



L I M E G R O V E
F I T N E S S & S P A

METROPOL PALACE BELGRADE
Spa Treatment Menu



Sadržaj / Contents

Spa Rituali Otkrića / Spa Discovery Rituals	pg 6 - 7
Tretmani lica / Facial Treatments	pg 8 - 13
Piling tela / Body Exfoliation	pg 14 - 17
Tretmani tela / Body Treatments	pg 18 - 19
Putovanje masažom / Massage Journeys	pg 20 - 25
Mršavljenje/Detoks Tretmani - Slimming/Detox Treatments	pg 26
Stopala i Ruke / Hands & Feet	pg 28 - 29
Depilacija / Waxing	pg 31
Pravilnik Spa Centra	pg 32
Spa Etiquette	pg 34



Pogodno je za stanje trudnoće i bezbedno se može primenjivati od drugog tromesečja do kraja trudnoće, pri čemu se mama oseća negovano i relaksirano.

Suitable for pregnancy and can safely be performed from the 2nd trimester until term to pamper and nurture the 'mum to be'.



Pure Australian Botanicals

Limegrove Fitness i Spa centar nalazi se u centru prelepog starog dela Beograda, u luksuznom hotelu Metropol Palace sa pogledom na očaravajući Tašmajdanski park i prostire se na preko 1200 kvadratnih metara. U okviru njega nalazi se spa centar sa 6 prostorija za masažu u kojima možete uživati u jedinstvenim holističkim LI'TYA tretmanima, soba za relaksaciju sa predivnom lokacijom, zatvoreni bazen dužine 25 metara, jacuzzi, terma koju čine sauna, parno kupatilo i hladna soba, teretana, studio za vežbanje kao i prodajni proizvodi sportske opreme i kozmetički LI'TYA proizvodi.

Pobegnite od stresa svakodnevnog života u Limegrove Spa centar gde se možete prepustiti opuštajućim spa tretmanima u mirnom okruženju. Nudimo Vam i drugu mogućnost – zašto ne biste postali Limegrove član i uživali sve prednosti Limegrove Wellness koncepta za poboljšanje Vašeg zdravlja, fizičke kondicije i sveukupnog stanja duha.

Limegrove Spa

Limegrove spa filozofija bazirana je na ponovnom povezivanju uma, tela i duha u jedno biće. Dok današnje društvo živi brzim tempom i neprestano zanemaruje osnovne životne principe, Limegrove teži rehabilitaciji čula, pomažući Vam da revitalizujete telo i ponovo pronađete unutrašnji mir. Svakoj osobi koja uđe kroz naša vrata pružamo individualno putovanje posebno osmišljeno prema njenim potrebama.

Otkrijte LI'TYA tretmane i rituale koji se izvode uz korišćenje aboridžinske isceliteljske mudrosti i LI'TYA proizvoda koji znanje drevnih Aboridžina o biljkama spajaju sa modernim tehnologijama postižući visok učinak i luksuzno spa iskustvo za muškarce i žene.

Iskoristite preporuke naših profesionalnih kozmetičara koji će Vas na osnovu Vaših potreba uputiti na odgovarajući kozmetički LI'TYA proizvod koji možete kupiti i na taj način nastaviti spa iskustvo u Vašem domu.

Limegrove Fitness and Spa, located in the center of the beautiful old city of Belgrade in the luxurious Metropol Palace Hotel and with a view over the stunning Tasmajdan Park, spans over 1200 square meters. It encompasses a spa consisting of 6 treatment rooms offering the unique holistic treatments of LI'TYA, a beautifully appointed relaxation area, a 25m long indoor swimming pool, Jacuzzi, Thermae experience consisting of sauna, steam bath and ice room, a gym, studio, and a retail shop for sportswear and beauty products.

Escape from the pressures of everyday life at the Limegrove Spa, where you can enjoy a relaxing spa treatment in a tranquil setting. Alternatively, why not become a Limegrove member, where you will have the full benefit of the Limegrove Wellness Concept to enhance your overall health, fitness and wellbeing.

The Limegrove Spa

The Limegrove Spa philosophy focuses on reconnecting the mind, body and spirit as one. While today's fast-paced society continues to strip away the fundamentals of life, Limegrove aims to reinvigorate the senses, helping you to revitalize your body and rediscover your inner peace. Each and every client who enters through our doors is offered a bespoke, personalized journey specifically designed with their individual needs in mind.

Discover LI'TYA treatments and rituals that are carried out using Aboriginal healing wisdom and use the LI'TYA products that entwine the ancient Aboriginal plant knowledge with modern technology to deliver high performance, luxurious spa experiences for both men & women.

Take advantage of the home recommendations made by our professional beauty therapists, who will guide you on which LI'TYA beauty products you can purchase to continue your spa experience from home.

Spa Rituali Otkrića~od Zemlje / Spa Discovery Rituals ~Of the Earth

LI'TYA LOWANNA -znači 'lepota'

Ovaj izuzetan tretman kombinuje tri najpopularnija tretmana, kako bi se stvorio božanstven osećaj i deluxe iskustvo. Uključuje LI'TYA MIJI JINA tretman nogu LI'TYA MIJI POLAMA tretman ruku i LI'TYA MIRRI tretman lica. Ovo je savršena kombinacija za one kojima je potrebno ozbiljno osveženje. Brinući o svim terapijskim zonama- nogama, rukama i glavi, ovaj tretman će obnoviti energiju Vašeg tela i povećati njegov sjaj.

LI'TYA LOWANNA -means 'beautiful'

This exceptional treatment combines three of the most popular LI'TYA treatments in wonderful unison to create a deluxe pampering experience. Included is the LI'TYA MIJI JINA foot treatment, LI'TYA MIJI POLAMA hand treatment and the LI'TYA MIRRI facial. This is a perfect combination for those in need of some serious pampering. Caring for all the zone therapy areas - hands, feet and head, it will recharge the body and enhances overall radiance.

.....
Trajanje / Duration: 85 minutes

€65

LI'TYA SANJARENJE -znači 'neviđene vibracije stvaranja'

Tretman koji relaksira, revitalizuje i osvežava Vaše telo, i povezuje duh, telo i dušu od glave do pete. Ritual uključuje LI'TYA MIJI JINA za noge, LI'TYA MALA MAYI piling tela i maska, LI'TYA KODO masažu tela, LI'TYA PAUDI masažu glave, LI'TYA MIRRI za lice i LI'TYA MIJI POLAMA tretman za ruke. Prepustite se potpunom uživanju u odmaranju Vašeg tela i duše uz pomoć australijskih prirodnih biljnih ulja i ekstrakata, kao i pustinjaških soli, uz korišćenje starih aboridžinskih tradicionalnih tehnika koje leče i revitalizuju lice, telo i umorne mišiće i daju nam energiju. Sanjarenje je nezaboravno putovanje za Vašu energiju i emocije, koje Vašu dušu ostavlja u potpunom miru.

