the island, and an assessment of any changes in their health status before departure.

The Practice also provides diagnostic services using ultrasound techniques and including preventive examinations of the thyroid gland, hormone control, kidney, liver, gall bladder, pancreas, urinary bladder and prostate examinations, full laboratory tests, and other services necessary to maintain health and to follow up on tourists' health during their stay on the island in a controlled manner, including the possibility of communicating with physicians from our patients' home countries.

Communication languages: Croatian, English, Italian and German.

Dental Offices

MALI LOŠINJ HEALTHCARE CENTER

Priko 69
DENTAL CLINIC
DARIO ŠIMUNOVIĆ, DR.STOM.
tel./fax: + 385 51 233 731
e-mail: dom.zdravlja.zubna@ri.t-com.hr

DENTAL CLINIC

VERA LOVRIĆ-BULJAT, DR.STOM.
tel./fax: + 385 51 233 732
e-mail: lovric-buljat.vera.stomatoloska.ord@ri.t-com.hr

DENTAL CLINIC

MARKO PILAŠ, DR.STOM.
tel.: + 385 51 232 119

DENTAL OFFICE

DR. DOLORES GAGRO
Zagrebačka 56 A, Mali Lošinj
tel./fax: + 385 51 231 360
e-mail: stomatolog-d.gagro@ri.t-com.hr

DENTAL OFFICE

DR. SVEBOR BIVAL
Podjavori 27 (Veli Lošinj)
HR-51551 Veli Lošinj
tel./fax: +385 51 236 386
e-mail: info@punta-dentist.com



Mali Lošinj Tourist Board

Riva lošinjskih kapetana 29, 51550 Mali Lošinj, Croatia

tel. | +385 51 231 884, 231 547 fax | +385 51 233 373

e-mail | losinj@visitlosinj.hr web | www.tz-malilosinj.hr



Editor: Mali Lošinj Tourist Board; for the publisher: Đurđica Šimičić
photographs: Marko Vrdoljak, Robert Kalčić, Sergio Gobbo, Siniša Gulić, Arhiva TZGML; text: Petra Skender