

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.	7,70 €
LEASE OF THE WHOLE SPA CENTER DURING THE WORKING HOURS **	90 min.	34,20 €
LEASE OF THE WHOLE SPA CENTER AFTER 10:00 PM	90 min.	51,30 €
SALT ROOM USAGE PER PERSON *	40 min	5,10 €
SALT ROOM USAGE CHILDREN UP TO 12 YEARS	40 min	2,56 €

\* 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 10:00 AM to 09:00 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.