LI'TYA THE DREAMING -means 'The unseen vibration of creation'

Relax, revitalize and rejoice with our signature treatment to reconnect the body, mind and soul from head to toe. The ritual includes LI'TYA MIJI JINA Foot, LI'TYA MALA MAYI body wrap, LI'TYA KODO Body massage, LI'TYA PAUDI Head massage, LI'TYA MIRRI Facial and LI'TYA MIJI POLAMA hand treatment. Surrender yourself to the ultimate renewal and potency of this experience through the power of nourishing Australian native plant essential oils and extracts, cleansing earth ochre's and purifying desert salts. Embracing traditional therapeutic Aboriginal techniques that work to nurture and heal leaving the face and body restored, tired muscles are eased and energized. The Dreaming is a truly all-encompassing journey that renews your energy and emotions, leaving your soul refreshed and smiling with delight.

.....
Trajanje / Duration: 3 Hours

€140

Spa Rituali Otkrića~od Mora / Spa Discovery Rituals~Of the Sea

LI'TYA IZA VELIKOG OKEANA

Deluxe tretman, koji u potpunosti oporavlja lice, ruke i stopala, kroz upotrebu LI'TYA MIJI JINA, LI'TYA MIJI POLAMA i LI'TYA OCEAN RENEW tretman lica. Dizajniran je da rebalansira umorno i stresno stanje, da poboljša energiju Vašeg tela i da u njemu napravi potrebnu ravnotežu i harmoniju. Lice, ruke i stopala, tretiraju se izuzetno jakim sastojcima i esencijalnim ulja, kako bi oporavili i izlečili Vaše telo, i doprineli Vašoj vitalnosti.

LI'TYA BEYOND THE BIG BLUE

A deluxe pampering treatment that rejuvenates the face, hands and feet by integrating the LI'TYA MIJI JINA, LI'TYA MIJI POLAMA and the LI'TYA OCEAN RENEW Facial treatment. Designed to rebalance tired and stressed conditions, recharging the body and enhancing overall wellness and equilibrium. Face, hands and feet are treated with powerful marine nutrients and potent native plant essential oils and extracts to heal, smooth and restore vitality.

.....
Trajanje / Duration: 75 minutes

€65

LI'TYA OKEANSKO SANJARENJE -znači- neviđene vibracije stvaranja

Na početku, postojalo je Sanjarenje, neviđena vibracija stvaranja- sveti izvor oporavka i revitalizacije, koje postoji sa našim potpisom 'Of the Sea' spa putovanje, koje obnavlja telo, duh i dušu, od glave do pete, i spolja i iznutra. Avantura uključuje LI'TYA MIJI JINA, LI'TYA SAPPHIRE SEA WRAP, LI'TYA SUSU DEW masažu tela, LI'TYA PAUDI masažu glave, LI'TYA

OCEAN RENEW lica i LI'TYA MIJI POLAMA Tretmane, sve to uz upotrebu tehnike tradicionalne masaže Aboridžina. Prepustite se ultimativnom anti-age, osvežavajućem i regenerišućem iskustvu kroz različite ekstrakte morskih algi, prirodnih biljnih ulja, morskih soli i krema. Kombinujući dubinske terapijske tretmane sa lekovitim pristupom, koža lica i tela biće u potpunosti osvežena, oporavljena i hidrirana. Vaše telo i lice će zablistati.

LI'TYA OCEAN DREAMING -means 'The unseen vibration of creation'

In the beginning was The Dreaming, the unseen vibration of creation – the sacred source from where all things are, Nurture, renew and revitalize with our signature 'Of the Sea' spa journey to reconnect body, mind and soul, from head to toe and from outside in. The adventure includes LI'TYA MIJI JINA, LI'TYA SAPPHIRE SEA WRAP, LI'TYA SUSU DEW Body Massage, LI'TYA PAUDI Scalp Massage, LI'TYA OCEAN RENEW Facial and LI'TYA MIJI POLAMA Treatments, all embracing traditional Aboriginal healing techniques.

Surrender yourself to the ultimate anti-aging, renewal and potency of this experience through the power of marine extracts, native plant essential oils and extracts, Tasmanian Sea Kelp and Sea Salts. Combining deeply therapeutic treatments with a healing approach, the skin of the face and body is cleansed, renewed, and nourished, tired muscles are nurtured and re-energized, and all the body systems are rebalanced and rejuvenated. Your body is left refreshed and your skin glowing with youthful radiance.

.....
Trajanje / Duration: 3 Hours

€140

Tretmani lica ~ od Zemlje / Facial Treatments ~ Of the Earth

LI'TYA MIRRI -znači 'lice'

Specijalni australijski prirodni sastojci, kao što su Lillypilly, Tasmanian Kelp i Macadamia, kombinacija su koja čini idealan tretman, koji čisti i hrani Vašu kožu. Savršen je naročito posle dugog i napornog leta avionom, kasnih večernjih časova ili za svaku situaciju, kada je vašoj koži potrebna pomoć TLC-a, uključujući i masažu stopala po Vašem izboru. LI'TYA MIRRI tretman lica, naročito je omiljen kod veoma zauzetih klijenata ili kada ga kombinujete sa drugim tretmanima. Uz ovaj prijatan tretman, mi vam još nudimo da izaberete masažu ruku ili stopala kako bi Vaše zadovoljstvo bilo potpuno.

LI'TYA MIRRI -means 'face'

Integrating Australian native ingredients such as Lillypilly, Tasmanian Kelp and Macadamia, this is an ideal pick me up treatment to cleanse and nourish your skin. Perfect after a long flight, late nights, or whenever your skin could benefit from a boost of TLC including a complimentary hand or foot massage of your choice. LI'TYA MIRRI Facial is a particular favourite for busy clients or to combine with other treatments.

Trajanje / Duration: 45 minutes

€35

LI'TYA MIKIRI -znači 'duboko'

Ovaj specijalno pripremljen tretman za lice preporučuje se kao intenzivna podloga za sve tipove kože, primenjuje za sve moguće uslove u kojima se koža može naći- dehidracija, zapušene pore, suva koža ili osetljiva. Dve specijalizovane maske koje se koriste tokom ovog tretmana, i naročito su fokusirane na čišćenje i hidrataciju kože. Koristeći kombinaciju australijskih prirodnih sastojaka, poput Lillypilly i Wild Rosella, koji su bogati C vitaminom, voćnom kiselinom i proteinima, ovaj tretman će potpuno obnoviti i osvežiti Vašu kožu, sa posebnim akcentom na njenoj čistoći.

