

# 7. FESTIVAL VITALNOSTI APSYRTIDES OTOCI CRES & LOŠINJ

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Otvaranje 7. Festivala Vitalnosti Apsyrtides - Otoki Cres & Lošinj

Miomirisni Otočki Vrt, Mali Lošinj

18.5. s početkom u 18 sati

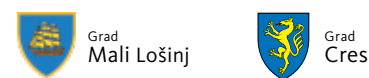
Nastup Medenih plesačica iz Studija za masažu i unapređenje zdravlja Vita

Prezentacija i kušanje novog napitka u ponudi Miomirisnog otočkog vrta - Lošinjki eliksir života Moj otok

Predstavljanje ponude sudionika:

- prezentacija ljekovitih svojstava otočnog bilja
- predstavljanje prirodne kozmetike i mirisnih proizvoda
- besplatni mini tretmani
- kušanje zdravih vitality napitaka i zdravih zaloga

Glazbeni program u akustičnoj izvedbi KLIK trio grupe



## WELLNESS PONUDA

18.-25.5. Ljekovita masaža stopala "Apsyrtides" s uljima otočnih biljaka (20 min) 130 kn  
Hotel Aurora - Mali Lošinj & Vitality Hotel Punta - Veli Lošinj



Aura Botanic Spa (Hotel Aurora, Mali Lošinj): +385 51667 250  
Vitality Center & Spa (Vitality Hotel Punta, Veli Lošinj): +385 51662 020

20.-25.5. Masaža tijela "Ljekovita šuma" (45 min) 160,00 kn  
Centar zdravlja Magnolija - Veli Lošinj +385 51 565 287



Aromaterapijska masaža tijela (60 min) 315 kn  
Royal Bella Maris (Hotel Kimen) - Cres +385 91 911 47 75

Aromaterapijska masaža tijela (90 min) 405 kn  
Royal Bella Maris (Hotel Kimen) - Cres +385 91 911 47 75

Relax masaža leđa (30 min) 130 kn  
Hela Beauty Salon, ulica Creskog statuta 25, Cres +385 99 685 92 97

Relax masaža cijelog tijela (60 min) 230 kn  
Hela Beauty Salon, ulica Creskog statuta 25, Cres +385 99 685 92 97

\* Termin za wellness tretmane je potrebno dogovoriti putem navedenih brojeva telefona

## FIT & WELLBEING PROGRAMI

20.5. & 22.5. & 24.5. u 10 h Istezanje & Opuštanje u prirodi - vođena mišićna relaksacija (45 min)  
Miomirisni otočki vrt, Mali Lošinj  
Maja Sakač: +385 99 69 93 774

20.-25.5. 8 - 9 h Disanje u ljekovitoj šumi & Šetnja park šumom Pod javori  
Centar zdravlja Magnolija - Veli Lošinj +385 51 565 287

21. i 24.5. 18 h Vježbe zdravog disanja  
21. i 24. 5. u 18 h  
Centar zdravlja Magnolija - Veli Lošinj +385 51 565 287

25.5. 10:30h Hodanjem do zdravlja uz edukaciju o lokalnom bilju  
Mali Lošinj - Veli Lošinj (polazak: Dubovica, Mali Lošinj)  
Senka Stojanović: +385 91 882 61 28

19.5. 13:30 h Uspon na brdo Umpiljak / vidikovac Providenca s ReKreativom  
Polazak iz centra grada Malog Lošinja  
Donatella Sorić: +385 99 448 80 58

20. i 22.5. 18 h Cardio hiit trening  
Studio Body & Mind, Privlaka Mali Lošinj  
Eni Mužić: +385 99 687 98 01

20. i 22.5. 19 h Power pilates  
Studio Body & Mind, Privlaka Mali Lošinj  
Eni Mužić: +385 99 687 98 01

20. i 22.5. 20 h Yoga vinyasa  
Studio Body & Mind, Privlaka Mali Lošinj  
Eni Mužić: +385 99 687 98 01

21. i 23. 5. 9:30 h Pilates basic  
Studio Body & Mind, Privlaka Mali Lošinj  
Eni Mužić: +385 99 687 98 01

