

Programs 2012

Thalassotherapy & SPA Center "Venere"

All programs include " **The Thalasso & Wellness Circuit**" (tonifying or relaxing), to be done during half day treatments, with the use of :

- **Outdoor multi-functional pools**, filled with heated sea water, with different intensity submarine jets for a **personalized Thalasso circuit**
- **Turkish bath**
- **Sauna**
- **Cardio fitness room**
- **Relaxation area**

Attention:

- **A medical certificate attesting good health for the treatments is COMPULSORY; in alternative it is possible to book, on appointment, a medical examination (on payment) on place;**
- **All the prices below are valid only if combined with hotel reservation and stay. All rates are VAT inclusive and do not include hotel and restaurant.**
- **Treatment duration is relative to cabins.**
- **Centre's management reserves the right, where necessary, to agree with customers for any variation of the program.**

"Thalasso Discovery"

A extraordinary offer to approach to the wonderful marine SPA universe.

3 half-days of Relax during you can start to discover pleasures and benefits of thalassotherapy in complete freedom.

This package includes:

- 3 **Thalasso & Wellness circuits** (tonifying or relaxing)
- 1 **Relaxing Massage (30 mn)** with Essential Oils of Sardinia
- 1 **Hydrotherapy Treatment**

The Price doesn't include accommodation and Restaurant rates: 100 Euros

"Check-in & Check out "

A day to prepare yourself at the Gallura's sun. A day to start again in great form. Leave to check your documents and stress and let you cuddled by expert hands. Expert hands which will set you in the well-being won during the holiday

2 days care (morning or afternoon)

This package includes:

- 1 'Brilliance' Facial Scrub
- 1 Aromatic Body Scrub
- 1 Relaxing Massage 60 mn.
- 1 Californian Massage 30 mn.
- 1 Deep moisturizing facial Treatment
- 1 After-sun body Wrap Treatment
- 1 French Manicure (or standard)
- 1 French Pedicure (or standard)

Included : free entrance to **"The Thalasso & Wellness Circuit"** (during half day treatments)

The Price doesn't include accommodation and Restaurant rates: 280 Euros

" Man Relax "

The Thalassotherapy is very attractive for men generation. A lot of men will take care of their bodies. Men which want to be 'cooned', which want to forget the professional stress and keep their form, their mental vitality, their silhouette and charm.

3 days care (morning or afternoon)

This package includes:

- 1 Detoxifying body Scrub
- 3 Re-mineralising sea salt Hydro Bath massages
- 1 Moisturizing Body wrap
- 3 Re - mineralising sea mud Body Wraps
- 2 Massages (Californian or Back) 30mn.
- 1 Relaxing body Massage with Sardinian essential oils 60 mn
- 1 Specific facial treatment for man

Included : free entrance to **"The Thalasso & Wellness Circuit"** (during half day treatments)

The Price doesn't include accommodation and Restaurant rates: 450 Euros

"Wellness Back Treatment"

Speed life and bad posture leads to back pain. With the unique characteristics of our myrtle and juniper blended oil added at the famous Sardinian sea salt, our therapist will concentrate on your back, neck and shoulders to help dissolve away all of your stress and tension.

3 days care (morning or afternoon)

This package includes:

- 1 detoxifying body scrub
- 3 Localized sea mud Body Wraps
- 2 Specific back massages with aromatic oils from Sardinia 30 mm
- 1 Hot stone massage 60 mn
- 3 Hydro Bath massages with sea salt and aromatic mirth gel
- 2 Stretching Sessions

Included: free entrance to **"The Thalasso & Wellness Circuit"** (during half day treatments)

The Price doesn't include accommodation and Restaurant rates: 395 Euros

"Thalasso & Spa"

«The best travelling deep in the Traditional treatments of the Thalassotherapy".
This program will permit to your body to draw on the rich sea all the oligo elements and minerals necessaries for your good health.