LI'TYA MIKIRI -means 'deep'

This tailor-made facial treatment is prescribed as an intensive boost for all skin types, customized to target specific skin conditions such as dehydration, congestion, dryness and sensitivity. Two specialized masks are applied during this treatment to focus on skin purification and hydration. Using a combination of Australian native ingredients such as Lillypilly and Wild Rosella rich in vitamin C, fruit acids and protein this treatment will restore and revitalize your skin beaming you with clarity.

Trajanje / Duration: 60 minutes

€45

LI'TYA YIRRI -znači 'Moje lice'

Ovaj izuzetno dinamičan tretman lica, rezultiraće na način da će Vaša koža biti veoma glatka i hidrirana. Ovaj tretman kombinuje australijske prirodne sastojke poput Tasmanian kelp-a, Wild Rosella-e i Old man weed ekstrakta, i to u kombinaciji sa antioksidansima, koji dubinski čiste Vašu kožu sa različitim botaničkim uljima. Oni se nanose i pakuju u vidu eliksira i specijalizovanih herbalnih maski, kombinovanih sa terapeutskom tehnikom masaže, koju su davno upražnjavali Aboridžini, donoseći Vašoj koži osećaj balansa i lekovitosti, a takođe i stimulišu cirkulaciju i regeneraciju. Ovaj tretman se preporučuje svakome kome je potreban kompletan program za lice, ostavljajući Vas sa izvanrednim osećajem relaksacije.

LI'TYA YIRRI -means 'My Face'

This dynamic results driven facial will leave your skin purified, hydrated and velvety smooth. This treatment combines Australian native ingredients such as Tasmanian kelp, Wild Rosella and Old man weed extract and is packed with antioxidants deeply nourishing your skin with penetrating botanical oils. These are delivered through potent elixirs and specialised herbal masks combined with therapeutic massage techniques from ancient Aboriginals bringing you balance and healing as well as stimulating circulation and regeneration. This facial is targeted to anyone needing a complete skin boost leaving you with a wonderful feeling of well-being.

Trajanje / Duration: 75 minutes

€55



Tretmani lica ~ od Zemlje / Facial Treatments ~ Of the Earth

LI'TYA MIKIRI KUNMI - znači 'Duboka izmaglica'

Ovo je dubinski tretman kojim se oslobađaju toksini, a osvežava i hrani kožu lica. Tretman se prilagođava svakoj osobi individualno kako bi se što efikasnije tretirali problemi kože kao što su osjetljivost, isušenost ili zatvorene pore, pri čemu se koriste herbalne maske i revitalizujuće masaže lica i glave inspirisane tradicionalnim metodama Aboridžina. Tretman se završava utrljavanjem hranjivog Munthari losiona u kožu ruku ili stopala, kao vrhunac relaksirajućeg doživljaja.

LI'TYA MIKIRI KUNMI -means 'deep mist'

For a deeply cleansing and refining treatment – eliminate toxins, renew, restore and nourish the skin. A tailor-made facial for the individual which will target specific problem areas, such as sensitivities, dehydration, and congestion, by the use of herbal masks, revitalizing facial and scalp massage inspired by traditional Aboriginal techniques. Nourishing Munthari Lotion is massaged into the hands or feet to complete this indulgent experience.

Trajanje / Duration: 90 mins

€65

LI'TYA MARRI MARLI - znači 'Veliki čovek'

LI TYA Marri Marli je tretman umirujućeg i osvežavajućeg efekta za lice i leđa. Piling vodenom parom u kombinaciji sa masažom opušta i omekšava umorne i napete mišiće leđa. Tretman lica je osimišljen tako da revitalizuje kožu lica i poboljšava izgled problematičnih zona. Za ovaj tretman lica koriste se tradicionalna australijska esencijalna ulja i prirodne biljke koje na kožu deluju umirujuće i hranjivo. Ova ulja takođe pomažu u regeneraciji kože nakon brijanja i štite kožu od svakodnevnih štetnih spoljnih uticaja.

LI'TYA MARRI MARLI -means 'Great Man'

LI'TYA Marri Marli is a soothing and uplifting experience that incorporates the back and face. A steam exfoliation with a massage softens and soothes the tired muscles of the back. The face is treated to invigorate the skin and target any problem areas. This facial integrates Australian Native blends of essential oils and pure botanicals that work to nourish, soothe, strengthen and heal the face from the harsh effects of shaving and every day life.

Trajanje / Duration: 90min.

€65



Tretmani lica ~ od Mora / Facial Treatments ~ Of the Sea

LI'TYA OKEANSKI OPORAVAK

Tretman dizajniran za revitalizaciju kože, bogat sastojcima iz mora, Marine Algae, Bull Kelp, i Mother of Pearl. Vaša koža će biti čista, hidrirana i regenerisana ovim tretmanom, a pre toga ćete uživati u masaži lica kakvu već decenijama primenjuju Aboridžini, a fokusira se na određenim tačkama lica i masaži ramena. Kako biste upotpunili tretman, Vaš terapeut će upotrebiti masku za lice, kako bi maksimalno tretirao Vaše lice, dok Vi uživate u LI'TYA POLAMA masaži ruku ili JINA masaži nogu. Vaša koža će biti potpuno osvežena, relaksirana i revitalizovana.

LI'TYA OCEAN RENEW

Designed for skin revitalization integrating the use of rich marine nutrients such as Marine Algae, Bull Kelp, and crushed Mother of Pearl. Your skin will be cleansed, exfoliated and hydrated before being treated to LI'TYA's deeply relaxing Aboriginal inspired facial pressure point and shoulder massage. To complete your therapist will apply your prescribed treatment mask to treat individual skin conditions whilst you relax with a LI'TYA POLAMA hand or JINA foot massage. Your skin will be left nurtured, nourished and renewed.

Trajanje / Duration: 45 minutes

€35

LI'TYA DUBINSKI OKEANSKI OPORAVAK

Koristeći elemente koji su izuzetno bogati nutritivno, kako bi izlečili i ojačali Vašu kožu, Marine Collagen, Kelp, Marine Algae i Mother of Pearl ekstrati, deluju tako što dubinski čiste i obnavljaju Vašu kožu. Mother of Pearl u sebi sadrži anti-age elemente, zbog činjenice da u sebi sadrže osnove amino-kiselina. Specijalno preporučljiva maska za dubinsko čišćenje, koristi se i kao preporuka za izvanrednu mekoću i čistoću kože lica, a naročito se preporučuje u kombinaciji po Vašem izboru LI'TYA POLAMA masaže ruku ili LI'TYA JINA masaže nogu. Još od davnina, Aboridžini su koristili specijalnu tehniku masaže za lice i ramena, koja se primenjuje i čini Vas potpuno relaksiranim, nakon čega se upotrebljava ova maska koja hidrira i omakšava kožu, a kako biste upotpunili ritual relaksacije, primenjuje se i LI'TYA PAUDI masaža glave, nakon čega će Vaša koža biti potpuno čista, sveža i revitalizovana.

