

KVARNER - CROATIA



Natural Therapeutic Factors
of the Island of Vitality





PRESERVED NATURAL ENVIRONMENT IS A UNIQUE FEATURE OF OUR ISLAND; clean sea and air, mild climate, vegetative cover and aromatic scents with rest and relaxation will have a beneficial effect on you and will make you healthier and happier. In addition to the therapeutic factors, Lošinj offers numerous year-round programs in nature and in specialized institutions that will help you restore and maintain your impaired vitality.

The island's climate is defined by its position in the middle of the northern hemisphere. The island's favorable weather conditions were identified as early as the late 19th century by renowned Viennese medical experts, and were confirmed by long-term expert meteorological observations and research conducted by Dr. Conrad Clar and Prof. Ambroz Haračić. This is why Mali Lošinj and Veli Lošinj were proclaimed climate resorts and rehabilitation centers in 1892 under the national law of the Austrian government in Vienna. It is due to these facts that the island is now a well-known climate resort across the world.

We invite you to discover the benefits of our island and provide your family with a healthy and active holiday.

Welcome to Lošinj, the Island of Vitality!

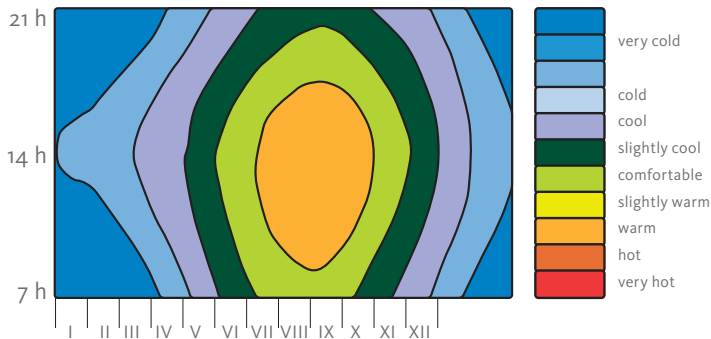


ANNUAL VARIATION OF THE FEELING OF PLEASURE

Did you know people felt very good on Lošinj because of the prevailing annual feeling of pleasure from chilly to warm and hot? The feeling of “very hot” never appears, and “very cold” is very rare.

In summer months when the feeling of pleasant and warm prevails, you can stay outdoors all day.

The feeling of heat in the afternoon hours of July and August will be mitigated by a refreshing swim in the sea or a stroll in the shade and cool of the pine trees. The abundant Lošinj vegetation will also protect you from the harsh and cold winter bora, occasionally causing a feeling of greater cold in January and February. March, April, May and October are the best months for active holidays with hiking and sports.

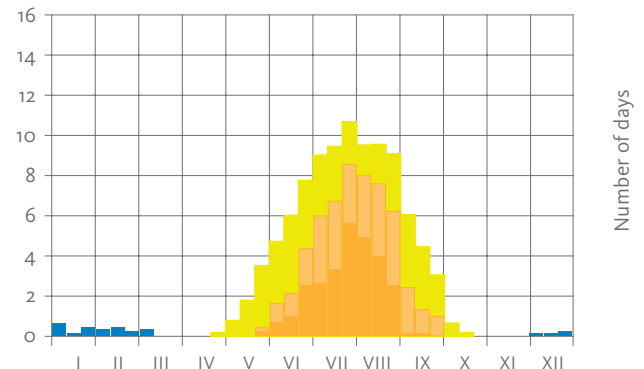


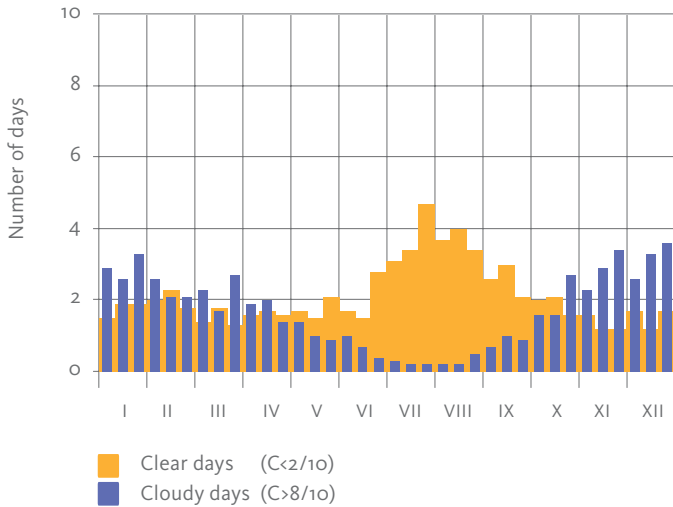
CLIMATE AND BIO-CLIMATE

The latest research confirms the benefits of Lošinj’s moderately warm and rainy climate that have been detected a long time ago. As it happens, under the direct impact of the sea, which is suitable for swimming from mid-June to late September, temperatures vary very little from the average one, the lowest (7.7°C) in February to the highest (24.5°C) in July, which suits everyone.

