WELL-BEING IN SLOVENIA

Spas & Health Resorts
As we all know, economic reality has undergone major changes in recent years. Everyone is facing new challenges, the world of tourism being no exception. But we embrace them with optimism, because the appeal of travel and the allure of human interactions in different environments remain. We still love to discover and create new stories that provide a welcome break from our busy everyday routine, conjuring up memories that will stay with us for a long time.

At Kompas, we like to learn and adapt. We are interested in everything that this modern age has to offer. Thanks to our extensive corporate network, and the knowledge and experience of our professional staff, we are involved in creating the latest trends in the travel industry. We are aware that the best business practices are based on trust, reliability and, above all, mutuality: for us, true success lies in the benefits and advantages for you, our esteemed clients, guests and business partners. Although Kompas has been synonymous with quality for decades, we never take our reputation for granted, but continuously upgrade our services and create fashionable products.

Kompas (Slovene for 'compass') is proud to bear the name of the device that has for centuries helped mankind to discover the wonders of this world. The Company's logo is a wind rose, which shows the four cardinal directions, the four corners of the Earth: this is where our clients come from; this is where we travel and where we operate. For you. The winds of change bring us together. And we are confident that, with the right compass in hand, the journey to new horizons will be reliable and enjoyable.

It is therefore my great privilege and pleasure to present to you this brochure, as it fits perfectly what has been said above. What else could be more soothing than a holiday or break at one of Slovenia’s spas or health resorts, in the wonderful country our Company is proud to call home, surrounded by pristine nature, old-world charm and welcoming people? The brochure cannot be matched for the sheer variety of deals on offer, as it is the result of the years of experience and the wealth of local knowledge only Kompas can provide.

All you have to do is just relax and enjoy. Kompas will take care of the rest.

Tatjana Juriševič
President of the Management Board and CEO
Slovenia, one of the smallest European countries, lies at the heart of Europe, where the Alps and the Adriatic Sea meet the Pannonian Plain and the Karst. A short drive of just over two hours brings you from the azure Mediterranean to Alpine peaks. The beauty of Slovenia’s spectacular mountains, green forests, emerald rivers, diverse underground world and charming coast are combined with a rich history, picturesque villages and lively cities. Slovenia is one of the most biologically diverse countries in the world; over half of the country is forests, it is one of the richest countries in terms of water, and has numerous thermal and mineral springs. Its perfect climate and natural beauties make Slovenia the ideal tourist or even active sport destination, while its many thermal springs make it the perfect vacation spot for spa and health tourism lovers.

Slovenia’s perfect central location in the Alps-Adriatic area offers exceptional opportunities for various excursions and shopping. It is only a few hours from fashionable Italy to the west, historic Austria to the north, and relaxed Croatia to the south.

It is our greatest pleasure to introduce you to Slovenia:

• Geographic position: Positioned at the heart of Europe, it is cradled between the Alps, the Mediterranean Sea and the Pannonian Plain, and easily reached from major European cities. It is a small country, so transfers are short, the longest being the 260 km journey from the Adriatic coast to the Hungarian border. From Ljubljana International Airport, you can access Croatia, Italy, and Austria in less than an hour (by car). The capital Ljubljana is located just: 167 km from Venice, 213 km from Vienna, 250 km from Budapest, 2h15min from London;

• A new, safe, green and friendly destination: Slovenia is among the safest destinations in Europe and one of the greenest. Forests cover 57 % of the country’s surface, and drinking tap water is of better quality than water sold in bottles. The country boasts a vast number of unpolluted rivers and lakes, but very few heavy industrial centers, and the environmental care of the Slovenes is evident everywhere;

• It is most likely one of the world’s safest countries to visit;
The diverse landscape of Slovenia always astonishes visitors (the Alps with mountains peaking at over 2,800 meters and beautiful lakes; the Karst with more than 8,000 caves; the coast with the atmosphere of the Mediterranean seaside; clear lakes and clean rivers; abundant forests; green hills dotted with vineyards; thermal and mineral springs of health and beauty; and the delightful experience of Slovenian cities and towns offering a wealth of cultural events - it is possible to reach all parts of the country within a single day);

Preserved beauties of nature: One of the last undiscovered destinations in Europe (abundant forests, rich in waters, fresh air);

Very pleasant climate: In Slovenia, the sun shines more than 2,000 hours a year, so every season offers a pleasant break;

Wide range of outdoor activities: Slovenia’s countryside is unspoilt, so it is paradise for all kinds of outdoor activities and teambuilding events;

Tranquil and relaxed: This is the essence of Slovenia. Here, you won’t find anything akin to the Eiffel Tower or the Coliseum, instead, you’ll be captivated by the welcoming, friendly and relaxed way of life and by the awe-inspiring beauty of nature;

