



*Venere*



**TORRERUJA**

Hotel Relax Thalasso & SPA

★★★★★





List of treatments “à la carte”

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**Thalassotherapy & SPA Center Venere**

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Here is for you our collection of treatments, you will find beauty rituals drawn from the world and our **Sardinian Signature** treatments, specially created to feel Sardinia on your skin.

**“Thalasso and Wellness Circuit”** (toning or relaxing) min. 150 € 20

With the use of:  
outdoor heated seawater pools with different intensity submarine jets, Hammam, Sauna, Relaxation Area and Tea room for a personalised “Thalasso Circuit”.

We recommend you, first to soak yourself in the warmer pool and gradually in the other colder ones. The high temperatures enhance muscular and mental relaxation and improve vasodilator effect increasing the metabolism. In contrast, soaking in the lower temperatures, helps vasoconstriction action.

Different intensity and pressure water jets are located in various positions and heights to work on your body, from the feet to the legs, from the buttocks to the lumbar area.

Hydromassage has a therapeutic effect on rheumatism pain, localized adiposity and in cases of venous stasis.

**“Thalasso Discovery”** € 155

An extraordinary offer to approach the wonderful marine SPA universe.

This package includes:

- 3 Thalasso & Wellness circuits (toning or relaxing) in the afternoon (reservation is required)
- 1 Relaxing Massage (50 mn) with Essential Oils of Sardinia
- 1 Hydrotherapy Treatment (25 mn)

## Thalassotherapy Treatments

### ■ Hydromassage baths

• Aromacèane Silhouette	min. 20	€ 40
• Aromacèane Relaxing	min. 20	€ 40
• "Cleopatra" with precious milk	min. 20	€ 40
• <b>Sardinian Signature:</b> "Mirto" salt flower whirlpool and BIO myrtle gel	min. 20	€ 45

### ■ Siesté

Sensory immersion in seawater and specific massage for the harmony of the body of the spirit.	min. 55	€ 100
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### ■ Jacuzzi

Hydro-massage bath with remineralising sea salt in a Jacuzzi tub.	min. 30	€ 35
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### ■ Body Thalasso Treatments

• <b>Sardinian Signature:</b> Salt scrub with typical Sardinian plants and essences	min. 20	€ 60
• Prelude Marin: scrub with salt and sea mud -Remineralises and stimulates cell renewal	min. 50	€ 85
• Micronized algae bodywrap	min. 20	€ 60
• Wrapping with Dead Sea Mud - remineralising	min. 20	€ 65
• Frigithalgo - blood circulation activator	min. 40	€ 75
• Aromacèane with Dead Sea mud and essential oils - Tonifying	min. 50	€ 100

## Face Treatments

• Rituel de Pureté - Deep facial cleansing	min. 55	€ 80
• Silicon and hyaluronic acid - uplifting	min. 70	€ 115
• Hyalu-Procollagene - early wrinkles, illuminating	min. 50	€ 90
• <b>Sardinian Signature:</b> Cannonau Grape "Elixir of Youth" - Anti-Ageing	min. 55	€ 90
• <b>Sardinian Signature:</b> "Sardinian lift"	min. 55	€ 90
Firming face treatment with hyaluronic acid, lentisk and rose quartz		
• Aux cinq fleur - Thanks to the digital pressure of specific points and the combination of five tropical flowers (Gardenia, Hibiscus, Frangipani, Ylang-Ylang and Lotus), it purifies, illuminates and firms the skin face.	min. 55	€ 85
• Source Marine - Illuminating	min. 55	€ 85
• Océan Man - Regenerating treatment with vital blue algae	min. 55	€ 85



## Expert Treatments

### ■ Body

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|---|---------|-------|
| • Body Sculpt with active oxygen - Reshaping  | min. 50 | € 100 |
| • <b>Sardinian Signature:</b> Sunny - Soothing, moisturising treatment  | min. 20 | € 65  |
| From an ancient natural remedy handed down and jealously guarded, we find ELDERAL natural 100%, an active ingredient that provides relief and well-being to the skin, especially after exposure to the sun. |         |       |
| • Creme de café   | min. 55 | € 100 |
| Thanks to the action of caffeine (draining), clay (detoxifying) and seaweed, it combines a highly draining wrap with a pleasant massage.  |         |       |