## FIT & WELLBEING PROGRAMI

21. i 23.5. 19 h Yoga vinyasa  
Studio Body & Mind, Privlaka Mali Lošinj  
Eni Mužić: +385 99 687 98 01

21. i 23.5. 20:30 h Power pilates  
Studio Body & Mind, Privlaka Mali Lošinj  
Eni Mužić: +385 99 687 98 01

21.5. 17 h Bicikljada  
Sunčana uvala - Veli žal, Mali Lošinj  
Sanja Miočić: +385 95 363 81 22

22.5. 19:30 h Funkcionalni trening  
Ispred osnovne škole Maria Martinolića, Mali Lošinj  
Sanja Miočić: + 385 95 363 81 22

23.5. 17:30 h Badminton  
Sportsko igralište - Zagrebačka ulica, Mali Lošinj  
Sanja Miočić: + 385 95 363 81 22

20. - 24.5. Zumba  
Zagrebačka 29, Mali Lošinj  
Danijela Zečević Jurić: +385 97 751 79 17



\* Svi navedeni programi su besplatni, ali je potrebno prijaviti svoj dolazak na navedene brojeve telefona

## RADIONICE

23.5. 18 h Radionica izrade priprava od buhača za kućne ljubimce  
Miomirisni otočki vrt, Mali Lošinj  
+385 98 326 519

25.5. u 18 h Radionica izrade osvježivača Ljekovita šuma  
Lječilište Veli Lošinj  
+385 51 236 111

20. - 25.5. 10 - 14 h Uređenje vrta aromatičnog i začinskog bilja - volonterski rad  
Park šuma Pod javori  
+385 51 236 111

22.5. 18 h Radionica za izradu sapuna na bazi maslinovog ulja i eteričnog ulja otoka Cresa (OPG - Kaštelan)  
Atrij ispred gradske knjižnice Grada Cresa  
Nadija Kaštelan: +385 98 912 2475

Radionica za izradu sapuna na bazi pčelinjeg voska i meda od kadulje (OPG - Dragoslavić)  
Atrij ispred gradske knjižnice Grada Cresa  
Manuela Dragoslavić +385 95 167 47 16

Izrada šumećih kuglica (OPG - Kučić)  
Atrij ispred gradske knjižnice Grada Cresa  
Irena Kučić: +385 99 285 5240

Filcanje cvijeta u hidrolatu i ukrašavanje suhom lavandom (Udruga Ruta)  
Atrij ispred gradske knjižnice Grada Cresa  
Vesna Jakić: +385 98 313 029

Izrada ulja za skidanje šminke i balzama za ruke i tijelo (OPG Kuljanić)  
Atrij ispred gradske knjižnice Grada Cresa  
Tatjana Kuljanić: +385 98 996 93 73

## RADIONICE

22.5. 18 h Modeliranje mirisnim masama - kadulja, smilje, ružmarin, lovor, lavanda (OPG Velčić)  
Atrij ispred gradske knjižnice Grada Cresa  
Loredana Velčić: +385 99 599 2069

Kolačići od aromatičnog bilja (Slastice Margareta)  
Atrij ispred gradske knjižnice Grada Cresa  
Slastice Margareta: +385 91 559 55 66

Palenta "Beli" s vrhnjem ovčjim sirom i kaduljom (Tramontana, Beli)  
Atrij ispred gradske knjižnice Grada Cresa  
Nina Malatestinić: +385 99 216 50 11

24.5. 19 h Radionica za izradu sapuna na bazi maslinovog ulja i eteričnog ulja otoka Cresa (OPG - Kaštelan)  
Vrt (Hrvatskih branitelja 3, Cres)  
Manuela Dragoslavić + 385 95 167 47 16

Radionica za izradu sapuna na bazi pčelinjeg voska i meda od kadulje (OPG - Dragoslavić)  
Vrt (Hrvatskih branitelja 3, Cres)  
Manuela Dragoslavić + 385 95 167 47 16

Izrada šumećih kuglica (OPG - Kučić)  
Vrt (Hrvatskih branitelja 3, Cres)  
Manuela Dragoslavić + 385 95 167 47 16

18. - 25.5. 10 - 18 h Edukativni posjet velikom komercijalnom pčelinjaku uz degustaciju meda  
OPG Dragoslavić (Cres)  
Manuela Dragoslavić: + 385 95 167 47 16

