



*Venere*



**TORRERUJA**

Hotel Relax Thalasso & SPA

★★★★★





List of treatments "à la carte"

List of treatments "à la carte"  
**Thalassotherapy & SPA Center Venere**

tel. +39 079 694166 - dial from your room 420  
e-mail: [venere@delphina.it](mailto:venere@delphina.it)

The "Venere" Thalasso & Spa Wellness Center is the ideal place to regain fitness and tone your body, recharge your energy and de-stress.

The "Venere" Centre offers a unique experience where wellness meets the perfect balance of body, mind and desires. The benefits of the sea accompanied by the scents and essences of Sardinia will offer you an experience of total harmony. The extraordinary quality and purity of the Sardinian seawater used at the "Venere" Centre is enhanced by the winds and currents of the Bocche di Bonifacio and the Gulf of Asinara, which ensure a constant water renewal.

At the "Venere" Center you will find the best thalassotherapy treatments, beauty and wellness rituals distilled from around the world and our Sardinian Signature treatments, specially created to feel Sardinia on your skin.

**Thalasso and Wellness Circuit** (toning or relaxing) min. 120 € 25

Two heated outdoor pools at three different temperatures with jets of various intensities designed to regenerate blood circulation. The wellness circuit is completed by the Hammam, Sauna, the Relaxing Area and the Tea Room for a customised Thalasso Circuit.

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, and localised adiposity and in cases of venous stasis.



## Thalasso Discovery

€ 155

An extraordinary offer to approach the wonderful marine SPA universe.

This package includes:

- 1 Marine Massage with Aquatic Oil 50 mn
  - *relaxing, decontracting and revitalizing*
- 1 Hydro-massage bath with sea salt and essential oils 20 min
  - *relaxing, de-stressing and aromatherapeutic*
- 1 Thalasso & Wellness Circuit about 120 min
  - *toning & relaxing*

## Sardinian Signature

Carefully selected for you, here are the best facials, body treatments, massages and rituals created to relive the scents and traditions of our earth through the senses.

### Face Treatments

- |  |         |       |
|--|---------|-------|
| • Green Sardinian Clay Mask and Lentisk Hydrolate  | min. 20 | € 60  |
| Purifying and regenerating   |         |       |
| • Pink Sardinian Clay Mask and Helichrysum Hydrolate   | min. 20 | € 60  |
| Specific treatment for neck and décolleté  |         |       |
| • Face Treatment “Alba Cuata”  | min. 50 | € 100 |
| Balancing and soothing treatment for sensitive and fragile skin, revitalises the skin with ELDERAL's exclusive 100% natural active |         |       |

### Body Treatments

- |   |         |      |
|---|---------|------|
| • Gommage with salt, plants and typical Sardinian essences  | min. 20 | € 60 |
| Medium-intensity body scrub, revitalising   |         |      |
| • Localised body wrap of red clay from Sardinia and juniper hydrolate   | min. 20 | € 65 |
| Draining treatment for cellulite and water retention for legs, buttocks or abdomen  |         |      |
| • Soothing Treatment “Sulleu Mannu”   | min. 20 | € 65 |
| Ultra-soothing and moisturising treatment. From an ancient natural remedy handed down and jealously guarded we find ELDERAL, an active ingredient that provides relief and well-being to the skin, especially after exposure to the sun |         |      |

## Massages

- |   |          |       |
|---|----------|-------|
| • Relaxing Massage with essential oil from Sardinia   | min. 50  | € 100 |
| Nourishing, hydrating, aromatherapy   | min. 80  | € 160 |
| • Massage "Health elixir" with essential oil of Pompia, Sardinian grapefruit  | min. 50  | € 120 |
| Sardinian endemic citrus fruit with anti-inflammatory, antioxidant, antibacterial, curative and antistain properties                                  | min. 80  | € 180 |
| • Sardinian Traditional Massage "Su Sentidu"  | min. 50  | € 110 |
| Sensory massage performed with oil solution of the phytocomplexes of medicinal plants Sardines that release their beneficial and cosmetic properties. | min. 80  | € 170 |
| The massage can be preceded by:   |          |       |
| • <i>Gentle scrub using herbs and flowers macerated in an oil solution</i>  | min. 70  | € 150 |
|   | min. 100 | € 205 |

## Happiness for two in Sardinia

With Sardinian salt, plants and essences combined with "Health elixir" with essential oil of Pompia couple massage min. 85 € 170 p.p.

