



LIFECLASS
PORTOROŽ

The World
of **Healthy**
Experiences



Portorož, Slovenia

HOTEL SLOVENIJA *****

GRAND HOTEL PORTOROŽ **** · HOTEL APOLLO **** · HOTEL MIRNA ****

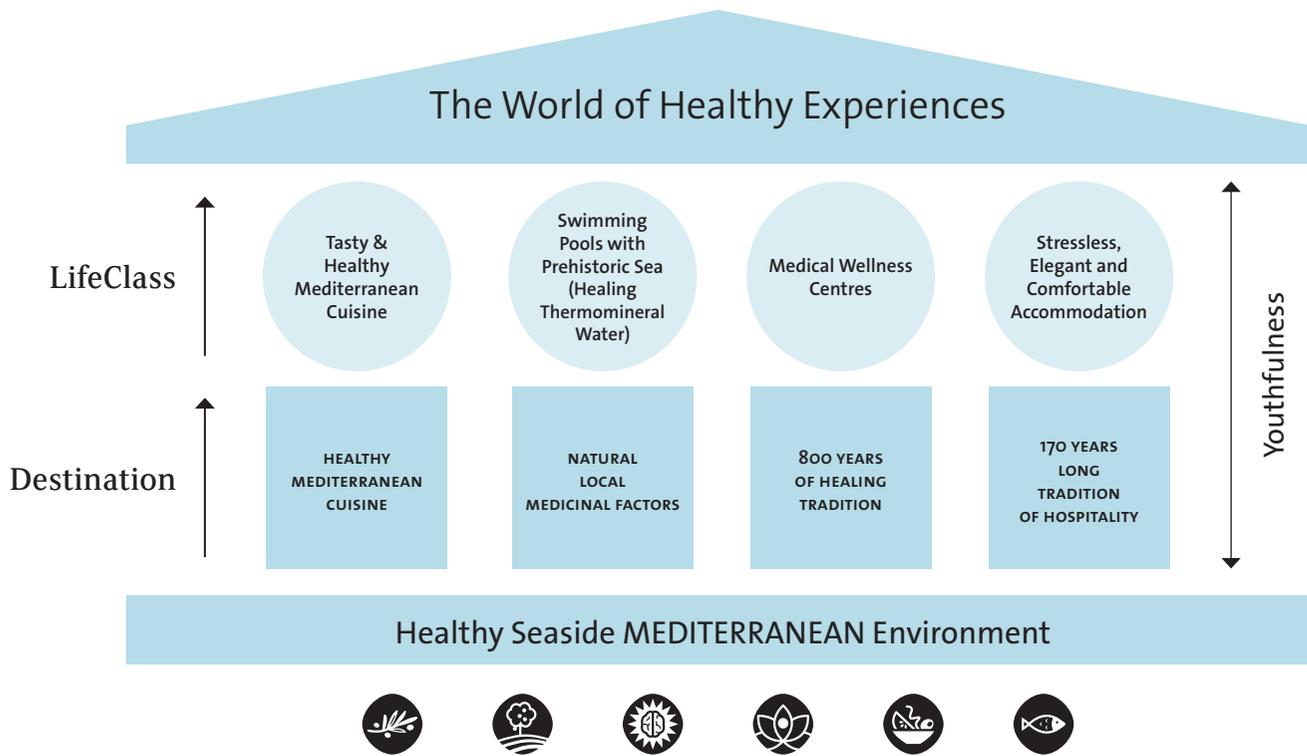
HOTEL NEPTUN **** · HOTEL RIVIERA ****



LIFECCLASS PORTOROŽ

Portorož is located in the northernmost part of the Mediterranean, which is also the northern limit, to where the olive trees grow. Here, we can find the sub Mediterranean climate due to the location which, in combination with the »jerina« or »terra rossa« red soil and hardworking population of Istria is the basis for the growth and production of high-quality olive oil, wines and Mediterranean vegetables. The sea is rich with fishes – especially blue fish like sardine and mackerel, as well as white fish like sea bass, mullets, John Dory etc. The hinterland hills, on the other hand, are rich with prestigious gifts of mother nature – truffles. The Mediterranean diet consists of all of the above and is the basis for a long, healthy and quality life.





The World of Healthy Experiences

The natural, healthy Mediterranean environment, 800 years of alternative medicine tradition and 150 years of hotel management tradition as well as healthy Mediterranean cuisine and 5 local natural medicinal factors combined with the state-of-the-art medicine have formed a unique recipe in Europe for maintaining youthfulness.





LIFECCLASS PORTOROŽ



- ① Medical Centre
Thalasso Centre
Shakti – Ayurveda Centre
Beauty Centre
Sauna Park
Swimming-pools with the thermal Prehistoric Sea
LifeFIT – Fitness Centre and Group exercises

- ② Wai Thai Centre
- ③ Swimming-pools with sea water – Sea Spa
- ④ Mediteran à la carte Restaurant

- ⑤ Café Central
- ⑥ Istrian Tapas
- ⑦ Congress Centre

- ⑧ Meduza Beach
- ⑨ Mystica Terrace
- ⑩ Riviera Casino

New Portorož. New Hotel Slovenija.

THE ENTIRELY NEW EXPERIENCE
OF A FIVE-STAR HOTEL



NEW
2016

MIND HOTEL SLOVENIJA

* * * * *

The Hotel Slovenija 5* presents the brand new experience of a five-star hotel. The journey to the green Istrian landscape, the blueness of the Mediterranean, and the crystal reflections of the local salt pans. Destination: perfect balance. Mindfulness.