Trajanje: 60 minutes

€45

LI'TYA DEEP OCEAN RENEWAL

Drawing on powerful nutrients rich in marine elements to heal and strengthen the skin. Marine Collagen, Kelp, Marine Algae and Mother of Pearl extract work to deeply cleanse and exfoliate the skin. Mother of Pearl also acts as an anti-aging element due to its high content of essential amino-acids. A specially prescribed deep cleansing mask is applied to offer superior refining and clarifying of the skin whilst you relax with your choice of LI'TYA POLAMA Hand Massage or LI'TYA JINA Foot Massage. The powerful yet serene Aboriginal inspired pressure point massage for the face and shoulders will leave you completely relaxed before a second mask is applied to hydrate and soothe the skin whilst you receive the uplifting LI'TYA PAUDI Scalp massage to complete this ritual of serenity that will leave your skin cleansed, renewed, nourished and revitalized.

Duration: 60 minutes

€45



Piling tela ~ od Zemlje / Body Exfoliation ~ Of the Earth

LI'TYA YANKO -znači 'pesma tekuće vode'

Po Vašem izboru, kombinacije australijskog prirodnog aromatičnog ulja, u kombinaciji sa pustinjskim solima u ovom potpuno energentskom tretmanu tela očistiće i Vaš duh, revitalizovati Vaš energetski nivo i doprineti čistoći i elastičnosti Vaše kože. Topla voda uklanja stres, a u kombinaciji sa Cherry Adler losionom za telo, učiniće Vašu kožu mekom kao saten. Ovo je izvanredno iskustvo za Vaše telo, nakon kog će ono zablistati.

LI'TYA YANKO -means 'song of running water'

With your choice of Australian native aromatic oil blends followed by Desert Salts to exfoliate, this full body energising scrub will cleanse the spirit, revitalize the energy bringing tone and clarity to the skin. Warm water washes away stresses of the outside world before the application of Cherry Alder body lotion, which will leave your skin silky smooth and supple. This is a sensory experience for the body which leaves skin invigorated and glowing.

Trajanje / Duration: 40 minutes

€30

LI'TYA YANKO JINDALEE

znači 'pesma tekuće vode na koži'

Energetska terapija za telo koja revitalizuje, čisti i obnavlja strukturu kože. Korišćenjem kombinacije australijskog prirodnog aromatizovanog ulja i pustinjske soli po Vašem izboru, Vaša koža će biti u potpunosti čista i glatka. Topla voda uklanja stres, a u kombinaciji sa Cherry Adler losionom za telo, učiniće Vašu kožu mekom kao saten. Ovo je izvanredno iskustvo za Vaše telo, nakon kog će ono zablistati. LI'TYA YANKO JINDALEE uključuje i prilagođen tretman lica, dizajniran tako da dubinski čisti, osvežava i hidrira kožu lica. Savršeno smirujuća LI'TYA PAUDI masaža glave, u kombinaciji sa našom izvanrednom Quandong maskom za kosu, ostavlja Vaše telo u potpunosti oslobođeno od stresa i tenzije. Potpuno superiorno iskustvo za telo i lice.

Trajanje / Duration: 75 minutes

LI'TYA YANKO JINDALEE

means 'song of running water on skin'

An energizing full body exfoliation therapy to recharge, cleanse and revitalize the body. With your choice of one of our Australian Native Aromatic Oils blended with our Desert Salts, your skin will be left cleansed and purified. Warm water washes away the stresses of the outside world before an application of hydrating Cherry Alder Body Lotion to leave your skin silky smooth. LI'TYA YANKO JINDALEE includes a tailored result driven facial treatment designed to deeply cleanse, smooth and hydrate the skin. The mind melting LI'TYA PAUDI scalp massage with our nourishing Quandong hair mask eases the body of any remaining stress and tension. A truly superior experience for the face and body.

€55





Piling tela ~ od Mora / Body Exfoliation ~ Of the Sea

LI'TYA DUBINSKO ČIŠĆENJE TELA MORSKIM SOLIMA

Osvežavajući i izvanredan kompletan tretman tela, koji spaja prirodna aromatična ulja Frangipani i Ylang Ylang kao i australijske morske soli, kako bi očistili i regenerisali kožu. Topla voda uklanja stresove spoljašnjeg sveta, a pre nje to učini rafinirana krema Pearl i Pepermint, koja stimulise cirkulaciju, uklanja napetost mišića, čineći Vaše telo i dušu potpuno relaksiranim.

LI'TYA SEA SALT BODY BUFF

A refreshing and invigorating full body exfoliation therapy that integrates the native aromatic oils of Frangipani and Ylang Ylang and Australian Sea Salts to cleanse and purify the skin. Warm water washes away the stresses of the outside world before an application Pearl & Peppermint Refining cream which stimulates circulation, soothes tired muscles leaving your body feeling nourished and your spirit revived.

Trajanje / Duration: 40 minutes

€30

LI'TYA TRETMAN KOŽE OD GLAVE DO PETE

Osvežavajuća terapija koja dubinski čisti kožu, koristi se za telo i lice, a kombinuje prirodna aromatična ulja Frangipani i Ylang Ylang, kao i izuzetne australijske morske soli, koje hidriraju kožu, i dozvoljavaju toploj vodi da ukloni svu tenziju, i probudi vitalnost. Hidrirajući tretman lica, čini kožu relaksiranom, svežom i hidriranom, kroz dubinsku masažu glave i Quandong masku za kosu koji otklanja svakodnevnu tenziju. Ovo je kompletan ritual za telo, lice i glavu.

Trajanje / Duration: 75 minutes

LI'TYA HEAD TO TOE SEA SALT BODY BUFF

A refreshing and cleansing skin smoothing exfoliation therapy for face and body utilizing native aromatic oils of Frangipani, Ylang Ylang and pure Australian Sea Salts to purify the skin before allowing the warm water to wash away tension and awaken vitality. A hydrating facial treatment leaves the skin soothed, refreshed and hydrated whilst a deeply relaxing scalp massage and hair treatment with nourishing Quandong Hair Mask removes every ounce of tension. A complete ritual of tranquillity for body, face and scalp.