3 days care (morning or afternoon)

This package includes:

- 1 Detoxifying body Scrub
- 2 Re - mineralising Sea Salt Hydro Bath Massages
- 2 detoxifying micronized seaweed Body Wraps
- 2 Spa jet sessions (multi sensorial system : hydro massage, vibromassage, chromotherapy, aromatherapy, musictherapy)
- 1 Massage (Californian, circulatory or Back) 30 mn
- 1 Relaxing Massage with Sardinian essential Oils 60 mn
- 3 Aquagym sessions

Included : free entrance to **"The Thalasso & Wellness Circuit"** (during half day treatments)

The Price doesn't include accommodation and Restaurant rates: 355 Euros

1 day care (morning or afternoon)

This package includes:

- 1 Detoxifying body Scrub
- 1 Re - mineralising Sea Salt Hydro Bath Massage
- 1 detoxifying micronized seaweed Body Wrap
- 1 Massage (Californian or Relaxing with essential Sardinian Oils) 60 mn

Included : free entrance to **"The Thalasso & Wellness Circuit"** (during half day treatments)

The Price doesn't include accommodation and Restaurant rates: 145 Euros

" The Marine Beauty in Sardinia "

" One package for all women who take care of their beauty".

Let you "cuddle" by our professional team for several days.

The different treatments that we propose in this package allow you to cancel tiredness and daily stress and reveal your natural beauty and glimmer.

A three day programs whose frame is beauty. It's Sardinia.

3 days care (morning or afternoon)

This package includes:

- 1 Detoxifying body Scrub
- 2 Re - mineralising Sea Salt Hydro Bath Massages
- 1 detoxifying micronized seaweed Body Wrap
- 1 Spa jet session (multi sensorial system: hydro massage, vibromassage, chromotherapy, aromatherapy, musictherapy)
- 2 Slimming/draining Sea mud Specific body treatments (wrapping and slimming/firming massage)
- 1 Anti-aging face Treatment
- 2 Massages (draining for legs or Californian) 30 mn
- 2 Aquagym Sessions

Included: free entrance to ***"The Thalasso & Wellness Circuit"*** (during half day treatments)

The Price doesn't include accommodation and Restaurant rates: 420 Euros



Male Beauty (for man)

For the man who uses the welfare of his body to fine his mind and recognize his spirit

3 days care (morning or afternoon)

This package includes:

- 1 body scrub
- 1 detoxifying micronized seaweed body wrap
- 2 hydromassage baths with essential oils
- 3 Contour Mineral – slimming/firming localized pack and massage
- 1 toning massage 60 min.
- 1 manicure
- 1 pedicure
- 1 facial cleansing treatment "Rituel de Pureté"
- 1 Anti-aging facial treatment

Included : free entrance to **"The Thalasso & Wellness Circuit"** (during half day treatments)

The Price doesn't include accommodation and Restaurant rates: 460 Euros

« *Light legs* »

A specific and complete program for the comfort of your legs, for stimulating the blood circulation and for a good shape.

3 days care (morning or afternoon)

This package includes:

- 1 Detoxifying body Scrub
- 2 Sea salt and sea weed Hydro Bath Massages (circulation and cellulite)
- 3 Draining leg Massages 30 mm
- 2 Specific leg Wraps
- 1 Hydrating body wrap
- 3 Aquagym Sessions

Included : free entrance to **"The Thalasso & Wellness Circuit"** (during half day treatments)

The Price doesn't include accommodation and Restaurant rates: 330 Euros

" *Venere Relax* " '*Expecting a Baby*'

A well-deserved break to relax and specific treatments for expecting mothers

3 days care (morning or afternoon)

This package includes:

- 3 Draining legs Massages 30 mn
- 1 Cleansing Facial Treatment "Rituel de Pureté"
- 1 Bio Facial Treatment
- 1 French Manicure (or standard)
- 1 French Pedicure (or standard)
- 2 Mosturizing body wraps
- 3 Specific Aquagym Sessions

Included: free entrance to **"The Thalasso & Wellness Circuit"** - during the half-day treatments (use of the pools only with the controller circuit's supervision).

The Price doesn't include accommodation and Restaurant rates: 360 Euros