## Hydrotherapy & Thalasso Treatments by Thalgo 'La Beauté Marine'

### Hydrotherapy

- |   |         |       |
|---|---------|-------|
| • Hydromassage bath with sea salt and essential oils from Sardinia                          | min. 20 | € 45  |
| Relaxing, de-stressing  |         |       |
| • Siesté  | min. 55 | € 110 |
| A sensory immersion in sea water and a specific massage to bring body and mind into harmony |         |       |

## Face Treatments

- **Rituel de Pureté** min. 55 € 90  
Deep cleansing to regenerate the skin, purify it and prepare it for subsequent treatments
- **Hyalu-Procollagene** min. 50 € 110  
First anti-wrinkle, brightening and hydrating treatment. Based on pro-collagen and three different types of hyaluronic acid, the treatment has an instant filling effect. A trio of roller boosters will plump, smooth and fill in the wrinkles
- **Silicium Lift** min. 70 € 135  
Lifting and firming treatment to combat loss of tone and elasticity. Rich in marine silica, the treatment includes a double mask that acts synergistically against wrinkles
- **Exception** min. 85 € 160  
Exclusive anti-ageing treatment that redensifies the skin and visibly tones the face, neck and décolleté
- **Océan Man** min. 55 € 100  
Regenerating, anti-ageing and moisturising treatment for men with vital blue algae

## Body Treatments

- **Micronized seaweed body wrap** min. 20 € 65  
Effective anti-cellulite treatment, perfect for purifying the body, reducing stubborn fatty deposits and toning the skin
- **Dead Sea Mud body wrap** min. 20 € 75  
Useful in the treatment and prevention of arthrosis, rheumatism, muscle contractures and psoriasis
- **Frigithalgo** min. 40 € 80  
Cryogenic bandage with camphor and menthol for the reactivation of the blood circulation and relaxation of the legs
- **Body Sculpt** min. 50 € 120  
Active oxygen body wrap combined with a reshaping and toning massage
- **Indie Sea - rebalancing** min. 110 € 185  
Moisturising and nourishing "Cleopatra" milk bath, rebalancing ginger scrub and nourishing warm oil massage typical of Ayurvedic culture to restore harmony of body and spirit. A fantastic combination of relaxation and aroma therapy for a wonderful sensory experience

## Beauty and Wellness Rituals from the World by Le Cinq Mondes

### Face

- **Cinq fleurs de Bali – Toning and brightening** min. 55 € 100  
Through the acupressure technique and the combination of five tropical flowers (gardenia, hibiscus, frangipani, ylang-ylang and lotus) purifies, brightens and firms the skin
- **Ko Bi Do - Anti-Age** min. 55 € 110  
Thanks to the manual techniques of the Japanese 'KO BI DO' ritual and the application of a mask rich in opal powder, turquoise, pearl and diamond, this treatment visibly acts on wrinkles, giving instant luminosity and tone to the tissues. It stimulates facial energy circulation, eliminates toxins and tones facial muscles. The skin looks young and radiant and dehydration lines are smoothed min. 80 € 170