### ■ Face

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|--|---------|-------|
| • Prodiges des Océans - Inexhaustible source of youth  | min. 85 | € 150 |
| An all-round treatment with regenerating power thanks to a concentrate of marine algae. It works on all skin types, making it immediately more supple, moisturised and vital.  |         |       |
| • Exception - exclusive anti-ageing method   | min. 85 | € 145 |
| • Ko Bi Do - Anti-Age  | min. 55 | € 95  |
| Thanks to the manual dexterity of the Japanese "KO BI DO" ritual and the application of a mask rich in opal, turquoise, pearl and diamond powder, it visibly acts on wrinkles, giving immediate luminosity and tone to the tissues.  | min. 80 | € 135 |
| • <b>Sardinian Signature:</b> "Alba Cuata" - Rebalancing   | min. 50 | € 90  |
| From an ancient natural remedy handed down and jealously guarded, we find ELDERAL natural 100%, an active ingredient that provides relief and well-being by rebalancing the skin's natural elements, an excellent soother for sensitive and fragile skin prone to couperose. |         |       |

## Beauty and Body Wellness Rituals

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| • Indie Sea  | min. 110 | € 170 |
| Ginger scrub (rebalancing), enhanced by the "Cleopatra" milk bath (moisturising) combined with a hot oil massage (nourishing), typical of Ayurvedic culture. |          |       |
| It is a fantastic combination of relaxation and aroma therapy for a wonderful sensory experience amidst the seas and scents of the Orient.                   |          |       |
| • Pacific Islands  | min. 110 | € 170 |
| Bora-Bora island scrub, 'water of the lagoons' hydromassage bath and monoi oil massage with hot sandbags   |          |       |

• <b>Maghreb</b>		min. 110	€ 170
Black soap scrub, Rassoul wrap and oriental massage with traditional oil.			
• <b>Siam</b>		min. 85	€ 145
Thai Purée de Papaye scrub and Balinese massage with tropical nut melting balsam.			
• <b>Ayurvedic</b>		min. 85	€ 145
Aromatic spice scrub, energising and revitalising ayurvedic massage.			
• <b>Happiness for two in Sardinia</b>	(p.p)	min. 85	€ 145
Scrub with Sardinian salt, plants and essences combined with a Californian couple massage.			
• <b><i>Sardinian Signature: Fragrances of Gallura BIO</i></b>		min. 85	€ 145
Aromatic scrub with salt flowers and Sardinian massage with Mediterranean oils.			

## Massages

• <b>Relaxing</b>		min. 50	€ 90
• <b><i>Sardinian Signature: Relaxing with essential oils from Sardinia</i></b>		min. 50	€ 95
Nourishing, moisturising, aroma therapy			
• <b><i>Sardinian Signature: "Health elixir" with essential oil of Sardinian grapefruit -</i></b>		min. 50	€ 105
A typical Sardinian endemic citrus fruit with anti-inflammatory, antioxidant, antibacterial, cicatrizing and anti-stain properties.			
• <b><i>Sardinian Signature: "Revitalizing" with essential oils of rosemary, myrtle, thyme, cistus and helicrysum</i></b>		min. 70	€ 120
• <b>Polynesian</b>		min. 50	€ 95
• <b>Ayurvedic</b>		min. 50	€ 95
• <b>Hot stone</b>		min. 50	€ 100
• <b>Thai</b>		min. 50	€ 100
• <b>Shiatsu</b>		min. 50	€ 100
• <b>Deep tissue</b>		min. 50	€ 100
• <b>Sporty</b>		min. 50	€ 100
• <b>Balinese</b>		min. 50	€ 95
• <b>Californian</b>		min. 50	€ 95
• <b>Happy feet</b>		min. 25	€ 55
• <b>Light legs</b>		min. 25	€ 55

### ■ ***Hair Spa (Can be added to all the above treatments)***

• <b>Scalp massage - Scalp massage with monoi oil, restructuring for the hair.</b>		min. 20	€ 45
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## Beauty Services