€55

Tretmani tela ~ od Zemlje / Body Treatments ~ Of the Earth

LI'TYA MALA MAYI -znači 'hrana za telo'

Ovo je kompletno, umirujuće i fantastično iskustvo za Vaše telo. Nakon uzbudljivog odabira s Vaše strane australskih pustinskih soli i aromatičnih ulja, Vače telo će biti obloženo toplim slojem minerala za telo po Vašem izboru. LI'TYA PAUDI masaža glave, sa Quandong maskom za kosu, omogućavaju Vam da odlutate u drugu realnost. Vaš tretman se završava sa LI'TYA KODO savršenom masažom celog tela, kako biste se oslobodili svih tenzija i ostavili Vašu kožu u stanju potpune relaksacije, od glave do pete.

Trajanje:

1 ½ Hours (uključuje 40 minutes Miji kKodo masaže)	€70
2 Hours (uključuje 55 minutes Kodo masaže)	€85

LI'TYA MALA MAYI -means 'clan food'

Unwind, invigorate and celebrate with this complete body rejuvenation experience. After a restorative exfoliation with your choice of Australian Desert Salts and Aromatic Oils your body will be cocooned in a warm layer of your chosen mineral rich body mud. An Aboriginal inspired LI'TYA PAUDI scalp treatment massage with Quandong hair mask allows you to drift away to another realm. Your treatment is completed with an uplifting rhythmic LI'TYA KODO full body massage to release any remaining tension and leave your skin deeply nourished and renewed from head to toe.

Duration:

1 ½ Hours (includes 40 minutes Miji Kodo massage)	€70
2 Hours (includes 55 minutes Kodo massage)	€85

Tretmani tela ~ od Mora / Body Treatments ~ Of the Sea

LI'TYA SAFIRNI TRETMANI IZ MORA

Relaksirajte i oslobodite Vaše telo kompletnim anti-age iskustvom. Kako biste započeli Vaše uživanje, tu je Mother of Pearl piling tela, sa kojim će Vaše telo biti obloženo toplim i vitaminiziranim Pearl & Kelp Body blatom koje čisti i regeneriše Vašu kožu, naročito dok budete uživali u LI'TYA PAUDI masaži glave. Nakon toga ćete se potpuno prepustiti i osloboditi stresa uživajući u LI'TYA SUSU DEW masaži što predstavlja jedno zaista fantastično iskustvo.

Trajanje:

1 ½ Hours (uključuje 40 minutes Miji Susu Dew masaže)	€70
2 Hours (uključuje 55 minutes Susu Dew masaže)	€85

LI'TYA SAPPHIRE SEA WRAP

Unwind, relax and nourish your body with this complete anti-aging rejuvenation experience. To begin you will be energized and nourished with a complete Mother of Pearl body exfoliation before being cocooned in warm and vitamin packed Pearl & Kelp Body Mud which works to cleanse and deliver essential nutrients to the skin, whilst you enjoy an Aboriginal inspired LI'TYA PAUDI scalp treatment massage. You will then surrender any remaining tensions to a rhythmic LI'TYA SUSU DEW massage to complete this truly renewing experience.

Durations:

1 ½ Hours (includes 40 minutes Miji Susu Dew massage)	€70
2 Hours (includes 55 minutes Susu Dew massage)	€85

Putovanje masažom ~ od Zemlje / Massage Journeys ~ Of the Earth

LI'TYA KODO - znači 'melodija'

Ova ritmična masaža tela, inspirisana je tradicionalnim australijskim aboridžinskim tehnikama, koje rade po principu balansa i obnove energije, oporavljajući i telo i duh. Kombinacijom pritiska određenih tačaka i pokreta, radeći na opuštanju mišića i oslobađanju od bola mišića, telo će biti potpuno relaksirano. Odabir prirodnih aromatičnih ulja, dodatak je koji ispunjava Vaše individualne potrebe- da harmonizuje, detoksikuje ili oporavlja.

LI'TYA KODO - means 'melody'

This rhythmic body massage is inspired by traditional Australian Aboriginal techniques which work to balance and re-align energy flow, enhancing mind and body wellness. A combination of pressure points and spiralling movements ground and uplift, working to relieve muscular aches and pains while leaving the body renewed and refreshed. A choice of native aromatic oils is prescribed to address your individual needs – to rejuvenate, harmonise or detoxify.

Trajanje / Duration:

40 minutes Miji Kodo ('little melody')	€35
55 minutes Kodo ('melody')	€45
85 minutes Marta Kodo ('big melody')	€65

LI'TYA – KODO ROCKS

(LI'TYA Kodo Rocks spaja Antičko Prvobitno Kamenje iz Severnozpadne Australije, koje je ručno rezbareno).

Ovo magično antičko kamenje se zagreva i kombinuje sa ritmičkom Kodo masažom tela, inspirisanom metodama tradicionalnih australijskih aboridžinskih masaža. Terapeutske veštine, kombinovane su sa pritiskom određenih tačaka i spiralnim pokretima, koji za cilj imaju opuštanje mišića i oslobađanje od bola u njima, fizičku i emocionalnu tenziju i čine da poželite da plešete od zadovoljstva. Odabir prirodnog aromatičnog ulja u skladu je sa individualnim potrebama klijenta- da harmonizuje, detoksikuje ili oporavlja.

LI'TYA – KODO ROCKS

(LI'TYA Kodo Rocks integrates Ancient Primordial Stones from North Western Australia that have been hand carved).

These magical ancient stones are heated and integrated with the rhythmic Kodo body massage that is inspired by traditional Australian Aboriginal techniques. The therapist skilfully coordinates the rocks with pressure points and spiralling movements that aim to relieve muscular aches and pains, physical and emotional tension leaving the body's energies dancing with joy. A choice of native aromatic oils is prescribed to address individual client needs – to rejuvenate, harmonise or detoxify.

Trajanje / Duration:

45 minutes Miji Kodo Rock ('little melody')	€40
60 minutes Kodo Rocks ('melody')	€55
90 minutes Marta Kodo Rocks ('big melody')	€75

LI'TYA MARMA KODO

Masaža za trudnice- Ova izvanredna i ritmična masaža tela inspirisana je tradicionalnim tehnikama australijskih Aboridžina, koji relaksiraju telo i um, donoseći potpuni balans i osećaj lakoće. LI'TYA MARMA KODO deluje izuzetno nežno i kombinuje aspekte LI'TYA KODO masaže, oslobađajući telo od tenzije, i sprečavajući osećaj disharmonije. Naša specijalno pravljen Macadamia i Camellia ulja, koriste se za ovaj tretman u cilju negovanja trudne mame i bebe.

LI'TYA MARMA KODO

Pregnancy Massage - This nurturing and rhythmic body massage is inspired by traditional Australian Aboriginal techniques which enhances mind and body bringing balance and wellness.

LI'TYA MARMA KODO works gently combining aspects of the LI'TYA KODO massage relieving built up tension within the body and prevent disharmony. Our specially crafted Macadamia and Camellia oil blend is used in this treatment to nurture the pregnant mother and child.