Hotel Slovenija 5* was completely renovated in the year 2016 and includes 144 rooms. Guests have the possibility to escape into pure relaxation, mindfulness thanks to the new activities and ambient. The new five-star Hotel Slovenija is part of a modern winter spa resort, having access to the private five-star Meduza Exclusive beach as well as a direct connection with the new swimming pools with the thermal Prehistoric Sea and the swimming pool complex with heated sea water. Last but not least, there is an internal connection leading to the seven centres with the most comprehensive medical and wellness offer in Europe: Terme Portorož.



Hotel Slovenija
LIFECLASS

Gastronomy

Gastronomy is based on a healthy Mediterranean diet with colourful Istrian bites and the name »The Modern Istria«. Healthy and delicious local ingredients – ranging from seafood specialties to tasty Mediterranean fruits and vegetables. Hotel Slovenija 5* includes 2 new Mediterranean restaurants and 1 bar.

TREETOP RESTAURANT

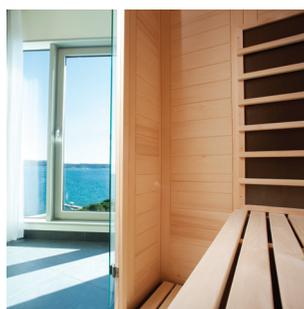
The restaurant brings to its guests the healthy and creative »Brain food« concept, midst the treetops of Portorož's pine trees.

ISTRIAN TAPAS

The trendiest Istrian restaurant in Portorož, will fascinate the guests with modern Istrian cuisine of colourful bites and its magnificent atmosphere.

SOUL BAR

The bar with wide offer of drinks and snacks is located on the ground floor of Hotel Slovenija. SOUL bar is named after the most important product and the soul of the destination: the salt. The Slovenian word »SOL« means »salt« and is pronounced the same as SOUL.



Accommodation

128 ROOMS

- 64 executive (king size) rooms
- 48 executive rooms
- 16 family rooms

16 SUITES

- 12 junior suites
- 2 SPA suites (sauna)
- 2 presidential suites

Room equipment

Air-conditioning, LCD TV, radio, telephone, mini bar, safe, free wireless internet access, meditation pillow (to be ordered in advance).

MIND & SALT CULTIVATION



The story of the Mind Hotel Slovenija 5* has started in the 13th century in a small coastal town. In Portorož, that time was an era of enlightened thinkers – the monks from a benedictine monastery, and skilful white-crystal producers – the salt panners. The significance and the intertwining of their lives is no coincidence.



Suites

The Hotel Slovenija offers hotel suites:

JUNIOR SUITE

51 m², balcony, anteroom, living room, bedroom, bathroom, shower; air-conditioning, safe, LCD TV, radio, telephone, mini bar.

Particularity: Junior suite with bathing tub and in room massage table.

Maximum capacity:

■■ + ■■

SPA SUITE

50 m², balcony, anteroom, living room, bedroom, bathroom, shower, a wall of glass between bathroom and bedroom, sauna; air-conditioning, safe, LCD TV, radio, telephone, mini bar.

Maximum capacity:

■■ + ■■

PRESIDENTIAL SUITE

85 m², balcony, anteroom, living room, bedroom, dining room, up to two bathrooms, bathing tub and two showers; air-conditioning, safe, up to two or three LCD TVs, radio, telephone, mini bar.

Maximum capacity:

■■■■■■

PRESIDENTIAL SPA SUITE

79 m², balcony, anteroom, living room, bedroom, up to two bathrooms, bathing tub and two showers, sauna and a glass wall between bathroom and bedroom; air-conditioning, safe, up to two or three LCD TVs, radio, telephone, mini bar.

Maximum capacity:

■■■■■■ + ■■

Having used mind cultivation and observation, the monks found out that the salt panners from the salt pans hardly ever had skin conditions as well as rheumatic diseases in spite of their constant exposure to the sun. For the purpose of alleviation and treatment of these problems, they gradually started to use the by-products of traditional salt cultivation, namely salt pan mud (fango) and brine (Aqua Madre). Thus, mind and salt cultivation helped develop thalassotherapy as well as health tourism in Portorož during the course of centuries.

Salt cultivation = mind cultivation. Careful and delicate salt cultivation in the sun-drenched mirror-like fields brings tolerance, balance, health and the essence of life. Both mind cultivation and salt cultivation require care and precision. They create life. Health. Are extraordinary.



GRAND HOTEL PORTOROŽ

Grand Hotel Portorož is a hotel with an exclusive offer in the centre of Portorož, just a stone's throw away from the sea. It features renovated rooms that combine elegance, tradition of salt panning and the history of Piran, a prestigious private beach, the sunny terrace, top quality Mediterranean gastronomy and experienced staff with traditional Mediterranean hospitality. The hotel is directly connected with the Terme Portorož that offers the most comprehensive spa, medical and wellness offer in Europe.

Suites

Guests of the Grand Hotel Portorož can choose among different hotel suites and superior rooms:

EXECUTIVE SUPERIOR ROOM

41 m², balcony, anteroom, living room, bedroom, bathroom; air-conditioning, LCD TV, radio, telephone, mini-bar. Maximum capacity:



JUNIOR SUITE

35 m², anteroom, living room, bedroom, two bathrooms; air-conditioning, LCD TV, radio, telephone, mini-bar. Maximum capacity:



PRESIDENTIAL SUITE

50 – 54 m², balcony, anteroom with wardrobe, living room, bedroom, two bathrooms; air-conditioning, one or two LCD TVs, radio, telephone, mini-bar. Maximum capacity:



Accommodation

Grand Hotel Portorož offers 146 double rooms, 45 triple rooms and 7 hotel suites.

Basic information about the hotel

- 7 floors
- one panoramic and two inner elevators
- two restaurants
- café
- exclusive beach
- boutique shopping centre
- garage
- parking area

Room equipment

Air-conditioning, LCD TV, radio, telephone, mini bar, safe, free wireless internet access.

