

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

Le Thermas

Hydrotherapy Area

Hydromassage Bath

- Hydro massage bath with essentials oils min. 30 € 42
- Hydro massage bath with sea salt and seaweed min. 30 € 42
- Hydro massage bath with Sea salt and myrtle gel min. 30 € 45

Relaxing massage Medijet

min. 15 € 37

Affusion shower

- Affusion shower min. 15 € 37
- Massage under affusion shower min. 30 € 52

Jet shower

min. 15 € 40

Massage with high pressure jet deeply toning and anti-cellulite

Body wraps

- Micronized seaweed detoxifying wrap min. 30 € 47
- Sea mud from Dead Sea remineralising wrap min. 30 € 68
- Lenitive and Hydrating body wrap (decongestant after sun) min. 30 € 53

Scrubbings

- Scrubbing and Sardinian lavender/elicriso flowers min.30 € 52
- “Prelude Marin” with sea salt and sea mud from Dead Sea (Relaxing and skin beauty) min.60 € 84
- Spices aromatic scrubbing min.30 € 52
(As from Java –Indonesia ritual, with spices and salt flowers)
- Scrubbing with Purée de Papaya min.30 € 52
(As from Siam – Thailand ritual, with natural papaya extracts)
- Oriental Scrubbing with black soap min.30 € 52

Body Treatments

- Thalgotech session min.30 € 77
(Slimming, light legs or back relaxing programme)
- “Frigithalgo” local body wrap (Cellulite and circulation) min.30 € 47
- Pressotherapy min.30 € 44
- Pressotherapy with “Frigithalgo” (Venous and lymphatic drainage effect) min.45 € 63
- Local body wrap “Thalgomince”(local cellulite/slimming) min.60 € 90
- Tonic seaweed body wrap (Slimming and circulation) min.60 € 77
- Body wrap “Aromacéan” min.60 € 84
(Slimming and hydric-retention with sea mud from Dead Sea and essentials oils)
- Body treatment “Slim&Sculpt Expert”(Cellulite and firming) min.75 € 100

Facial Treatments

Purifying

- “Rituel de pureté” (purifying facial treatment) min. 60 € 67

Hydrate and Treat

• “Aquarelle” – mosturazing	min. 60	€ 70
• “Hydra Ressourçant”- mosturazing	min. 60	€ 78
• “Froid Marin” – sensitive skin	min. 60	€ 70
• “Océan”- for men	min. 60	€ 70

Firming and anti-age

• “Excéption” – anti age	min. 75	€ 115
• Facial collagen mask	min. 75	€ 87
• Facial an eye contour collagen mask	min. 90	€ 130
• “Thalgive” – Firming treatment	min. 75	€ 100

Special eye contour

Collagen mask	min. 30	€ 57
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BIO Treatment

“TERRE & MER” – Sensitive soothing or anti-aging	min. 75	€ 90
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Massages

• Relaxing back massage	min. 30	€ 47
• Relaxing massage with essential oils from Sardinia	min. 60	€ 78
• Sport massage	min. 60	€ 80
• Draining legs massage	min. 30	€ 47
• Anticellulite massage	min. 30	€ 52
• Californian massage	min. 30	€ 47
• Californian massage	min. 60	€ 78
• Shiatsu massage	min. 60	€ 90
• Thai massage	min. 60	€ 90
• Reflexology foot massage	min. 30	€ 52
• Aquatic massage	min. 60	€ 90
• Stone massage	min. 60	€ 90
• Balinese massage	min. 60	€ 90
• Ayurvedic massage	min. 60	€ 90

On Request and upon availability some massages can be arranged for 2 guests.
Extra charge 12,00 euro per person.

Beauty and Wellness Rituals

Happiness for two in Sardinia (price per person)	min. 120	€ 152
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Hammam 30 min., scrubbing with salt and Sardinian lavender/elicriso flowers 30 min.,
Relaxing Californian “Duo” massage 60 min.

Facial care - massage	min. 45	€ 70
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“Rituel Fleurs de Bali”. Complete facial and back treatment as from Balinese Ritual

“Riche de jeunesse”. Facial care – massage	min. 90	€ 115
Energising and firming treatment using traditional Chinese medicinal herbs: hibiscus, sesame, ginseng and lotus blossoms. Followed by a specific, toning anti wrinkle massage, a true natural lifting.		
Facial massage KOBIDO	min. 30	€ 47
Energising and firming care massage.		
“Maghreb” ritual	min. 150	€ 170
Turkish bath, scrubbing with black soap Beldi, body wrap with “crème de rassoul” and traditional oriental massage with warm oriental oil 60 min.		
“Ayurvedic” ritual	min. 90	€ 125
Aromatic scrubbing and ayurvedic massage.		
“Siam” ritual	min. 120	€ 190
Aromatic bath with essential oils, scrubbing with “purée de papaia”, “Balinese massage” with “baume fondant aux noix tropicales” 60 min.		
“Brasilian” ritual	min. 60	€ 95
Treatment and slimming massage with “crème de café” and draining body wrap wit ochre clay and seaweed.		
“Indoceane” ritual	min. 150	€ 185
A pleasant sea journey to discover the oriental fragrance and marine treasures (Fresh & salt scrubbing, Cleopatra’s milk bath, warm oil indian massage, subliminal body wrap)		

Experiences SPA (lasting several days)

Expériences du SPA® «Rituel de jeunesse®»	2 days	€ 225
Facial-care massage « Riche de Jeunesse » 1h30 min, Facial massage « Riche de Jeunesse » 30 min, Ayurvedic massage 60 min.		
Expériences du SPA® «Rituel Fleurs de Bali®»	2 days	€ 190
Scrubbing with “Purée de Papaye” 30 min. Balinese massage with Baume fondant aux noix tropicales 60 min. Facial care-massage Rituel Fleurs de Bali 45 min.		

Expériences du SPA® «Rituel de Bien Etre»

3 days € 235

Spices aromatic scrubbing 30 min.
Traditional oriental massage 30 min,
Facial care-massage Fleurs de Bali 45 min.
Ayurvedic massage 60 min.

Other Treatments

Hand and foot beauty

- Standard manicure € 32
- French manicure € 37
- Standard pedicure € 37
- French pedicure € 42

Waxing

- Legs and thighs € 37
- Legs/Total Bikini/Arms and forearms € 26
- Forearms/Bikini € 23
- Back/Chest € 26
- Lips/Chin/Armpits € 14
- Eyebrows € 20

Fitness - Relax

- Cardio – fitness lesson with Personal Trainer min. 60 € 68
- Aqua – fitness lesson (group) min. 30 € 23
- Stretching lesson (group) min. 30 € 25
- Pilates lesson (group) min. 45 € 35
- Yoga lesson (group) min. 45 € 35
- 5 Tibetani lesson (group) min. 45 € 35
- Pilates private lesson min. 45 € 75
- Yoga private lesson min. 45 € 75
- 5 Tibetani private lesson min. 45 € 75



Thalassotherapy & SPA Center Le Thermae

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

Rates (inclusive of VAT) subject to change by Delphina Management

Treatment duration is relative to cabine

Subscriptions to "Wellness Circuit", or to the treatments, will be proposed at the Reception Desk

No children under 15 years are allowed. Children over 15 years must be attended by an adult or have a written authorization.