Trajanje / Duration:

85 minutes LI'TYA Marma Kodo 85 minutes	€60
---	-----





Putovanje masažom ~ od Mora / Massage Journeys ~ Of the Sea

LIT'YA SUSU DEW -znači 'morski sprej'

Ova ritmična masaža tela, inspirisana tradicionalnim tehnikama australijskih Aboridžina, balansira i obnavlja energiju tela, opuštajući telo i um. Kombinacija pritiska na određene tačke na telu i spiralnih pokreta opušta mišiće, telo se oslobađa bolova i potpuno osvežava. Ova masaža daje savršen osećaj svežine uz Okeansko Sanjarenje Masaža Tehniku, kombinujući Frangipani, Ylang Ylang, Sandalwood i Clary Sage u cilju relaksacije uma i buđenja sećanja na morsku obalu.

Trajanje:

40 minuta Miji Susu Dew

55 minuta Susu Dew

85 minuta Marta Susu Dew

LIT'YA SUSU DEW -means 'sea spray'

This rhythmic body massage is inspired by traditional Australian Aboriginal techniques which work to balance and re-align energy flow, enhancing mind and body wellness. A combination of pressure points and spiralling movements ground and uplift, working to relieve muscular aches and pains while leaving the body renewed and refreshed. This massage utilizes the wonderfully refreshing Ocean Dreaming Massage Blend combining Frangipani, Ylang Ylang, Sandalwood and Clary Sage to relax the mind and evoke memories of the seaside.

Durations:

40 minutes Miji Susu Dew

55 minutes Susu Dew

85 minutes Marta Susu Dew

€35

€45

€65

€35

€45

€65

Putovanje masažom / Massage Journeys

MASAŽA LEĐA

Idealna za one koji žele da pažnju posvete svojim leđima, terapeut će apsolutno osloboditi leđa svih tenzija, kao i ramena i vrat, koristeći fuziju različitih tehnika, čime se ostavlja utisak relaksiranosti i lakoće.

MUSCLE MELT BACK MASSAGE

Ideal for those who require focused attention on the back, the therapist will intuitively release tension on the back, shoulders and neck using a fusion of different techniques individualized to leave you feeling relaxed supple and smoothed.

Trajanje / Duration: 25 minutes

€35

THERAPEUTSKA MASAŽA

Posebno preporučljiva ukoliko patite od bolova ili ukočenosti. Kompletna masaža tela opušta sve mišiće i doprinosi harmoniji tela i uma.

THERAPEUTIC MASSAGE

Especially beneficial if you are suffering from aches, pains and stiffness. A full body deep tissue massage to ease tense muscles, bringing harmony to the mind and body.

Trajanje / Duration: 55 minutes

€45

DUBINSKA MASAŽA

Kako biste obnovili energiju Vašeg tela i popravili cirkulaciju sa ovom dubinskom masažom, maser će potpuno otkloniti tenziju sa specifičnih delova tela. Ovom masažom opuštaju se mišići zategnuti zbog prekomerne upotrebe teretane i poboljšava se cirkulacija tela, povezana sa pojavom celulita. Moćna detoksikujuća esencijalna ulja Juniper, Mint i Lemon Myrtle u potpunosti će opustiti Vaše mišiće i ostaviti Vašu kožu potpuno oporavljenu, obnovljenu, a telo oslobođeno od bola i tenzije.

DEEP TISSUE MASSAGE

Re-charge your body and kick start your circulation with this deep tissue massage. The masseur will relieve tension from specific areas of the body, either to release lactic acid build up and muscles stiffness due to overexertion in the gym or to improve fluid retention and poor circulation associated with cellulite conditions. The powerful detoxifying essential oils of Juniper, Mint and Lemon Myrtle will relieve muscle tension and stiffness leaving you with a re-conditioned skin tone and feeling completely re-charged and free from aches and pains.

Trajanje / Duration: 55 minutes

€45

LI'TYA PAUDI MASAŽA TEMENA GLAVE I RAMENA

Masaža je inspirisana tradicionalnim metodama Aboridžina koje uspostavljaju balans i protok energije kroz telo i na taj način umanjuju muskulaturne bolove i nelagode. Masaža počinje ritmičkim utrljavanjem u kožu tradicionalnih i sasvim prirodnih aromatičnih ulja, a nastavlja se Paudi metodom masiranja temena i ramena kako bi se otklonio stress, a poboljšalo opšte stanje duha i svesti. Ovaj opuštajući tretman završava se toplom i hranljivom Quadong maskom za kosu koja kosi daje prelepi sjaj i pomaže problematičnoj koži temena glave.

LI'TYA PAUDI SCALP & SHOULDERS MESSAGES

Beginning with a rhythmic back massage with your choice of native aromatic oils, inspired by Aboriginal techniques that balances and re-aligns energy flow to ease those muscular aches and pains. Followed by our Paudi Scalp and shoulder massage to awaken the energy points to de-stress the mind creating focus and clarity to establish a deep and profound sense of relaxation. To finish off this indulging treatment, warm Quandong hair mask is then applied to the hair and scalp to heal, nourish and give a beautiful shine.

Trajanje / Duration: 55 minutes

€50



Mršavljenje/Detoks Tretmani - Slimming/Detox Treatments

Limegrove paket za mršavljenje/detoks

Naš exclusivni tretman za mršavljenje započinje mešavinom ulja za detoksikaciju i mineralnih soli sa primesom limunske mirte koja uklanja mrtve ćelije kože i pomaže u borbi protiv celulita i zadržavanja vode u organizmu. Tretman se nastavlja pročišćavajućom tradicionalnom crvenom Okra glinom koja je odličan diuretik i sredstvo za detoksikaciju i limfnu stimulaciju. Ova maska također ima efekat hlađenja koji jača imunitet. Nakon toga sledi naša posebno osmišljena anticelulit masaža koja daje izvrsne rezultate u oblikovanju tela. Na kraju tretmana svi toksini su eliminisani iz organizma, Vi se osećate lagani kao pero, a Vaše telo je u potpunosti osveženo.

Limegrove Slimming/Detox Package:

Our exquisite Slimming treat starts off with our Detox oil blend and lemon myrtle desert salts to remove dead skin cells and release cellulite and fluid retention. Followed by our Purifying Native Red Ochre Clay that is highly diuretic, detoxifying and a lymphatic stimulant. This mask also has a cooling effect to boost the immune system. Our specific cellulite massage is then introduced that is remarkable for body contouring. You are left feeling eliminated from all toxins, light as a butterfly and your entire body is replenished.

