

List of treatments “à la carte”
Thalassotherapy & SPA Center

Venere

Thalassotherapy treatments

Hydromassage bath

- Hydromassage bath Aromacéane Silhouette min. 20 € 40
- Hydromassage bath Aromacéane Relaxing min. 20 € 40
- Hydromassage bath “Cleopatra” with precious milk min. 20 € 40

Siesté

min. 55 € 95

Sensorial immersion in water and a specific body and soul harmony massage

Body wraps

- Micronized seaweed detoxifying wrap min. 20 € 50
- Sea mud of Dead Sea remineralising wrap min. 20 € 60

Hydrotherapy SPA

Jacuzzi

min. 30 € 35

Jacuzzi with marine mineral salt

SPA Jet

min. 25 € 48

Multi – sensorial system (hydro-massage – vibrating massage – aromatherapy – music therapy trace element therapy – chromo-therapy)

Scrubs

- Scrub “Indocéane” – sweet /salty (brown sugar, salt and Mediterranean essential oils) Relaxing, purifying and nourishing min. 20 € 50
- Scrub “Polynesia” min. 20 € 50
coconut shells, white sand of Bora Bora, Tahitian vanilla and sea salt
- Oriental scrub with black soap min. 20 € 50
- Thai “Purée de Papaye” Scrub min. 20 € 50
- Aromatic Body Scrub with Spices min. 20 € 50
- Treatment “Prelude Marin”: body scrub min. 50 € 75
with sea salt and sea mud (Relaxing and skin beauty)

Body treatments

- Pressotherapy min. 20 € 45
- Pressotherapy with Gel Mineralg (venous - lymphatic drainage effect) min. 40 € 65
- “Frigithalgo” local body wrap (anti-cellulite and circulation activator) min. 40 € 70
- Body wrap “Aromacéane” with sea mud of Dead Sea and essential oils (slimming and detoxifying) min. 50 € 90
- “Body Sculpt” with active oxygen (slimming, toning and refining) min. 50 € 90

Face treatments

Purifying

- “Rituel de Pureté” (total purifying face treatment) min. 55 € 70

Hydrate and Treat

- “Aquarelle” – energizing and rebalancing min. 55 € 75
- “Source Marine” – hydrating and rejuvenating min. 55 € 80
- “Cold Marin” - soothing and nourishing min. 55 € 80

Lifting and anti-age

- Special “eye contour” treatment – anti age min. 40 € 65
- “Collagen mask” - first wrinkles min. 55 € 85
- Face Treatment “Marine silicone and hyaluronic acid” anti-aging and lifting min. 70 € 110
- “Exception” – anti age min. 85 € 135

Special for men

- “Océan Men” moisturizing and regenerating facial care with vital blue seaweed min. 55 € 80

Massages

- Decontracting back massage min. 25 € 50
- Draining legs massage min. 25 € 50
- Anticellulite massage min. 25 € 50
- Reflexology foot massage min. 25 € 50
- Relaxing massage with essential oils from Sardinia min. 50 € 85
- Californian massage min. 50 € 85
- Sport massage min. 50 € 90
- Shiatsu massage min. 50 € 90
- Thai massage min. 50 € 90
- Hot stone massage min. 50 € 90
- Ayurvedic massage min. 50 € 90
- Balinese massage min. 50 € 90
- Polynesian Massage “Mahana” with hot sandbags min. 50 € 90

Beauty and Wellness Face Rituals

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| Ritual “aux Cinq Fleurs” | min. 55 | € 80 |
| combines the power of five tropical flowers (Gardenia, Hibiscus, Frangipane, Ylang-Ylang and Lotus). This ritual stimulates acupressure points to purify and give a brightening and gentle lifting effect. | | |
| Ritual “Ko Bi Do” Anti Age | min. 55
min. 80 | € 90
€ 125 |
| Thanks to Japanese Ko Bi Do techniques, this ritual reduces the appearance of wrinkles by targeting the sensitive area around the eyes, décolleté and arms. A rich mask with peral, opal, turquoise and diamond powder brightens and tones the skin. | | |
| “Prodige des Océans” inexhaustible source of youth | min. 85 | € 145 |
| From the marine intelligence, a longevity concentrate. A passe-partout treatment with an extraordinary cellular regeneration power. For all skin types and ages. ANTI-WRINKLES, FIRMING, MOISTURIZING AND REVITALIZING | | |

