

# LOŠINJ-ISLAND OF VITALITY

## Health and Wellness Destination Guide



**Published by**

Medical Tourism Magazine  
www.MedicalTourismMagazine.com  
info@MedicalTourismMagazine.com

**Online Edition Available at**

www.MedicalTourism.com

**Author**

Renée-Marie Stephano

**Editor and Content Coordinator**

William Cook

**Country Content Coordinator**

Mali Lošinj Tourist Board

**Creative Director**

Leonard Ali

**Art Department**

Daniel Marku

Paul Longo

**Photos courtesy of**

Siniša Gulić, Lošinj Hotels & Villas, Marko Vrdoljak, Nadir Mavrović,  
Sergio Lussino, Bosnic & Dorotic, Robert Kalčić, Blue World,  
Sandro Tariba, Ivo Biočina, Mali Lošinj Tourist Board archive

**© 2017 Global Healthcare Resources®**

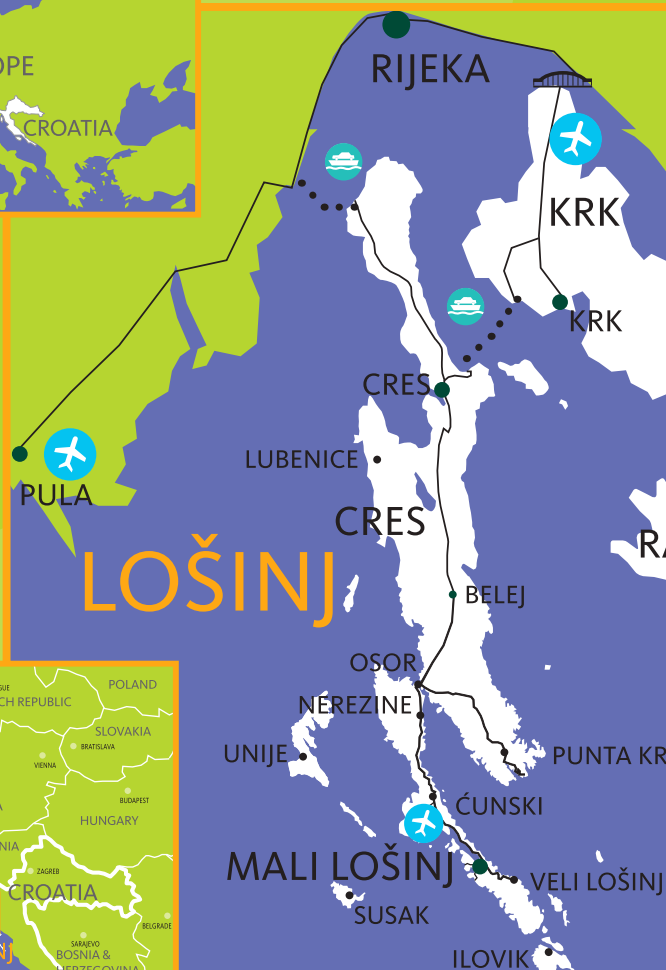
All rights reserved. No part of this publication may be reproduced or used in any form, whether in print, electronic, or other form without prior written consent and permission.

The content of this book is for informational purposes only and does not constitute professional medical advice, legal advice, diagnosis, treatment or recommendation of any specific treatment or provider of any kind. Individuals should always seek the advice of qualified professionals with any questions or concerns about their health or treatment. Neither the author nor any of the content in this book is meant to recommend or endorse specific hospitals, physicians, cities, hotels, facilities, or procedures. Some of the information gathered for this book was provided by third parties. We advise readers to do their own research and due diligence, make their own informed decisions and seek their own medical and legal advice. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Reliance on any information provided in this book is solely at your own risk.



**MEDICALTOURISM**  
magazine

By **Renée-Marie Stephano** • Editor **William Cook**



Map - Where we are



## Lošinj by the Numbers

### Location:

Croatia, Adriatic Sea, Kvarner region

### Coordinates:

44°35 N 14°24 E

### Archipelago:

Cres-Lošinj

### Land Area:

74.36 km<sup>2</sup> (28.71 sq mi)

### Length:

33 km (20.5 mi)

### Width:

0,25–4.75 km (0.16–2.95 mi)

### Coastline:

112.7 km (70.03 mi)

### Highest point:

Televrin, 588 m (1,929 ft.)

### Population:

8,244 (2011)

### Largest settlement:

Mali Lošinj (pop. 6,296)

### Main industry:

Tourism

### Language:

Croatian (official)

### Currency:

Kuna HRK

### Time Zone:

UTC+01:00







Port Sveti Martin, Mali Lošinj







Panoramic view from Mt. Osorščica





More than 280km of walking trails







Diving on Lošinj







Mali Lošinj



## Nerezine regatta

### Introduction

• Lošinj by the Numbers .....	3
• Letter from the Mayor .....	16
• Letter from the Minister of Tourism.....	17
• About the Author.....	18
• About the Medical Tourism Association.....	19
• About the Medical Tourism Association Destination Guides .....	20
• From the Author .....	22

### What you need to know about health and wellness tourism

• What is health and wellness tourism? .....	24
• Typical health and wellness services.....	24
• Differentiating between health, wellness and medical tourism .....	25
• What factors are driving the growth of health and wellness tourism? .....	26

### Corporate wellness and the importance of prevention..... 31

### Health and Wellness tourism on Lošinj

• History of health tourism on Lošinj .....	37
• Natural healing factors .....	40
• The impact of the Island of Lošinj on lung function .....	45

### Facilities offering health and wellness programs

• Hotel Bellevue.....	49
• Punta Vitality Hotel.....	59
• Wellness Hotel Aurora .....	67
• Čikat Camp .....	69
• Poljana Camp.....	71
• Veli Lošinj Health Resort.....	73
• Vita, Massage and Health Improvement Studio .....	74
• Hotel Manora.....	75
• Bella Beauty Salon .....	76



## Planning your Trip

• When is the best time to go?.....	81
• Traveling to Lošinj .....	81
• Croatia entry requirements .....	82
• Money .....	83
• Lošinj weather .....	83
• What to pack.....	83
• Medical services.....	84
• Getting around Lošinj.....	86

## Things to do

• Cultural attractions.....	91
• Nature and outdoor activities.....	97
• Activities and programs for young people.....	102
• Shopping .....	103
• Festivals and cultural events.....	106
• Food and dining.....	107

## Travel resources

• General information.....	116
• Important phone numbers.....	116
• Useful online resources .....	116
• Tourist agencies .....	117
• Croatian national holidays .....	119



## LETTER FROM THE MAYOR

Ana Kučić

Acting Mayor at City of Mali Lošinj



I am proud that our island has been recognised as one of the best examples of how to become a world-renowned tourist destination in a short time through quality performance and synergy of all tourism stakeholders. The effort that we invest in our sustainability, connecting the natural beauties and preservation of the environment with the quality of life on the island in general has been recognised by the Ministry of Tourism and beyond. For years we have been able to enjoy great tourism results with over 2.2 million overnight stays per year. Seeing that the aim of starting the destination brand management program in 2006 was to focus on a year-round tourism offering, we have decided to create and organise projects and supplementary programmes that meet the needs of guests throughout the year, particularly those looking for wellness and health, and active and sports tourism.

The satisfaction of the guests visiting the archipelago of Losinj, the quality of service, and innovations and creativity in tourism are our objectives. As a destination that carries several symbols of ecological sustainability and with the newly opened Museum of Apoxyomenos, we confirm the fact that we can manage our environment responsibly and provide security to our locals and guests through the implementation of various educational programmes that aim to preserve our natural beauties.

Thanks to many natural factors and a stronger offer, Losinj has all the prerequisites to achieve a successful year-round operation, just like back in 1912 when it increased overnight stays in the winter period. By means of quality destination management, as well as the tradition of health tourism dating from 1892, Losinj has developed its brand of health and vitality, therefore, active holiday, wellness, and health, combined with the possibility of yearround business, are the main advantages of the tourism offering of Losinj - the island of vitality!





## LETTER FROM THE MINISTER OF TOURISM

**Gari Cappelli**

Minister of Tourism, Republic of Croatia



Dear readers,

Health tourism is according to the United Nations World Tourism Organization one of the fastest growing forms of tourism with an annual growth rate of 15 to 20% on a global scale. Within our 2020 Tourism development strategy, we have signaled health tourism as one of our ten most important tourism products. Tourism based on respect for the environment - our most important resource, is the basis for developing a sustainable tourism strategy.

The United Nations has declared 2017 as the year of Sustainable Tourism for Development, and responsible tourism is the foundation of development in Croatia. Our main goal through 2020 is to become one of the most competitive tourist destinations in the world. Health tourism, as a year-around activity, is certainly one of the key factors for extending the tourism season 365 days a year.

Health tourism also has the potential to attract an estimated 1 billion euros to our country. Hence we shall give our wholehearted support for development to those destinations whose health tourism traditions date since the 19<sup>th</sup> century. While honoring that tradition, we also need to work on improving quality and preserving our environment; the sea, air and biological diversity, for which Lošinj has received numerous awards over the years. With this approach we justify the trust of our guests and increase our competitiveness. However, more support in marketing and promotion is needed to show the world that Croatia is a country Full of Health. We have already started a project in which a special webpage will be created for the promotion of the best in Croatia's health tourism under the same slogan: Croatia - Full of Health. Eventually, our goal through 2020 is to develop tourism throughout the country and ensure the implementation of "green" as a philosophy for all activities in partnership and support of all those involved in tourism and who are committed to developing a culture of quality, authenticity and creativity. With sustainable development we safely march toward that goal.

Sincerely,  
Gari Cappelli

Minister of Tourism  
Gari Cappelli

## ABOUT THE AUTHOR

### Renée-Marie Stephano

President and Co-Founder of the  
Medical Tourism Association®



Renée-Marie Stephano is the Founder and Chief Executive Officer of Global Healthcare Resources, President and Co-Founder of the Medical Tourism Association® and Editor-in-Chief of the Medical Tourism Magazine and the Health and Wellness Destination Guide Series of Books. Ms. Stephano has authored several books from Developing International Patient centers, Best Practices in Facilitation, to Medical Tourism for Insurers and Employers, and the most recent, Engaging Wellness.

Ms. Stephano is an attorney and specializes in working with governments and hospitals to develop sustainable medical tourism/international patient programs and strategies. She has worked with governments and hospitals all over the globe in developing healthcare clusters, international patient departments and long term international patient strategic plans. Ms. Stephano works with Ministers of Health, Tourism and Economic Development in developing public private partnerships to support medical tourism and at the same time to provide a benefit and return to the local community. She organizes one of the only Ministerial Summits that each year brings together Ministers of Health, Tourism and Economic Development.

She has helped assess the feasibility and opportunities of international programs for both U.S. and international hospitals, cities and countries with international expansion, clinical development and affiliations and partnerships. She also consults with governments in the development of sustainable Medical Tourism Zones & Free Healthcare Zones.

Ms. Stephano is a keynote speaker at international conferences and has been mentioned in several media publications around the world. She serves on the Board of Directors for the International Healthcare Research Center, a 501c3, non-profit medical tourism research center, the Corporate Health & Wellness Association, and two Washington, D.C.-based lobbying groups focused on lobbying the U.S. Congress for the benefits of Medicare reimbursement overseas and the support of U.S. hospitals in their overseas initiatives.

You may reach Renée-Marie at: [Renee@GOGHR.com](mailto:Renee@GOGHR.com)

## ABOUT THE MEDICAL TOURISM ASSOCIATION®



The Medical Tourism Association® (MTA) is a global non-profit association for the medical tourism and international patient industries.

The MTA works with healthcare providers, governments, insurance companies, employers and other buyers of healthcare - in their medical tourism, international patient, and healthcare initiatives, with a focus on providing the highest quality, transparent healthcare.

The MTA is also committed to educating consumers about their options internationally for medical treatment through its programs; such as its Health & Wellness Destination Guides and through the #1 rated internet portal for healthcare consumers:  
[www.MedicalTourism.com](http://www.MedicalTourism.com).

### **Medical Tourism Association®**

USA 001-561-791-2000

8845 North Military Trail, Suite 200

West Palm Beach, FL 33410

[www.MedicalTourismAssociation.com](http://www.MedicalTourismAssociation.com)

[Info@MedicalTourismAssociation.com](mailto:Info@MedicalTourismAssociation.com)



Mali Lošinj

## ABOUT THE MEDICAL TOURISM ASSOCIATION® DESTINATION GUIDES

---



For decades, travelers have trusted destination guides for information such as culture, language, gastronomy, tourism activities, currency and a highlight of things to do in the destination they visit. Currently, as a result of the high cost of healthcare, limited access to state-of-the-art technology and specialized surgical techniques among other factors, patients are finding themselves looking for alternative options for treatment, many times, outside of their local community, state and even country.

As nearly a hundred countries around the world embrace the medical tourism industry, the Medical Tourism Association® has launched its Destination Guides program as a commitment to education, with a focus on consumer awareness. The Medical Tourism Association® Destination Guides provide an exclusive focus on a destination, country or city with detailed information about the quality of healthcare in the destination and the healthcare infrastructure found in that region, including wellness and preventative healthcare options.

The Destination Guides are structured to educate consumers and take them through their medical tourism and wellness travel decision making process; from the moment they begin to research a destination, they will know what to look for. The key function of the Destination Guides is to empower medical travelers with knowledge about the industry and provide a step by step, set of guidelines to take into consideration when traveling for healthcare and/or wellness. Additional features of the Destination Guide include instant free access for prospective medical and wellness tourism patients.

Patients can download the destination guides from [MedicalTourism.com](http://MedicalTourism.com) (one of the highest rated websites for medical tourism on the internet), [MedicalTourismMagazine.com](http://MedicalTourismMagazine.com), and/or [MedicalTourismAssociation.com](http://MedicalTourismAssociation.com).

The print edition of the guide may be available through Amazon.com™, iTunes, and/or other merchants for worldwide distribution. The guide is also available for download on to your Nook or Kindle eReader.

A recent Medical Tourism Association® survey found that almost 73 percent of medical tourists researched their information on medical tourism online. The guide will include information on hospitals, clinics, medical spas, wellness centers, hotels and tour operators for patients. The Medical Tourism Association® Destination Guides also feature tourism information for patients with full color photos to help establish expectations and includes helpful tips for patients and their companions during their medical or wellness stay.



Villa Hortensia, Mali Lošinj



## FROM THE AUTHOR

---

Located on the north Adriatic Sea, the island of Lošinj is famous for its spectacular beaches, rugged landscape and refreshing climate. But the crown jewel of Croatia's magnificent coastline offers something even more important to its visitors – wellness of mind, body and spirit. For over a hundred and twenty-five years, visitors from around the world have traveled to Lošinj to enjoy a delicious respite from the daily grind, while taking advantage of the island's healthy environment and stunning natural resources.

Take a deep breath on Lošinj and feel your stress and worries start to fade away. Here the air is pure, the sea is clear and life thrives. Glance out at the horizon and see a school of dolphins frolicking just off shore. Walk a little ways inland and the fragrance of aromatic herbs and medicinal plants greet you, awakening your senses.

Strategically located overlooking paradisiacal beaches and hidden coves, the hotel-resorts, wellness retreats and camps use varying holistic approaches to inspire you to embrace health, fitness and live a better life. Popular programs focus on lung rehabilitation, stress reduction, nutritional counseling, weight loss and preventive medicine. Also available are world-class yoga and fitness facilities, amazing spas and plenty of open-air activities that help you connect with nature.

Why are more travelers choosing wellness vacations? At a very basic level, people want to feel better and live longer and healthier lives. We suffer daily from stress due to work deadlines, financial problems and family demands. We engage in unhealthy lifestyle habits such as eating fast food, smoking or drinking alcohol.

And we aren't getting any younger – according to a report by the National Institute on Aging, people aged 65 and over are projected to reach 1.6 billion (17 percent of the global population) by the year 2050 compared to 617 million (8.5 percent) today. These factors have contributed to an increase in the incidence of non-communicable diseases (NCDs) such as cancer, heart disease, diabetes and respiratory illnesses.

According to the World Health Organization (WHO) noncommunicable diseases kill 38 million people each year with 16 million NCD deaths occurring before the age of 70.

Wellness travel is on the rise because an increasing number of travelers are seeking to incorporate healthy habits and activities into their vacation or business trip that prevent disease and enhance the quality of life.

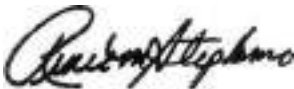
While Lošinj's salubrious natural attributes are clearly a big reason for the island's popularity as a health and wellness destination, the support of the government and private sectors are ensuring its sustainability. Health and wellness tourism are featured prominently in the government's national 2020 tourism development strategy program which aims to create an action plan for the development of health tourism and establish minimum standards for providers.