Culinary offer

À LA CARTE RESTAURANT MEDITERAN

Grand Hotel Portorož offers an exquisite culinary experience comprised of selected Mediterranean and international culinary delights.

ADRIA HOTEL RESTAURANT

Hot self-service breakfasts, varied self-service dinners, with a rich salad bar as well as an appetizer and dessert bar.



Eat well. Sleep well.

ACTIVE-WELLNESS HOTEL APOLLO

* * * *

Apollo 4* Superior Hotel – a new concept of an Active-Wellness Hotel designed for guests who want to stay healthy and happy away from home with a healthy Mediterranean cuisine and natural, relaxing spaces; guests will unwind in the natural ambient of the completely refurbished and spacious rooms, that are decorated in authentic Istrian style and rich in natural elements; 87 new rooms have an in-room training zone and a yoga mat to be ordered in advance. To spice up the guest's wellbeing holiday experience, each floor carries a story of a distinguished Mediterranean herb such as basil, thyme, oregano...

Suites

Active-Wellness Hotel Apollo offers hotel suites:

JUNIOR SUITE

46 m², anteroom, living room, bedroom, two bathrooms; air-conditioning, LCD TV, radio, telephone, mini-bar.

Maximum capacity:

👤 + 👤 👤



Accommodation

Active-Wellness Hotel Apollo features 33 double rooms, 17 triple rooms, 35 quadruple rooms and 2 apartments.

Room equipment

Air-conditioning, LCD TV, radio, telephone, mini bar, safe, free wireless internet access.

Culinary offer

HERBAE RESTAURANT

Eat well at the Herbae hotel restaurant where guests can enjoy the healthy Mediterranean cuisine based on local ingredients and principles of macrobiotics.

lavandula

NEW
2016

SOCIALIZING HOTEL MIRNA

* * * *

Welcome to the most socializing hotel in Portorož. This contemporary hotel, partially refurbished in the year 2016, is designed for socializing with friends and family. Sunny terrace with swimming pool, a green playground area, a modern lobby and hundreds of board games. In spite of being situated just a stone's throw away from the sea and the beach, the hotel also boasts its own outdoor swimming pool, a direct indoor link to 10,000 m² of the thermal and wellness area as well as 101 opportunities of socializing with friends, family and colleagues. Naturally, next to a good board game that you can rent in the innovative hotel lobby.



GOOD FOOD. GOOD GAME. GOOD TIMES.



Accommodation

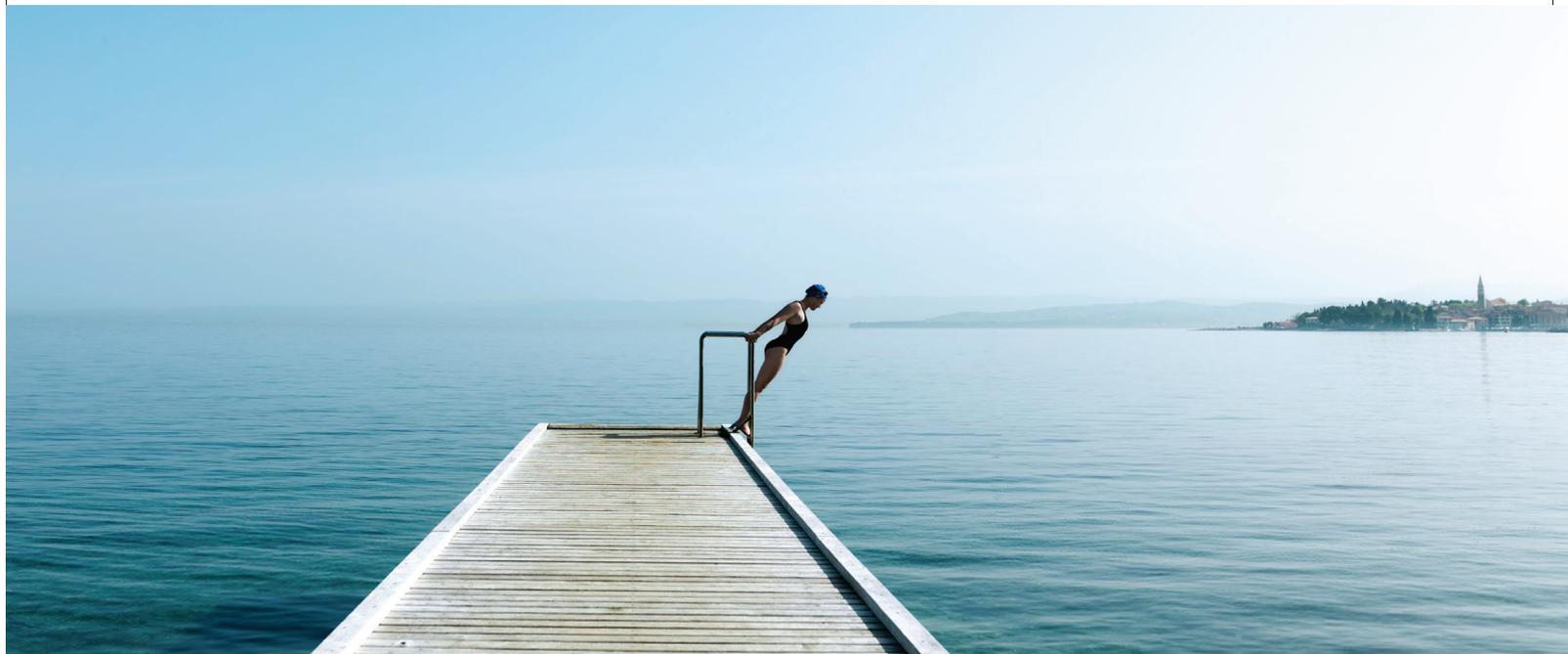
The Mirna Hotel features 78 double rooms and 2 apartments with a kitchenette. The rooms are modern and offer all the comfort of a high-class hotel. They are all very spacious allowing for an extra (third or fourth) bed to be set up.