Quality accommodation & versatile offer of tourist services, including modern air-conditioned motor coaches and other transport possibilities;

English, German & Italian are widely spoken;

Hospitality;

Great shopping and excursion possibilities: Flanked by Italy to the west, Austria to the north, Hungary to the northeast and Croatia to the south, there are many fantastic opportunities to enjoy in the totally different atmospheres of neighbouring countries. Only a few hours’ drive from Slovenia, you will find some famous and historical European cities, offering you a good choice of daily excursions or shopping trips.
**Slovenia – a health and wellness destination**

**Slovenia’s natural health resorts**, thermal spas and wellness centers are the **pillars** of what Slovenia has to offer to people to whom **health** and **wellness** are important. They combine centuries of tradition and experience in using thermal baths with modern findings of experts dedicated to healthy minds and bodies. They are also part of the cream of Slovenian tourist destinations, offering exceptional opportunities for sporting activities, fun, culinary pleasures and quality **accommodation**.

**Natural spas**: Highly trained professionals look after everyone in natural spas; at the same time, you can help your health and wellness yourself. There are many opportunities for sporting activities.

**Thermal spas**: Many thermal springs and centers, thanks to the therapeutic effects of water, continue to provide medical rehabilitation and other treatments, while at the same time also trying to attract different types of guests.

**Wellness**: Wellness centers offer the opportunity to relax with various masseurs or to enjoy saunas. Various health-therapies and compresses, as well as special dieting programs are also worth trying.

**Facts:**
- Slovenia has **15 high quality health resorts** (but about 100 thermal springs – mineral and thermal);
- **Top quality treatments** – wellness and medical treatments (preventive and rehabilitation);
- **Excellent ratio between price and quality**;
- **Highly attractive and competitive** in comparison to Hungarian, Slovak and also Austrian spas/health resorts;
- The emphasis on a healthy lifestyle at Slovenia’s natural spas is based on a centuries-long tradition of thermal treatments and experience in the fields of balneology, climatology, and thalassotherapy.

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**www.kompas-online.net**
### Which is the right spa for you?

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Dolenjske Toplice Thermal Spa

Dolenjske Toplice is among the oldest natural spas in Slovenia. The first documents that mention Dolenjske Toplice reach back to 1228. The beneficial effects of its thermal water with a temperature of 36 °C (human body temperature) have made this one of the most successful health resorts in Slovenia.

Health care

Natural Healing Resources
- Thermal water—isoacccratothermal, slightly mineralized, with the temperature of the human body, 36 °C.

Indications
Rheumatic diseases of the locomotor system (chronic inflammatory rheumatism, chronic degenerative rheumatism, extra-articular rheumatism); Injuries and operations to the locomotor system with functional deficiencies; Osteoporosis; Gynaecological diseases, postoperative conditions following reproductive system and breast surgery.

Therapies
Diagnostic: densimetric measurement of bone density, ergometry, ultrasound, laboratory tests. Physical therapy: group exercise, individual exercise, physiofitness, anti-pain electrotherapy, electrostimulation, galvanic baths, aromatherapy, hydrotherapy, underwater massage, various baths, parafango, cryomassage, paraffin compresses, spine traction, kinematic splint, pressotherapy, etc.

Additional offer
Wellness: Balnea Wellness Center, which occupies 9,200 m² offers different sorts of massages, indoor and outdoor swimming pools, whirlpool and saunas. Sport: cycling, swimming lessons, swimming for babies, tennis, fishing, skiing, basketball, archery, walking trails, boating.
Laško Thermal Spa Resort

Since ancient times, people have known about the warm springs on the common pasture of the Laško borough. Today, Laško Thermal Spa Resort is a modern health tourism center with programs and services for health and well-being. Its hotel complex lays in the center of a park beside the Savinja just a fifteen-minute stroll from the center of the city. The city of Laško, after which the spa is named, is located at the very heart of Slovenia.

Health care

Natural healing resources
- Thermal springs with temperatures from 32 °C to 34 °C.

Indications
Injuries and operations on the locomotor system with functional loss, degenerative joint and extra-articular rheumatism, particularly problems with the spine, muscle and neurological diseases, stroke, circulatory system disorders, and gynaecological diseases.

Therapies
Balneotherapy, kinesiotherapy, electrotherapy, thermotherapy, magneto therapy, therapy in magnetic field with laser, and work therapy.

Programs
- Therapeutic programs: program against lower back pain, program for persons with multiple sclerosis, program for hemiplegics, programs for persons with fibromyalgia, and persons with rheumatic diseases.
- Preventive programs: executive and preventive programs for men and women, anti-stress program, program against osteoporosis.
- Restorative rehabilitation for paraplegics, for persons with multiple sclerosis, and for persons with cardiovascular diseases.

