

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

- **4 Outdoor multi-functional pools**, filled with sea water, with different intensity water jets for all parts of the body, for a **personalized Thalasso circuit**
- **Jacuzzi**
- **Turkish bath**
- **Sauna**
- **cardio-fitness room**
- **Relaxation area front of the sea**

Attention:

- A medical certificate attesting good health for the treatments is **COMPULSORY**; alternatively 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 the centre's reception we apply “à la carte” prices. All fares are VAT included 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 thalassotherapy in complete freedom.

This package includes:

- **3 Thalasso & Wellness *circuits*** (toning or relaxing)
- **1 Relaxing Massage (30 mn)** with Essential Oils of Sardinia
- **1 Hydrotherapy Treatment**

The Price doesn't include accommodation and Restaurant rates : 120 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 Anti-Aging face Treatment
- 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: 290 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
- 2 Hydro Massage Baths with re -mineralising sea salt
- 2 Affusion Showers
- 3 Body Wraps with re – mineralising sea mud of the Dead
- 2 Massages (Californian or Relaxing Back) 30 mn.
- 1 Relaxing body massage with Sardinia's essential oils - 60 mn
- 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: 500 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: 500 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 Jet showers
- 3 Draining and toning seaweeds and clay 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 : 410 Euro

« Thalasso Relaxing Travel »

« 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 necessary oligo elements and minerals for your good health.

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

This package includes:

- 1 Detoxifying Body scrub
- 3 Detoxifying body Wraps with micronized seaweeds
- 2 Draining Jets Showers
- 2 Affusion Showers
- 3 Hydro massage Baths with Essential Oils or re mineralizing Sea Salt
- 1 Body scrub after Turkish Bath
- 1 Relaxing Massage with Sardinia’s essential oils 60 mn
- 3 Massages (Under Affusion Shower, Californian or Relaxing back Massage) 30mn
- 2 Aquatic and Relaxing Massages “Medijet”
- 3 Aquagym Sessions
- 3 Stretching Sessions

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

The price doesn’t include accommodation and restaurant rates : 690 Euro

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

This package includes:

- 1 Body scrub after Turkish Bath
- 1 Draining Jet Shower
- 2 Detoxifying body Wraps with micronized seaweeds
- 2 Hydro massage Baths with re- mineralising Sea Salt or essential Oils
- 2 Massages (Californian, circulatory, Relaxing or under Affusion Shower Massage) 30mn
- 1 Aquatic and Relaxing Massage “Medijet”
- 3 Aquagym Sessions

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

The price doesn’t include accommodation and restaurant Rates: 365 Euro

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

This package includes:

- 1 Detoxifying body Scrub
- 1 Detoxifying Wrap with micronized seaweeds
- 1 Hydro massage with re - mineralising Sea Salt
- 1 Massage (Californian or Relaxing with Sardinia’s essential oils Massage) 60 mn

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

The price doesn’t include accommodation and restaurant Rates: 160 Euro

« *Slimming & Toning Program* »

The starter to reach your target: a good silhouette ! Our program marine slimming help you to satisfy your dream: to be in good shape with wonderful silhouette

It combines hydrotherapy and various treatments with more draining effects to create relief for the legs and an harmonious silhouette.

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

This package includes:

- 1 Detoxifying Body scrub
- 3 Detoxifying Wraps with micronized seaweeds
- 2 Specific body Wraps with Sea Mud
- 3 Draining Hydro massage baths
- 3 Draining Jets showers
- 3 Draining Massages "Thalgotech"
- 3 Anti-cellulite Massages - 30 mn
- 6 Aquagym Sessions (specific slimming)

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

The price doesn't include accommodation and restaurant rates : 840 Euro

« *Vitality and Balance* »

On the Sardinia wild Coast a revitalizing program to recover all your energy.

A combination of vitality and balancing treatments for the pleasant experience well being, to restore the harmony for your spirit and body.

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

This package includes:

- 1 Detoxifying Body Scrub
- 3 Draining Jets Showers
- 2 Hydro Massages with re – mineralizing Sea Salt
- 3 Detoxifying Wraps with micronized seaweeds
- 2 Re – mineralising body Wraps with sea mud of Dead Sea
- 2 Personalised treatments (Pressotherapy or Thalgotech massage)
- 3 Aquatic and Relaxing Massages "Medijet"
- 1 Energetic Ayurvedic Massage (60 mn)
- 2 Massages (Californian, Relaxing or Draining legs) 30 mn
- 2 Firming Aquagym Sessions
- 3 Cardio-fitness Sessions

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

The price doesn't include accommodation and Restaurant rates : 820 Euro

« *Light legs* »

A program specific and complete in order to improve the comfort of the legs, to stimulate the blood circulation and at last to be in 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 Massage legs 'Thalgoslim'
- 3 Draining Massages - 30mn
- 1 Hydrating body wraps
- 3 Aquagym Sessions (firming and draining)

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

The price doesn't include accommodation and restaurant rates: 400 Euro

« *The Thermae 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 for pregnant women
- 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 270 Euro

« Zen Attitude »

To recharge one's batteries in the heart of unforgettable perfumes of the "Sardinian Scrub".
Wellness, quietness, facing the sea, the wild Sardinia bring you her peaceful, her perfumes and limpid waters.

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

This package includes:

- 1 Under Affusion Shower
- 3 Hydro massage Baths with relaxing Essential Oils
- 1 Detoxifying body Wrap with micronized seaweeds
- 1 Body Wrap with re-mineralising sea mud of Dead Sea
- 1 Hydrating body Wrap
- 1 Aromatic body Scrub
- 1 Energetic Ayurvedic Massage - 60mn
- 1 Relaxing Massage under Affusion Shower - 30mn
- 1 Californian Massage – 30mn
- 1 Face Treatment ' Purity&Brilliance'

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

The price doesn't include accommodation and restaurant rates : 455 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 Draining Jet Shower
- 1 Affusion Shower
- 1 Hydro massage with re-mineralizing Sea Salt
- 2 Detoxifying body Wraps with micronized seaweeds
- 1 Aromatic Body scrub with Sardinia's Flowers
- 1 Energetic Ayurvedic Massage - 60 mn
- 2 Body Massages (Californian, draining or anti-cellulite) 30 mn
- 1 "Anti-Aging" face Treatment
- 2 Aquagym Sessions

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

The price doesn't include accommodation and restaurant rates : 435 Euro

« *Balinese Escape* »

A travel among the perfumes country !

The ancestral Beauty Rituals, Wellness, perfumes, essences , colours...To Live magic whiles to get to your spirit dream and harmony.

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

This package includes:

- 1 Under Affusion Shower
- 2 Hydro massage Baths with Oriental flowers
- 1 Aromatic Body Scrub
- 2 Balinese MassageS (60mn)
- 1 Relaxing under Affusion shower Massage with Tropical Oils (30 mn)
- 1 Face Treatment Purity&Brilliance'
- 2 Face Treatments
- 2 Stretching Sessions

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

The price doesn't include accommodation and restaurant rates : 500 Euro