Already, Lošinj is starting to reap the benefits of these initiatives. In 2016, Mali Lošinj – the island's largest town, won the annual Croatian tourism award for the most successful medical tourism destination. The same year, at the 'Global Green Destination Day' conference, Mali Lošinj was named one of the 'Top 100 sustainable destinations in the world' in 2016. Lošinj has also been the recipient of many other international awards due to its innovative programs and projects that have contributed to the overall prosperity and quality of life of its citizens and the wellbeing of its many visitors.

The Medical Tourism Association applauds Croatia's initiatives to strengthen health and wellness tourism and we look forward to continuing to work with government leaders and the private sector to ensure long-term sustainability of Croatia's medical tourism and wellness sectors.

Potential wellness tourists deserve reliable resources to help them make informed decisions regarding wellness travel. It is my hope that this guide will provide you with all the necessary information and insight to help you achieve your health and wellness goals.

**To your health!**



**Renée-Marie Stephano**

## WHAT YOU NEED TO KNOW ABOUT HEALTH AND WELLNESS TOURISM

---

### What is health and wellness tourism?

Most of us probably do not associate travel with optimal health. Typically we must endure long lines at the airport as we are herded through security checkpoints on our frantic way to our flight. Then we board an aluminum cylinder where we sit for hours in a cramped seat, traveling at a high altitude, getting zapped with radiation, deprived of oxygen, humidity and sleep as we zoom across multiple time zones. If all this wasn't enough, we do ourselves no favors once we get to our destination by rushing to non-stop meetings or, on the opposite end of the spectrum, lounging around all day getting cooked by harmful ultraviolet rays (again) while we overindulge in alcohol and all types of fatty, sugary foods. Is it any wonder then that we feel sleep-deprived, grumpy and exhausted every time we get back from a trip?

Fortunately, travel does not have to make you feel bad. In fact, there is a growing trend in which people actually travel to feel better. Called health and wellness tourism (or simply wellness tourism), it involves people who travel to a different place to proactively pursue activities that maintain or enhance their personal health and wellbeing, and who are seeking unique, authentic or location-based experiences/therapies not available at home<sup>1</sup>. This may take the form of a wellness cruise, destination spa, spiritual retreat, healthy hotel, health check-up or any number of destinations or activities designed to preserve or improve your health.

You might be surprised to know that wellness tourism has a long and interesting history. In fact, as far back as 7,000 years ago there is evidence of Ayurvedic practices in India. In the Roman and Hellenistic periods, nearly 2,000 years ago, the Greeks and Romans often traveled to thermal baths to relieve aches and pains as well as more serious ailments. More recently in the enlightenment period, European elite traveled to spas and the seashore for health reasons.

### Typical health and wellness services

Wellness tourism encompasses a broad range of service categories from Ashrams to wellness cruises. Some common wellness destinations/activities include:

---

1. RESEARCH REPORT: GLOBAL SPA SUMMIT 2011 Wellness Tourism and Medical Tourism: Where Do Spas Fit?  
Accessed 12/7/16

- Healthy hotels and resorts
- Spas
- Ayurvedic clinics
- Traditional Chinese Medicine (TCM)
- Ashrams
- Spiritual retreats
- Respiration therapy
- Thermal baths
- Yoga retreats
- Wellness cruises
- Complementary and Alternative Medicine (CAM)

The common denominator in each of these destinations/activities is their focus on maintaining or improving a person's health and wellbeing.

### **Differentiating between health, wellness and medical tourism**

With the growth of health-related travel, there has been no shortage of names tossed around in the media to refer to these activities. Medical tourism, health tourism, and wellness tourism are some of the most popular terms being used - sometimes interchangeably by news anchors, writers and even those working in these industries. Not surprisingly, those unfamiliar with these concepts may get a little confused by the ambiguous terminology.

**First, let's set the record straight:** there are differences between these three activities, some subtle, some more significant. There are also some varying opinions as to the exact definition of each. That being said, let's try to clear the fog by taking a closer look at each of the terms.

### **Wellness tourism**

Wellness tourism, as mentioned previously, occurs when healthy people travel to another country with the primary objective being to preserve or improve their mind, body and spirit. Someone traveling to a wellness spa on Lošinj or a yoga retreat in India would be called a wellness tourist.

### **Medical tourism**

Medical tourism, on the other hand, is travel for the treatment or cure of a medical condition. Individuals traveling for medical procedures such as open heart surgery, knee replacements or reconstructive dental surgery are typically called medical tourists.

The difference between medical tourism and wellness tourism is that the former is illness oriented with the emphasis being on getting





St. Ivan, Lošinj

cured. It is usually reactive rather than proactive (i.e. a patient traveling to Costa Rica for a knee surgery). Wellness tourism, on the other hand, is wellness oriented with an emphasis on health promotion and disease prevention. Wellness tourism is also proactive (i.e. traveling for a health check-up) rather than reactive.

---

### Health tourism

A 2011 report by Global Spa Summit stated: “The main assessment that can be made about the definition of the term health tourism is that there is no consistent definition.” While this is partially true, health tourism is increasingly being used as a catchall phrase that encompasses both wellness and medical tourism. It can therefore be described as travel for health reasons including the treatment or prevention of illness or to enhance wellbeing.

Because of the nature of the services available on the island of Lošinj, most of this guide will focus specifically on health and wellness services unless stated otherwise.

---

### What factors are driving the growth of health and wellness tourism?

The current wellness tourism industry already represents a US \$439 billion market, with forecasts predicting a 50 percent faster growth than “traditional” tourism in the next few years. And this trend isn’t likely to disappear anytime soon, as increasingly stressed travelers seek trips that offer the chance to unplug and boost mental and physical health and wellbeing.



Why is wellness gaining so much traction around the world? Globalization is certainly an important factor; the internet, inexpensive travel and the elimination or reduction of cultural and trade barriers have made it much easier for people to learn about wellness and access wellness services anywhere in the world. However, the popularity of wellness tourism can be attributed to a far simpler reason: a growing percentage of the world's population is unwell and increasingly so. Aging populations, an alarming rise in chronic diseases and unhealthy lifestyles, failing medical systems with rising costs, and the stress associated with the modern lifestyle are all driving a mounting global health crisis.<sup>2</sup> Consequently, a growing number of consumers (particularly the affluent) are seeking experiences rooted in meaning, purpose, authenticity and nature.

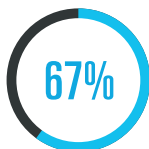
Wellness tourism is a **\$438.6 Billion** global market and a rapidly growing niche within the **\$3.2 trillion** global tourism economy

### Global Tourism

**\$3.2 Trillion**



International  
inbound tourism  
**(\$1.0 tril)**



Domestic  
tourism  
**(\$2.1 tril)**

### Global Wellness Tourism

**\$438.6 billion**



International  
inbound wellness  
tourism **(\$139 bil)**



Domestic  
wellness tourism  
**(\$299 bil)**

2. The Global Wellness Tourism Economy 2013. Stanford Research Institute. Accessed 12/6/16





Fritzi Gallery - Museum of Lošinj





Exercising on Lošinj

## CORPORATE WELLNESS AND THE IMPORTANCE OF PREVENTION

An important part of wellness is focusing on prevention; in other words, doing smart things so we don't get sick in the first place. Unfortunately, most of us avoid doctor visits like the plague. If we do schedule a visit it's at death's door or when we wake up feeling like we were just hit by an 18-wheeler. Anything less (pick-up truck or SUV) usually merits little more than an aspirin before we drag ourselves off to work. It probably has something to do with our genetic make-up, but very few of us are willing to go to the hospital and submit our bodies to a battery of exams if we are feeling okay or just a little under the weather. We prefer to remain blissfully ignorant of what could be going on inside our bodies even if this lack of knowledge has the potential to lead us to an early grave.

Fortunately, in the last decade preventive medicine initiatives such as corporate wellness programs have gained ground as businesses have learned that it is much less costly to keep people healthy than it is to treat the debilitating consequences of diseases later on.

High-tech equipment such as MRI's and CT scanners have become commonplace, allowing doctors to literally look inside our bodies and detect potentially harmful threats before they become untreatable. Gastroenterologists use probes with cameras to travel deep inside our rectums in search of unwelcome visitors such as polyps or tumors. In the lab, blood and urine tests are used to diagnose disorders such as anemia, high blood sugar and high cholesterol, as well as diseases such as cancer, diabetes and early Parkinson's disease.

It is hardly surprising then that a growing number of companies are now using corporate wellness programs to lower their healthcare costs while at the same time nipping incipient enemies such as stress, heart disease, and cancer right in the bud.

### Corporate Wellness

Corporate wellness can be defined as an employer-led initiative to promote the health and wellbeing of its employees. The goal is to lower employee healthcare costs through programs that help prevent accidents and the development and/or progression of diseases. If you arrived at the office this morning to find your boss on the carpet in a lotus position and the vending machine dispensing Kashi bars instead of Cheetos, then you may be the latest "victim" of a corporate wellness takeover. No need to fear, however, as it can actually be good for you (or your employees if you are the boss).



Vitality Hotel Punta, Veli Lošinj

Altruistic motives aside, the cold truth is that your employer is betting that a healthier you will be a more productive you and save them money; specifically by reducing your days of sick leave and the money they pay out for medical and disability costs. Corporate wellness stems from a philosophy of prevention – it is cheaper to keep employees healthy than it is to make them healthy again. The importance of this for any business (regardless of whether you are an employer or employee) cannot be understated. But is there really any hard data to prove that wellness programs help a businesses' bottom line?

First, it is important to understand that not all corporate wellness programs are created equal. A good corporate wellness program must promote change at the individual level as well as at the operational and corporate level. Participants must be engaged through education, effective communication and follow-up on topics such as nutrition, stress management, and fitness and exercise. This requires an organizational culture of wellness with programs tailor-made to each employee's particular needs and circumstances. If not, don't be surprised to see some of your co-workers head out the service entrance, scramble over the 12-foot razor-tipped containment fence, and sprint across the four-lane highway to the nearest convenience store for their iced lattes.

Multiple studies have shown a relationship between employee health and business productivity. One six year study by Goetzel RZ, Anderson DR, Whitmer W, Ozminkowski RJ, Dunn RL found that risk factors such as obesity, high blood pressure, smoking, alcohol consumption, diet and stress were responsible for 25 percent of an



organization's employee healthcare costs.<sup>3</sup> Recent examples of best practice programs that improve population health and save money include those at Johnson & Johnson, Prudential Financial, The Dow Chemical Company, USAA, LL Bean, Lincoln Industries, Alcon Laboratories, Union Pacific Railroad, Highmark, Eastman Chemical, PepsiCo, Vanderbilt University, The State of Nebraska, Dell Inc., Medical Mutual of Ohio, The Volvo Group, and Procter & Gamble.<sup>4</sup>

Is it any wonder then that businesses are wising up to the fact that they must take their employee's wellbeing seriously if they expect to remain competitive well into the 21<sup>st</sup> century? A testament to this awakening is the increasing acceptance of wellness programs by CEO's and business leaders looking to maximize employee efficiency and lower business costs. According to a 2016 report on employer wellbeing strategies conducted by Xerox, 69% of multinational organizations surveyed have a global health strategy and almost three-fourths (74%) view their wellbeing program as an important element of the organization's employee value proposition.<sup>5</sup>

So if your next business meeting starts with pretzel-like yoga stretches, oriental wind chimes and a steaming cup of green tea, don't fret it; you are contributing to your company's bottom line and becoming healthier to boot (at least until your chiropractor unravels you)!

3. Goetzel RZ, Anderson DR, Whitmer W, Ozminkowski RJ, Dunn RL, et al. 1998. The relationship between modifiable health risks and health care expenditures: an analysis of the multi-employer HERO health risk and cost database. *J. Occup. Environ. Med.* 40:843-57

4. The Health Project. <http://thehealthproject.com/>. Accessed 12/19/16

5. Working Well: A Global Survey of Workforce Wellbeing Strategies. Xerox. October 2016







View of Mali Lošinj and the archipelago

## HEALTH AND WELLNESS TOURISM ON LOŠINJ

Take a deep breath – you’ve arrived on Lošinj, the fragrant green island located in the heart of Kvarner. Let your sixth sense lead you to an oasis of serenity. From the moment you set foot here you will feel something is different about this place. The sea-infused air is just a little more refreshing; the turquoise waters are just a little clearer as they capture the shimmering sea-floor; and the afternoon sunlight bathes the towns and villages in a golden radiance that feels almost otherworldly.

Experience the island’s magical history, from antiquity to the Austri-an-Hungarian Empire and the grizzled sea captains who navigated its bountiful waters. Visit the Museum of Apoxyomenos – the bronze statue of a Greek athlete found off the coast of Lošinj; tour the ancient town of Osor, sail in the wake of Apoxyomenos or dive beneath the sea and discover both its ancient and natural treasures.

Walk along the promenade and feel the presence of Lošinj’s past heroes. Breathe in deeply the scents of 1, 200 species of plants and enjoy the natural aromatherapy of the sea aerosols and essential oils. Learn how to cook Mediterranean specialties and dishes inspired by classical antiquity, all with local organic produce.

Indulge in the best nature has to offer; jog along paths that hug a turquoise sea; exercise in a gym, take tennis lessons or hike to the island’s highest peak – Televrin. There, the view “above the clouds” will leave even the most jaded breathless – see the whole archipelago spread before you!

Touch the fine golden sand of Susak Island and discover the secret of its origin and how it transformed into today’s island. Then meet the local inhabitants with their traditional folk costumes while you sample fine food and wine.

Snap a photo of the spectacular view from the Lookout Providenca on the way to Ilovik – the island of vegetation and flowers, and share on social media using #breatheLosinj and #visitlosinj.

Learn to live as the Apoxyomenos and follow the maxim: A sound mind in a sound body!

## History of health and wellness tourism on Lošinj

With more than one thousand dazzling islands, the Croatian coast is a mecca for tourists from around the world intent on enjoying stunning seascapes, sunshine and delicious cuisine.

But the crown jewel of Croatia's coastline is the island of Lošinj, which is part of the Cres-Lošinj archipelago located in the Northern Adriatic Sea. It is undoubtedly one of Croatia's best-kept secrets, benefiting from a particularly pleasant microclimate that makes it the perfect escape all year round.

Up until the 13<sup>th</sup> century, the island of Lošinj was mostly uninhabited and used for grazing sheep. However, by the 19<sup>th</sup> century, Lošinj quickly developed into a regional maritime power, with the town of Mali Lošinj becoming the second most important port in the Adriatic, after Trieste. The inhabitants of Lošinj were not only known for their skillfulness in building sailing ships, but they were also known as the best seamen in the Mediterranean. The architectural appearance of the center of Mali Lošinj, which has remained almost the same until the present day, was determined during this period.

The beginnings of health tourism on Lošinj date back to 1885. The transition from maritime power to health tourism occurred when, thanks to scientific research performed by Ambroz Haračić, a professor in the famous Maritime School in Mali Lošinj, Austrian physicians discovered the healing powers of the climate on Lošinj. At a time when the local shipbuilding industry was in crisis due to the advent of the steamship, the seamen and ship-owners of Lošinj quickly adjusted to the new circumstances and turned their focus to the development of a new economic activity – health tourism. On January 21st, 1885, the first registered tourist visited the island. Surprisingly, the first hotel in Mali Lošinj, named Vindobona, was not built until two years later in 1887.

In 1892, owing to the exceptional characteristics of the climate, Lošinj was proclaimed a climatic health resort by a decree of the Ministry of Health of the Austrian-Hungarian Monarchy.

Soon it became a popular holiday destination for the Austrian-Hungarian aristocracy, who built numerous villas and summer residences on the island.

7. Information based on content in "HEALING ISLAND OF LOŠINJ, Health Tourism and Natural Healing Factors of the Island of Lošinj"





Exercising at Lošinj Hotels & Villas

### Timeline of the development of health tourism on Lošinj

- 1886 Founding of Lošinj Tourism Association as a subsidiary of Austrian Tourism Association.
- 
- 1886 Archduke Charles Stephen of Austria builds his winter mansion in Veli Lošinj.
- 
- 1886 Founding of the Society for Forestation and Beatification of Mali Lošinj.
- 
- 1886 Prof. Ambroz Haračić published his famous study on the climate in Mali Lošinj entitled "Sul clima di Lussinpiccolo, Osservazioni e Studi."
- 
- 1887 Hotel Vindobona, the first hotel on the island opens.
- 
- 1888 The tourist guide "Die Insel Lussin" was published.
- 
- 1888 Zum Erzherzogin Renata (Hotel Rudy), named after daughters of the Archduke Charles Stephen opened in October of 1888, making it the first hotel in Veli Lošinj.
- 
- 1892 Mali and Veli Lošinj were declared health resorts.
- 
- 1892 Rules of Health Resort were adopted.
- 
- 1892 Maria-Amalya Asyl Sea Nursing Home of the City of Vienna for scrofulous and tuberculous girls was opened.
- 
- 1895 Mr. W. Riedel built Villa Adelma, the first villa in Čikat as a place where he could improve his health condition. That same year, the Archduke Franz Ferdinand spent six weeks on Lošinj to recover from tuberculosis.
- 
- 1899 Marked the opening of two facilities – Wienerheim, the Sanatorium of Emperor Franz Joseph for the treatment and care of Viennese students, and the completion of the most beautiful and the most luxurious villa in Čikat – Villa Carolina.
- 
- 1902 Restaurant Hoffmann B&B, presently known as Hotel Apoksiomen opened in the most beautiful and largest building on Mali Lošinj's waterfront. At the same time, the cove of Blatina in Čikat saw construction begin on the swimming area Čikat (Seebad Cigale).
- 
- 1903 Opening of the Spa Institute for mildly sick children and adults

Kuranstalt Sanatorium Dr. Josef Simonitsch, in Veli Lošinj, which was the first medical institution that used natural thalassotherapy factors in treatment.