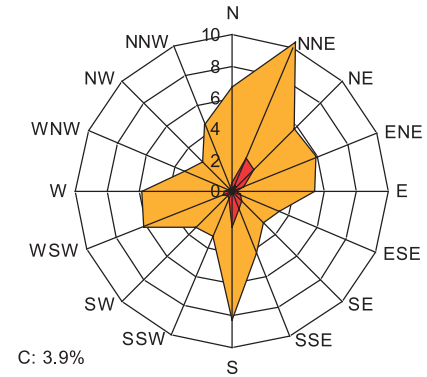
Daily temperature oscillations are also moderate, which contributes to a feeling of pleasure and reduces stress to the organism.

- Cold days (tmin < 0°C)
- Warm days (tmax ≥ 25°C)
- Warm nights (tmin ≥ 20°C)
- Hot days (tmax ≥ 30°C)



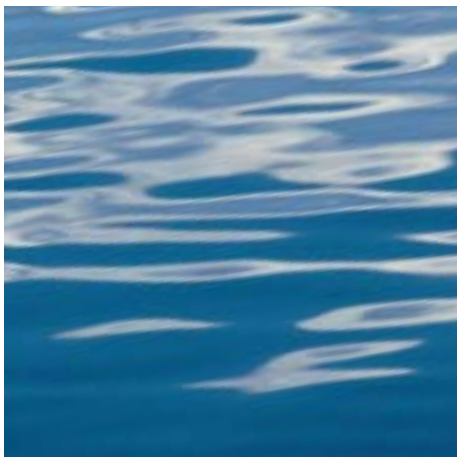


The sun shines for over 2600 hours on Lošinj, which is around 7 hours a day on the average. You can return both sunbathed and sea-bathed from Lošinj, one of the sunniest areas in Croatia. This is particularly significant in autumn and winter when the continental areas are covered with fog and clouds and a weekend on Lošinj can “recharge your batteries”.



Weak winds prevail in the annual wind rose.

Mistral, the northwest summer wind, will provide you with refreshment on hot summer days, while sailors and windsurfers will look forward to it out on the sea.



AIR - The results measured by the Public Health Institute in 2007 and 2008 show that the area of Lošinj has a Category 1 air quality. Draw deep breaths and use the natural outdoor aromatherapy, while the essential oils of the pine and marine aerosol purify your lungs.

SEA - The sea is of a high quality on the Island of Lošinj thanks to its transparency and absence of harmful substances. The temperature ranges from 11.8°C in February to a maximum of 23.6°C in August. It is suitable for swimming from June to mid-October when its average temperature is 20°C. As such, it has a beneficial effect on the human organism, relaxes and calms.

In Lošinj you can swim along the entire shoreline and the Veli žal, Punta and Poljana beaches fly the Blue Flag.

As an international environmental protection award, the Blue Flag proves the high quality of our sea and the fact that we know how to manage our environment, invest in environmental education and ensure our residents' and guests' safety.

Our sea is the most beautiful invitation we present to you!

ALGAE - 262 species of benthic algae have been registered in the sea around the Island of Lošinj. Many of them may have beneficial effects on human health thanks to their valuable ingredients and various methods of use.

Algae and sea salt – is there anything better for our skin?





FLORA - The mild Mediterranean climate has made the Island of Lošinj famous for its abundant vegetation and public gardens, on which its tourist flourishing is based. Diverse Mediterranean plants with their essential scents, colors and shapes have a beneficial effect on human health and protects against solar radiation and cold winds. According to research, there are over 1100 plant species on the island, 939 of them belonging to the autochthonous flora. As many as 230 species are classified as herbs. Famous Lošinj captains and seamen brought around 80 species from their journeys, most of them exotic plants, and planted them in the gardens around their houses. Agave, Mexican cactus (opuntia), palm trees, magnolia, myrtle, pistachio, mimosa, Indian fig (karmus-nassarah), lemon, orange and tangerine, loquat, oleander, carob, rosemary, eucalyptus, sequoia, tamaris and other plants grow here.

