



LD Spa

For lightness of being

AN EXOTIC EXPERIENCE BLENDING CULTURES AND TECHNIQUES FROM ALONG THE SILK ROAD
EXPERIENCED THAI & AYURVEDIC THERAPISTS NATURAL PRODUCTS CREATED ESPECIALLY
FOR LEŠIĆ DIMITRI PALACE USING HERBS ORGANICALLY GROWN IN DALMATIA, INDIA AND ASIA



Reservations:

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LD Spa Menu

Please inform your therapist if the treatments are too strong or too weak so that she can adjust the pressure to suit your personal preference.

THAI EXPERIENCES

THAI TRADITIONAL MASSAGE

60/90/120 MINUTES

Thai traditional massage is rhythmic oil-free massage. A blend of passive slow stretching movements and acupressure in meditative surroundings enables this healing art to simultaneously evoke a feeling of total relaxation and renewed energy. The masseuses use their hands, thumbs, fingers, feet, legs, knees and elbows to free the tension held within the body. Comfortable loose fitting clothing are provided for this exquisite, traditional experience.

THAI WITH OIL MASSAGE

60/90 MINUTES

Is a variant of Traditional Thai massage using herbal oils combine a mix of stretching, firm pressure and deep rhythmic movements along meridian of the body. It is perfect for anyone who is particularly stressed, needs invigorating or balancing, or those who just appreciate a treatment using firmer pressure.

THAI HERBAL COMPRESS MASSAGE

90 MINUTES

A deep massage useful for relieving pain and inflammation, as well as relieving stress and enhancing both body and mind using a traditional Thai hot herbal compress followed by a massage with herb oils. The massage relieves aches and pains, reduces inflammation and swelling, improves muscle tone, stimulates connective tissue, reduces stiffness of tendons and improves blood circulation.

AYURVEDA EXPERIENCES

ABHYANGA MASSAGE (Ayurvedic whole body massage)

60/90 MINUTES

Abhyanga is an ancient Indian Ayurvedic oil massage therapy for healing and detoxifying body, mind and spirit. A variety of Ayurvedic techniques is applied to work along the energy channels of your body in a synchronized manner to restore the flow of vital energy, Prana, where it has become blocked. Abhyanga improves physical consistency, sleep patterns and eye sight. It helps to liquefy toxins and induces relaxation, whilst eliminating impurities. Often referred to as an anti ageing therapy.

TRADITIONAL AYURVEDIC YOGA MASSAGE

90 MINUTES

Considered by world experts as one of the most complete massage techniques available, AYM combines traditional Indian massage (Abhyanga) with Yoga postures. Slow, rhythmic and deep touches, using natural oil and calamus powder.

AYM works all the muscles and joints, improving breathing and blood circulation as well as boosting vital energy, promoting the individual's balance. Because of its complexity, sophistication and depth, AYM brings benefits at every level: physical, mental and energetic.



GARBHINI ABHYANGA (Mother-to-be massage)

90 MINUTES

Massage during pregnancy is very important. Alongside the development of the baby, physical discomfort and changes at other levels, especially emotional, effect the mother-to-be. Massage stimulates blood and lymphatic circulation, ensuring greater oxygenation of cells. It opens up more space for breathing, bringing greater emotional tranquility, through the release of endorphins. It prepares the body for natural childbirth, benefiting the whole region of the spine, greatly improving posture, whilst reducing pain in the lower back, shortness of breath and fatigue.

NOTE: Medical permission is required for pregnancies up until 4 months.

SHIRODHARA (Ayurvedic forehead oil flow treatment)

30/50 MINUTES

Shirodhara is a luxurious and easy way to achieve instant calm and rejuvenation. It derives from two Sanskrit words: shiro and dhara. Shiro means head and dhara means to flow. It involves the warm and consistent flow of aromatic oils on the forehead, specifically on the Ajna Chakra. The oils are allowed to flow over the scalp and through the hair, creating a blissful sensation. It is one of the most divine and relaxing therapies. The effect is enhanced when combined with Abhyanga Massage.