Trajanje / Duration: 1 Hour and 40 minutes	1 tretman /session	€70
	5 tretmana /sessions	€280
	10 tretmana /sessions	€500

Limegrove masaža za mršavljenje

Naša posebna masaža za mršavljenje pospešuje rad limfnog sistema kroz drenažu, podstiče izbacivanje toksina i u isto vreme pospešuje rad sistema za varenje. Tretman uljem za detoksikaciju pomaže značajnoj redukciji celulita i stimuliše sva čula što za rezultat ima jačanje imunog sistema. Vaše telo se budi puno vitalnosti i snage.

Limegrove Slimming Massage:

Our specifically designed Slimming massage is created to detoxify, drain the lymphatic system and at the same time aids the digestive system. Our Detox Oil Blend will help reduce visible signs of cellulite, stimulate and uplift your senses - boosting your immune system. Your entire body is awakened with vitality and stamina.

Trajanje / Duration: 40 minutes	1 tretman/session	€40
	5 tretmana/sessions	€160
	10 tretmana/sessions	€290



Stopala i Ruke ~ od Zemlje / Hands & Feet ~ Of the Earth

ZA STOPALA/ FOR THE FEET

LI'TYA MIJI JINA -znači 'mali otisak stopala'

Otklanja tenziju i tretira Vaše noge sa ovim izvanrednim i reklaksirajućim tretmanom. Počinje sa natapanjem Vaših stopala u australijske prirodna cveća i voća, u kombinaciji sa pustinjskim solima, kako bi se koža regenerisala i postala potpuno meka. Naša savršena pepperberry maska za stopala upotpunjava hidrataciju i omekšava kožu. Ovaj tretman će poboljšati kompletno telo i otkloniti tenziju u Vašim nogama i stopalima.

LI'TYA MIJI JINA -means 'little footprint'

Soak away tension and treat your feet to this wonderfully relaxing and grounding treatment. Begin with soaking your feet in Australian native flowers and fruits followed by an invigorating Desert Salt exfoliation to remove rough skin. Our warming Pepperberry foot mask is then applied to hydrate and soften the skin. Complete with a decadent foot massage, this foot treatment will rejuvenate the entire body and whilst melting away tension stored in your legs and feet.

Trajanje / Duration: 30 minutes

€20

LI'TYA MARTA JINA – Spa Pedikir -znači 'otisak stopala'

Sa našim LI'TYA JINA, bićete izloženi svim aspektima LI'TYA MIJI JINA, kao i detaljnom tretmanu noktiju uz lakiranje noktiju po Vašoj želji.

LI'TYA MARTA JINA – Spa Pedicure -means 'footprint'

With our LI'TYA JINA, you will receive all aspects of the LI'TYA MIJI JINA as well as detailed nail and cuticle work along with your choice of a nail colour application

Trajanje / Duration: 70 minutes

€40



ZA RUKE / FOR THE HANDS

LI'TYA MIJI POLAMA

Spas za umorne, grube i suve ruke, koje će dobiti intenzivan i fantastičan tretman ruke, nokte i podlaktice. Počinje sa potapanjem ruku u božanstvene australijske voća i cveća. Vaša koža će biti potpuno glatka nakon dubinske maske i upotrebe morskih trava, koje Vašu kožu čine mekom i hidriranom. Osećaj užitka će biti potpun nakon masaže podlaktica i ruku, oslobađajući Vas svih oblika stresa!

LI'TYA MIJI POLAMA

Rescue tired, rough and parched hands with this intensive soothing, and replenishing treatment for hands, nails and lower arms. It begins with a softening hand soak using a gorgeous array of Australian native flowers and fruits. You are then treated to a skin smoothing exfoliation before the application of a deep nourishing mask using Tasmanian Kelp to leave your skin soft and hydrated. To complete, a nurturing massage for lower arms and hands removes every ounce of stress!

Trajanje / Duration: 30 minutes

€20

LI'TYA MARTA POLAMA – Spa Manikir – znači 'velike ruke/veliki prsti'

Sa našim LI'TYA MARTA POLAMA bićete izloženi svim aspektima LI'TYA POLAMA zajedno sa detaljnim tretmanom noktiju i lakiranjem noktiju za ekstra glamur.

LI'TYA MARTA POLAMA – Spa Manicure -means 'big hand/big fingers'

With our LI'TYA MARTA POLAMA you will receive all of aspects of the LI'TYA POLAMA along with a detailed work on the cuticles and nail treatment with your choice of nail colour for extra glamour.

Trajanje / Duration: 55 minutes

€30



Depilacija

Cele noge	€15
Polovina nogu	€8
Bikini zona	€5
Brazilska depilacija	€20
Nausnice i brada	€5
Leđa	€8 - €12
Pazuh	€8
Grudi	€8 - €12
Ruke	€8

Oblikovanje obrva: Max 30 minutes	€7
Bojenje trepavica: Max 30 minutes	€15
Bojenje obrva: Max 20 minutes	€15

Waxing

Full Leg Wax	€15
Half Leg Wax	€8
Bikini Line Wax	€5
Full Bikini Wax (Brazilian)	€20
Upper Lip & Chin Wax	€5
Back Wax	€8 - €12
Under Arm Wax	€8
Chest Wax	€8 - €12
Arm Wax	€8

Eyebrow Shape (tweezers): Max 30minutes	€7
Eyelash Tinting: Max 30 minutes	€15
Eyebrow Tinting: Max 20 minutes	€15

Pravilnik Limegrove Fitness i Spa u Metropol Palace

U cilju komfora, sigurnosti i opuštanja svih naših gostiju molimo Vas da se pridržavate sledećih pravila:

Opšta pravila

- U prostorijama spa centra strogo je zabranjeno pušenje.
- U prostorijama spa centra nije dozvoljeno korišćenje mobilnih telefona. Molimo Vas da isključite svoje mobilne telefone i ostavite ih u svom ormariću. Iskoristite vreme za opuštanje i oslobađanje od svakodnevnog stresa.
- Molimo vas da konverzacija u spa centru bude u skladu sa opuštajućom spa atmosferom.
- Sadržaje spa centra mogu koristiti osobe od 16 godina pa naviše.
- Peškire za tuširanje ćete naći u svom ormariću, molimo Vas da ih ne iznosite iz spa centra.
- Sve predmete od vrednosti ostavite u Vašem ormariću. Spa centar ne snosi odgovornost za gubitak ili oštećenje ličnih stvari gostiju.
- Obavezno se istuširajte pre korišćenja bazena i između korišćenja saune i parnog kupatila. Bade mantil i papuče su obavezne u svim prostorijama spa centra.
- Korišćenje bazena, saune i parnog kupatila nije dozvoljeno bez kupaćeg kostima.
- Obavezno stavite peškir na deo za sedenje u sauni i parnom kupatilu.
- Molimo Vas da ne ostavljate šampone i ostalu kozmetiku u tuš kabinama i u svlačionicama.
- Brijanje je dozvoljeno u muškoj svlačionici. Molimo Vas da lavaboe za sobom ostavite čiste i da brijače ne bacate

u kantu za smeće. Brijanje je strogo zabranjeno u sauni i parnom kupatilu.