Room equipment

Air-conditioning, LCD TV, radio, telephone, mini bar, safe, free wireless internet access.

Hotel restaurants

Rich self-service breakfasts with refreshing juices and warm drinks. Dinners are offered in one of our LifeClass Resort restaurants.



ACT-ION HOTEL NEPTUN

* * * *

Partially renovated in the year 2015, the Act-ion Hotel Neptun inspires its guests to be active in the healthy sea air, rich with negative ions. Every floor of this creative and sportive hotel is characterised with a type of recreation by the sea and is therefore a great choice for everyone who wants to live a healthy and active life.

The hotel is situated on a tranquil location above the main Portorož promenade in the vicinity of the sea. Its comfortable rooms and the nearby pine tree garden make it an ideal choice for families. A covered passage connects the hotel to the Terme Portorož and the refurbished swimming pools with the thermal Prehistoric Sea and the swimming pools with heated sea water.

act ion
hotel neptun



Accommodation

The Neptun Hotel has 85 spacious double rooms, ideal for families with children, and 2 apartments. Most rooms offer the possibility of an extra (third or fourth) bed.

Room equipment

Air-conditioning, LCD TV, radio, telephone, mini bar, safe, free wireless internet access.

Hotel restaurants

Rich self-service breakfasts with refreshing juices and warm drinks. Dinners are offered in one of our LifeClass Resort restaurants.



HOTEL RIVIERA

★ ★ ★ ★

The Riviera Hotel is a contemporary hotel with a stunning view on the gulf of Piran. It is situated in the proximity of the hotel's beach whereas inside the hotel you can find the indoor and outdoor swimming pools with heated seawater, the Wai Thai centre of traditional Thai massages and the magical Mediterranean Mystica terrace. Hotel Riviera is therefore a great choice for complete relaxation and regeneration of the body & spirit, summer gatherings, events and weddings.

Suites

The Riviera Hotel boasts 7 hotel suites:

JUNIOR SUITE

33 m², balcony, living room, bedroom, bathroom; air-conditioning, LCD TV, radio, telephone, mini-bar.

Maximum capacity:

👤 + 👤

EXECUTIVE SUITE I

53 m², balcony, living room, two bedrooms, two bathrooms; air-conditioning, LCD TV, radio, telephone, mini-bar.

Maximum capacity:

👤 + 👤 + 👤

EXECUTIVE SUITE II

75 m², two floors, anteroom, living room, two bedrooms, two bathrooms; air-conditioning, two LCD TVs, two radios, two telephones, two mini-bars.

Maximum capacity:

👤 + 👤 + 👤 + 👤

PRESIDENTIAL SUITE

68 m², two floors, two balconies, anteroom, two living rooms, two bedrooms, two bathrooms; air-conditioning, two LCD TVs, two radios, two telephones, two mini-bars.

Maximum capacity:

👤 + 👤 + 👤 + 👤



Accommodation

The four-star Riviera Hotel is a very comfortable hotel. All 176 rooms as well as the 7 suites are furnished in a picturesque Mediterranean style.

Room equipment

Air-conditioning, LCD TV, radio, telephone, mini bar, safe, free wireless internet access.

Culinary offer

RIVIERA RESTAURANT

A spacious restaurant with a view of the sea boasts an exquisite local and international culinary offer and a self-service bar.

Mystica Terrace

A wonderful state-of-the-art terrace with a view of Piran Bay, ideal for weddings.

Special offer

- Playroom for children
- Riviera Casino
- Hotels Riviera and Slovenija are connected by the swimming pool with heated sea water.