Landmarks include the protected park forests of Čikat and Pod Javori, containing the full abundance of Lošinj's vegetation. Lošinj is abundant in rich and diverse vegetation throughout the year. In May, when most plants are in bloom, the scenery is heavenly and the whole island just blossoms.

SUNNY DAYS - The large number of average daily and annual sunny hours attracts numerous tourists to our island because the strictly dosed solar radiation, infrared and ultraviolet rays have a favorable effect on children's growth and development, as well as recovery and recreation of adults.

We recommend you use body milk or oil with a protective factor.





PROMENADES AND TRAILS – An Aromatic Experience on Five Islands

On Lošinj, you can hike and mountaineer year-round on as much as 220 kilometers of improved trails stretching across five islands. They cover areas on the Island of Cres (Punta Križa) and on the islands of Lošinj, Ilovik, Susak and Unije. The trails are diverse – from easy hiking ones for those who are not in top physical shape to medium and very demanding mountaineering trails. The hills of Osorščica (Nerezine) and Sveti Ivan (Veli Lošinj) are very attractive for mountaineering fans, while the hiking trails running right along the shore are ideal for long walks and relaxation.

Stay mobile and discover all secrets of the numerous islands within our archipelago! Each one of them jealously conceals its interesting features and beauties! Let them become part of your unique experience!

SPORTS - the heavenly climate provides year-round sporting options. Professional athletes find a shelter here on cold winter days, while recreationists and amateurs find one throughout the year. Sporting options are very diverse, including underwater sports (diving and underwater fishing) and water sports (sailing, windsurfing, skiing, sport fishing, water polo). If you prefer onshore sports, you will be satisfied to find tennis, basketball, soccer, beach volley, bowling, boccie and fitness centers. You can rent a bike, moped or a boat, all toward a healthy and active holiday!



EVENTS ON NATURAL THERAPEUTIC FACTORS OF THE ISLAND

Since 2000, the Lošinj School of Natural Therapeutic Factors has been held regularly at the **Veli Lošinj Health Resort** on the first weekend in September. A dozen such conventions have been held, unique to both Croatia and Europe in their topics.

Professor Srđan Banac of the Medical School in Rijeka organizes field study trips to the Veli Lošinj Health Resort in autumn.

The following events will take place in **Hotel**

Aurora**** in Sunčana uvala in 2010:

5th Assembly of the Croatian Association of Pharmacy Technicians

- 15 April – 18 April 2010

Primary Healthcare Seminar

- 03 June – 05 June 2010

5th International Alcoholism Summer School

- 11 June – 13 June 2010

10-day Therapeutic Fasting School

www.izvor-zdravlja.hr/program

- 19 February – 28 February 2010
- 19 March – 28 March 2010
- 23 April – 03 May 2010



WELLNESS OFFER

Hotel Aurora****, Sunčana uvala bb, Mali Lošinj

tel.: +385 51 667 200, fax: +385 51 667 222

e-mail: hotel.aurora@jadranka.t-com.hr

www.losinj-hotels.com

[comfort zone] spa & wellness Aurora

In a unique two-level ambient designed according to the [comfort zone], a team of top therapists will provide you with unforgettable treatments, including various massages, body treatments and face care. What makes the [comfort zone] spa & wellness Aurora different are special treatments involving autochthonous plants, sea salt and essential oils in luxury spa rooms. AquaSpaGold will provide you with full relaxation for the body and mind. Aromatherapy on a waterbed will reduce the tension, improve vitality and reactivate the cardiovascular system. In the relax zone, you will find your peace in 3 differently designed relax rooms. In addition to Finnish and bio saunas, you will find a Turkish sauna, aromatized showers with tropical effects, and laconium with chronotherapy, unique to the Adriatic and providing a sea view. The extension of the spa center contains 4 indoor pools with hydro-massage and an outdoor pool, all of them with heated seawater. Surface area of the wellness facilities: 1500 m² (2500 m² including the pools)

Services:

• *Beauty Zone:*

10 rooms – 1x pedicure, 1x manicure, 2x facial care, 2x massage and 3x special treatments with luxury devices (such as waterbed, Hot Stone, Aqua Spa Gold bed - a multipurpose bed; a room for two with a hydro-massage tub with chromotherapy), 1x solarium

• *Spa zone:*

Water facilities – 5x sauna: (Finnish, bio sauna, Turkish bath, Roman bath, laconium), Kneip therapy for led circulation, ice therapy, sea salt therapy
Pool: 5x hydro-massage pools with heated seawater
Tub: Jacuzzi for 6-8

• *Fit zone:*

Program Area: cardiovascular programs, stretching programs and active programs in nature

• *reception, dressing rooms*

Hotel Punta***, Šestavine bb, Veli Lošinj

tel.: +385 51 662 000, faks: +385 51 236 301

e-mail: hotel-punta@jadranka.t-com.hr

www.losinj-hotels.com

Wellness Center Punta is situated by the sea, right next to the picturesque Veli Lošinj, a well-known climate resort.