\* Sve radionice su besplatne te se potrebno prethodno prijaviti na navedene brojeve telefona

## PREDAVANJE

23.5. 19 h Yoga za zdravlje - Ana Banić (Studio za masažu i unapređenje zdravlja)  
besplatno  
Muzej Apoksiomena  
+385 98 962 50 57



## OBRAZOVNE USTANOVE

18.5. 18 h Dezinfekcijski sprej za ruke  
OŠ Maria Martinolića, Mali Lošinj

20.-24.5. Izrađivanje prirodne kozmetike i ljekovitih pripravaka od otočnog bilja; edukativni posjet Miomirisnom vrtu (Mali Lošinj), Udruzi Ruta (Cres) i OPG-u Kučić (Martinšćica)  
Dječji vrtić Cvrčak, Mali Lošinj

24.5. 14 h Izrada aromatičnog vrta u S.Š. Ambroza Haračića  
Srednja škola Ambroza Haračića, Mali Lošinj

21.5. 13 h Modeliranje mirisnim masama  
Dječji vrtić Girice, Cres

22.5. 13 h Eko kviz  
Dječji vrtić Girice, Cres

24.5. 10 h Izložba izrađenih proizvoda u holu dječjeg vrtića Cvrčak  
Dječji vrtić Cvrčak, Mali Lošinj

## PONUĐA ZDRAVIH VITALITY NAPITAKA

18.5.-25.5. Limunada od mente 14,00 kn  
Cafe bar Moby Dick, Mali Lošinj

Vitality Smoothie od naranče i kadulje 18,00 kn  
Tematski vidikovac Providenca, Mali Lošinj

Začarano voće 30,00 kn  
Caffe & Cocktail Bar Mornar, Nerezine

Eliksir otoka vitalnosti 18,00 kn  
Caffe & Cocktail Bar Mornar, Nerezine

Limunada s lavandom ili kaduljom 14,00 kn  
Pizzeria Orfej, Osor

## ZDRAVI OBROK

18.5.-25.5. Palenta "Beli" s vrhnjem ovčjim sirom i kaduljom 45,00 kn  
Tramontana, Beli

## ZDRAVI SLADOLED

18.5.-25.5. Sladoled od lavande 8,00 kn  
Slastičarna Bacio, Cres & Orfej, Osor

Zatvaranje 7. Festivala Vitalnosti Apsyrtides - Otoki Cres & Lošinj  
Mali Lošinj, Trg RH

25.5. s početkom u 10 sati Predstavljanje ponude lokalnih proizvoda obiteljskih poljoprivrednih gospodarstava s područja Cresa i Lošinja na štandovima uz prodaju i degustaciju te prezentacija ponude sudionika festivala.

# 7th FESTIVAL OF VITALITY APSYRTIDES ISLANDS OF CRES & LOŠINJ

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Opening of the 7th Festival of Vitality "Apsyrtides" – Islands of Cres & Lošinj

Lošinj Fragrant Garden, Mali Lošinj

18 May 2019 at 6 PM

PROGRAMME

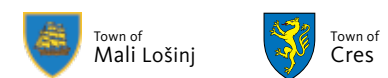
Performance by Medene plesačice from the Vita Massage and Health Improvement Studio

Presentation and tasting of the new beverage offered by the Lošinj Fragrant Garden – Lošinj Elixir of Life "My Island"

Presentation of the participants' offers:

- presentation of local plants' medicinal properties
- presentation of natural cosmetics and fragrant products
- free mini-treatments
- tasting of healthy vitality beverages and healthy snacks

Acoustic performance by the KLIK trio band



## WELLNESS OFFER

18-25 May Apsyrtides medicinal foot massage with essential oils from local plants (20 min) 130 HRK  
Hotel Aurora - Mali Lošinj & Vitality Hotel Punta - Veli Lošinj

Aura Botanic Spa (Hotel Aurora, Mali Lošinj): +385 51667 250  
Vitality Center & Spa (Vitality Hotel Punta, Veli Lošinj): +385 51662 020

20-25 May Healing Forest body massage (45 min) 160 HRK  
Magnolija Centre of Health - Veli Lošinj +385 51 565 287