TERME PORTOROŽ

The most comprehensive thermal, health
and wellness offer in Europe



The World of Healthy Experiences

TERME PORTOROŽ

Modern
Medicine

Traditional
medicine

Wellness

Spa

Recreation

Diagnostics
Medical Centre

Thalassotherapy
Thalasso Centre

Traditional Thai
Massages
Wai Thai Centre

Swimming-
pools with
thermal
Prehistoric
Sea

Guided
activities in
the healthy
sea air
Act-ion

Prevention,
treatment and
rehabilitation
Medical Centre

Ayurveda
Shakti –
Ayurveda
Centre

Beauty
Treatments
Beauty Centre

Aesthetic
Medicine
Aesthetics and
Anti-Ageing
Centre

Traditional
Chinese
medicine

Sauna Park

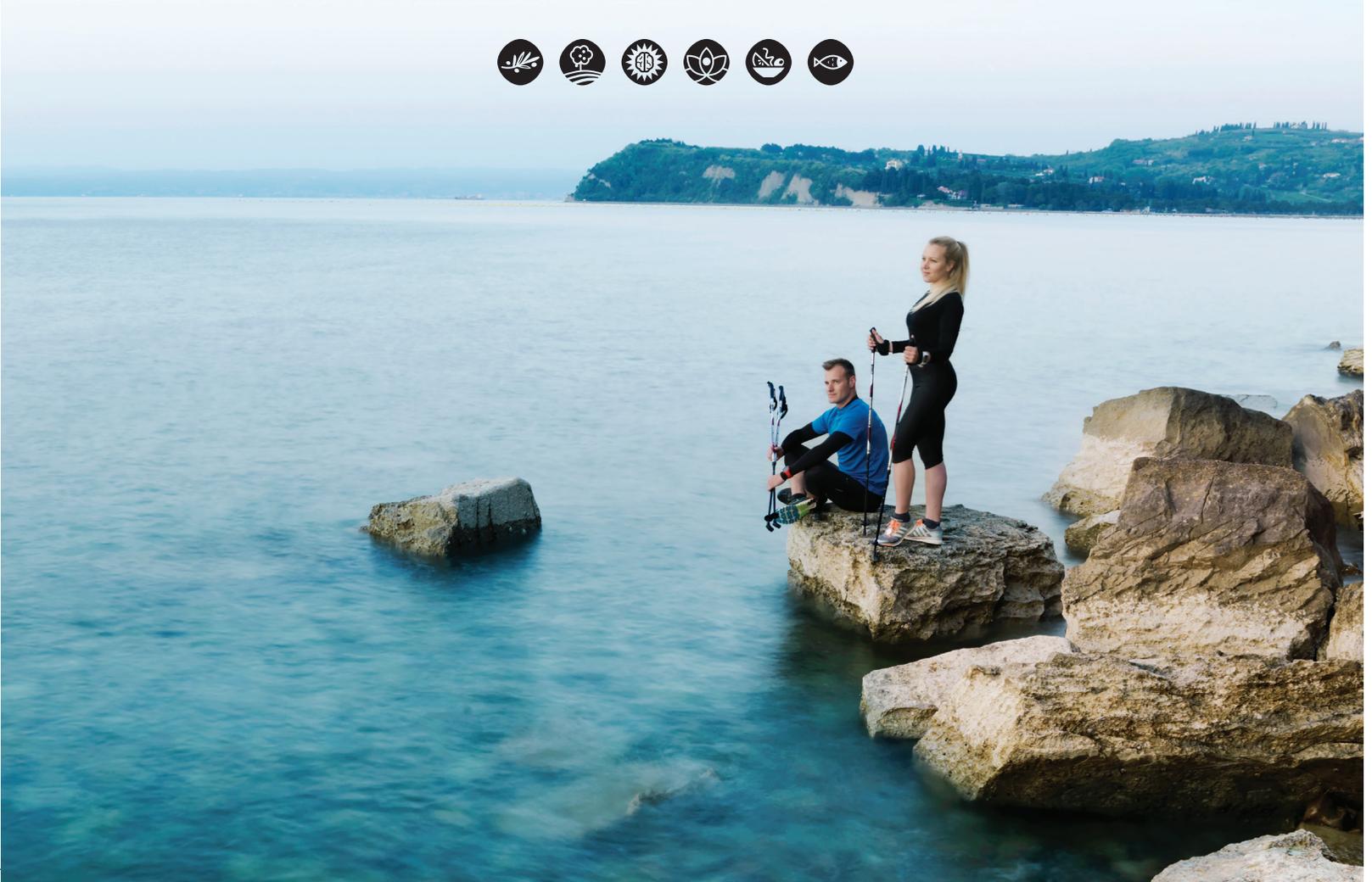
Swimming-
pools with
Sea Water
Sea Spa

Fitness
Centre
and
guided
exercise
LifeFit

Physiotherapy

The Mediterranean

A healthy natural environment, a protective diet, healing local elements





Medical Centre

The main goal of the centre is to slow down the ageing processes. It is equipped with the latest medical diagnostic technology and advanced treatments for rehabilitation of the locomotor, cardio-vascular and respiratory system. The centre represents the top offer of the 7 medical and wellness centres of the Terme Portorož representing as a whole the most complete medical wellness offer in Europe.

Key advantages:

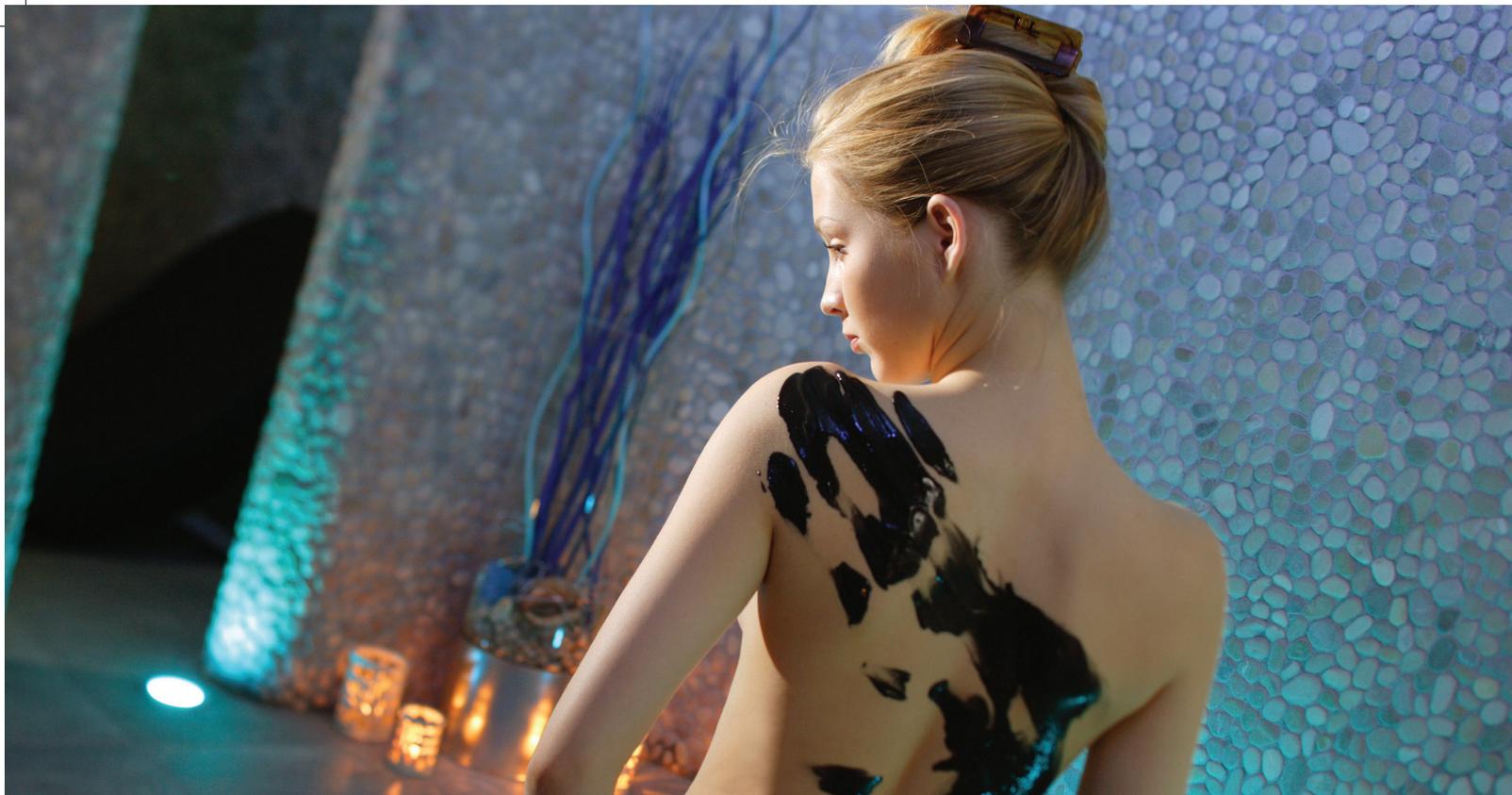
- State-of-the-art medical diagnostic technology: haematological and biochemical laboratory with blood tests for hormones, antioxidants and free radicals as well as, bone density diagnosis, ultra sound, spirometry, CRS Analysis of cell metabolism, BFA-Hologic body structure diagnosis;
- Introduction of modern rehabilitation treatments for:
 - Musculoskeletal system
 - Cardiovascular System
 - Respiratory System
- New technologies in the field of anti-ageing, beauty and rehabilitation: QRS Waver – quantum medicine, Shock Wave therapy, HILT laser therapy, Gamma Swing therapy, Oxyneedling- Carboxy therapy, Regen Plasma face rejuvenation