- 1905 Opening of the Spa center (Kurhaus), located on Mali Lošinj's waterfront followed by the opening of Kurhaus Sanatorium Dr. Rudolf Hajós in Čikat in 1906.
- 1906 In November, Sisters of Mercy of the Holy Cross opened Sanatorium Bethania in Veli Lošinj for the treatment of children and adults (mostly priests).
- 1908 Opening of the Military sanatorium of the Austrian Society of the White Cross Militär-Kurhaus "Weisse Kreuz" in Čikat.
- 1912 Opening of the Hotel Alhambra in Čikat.

## Natural healing factors

### Geographic location

The island of Lošinj is a part of the Cres-Lošinj archipelago and constitutes the western-most island in the Bay of Kvarner. It stretches from the northwest towards the southeast for 99 kilometers, with a total area of 513 km<sup>2</sup>, accounting for almost 16% of the total area of the Adriatic islands. The archipelago is made up of the islands of Cres, Lošinj, Unije, Ilovik, Susak, and Vele Srakane, as well as a number of small uninhabited islands.

Lošinj is the 11th largest island in the Adriatic Sea, measuring 33 km in length and ranging in width from 4,75 km in the north and middle of the island to 0,25 km near the town of Mali Lošinj. The total coastline of the island is 112,7 km and abounds in attractive bays and coves, ideal for swimming and sunbathing.

### Climate

Characterized by mild temperatures and refreshing breezes, Lošinj's climate is defined by the island's position in the middle of the northern hemisphere. Lošinj's favorable weather conditions were identified as early as the late 19<sup>th</sup> century by renowned Viennese medical experts and culminated in the island being declared a health resort by the Austro-Hungarian government in 1892.

With a combination of a beneficial climate, crystal clear waters and fragrant air (with proven health benefits), the island has good reason to be considered a top health resort. Add to this the more than 200 sunny days its inhabitants enjoy each year and you get a "perfect

storm” of climatic conditions for anyone looking for a revitalizing holiday. In particular, Lošinj is a popular choice for visitors who want to improve respiratory problems, skin conditions and allergies.

---

### **Sea water**

Swimming in the sea improves skin conditions such as acne, dermatitis and scratches, helps detoxify the body, and is highly relaxing. There are countless locations on Croatia's coast where one can enjoy a delightful swim, from isolated coves to popular places full of activities. But the turquoise waters surrounding Lošinj are truly unique in their purity and beauty. In fact, the beaches of Veli žal, Punta, and Poljana have been awarded the coveted Blue flag designation. This international ecological award demonstrates the high quality of the sea water and acknowledges the fact that many resources have been expended to nurture and care for the island environment. Additionally, beaches are monitored by an independent agency that regularly collects water samples to ensure the sea maintains its exceptional qualities.

The water temperature ranges from 11.8°C in February to 23.6°C in August and has been touted as having beneficial effects on the human body as it relaxes and soothes.

---

### **Drinking water**

While saltwater may be the most visible feature around the islands, Cres boasts a crystalline freshwater lake called Vrana Lake, which is the only source of drinking water for the inhabitants of the islands of Cres and Lošinj. Vrana Lake is also one of the largest freshwater features on these islands, boasting a total area of 5.5 km<sup>2</sup>, a maximum depth of 74 meters and holding 220 million m<sup>3</sup> of fresh water. Chemical and bacterial analysis have demonstrated that the water is pure, rich in minerals and can be consumed without any treatment. The water from Vrana Lake is tested regularly by public authorities to ensure it is safe to drink.

---

### **Air**

Good outdoor air quality is fundamental to our quality of life and ultimately to our well-being. On average, a person inhales about 14,000 liters of air each day, however, the presence of contaminants in the air can adversely affect people's health. Poor air quality can lead to fatigue, dry skin and mucous membranes, coughing, sore and watery eyes, lack of concentration, breathing problems, headaches, and psychiatric disorders, the most common being depression. People with pre-existing respiratory and heart conditions, diabetes, the young, and older people are particularly vulnerable.





### Illovik - island of flowers and longevity

One of the major sources of air pollution are industrial plants such as oil refineries and coal power plants, but the biggest source of pollution in Europe is road traffic. Exhaust gases from vehicles contain Sulphur dioxide, carbon monoxide, volatile organic and non-metallic materials that are dangerous to our health.

Fortunately, the island of Lošinj offers a refuge for visitors seeking relief from polluted air. The air on the island is of excellent quality, ideal humidity and temperature. Air quality has improved over the last fifteen years as tougher air quality controls have been introduced and the use of unleaded gasoline has become more commonplace. The air on the island of Lošinj is characterized by optimal humidity, ideal average annual temperature, and is enriched with sea aerosol and dissipated drops of aromatic plant essential oils, making it a natural healing aerosol. Inhalation of this fragrant clean air refreshes the lungs, facilitates breathing, and creates the feeling of comfort and well-being. As the local saying goes: “Take a deep breath on Lošinj!”

### Pine-tree forest and medicinal plants

The mild Mediterranean climate has made the Island of Lošinj famous for its abundant vegetation and lush public gardens. Its diversity of plants is astounding. There are over 1,200 herbal species on the island, 939 of which are indigenous. As many as 230 species are medicinal plants and approximately 80 of them, mostly exotic, were brought by the island's famous captains and sailors who planted a number of species in their gardens including agaves, Mexican cactus, palm trees, magnolias, mimosa, Indian figs, lemon, oranges, tangerines, Japanese medlar, eucalyptus, dawn redwoods, and bougainvillea, among others.

The great variety of vegetation on Lošinj not only contributes to the island's lush appearance but it also affects the microclimate and quality of the aerosol. Thanks to systematic afforestation from the





late 19th century, Lošinj is proud to have two protected park-forests: Podjavori (96 acres) in Veli Lošinj and Čikat (583 acres) near Mali Lošinj. These beautiful ancient pine-tree forests influence the local climate in several ways: by emitting high amounts of oxygen, aromatizing the aerosol, protecting the footpaths from excessive sun and wind, protecting the soil from erosion, and maintaining a layer of water below the soil's surface. The thick, dark green foliage that covers the footpaths offers a wonderful esthetic experience that complements the pleasure of walking by the sea. The health benefits of pinewoods are especially recommended for patients with lung conditions. Pine-tree oil is made from pine needles and is rich in vitamin C. It has been used for the treatment of lung diseases since ancient Egyptian and Babylonian times.

Lošinj aerosol also contains droplets of aromatic plants whose essential oils facilitate breathing and reduce inflammation of the airways. The most common species are sage, rosemary, lavender, laurel, myrtle, thyme, wild thyme, oregano, and immortelle which are used by the locals to treat a wide variety of diseases.

### **Enjoy Natural aromatherapy**

With so many herbs and plant species available, the island has become well-known for aromatherapy.

Aromatherapy, the application of plant essential oils in disease prevention and preservation of health, has been in use since antiquity by the Babylonians, Indians, Egyptians, Greeks, Romans, and Chinese. Its benefits were also known during the Middle Ages when it was believed that strong perfumes made of essential oils could prevent or stop many diseases such as the plague. Aromatherapy is a branch of phytotherapy – a broader field in which plants are used for human health. It is believed that active substances in essential oils generally improve the quality of life, mental health, and mood. Applicable in all elements of human life, many use aromatherapy in cosmetics and



beauty products. It is extremely efficient in treating many diseases and conditions as a supplementary therapy to traditional medicine.

Aromatherapy does not have negative side effects and it is considered a great alternative for insect bites, headaches, different types of colds, and sore muscles. Aromatherapy can also increase a body's natural resistance to unwanted agents and stimulate the immune system, as confirmed by clinical research at the Thalassotherapy Opatija.

---

### The impact of the island of Lošinj on lung function

Between 2010 and 2012, researchers from the Science and Research Department of Srebrnjak Children's Hospital conducted a study to examine the possible impact of the island's climate and endemic aerosol on the lung function of vacationers spending time on the island. The 93 subjects were randomly selected as registered guests of the Čikat Camp, located in a small protected bay on the south side of the island of Lošinj.

The researchers used spirometry to measure eleven lung function parameters at the subjects' arrival and departure time. Spirometry is a simple breathing test that measures the amount of air a person can blow out of the lungs (volume). It also measures how fast he or she can blow it out (flow). Each finding contained data on the subject's sex, age, height, weight, body mass index and smoking habits.

### RESULTS:

Lung function significantly improved between a subject's arrival and departure time (on average 11 days), although these subjects did not undergo any relevant therapy and/or other behavioral changes in order to improve their lung function. The improvements in lung function parameters were not significantly associated with age, sex, height and weight, the smoking habits of study subjects, or the time between measurements.

Results of the research suggest that spending time on Lošinj amidst immaculately clean air, favorable temperatures and humidity, and the beneficial aerosol could be advantageous to people with respiratory disorders, especially if visiting in autumn and spring months.<sup>8</sup>

---

8. Ibid.







Port and church landscape in Veli Lošinj





Hotel Bellevue, Mali Lošinj

## FACILITIES OFFERING HEALTH AND WELLNESS PROGRAMS

“Mens sana in corpore sano” - “A healthy mind in a healthy body” is the phrase that the ancient Greeks applied in everyday life. The inseparable nature of spirit and body is a principle that guided their way of living and learning.

Staying on the island of vitality, the healing island of Apoxyomenos (the island's iconic ancient statue of a Greek athlete that was found in the sea near the island), brings your body and spirit back into harmony. To live as Apoxyomenos for several days means enjoying the pleasures of nature, sports, delicious cuisine, spa treatments, educational programs, tours with the scent of Lošinj herbs and sea aerosols.<sup>9</sup> Take a look at some of the island's top facilities for experiencing wellness, nature and history.

### HOTEL BELLEVUE

#### Contact information

*Phone:* +385 51 661 101

*Email:* [bellevue@losinj-hotels.com](mailto:bellevue@losinj-hotels.com)

*Website:* <http://www.losinj-hotels.com>

*Address:* Čikat 9, Mali Lošinj 51550

#### Introduction

Located by the sea, in the heart of a centennial pine forest that surrounds intimate and beautiful Čikat Bay on the island of Lošinj, the Hotel Bellevue delivers sophisticated comfort and exquisite service to visitors seeking a luxurious vacation with a focus on wellness, relaxation and enjoyment.

#### Accommodation

Bellevue offers impeccable comfort in its spacious suites and rooms. You can choose between specially designed Presidential, Luxury, Bellevue, Executive as well as Junior Suites for a dream vacation. Vistas of green forest, blue sea and golden sunshine enrich the Hotel with their unique beauty. The Deluxe, Superior Sea or Atrium rooms will make you feel pampered yet are as comfortable as staying in your own home.

#### 185 rooms and 21 suites

- Rooms: Deluxe, Superior, Superior Atrium
- Suites: Presidential, Luxury, Bellevue, Executive, Junior
- Hotel area and hotel rooms/suites are illuminated with architectural lighting design by Dean Skira

9. Content based on information provided by [www.Losinjhotels.com](http://www.Losinjhotels.com)



Hotel Bellevue Room



Spa Clinic Bellevue



Hotel Bellevue

- The Hotel is non-smoking • Hotel rooms are equipped with smoke detector and fire sprinkler system

### Services and amenities

- Gourmet dining and bar service: À la carte Restaurant Pin & Oli, Restaurant Bava, Lounge bar Alto Rosso, Pool bar Azzur
- Spa and fitness center
- Marine Medical Center
- Swimming pools and beaches: Indoor swimming pool with heated seawater and relax zone, outdoor swimming pool with seawater, sunbathing area & pool bar, beach in the immediate vicinity, deck chairs and parasols at disposal for hotel guests, swimming pool/ beach towels
- Various boutiques, souvenir and newspaper shop, hairdresser salon, concierge, currency exchange office, secure parking
- Conference center

### Awards and certificates

- World Luxury Hotel Awards 2016
- Sustainable Hotel 2015
- ESPA Certificate - EuropeSpaWellness
- Global Wellness Travel Award in the category Best New Spa & Wellness Property 2015, Spafinder Wellness
- Winner of a prestigious international design competition in Venice - International Lighting Design Prize – Codega for Medusa project, lighting fixtures at the Hotel Bellevue's beach
- The project of the Hotel Bellevue's lighting designed by Dean Skira in 2014 nominated for one of the most prestigious world lighting awards, the Lighting Design Award, in the category for the best international lighting project
- Award Meeting Star by the Kongres Magazine - the Best Conference Resort of South-East Europe in 2015
- Named winner in 2016 in two categories of TripAdvisor Travellers' Choice awards for hotels - Top 25 Luxury Hotels in Croatia and Top 25 Hotels in Croatia
- White Flag Certificate



**Sustainable  
Hotel**  
CERTIFIED BY  
UPUHH



## Spa treatments

The award-winning SPA-clinic offers guests a transformative health, beauty and wellness experience. Spacious and elegant, the clinic spreads over the first floor and is connected with the exclusive, open-air SPA garden, next to the sea. Divided into four areas – the indoor pool, relax zone, treatment rooms and workout area – it offers supreme comfort and maximum enjoyment. A new generation of treatments have been developed in cooperation with physicians, nutritionists, therapists and kinesiologists, allowing guests to receive the latest therapies in a holistic way. Cutting-edge cosmetic innovations from the world's leading laboratories – Elemis and Natura Bissé – are used for various beauty and shape sessions.

### Apoxyomenos' massage

The health benefits of sage were familiar in ancient Greece, and its Latin name *Salvia officinalis* means to save or to heal, which only proves the plant's healing potential. A blend of sage and myrtle essential oils stimulate organ functions that help filter and eliminate waste from your body.

Apoxyomenos Eternity Treatment is a 20-minute hydro-spa and a 50-minute full-body massage, which results in total relaxation of the body. The power of touch is health-giving. Indulge in an aromatherapy treatment with spa and oils, while you inhale the intoxicating scents of myrtle and sage that fill the air on Lošinj.

*Hotel Bellevue, Spa Clinic, Čikat 9, Mali Lošinj 51550, T: +385 51 679 050, [bellevue.spacclinic@losinj-hotels.com](mailto:bellevue.spacclinic@losinj-hotels.com)*

---

## Health and wellness packages

### Renergy deluxe and mini renergy deluxe

*Vitality regeneration program (7 days or 3 days)*

*Restore your body's energy and natural vitality!*

This 3-day or 7-day Renergy program is implemented under the supervision of a physician and kinesiologist and combines various activities - from a balanced diet to selected wellness treatments. The results are noticeable in improvement of concentration, digestion, complexion, and quality of sleep, as well as renewed energy.

---

### Renergy deluxe program (7 Days)

**Includes the following:**

#### Diet

- Diet and healthy meals recommended by nutritionists.



## Health

- 1 medical examination, tests and customized program plan conducted by an internal medicine specialist.
- 1 nutrition counseling and assessment.
- 1 nutrition check-up series conducted by a nutritionist.

## Spa Clinic

- 2 Light, Colour & Movement therapies (LCM).
- 2 Laserporation (decreases volume of fat tissue).
- 1 Marine essence scrub and wrap.
- 1 “Balance and Flow” body massage.
- 2 “Citrus Vita Essence Wellbeing” facial with aromatherapy.

## Fitness

- 1 Consultation and training session under the guidance of a personal trainer.
- Sports and recreational programs within the hotel recommended by a personal trainer.

*A 3-day version of this program is also available. Contact hotel for pricing and details.*

## Santé! program

*Health preservation program with a preventive internal medicine examination (3 days)*

The program is designed for healthy people with the purpose of prevention and early disease detection. Your lifestyle, gene pool, habits, working environment, type of work and the stress that goes with it affect your health. This program detects early signs of a disease, lifestyle factors, and risk factors that could lead to the development of chronic diseases that significantly affect the quality of your life.

### Includes the following:

## Health

- 1 medical examination, tests and customized program plan conducted by an internal medicine specialist.
- 1 nutrition assessment, counseling and tests conducted by a nutritionist.

## Spa Clinic

- 1 Light, Colour & Movement therapies (LCM).
- 1 Shiatsu massage.

## Fitness

- Sports and recreational programs within the hotel recommended by a personal trainer.