18-25 May Aromatherapy body massage (60 min) 315 HRK  
Royal Bella Maris (Hotel Kimen) - Cres +385 91 911 47 75

Aromatherapy body massage (90 min) 405 HRK  
Royal Bella Maris (Hotel Kimen) - Cres +385 91 911 47 75

Relaxing back massage (30 min) 130 HRK  
Hela Beauty Salon, Ulica Creskog statuta 25, Cres +385 99 685 92 97

Relaxing full body massage (60 min) 230 HRK  
Hela Beauty Salon, Ulica Creskog statuta 25, Cres +385 99 685 92 97



Reservation by phone is required for all wellness treatment

## FIT & WELLBEING PROGRAMMES

20 May, 22 May & 24 May at 10 AM Stretching & relaxation outdoors – guided muscles relaxation (45 min)  
Lošinj Fragrant Garden, Mali Lošinj  
Maja Sakač: +385 99 69 93 774

20-25 May 8-9 AM Respiration in the healing forest & walk through the Pod javori Park-forest  
Magnolija Centre of Health - Veli Lošinj +385 51 565 287

21 and 24 May at 6 PM Healthy breathing exercises  
Magnolija Centre of Health - Veli Lošinj +385 51 565 287

25 May at 10:30 AM Walking for health and learning about local plants  
Mali Lošinj - Veli Lošinj (Starting point: Dubovica, Mali Lošinj)  
Senka Stojanović: +385 91 882 61 28

19 May at 1:30 PM Climbing the Umpiljak Hill / Providenca Viewpoint with ReKreativa group  
Start from the Mali Lošinj town centre  
Donatella Sorić: +385 99 448 80 58

20 and 25 May at 6 PM Cardio HIIT training  
Body & Mind Studio, Privlaka, Mali Lošinj  
Eni Mužić: +385 99 687 98 01

Power pilates  
Body & Mind Studio, Privlaka, Mali Lošinj  
Eni Mužić: +385 99 687 98 01

Yoga vinyasa  
Body & Mind Studio, Privlaka, Mali Lošinj  
Eni Mužić: +385 99 687 98 01

21 and 23 May at 9:30 AM Pilates basic  
Body & Mind Studio, Privlaka, Mali Lošinj  
Eni Mužić: +385 99 687 98 01

## FIT & WELLBEING PROGRAMMES

21 and 23 May at 9:30 AM Yoga vinyasa  
Body & Mind Studio, Privlaka, Mali Lošinj  
Eni Mužić: +385 99 687 98 01

Power pilates  
Body & Mind Studio, Privlaka, Mali Lošinj  
Eni Mužić: +385 99 687 98 01

21 May at 5 PM Bicycle Ride  
Sunčana Bay - Veli žal, Mali Lošinj  
Sanja Miočić: +385 95 363 81 22

22 May at 7:30 PM Functional training  
In front of the Mario Martinolić Elementary School, Mali Lošinj  
Sanja Miočić: +385 95 363 81 22

23 May at 5:30 PM Badminton  
Sports field - Zagrebačka ulica, Mali Lošinj  
Sanja Miočić: +385 95 363 81 22

20-24 May Zumba  
Zagrebačka 29, Mali Lošinj  
Danijela Zečević Jurić: +385 97 751 79 17



All programmes are free but reservation by phone is required.

## WORKSHOPS

23 May at 6 PM Prepare lotion for pets with Dalmatian chrysanthemum  
Fragrant Garden, Mali Lošinj  
+385 98 326 519

25 May at 6 PM Healing Forest air freshener  
Veli Lošinj Sanatorium  
+385 51 236 111

20-25 May 10 AM – 2 PM Decorating the garden or aromatic plants and spices - volunteer work  
Pod javori Park-forest  
+385 51 236 111

22 May at 6 PM Soap making workshop – soaps based on olive oil and essential oils from the island of Cres (OPG - Kaštelan)  
Atrium in front of the Public Library of the Town of Cres  
Nadija Kaštelan: +385 98 912 2475

23 May at 5:30 PM Soap making workshop – soaps based on beeswax and sage honey (OPG - Dragoslavić)  
Atrium in front of the Public Library of the Town of Cres  
Manuela Dragoslavić: +385 95 167 47 16