### Body

- **Brazilian Creme de café ritual - slimming** min. 55 € 120  
Combines a highly draining body wrap with deep massage movements, friction and rhythmic percussion. The draining action of caffeine in synergy with the detoxifying action of clay and the antioxidant, purifying and moisturising action of algae rebalance the entire body
- **Maghreb Ritual - regenerating** min. 110 € 185  
Body cleansing with black soap and exfoliation made with Kassa glove, Rassoul wrap and soothing, relaxing massage carried out with slow, deep, enveloping movements to regenerate both body and mind using traditional sesame, olive and argan oils that nourish and regenerate the skin
- **Ritual of Sparta - a journey to the heart of Ancient Greece** min. 85 € 170  
Inspired by physiotherapy and osteopathy, the aromatic oil gel massage with Ben's oil, Myrtle and Iris extract has a warming effect that helps relax muscles. The use of pomegranate powder also has a soothing, moisturizing and antioxidant effect and optimizes muscle recovery
- **Ayurvedic ritual - energising and invigorating** min. 85 € 170  
Combine aromatic spice scrub with an Ayurvedic massage
- **Bola's Sublime Ritual - for the well-being of pregnant women** min. 50 € 110  
(from 3 to 6 months)  
Gentle and delicate massage with the use of Bola sound balls, used in traditional Chinese medicine to promote energy circulation and relax. The ritual can be enriched with:
  - *Gommage with Tahiti Monoi* min. 85 € 170

## Other Massages

- |  |               |
|--|---------------|
| • <b>Deep tissue</b>   | min. 50 € 110 |
| Deep tissue massage to relax the muscles   | min. 80 € 170 |
| • <b>Personalised</b>  | min. 50 € 120 |
| "Tailor-made" mixed-technique massage tailored to the client's needs. The massage comes with multiple benefits such as relaxation, easing muscle tension, lymphatic stimulation and stress relief. Each manual technique has a relaxing, decontracting, circulatory or anti-inflammatory action. | min. 80 € 180 |
| • <b>Ayurvedic</b>   | min. 50 € 110 |
| Energising and toning massage. Works on muscle tension through alternating movements and rhythms, works on the nervous system, physical and mental fatigue and back pain   | min. 80 € 170 |
| • <b>Hot Stone</b>   | min. 50 € 110 |
| Hot stone massage has extraordinary decontracting, detoxifying and revitalizing power. It is recommended for loosening muscle stiffness, improving joint mobility and enhancing blood circulation  | min. 80 € 170 |
| • <b>Balinese</b>  | min. 50 € 110 |
| Relaxing massage with tropical nut balm that promotes body flexibility through passive stretching exercises. Promotes blood and lymph circulation, elimination of toxins and muscle tension  |               |
| • <b>Localised</b>   | min. 25 € 60  |
| Acts on a specific part of the body: back, neck, face, legs, feet or hands. Relieves muscle tension and revitalises the blood circulation  |               |

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

- |  |              |
|--|--------------|
| • <b>Scalp massage</b>                                   | min. 25 € 60 |
| Scalp massage with monoi oil, restructuring for the hair |              |



## Beauty Service

### Hands and Feet

- **SPA Manicure** € 65  
A luxurious hand treatment that includes nail care, a gentle exfoliating scrub for healthy, regenerated skin and a nourishing mask with vitamins and antioxidants to improve elasticity and give radiance to the skin. The treatment ends with the application of a nail polish
- **SPA Pedicure** € 75  
A luxurious treatment for the feet that includes nail care, a gentle exfoliation to combat the thickening of the skin and a nourishing mask with vitamins and antioxidants to improve elasticity, moisturise the heel area and give a radiant glow. The treatment ends with the application of nail polish
- **Shellac SPA Manicure** € 95  
SPA Manicure treatment with semi-permanent nail polish application
- **Shellac SPA Pedicure** € 110  
SPA Pedicure treatment with semi-permanent nail polish application
- **Semi-permanent removal** € 35

### Waxing

- **Full legs** € 55
- **Brow (or up lip o chin)** € 30
- **Under arm (o half arm)** € 30
- **Bikini** € 35
- **Brasilian bikini (or half leg or full arms)** € 45
- **Back (or chest)** € 45

### **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

---

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

- Outdoor multi-functional pools with different intensity submarine jets for all parts of the body, for a personalized Wellness circuit
- Turkish bath
- Sauna
- Relaxation area

---

***Please note:***

- *Prior to the start of the programmes, we require a health waiver confirming fitness for the treatments and use of the facilities; however, a medical examination is recommended, which is also possible at the hotel (by prior arrangement and for a fee).*
- *All rates are VAT inclusive and do not include hotel and restaurant.*
- *The Centre's Management reserves the right, where necessary, to agree with clients on variations to the treatments included in the programmes.*



## Thalasso Discovery

€ 155

An extraordinary offer to approach the wonderful marine SPA universe.