Additional offer
Wellness: massage salon (classic, ayurvedic, aroma, reflex zone, anti-cellulite, and shiatsu, massage with hot stones, “Spring of Youth” massage, East Asian massage with hot herbal sheaves...)
Sport: cycling, hiking
Activities: excursions, shopping (the nearest city is Celje)
Olimia Thermal Spa grew beside the Sotla River near Podčetrtek, an area that combines the heritage of previous centuries with unspoiled natural beauty. The natural warm springs were undoubtedly known to the Celts and Romans, given the numerous archaeological finds from those periods in the surrounding area and the immediate vicinity of the spa. Since then people—mainly the local population at first—have enjoyed the pleasantly warm water, probably unaware of its chemical composition. It was enough to know that it banished fatigue, eased pain, and healed wounds. The Olimia Thermal Spa developed as a source of health in the middle of this naturally beautiful and interesting landscape.

**Health care**

**Natural healing resources**
- Magnesium-calcium-hydrogen carbonate thermal water from depths to 500 metres, 24 °C to 36 °C.

**Indications**
- Rheumatic diseases; skin diseases; circulatory system problems; injuries and operations to bones and muscles; peripheral nervous system deficiencies.

**Therapies**
- Physiotherapy, hydrotherapy, electrotherapy, mechanotherapy, thermotherapy, magnetotherapy.

**Programs**
- Curative programs: program for easing lower back pain, program for rehabilitation following sport injuries, treatment of rheumatic illnesses and skin diseases;
- Preventive programs: programs for executives, active holiday programs, preventive physical examinations, anti-rheumatism programs.

**Additional offer**

**Wellness:** SPA & BEAUTY CENTER in the Termalja Wellness Center: classic and Thai massage, lymph drainage, hammam oriental ritual, compresses and baths, beauty care for face and body; ARMONIA SPA in Hotel Sotelia: facial care with renowned Babor cosmetics, massage with Tibetan bowls, Indian massage, Mediterranean rejuvenation, spa and body rituals, massage, anti-cellulite and body shaping care, compress and "soft pack" systems.

**Sport:** Playing field for team sports, tennis, indoor football, basketball, beach volleyball, badminton, boules, walking and bicycle trails, 9-hole golf course.

**Activities:** excursions, shopping (the nearest city is Celje).
Terme Ptuj

Life in ancient Ptuj was much like that in other Roman cities. The patricians went to the thermal baths to relax and care for their bodies with daily bathing, and exchange the latest gossip. Medieval Ptuj also had public baths, mentioned in 1311, furnished with wooden tubs and buckets. The public baths had permission to perform minor surgical procedures, apply leeches, administer enemas, and shave men. The tradition of baths was revived in the 19th century when a spa was built beside the Drava River that along with pools offered steam baths, showers, and private cabins with tubs. Foreign visitors seeking to experience healing baths began to arrive, and by the 1960s it was clear that the spa had become too small. The solution was to drill, not for oil, but for thermal water. And the story continues...

Health care

Natural healing resources

• Natural thermo-mineral water, specifically defined as sodium hydrogen carbonate, slightly alkaline, low mineral, with temperatures from 39 °C to 54 °C.

Indications

Degenerative rheumatism, injuries and operations to the locomotor system.

Therapies

Hydrotherapy, kinesiotherapy, electrotherapy (diadynamic currents, interference currents, TENS, galvanization, electrostimulation), ultrasound therapy, laser therapy, magnetotherapy; mechanotherapy (Tru-Trac technical apparatus for moving joints), thermotherapy (infrared, warm compress, paraffin, cryomassage), lymph drainage for the reduction of oedema, medicinal hand massage, relaxation and preventive health programs. Special feature: private specialist clinics (stomatological, gynecological, dermo-venereological, x-ray).

Additional offer:

Wellness: pools with thermo-mineral water, saunas, hand massage, hot stone massage, and reflex zone foot massage, etc.

Sport: tennis, beach volleyball, basketball, mini-golf, boules, golf (18-hole course), walking paths, cycling, horseback riding, rafting, sailing, go-cart track, hot air ballooning, sport airport, skiing (nearest ski slopes on the Pohorje Range).

Activities: excursions, shopping.
Rogaška Health Resort

The miraculous power of Rogaška’s mineral water was first analyzed by alchemists as far back as in 1572, but the health resort truly flourished in the second half of the 19th century under the guidance of Count Ferdinand Attems. During Rogaška Slatina’s “golden age,” many ruling families, high nobles, and other important guests visited its health resort. This select clientele was entertained by some of the foremost artists of the period, among others Franz Liszt. Today, Rogaška Slatina is again a strong health resort destination that has become synonymous with health and well-being.