*Contact hotel for pricing and details.*

## Silhouette

### *Body shaping and weight loss program (14 days and 7 days)*

Excess body weight is an aesthetic problem as well as a significant health risk that needs to be addressed so as to avoid its long-term negative effects on your health.

The Silhouette program was designed in collaboration with nutritionists, kinesiologists and a physician, and is carried out under their supervision. The main features of this 14-day or 7-day body shaping program include a balanced, customized diet, exercise and selected body shaping treatments with the aim of taking control over your weight and adopting healthy habits. The program is intended for individuals with excess body weight who want to reduce their weight and shape their body.

### **Silhouette Program (14 days)**

#### **Includes the following:**

#### **Diet**

- Diet and healthy meals recommended by nutritionists.

#### **Health**

- 2 medical examinations, tests and customized program plan conducted by an internal medicine specialist.
- 2 nutrition counseling and assessments.
- 2 nutrition check-up series conducted by a nutritionist.

#### **Spa Clinic**

- 3 Laserporation (decreases volume of fat tissue).
- 1 Detox body treatment.
- 3 Endoradiomag (combines 4 massage stroked in one).
- 1 "Senses and Aromas Aromamassage."
- 2 Anti-cellulite treatments.
- 2 Body contour massages.

#### **Fitness**

- 1x initial consultation with a kinesiologist, analysis of habits and physical fitness.
- 10x one hour personalized training sessions with a personal trainer.
- Sports and recreational programs within the hotel recommended by a kinesiologist.

*A 7-day version of this program is also available.  
Contact hotel for pricing and details.*

## Stress adieu!

*Stress relief program (4 days)*

It is scientifically proven that a prolonged state of stress leads to many chronic and malignant diseases and permanently disrupts the spiritual and physical balance of the human organism. The facility's anti-stress programs have a unique, holistic concept designed to help you recognize the sources of stress and understand its causes. This 4-day Anti-stress program gives equal importance to your physical and spiritual health and is implemented under the supervision of a physician. It also provides you with useful tools for coping with stress and keeping it under control. In combination with relaxation techniques, SPA treatments and physical activity, you will literally feel reborn!

### Stress Adieu! Program

**Includes the following:**

#### Health

- 1 medical examination, tests and customized program plan conducted by an internal medicine specialist.
- 1 nutrition assessment, counseling and tests conducted by a nutritionist.

#### Spa Clinic

- 1 traditional Thai Massage.
- 1 Shiatsu massage.

#### Fitness

- 1 consultation and training session under the guidance of a personal trainer.
- Sports and recreational programs within the hotel recommended by personal trainer.

*Contact hotel for pricing and details.*

---

## Vitality weight loss

*-7 and 14 days*

Vitality Weight Loss & Activity Holiday Programs are overseen by medical experts, nutritionists, body movement experts, physical therapists and SPA therapists. The goal of this program is to shape each participant's body according to individual needs and possibilities, and to encourage and stimulate change and adoption of healthy habits and a positive lifestyle.

### Program includes:

- Medical check-up, diet plan, workout plan.
- Consultations with nutritionists, body movement experts, physical therapists and beauticians.
- Workout sessions with a personal trainer in unspoiled nature next to the bluest crystal-clear sea.
- Exercise plan as recommended by a physician or body movement expert.
- Diet plan created by a nutritionist.
- Beauty treatments and massages.
- Group workout in a pine forest.

**Follow-up:** Clients will receive close follow-up by a nutritionist for 3 months after the program until goals are achieved.

*Contact hotel for pricing and details.*

---

### Activity packages

#### A romantic spring holiday package

*Inspired by rosemary, a plant dedicated to Aphrodite, the goddess of love, beauty and fertility*

**Period:** Spring – please inquire about dates

### The Price Includes:

- Breakfast love corner with savoury delicacies.
- Visit to the Museum of Apoxyomenos (60').
- UNWIND – experience private SPA with integrated treatments (180').
- Aromatherapy workshop inspired by Lošinj natural cosmetics (60').
- Organized guided tour of the Museum of Apoxyomenos and ancient Osor.

### Experience+

Cooking spiced with love – cooking school per person (workshop is organized in Hotel Bellevue)

*Contact hotel for pricing and details.*

---

### Workshops

#### High vitality cooking – Apoxyomenos' Cooking School

The Adriatic region of the Mediterranean is full of robust flavors, sweet and sour, plus exotic and heavenly spices. Spend a few hours of your holiday in Croatia learning how to cook healthy and varied Mediterranean cuisine.

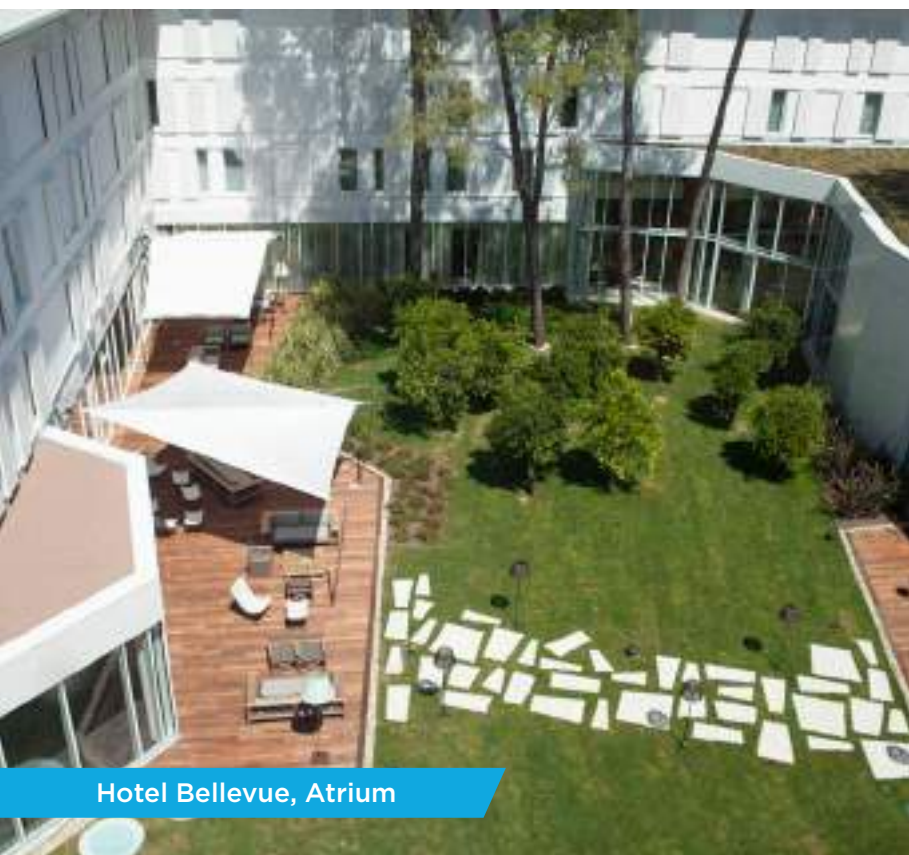
**The following is included:**

- Cooking area.
- Chef explaining the cooking process.
- Ingredients necessary for the preparation of the Cooking Class Menu.
- Work clothes designed especially for the program with the LH&V logo (to be kept as a memento).
- Program brochure with quantities and food preparation process plus certificate of completion.
- Sommelier guidance on wine and food matching.
- Wine tasting – white/red/dessert wine 0.10 premium wine/sparkling wine.
- Prepared meal – 3 courses.

Minimum 4 persons / Maximum 10 persons.

Duration: 3-4 hours with tasting.

*Contact hotel for pricing and details.*



Hotel Bellevue, Atrium





Vitality Hotel Punta, Veli Lošinj

## PUNTA VITALITY HOTEL

### Contact information

*Phone:* +385(0) 51 661 111

*Email:* punta@losinj-hotels.com

*Website:* <http://www.losinj-hotels.com>

*Address:* Šestavine 17, Veli Lošinj 51551

\*Opened from January until October

### Introduction

Overlooking the Adriatic Sea, the 4-star Punta Vitality Hotel is an oasis of luxury and relaxation, perfect for escaping the hustle and bustle of our busy lives. What really sets the Punta Vitality Hotel apart, however, are the unique Spa and Vitality facilities – encompassing indoor and outdoor pools, sundeck, wellness and beauty treatments, specially designed exercise programs, Les Mills group workouts, as well as nutritional counseling. With a fabulous year-round climate, the Punta Vitality Hotel is perfect for your next holiday, whether you're looking for a relaxing escape or an invigorating getaway.

### Accommodation

Guests have the choice of tranquil forest and stunning sea views in spacious double rooms or deluxe suites.

### 244 spacious, comfortable rooms (sea or park view), 45 suites

Room amenities: Most of the rooms have balcony, adjustable air-conditioning and heating, phone, satellite TV, hairdryer, natural cosmetics without synthetic additives, mini-bar, safety deposit box, room service, Wi-Fi Internet connection, bathrobe and slippers, beach bag and one beach towel per person for free use during the stay.

### Services and amenities

- Gourmet dining and bar service: Hotel restaurant Olea, Lounge Bar Stilla, Terrace bar Luna, Restaurant Levante, Beach bar Agava, À la carte restaurant Punta, Tennis Bar.
- Beach and pools: Blue Flag awarded beach, rocky beach with flat surfaces for sunbathing with parasols and deck chairs (subject to availability), lifeguard, showers and changing rooms, outdoor pool - new infinity pool with seawater, whirlpool, outdoor massage, deckchairs and parasols on the pool.
- Beauty & Spa: Indoor swimming pool with heated sea water, underwater and hydro massages, waterfall massage, whirlpool with heated sea water, outdoor swimming pool with sea water, underwater hydro and air massages, sauna, sunbathing area, possibility of controlled sunbathing already in early spring months, individual and group exercise programs in water with a personal trainer.



Punta Vitality, Room



Punta Vitality Beauty Zone



Les Milles Exercises

- Health & fitness: GYM – a studio for group training according to the daily schedule of activities which includes the LES MILLS™ exercise program and group breathing exercises; an individual exercise program with a personal trainer, fitness with the newest cardio equipment and isotonic machines for aerobic and functional training. Nutritionist and Medical doctor.
- Sports/recreation: 13 clay tennis courts (2 lighted), outdoor artificial climbing rock, outdoor fitness with 12 different training locations in a pine forest with a sea view, sports program under professional guidance, bike rental, walking paths and hiking trails near the hotel.

### Awards and certificates

- Spafinder Wellness 365 - Wellness Travel Awards 2016
- Tripadvisor – Certificate of Excellence
- HolidayCheck
- Sustainable Hotel
- ECARF - Allergy-friendly Quality Tested
- ESPA Certificate - EuropeSpa Wellness



### Spa treatments

#### **Apoxýōmenos' massage - Vitality Zone, Vitality Hotel Punta**

Experience the ancient world through a revitalizing ritual using Mirta natural cosmetics from Lošinj. Feel the healing powers of the island's plants on your skin. Body exfoliator with laurel and orange in a woolen glove, combined with an energetic massage will relieve tension, have a positive effect on blood circulation and revitalize your body. A selection of oils – olive, almond, pot marigold, eucalyptus, and orange flower – symbolize beauty, wealth, victory, fertility and eternal youth, just like Apoxyomenos.

Vitality Zone, Vitality Hotel Punta, Šestavine 17, Veli Lošinj 51551,  
T: +385 51 662 020, vitality-zone@jadranka.hr

### Health and wellness packages

#### Re-spiro pulmonary rehabilitation programs

*(7, 14, 21-Days)*

Pulmonary rehabilitation on Lošinj is based on scientifically founded clinical and diagnostic methods that are combined with natural healing factors and the healing aerosol of the Island of Lošinj, all in accordance with a centuries-old medical tradition on Lošinj. The goal of the pulmonary rehabilitation programs, Re-Spiro, is the reduction of symptoms and improvement of the quality of life in people with respiratory problems. Re-Spiro programs are customized specifically for each client, taking into consideration his/her condition, medical history and goals. Guests will be trained in the use of skills and activities which will help them improve their breathing, extend the time period without disease symptoms, reduce the frequency of disease exacerbation and reduce medication consumption.

The facility's multidisciplinary team consists of a nutritionist and trained therapists (kinesiologists), headed by a medical specialist in internal medicine M.Sc. Anamarija Margan - Šulc, MD. The team will support the client and motivate him/her during the program, in an excellent and comfortable ambiance at Punta Vitality Hotel.

#### Re-Spiro programs are designed for:

- People with asthma or chronic bronchitis.
- Smokers who smoke more than one pack of cigarettes per day and have done so for more than 10 years.
- People who live in big cities and are chronically exposed to a high concentration of smog.
- People who are exposed to inhalation of fumes, vapors, dust and toxic gases or work and live in polluted areas and are therefore at greater risk of pulmonary disease.
- People with dyspnea, people who are of a sedentary type, people who don't tolerate strain and therefore suffer a shortness of breath during everyday activities.
- People with chronic obstructive pulmonary disease (COPD) categorized according to gold classification stage 1 and 2 or therapeutic groups A and B.

#### Expected benefits of the program are:

- Reduction of disease symptoms, particularly the level of dyspnea.
- Improvement in quality of life.
- Improved handling of physical activity in everyday life.



- Enabling of independence and a feeling of wellbeing.
- Improved sense of disease control.
- Decreased anxiety and depression.
- Reduction in hospitalization rates because the aggravation of disease and hospitalization are less common.

**The Re-Spiro Express Pulmonary Conditioning program (7-days) includes:**

- 1 medical examination - blood pressure measurement, weighing, spirometry, oximetry, electrocardiogram, interview, clinical evaluation and comparison of the results from the beginning and the end of your stay.
- 10 exercises with a therapist - relaxation exercises, strength exercises, breathing exercises (twice a day for 30 minutes).
- 1 nutritional counseling session.

**The Re-Spiro Light Pulmonary Recovery program for adults (14-days) includes:**

- 2 medical examinations - blood pressure measurement, weighing, spirometry, oximetry, electrocardiogram, interview, clinical evaluation and comparison of the results from the beginning and the end of your stay.
- 21 exercises with a therapist - relaxation exercises, strength exercises, breathing exercises (twice a day for 30 minutes).
- 2 nutritional counseling sessions.

**The Re-Spiro Max Pulmonary Recovery program for adults (21-days) includes:**

- 2 medical examinations - blood pressure measurement, weighing, spirometry, oximetry, electrocardiogram, interview, clinical evaluation and comparison of the results from the beginning and the end of your stay.
- 34 exercises with a therapist - relaxation exercises, strength exercises, breathing exercises (twice a day for 30 minutes).
- 2 x nutritional counseling sessions.

*Contact hotel for pricing and details.*

### **Validity weight loss**

*-7 and 14 days*

Validity Weight Loss & Activity Holiday Programs are guided by medical experts, nutritionists, body movement experts, physical therapists and SPA therapists. Validity programs improve health, self-confidence and promote a healthy lifestyle that will improve your well-being.

### Program includes:

- Medical check-up, diet plan, workout plan.
- Consultations with nutritionists, body movement experts, physical therapists and beauticians.
- Workout sessions with a personal trainer in unspoiled nature next to the bluest crystal-clear sea .
- Exercise plan as recommended by a physician or body movement expert.
- Diet plan created by a nutritionist.
- Beauty treatments and massages.
- Group workout in a pine forest.

The goal of this program is to shape each participant's body according to individual needs and possibilities and to encourage and stimulate change and adoption of healthy habits and a positive lifestyle.

**Follow-up:** Clients will receive close follow-up by a nutritionist for 3 months after the program until goals are achieved.

*Contact hotel for pricing and details.*

### Activity packages

#### A romantic autumn holiday package

*Inspired by rosemary, a plant dedicated to Aphrodite, the goddess of love, beauty and fertility*

**Intended for:** anyone who is in love...or ready to fall in love...

**Period:** Fall – please inquire about dates

#### Basic Package

- Breakfast love corner with savory delicacies.
- Visit to the Museum of Apoxyomenos.
- Massage for two inspired by the medicinal plants native to Lošinj
- Aromatherapy workshop for lovers.
- Captain's wife greets her beloved, re-enactment of the tale of Lošinj captains in Čikat Bay – a story of love, fidelity and waiting.
- Lunch by Captain Petrina in an à la carte restaurant.

\* Re-enactment is held on Saturday at 12 o'clock - noon.

\* Aromatherapy workshop takes place on Saturdays at 18:00 hours.

#### Experience+

- Cooking spiced with love – cooking school per person.

*Contact hotel for pricing and details.*



Punta Beach, Veli Lošinj



Wellness Hotel Aurora, Mali Lošinj



## WELLNESS HOTEL AURORA

### Contact information

*Phone:* +385 51 661 111

*Email:* [aurora@losinj-hotels.com](mailto:aurora@losinj-hotels.com)

*Website:* <http://www.losinj-hotels.com>

*Address:* Sunčana uvala 4, Mali Lošinj 51550

### Introduction

With the clear waters of Sunny Bay just 50 meters away, a choice of seawater pools and superb spa facilities, the Wellness Hotel Aurora is the perfect location for active and restful holidays alike. Located on the beachfront and surrounded by majestic pine forest, the hotel is just a leisurely 20-minute stroll from Mali Lošinj. It's a modern hotel in every way, offering spacious single, double and deluxe suites – all equipped with air-conditioning, Wi-Fi access and satellite TV.