### ■ *Hands & Feet*

• Manicure	€ 40
• Spa Manicure	€ 60
• Shellac Manicure	€ 70
• Spa Manicure + Shellac	€ 80
• Pedicure	€ 50
• Spa Pedicure	€ 70
• Shellac Pedicure	€ 80
• Spa Pedicure + Shellac	€ 100

### ■ *Wax*

• Full legs	€ 50
• Brow (or up lip o chin)	€ 25
• under arm (o half arm)	€ 25
• Bikini	€ 25
• Brazilian bikini (or half leg or full arms)	€ 40
• Back (or chest)	€ 40

## Training & Olistic

### ■ *Personal Training / Yoga / Pilates*

• One-to-one	min. 50	€ 80
• Couple	min. 50	€ 120
• Class (max 6 pax)	min. 50	€ 30

## Spa Etiquette

Delphina Thalasso & SPA Centres are relaxing and harmony places. Please respect the other Guests' privacy and their serenity: do not use mobile phones and electronic devices and please speak with a moderate tone of voice. Please do not smoke and drink alcohol. Food and drinks are not allowed (water and herbal teas are at your disposal in the Centre).

## General Information

Access to the Wellness Centre is allowed to adults and underage persons between 14 and 18, only if accompanied by parents and with a written authorization.

"Venere" Thalasso & Spa Centre's pools contain seawater warmed up at different temperatures and are equipped with jets of different for typologies and intensities, which run by pushing a button on the pools' walls.

Access to the Pools and to the Wellness Circuit is allowed only during the Centre opening hours.

We recommend you to reserve the chosen treatments at least one day in advance and to arrive to the Centre 10 minutes prior to your scheduled treatment. Being late to your appointment may shorten the duration of your treatment.

We kindly ask our Guests to store their personal belongings in the changing rooms' lockers and keep the key during the stay at the centre. However, you should deposit your valuables in the safe of your room.

## Safety and hygiene practices

Glass bottles and glasses are not allowed in the Pool Area; for your own safety diving and running poolside is not permitted.

Please use the Hammam and Sauna according to the timing and modalities recommended by our staff during the Wellness Circuit explanation (you will find the same information posted near the Sauna and Hammam).

In the fitness area we suggest you sportswear and training shoes. For your own safety please do not use the cardio-fitness machines wearing slippers.

It is advisable to take a shower before using the Pools, the Sauna and Hammam and before entering the treatment rooms. The use of the swimsuit and slippers is mandatory.

## Health and Pregnancy

Delphina Thalasso and SPA Centres require an authorization about the health status and the suitability to treatments; anyway it is suggested a medical examination, also possible at the hotel (upon reservation and on payment). In all Delphina Wellness and SPA Centres we suggest specific Programmes and Treatments for the mothers-to-be (from the third month onwards).

## Cancellation Policy

The cost of the Treatment "à la carte", which has not been cancelled within 24 hours, will be charged. If the treatment is a part of a Wellness Package, it will be cancelled.





Programs

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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
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**Attention:**

- *Before starting your treatments, we require the signature of a liability waiver attesting your suitability to undertake them and to the use of the facilities. We do recommend anyway a medical check-up (available on site upon reservation at extra charge).*
- *All rates are VAT free and do not include accommodation and restaurant.*
- *Centre Management reserves the right, where necessary, to agree with customers upon any possible variation of the programs.*

## Thalasso Discovery

€ 155

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

This package includes:

- 3 **“Thalasso & Wellness circuits”** (tonifying or relaxing)
- 1 **“Relaxing massage with essential oils from Sardinia”** (50 mn)
- 1 **“Hydrotherapy treatment”** (25 mn)

## Check-in & Check-out

€ 410

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

### **2 days care** (morning or afternoon)

This package includes:

- 1 Purifying and Rebalancing face treatment
- 1 Body Scrub
- 1 Relaxing massage 50 mn
- 1 Localized massage 25 mn
- 1 Face massage 25 mn
- 1 Hydrating body wrap
- 1 French Manicure (or standard)
- 1 French Pedicure (or standard)

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

## Man Relax

€ 600

The Thalassotherapy is very attractive for men generation. A lot of men will take care of their bodies. Men who want to be "pampered", who want to forget their 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 Remineralising Hydromassage baths with sea salt
- 1 Hydrating body wrap
- 3 Remineralising sea mud body wraps
- 2 Localized massages 25 mn
- 1 Relaxing massage with essential oils from Sardinia 50 mn
- 1 Specific face treatment for man