Health care

Natural healing resources: Rogaška’s Donat Mg Mineral water has a high magnesium content (1,000 mg/l) and is recommended for:
- diseases of the heart and circulatory system, liver, spleen, stomach mucosa, nervous system and intestines;
- increased concentrations of sugar and cholesterol;
- high blood pressure;
- constipation, heartburn and excess stomach acid;
- weight-loss programs, purifying the body, diabetes;
- pregnancy, stress situations, great sport efforts.

Thermo mineral water recommended for:
- movement problems, spine and rheumatic diseases;
- muscle pain and fatigue of the muscles, ligaments and joints;
- poor blood circulation.

Indications

Prevention, treatment, and rehabilitation for diseases of the digestion system and metabolism diseases (diabetes, increased fat level in the blood, excess body weight); Treatment of managerial diseases and psychosomatic ailments; Physiotherapy, kinesiotherapy, drinking cures, Diagnostic department.

Additional offer

Sport: football, basketball, tennis, squash, golf (15 and 30 km from Rogaška), outdoor recreational sports: marked forest trails, hiking, Nordic walking, bicycling.

Activities: Walking trips, shopping in Maribor (45 km), Casino, glass factory.
Talaso Strunjan

Talaso Strunjan is distinguished by its outstanding location just beside the sea at the heart of a landscape park famous for its steep high flysch cliff, abundant Mediterranean vegetation, and millennium-old salt pans that offer sanctuary for birds and where salt is still produced today using ancient traditional methods. Talaso Strunjan is a thalassotherapy center in the best sense of the word since in addition to its setting amid unspoiled nature it offers a beneficent climate, heated sea water pools, and the application of sea mud and sea salt in its beauty and health treatments.

Health care

Natural healing resources
- balmy Mediterranean climate
- sea water
- sea mud

Indications
Respiratory diseases, rheumatic diseases, injuries and operations of the locomotor system, osteoporosis.

Therapies
Physiotherapy: respiratory therapy, hydrokinesiotherapy, hydrotherapy, thermotherapy, electrotherapy, magnetotherapy, work therapy.

Programs
- Curative programs: programs for treating respiratory diseases, treatment program for back pain, treatment program for rheumatic illnesses, treatment program for osteoporosis.
- Preventive programs: preventive diagnostic examination, ultrasound cardiological examination, measurement of bone density, laboratory tests.
- weight loss program, relaxation program.

Additional offer
Wellness: therapies, relaxation and revitalisation techniques, massage, body treatments
Sport: walking, cycling, pedal-boats, surfing
Activities: excursions.
Terme & Wellness LifeClass Portorož

Portorož is a seaside town with a hundred-year-old spa tradition. Terme & Wellness Palace, unique in its use of five local natural medicinal elements: salt pan mud or fango, brine or "acqua madre", the maritime climate, sea water, and thermo mineral water. Its offer combines all the advantages and assets of a seaside destination, the Sečovlje salt pans, the Mediterranean climate and the ancient sciences and the tradition of the Far East.

Health care

Natural healing resources
- salt pan mud or fango
- brine or "acqua madre"
- the Mediterranean climate
- sea water
- thermo-mineral water.

Indications
- injuries and diseases of the locomotor system, degenerative and chronic inflammatory rheumatism, states after injuries and operations of the locomotor system, neurological diseases, Lyme borreliosis, skin diseases, respiratory diseases, gynaecological problems, urogenital diseases, excess body weight, fatigue, stress, sleep disturbances.

Additional offer

Wellness: Thalasso center, thermal recreational center, ayurvedic center, medical & physiotherapy center, beauty center, sauna park, wai thai.
Bled

Bled is one of the Slovenian pearls. A small town situated along a lake, famous for its small island in its middle. The pletna boats that take you to the island give a special charm to the scenery. Perched on a cliff overlooking the lake, Bled Castle is still watching over the national treasure. What is there more to say? Bled is a must visit place in Slovenia.

Health care

Natural healing resources
- Benefits of the thermal water (22 °C) are known since 1818. The pool in the GH Toplice wellness center was built on the thermal spring in 1925. The water is very rich with calcium, sodium hydro carbonate and sulphate.
- In the Wellness center Ziva, you can enjoy Rikli’s healing methods, the helio-hydroscopic treatment. Now it is combined with modern therapies to suit modern way of life.