For the best results, the Anti-Ageing Programmes include:

- Special Mediterranean anti-ageing diet
- Consultation with a nutritionist
- Guided workouts and activities in the fresh and healthy sea air, rich with negative ions





Thalasso Centre

- 800 years of tradition
- Use of five natural local medicinal factors (brine – Aqua Madre, salt-pan mud – fango, Mediterranean climate, sea and thermomineral water)
- Acquisition of brine and fango from the Sečovlje salt-pans located just two kilometres away
- Baths and packs with brine, sea water, salt pan mud, sea salt and algae, Vichy massage, aromatic foam massage, peeling massage with sea salt and essential oils, anti-cellulite massage – »Aquablitz«

Shakti – Ayurveda Centre

- The only Ayurveda centre in the world sponsored by the Indian state of Kerala, the cradle of Ayurveda
- Unique and authentic Indian environment
- 8 certified therapists from India (Kerala)
- Massages, counselling and special therapy programmes

Wai Thai Centre

- Unique and authentic Thai environment
- The best and professional therapists from Thailand
- Massages, body and facial care
- Natural care programmes

Beauty Centre

- Mesotherapy – unique therapy for the reduction of cellulite and wrinkles
- Body and facial care
- Anti-cellulite and skin-firming treatments
- Relaxation body massages
- Hand beauty care
- Feet beauty care
- Hair removal
- Permanent make-up





Thermal Swimming-Pools with the Prehistoric Sea

- 700 m² water areas
- New and modern ambience
- Mediterranean region intertwined with elements of prehistoric time from which the 42,000-year-old thermomineral water or the Prehistoric Sea originates
- Unique healing energy in 11 fields such as: physiatry, neurology, pulmonology, gynaecology...