### Accommodation

- 393 single and double rooms (Standard, Standard plus, Premium), and Suites.
- Rooms adjusted for disabled persons.

**Room amenities:** Balcony • Air conditioning • Telephone • Sat-TV • Hair dryer • Bathrobes and slippers • Beach bag and one beach towel per person for free use during the stay • Mini Bar • Safety deposit box • Room Service • Wi-Fi internet access

### Services and amenities

- Restaurants and bar service: Spacious buffet restaurant, three à la carte restaurants and an aperitif bar.
- Spa & Wellness: Attractive and spacious area, spreading on two floors over 1500 m<sup>2</sup>, decorated in the Mediterranean style, with unique view of the sea and pine forest, indoor swimming pool with heated seawater, outdoor swimming pool with seawater, beach chairs & sunshades (subject to availability), swimming pool for children, Jacuzzi, Sauna (Turkish, Roman, Finnish, Bio-sauna and Laconium).
- Beauty Zone: Massages, face and body care, manicure and pedicure, solarium, room with aqua spa bed and massage bath, wellness programs, fitness, relax room with terrace – view over the sea and pine forest, outdoor Spa – possibility of outdoor massage.
- Beach: Awarded a Blue Flag, lifeguard, pebbly and rocky beach with flat surfaces for sunbathing, equipped with showers and changing cabins, Beach chairs and parasols (subject to availability).
- Sports and recreation: 8 tennis courts (2 of them are lighted), tennis school, 1 multipurpose playground (small soccer, 2 basketball, 2 volleyball courts), beach volleyball, bowling alley, bocce court,



mini golf, table tennis, bike rental, walking and hiking trails near the hotel, water sports (from the end of June until the beginning of September).

- Other services: Conference center, currency exchange office, newspapers and souvenir shop, concierge, Wi-Fi internet access, hairdresser, tours, laundry and ironing services, parking.

### Awards and certificates

- Tripadvisor – Certificate of Excellence
- HolidayCheck Award
- Sustainable hotel – UPUH 2015



**Sustainable  
Hotel** CERTIFIED BY  
UPUHH

### Health and wellness packages

#### Family & friends team building

*All year long, except July and August*

- **Intended for:** families, groups of friends interested in various group activities
- We recommend a minimum stay of three days on Lošinj – The Island of Vitality

#### Basic program:

- Introduction to the world of the dolphin and the marine world, adoption of a dolphin at the Veli Lošinj Blue World.
- Ancient food – what was on the menu 2000 years ago?
- 1 X visit to the Museum of Apoxyomenos in Mali Lošinj.
- 1 x guided tour of the educational trail with time to take pictures on Lookout Providenca, a promontory overlooking the town.

#### Experience +

- Visit the ancient town of Osor and a guided tour of its archaeological collection.
- Lošinj Spa Party – duration: 3-4 hours (arrangements can be made to accommodate special requirements).

*Contact hotel for pricing and details.*



## Čikat Camp in Winter

### ČIKAT CAMP

#### Contact information

Phone: +385 51 232 125

Email: [info@camp-cikat.com](mailto:info@camp-cikat.com)

Website: [www.camp-cikat.com](http://www.camp-cikat.com)

Address: Čikat 6a, Mali Lošinj 51550

#### Introduction

Čikat Camp overlooks the picturesque Čikat Bay on the island of Lošinj, surrounded by thick pine-tree forest. Blessed by sunshine, sea aerosols, and abundant plant life, it is an ideal location for visitors seeking relief from allergies and breathing problems. A two to three-week stay on Lošinj, at least once a year, can result in long-term improvement of chronic pulmonary diseases and respiratory problems.

#### Accommodation

Čikat Camp provides guests with accommodation on the beach or forest in comfortable pitches, mobile homes and caravans.

- 36 mobile homes
- 180 beds
- 124 superior lots for campers and caravans

#### Services and amenities

- Restaurant
- Coffee bar
- Wellness center
- Gym
- Swimming pools
- Exchange office

- ATM
- Nursery - childcare
- Entertainment
- Organized excursions
- Tickets for Museum of Apoxyomenos

## Health and wellness packages

### Pulmonary rehabilitation program (Re-spiro express)

The objective of this program is to provide users with relaxation and rehabilitation in an environment suitable for people with mild obstructive respiratory disorders, or healthy people who are exposed to pollution either due to their work or place of residence, and who are in danger of damaging their respiratory system.

The program is intended for children and adults with mild obstructive respiratory disorders; asthma patients; COPD patients; people working in industries with high levels of pollution (e.g., oil, metal, construction, wood, and chemical industry); people living in cities with high pollution levels or anyone who has been exposed to fumes, smoke or soot in the workplace. It is also suitable for people living in polluted areas and who have breathing problems, as well as those who want to help themselves to become stronger and fitter.

### Winter tourism in Čikat Camp with wellness

The camp is equipped with heated sanitary facilities and offers the use of wellness facilities in the nearby Aurora Hotel at special prices. The island of Lošinj has one of the mildest climates in Croatia and over 200 days of sunshine per year. Air temperature rarely drops below 0 °C, and it has been demonstrated that it is beneficial for people suffering from respiratory diseases. Let your winter holiday be your therapy!

*Contact camp for dates, pricing and details.*

A photograph showing a person with blonde hair, wearing sunglasses and a dark tank top, sitting in a black folding chair. They are positioned next to a light-colored tent, with their back to the camera. The background features a body of water and green foliage. A blue banner at the bottom of the image contains the text 'Poljana Camp'.

## Poljana Camp

### POLJANA CAMP

#### Contact information

*Phone:* +385 51 231 726

*Email:* [info@poljana.hr](mailto:info@poljana.hr)

*Website:* [www.poljana.hr](http://www.poljana.hr)

*Address:* Rujnica 9/a, Mali Lošinj 51550

#### Introduction

Located at the island's narrowest point, in a bay surrounded by pine trees and lush Mediterranean plant-life, Poljana Camp provides guests with accommodation in modern mobile homes and camping lots. A perfect holiday is guaranteed as you enjoy the relaxing effect of the sea and the facility's wellness programs.

#### Accommodation

Poliana Camp provides guests with accommodation on the beach or in the forest.

- 500 camping lots
- 24 studio apartments
- 78 beds

#### Services and amenities

- Restaurant
- Coffee bar
- Exchange office
- ATM
- Entertainment
- Workshops (e.g. aromatherapy workshops)
- Organized excursions

- Tickets for Museum of Apoxyomenos
- Tennis
- Table tennis
- Volleyball
- Basketball
- Paddle boat rental
- Kayak rental
- Bike rental
- e-bicycle rental
- Water scooter rental
- Sailboat rental
- Hover board rental, electro-scooter rental, Segway rental, SUP rental

---

### Health and wellness packages

#### Beauty relax

- 1 back and neck massage with stretching (40 min).
- 1 SPA manicure with nail polish.
- 1 SPA pedicure with nail polish.

*Contact Camp for pricing and details.*

---

#### The perfect day

- 1 acupressure total body massage (60 min).
- 1 facial treatment including facial scrub, mask, facial and scalp massage (60 min).
- 1 foot reflexology massage (45 min).

*Contact Camp for pricing and details.*

---

#### Gentle touch

- 1 medical total body massage with island's essential oils (70 min).
- 1 facial massage with aloe vera and revitalizing grapes serum (15 min).

*Contact camp for dates, pricing and details.*



## VELI LOŠINJ HEALTH RESORT

### Contact information

*Phone:* +385 51 236 111

*Email:* info@ljeciliste-veli-losinj.hr

*Website:* www.ljeciliste-veli-losinj.hr

*Address:* Podjavori 27, Veli Lošinj 51551

### Introduction

Located on the west side of Veli Lošinj in the Archduke's castle and Podjavori park-forest, the Veli Lošinj Health Resort specializes in providing therapies for guests suffering from allergic diseases of the respiratory system and skin. The health resort also provides treatments for psoriasis and offers physical therapy. Here, guests come to enjoy the beneficial effects of the microclimate, the sun, and the sea, as well as the medical rehabilitation services provided under the supervision of a physician.

### Accommodation

74 rooms providing a total of 200 beds.

### Services and amenities

- Restaurant
- Conference room for 50 people
- Workshops
- Organizing excursions
- Workout programs
- Health Center

---

## Health and wellness packages

### At the Top of your Lungs

- Initial and final consultation with a physician.
- 6x group breathing exercises.
- 6x inhalations with essential oils.
- 2x spirometry and pulse oximetry.

*Contact Health Resort for pricing and details.*

---

### Healthy spine for a life with a smile

- Initial examination with a specialist in physical medicine and rehabilitation.
- Final examination with a specialist in physical medicine and rehabilitation, consultation providing practical recommendations
- 6x spine exercises.
- 6x electro-therapies.
- 2x partial medical massage of the back (20 min.).
- 3x partial compresses for the back.
- 6x breathing exercises.

*Contact Sanatorium for pricing and details.*

### Vitality in your joints

- Initial examination with a specialist in physical medicine and rehabilitation.
- Final examination with a specialist in physical medicine and rehabilitation, consultation providing practical recommendations.
- 6x individual medical gymnastics.
- 3x partial medical massage (20 min.).
- 6x pain therapy.
- 6x group breathing exercises.

*Contact Sanatorium for pricing and details.*

## VITA, MASSAGE AND HEALTH IMPROVEMENT STUDIO

### Contact information

*Phone:* +385 989-625-057

*Email:* anabanic16@gmail.com

*Website:* studio-vita-losinj.com

*Address:* D. Kozulića 1, Mali Lošinj 51550

### Introduction

Vita, Massage and Health Improvement Studio is located halfway between the city center and the beautiful pine woods of Čikat. Guests who prefer to exercise indoors can take advantage of a fully-equipped gym with the latest fitness equipment. Access to the studio is easy and parking is available.

### Accommodation

Double and triple apartments are available from April to October.

### Services and amenities

Yoga, Pilates, yoga for children, Vita Intense.



Studio Vita exercising in nature

## Health and wellness packages

### Personalized yoga

Most people choose yoga because of health issues. But is the yoga you are practicing doing you and your body any good? We offer individual examinations by a specialist in physiotherapy who is also a yoga teacher, creation of personalized programs, and three sessions that will introduce you to the many beneficial effects that yoga has on your body.

**Target group:** People with health problems of the musculoskeletal system, respiratory system, anxiety or people who simply wish to learn about yoga.

*Contact facility for pricing and details.*

---

### The pleasure of breathing

This program includes a physiotherapy evaluation, two Bowen treatments (at least 4 days apart), and three respiratory trainings outdoors with a therapist. The training takes place outdoors because of the natural benefits of the island, sea, pine-tree forest and medicinal plants. Trainings for children are adapted depending on their age.

**Target group:** Children and adults with respiratory problems, such as allergies, chronic bronchitis, asthma, COPD, or people who simply want to improve their breathing.

*Contact facility for pricing and details.*

---

### Time for myself

This package includes an examination by a physiotherapist and 2 holistic Bowen and Emmett treatments.

**Target group:** People with pain in their musculoskeletal system, patients with neurological or respiratory problems, people under a lot of stress, and anyone who wishes to improve their health and enjoy some time for themselves.

*Contact facility for pricing and details.*

---

## HOTEL MANORA

### Contact information

**Phone:** +385 098 329 608

**Email:** hotelmanora@gmail.com

**Website:** www.manora-losinj.hr

**Address:** Mandalenska 26 b, Nerezine 51554

### Introduction

This small family hotel is located at the foot of Mt. Osorščica, just 400 meters from the sea in the charming tourist town of Nerezine. Because of its small size, it offers personalized attention and comfort to all its guests. The hotel has been awarded the “ECO” certificate as a distinction for its commitment to eco-friendly practices and sustainable tourism and manages its own organic vegetable garden.

### Accommodation

- 22 double rooms
- 44 beds

### Services and amenities

- Restaurant
- Swimming pool
- Finnish sauna
- Massages
- Rent a boat
- Bike rental
- Scooter rental
- Sailing club

### Health and wellness

The hotel offers a variety of healthy meals and smoothies as well as massages and a Finnish sauna.

*Contact facility for pricing and details.*

---

### BELLA BEAUTY SALON

‘Loyalty is a value we do not carry in our wallets, but something that can only be achieved by friendly relationships in our private and professional lives.’

#### Contact information:

*Phone:* +385 98 72 45 32

*E-mail:* durdicamanzoni@gmail.com

*Address:* Lošinjskih pomoraca 40, Mali Lošinj 51550

### Introduction:

In operation since 1990, Bella Beauty Salon offers clients complete medical aesthetic care and face and body treatment services and procedures. The salon uses indigenous aromatic herbs such as lavender, rosemary, immortelle, myrtle, pine, eucalyptus, orange, and lemon in all its treatments to promote health and wellness for body, mind and spirit.



Hotel Manora, Nerezine



Bella Beauty Salon, Mali Lošinj

### Services:

Complete medical aesthetic facial and body care using modern methods and natural substances:

- Classical facial treatments.
- Microdermabrasion.
- Radiofrequency for face and body.
- Vacuum cavitation.
- OXY oxygen treatments (infusion, spray, oxygen inhalation with aromatherapy and chromotherapy).
- UV-free tanning (spray tanning).
- Aqua detox.
- E-light technology (permanent hair removal, rejuvenation, acne treatment).
- Permanent make-up (eyes, lips, eyebrows).
- Eyebrow microblading – drawing hairs.
- Medical pedicure.
- Aesthetic medical treatments: face and body mesotherapy, medical peels, medical pigmentation removal treatment, deep face bio-re vitalisation, PRP (rejuvenation by using client's own stem cells).







Susak - island of sand, Bay Bok



Sport Nerezine Regata



## PLANNING YOUR TRIP

### When is the best time to go?

The best time to travel to Lošinj will depend on your priorities and budget. The peak summer months of July and August tend to attract the most visitors with hot days and ideal water temperatures for practicing aquatic sports such as swimming, snorkeling and scuba diving. However, expect hotels and many beaches to be crowded during this period and prices will be higher. During the low season (November to April) you will find cheaper flights and hotel rooms but the weather can be wet and cold and some hotels and tour operators will be closed. Generally, the best times to visit the island are during late spring (late April-June) or early autumn (September) when the weather is a little cooler and off-season accommodation prices are still available.

### Traveling to Lošinj

The island of Lošinj is accessible by car, ferry, catamaran, bus and flights. The difference between a ferry and a catamaran is that the former also transports vehicles while the latter carries passengers.

### Arriving by boat

Regularly scheduled ferry connections are available year around from Porozina to Brestova and from Merag to Valbiska. Ferry connections are also available from Mali Lošinj to Zadar and Zadar to Mali Lošinj. The most convenient option from the northern Adriatic is to take the boat that travels from Rijeka to Cres and Mali Lošinj or one of the many daily ferry shuttles that connect Merag (on Cres Island) with Valbiska (on Krk Island) and then drive down to Lošinj. The island of Lošinj can be reached by boat from several mainland and island destinations including Rijeka (mainland), Brestova (mainland), Valbiska (Island of Krk) and Porozina (Island of Cres). For daily departure schedules visit: [www.visitlosinj.hr](http://www.visitlosinj.hr).

### By car

While technically you cannot drive all the way to Lošinj, it is very convenient to drive from other parts of Croatia or neighboring counties and then take a ferry over to the island of Cres.

### The main routes into Croatia and on to Lošinj are:

- *From Vienna (Austria)*  
Graz - Maribor (Slovenia) - Macelj border crossing - Zagreb (Croatia) - Rijeka - Krk Island (bridge) - Valbiska-Merag ferry harbor (Krk Island - Cres Island)
- *From Trieste (Italy)*  
Pasjak border crossing - Opatija - Brestova-Porozina ferry harbor (Istria mainland - Cres Island)

- *From Ljubljana (Slovenia)*

Rupa border crossing - Rijeka - Krk Island (bridge) - Valbiska-Merag ferry harbour (Krk Island - Cres Island); or

Rupa border crossing - Rijeka - Opatija - Brestova-Porozina ferry harbour (Istria mainland - Cres Island)

- *From Zagreb (Croatia)*

Rijeka - Krk Island (bridge) - Valbiska-Merag ferry harbor (Krk Island - Cres Island)

To enter and drive in Croatia, you will require a green insurance card and valid national or international driver's license. Gas stations are open 24/7 and are easily found in large towns and cities as well as on important roads.