Indications
Cardiovascular system; nervous system; stomach; general wellbeing

Additional offer

Wellness: Wellness center Ziva, Wellness center Luisa offer a broad spectre of relaxing treatments for wellbeing of body and soul, for example world of sauna, various different massages and many different beauty treatments. Bled is also home of one of the leading health institutions, Diagnostic center Bled. Here you can undergo many specialist examinations (urology, gynaecology, orthopaedics, cardiology and many more) or just come for a preventive exam.

Sport: Golf, mountaineering, swimming, cycling, rowing, skiing

Activities: Excursions, shopping (in Ljubljana)
Rimske Toplice

The healing power of natural springs was valued by the Romans. They enjoyed the benefits and healing power on the right bank of the Savinja River, where there are still thermal springs under Stražnik Hill (655 m), rising from triassic dolomite rock fissures in Rimske Toplice. Monuments and sacrificial altars devoted to goddesses and nymphs as thanksgiving for the convalescence of ancient guests, found between 1769 and 1845, provide evidence of this. The location of Rimske Toplice is surrounded by wooded slopes of the nearby mountains, providing shelter against wind and summer heat, and supporting rich vegetation of exotic plants from all over the world. These include giant sequoias, Canadian hemlocks, cypresses, and Californian cedars.

Health care

Natural healing resources
- The thermal water has 39 °C at its source and has the proper amount of Magnesium, Calcium and Hydrogen-Carbonate and is the main healing factor in Rimske Toplice.

Indications
Gynaecological disorders (infertility, conditions after gynaecological operations on the female reproductive tract and breast cancer, endometriosis, humiliated uterus, chronic gynaecological disorders, gynaecological infections, myomas, hormonal disorders); Urological conditions (conditions after urological surgery on prostate, bladder surgery, female and male urinary incontinence); Arthritis (joint inflammation); Degenerative extra-joint rheumatism (degenerative changes in ligaments, tendons, muscles, connective tissue), Injuries and diseases of the locomotor system (fractures, sprains, surgery at the hip, knee, shoulder), Peripheral neurological diseases; Excessive weight, Consequences of stress situations (fatigue, headaches, sleep disturbances, tension), Pain therapy.
Radenci Health Resort

On the edge of the Pannonian plains in the green landscape of wheat fields and winegrowing hills along the Mura River, Radenci Health Resort developed with the rich gifts of nature. The discovery of the region’s wealth of numerous mineral water springs was heard by the medical student Karel Henn on his first visit to Radenci in 1833. After thoroughly analyzing the water, Henn returned to Radenci in 1869 as a renowned doctor and bottled the first “Radenska Three Hearts” mineral water, which was later enjoyed at the Emperor’s court in Vienna and the Vatican Palace in Rome. In 1882, Radenci Health Resort welcomed its first guests. Today Radenci Health Resort is a modern natural health resort complex offering guests medical and preventive programs that continue its long tradition of effectively treating diseases of the heart and circulatory system, diseases of the kidneys and urinary tract, rheumatic illnesses, disturbances of the locomotor system, and metabolic disorders.

**Health care**

**Natural healing resources**
- mineral water naturally rich in carbon dioxide
- hydrogen carbonate thermal mineral water, 41 ºC
- inorganic peloid with high sulphur content
- beneficial microclimate with an average of 253 sunny days a year

**Indications**
Treatment of heart and circulatory diseases, kidney and urinary tract diseases, rheumatic diseases and disorders of the locomotor system, and metabolic diseases.

**Therapies**
Mineral drinking and bathing cures, thermo-mineral baths, inorganic peloid compresses

**Additional offer**
Wellness: thermal spa, saunas, solarium, ayurveda center
Sport: tennis, mini-golf, windsurfing, hiking, cycling, rafting on River Mura, hunting, fishing, “Three Hearts” Marathon, bicycling marathon.
Šmarješke Thermal Spa

Hidden in the shelter of surrounding forests and meadows, away from the industry and tempo of modern life, Šmarješke Toplice is just the place for all those who wish to forget about everyday problems, rest, and accumulate new strength. Šmarješke Toplice is a young health resort, as the benefits of the thermal water of its springs were discovered in the last century.

Health care
Natural healing resources
- hypothermal water with a temperature of 32 °C, rich in calcium, magnesium, carbonic acid and potassium.

Indications
Treatment of diseases of the heart and circulatory system, diseases and injuries of the locomotor system, sports injuries, diseases of the central and peripheral nervous system, psychosomatic diseases.

Therapies
The Šmarješke Toplice Thermal Spa is a renowned and respected center for the prevention and treatment of heart and circulatory system diseases. Highly qualified medical staff and the most modern medical equipment are combined with a friendly personal approach to every guest that we counsel and motivate on the path to restored health and improved physical well-being.