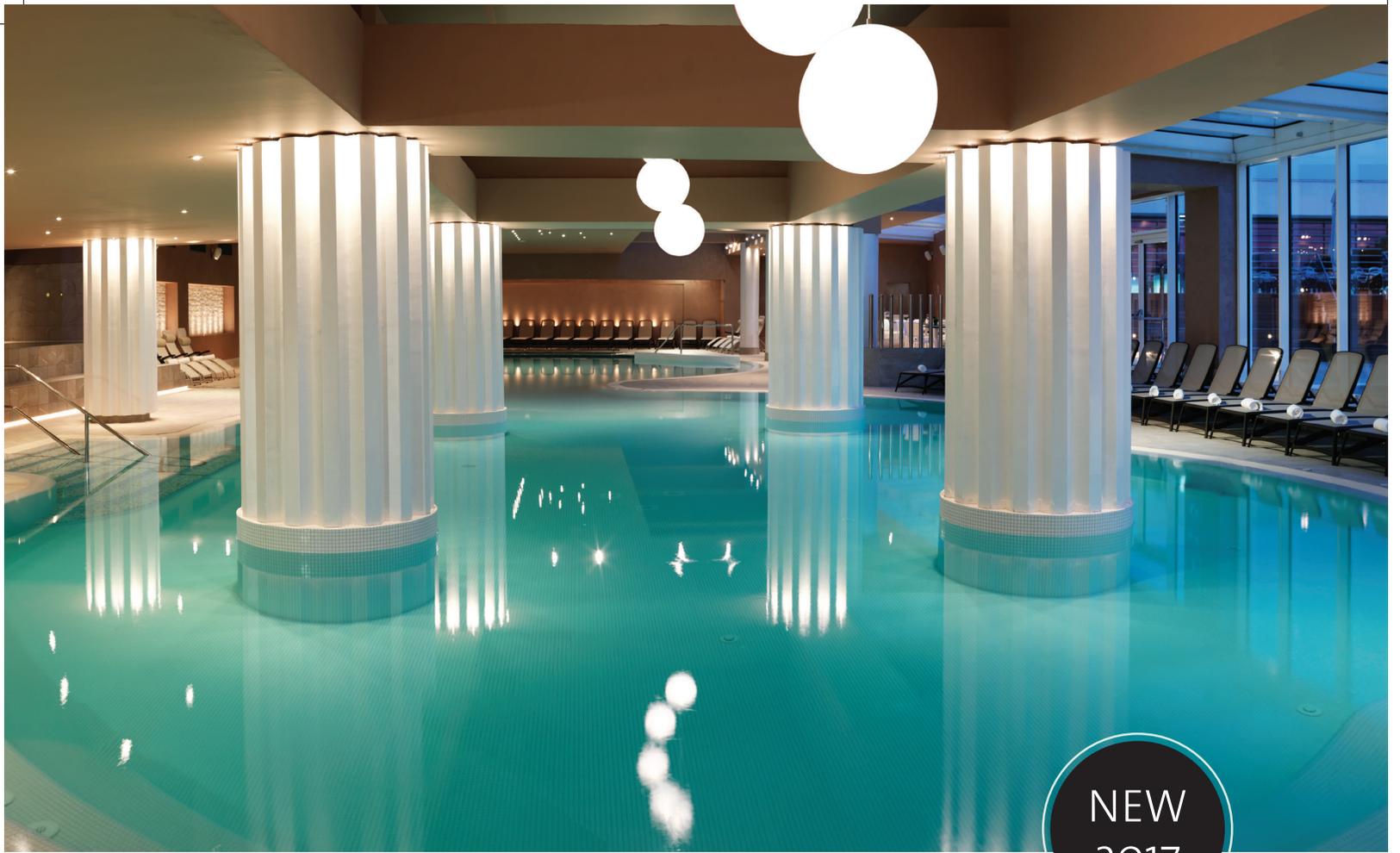
Sauna Park

- 7 different types of sauna on an area of 1,000 m² (Salt Steam Sauna, Moorish Steam Sauna, Finnish Sauna, Thalasso Sauna, Tepidarium, Herbal Sauna, Laconium)
- Relaxation areas, Kneipp's baths and brook, whirlpools, chromotherapy, massage waterfall and ice cave

LifeFIT – Fitness Centre

- Professional advice on exercises and a healthy diet
- State-of-the-art equipment by the reputable company Technogym
- Highly trained instructors
- Bright, well aired and spacious facilities
- A wide range of other wellness services and a rich variety of exercise programmes:
 - Slimming exercise programme
 - Muscle mass building programme
 - Programmes for well-being and improving physical condition
 - Functional training
 - Specific exercise programme (athletes, injury rehabilitation)
- Group exercises (kinesis, aerobics, yoga, meditation)





NEW
2017

SEASPA

SWIMMING-POOLS WITH SEA WATER

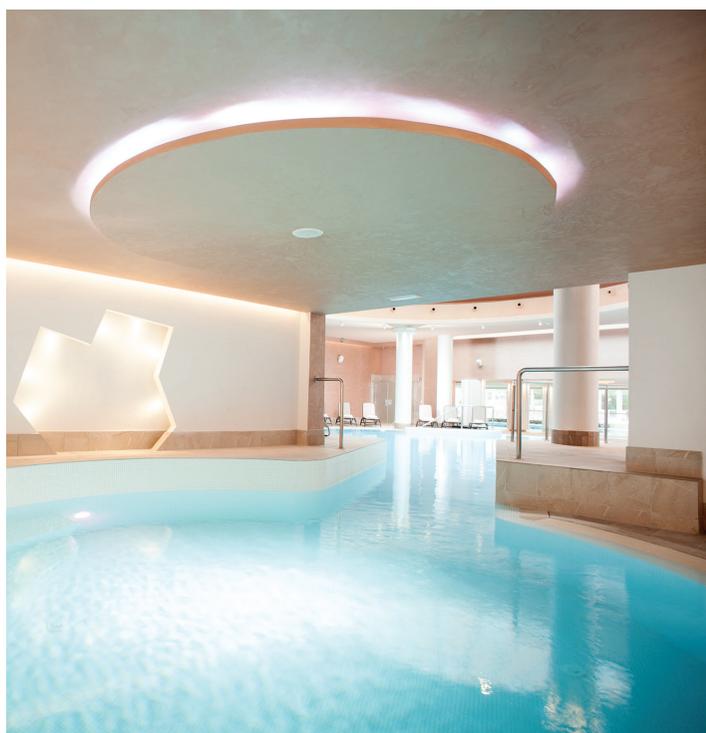




Welcome in new Sea Spa center with pools with heated seawater and saunas. You can enjoy the pleasant 30 °C every day of the year with us. Take a deep breath, free yourself from stress, invigorate yourself – now in our new pools with heated seawater. Your every move and breath will be easier on as many as 1,500 m² of new space, 650 m² of which is heated water areas.

The guest are able to relax in:

- Large indoor pool
- Larger massage pool
- Pool with meditative music
- Children's pool
- Outdoor pool
- Two saunas: Turkish and Finnish



CONGRESS CENTRE

BY LIFECLASS





Portorož is a very popular destination for the organisation of different protocol events, international congresses, business meetings as well as cultural and entertainment events. The Congress Centre features modern multipurpose rooms.