Beauty and Wellness Body Rituals

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| Happiness for two in Sardinia (price per person) | min. 90 | € 140 |
| Jacuzzi and Californian “Duo” massage | | |
| Brasilian Ritual “Crème de Café” | min. 55 | € 90 |
| Treatment and slimming massage with “coffee creme” and draining body wrap with ochre clay and seaweeds | | |
| Ayurvedic Ritual | min. 90 | € 135 |
| Aromatic body scrub, energizing and tonifying Ayurvedic massage | | |
| Ritual from “Siam” | min. 90 | € 135 |
| Thai “Purée de Papaye” Scrub and Balinese massage with a balm of tropical nuts | | |
| Ritual from “Maghreb” | min. 120 | € 170 |
| Scrub with black soap, body wrap with rassoul and oriental massage with traditional oil | | |
| “Polynesian” Ritual | min. 120 | € 170 |
| Scrub Taha’a Island, hydromassage bath of “Lagoon Waters” and massage “Mahana” with hot sandbags | | |
| “Indocéane” Ritual | min. 150 | € 195 |
| A pleasant sea journey to discover the oriental fragrances and the marine treasures (sweet & salty scrub, Cleopatra’s milk bath, indian massage with warm oil, moisturizing body wrap) | | |

Beauty services

Hand and foot beauty

- Manicure € 35
- SPA Manicure € 65
- Pedicure € 45
- SPA Pedicure € 75
- Nail varnish € 15
- Shellac manicure € 75
- Shellac pedicure € 85
- Long-lasting polish removal € 25

Waxing

- Full Legs € 45
- Eyebrows (or Upper lip, or Chin) € 22
- Armpits (or Forearms) € 22
- Bikini € 22
- Total bikini (or Half legs, or Full arms) € 35
- Back (or Chest) € 35

Wellness for body and mind

Yoga Lesson

- individual min. 50 € 85
- couples min. 50 € 120
- group (min. 4 persons) min. 50 € 30
(price per person)

Guided Meditation

- individual min. 60 € 85
- couples min. 60 € 110
- group (min. 4 persons) min. 60 € 30
(price per person)

Sardinian Signature

- Hydromassage bath with Sea salt and BIO myrtle gel min. 20 € 45
- Scrub with Sardinian salt, plants and essences min. 20 € 50
- Hydrating and lenitive body treatment min. 20 € 65
From an ancient natural remedy, jealously guarded and handed down from generations, was born **EDERAL natural 100%**, an active ingredient that gives relief and wellness to the skin.
- Facial treatment "Elixir of Youth" with Cannonau grapes - anti-aging min. 55 € 85
- Profound and Nourishing Facial Treatment with Strawberry Tree min. 55 € 80
Antiaging, hydrating, nourishing and plumping treatment
- Massage "Elixir of Healthiness" with Pompia essential oil min. 55 € 90
native Sardinian citrus with anti-inflammatory antioxidant, antibacterial, healing properties and anti-spot
- Relaxing massage with mastic essential oil and Helichrysum cream min. 50 € 90
Nourishing, antiaging and hydrating treatment
- Ritual "Scents of Gallura" BIO min. 90 € 130
Aromatic scrub with flowers of salt and Sardinian massage with oil from Mediterranean plants



Thalassotherapy & SPA Center Venere
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If you book "a la carte" treatments with the stay, you'll get 10% discount on the treatment price

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Rates (inclusive of VAT) subject to change by Delphina Management
No children under 14 years are allowed. Children over 14 years must be attended by an adult or have a written authorization.