Additional offer
Wellness: Vitarium - Turkish, Finnish, Roman saunas, whirlpool, solarium, bioclimatic garden; manual and underwater massage; different programmes: Anti cellulite, Anti age, Beauty fir, Relax etc. Also available: pedicure, manicure, hairdresser, etc.

Sport: two indoor pools (32 °C), three outdoor pools (26 °C - 28 °C and 32 °C), bicycle rentals, tennis courts and tennis school, swimming school, table tennis, mini golf, beach volley playground, fitness studio, courts for basketball, volleyball, football, mini-golf.

Activities: visiting vineyard cottages, social, cultural, and entertainment events, exhibitions, guided walks, etc.
Čatež Thermal Spa

Čatež is famous for its thermal water, used for health, relaxation and recreation. The eleven hot springs, with water temperatures ranging from 42 °C to 63 °C at the sources, have boosted the development of Čatež Thermal Spa in the past decade, becoming one of Slovenia’s largest natural health resort and its second largest tourist center.

Health care

Natural healing resources
- thermal water – source of health and well-being

Indications
- rheumatic illnesses, rehabilitation of injuries or operations on the locomotor system; neurological disease and injuries; postoperative breast cancer treatment

Therapies
- physiotherapy: hydro-kinesiotherapy, hydrotherapy, kinesiotherapy, thermotherapy, electrotherapy, magnetotherapy, work therapy; isokinetics – measurement of muscle and muscle group power

Additional offer

Wellness – 2 centers (at the Terme and Čatež Hotels): Roman-Irish baths, classic hand massage (therapeutic, sport, and relaxation massage), manual and machine lymph drainage, reflex zone foot massage, tui-na, ayurveda, thalgo, watsu, aromatherapy, pearl baths, underwater massage, relaxation programs.

Sport: Indoor and outdoor tennis courts, badminton, squash, bowling, fitness studio, 18-hole golf course (7 km from Čatež, bicycle trails fishing, boating

Activities: At the resort: hairdresser, post office, shops, grocery, restaurants and bars, excursions to wine roads, castles. Possibility of shopping in the nearest towns.
Dobrna Thermal Spa

Dobrna Spa is the oldest active thermal treatment center in Slovenia and takes pride in more than six hundred years of tradition. It’s been documented that the water from Dobrna Spa was first used in medicinal purposes already in 1403. The heart of the spa is the thermal spring, situated in the central part of the Health Center. Water at its spring has a temperature of 35 °C to 36 °C, and gushes out at the depth of 1,200 meters. It is renowned for its beneficial and medicinal effect on all types of female diseases.

Health care

Natural healing resources
• natural organic and inorganic peloids
• bio climatic healing

Indications
Gynecological illnesses, urological disorders (kidney and urinary tract diseases), rheumatic illnesses, injuries of locomotor organs, neurological problems, degenerative extra-articular rheumatism, microcirculatory disorders, injuries and sport injuries.

Therapies
Physiotherapy: hydrokinesiotherapy, kinesiotherapy, electrotherapy, mechanotherapy, workingtherapy; Clinical services: cycloergometry, spirometry, pharmacupuncture, inhalation therapy; Traditional acupuncture or acupuncture with laser

Programs
fertility programs, acupuncture for pregnant women, preventive programs for executives

Additional offer
Wellness: beneficial hand massage: chocolate, honey, Tibet, Thai, Mediterranean, tui–na, nine types of Ayurveda massages, massage for pregnant women, massage for the youngest, etc.; slimming equipment, programs for relaxation, weight loss, body shaping, and removing cellulite, steam and Finnish saunas, Kneipp programs (trail, bathtubs, showers, warm–cold pools), ice room for cooling down, vitamin bar, large terrace for nude sunbathing

Sport: Indoor and outdoor thermal pools, whirlpool, children’s pool, tennis, volleyball, jogging trail, hiking, bicycling
The most important feature of Terme 3000 is its unique black thermo-mineral water with specific healing effects. Classic and alternative therapies such as acupuncture, the natural healing qualities of the water, and natural peloids help in the treatment of rheumatic illnesses, diseases of the respiratory system and skin, and rehabilitation following injuries and operations on the locomotor system. Terme 3000 is indeed a paradise for all those seeking new experiences, active vacations, and better health.

Natural care

- **Natural healing resources**
  - black thermal water with specific healing effects

**Indications**
Degenerative rheumatism (arthrosis, spondylosis and spondylarthrosis); Extra-articular rheumatism (humeroscapular periarthropathy, fibrosis); Chronic inflammation of rheumatic diseases (chronic inflammatory rheumatism, etc.); Injuries and operations to the locomotor system with functional deficiencies; Skin diseases (psoriasis vulgaris); Lung diseases.