- Molimo Vas da u sauni ne dodajete ulja ili druge proizvode u kanticu sa vodom bez dozvole nekog od zaposlenih.
- Molimo Vas da unosite dosta tečnosti posle korišćenja saune i parnog kupatila.
- Molimo Vas da korišćene peškire i bade mantile ubacite u korpe predviđene za to.
- Nije dozvoljeno unošenje hrane i pića u spa centar. Moguće je poslužiti se osveženjima u relax sobi i u hotelskom restoranu.
- Potrebno je da svi gosti popune i potpišu zdravstveni upitnik i upitnik o životnim navikama pre ulaska u spa prostorije.
- Ukoliko imate poklon-vaučer molimo Vas da isti ponese sa sobom i predate ga na spa recepciji prilikom dolaska.
- Svi sadržaji zavise od raspoloživosti.

Dolazak na tretman

- Molimo Vas da dođete na vreme kako biste uživali u našim sadržajima. Potrudite se da budete spremni kada terapeut dođe po vas u precizirano vreme.
KAŠNJENJE NA TRETMAN ĆE REZULTIRATI SKRAĆENJEM TRAJANJA TRETMANA ILI ĆE BITI PONUĐEN DRUGI TRETMAN BEZ NADOKNADE.
- Obavezno je nošenje kupaćeg kostima ili donjeg veša u sobi za masažu i tokom tretmana. Za pojedine tretmane ćete od terapeuta dobiti veš za jednokratnu upotrebu odgovarajući peškir koji će biti korišćen sve vreme tretmana.

Molimo Vas da tokom tretmana date do znanja svom terapeutu da li Vam je udobno, previše toplo ili hladno ili da li Vam odgovara jačina tretmana. Vaš komfor je naš prioritet.

- Ukoliko imate neku povredu, molimo Vas da to objasnite Vašem terapeutu. Terapeut Vam može preporučiti odgovarajući tretman u cilju Vaše udobnosti i maksimalnog opuštanja.
- Na Vama je da odlučite da li želite razgovor tokom tretmana. Ako imate bilo kakva pitanja ili želite da razgovarate sa terapeutom, slobodno učinite to. Terapeut će se ponašati u skladu sa Vašim željama.
- Nadamo se da ćete uživati u vremenu provedenom kod nas.
- Vaši komentari su uvek dobrodošli.

Spa ture

- Spa ture se moraju zakazati i moraju biti van radnog vremena spa centra.

Politika otkazivanja

- Ukoliko želite da otkazete tretman, molimo Vas da nas obavestite 24h pre tretmana. U suprotnom će 50% od cene tretmana biti naplaćeno. Podaci o kreditnoj kartici mogu biti traženi u cilju potvrde rezervacije.

Radno vreme Limegrove Fitness & SPA Centar je od 7:00-23:00



Limegrove Fitness & Spa Etiquette at Metropol Palace

In the interests of the comfort, safety and relaxation of all our guests we ask that the following guidelines are followed at all times:

General

- The Spa and its environs are strictly NO SMOKING areas.
- We do not allow mobile phones in the spa areas, please leave them switched off in your locker. This is the time for your body and mind to release the worries and stresses of the day.
- Please conduct all conversations at levels consistent with a relaxing Spa environment.
- The Spa & its facilities are open to persons aged 16 and over.
- Shower towels can be found in your lockers, please do not take shower towels outside.
- Please leave all items of value in your locker. The Spa is not responsible for loss of or damage to a guest's personal belongings.
- Always shower before using pool facilities and between sauna and steam rooms. A robe & slippers should be worn in all spa areas.
- Swimwear is compulsory in Steam, Sauna and pool areas.
- A towel should always be placed on sauna and steam room benches between you and the bench.
- Please do not leave toiletries in showers or wet vanity areas.
- Shaving is permitted in the male changing rooms. However, please ensure that wet vanity areas are left clean. Razors should not be placed in any of the waste bins and shaving is strictly prohibited in the saunas and steam rooms.

- Please do NOT add oils or other products to the sauna bucket water without first speaking to a member of staff.
- Please ensure you drink plenty of fluid to re-hydrate after use of the sauna and steam rooms. Please place all used towels in the baskets provided.
- Food & drink should not be brought into spa for consumption during your visit. Refreshments are available in the relaxation areas and the Hotel Restaurant.
- All guests will be required to complete and sign a health & lifestyle questionnaire upon arrival prior to entrance to the spa facilities.
- If you have a gift voucher please remember to bring this with you on the day to hand to Reception
- All facilities are subject to availability.

When Taking a Treatment

- Please arrive in good time to enjoy the facilities and ensure that you are ready to be collected by your therapist at the allotted time. TIME LOST THROUGH LATE ARRIVAL WILL RESULT IN A SHORTENED OR AMENDED TREATMENT BEING OFFERED WITHOUT REFUND.
- Underwear or suitable swimwear should be worn into the treatment room and during treatments. For some treatments you will be provided with disposable undergarments by your therapist, and suitable towel draping will be used at all times.
- During treatments, please let your therapist know if you are comfortable or uncomfortable, too warm or too cold, or if their pressure is too light or too firm. Your comfort and care is our greatest concern and priority.

- If you have a particular injury or physical condition, please explain it to the therapist. They can suggest appropriate adjustments to the treatment for your comfort and enhancement.
- There is no pressure to talk during a treatment. It is entirely up to you. If you have any questions or would like to talk, certainly do so. The therapist will take their cues from you. If you are quiet they will be too.
- We hope you enjoy this interlude of pampering and relaxation.
- Your comments are always welcome.

Spa Tours

- Spa Tours are by appointment only and can be conducted outside of the spa's operating hours.

Cancellation Policy

- Please note 24 hours cancellation notice is required for all bookings and services otherwise 50% of the total treatment price will be charged. Credit card details may be required in order to confirm a booking.

Limegrove Fitness & SPA Opening hours are from 7:00-23:00





METROPOL PALACE
A LUXURY COLLECTION HOTEL

Belgrade

Bulevar kralja Aleksandra 69, 11000 Belgrade.

Telephone: +381 11 3333 111

Hotel Guests call direct for enquiries on 111

Email: spa@metropolpalace.com

www.metropolpalace.com



L I M E G R O V E ^{TM & SM}

owned by C & G SPA CREATORS LTD.

www.spacreators.com



spa creators