



Thalassotherapy & SPA Center “Venere” *Programs 2008*

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

- Outdoor multi-functional pools, filled with sea water, with different intensity water jets for a personalized Thalasso package
- Jacuzzi
- 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 bellow are valid only if combined with hotel reservation and stay; for programs and treatments booked at centre’s reception we apply “à la carte” prices. All fares are with VAT and do not include hotel and restaurant.
- 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 package**” (toning or relaxing)
- > 1 “**Relaxing Massage (25 mn)**” with Essential Oils of Sardinia

The Price doesn't include accommodation and Restaurant rates: 80 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 necessary oligo elements and minerals for your good health.

3 Days of care (in the morning or in the afternoon)
4 treatments per day

This package includes:

- > 1 Body scrub after the Turkish Bath
- > 2 Hydro massage Baths with remineralizing sea salt
- > 2 Body wrap with detoxifying micronized seaweeds
- > 2 Spa jet sessions (multi sensorial system: hydromassage, vibromassage, cromotherapy, aromatherapy, music therapy)
- > 1 Massage (Californian, draining for legs or relaxing back) - 25 mn
- > 1 Relaxing Massage with Essential Oils of Sardinia - 50 mn
- > 3 Aquagym sessions

Included: free entrance to “The Thalasso & Wellness package” (during half day treatments)

The price doesn't include accommodation and restaurant rates: 340 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 of care (in the morning or in the afternoon)

4 treatments per day

This package includes:

- > 2 Specific legs wraps
- > 2 Pressotherapy sessions
- > 2 Hydro massage Baths with draining essential oils
- > 1 « Thalgoslim » massage for legs
- > 2 Massages (draining for legs or anti-cellulite) - 25 mn
- > 3 Aquagym sessions (draining and tonifying)

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

The price doesn't include accommodation and restaurant rates: 330 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...

3 Days of care (in the morning or in the afternoon)

4 treatments per day

This package includes:

- 1 Aromatic Body scrub with Sardinia's Flowers
- 2 Hydro massage Baths (with remineralising Sea Salt or relaxing herbs)
- 1 Draining and tonifying body wrap with clay and micronized seaweeds
- 1 Spa jet sessions (multi sensorial system: hydromassage, vibromassage, cromotherapy, aromatherapy, music therapy)
- 2 Specific body treatments
- 2 Massages (draining for legs, anti-cellulite or Californian) - 25 mn
- 1 Anti-Aging Treatment for the face
- 1 Pedicure
- 1 Manicure

Included: free entrance to “The Thalasso & Wellness package” (during half day treatments)

The price doesn't include accommodation and restaurant rates: 410 Euros

“Sensorial Travel”

Recharge your body and mind with the unforgettable perfumes of Sardinia.

The wild Sardinia offers you unequally serenity, wellness and harmony.

3 Days of care (in the morning or in the afternoon)

4 treatments per day

This package includes:

- > 2 Hydromassage baths with fragrance flowers
- > 1 “Siesté” : Aquatic relaxation associate to a specific massage for mind and body harmony
- > 2 Specific body treatments
- > 1 Aromatic body scrub with flowers of Sardinia
- > 1 Massage (Shiatsu or Ayurvedic) - 50mn
- > 1 Relaxing Massage with Sardinia flowers - 25mn
- > 1 Oriental massage - 25mn
- > 3 Stretching sessions

Included: free entrance to “The Thalasso & Wellness package” (during half day treatments)

The price doesn't include accommodation and restaurant rates: 390 Euros

“Oriental Beauty”

The traditional and ancestral rituals of beauty and well-being for an harmonious circulation and for the brightness beauty. Come to discover this Oriental charm, wonderfully mixed of with marine treatments and Asiatic massages

3 Days of care (in the morning or in the afternoon)

4 treatments per day

This package includes:

- > 3 Hydro massage Baths with oriental Oils
- > 1 Aromatic Spices body scrub
- > 1 Specific body treatment
- > 1 Energetic Ayurvedic massage - 50mn
- > 1 Shiatsu massage - 50mn
- > 1 Face treatment: “Riche de Jeunesse”
- > 1 Face massage: « Lifting Riche de Jeunesse »
- > 3 Stretching sessions

Included: free entrance to “The Thalasso & Wellness package” (during half day treatments)

The price doesn't include accommodation and restaurant rates: 410 Euros

“Brazilian Beauty Ritual”

We focus on slimming and tonifying treatments, using the caffeine with its famous effectiveness that stimulates the blood and lymphatic circulation. The result is a good drainage and detoxifying effect.

The skin and the silhouette are tonic.

3 Days of care (in the morning or in the afternoon)

4 treatments per day

This package includes:

- > 2 Hydro massage baths with “slimming” plants
- > 1 Aromatic Spices body scrub
- > 3 Draining Massages “Thalgoslim”
- > 3 Draining and tonifying seaweeds and clay body wraps
- > 3 Slimming Brazilian massages - 25mn

Included: free entrance to “The Thalasso & Wellness package” (during half day treatments)

The price doesn't include accommodation and restaurant rates: 410 Euros

“Tropical Escape”

A travel among the perfumes country !

The ancestral Beauty Rituals, Wellness, perfumes, essences , colours... To Live magic whiles to get to your spirit dream and harmony.

2 Days of care (in the morning or in the afternoon)

4 treatments per day

This package includes:

- > 2 Hydromassage baths with fragrance flowers
- > 1 Body scrub with aromatic fruits
- > 1 Relaxing Balinese massage - 50 mn
- > 1 Specific treatment for the face “Rituel de Bali”
- > 1 “Siesté”: Aquatic relaxation associate to a specific massage for mind and body harmony
- > 2 Stretching session

Included: free entrance to “The Thalasso & Wellness package” (during half day treatments)

The price doesn't include accommodation and restaurant rates: 290 Euros