### **By air**

While there is an international airport on Lošinj (Lošinj Airport), it is used mainly for small charter and taxi flights. To reach Lošinj from outside the country, the best airport to use is Zagreb airport as it is open all year and is located approximately 3 hours away. A closer option is Rijeka Airport on the island of Krk, however, it is closed during the low season and does not have as many international connections. If you do fly there, you can then catch a bus from Omišalj (the town nearest to Rijeka Airport) for the two and a half hour drive to the island of Lošinj.

### **Arriving by bus**

Regular international bus lines connect Croatia with neighboring countries and the majority of Central European and Western European countries. Domestically, Croatia has a well-developed national network of bus routes and schedules, reaching even the smallest towns along the coast. The Rijeka - Mali Lošinj and Zagreb - Mali Lošinj bus lines have multiple departures daily, while in the summer season there is a direct route from Ljubljana as well. For current bus schedules visit [www.visitlostinj.hr](http://www.visitlostinj.hr).

---

### **Croatia entry requirements**

#### **Passports:**

A passport valid for three months beyond the length of stay and issued within the past 10 years is required by citizens of the U.S., Great Britain, Canada and Australia. EU nationals are only required to produce evidence of their EU nationality and identity in order to be admitted to any EU member state. This evidence can take the form of a valid national passport or national identity card. Either is acceptable. Passengers must report to the Customs Service when they are carrying the equivalent of 10,000 Euros or more in cash (regardless of currency type), or in any other means of payment, such as checks, whenever they enter or leave the EU.



## Visas:

A visa is not required by the nationals referred to in the paragraph above for stays of up to 90 days.

For current information about entry requirements for these and other countries, visit the website of the Ministry of Foreign Affairs and European Integration of the Republic of Croatia. [www.mvep.hr/en/consular-information](http://www.mvep.hr/en/consular-information)

## Money

The official currency in Croatia is the kuna (1 kuna = 100 lipa). There are 1, 2, 5, 10, 20, 50 Lipa Coins, 1, 2, 5 and 25 Kuna coins and 10, 20, 50, 100, 200, 500 and 1,000 Kuna banknotes.

Foreign currency can be exchanged in banks, exchange offices, post offices and in the majority of tourist information offices, hotels and campsites. Credit cards (Eurocard/MasterCard, Visa, American Express and Diners) are accepted in almost all hotels, marinas, restaurants, shops and cash machines.<sup>10</sup>

## Lošinj weather

Lošinj boasts a Mediterranean climate characterized by long summers, mild winters and a wet fall season. The average temperature in summer is a balmy 24°C (75 F) while the average winter temperature stays relatively mild at 11.7°C (53 F). If sun and surf are your thing then you have come to the right place. Sea temperatures in summertime average a pleasant 23 °C (73 F), ideal for extended play-time in the water. The island of Lošinj is also one of the sunniest destinations in Europe and the second sunniest location in Croatia with more than 200 days of sunshine each year. While rain can be expected at any time of the year, the months of November through January are usually the wettest.

## What to pack

- For medical treatment: Medical history file and relevant medical reports, contact information for your healthcare provider representative, prescription medication, your medical travel itinerary, and a digital or hard copy of correspondence between you and the clinic/facilitator.

\*It is important to keep important information handy at all times. Be especially careful not to pack medical records, prescriptions or important contact information in checked baggage in case your luggage is lost or temporarily delayed.

<sup>10</sup> <http://business.croatia.hr/Documents/3818/Tourist-Information-with-Road-Map-of-Croatia-2016-EN.pdf> accessed 12/26-16

- Must have: Identification (passport and driver's license), credit cards, and cash.
- Clothing: Pack according to the season. If you are traveling to Mali Lošinj in fall or winter, be sure to pack warm clothes (sweater and/or lightweight fleece jacket) and shoes suitable for rain. A raincoat or an umbrella is also recommended. Summer can be warm but rarely very hot, so bring light fabrics such as loose-fitting cotton clothing and linen shirts. Don't forget your bathing suit/swimwear as you will have many opportunities to enjoy the sea. Also make sure to pack comfortable shoes or sandals as these will come in handy as you explore Lošinj's many wonders.
- Toiletries: Sunscreen, lip balm, moist towels or facial wipes.
- Miscellaneous: Knapsack or fanny pack, sun glasses, water bottle, camera, hat or cap to protect your head from the sun, as well as an umbrella and raincoat or poncho, particularly for the fall season. A guidebook, notepad and pen are also recommended. You will be pleased to know that tap water all over Croatia is safe to drink. As mentioned earlier in this guide, Vrana Lake provides a pure source of drinking water for the islands of Cres and Lošinj.

### Medical services

Hospitals and clinics are found in all the larger towns and cities in Croatia, while smaller places have outpatient units and pharmacies. Lošinj has a small healthcare center and several clinics that can provide emergency care services. Foreign visitors who have compulsory health insurance in other European Union (EU) countries have the right to request essential healthcare using the European Health Insurance Card (EHIC). The EHIC may also be used in all healthcare institutions and with all physicians that are under contract with the Croatian Health Insurance Fund. Visitors from non-EU countries are advised to take out private health insurance, especially if they intend to take part in Croatia's many active outdoor pursuits such as hiking, bicycling, diving, and rock climbing.

For additional information, contact the Croatian Health Insurance Fund - compulsory health insurance 0800 79 79, premium health insurance 0800 79 89; Ministry of Health toll free number 0800 79 99; Web: [www.hzzo-net.hr](http://www.hzzo-net.hr)

### Recommended healthcare facility on Lošinj:

#### Dr. Dinko Kozulić Healthcare Center (Mali Lošinj)

Dr. Dinko Kozulić Healthcare Center operates all-year round and includes an emergency service, acute-observation beds (infirmary with 14 beds) for observation and treatment of patients, hemodialysis, dental care, laboratory services, x-rays and ultrasound diagnostics. Specialist/advisory healthcare: surgeon, anesthesiolo-

gist, gynecologist, internist, physical therapist and dermatologist. Visiting specialists (ophthalmologist, ENT specialist, psychiatrist, orthopedist).

*Phone/fax:* + 385 51 231 804,

*E-mail:* dom.zdravlja.mali.losinj.1@ri.t-com.hr

*Website:* www.dz-mali-losinj.com

*Address:* Priko 69, Mali Lošinj, 51550

### **Tourist Clinics/Ambulance:**

In addition to the tourist clinic within Dr. Dinko Konzulić Healthcare Center in Mali Lošinj, tourist clinics are also available in Nerezine and Punta Križa in summer months. Use the following information to contact them:

**Mali Lošinj,** Priko 69, Phone:+385 51 445 276

**Nerezine,** Vladimira Gortana bb, Phone: + 385 51 237 098

**Punta Križa,** Phone: + 385 51 235 684

### **Veli Lošinj health resort**

This is a climate resort with a hundred year tradition of offering treatments for respiratory tract diseases and physical medical therapy and rehabilitation. Numerous local and international guests combine pleasure with health and wellness, using medical rehabilitation services supervised by a physical medicine and rehabilitation specialist and enjoying the microclimate, sun and sea.

### **Services include:**

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.

*Physical therapy:* medical massage, aromatherapy (inhalation, massages, baths) and massage baths in a tub.

*Dermatology and medical cosmetology services:* removal of wrinkles and other signs of skin aging, 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. Veli Lošinj Health Resort also offers accommodation and health programs.

For more information see page 75 of this guide.

*Phone:* + 385 51 236 111, Fax: 236 224

*E-mail:* info@ljeciliste-veli-losinj.hr

*Website:* www.ljeciliste-veli-losinj.hr

*Address:* Podjavori 27, Veli Lošinj 51551

---

## Pharmacies

### Pharmacy Muškardin

*Phone:* +385 51 231 661

*Address:* Riva lošinjskih kapetana bb, Mali Lošinj 51550

### Pharmacy Kaštel Farm

*Phone:* +385 51 238 513

*Address:* Veloselska cesta 33, Mali Lošinj 51550

---

## Getting around Lošinj

Visitors will have no shortage of exciting and convenient options for getting around and exploring the island of Lošinj.

Depending on your preference you can choose to travel by foot, bike, scooter, car or boat. There are a number of hiking trails that run along the coast past scenic bays, dense pine forests and through charming villages.

Or rent a scooter or a bicycle and explore the wonders of Lošinj at your own pace. Ferries and catamarans connect you to all of the islands making it easy to “get lost” on your own and explore secret coves or aromatic gardens.



Mali Lošinj main harbor







Pulmonary rehabilitation for children



Museum of Apoxyomenos



Hiking



Biking



## THINGS TO DO

The natural beauty of Lošinj offers visitors pristine splendor amid modern luxuries. Relax on the beach in the morning, explore Roman ruins in the afternoon and have a romantic dinner in the evening. The island of Lošinj boasts so many possible activities that being able to do everything you would like in one vacation is an often-encountered “problem” in Croatia.

### Cultural attractions

#### Mali Lošinj

##### Museum of Apoxyomenos

Opened in early 2016, the Museum of Apoxyomenos showcases the 2,000 year-old bronze statue of Apoxyomenos, an ancient Greek athlete first discovered off the coast of Lošinj in 1996 and then recovered from the seafloor in 1999. The beautifully preserved statue had been previously exhibited in Zagreb, Florence, London, Paris and Los Angeles.

Discovered between the islet of Vele Orjule and the island of Lošinj, the 192 cm (6'3 ft) tall masterpiece is the only large bronze statue found to date on the eastern coast of the Adriatic. It is assumed that it was deposited in the sea at the beginning of the 1st century when it was thrown overboard during bad weather because of the danger of the ship overturning or as a sacrifice to the gods for safe passage through the Osor channel to a prosperous port of call on the north Adriatic.

The statue represents a young athlete using a strigil (scraping tool) to clean oil, dust and sweat from his body after a competition. During the seven-year restoration process, it was determined that the statue dates from the 2<sup>nd</sup> – 1<sup>st</sup> century B.C. Out of nine known variations of the Apoxyomenos prototype, the Lošinj statue is the most complete and best preserved.

While the Apoxyomenos display is the highlight of a visit to the museum, before viewing the bronze, visitors pass through nine interactive and sensory-stimulating display areas that bring to life the historical context of the statue and the circumstance surrounding its discovery. By the time you reach Apoxyomenos and marvel at its exquisite craftsmanship, you will feel intimately connected to this young competitor frozen in time.

**Opening Hours: Call or consult website**

Price of Admission: Call or consult website, must be booked in advance.

*Phone:* +385 51 734 260

*E-mail:* info@muzejapoksiomena.hr

*Website:* www.muzejapoksiomena.hr

*Address:* Riva lošinjskih kapetana 13, Mali Lošinj 51550

**Fritzi Gallery - Museum of Lošinj**

A visit to the Museum of Lošinj offers visitors a chance to discover the works and legacy of famous European artists from past centuries. The Museum functions in three buildings in Veli Lošinj, Mali Lošinj and Osor and on two islands, Lošinj and Cres. Lošinj Museum has its seat in the Fritzi Palace which houses permanent exhibitions (Piperata Collection, Mihičić Collection and Photograph Collection of Dante Lussin), the Fritzi Gallery and the museum staff.

**About the permanent exhibition**

Two of the most significant art collections from Mali Lošinj are displayed in the Fritzi Palace – The Piperata Collection of Old Masters in the Great Hall on the first floor and the Collection of Croatian Masters of Andro Vid Mihičić on the third floor.

The Piperata Collection of Old Masters is comprised of 27 paintings by mostly Italian masters, made in the period between the end of the 16th century (Bassano workshop) to the beginning of the 20th century (Filippo de Pisis) and predominantly from the Baroque period (17th and 18th century).

Renowned artists include Girolamo Forabosco, Giovanni Francesco Barbieri and Francesco Fontebasso. Besides paintings, the collection also consists of three chests and one chest of drawers from the Renaissance and Baroque period.

The Collection of Andro Vid Mihičić has been integrated into the permanent exhibition of the Lošinj Museum as part of a donation that A. V. Mihičić made to the former Municipality of Cres - Lošinj. The collection includes 82 different works of art created by 42 authors, as well as the A. V. Mihičić manuscripts (studies, critiques, essays, poems and diaries). The collection presents the Croatian artists of the 20th century, including the main representatives of Croatian Modern Art, among them: Emanuel Vidović and Frano Kršinić.

**Opening Hours: Tuesday – Call or consult website**

Price of Admission: Call or consult website

*Phone:* +385 051 233 614



*E-mail:* [info@muzej.losinj.hr](mailto:info@muzej.losinj.hr)

*Website:* [www.muzej.losinj.hr](http://www.muzej.losinj.hr)

*Address:* V. Gortana 35, Mali Lošinj 51550

### Historical underwater park

The Underwater Historical Park in Mali Lošinj combines the magic of diving with history! Visitors to this subaquatic park have the opportunity to experience the underwater world from a completely new perspective. As you swim among replicas of ancient relics that include 16<sup>th</sup>-century cannons, ancient amphora, anchors, and classical statues you can easily imagine you are an underwater archaeologist discovering long lost treasures. The greatest attraction of the underwater park is a replica of the ancient bronze athlete statue "Apoxymenos" from the 2<sup>nd</sup>-1<sup>st</sup> century B.C., which is also a symbol of Mali Lošinj. This is an innovative and exciting way to learn about the underwater world which is accessible to everyone - from experienced divers to beginners with the help of instructors through the "Discovery Dive" program.

### Opening Hours: Call or consult website

Price of Admission: Call or consult website

*Phone:* + 385 91 233 900 *E-mail:* [info@diver.hr](mailto:info@diver.hr)

*Website:* [www.diver.hr](http://www.diver.hr)

*Address:* Čikat bb, Mali Lošinj 51550

### Veli Lošinj

#### The Tower - Museum of Lošinj

Located in the center of Veli Lošinj, this freestanding circular tower was built in the 15th century, during the first decades of Venetian domination over the eastern Adriatic coast. Relatively short as far as towers go, but with thick stone walls to withstand cannon fire from enemy ships, its primary purpose was to defend inhabitants of Veli Lošinj against pirate raids. For much of its history, the tower was a dominant building in the city harbor, however, beginning in the early 19th century it loses its military significance and acquires a symbolic one. After two centuries of decay, it was thoroughly restored from 1997 to 2000 and established as a museum and a gallery. By its opening as the Tower Museum-Gallery in 2001, this valuable cultural monument becomes again a significant part of the life of Veli Lošinj. Permanent exhibitions can be seen on the three floors of the Tower (ground floor, the 1st and the 2nd floor), covering the period from prehistory to the present day with particular emphasis on the glorious maritime tradition of Veli Lošinj. A special place in the permanent exhibition has been assigned to Apoxiomenos, the bronze sculpture discovered in the aquatorium of Veli Lošinj in 1999, which is of worldwide significance.



## Dolphin watching

### **Opening Hours: Call or consult website**

Price of Admission: Call or consult website

*Phone:* +385 51 236 256

*E-mail:* [info@island-losinj.com](mailto:info@island-losinj.com)

*Website:* [www.island-losinj.com](http://www.island-losinj.com)

*Address:* Obala maršala Tita 17, Veli Lošinj 51551

### **Lošinj Marine Educational Centre – The Blue World Institute**

Did you know that the area around the island of Lošinj is home to more than 200 bottle-nose dolphins?

It was in 1987 that the Tethys Research Institute started to research the groups of bottlenose dolphins living in the waters off the islands of Cres and Lošinj. The research project focused on the ecology, social structure, and biology of these interesting and best-studied groups in the entire Mediterranean. In 1999, the research titled Adriatic Dolphin Project was taken over by the Blue World Institute in Veli Lošinj.

The cuts and scars on their back fins, the part of their bodies which is most easily observed when they come up for air, was the identifying element that helped estimate 200 animals in the area of Cres and Lošinj, most of which have also been identified.

Although the most adaptive and most resilient of all whales, given many threats that the dolphins face, all marine mammals in Croatia have been protected since May 17<sup>th</sup> 1995. The ships hinder their movement, engines interfere with their orientation in space and their



Blue World Institute

communication, and they often end up entangled in the threatening fishing nets.

### **Adopt a dolphin!**

If you want to protect the dolphins' environment and contribute to marine research and the conservation of dolphins, join "Adopt a Dolphin" campaign. If you adopt one either in person or online on the Blue World Institute website, you will receive a package for adoptive parents from the Institute that contains a photo of the dolphin you've just adopted and contributed to its protection, as well as the annual magazine Akvamarin.

Additionally, by partaking in the Blue World's activity "Adopt a Dolphin," you are supporting the Adriatic Dolphin Project, its research efforts and the protection of the bottlenose dolphins in the area of Cres and Lošinj, as well as backing the protection of their environment.

### **Volunteer at the Blue World!**

For all of you who want to help collect and compile research data during summer months, when dolphin observations are most frequent, you can contribute as an eco-volunteer.

**Don't miss Dolphin Day that has been celebrated on July 1<sup>st</sup> in Veli Lošinj since 1993!**

The Blue World Institute of Marine Research and Conservation  
Price of admission: Call or consult website.

