



FITNESS & WELLBEING

A perfect balance of body, mind and spirit.

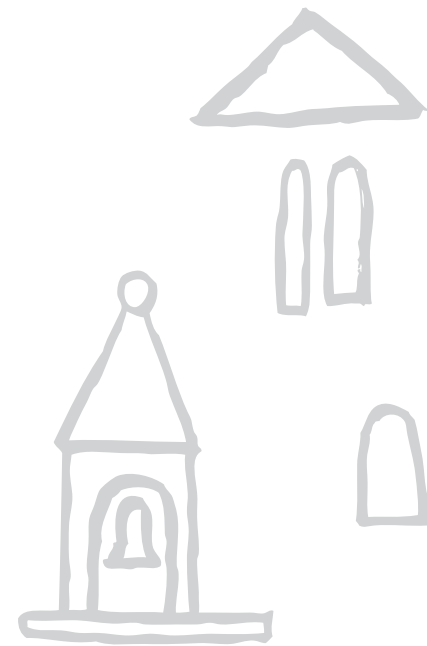


WELCOME

Take a moment for yourself.

Let us take you through an array of energizing and relaxing experiences, leaving you feeling nourished and renewed.

With your serenity and satisfaction as the sole objectives of every session, our staff has a unique approach to your wellbeing.





FITNESS

Strengthen your body and temper your mind.

Just a few steps from the ancient Diocletian's palace, Cornaro Hotel offers a space devoted to fitness and healthy-state-of-mind for all who want to stay active during their getaway.



Fitness Center

Keep fit on the road with our fitness center which features the best of traditional fitness machines and devices.

Pilates & Yoga

When the weather is nice, Pilates & Yoga sessions are held on the hotel rooftop with a breathtaking view of the city center and islands.





MARJAN HILL

This rich pine forest hosting wildlife, medieval churches, historical monuments and breath-taking views on Split, surrounding mountains and islands, will surprise you with its exceptional beauty and adventurous side. Various terrains are perfect for thrilling bike ride through narrow trails, as well for the recreational cycling, jogging or hiking on paved roads. Whether you choose to rest at one of the beautiful beaches or reach the Marjan cape, unspoiled nature and serene atmosphere create an unforgettable experience.





Jogging

With its favorable weather and breathtaking scenery, Split offers routes such as woodland paths and waterside promenades ideal for those who want to maintain their fitness routine when staying with us.

Cycling the coast of Split

The highlight of cycling tours in Dalmatia is, without doubt, Split, a city characterized by turbulent and rich history that still leaves its traces in the everyday life of the city. Experience the ancient atmosphere while touring the city's famous tourist attraction, imperial Diocletian's palace, or enjoy cycling the Marjan hill, a Mediterranean pine tree forest, which has a great number of paved roads, gravel paths and dirt roads.





BREAKFAST

Breakfast tailored to your needs.

Sourcing the highest quality ingredients which are carefully selected from local suppliers, our philosophy enables us to serve you the best of the land.

The rich buffet breakfast at Cornaro Hotel gives you the opportunity to fill your plate wisely, with a variety of healthy fats, protein and unrefined carbs which deliver sustained energy. Tailor your breakfast to the kind of exercise you'll do and keep your brain focused and muscles energized.

Cornaro Healthy Choice

To ensure enough nutrients, refreshing vitamins and fiber to meet your dietary needs, Cornaro Healthy Choice breakfast features an assortment of fresh seasonal products, cereals and bagels, nuts, yogurts, cheeses, traditional dishes and more.





Smoothies

Delicious and healthy, smoothies are perfect fuel-on-the-go for breakfast, afternoon snack or dessert. Besides making it easy to eat healthy, smoothies provide important protein, vitamins, minerals and other nutritious ingredients.



Cyclist's Buffet Breakfast

For those who are looking to get on their bikes and improve fitness, not just any breakfast will do. Boost performance and get the most from your rides with breakfast at Cornaro Hotel.

Detox with aromatic taste of tea

Incorporating a cup of tea into your daily routine can bring significant health benefits, from boosting your immune system to detoxifying.





CORNARO SPA EXPERIENCE

Soothing your body and mind.

Every treatment is designed to assure you have the ultimate spa experience in the surroundings of unrivaled quality.

Inviting dark, warm colors and refined design of the spa facilities create a tranquil, meditative atmosphere where you can find a place of your own.

Our Wellness center is located on -1 level and consists of the individual massage room, couples' massage room, manicure/pedicure room, steam bath, sauna, jacuzzi and private spa.





Facial Treatments

Intensive and comprehensive, our facial treatments will refresh and revive your skin leaving remarkable results.

Body Treatments

These purifying experiences will restore the overall balance of your body and mind and ensure deep relaxation.

Massages



Sauna

Our Finnish sauna provides intimate atmosphere, revitalization and numerous health benefits.





Steam Bath

In the steam bath, body reacts by opening the pores, relaxing sore muscles and improving blood flow.



Jacuzzi

Either for refreshment on a hot summer day or enjoyment under a starry sky, our rooftop jacuzzis represent a private urban oasis overlooking the very center of Split and islands. During colder months, the jacuzzi at the spa center is perfect for a relaxing laid back up to 4 persons.

Private spa

Enjoy time in your own private spa for two. Let us know your desires and we'll be happy to advise you and put together a personal package of treatments.

- face & body treatments
- sauna
- jacuzzi



INSPIRED BY NATURE

Reveal your natural beauty.

Our spa products are infused with elements of the ocean, providing your body with essential minerals and proteins for soothing, regenerating and rejuvenating effect.





Wishing you a nice stay

For additional information, schedule of sessions and tours or personal trainers, please contact our Front Desk.

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