SHIRO ABHYANGA (Ayurvedic head massage)

60 MINUTES

This ancient experience relaxes, tones and eases muscle tension in the neck, head, scalp and shoulders, it also aids in the elimination of toxins by stimulating circulation, creating a positive energy flow through the chakras leaving you in a state of tranquillity and peace.

OTHER EXPERIENCES

SWEDISH CLASSIC MASSAGE

60/90 MINUTES

Swedish massage is the manipulation of the superficial layers of the muscles against the bone; it relaxes the body, increases circulation, removes metabolic waste products, and can help the recipient obtain a feeling of connectedness.

DEEP TISSUE MASSAGE

60/90 MINUTES

For those who play sports and would like to enhance their results, this deep tissue massage is a great tool since it prepares and recovers muscles while relieving soreness. With strong and fast movements, it improves circulation, tones the tissue and helps eliminate post-exercise toxins such as lactic acid, which is responsible for the “day-after soreness.”

LYMPHATIC DRAINAGE

60 MINUTES

The lymphatic system is an extremely important part of the body’s circulatory system, also playing a vital role in immune function. Manual Lymphatic Drainage is a therapy designed to support the healthy functioning of the lymph system, including detoxification of fluid wastes and eliminating excess fluid. This helps to clear the body of toxins and stimulate the immune system.

AROMATHERAPY MASSAGE

60/90 MINUTES

A holistic experience based on the application of carefully blended essential oils in a nourishing vegetable base using lymphatic and pressure point massage techniques to maintain and promote physical, psychological, and spiritual well-being. Choose from grounding, invigorating, detoxifying spice, wild rose or stimulating oils, to intensify the therapeutic effects of this age-old treatment.

FOOT REFLEXOLOGY

30/50 MINUTES

Reflexology is performed to help restore and maintain the body’s natural equilibrium. This gentle therapy encourages the body to work naturally to restore its own healthy balance. It is a myth that reflexology should be painful to be effective, the slightest touch can have a marked effect on a persons overall well being, stimulating reflex points to restore energy flow to the body as a whole.

SEA SALT BODY SCRUB

30 MINUTES

A gentle cleaning treatment that stimulates the blood circulation through the lymphatic system. Dead cells are removed and your skin will look and feel positively radiant, soft and smooth.

EXPRESS RELAXATION

30 MINUTES

Short of time? We can offer a 30 minute oil massage focusing on a particular area according to your preference or need.

WELLNESS PACKAGES

Pamper yourself with these spa wellness packages by combining treatments in a single session. We have combined some of our most popular treatments to bring wellness to your life.

VENICE

135 MINUTES

Welcome foot soak - 15’/ Foot reflexology - 30’/
Thai massage (traditional or with hot oil) - 90’

ARABIA

135 MINUTES

Welcome foot soak - 15’/ Sea salt body scrub - 30’/
Aromatherapy massage - 90’

CHINA

135 MINUTES

Welcome foot soak - 15’/ Thai with hot oil massage - 60’/
Thai herbal compress massage - 60’

AYURVEDA DETOX REJUVENATION PACKAGES

Our Ayurveda packages have been created to bring you positive health benefits as well as a thoroughly enjoyable experience based on the best of Ayurveda. Below are three example versions to choose from. Our Ayurveda health consultants are also available to advise and create personal packages according your body type needs.

INDIA REJUVENATE

135 MINUTES

Pranayama - 15’/ Marma therapy massage - 90’/
Shirodhara - 30’

INDIA D-STRESS

135 MINUTES

Pranayama - 15’/ Hidrotherapy - 30’/
Traditional Ayurvedic yoga massage - 90’

INDIA DETOX

150 MINUTES

Pranayama - 15’/ Gharshana - 30’/ Udwarthana - 45’/
Abhyanga massage - 60’