**Opening hours: Call or consult website***Phone:* +385 51 604 666 / +385 91 7697 442*Email:* info@plavi-svijet.org*Website:* www.plavi-svijet.org*Address:* Kaštel 24, Veli Lošinj 51551**Ćunski****Old olive mill**

The picturesque village of Ćunski is located just a few miles from Mali Lošinj. The settlement was originally built on a hill where one of the many prehistoric ruins on the island of Lošinj was located. Over the millennia, the rich farmland of the area has attracted early settlers who cultivated grain, vegetables, grapes, and olive trees that provided precious olive oil.

The only remaining olive mill (TORAĆ) is now a tourist attraction, offering visitors a fascinating look at how olive oil has been made for centuries. Built in 1887, the mill/exhibit shows the production process from harvesting, sorting, traditional manual pressing and collecting the golden-colored oil. Gain unique insight into a long tradition of producing the highest quality olive oil in the Adriatic region.

*Phone:* +385 91 240 9022, +385 98 978 6414, +385 99 841 9011**Osor****The Archaeological Collection Osor - Museum of Lošinj**

The tiny walled town of Osor sits on the narrow channel dividing Cres and Lošinj, which is thought to have been dug by the Romans. The Osor Archaeological Collection is exhibited in the 15th century former City Hall and Loggia. It was opened to the public back in 1889 and is one of the oldest archaeological collections in Croatia. The archaeological material on display highlights everyday life in Osor and its vicinity from prehistory, Roman times, through to the middle ages.

A wide range of artifacts is on display from ceramics and glass to items made of metal, from stone relief and sculptures to numismatics. Items from the early Roman Empire are especially well-preserved - including various types of amphora, fine ceramic dishes, coin collections, portrait heads and stone reliefs.

**Opening Hours: Call or consult website**

Price of Admission: Call or consult website

*Phone:* + 385 512 33614*E-mail:* info@muzej.losinj.hr*Website:* www.muzej.losinj.hr*Address:* Gradska vijećnica, Osor 51554



**Church Annunciation Blessed Virgin Mary  
Mali Lošinj**

### **Churches on the island of Lošinj**

The historical development of Lošinj is best reflected in its many beautiful churches. With so many options to explore, visitors can literally spend days marveling at the rich cultural heritage and impressive architectural styles ranging from gothic to baroque. Erected in the middle of a cemetery, the Church of St Martin is the oldest building in Mali Lošinj and was built between 1450 and 1490, although it has been rebuilt since then. While quite small, it is worth a visit if only to explore the inscriptions of the tombstones of the town's earliest inhabitants. The Church of the Nativity of the Virgin was largely built in the first half of the 18<sup>th</sup> century, and contains paintings of the Virgin Mary by Venetian artist Vivarini, as well as a selection of items that were gifted by the sea captains of Mali Lošinj. Veli Lošinj is also home to some churches, including the 18th-century Church of St Anthony, which contains Italian paintings, and the gothic-style Church of St Nicholas.

### **Nature and outdoor activities**

#### *280 km of Hiking and Walking Trails - walking tours*

The island of Lošinj is a walker's paradise with more than 280 kilometers of hiking and walking trails for all ages and abilities – from leisurely strolls to mountain hikes. Some of the more popular trails on the island include:

- The paths of Lošinj's Captains
- Dolphin Way
- Lošinj transversal
- Promenade of Vitality



Along the coast you will pass many hidden coves and walk through ancient pine forests that almost touch the sea. The paved trails in Mali Lošinj and around the hotels connect with those in the scenic Čikat Forest Park and lead to the Lungomare coastal promenade.

The more challenging trails are ideal for experienced hikers and those looking to burn off those delicious Croatian desserts. The paths take you through some of the island's most pristine natural scenery, offering unparalleled vistas of the surrounding islands and the sea.

### Mali Lošinj

#### Čikat Forest Park

Located 30 minutes southwest of the center of Mali Lošinj, Čikat forest park is a man-made ecosystem of lush pine woods and trails designed in harmony with nature. The park has beautiful paths for walking or cycling, fresh air and many scenic vistas of the ocean. The pine forests slope down to a picture-perfect bay that features a pebble beach and crystal-clear waters ideal for swimming and snorkeling. Nearby there is a popular water park, cozy restaurants and hotels. The forest of Aleppo pine was planted on barren land at the end of the 19th century as a result of the endeavors of the Society for Afforestation and Embellishment of Mali Lošinj under the guidance of Ambroz Haračić, a renowned naturalist and patriot from Lošinj.

#### Lookout Providenca

This is a lovely lookout point perched just outside the center of the town of Mali Lošinj, perfect for enjoying gorgeous sunsets and a panoramic view of the archipelago of Cres-Lošinj. A dozen or so wood-hewn picnic tables – each named after famous ships in Lošinj's history, offer an ideal place to relax and enjoy drinks and local delicacies prepared at a bar on the premises. In the vicinity of the lookout, there is a 300 meter trail that winds its way through the typical karst environment of this region. The trail features 28 strategically placed panels explaining the fascinating history and mythology of the archipelago and its inhabitants.

#### Price of Admission: Free with obligatory consumption of drinks

*Phone:* +385 99 599 1699

*E-mail:* [info@losinj-providenca.com](mailto:info@losinj-providenca.com)

*Website:* [www.losinj-providenca.com](http://www.losinj-providenca.com)

*Address:* Umpiljak, Mali Lošinj 51550

#### The Lošinj Aromatic Garden

The Lošinj Aromatic Garden is modeled after the island's paradisiacal landscapes and features over 250 aromatic and medicinal herbs from around the island. Accompanied by a qualified guide, visitors

can learn about the rich island flora, the medicinal properties of the island plants and buy an original island souvenir. Because of the many local plants, the gardens are also a haven for small wildlife, including dragonflies, butterflies, lizards and bees.

### **Opening hours: Call or consult website**

Price of Admission: Call or consult website

*Phone:* +385 098 326 519

*E-mail:* info@miomirisni-vrt.hr

*Website:* www.miomirisni-vrt.hr

*Address:* Bukovica 6, Mali Lošinj 51550

## **Veli Lošinj**

### **Port Rovenska**

The peaceful fishing port of Veli Lošinj is perfect for a leisurely stroll among the old ship captain homes, restaurants and shops that hug the bay. The port is especially lovely at daybreak when the sun bathes the many fishing boats, yachts and buildings in a golden hue. The bay is named after "bora," a powerful wind that blows in from the ocean.

### **Pod Javori Park-Forest**

Pod Javori forest covers the hillsides of Kalvarijska, from the main road and St. John's chapel, all the way to the road that leads to Veli Lošinj and the Health Resort area.

It has been assigned a protected status as a natural heritage park-forest. Here, next to his summer residence, the Archduke Charles Stephen of Habsburg planted a beautifully landscaped public garden designed by garden experts from Vienna. About 200 species of pines and exotic plants were planted in the public garden at the time; while walking trails, an enclosing wall and an irrigation system were put in to ensure better growing conditions for the plants. The irrigation system – built in 1763, consisted of a water tank situated on the highest point, which pumped water from a spring-fed well under the park and used gravity to distribute water to all sections of the garden.

Parts of the original 19th century park have been preserved, allowing visitors to witness the impressive garden landscaping; sections of walking trails, enclosing wall, as well as the non-functional water tank.<sup>11</sup>

<sup>11</sup> Description based on information found at <http://www.ljeciliste-veli-losinj.hr/en/o-nama>



Osor

## Osor

### Osorščica

Osorščica is a mountain that extends 20 kilometers along the northern portion of the island of Lošinj from Ćunski to Osor. It is the first mountain on the Adriatic islands to have attracted visitors - Rudolf Habsburg, heir to the Austro-Hungarian throne was one of the first, having climbed Osorščica in 1887.

You can reach the summit from either Nerezine, Osor, or Ćunski (for those with more stamina). The view from the top is spectacular, offering panoramic vistas of the entire archipelago including the coast of Istria, Velebit mountain, Gorski kotar, Triglav mountain and the islands of Rab, Pag and Silba.

Before heading down, don't forget to visit the little church of St. Nicholas (Mikula) where there is a holy service every year on St. Anne's day (July 26<sup>th</sup>). Osorščica is also well-known for its many caves - the most famous being St. Gaudentius' cave, located on the eastern side below Televrina peak, and Vela Jama on the western side. The latter is about 40 meters deep and is also the site where 10,000 year-old remains of the island's ancestors have been found.

At the end of your tour to Osorščica, enjoy some refreshments in the mountain lodge, which is open every day in summer and on weekends during the rest of the year.



### General information:

- Walking on the more difficult paths requires wearing sports shoes or hiking shoes, and you are advised to carry water or juice, especially in summer.
- Watch the weather forecast. Osorščica is a mountain and the weather conditions are variable.
- In case of an emergency, dial 112.
- Follow the signs. Do not go down the paths that have not been marked. Many side ways and paths are old and not suitable for walking.
- Hiking society Osorščica, Phone: +385 98 403 469/+385 92 253 50 71
- Mountain lodge Osorščica, Phone: +385 98 182 61 50

*Note: There are no poisonous snakes on the archipelago. According to legend, it was St. Gaudentius, a bishop from Osor, who blessed the islands and banished all snakes.*

### Punta Križa

#### Stanzia Castellani

The Stanzia Castellani farm sits at the Southern tip of the Island of Cres. It is an organic artisanal farm, home to hundreds of olive trees, figs, pomegranates, almonds, jujube, rosemary, lavender, buhac, helichrysum and a thriving vegetable garden. A dense, untouched forest, full of deer, boars and other wild animals, surrounds the cultivated farm. Walk, explore and enjoy the dramatic landscape, aromatic lavender fields and dense forests. Many visitors are surprised to learn that the archipelago is home to more than 1,200 indigenous plants, as well as many rare butterflies and bird species. Stanzia Castellani welcomes visitors all year round to take part in educational workshops, as well as cultural and agricultural events.

Opening Hours: Call or consult website  
Price of Admission: Call or consult website  
Phone: + 385 99 4045912  
E-mail: [marina@stanzia-castellani.com](mailto:marina@stanzia-castellani.com)  
Website: [www.stanzia-castellani.com](http://www.stanzia-castellani.com)

---

### Activities and programs for young people

Lošinj is a great destination for young people and students as it provides an abundance of exciting activities while satisfying a young person's desire to learn and explore. While experiencing the stunning natural beauty and fascinating history of the island you can also train your mind and body with the help of experts from various intellectual fields and teams of fitness instructors.

Sports loving students can choose from a wide array of activities ranging from jogging in nature, tennis, hiking on Televrin - the highest peak of the island, to water sports such as windsurfing, snorkeling and kayaking.

Explore 280 kilometers of trails amidst the five islands of the archipelago, while you breathe in the invigorating scent of pine trees and the sea aerosols. If you want to relax, you are welcome to enjoy customized wellness and SPA treatments designed to increase your energy level and sense of well-being.

At "Fast & Health" Mediterranean cuisine workshops, learn how to prepare a healthy meal within minutes. Or you may prefer to make natural cosmetics and discover how people cared for themselves in ancient times. Aromatherapy workshops will show you which essential oils can help improve your concentration and learning, and which will help you sleep better.

Embark on an adventure through the past - from classical antiquity to the time of Lošinj sea captains and Ambroz Haračić - originator of the island's pine forests and Lošinj tourism. After visiting the Museum of Apoxyomenos, resting place of the famous bronze statue found in the waters of Lošinj, you can explore the ancient town of Osor and marvel at the Annunziata Church, where Lošinj women waited for their seamen and captains in the 19th century.

### Do you enjoy the sea and marine life?

Visit the Blue World Institute of Marine Research for the unique opportunity to see dolphins in the wild. You can participate as a volunteer for several weeks of fascinating field work or simply spend the day out on the sea enjoying the abundant sea-life.





### Diving near Lošinj

#### Explore Lošinj archipelago!

Go off the beaten path on an Island Jeep Adventure, exploring Cres and Lošinj's most beautiful but hard-to-get-to locations with a qualified guide. Then visit Susak, a wonder of nature, to learn how it was formed and how it has evolved to this day. A short boat trip away is Ilovik, the island of flowers. On the way to Ilovik, visit Providence, a spectacular look-out point, then stop by the Fragrant Garden to learn about the 1200 different indigenous species of local island plants. Come to Lošinj and experience a vacation that will change your life!

#### Shopping

Forget t-shirts and coffee mugs: While you are likely to find both—Lošinj also offers an impressive array of keepsakes that you will cherish for a lifetime. From natural cosmetics to decorations made from driftwood, you are sure to find something to satisfy your every craving.

#### Mali Lošinj

##### Beseda shop

Offers an assortment of items such as socks, slippers, decorative souvenirs, tops, jewelry. Features many fine woolen products.

*Phone:* +385 91 555 8642

*Address:* Riva lošinjskih kapetana 6, Mali Lošinj 51550

**Čarobnjak**

Features authentic souvenirs and ceramic art, as well as beautifully designed jewelry.

*Phone:* +385 51 232 690

*Address:* V. Gortana 73, Mali Lošinj 51550

---

**Delikates Bellevue**

A hidden gem boasting gourmet foods, handcrafted art and souvenirs including jams made from ecologically grown fruit, honey, canned olives and olive oil, biscuits, wines, liqueurs; olive wood souvenirs, dolls in traditional costumes, Lošinj natural cosmetics, and home air fresheners made with the island's medicinal plants.

*Phone:* +385 51 232 690

*Address:* Čikat 9, Hotel Bellevue, Mali Lošinj 51550

---

**Vespera Souvenir Shop**

A spacious shop brimming with original souvenirs from Lošinj including essential oils, soaps, cosmetics and traditional dolls.

*Phone:* +385 51 667 308

*Address:* Sunčana uvala 4, Mali Lošinj 51550

---

**Gitana Nova**

Cozy shop featuring food local produce including oil, wine, and Croatian honey.

*Phone:* +385 51 700 151

*Address:* Priko 23, Mali Lošinj 51550

---

**Insulomania workshop gallery**

Insulmania is a popular workshop and gallery boasting authentic souvenirs, paint art and other handcrafted gifts.

*Phone:* +385 99 676 8217

*Address:* Vladimira Gortana 48, Mali Lošinj 51550

---

**Studio Greta Catella**

A great place to find original art pieces with sea motives: houses, brooches, necklaces, lamps. Specialize in wood and papier-mâché.

*Phone:* +385 99 691 54 24

*Address:* Braće Vidulića 41, Mali Lošinj 51550

---

## Oliva

True to its name, Oliva features a wide variety of regional olive oils as well natural cosmetics, hand-crafted souvenirs, herbs and felt products.

*Phone:* +385 91 209 79 15

*Address:* Priko 28, Mali Lošinj 51550

---

## Veli Lošinj

### Ultramarin Art

A popular stop if you are searching for a wide variety of artwork and decorations made from driftwood.

*Phone:* +385 51 236 117

*Address:* O.M.Tita 7, Veli Lošinj 51551

---

## Mediterranea

Features an assortment of olive oils, brandies, jams, and herbs, perfect for gifts or souvenirs.

*Phone:* +385 98 186 5083

*Address:* Šestavina 7, Veli Lošinj 51551

---

## Val Souvenir Shop

A store with an eclectic vibe with a wide variety of items including ceramics and driftwood decorations, jams, liqueurs, bath salts, essential oils, distinctive t-shirts, unique bags, hats, original paintings and refrigerator magnets.

*Phone:* +385 51 236 160

*Address:* Obala maršala Tita 1, Veli Lošinj 51551

---

## Nerezine

### Butiga Svi gušti

This charming shop is stock full of local products and original souvenirs made by local artisans. They include olive wood souvenirs and sheep wool, essential oils, olive oil, a wide selection of wines, jams and various local cakes, cheeses and natural cosmetics.. Visitors can partake in tastings to sample their wide selection of wines, cheeses, jams, and other local products.

*Phone:* +385 98 210 557, +385 98 943 35 25

*Address:* Trg Studenac 7, Nerezine 51554

## Festivals and cultural events

From colorful religious festivals to food, contemporary music, and sporting events, the rich cultural heritage of the island of Lošinj can be experienced throughout the year.

### January – February

Carnival on the island of Lošinj

---

### March

Routes of Rudolf Habsburg (celebrates the anniversary of Rudolf Habsburg's pioneering climb up Osorščica Mountain on March 28th 1887).