Bath bomb making (OPG - Kučić)  
Atrium in front of the Public Library of the Town of Cres  
Irena Kučić: +385 99 285 5240

23 May at 5:30 PM Flower felting in hydrolate and decoration with dry lavender (Ruta Association)  
Atrium in front of the Public Library of the Town of Cres  
Vesna Jakić: +385 98 313 029

Oil make-up remover and hand & body balm making (OPG Kuljanić)  
Atrium in front of the Public Library of the Town of Cres  
Tatjana Kuljanić: +385 98 996 93 73

## WORKSHOPS

22 May at 6 PM Modelling with scented masses – sage, immortelle, rosemary, bay-leaf, lavender (OPG Velčić)  
Atrium in front of the Public Library of the Town of Cres  
Loredana Velčić: +385 99 599 2069

Aromatic herbs cookies workshop (Margareta Patisserie)  
Atrium in front of the Public Library of the Town of Cres  
Slastice Margareta: +385 91 559 55 66

Polenta Beli with sheep's milk sour cream and sage (Tramontana, Beli)  
Nina Malatestinić: +385 99 216 50 11

24 May at 7 PM Soap making workshop – soaps based on olive oil and essential oils from the island of Cres (OPG - Kaštelan)  
Garden (Hrvatskih branitelja 3, Cres)  
Manuela Dragoslavić + 385 95 167 47 16

Soap making workshop – soaps based on bee's wax and sage honey (OPG - Dragoslavić)  
Garden (Hrvatskih branitelja 3, Cres)  
Manuela Dragoslavić + 385 95 167 47 16

Bath bomb making workshop (OPG - Kučić)  
Garden (Hrvatskih branitelja 3, Cres)  
Manuela Dragoslavić + 385 95 167 47 16

18-25 May 10 AM – 6 PM Educational visit to a large commercial apiary with honey tasting  
OPG Dragoslavić (Cres)  
Manuela Dragoslavić: + 385 95 167 47 16



All workshops are free but reservation by phone is required

## LECTURE

23 May at 7 PM Yoga for health - Ana Banić (Vita Massage and Health Improvement Studio)  
free  
Museum of Apoxyomenos  
+385 98 962 50 57



## EDUCATIONAL INSTITUTIONS

18 May at 6 PM Disinfectant Hand Spray, OŠ Maria Martinolića

20-24 May Making of natural cosmetics and medicinal preparations with local plants; educational visit to the Fragrant Garden  
Kindergarten Cvrčak, Mali Lošinj

24.5. at 2 PM Creation of aromatic garden in Ambroz Haračić High School  
Ambroz Haračić High School, Mali Lošinj

21 May at 1 PM Modelling with scented masses  
Kindergarten Girice, Cres

22 May at 1 PM Eco quiz game  
Kindergarten Girice, Cres

24 May at 10 AM Display of created products in the Kindergarten Cvrčak lobby  
Kindergarten Cvrčak, Mali Lošinj

## OFFER OF HEALTHY VITALITY BEVERAGES

18-25 May Mint lemonade 14,00 HRK  
Moby Dick Coffee Bar, Mali Lošinj

Orange and sage vitality smoothie 18,00 HRK  
Providenca Theme Viewpoint, Mali Lošinj

Enchanted fruits 30,00 HRK  
Mornar Coffee & Cocktail Bar, Nerezine

Island elixir 18,00 HRK  
Mornar Coffee & Cocktail Bar, Nerezine

Lemonade with lavender or sage 14,00 HRK  
Pizzeria Orfej, Osor

## HEALTHY MEAL

18-25 May Polenta Beli with sheep's milk sour cream and sage 45,00 HRK  
Tramontana, Beli

## HEALTHY ICE CREAM

18-25 May Lavander Ice cream 8,00 HRK  
Patisserie Bacio, Cres & Orfej, Osor



Closing ceremony of the 7th Festival of Vitality "Apsyrtides" Mali Lošinj, Trg RH

25 May at 10 AM

Presentation of local produces from family farms of Cres and Lošinj at promotional booths for purchase and tasting, and presentation of the festival participants' offer.