**Therapies**
Hydrotherapy, kinesiotherapy, electrotherapy, mechanotherapy, thermotherapy, inhalation, acupuncture

Programs
- Anti-stress programs, anti-rheumatism programs, programs for relieving osteoporosis, weight-loss programs, preventive programs, relaxation preventive programs, program for neck or lower back pain, psoriasis treatment program.

**Additional offer**
- Wellness: Pannonia Wellness, Thermalium Wellness; relaxation (baths, massage, Ayurveda, etc.); beauty care; Thaïgo, Neoderma
- Sport: Livada 18-hole golf course, sport park (with artificial grass): tennis, volleyball, handball, basketball, football, badminton, and clay tennis court, jogging trail and Nordic walking; bicycling on the Prekmurje plains and in the gentle Goričko hills
- Activities: excursions, shopping (nearest city Murska Sobota)
Zreče Thermal Spa

Nestled in the vast Pohorje forests, at the point where the torrential Dravinja river finally becomes calmer, connecting the world of the mountains with the vineyard-covered Dravinja Hills, Zreče Thermal Spa emerged, taking advantage of all the exceptional natural features. Just half an hour’s drive from Terme Zreče is the Rogla Climatic Health, Skiing and Sports Centre (1,517 meters above sea level). With its mild subalpine climate and endless opportunities for sport and recreation, it is the perfect complement to the spa – all year round.

Acratothermal healing water (calcium, magnesium and hydrogen carbonate, naturally heated to 34.5 °C)

Health care

Natural healing resources
- Natural bentonite mud (fango), Pohorje peat (organic peloid) and the mild and healthy subalpine climate

Indications
Post-operative conditions connected to the locomotor system, injuries to the locomotor system, injuries and diseases of the peripheral nervous system, disorders of the peripheral circulatory system, degenerative and inflammatory rheumatism, respiratory ailments, allergies and eye, skin and blood diseases.

Therapies
Hydrotherapy, kinesiotherapy, mechanotherapy, electrotherapy, thermotherapy, rehabilitation programmes for sporting injuries with a team of experts in the field of orthopaedics, internal medicine and physiatry.

Additional offer

Wellness: Sauna Village – 600 sq m of Turkish baths, Finnish and infrared saunas with a Kneipp stream, heated ceramic beds, a cooling pool and a sun terrace, exfoliation with local herbs, salt or sugar, honey wraps and a hot air whirlpool,

Baths: Pearl, herbal and milk baths, a herbal bath for two with champagne; baths to purify and refresh the body,

Sawaddee: Traditional Thai therapy center: Traditional Thai massage, Sawaddee massage, Ayodhaya massage, Siam massage, Thai massage with warm herbs and oils, foot and palm massage, anti-stress back massage, massage of the head, face and shoulders and Thai massage for pregnant women.
Postojna Cave is the largest cave in the “classic Karst” and the most visited cave in Europe. In 1872, railway lines were laid down in the cave; electricity arrived in 1884. The cave is a 20 kilometer network of passages, galleries and chambers which dazzle with their wealth of geological wonders: calcite formations, stalactites and stalagmites abounding in a variety of shapes, colors and age.

Sightseeing in Slovenia

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Lipica, where a stud farm was first established in 1580, is a popular tourist center with a riding school, hotels, a swimming pool, golf course, and casino.

Triglav National Park covers 838 square kilometers along the border with Italy and Austria, and accounts for four percent of Slovenia’s territory. Its natural beauties include many rivers, lakes, and mountains, among which the highest mountain Triglav overlooks this picturesque area.

Sečovlje Salt Pans are the northernmost salt flats in the Mediterranean. The salt is produced in the traditional way, based on a 700-year-old method that harmonizes people and nature. The Salt Pans were first mentioned in the 13th century. They represent a sanctuary for more than 150 bird species.
Sightseeing in Austria
Discover the beauties of Salzburg, the city of Mozart and the location of the world famous movie “The Sound of Music”. In Vienna, marvel at the resplendent Schönbrunn Palace, try the famous Sacher cake, and travel by horse-drawn carriage to lunch at the city’s oldest inn.
Vienna (approx. 4.5 hours from Ljubljana): experience the city’s exciting combination of the imperial flair of the past with the latest trends, the responsible cultivation of a precious heritage and charming traditions. Visit excellent museums, fine art collections and world-renowned works of art. Explore the Habsburg legacy and shop modern shopping centers.

Salzburg (approx. 3.5 hours from Ljubljana): this UNESCO city offers both cultural and architectural sights. Enjoy the scenery of the movie “The Sound of Music”, walk through the Mirabel Gardens and follow the steps of Mozart.