---

### April

- Festival of aromatherapy
  - 4 Islands MTB stage race
  - Downhill Lošinj
  - Festival of Apoxyomenos and Antique (continues into May)
  - Lošinj Cuisine Festival (continues into May)
- 

### May

- Nerezine May
  - Festival of Apoxyomenos and Antique (begins in April)
  - Lošinj Cuisine Festival (begins in April)
  - International Bagpipe Festival
- 

### June

- St. Gaudentius – Osor
  - St. John – Punta Križa
  - Saints Peter and Paul (Ilovik)
  - International Festival of Wind Orchestras
- 

### July

- Dolphin Day
  - A cappella groups in front of the parish church small square - Mali Lošinj
  - Lošinj Jazz festival
  - Veli Lošinj Summer Delights
  - Immigrants' Day – Susak
  - Days of Joseph Kašman
  - Osor Musical Evenings (continues into August)
- 

### August

- Victory and Homeland Thanksgiving Day, Day of Croatian Defenders
- Lošinj Regatta – Regatta of Lošinj Olympians

- Nerezine Summer Games
- Festival of Lošinj Balconies
- Osor Musical Evenings (Begins in July)

## September

- Lošinj regatta of pasara boats with oars
- Festival Around the world with Lošinj sails
- Euro-African championship in underwater Spear-fishing
- Nerezine regatta of traditional sailboats
- Swimming marathon 'Apoxymenos challenge'
- Lošinj Half-Marathon

## October

- Arbudada (Sea-bream fishing)
- Cres & Lošinj trail weekend
- Days of Bread
- World walking day

## November

- 19th Lošinj Optimist Regatta
- St. Martin – Day celebrating the Town of Mali Lošinj

## December

- New Year's Cup in Spear-fishing
- New Year's swim on the island of vitality
- New Year's Eve

## Food and dining

### Lošinj Cuisine

Lošinj cuisine brings the tastes and aromas of the Mediterranean to your plate. Dishes are prepared traditionally, with recipes passed down from one generation to another and inspired by the island's many natural attributes and the deep, clear Adriatic Sea. Whitefish and oily fish, seafood, lamb, homemade pasta and olive oil, together with the aromas and colors of Lošinj's herbs will tantalize your palate. The buzara, risottos and salads with wild herbs as well as octopus and squid dishes are local favorites. Treat your taste buds to traditional cakes, liqueurs and jams prepared from Lošinj citrus fruit. Don't miss the famous shrimps from Kvarner Bay – regarded by many critics as the best in the world. Visit the scented restaurants, pubs, taverns, bistros, buffets, and pizzerias all over the island and taste the specialties of Lošinj!

On the next page are our picks for the top dining options on Lošinj.





Restaurant Alfred Keller



Borik Mediterranean Bar



Restaurant Diana

**Restaurant Alfred Keller**

Opened: April – November

Čikat 16, Mali Lošinj 51550

GPS co-ordinates: 44.531009,14.458302

*Phone: +385 51 260 700*

Awarded with 2 chef's toques by the Gault Millau 2017 restaurant guide. It offers Mediterranean gourmet experience through a combination of rich tradition and heritage using seasonal local ingredients accompanied with an exclusive selection of local and international wines.

**Restaurant Pin&Oli**

Opened: April – October

*Phone: +385 51 679 000*

Čikat 9, Mali Lošinj 51550

GPS co-ordinates: 44.532351,14.455631

Pin & Oli restaurant menu includes a variety of delicacies from land and sea, prepared only with fresh, sun-ripened vegetables, homemade pasta and fragrant herbs from the restaurant's own garden.

**Borik Mediterranean Bar**

Opened: April - October

*Phone: +385 51 667 350*

Sunčana uvala 9, Mali Lošinj 51550

GPS co-ordinates: 44.519111,14.460245

Located in the exclusive location with unique sunset view, offering a selection of refreshing drinks made with local herbs, high quality wines from local producers, and freshly prepared seasonal fruit juices. The Menu includes specially selected island delights, such as goat cheese, curd, honey, herbs and spices as well as various warm and cold meats and Adriatic fish specialties.

**Restaurant Diana**

Opened: April - October

*Phone: +385 51 232 055*

Šetalište Dr. Alfreda Edlera von Manusso Montesole 2, Mali Lošinj 51550

GPS co-ordinates: 44.532675,14.452037

Creative Mediterranean cuisine with an accent on traditional island's specialties, such as asparagus, matar herb, local fish and sea fruits combined with ancient recipes.

**Konoba Cigale**

Opened: April - October

*Phone: +385 51 238 583*

Šetalište Dr. Alfreda Edlera von Manusso Montesole 4, Mali Lošinj 51550

GPS co-ordinates: 44.531812,14.450659

Restaurant Cigale, located in the shade of pine forest with a view of one of the most stunning coves of the Lošinj archipelago, this cozy restaurant offers local freshly caught Adriatic fish and other seafood specialties with a selection of the finest Croatian wines.

**Restaurant Veli Žal**

Opened: All year

*Phone: +385 51 667 260*

Sunčana uvala 3, Mali Lošinj 51550

GPS co-ordinates: 44.524015,14.458737

Set in a shaded summer terrace just opposite a turquoise sea, and with a long tradition of serving tasty local fare, Veli žal is the perfect place for sampling the island's most famous recipes, such as sea bass Carpaccio, mussels in 'buzara', a traditional wine, garlic and tomato sauce or lemon scented crepes with a mascarpone and fig topping.

**Restaurant Punta**

Open: April - October

*Phone: +385 51 662 034*

Šestavine 13a, Veli Lošinj 51551

GPS co-ordinates: 44.519111,14.460245

Punta is renowned for an extensive menu of island delicacies, especially dishes prepared 'sous cloche' and on an open hearth. Equally unique is the lovely view of Veli Lošinj. The menu features a wide array of light and healthy whole foods and the restaurant provides an extensive wine list with over 50 wines produced by vintners from across Croatia.

**Artatore (Restaurant)**

Artatore 132, Mali Lošinj 51550

*Phone: +385 51 232 932*

info@restaurant-artatore.hr

www.restaurant-artatore.hr

**Baracuda (Tavern)**

Priko 31, Mali Lošinj 51550

*Phone: +385 51 233 309*

**Bora Bar (Tavern)**

Rovenska 3, Veli Lošinj 51551

*Phone: +385 51 867 544*

balenovicmaja@gmail.com

www.borabar.net

**Bocca vera (Restaurant)**

Riva lošinskih kapetan 10, Mali Lošinj 51550

*Phone: + 385 51 238 511*

boccavera.mlošinjv@gmail.com

www.boccavera.com

**Deveron (Gastro Pub)**

Vladimira Gortana 32, Mali Lošinj 51550

*Phone: +385 51 238 510*

deveronpub@gmail.com

**Eki (Restaurant)**

Artatore 107, Mali Lošinj 51550

*Phone: +385 51 233 007*

restoran@eki.hr

www.eki.hr

**Lošinjско jidro (Buffet)**

Sv. Marije 11, Mali Lošinj 51550

*Phone: +385 51 233 424*

maric.restoran@ri.t-com.hr

**Manora (Restaurant)**

Mandalenska 26b, Nerezine 51554

*Phone: +385 51 237 460*

manora@manora-losinj.hr

www.manora-losinj.hr

**Poljana (Restaurant)**

Rujnica 9a, Mali Lošinj 51550

*Phone: +385 51 233 261*

**Porto (Buffet)**

Sv. Martin 58, Mali Lošinj 51550

*Phone: +385 51 231 956*

porto.renato.lorena@gmail.com

**Silvana (Tavern)**

Lošinskih pomoraca 2, Mali Lošinj 51550

*Phone: +385 51 232 591*



konoba.silvana@inet.hr  
www.silvana.hr

### **Televrin (Restaurant)**

Obala nerezinskih pomoraca 21, Nerezine 51554

*Phone: +385 51 237 121*

televrin@ri.t-com.hr

www.televrin.com

### **Za kantuni (Restaurant)**

Vladimira Gortana 25, Mali Lošinj 51550

*Phone: +385 51 231 840*

restorani@losinia.hr

www.losinia.hr

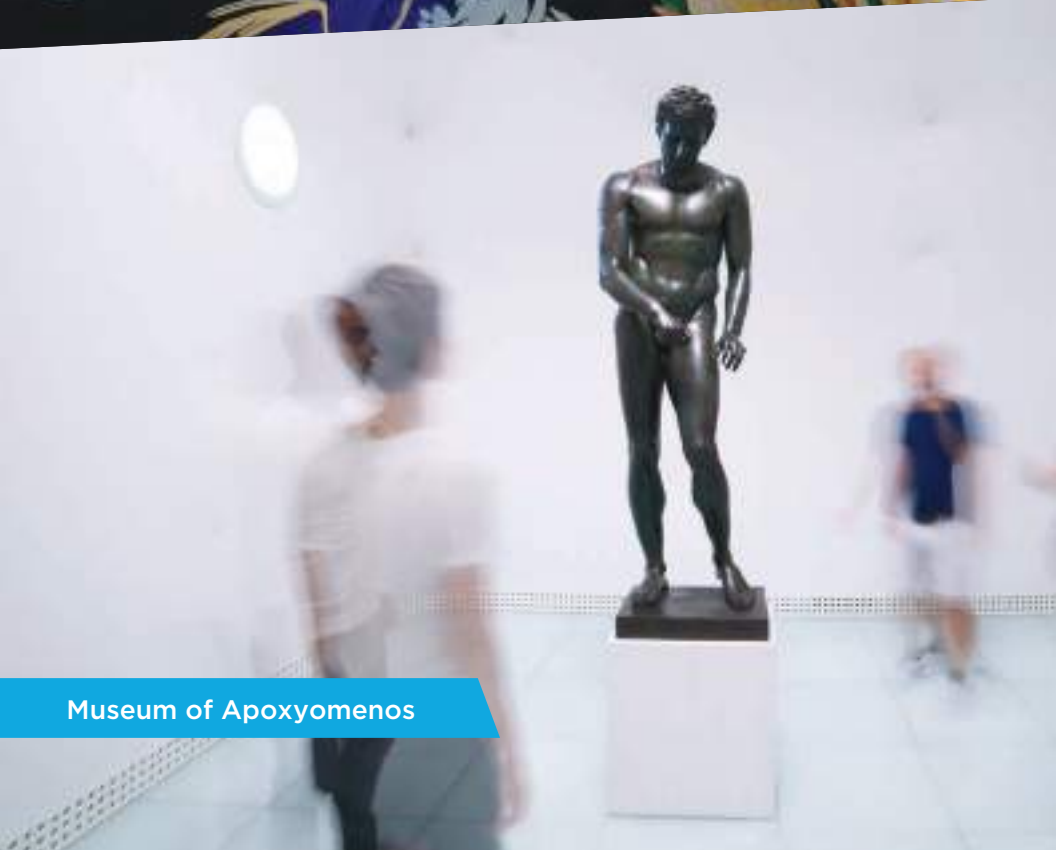


**Restaurant Cigale**





Lookout Providence, Mali Lošinj



Museum of Apoxyomenos



## TRAVEL RESOURCES

### GENERAL INFORMATION

- *Area code:* +385.
- *Time zone:* GTM +01:00 (+ one hour during the winter time and GTM + two hours during the summer time).
- *Croatian internet domain:* hr (for example: [www.croatia.hr](http://www.croatia.hr))
- *Tax return:* Keep your bills of each shopping you made in Croatia and ask for tax-free form for each shopping that is higher of 500 HRK (except for oil derivatives). That way you can ask for tax return when you go home. Ask for seal at the border! If you plan to shop works of art, ask for export approval before shopping.
- *Electricity:* Electricity in Croatia is 230 Volts, alternating at 50 cycles per second. If you travel to Croatia with a device that does not accept 230 Volts at 50 Hertz, you will need a voltage converter.

### IMPORTANT PHONE NUMBERS

International country code for Croatia: +385

Area calling code for Lošinj and surroundings: (0)51

Mali Lošinj Tourist Board: +385 51 231 884, +385 51 231 547

Ambulance: 194

Fire Brigade: 193

Police: 192

Road Assistance: (+385 1) 1987

National Centre for Search and Rescue at Sea: 195

State headquarters for protection and rescue (unique European number for all emergency services): 112

Weather forecast and road conditions: 060 520 520 (automated messaging system)

Duty weather forecaster at the NHI (from 8 a.m. to 6 p.m.): 060 616 666

### USEFUL ONLINE RESOURCES

**Croatian National Tourist Board:** [www.croatia.hr](http://www.croatia.hr)

**Lošinj tourism information:** [www.visitlostinj.hr](http://www.visitlostinj.hr)

**Lošinj hotels and travel packages:** [www.lostinj-hotels.com](http://www.lostinj-hotels.com)



## TOURIST AGENCIES

### Mali Lošinj

For information about private accommodation, please contact the following tourist agencies:

#### MALI LOŠINJ

##### AGAVE TRAVEL

Mije Mirkovića 16

*Phone/fax:* +385 51 233 745

*e-mail:* info@agavetravel.com

www.agavetravel.com

##### ARTMEDIAS

Creska 32

*Phone:* +385 51 520 625

*fax:* +385 51 520 626

*e-mail:* info@artmedias.com

www.artmedias.com

##### CAPPELLI TA

Lošinjskih brodograditelja 57

*Phone:* + 385 51 231 582

*fax:* +385 51 231 562

*e-mail:* cappelli@cappelli-tourist.hr

www.cappelli-tourist.hr

##### LOSINIA

Riva lošinjskih kapetana 8

Phone: +385 51 231 077

*Phone:* +385 51 233 040

*fax:* +385 51 231 611

*e-mail:* losinia@losinia.hr

www.losinia.hr

##### MEDITERAN

Trg Zagazinjine 2

*Phone/fax:* +385 51 232 999

*e-mail:* emeditaran@gmail.com

www.imeditaran.com

##### PUNTARKA NOVA

Trg Zagazinjine 1 - online tourist agency

*Phone:* +385 51 232 016

*fax:* +385 51 231 011

*e-mail:* puntarka@ri.t-com.hr

www.puntarka.com



## ZLATNI TRAG

Ulica Braće Vidulić 54

*Phone/fax:* +385 51 231 363.

*e-mail:* info@losinj-info.com

www.losinj-info.com

---

## VELI LOŠINJ

### PALMA

Vladimira Nazora 22

*Phone:* +385 51 236 179

*fax:* +385 51 236 222

*e-mail:* palma@losinj.com

www.losinj.com

---

### TURIST

Obala M. Tita 17

*Phone:* +385 51 236 256

*fax:* +385 51 520 209

*e-mail:* info@island-losinj.com

www.island-losinj.com

---

### VAL

Vladimira Nazora 29

*Phone:* +385 51 236 604

*fax:* +385 51 236 352

*e-mail:* val@val-losinj.hr

www.val-losinj.hr

---

## NEREZINE

### MARINA NEREZINE

Obala Nerezinskih pomoraca 3

*Phone:* +385 51 237 038

*fax:* +385 51 604 353.

*e-mail:* marina.nerezine@ri.t-com.hr

www.marina-nerezine.hr

---

## UNIJE

### NIA

Unije 96

*Phone/fax:* +385 51 235 835

*e-mail:* putnicka.agencija.nia@ri.t-com.hr

www.unije-nia.com

## CROATIAN NATIONAL HOLIDAYS

**January 1** - New Year's Day

**January 6** - Epiphany | Easter Sunday & Easter Monday

**May 1** - Labor Day | Corpus Christi

**June 22** - Anti-Fascist Resistance Day

**June 25** - Croatian National Day

**August 5** - Victory Day and National Thanksgiving Day

**August 15** - Feast of the Assumption

**October 8** - Independence Day

**November 1** - All Saints' Day

**December 25 & 26** - Christmas

## MALI LOŠINJ TOURIST BOARD

Priko 42, 51550 Mali Lošinj, Croatia

*Phone:* +385 51 231 884, +385 51 231 547

*fax:* +385 51 233 373

*e-mail:* losinj@visitlostinj.hr

*web:* www.visitlostinj.hr

## MEDICAL TOURISM ASSOCIATION

USA 001-561-791-2000

10130 Northlake Blvd Suite 214-315

West Palm Beach, Florida, USA 33412

Info@MedicalTourismAssociation.com

The Lošinj-Island of Vitality Health and Wellness Destination Guide can also be accessed at **www.medicaltourism.com**







Healing Sea







Garden of fine scents, Mali Lošinj





Mali Lošinj, harbour



## Lošinj-Island of Vitality Health and Wellness Destination Guide

Renowned for its clean air, refreshing climate and spectacular natural and historical attractions, Croatia's island of Lošinj has been captivating health and wellness visitors for over 125 years. Take a deep breath on Lošinj and feel your stress and worries melt away. Explore miles of dazzling beaches, secret coves and ancient pine forest as you recharge your mind, body and spirit. Enjoy a multitude of entertainment options, sporting events, cultural attractions, restaurants, and unique museums. Health and wellness providers on the island use varying holistic approaches to inspire you to embrace health, fitness and live a better life.

- Discover what makes the island of Lošinj such an attractive health and wellness destination
- Learn about the many health and wellness programs available on the island
- Find out when to go, what to take and where to visit to make the most of your wellness vacation
- Learn important tips for planning your health and wellness trip to Lošinj

ISBN 978-1-61369-018-5

5 1 8 5 8 >



9 781613 690185

This Destination Guide  
is also available at:  
[www.MedicalTourism.com](http://www.MedicalTourism.com)