This package includes:

- 1 Marine Massage with Aquatic Oil 50 mn
  - *relaxing, decontracting and revitalizing*
- 1 Hydro-massage bath with sea salt and essential oils 20 min
  - *relaxing, de-stressing and aromatherapeutic*
- 1 Thalasso & Wellness Circuit about 120 min
  - *toning & relaxing*

## Thalasso & SPA

"The best travelling deep in the Traditional treatments of the Thalassotherapy".  
These treatments allow your body to absorb from the sea water the trace elements and minerals necessary for your psychic and mental balance.

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

**€490**

Componenti del programma:

- 1 gommage with salt, plants and typical Sardinian essences
- 2 hydromassages baths with sea salt and essential oils from Sardinia
- 2 detoxifying micronised seaweed wrap
- 1 remineralising sea mud body wrap
- 1 multi-sensory immersion in the 'Siestè' seawater pool
- 1 rebalancing massage for body harmony 25 min
- 2 localised massage of 25 min

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

**€250**

This package includes:

- 1 gommage with salt, plants and typical Sardinian essences
- 1 hydromassage baths with sea salt and essential oils from Sardinia
- 1 detoxifying micronised seaweed wrap
- 1 massage "Health elixir" with essential oil of Pompia, Sardinian grapefruit of 50 min

## The Marine Beauty in Sardinia

€480

“A journey of beauty on the water's edge”.

Immerse yourself in the beauty and tranquillity of Sardinia. Two days of treatments carefully designed to take advantage of the natural gifts of the land, offering you an authentic and rejuvenating wellness experience in a setting of pure beauty. Pure Sardinia.

### 2 days care (morning or afternoon)

This package includes:

- 1 gommage with salt, plants and typical Sardinian essences
- 2 hydromassage baths with sea salt and essential oils from Sardinia
- 1 detoxifying micronised seaweed wraps
- 1 face massage of 25 min
- 1 purifying and rebalancing facial treatment
- 1 “Sardinian Lift” anti-ageing facial treatment with lentisk, rose quartz and hyaluronic acid
- 1 massage "Health Elixir" with essential oil of Pompia, Sardinian grapefruit of 50 min

## Silhouette Reshaping

€580

A program to fight imperfections, dissolve fat deposits and achieve a more harmonious body shape. Through a combination of hydromassage baths, specific wraps and reshaping massages, we help you improve your body shape and promote slimming.

### 3 days care (morning or afternoon)

This package includes:

- 1 gommage with salt, plants and typical Sardinian essences
- 3 draining Hydromassage baths
- 3 detoxifying micronised seaweed wraps
- 2 remodelling and toning body treatments (active oxygen wrap and remodelling massages)
- 1 "Creme de Cafè" detoxifying and toning body treatments

## Wellness Back Treatment

€ 530

A careful selection of treatments aimed at relieving tension and muscle stiffness caused by a hectic everyday life. Tensions are relieved and the body regains its original vigour.

### 3 days care (morning or afternoon)

This package includes:

- 1 detoxifying body scrub
- 3 hydromassages baths with sea salt and essential oils from Sardinia
- 3 remineralising sea mud body wraps
- 2 localised massages of 25 min
- 1 personalised massage of 50 min

## Man Relaxation

€ 590

Three days of treatments designed and selected for the man care and his well-being. A sensory journey among the scents of the Mediterranean maquis.

### 3 days care (morning or afternoon)

This package includes:

- 1 detoxifying body scrub
- 2 hydromassages baths with sea salt and essential oils from Sardinia
- 3 remineralising sea mud body wraps
- 1 localised massage of 25 min
- 1 scalp massage of 20 min
- 1 ayurvedic massage of 50 min
- 1 specific anti-ageing facial treatment for men

HOTELS & RESORTS

---

DELPHINA

UN AMICO IN SARDEGNA