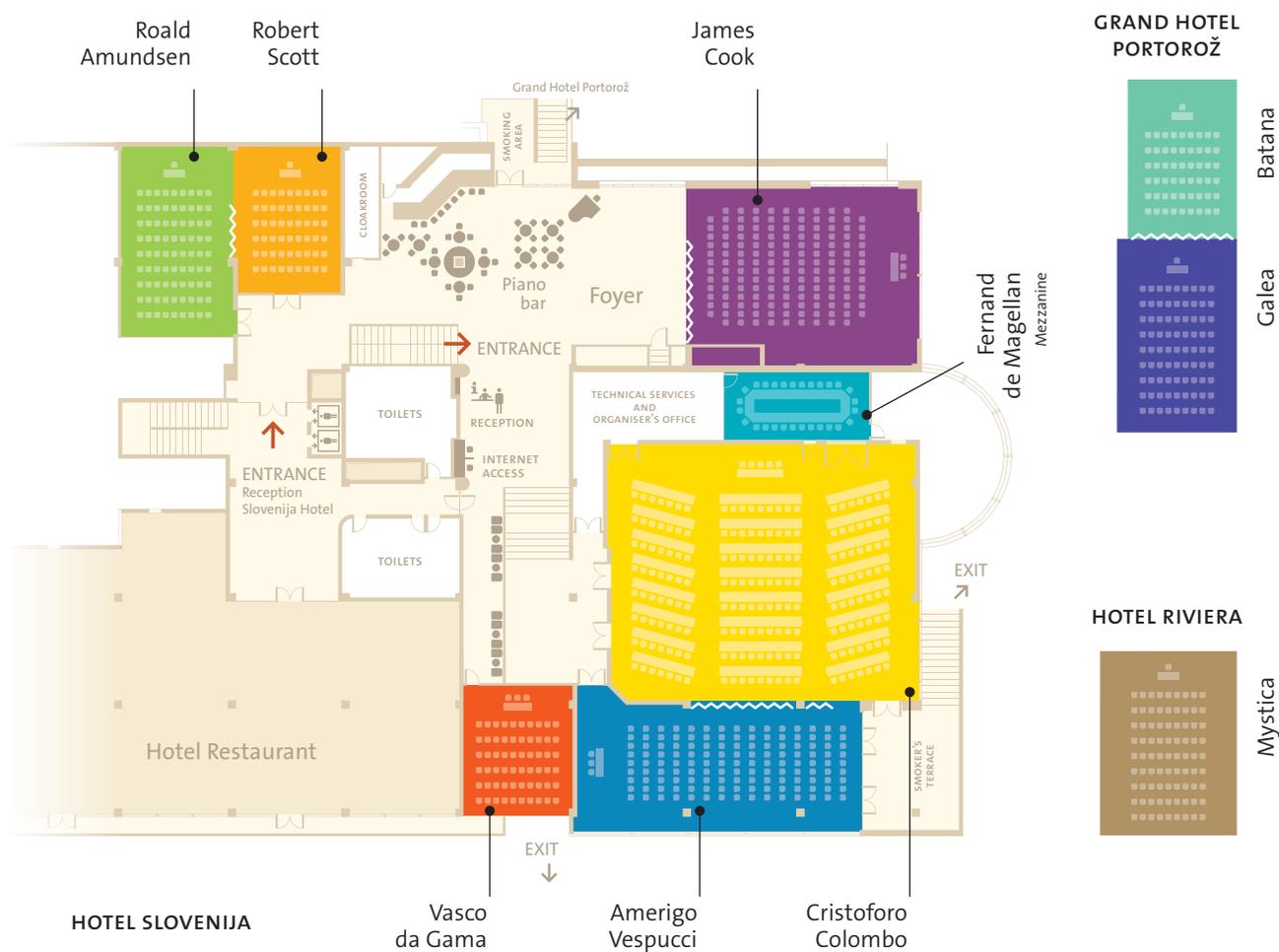
Apart from excellent premises, technical equipment and professional personnel, they also offer quality accommodation, superb culinary and accompanying offers as well as top-most spa and wellness services.

The Congress Centre is situated in the heart of the Portorož LifeClass Resort. Its seven meeting rooms at the Slovenija Hotel featuring the latest technical equipment and named after famous seamen and world explorers and the two conference rooms at the Grand Hotel Portorož – the Galea and Batana – together with the Mystica meeting room at the Riviera Hotel, cover an area of 1,600 m² and can host up to 1,200 guests. This multipurpose centre features great adaptability of rooms, which can accommodate from 20 to 250 guests, elegant lounge areas and a foyer, ideal venues for informal meetings over a buffet, a cocktail, or for a reception.



Capacity of rooms and lounges
considering different arrangements

	Length m	Width m	Height m	Area m ²	Theatre	Class	U-shape	Boardroom	Banquet	Cocktail	Buffet	
HOTEL SLOVENIJA												
Cristoforo Colombo	16,85	20,10	5,2	339	380	220	–	–	160	330	150	
Amerigo Vespucci	18,70	8,35	3,7	156	150	90	65	75	80	120	60	
Vasco da Gama	8,60	7,30	3	63	60	40	25	30	30	50	30	
James Cook	14,60	11,65	3,6	170	160	90	50	60	80	140	60	
Fernand de Magellan	9,64	4,65	2,5–3	45	–	–	–	20	16	–	–	
Robert Scott	9,50	7,10	3,2	68	60	40	25	30	40	60	40	
Roald Amundsen	12,30	7,35	3,2	90	90	60	30	35	50	70	50	
C. Colombo + A. Vespucci	–	–	–	–	520	280	–	–	230	450	200	
R. Amundsen + R. Scott	–	–	–	–	100	70	–	–	70	110	50	
James Cook + Foyer	–	–	–	–	–	–	–	–	140	350	130	
GRAND HOTEL PORTOROŽ												
Galea	12,5	7,8	3,2	98	90	60	30	35	50	70	50	
Batana	10,3	7,1	3,2	73	60	40	25	30	40	60	40	
HOTEL RIVIERA												
Mystica	11,9	8,9	3,2	106	90	60	30	35	50	70	50	







istrian
tapas
MODERN & LOCAL



Modern istrian cuisine
of colorful bites