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

## Wellness Back Treatment

€ 555

Chaotic life and bad posture lead to back pain. With the unique characteristics of our myrtle and juniper blended oil added to 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 essential oils from Sardinia 25 mn
- 1 Hot stone massage 50 mn
- 3 Hydromassage baths with sea salt and aromatic myrtle gel
- 2 Stretching sessions

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

## Venere Relax Expecting a Baby

€ 510

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 25 mn
- 1 Facial treatment “Rituel de Pureté”
- 1 Bio Facial treatment
- 1 French Manicure (or standard)
- 1 French Pedicure (or standard)
- 2 Hydrating body wraps
- 3 Specific Aquagym sessions

Included: free entrance to “**The Thalasso & Wellness Circuit**” - uring half day treatments (*use of the pools only with the circuit's supervisor*).



## Thalasso & Spa

### 3 days care

€470

*"The best travelling deep in the Traditional treatments of the Thalassotherapy".*

This program will allow your body to draw on the rich sea all the oligo elements and minerals necessities for your good health.

**3 days care** (morning or afternoon)

This package includes:

- 1 Detoxifying body scrub
- 1 Remineralising Hydromassage bath with sea salt
- 1 Hydromassage bath with essential oils from Sardinia
- 2 Micronized seaweed detoxifying wraps
- 1 Remineralising sea mud body wrap
- 2 Localized massages 25 mn
- 1 Sensorial immersion in sea water bath "Siesté"
- 1 Rebalancing massage for harmony of the body 25 mn
- 2 Aquagym sessions

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

### 1 day care

€205

**1 day care** (morning or afternoon)

This package includes:

- 1 Detoxifying body scrub
- 1 Remineralising Hydromassage bath with sea salt
- 1 Micronized seaweed detoxifying wrap
- 1 Massage 50 mn (Californian or Relaxing massage with essential oils from Sardinia)

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

## Light legs”

€ 470

A specific program in order to improve the comfort of the legs, to stimulate the blood circulation and at last to be in a good shape.

**3 days care** (morning or afternoon)

This package includes:

- 1 Detoxifying body scrub
- 2 Draining legs massages 25 mn
- 3 Hydromassage baths with sea salt
- 2 Specific leg wraps
- 1 Pressotherapy with Gel Mineralg
- 3 Aquagym sessions

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

## Zen Attitude

€ 410

Wellness, quietness, facing the sea, the wild Sardinia bring you her peace, her perfumes and limpid waters.

**2 days care** (morning or afternoon)

This package includes:

- 1 Body scrub
- 1 Sensorial immersion in sea water bath “Siesté”
- 1 Rebalancing massage for harmony of the body 25 mn
- 1 Relaxing Hydromassage bath with essential oils
- 1 Remineralising sea mud body wrap
- 1 Energising and rebalancing oriental massage 50 mn
- 1 Subliminal hydrating body wrap
- 1 Face massage 25 mn

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

## Remodeling and Anticellulite Program

€ 600

A program to break down fatty deposits and cellulite and to get a more harmonious bodyline.

**3 days care** (morning or afternoon)

This package includes:

- 1 Detoxifying body scrub
- 3 Draining Hydromassage baths
- 3 Localized Remodeling massages
- 3 Specific slimming and anticellulite body wraps
- 2 Draining massages with G5 (a mechanical massage that uses the vibration system with different intensities to warm and stimulate the connective and subcutaneous tissues)

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

## The Marine Beauty in Sardinia

€ 380

*“The package for all women who take care of their beauty”.*

Let yourself “be pampered” by our professional team for two days. The different treatments that we propose in this package allow you to cancel tiredness and daily stress and will reveal the shine and beauty.

A two days program whose frame is the beauty. This is Sardinia.

**2 days care** (morning or afternoon)

This package includes:

- 1 Body scrub
- 2 Remineralising Hydromassage baths with sea salt
- 2 Micronized seaweed detoxifying wraps
- 1 Anti-Aging facial treatment
- 2 Localized body massages 25 mn

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

HOTELS & RESORTS

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DELPHINA

UN AMICO IN SARDEGNA