The Beauty Center offers a wide variety of face and body treatments, including treatments based on Mediterranean essential oils and oriental massages. Discover the benefits of Lošinj's therapeutic climate and find a perfect sport for rest and relaxation in the pleasant ambient of Wellness Center Punta.

Surface area of the wellness facilities: 550 m²

(1300 m² including the pool)

Services: an indoor pool with heated seawater, a relax room, Jacuzzi (for 6), Turkish bath (2x), Finnish sauna (2x), Beauty Center (massages, beauty treatments, solarium, hairdresser), outdoor pools with heated seawater.

Hotel Bellevue***, Čikat bb, Mali Lošinj

tel.: +385 51 231 222, fax: +385 51 231 268

e-mail: hotel.bellevue@jadranka.t-com.hr

www.losinj-hotels.com

Surface area of the wellness facilities: approximately 250 m²

Services: indoor pool with heated seawater and hydro-massage, sauna, massage studio, fitness room, medical office.

Hotel Villa Favorita****, Sunčana uvala bb, Mali Lošinj

tel.: +385 51 520 640, faks: +385 51 232 853

e-mail: hotel@villafavorita.hr

www.villafavorita.hr

Services: sauna, massage, outdoor pool

Surface area of the wellness facilities: 120 m²

Kredo, Srebrna uvala, Mali Lošinj

tel.: +385 51 233 595, 238 273, fax: +385 51 238 274

e-mail: info@kre-do.hr

www.kre-do.hr

Services: Finnish sauna (max. 6 persons), mini wellness (Jacuzzi), massage and other beauty services, solarium (standing/turbo)

Hotel Manora***, Mandalenska 26b, Nerezine

tel.: +385 51 237 460, fax: +385 51 237 470

e-mail: manora@manora-losinj.hr

www.manora-losinj.hr

Surface area of the wellness facilities: approximately 160 m²

Services: sauna, massage, fitness, outdoor pool



BEAUTY

«Bella» Beauty Salon, Lošinjskih pomoraca 40

51550 Mali Lošinj

tel.: +385 51 233 394, GSM: +385 98 72 45 32

Beauty Salon Bella offers a full face and body care service and uses autochthonous aromatic herbs in treatments, such as lavender, rosemary, immortelle, myrtle, pine, eucalyptus, orange, lemon... all for the purpose of preserving and improving the body, mind and spirit health.

In addition, the salon offers face and neck myolifting services, microdermabrasion, anti-wrinkle, anti-scar and anti-herpes laser, therapeutic medical massages, medical pedicure, aquadetox and UV-free solarium.

«Katarina» Beauty and Massage Salon, Malin 46, Mali Lošinj

tel./fax: +385 51 233 043, GSM: +385 91 211 5771

In addition to the normal salon services such as facial treatments, manicure, depilation, deluxe massages (hot stone, hot chocolate, gold massage), Beauty Salon Katarina offers treatments in cooperation with the Aromatic Island Garden, such as anti-stress massages using autochthonous essential oils from the island (lavender, orange, lemon, eucalyptus...), massage and peeling with aromatic salt and essential oils from the island, and pedicure with aromatic baths or aromatic salts.

«Petra» Beauty Salon, Priko 63, Mali Lošinj

tel.: +385 51 238 006

The offer of Beauty Salon Petra includes facial beauty treatments, massages, aromatherapy and hand and nail care. It is particularly important to mention body massages and peeling with sea salts and aromatic oils of rosemary, lavender, St. John's wort, orange, tangerine, and the so-called wine-therapy using the benefits of wine and grapes for human health and beauty.

«Vita» Massage and Health Improvement Studio,

Dinka Kozulića 1, Mali Lošinj

tel.: +385 51 238 276, GSM: +385 98 962 5057

Studio Vita's entire program is focused on preservation and improvement of health, including massages and exercises. The massage range includes medical massage and lymph drainage performed with autochthonous essential oils, such as oils of lavender, rosemary and pine, which are excellent for relieving painful conditions and relaxation. The exercises include Pilates, yoga, exercises for pregnant women and corrective exercises for children. The groups are small, up to six (6) persons, because an individual approach is applied. All services are performed by Senior Physical Therapist Ana Banić, certified Pilates instructors and hata yoga teachers.



