

Programs 2019

Thalassotherapy & SPA Center "Venere"

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**

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"

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 (25 mn)**
- 1 **Hydrotherapy treatment**

Rack rate

110 Euro

"Check-in & Check out"

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

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)

Rack rate

360 Euro

"Man Relax"

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

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)

Rack rate

525 Euro

"Wellness Back Treatment"

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

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)

Rack rate

480 Euro

"Thalasso & Spa"

"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 necessaries for your good health.

3 days care

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)

Rack rate

410 Euro

1 day care

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)

Rack rate

180 Euro

"The Marine Beauty in Sardinia"

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

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)

Rack rate

330 Euro

"Zen Attitude"

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

2 days care

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)

Rack rate

360 Euro

"Light legs"

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

This package includes:

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

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

Rack rate

410 Euro

"Venere Relax" Expecting a Baby

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

3 days care

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"** - during half day treatments (use of the pools only with the circuit's supervisor).

Rack rate

440 Euro

"Remodeling and Anticellulite Program"

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

3 days care

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)

Rack rate

525 Euro