



To complete your enjoyment, MONS Hotel offers you a luxurious spa, which includes a salt room, steam bath, Finnish aromatherapy sauna, warm bench and whirlpool.

## PACKAGES - WELLNESS & SPA CENTER

PACKAGE	DURATION	PRICE
ONE WELLNESS SESSION PER PERSON *	90 min.	700,00 RSD
LEASE OF THE WHOLE SPA CENTER DURING THE WORKING HOURS **	90 min.	4000,00 RSD
LEASE OF THE WHOLE SPA CENTER AFTER 10:00 PM	90 min.	7000,00 RSD
SALT ROOM USAGE PER PERSON *	40 min	500,00 RSD
SALT ROOM USAGE CHILDREN UP TO 12 YEARS	40 min	250,00 RSD

\* for guests that don't have SPA Center usage included in basic price and if hotel conditions allow it

\*\*if hotel conditions allow SPA Center usage

- **SPA center is opened every day from 11:00 AM to 10:00 PM.**
- **Children younger than 12 must be under parental supervision.**
- **Spa center usage is limited to 90 minutes per day. You must make a reservation at the hotel reception.**

**Reservation:** 031/848-005; 031/848-008

**E-mail:** [hotel@mons-zlatibor.com](mailto:hotel@mons-zlatibor.com)

**Salt room** – Your immune system, as well as physical and mental health, can be strengthened in our salt room that had been made to the highest standards. Salt room is a combination of ionized oxygen and saline solution made of salt from the Dead Sea, which gives the effect of climate that stimulates and works similar to the climate of the Dead Sea. This climate enables the organism to relax and relieve stress. Only after 20 minutes, you will feel as refreshed as if you were just walking along the coastline. Salt room is an ideal symbiosis of wellness and medical wellness. Positive effects of the Salt rooms in terms of stress reduction are scientifically proven.

**Steam Bath** – An ancient type of bathroom that has its origins in Roman times. Especially recommended in cases of: bronchial asthma, bronchitis, upper respiratory tract problems, coughs, hoarseness, expectoration (particularly with the help of essential oils), painful joints. Steam baths help you overcome the stress of everyday life, to relax and gain new strength and improve general physical and mental health. In addition, the steam bath can be very entertaining.

**Finnish Sauna** – In addition to relaxing, Finnish aromatherapy sauna has a healing effect on the body and skin as it encourages the removal of toxins from the body. The temperature that goes up to 110 °C and humidity of 5-15% make your body free of harmful substances and improve your metabolism. In addition to improving the physical and mental health, Finnish sauna will also help you relax and relieve stress. In our Finnish sauna you can enjoy the relaxing aroma therapy.

**Warm Bench** – Ideal for relaxing after a sauna or salt bath. Each model has a thermostat that controls the temperature of sitting part to the perfect range of 37-40 °C.

**Whirlpool** – High quality whirlpool bath tub of a modern design helps you improve blood circulation, relax the strained muscles, relieve stress and anxiety, recover the injuries, reduce blood sugar levels, and also have a better sleep and create a greater sense of satisfaction.

#### **Body treatments (pilling + body wrap)**

- Anti-stress & detox ritual in steam bath gives yours body a deep clean, relieves muscle soreness and reduces water retention. Body scrub with sea salt and mint removes dead skin cells, improves blood circulation and keeps your skin smooth and supple. Body mask with clay and eucalyptus relaxes muscles, relieves muscle soreness and reduce water retention. The scent of eucalyptus and mint combined with steam in steam bath improve your respiratory system and relieve stress.
- Relax ritual in steam bath gives your body a deep clean and deep hydration as well as complete relaxation. Body scrub with sea salt and jasmine removes dead skin cells, improves blood circulation and keeps your skin smooth and supple. Body mask with aloe vera and jasmine oil soothes and repairs your skin and gives it a deep hydration. The scent of jasmine combined with steam in steam bath gives you the feeling of relief and relaxation.

**Pilling treatments** – body scrub removes dead skin cells, improves blood circulation and keeps your skin smooth and supple.

#### **Body wrap**

- Body mask with clay and eucalyptus relaxes muscles, relieves muscle soreness and reduces water retention. The scent of eucalyptus combined with steam in steam bath improve your respiratory system and relieve stress.
- Body mask with aloe vera and jasmine oil soothes and repairs your skin and gives it a deep hydration. The scent of jasmine combined with steam in steam bath gives you the feeling of relief and relaxation