HEALTH OFFER

Veli Lošinj Health Resort, Podjavori 27, 51551 Veli Lošinj

tel.: +385 51 236 111, fax: 236 224

e-mail: ljeciliste-veli-losinj@ri.t-com.hr

www.ljeciliste-veli-losinj.hr

This is a climate resort for treatment of respiratory tract diseases and physical medical therapy and rehabilitation having a tradition of a hundred years. Numerous local and international guests combine pleasure with benefit at the Veli Lošinj Health Resort, using medical rehabilitation services supervised by a physical medicine and rehabilitation specialist and enjoying the microclimate, sun and sea. 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. In addition to basic specialist examinations, the physical therapy office provides recommendations for physical therapy, medical massage, aromatherapy (inhalation, massages, baths) and massage baths in a tub. In addition to basic specialist examinations, the dermatology office offers medical cosmetology services, including removal of wrinkles and other signs of skin ageing, 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. In 2010, the center will introduce hypo-therapy (horseback riding therapy) as a medical method of rehabilitation for children with special requirements, problems with moving organs, speech difficulties and hyperactivity.

Healthcare Center Dr. Dinko Kozulić

Priko 69, Mali Lošinj, 51550

tel./fax: +385 51 231 804,

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

www.dz-mali-losinj.com

Healthcare Center Dr. Dinko Kozulić includes an emergency service, acute-observation beds (infirmery with 14 beds) for observation and treatment of patients, hemodialysis, dental care, laboratory services, x-rays and ultrasound diagnostics. Specialist/advisory healthcare: surgeon, anesthesiologist, gynecologist, internist, physical therapist and dermatologist. Visiting specialists (ophthalmologist, ENT specialist, psychiatrist, orthopedist). The tourist clinic operates in summer months.

Tourist Clinics

In addition to the tourist clinic within Healthcare Center Dr. Dinko Konzulić in Mali Lošinj, tourist clinics are available in Nerezine and Punta Križi in summer months.

Nerezine, Vladimira Gortana bb, tel.: +385 51 237 098

Punta Križa – dr. Šime Mužić, tel.: +385 51 235 684

Private Internal Medicine Office –

Anamarija Margan, MS, MD

Ulica G.Garibaldi 35, Mali Lošinj 51550

tel./fax: +385 51 571 184

e-mail: anamarija.margan@ri.t-com.hr

The office offers a wide range of specialist and advisory services: detailed internal examinations; ECG with result interpretation; examinations and diagnostics using modern ultrasound machines; telemedicine consultations with specialists in university hospital centers, and online advice. Tourist packages measuring the efficacy of the island's natural therapeutic factors (at arrival on and departure from the island):

1. Lungo mare – spirometric lung function analysis, and
2. Cardio-Fit – EKG and blood pressure measurement.



DENTAL OFFICES

Mali Lošinj Healthcare Center, Priko 69

Dental clinic – Dario Šimunović, DOS

tel./fax: +385 51 233 731

e-mail: dom.zdravlja.zubna@ri.t-com.hr

Dental clinic – Vera Lovrić-Buljat, DOS

tel./fax: +385 51 233 732

e-mail: lovric-buljat.vera.stomatoloska.ord@ri.t-com.hr

Dental clinic – Marko Pilaš, DOS

tel.: +385 51 232 119

Dental office – dr. Dolores Gagro

Zagrebačka 56 A, Mali Lošinj

tel./fax: +385 51 231 360

e-mail: stomatolog-d.gagro@ri.t-com.hr

Dental office – dr. Svebor Bival

Šestavine bb (hotel Punta), Veli Lošinj

tel.: +385 51 236 386, fax: +385 51 236 386

e-mail: info@punta-dentist.com



Mali Lošinj Tourist Board

Riva lošinjskih kapetana 29, 51550 Mali Lošinj, Croatia

tel. | + 385 51 231 884, 231 547

fax | + 385 51 233 373

e-mail | tzg-mali-losinj@ri.t-com.hr

web | www.tz-malilosinj.hr



Town of Mali Lošinj
Tourism Office
is an affiliate member of the
United Nations
World Tourism Organisation



Mali Lošinj
Srebrni cvijet
Europe 2009
The Silver Flower
of Europe 2009