Sightseeing in Italy
Enjoy the beauty of Roman architecture, indulge in excellent Italian cuisine, and explore many of world-famous boutiques.

Venice (approx. 3.5 hours from Ljubljana): a sumptuous city of everyone’s dreams and desires, where flamboyant palaces and magnificent churches rise from the water’s surface. Lavish frescoes, graceful staircases and gilded stucco work testify to the glory and opulence of this city. St Mark’s Square, the Doge’s Palace, The Bridge of Sighs welcome any visitor to indulge in Venetian history, drink coffee at an outdoor café, take a gondola ride or explore the city’s high fashion boutiques.
Verona (approx. 4 hours from Ljubljana): while not as well known as other Italian cities, Verona is full of history and romance. Admire the Arena, the most famous Roman remains, Verona’s many squares (piazzas) and churches. Do not miss the chance to follow the path of the world’s most romantic story of Romeo and Juliet and discover the balcony where Romeo declared his love for Juliet.

Sightseeing in Croatia
Take it easy and enjoy the natural beauties and wonders of the blue sea, green lakes, cities of white stone and the slow pace of life of the Adriatic villages and islands.

Plitvice Lakes (approx. 4 hours from Ljubljana) is a UNESCO site. Enjoy the breathtaking scenery of this natural wonder of sixteen terraced lakes, caves and waterfalls surrounded by thickly wooded mountains and lush vegetation.

Kornati (approx. 5.5 hours from Ljubljana), a group of islands, located in the central part of the Croatian Adriatic; they extend over some 35 km and include 140 islands, some large, some small, over an area of about 320 km² of sea. The Kornati Islands form the densest archipelago in the Mediterranean. Because of their exceptional beauty, interesting landscape, diversity of coastline and especially the richness of the marine ecosystem, the greater part of the Kornati maritime zone was declared a national park in 1980.

Dubrovnik (approx. 9 hours from Ljubljana), “The ‘Pearl of the Adriatic” is one of the most prominent tourist destinations on the Adriatic. A UNESCO Cultural Heritage site, this ancient town, surrounded by ramparts and fortresses, is a treasure trove of architectural and cultural masterpieces, scrupulously preserved over the centuries.
**Additional services and programs**

We understand that, at certain times in life, you need a different kind of travel experience, a holiday that will restore you when you need time to stop, totally relax and enjoy life.

**Luxury Holidays**

We offer you customized programs with high-quality services in modern boutique hotels. We want to spoil you with small surprises that make you feel special, and we will always be there for you, but will always respect your privacy.

**Hotels and Private Accommodation**

There is a wide selection of hotels in Slovenia, Croatia and the Balkan area. We offer you different hotel categories, as well as a variety of private accommodation (apartments, tourist farms, etc.). Accommodation: we offer a wide selection of villas in Croatia - over 100 in many of the main destinations like – Istria, Kvarner Bay, Dalmatia, Dubrovnik, the Pelješac Peninsula, and the Islands of Hvar and Brač, with friendly and dedicated service.

(www.kompas-villas.com/Croatia)
Prince of Venice Catamaran
The Prince of Venice catamaran provides transfers between Izola (Slovenia) and Venice (Italy). During the two and a half hour sail, our guides will give you an insight into the history of Venice and then take you to the most beautiful architectural sights, as well as to the Murano glassworks. You can use your free time for individual sightseeing tours, have lunch, or just go for a gondola or water-taxi ride.

Scheduled and Private Excursions
We offer the most comprehensive range of daily excursions from different regions. You are in good hands and can count on our local Kompas offices to assist you.

Ferries
We can book for you tickets for ferries that provide easy access to the numerous Adriatic islands from the major centers along the Croatian coast.

Transfers
We can organize your private transfers from all airports, ports, railway and bus stations etc. All transfers are made by modern and comfortable cars, minivans, buses and minibuses; transfers can also be accompanied by a tour guide/assistant.

Rent-a-car Service
We have a wide range of vehicles for hire (all car categories) in Slovenia and Croatia.
Visit the Queen of all Caves
Kompas International, an incoming tour operator in Europe with offices in over 25 countries, is celebrating its 60 years of existence and experience. We organize a wide variety of tours for both individuals and groups:

- Special interest tours
- Pilgrimage tours
- Heritage tours
- European combinations
- Educational & professional trips
- Individual city packages
- VIP services, meetings, incentives & conferences

We offer tailor-made detailed programs and creative proposals in carefully selected accommodation at very competitive rates. Our fleet of modern coaches and experienced tour directors will make your journey memorable with long-lasting joyful memories. We are focused and committed to making your travel arrangement a sound and certain success. We guarantee consistent quality for all our services.

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