



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 sea water, with different intensity water jets for a **personalized Thalasso circuit**
- **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.
- 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 thalassoterapy 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 Euro

« 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 of care (in the morning or in the afternoon)

This package includes:

- 1 'Brilliance' Face Scrub
- 1 Aromatic Body Scrub
- 1 Californian Massage 60 mn.
- 1 Relaxing Massage 30 mn.
- 1 Specific Anti-Aging Treatment for the face
- 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)

Price doesn't include accommodation and restaurant rates: 265 Euro

« 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 'coconed' , which want to forget the professional stress and keep their form, their mental vitality, their silhouette and charm.

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

This package includes:

- 1 detoxifying body Scrub
- 3 Hydro massage Baths with re -mineralising sea salt
- 1 Hydrating body wrap
- 3 Body Wraps with re – mineralising sea mud of the Dead Sea
- 2 Massages (Californian or Relaxing back) 30 mn.
- 1 Relaxing body Massage with essential oils from Sardinia - 60mn
- 1 Specific face Treatment for man

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

Price doesn't include accommodation and restaurant Rates: 450 Euro

« Back Pain 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 of care (in the morning or in the afternoon)

This package includes:

- 1 detoxifying body Scrub whit sea salt
- 3 Body Wraps with sea mud of the Dead Sea
- 2 Specific back massages whit aromatic oils from Sardinia – 30 mn
- 1 hot stone massage - 60 mn
- 3 Hydro massage Baths with sea salt and aromatic mirth gel
- 2 Stretching Sessions

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

Price doesn't include accommodation and restaurant Rates: Euro 415

« 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 necessities for your good health.

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

This package includes:

- 1 Detoxifying Body scrub
- 2 Hydro massage Baths with remineralizing sea salt
- 2 Body Wraps with detoxifying micronized seaweeds
- 2 Spa jet sessions (multi sensorial system : hydro massage, vibromassage, chromo therapy, aromatherapy, music therapy)
- 1 Massage (Californian, Draining or relaxing back) 30 mn
- 1 Relaxing Massage with Essential Oils of Sardinia - 60mn
- 3 Aquagym sessions

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

Price doesn't include accommodation and restaurant Rates: 355 Euro

1 day of care (in the morning or in the afternoon)

This package includes:

- 1 Detoxifying Body scrub
- 1 Hydro massage Baths with remineralizing sea salt
- 1 Body Wrap with detoxifying micronized seaweeds
- 1 Massage (Californian or Relaxing with essential Sardinia's oils) 60 mn

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

Price doesn't include accommodation and restaurant Rates: 145 Euro

« *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 of care (in the morning or in the afternoon)

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 micronized seaweeds
- 1 Spa jet sessions (multi sensorial system: hydro massage, vibromassage, cromotherapy, aromatherapy, music therapy)
- 2 Specific body Treatments
- 1 Anti-aging face Treatment
- 2 Massages (draining for legs, anti-cellulite 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 Euro

« *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)

This package includes:

- 1 Body Scrub
- 2 Specific legs wraps
- 2 Draining legs 'Thalgoslim 'Sessions
- 3 Draining Massages 30 mn
- 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: 370 Euro

« Venere Relax » ‘Expecting a Baby’

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

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

This package includes:

- 3 Specific Acquagym sessions
- 3 Draining legs massages 30 mn
- 1 Face treatment ‘ Rituel de Pureté ‘
- 1 French manicure (or standard)
- 1 French pedicure (or standard)

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: 250 Euro

« Brazilian Beauty Ritual »

A Brazilian energetic moment.

A programme full of energy. A concentrated active slimming and toning.

The result is a good drainage and detoxifying effect.

The skin is firming. La silhouette tonic.

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

This package includes:

- 3 Hydro massage Baths with “slimming” plants
- 1 Aromatic Spices body scrub
- 2 Draining Massages “Thalgoslim”
- 3 Draining and tonifying seaweeds body wraps
- 3 Slimming Brazilian massages - 30mn

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

The price doesn’t include accommodation and restaurant rates: 420 Euro