

# Le Terme

Programs 2023



Programs  
**Thalassotherapy & SPA Center Le Thermae**

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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 submarine jets for all parts of the body, for a personalized Thalasso circuit
- Turkish bath
- Sauna
- Cardio-fitness room
- Relaxation area with sea view

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**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

€ 160

An 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 relaxin))
- 1 “**Relaxing massage with essential oils from Sardinia**” (25 mn)
- 1 “**Hydrotherapy treatment**”

## Check-in & Check-out

€ 500

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** (morning or afternoon)

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).

## Man Relax

€ 735

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 the professional stress and keep their form, their mental vitality, their silhouette and charm.

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

This package includes:

- 1 Detoxifying body scrub
- 2 Remineralising Hydromassage baths with sea salt
- 2 Affusion showers
- 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).

## Wellness Back Treatment

€ 700

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** (morning or afternoon)

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).

## Thalasso Relaxing Travel

6 days care

€ 1095

*“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 necessary oligo elements and minerals for your good health.

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

This package includes:

- 1 Detoxifying body scrub
- 1 Purifying and Rebalancing face treatment
- 3 Micronized seaweed detoxifying wraps
- 2 Draining Jet showers
- 2 Affusion Showers
- 2 Remineralising Hydromassage baths with sea salt or essential oils
- 2 Relaxing massages with essential oils from Sardinia 50 mn
- 3 Localized massages 25 mn
- 1 Massage under affusion 25 mn
- 2 Remineralising sea mud wraps
- 5 Aquagym sessions

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

3 days care

€ 540

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

This package includes:

- 1 Detoxifying body scrub
- 1 Draining Jet shower
- 2 Micronized seaweed detoxifying wraps
- 2 Remineralising Hydromassage baths with sea salt or essential oils
- 2 Localized massages 25 mn
- 1 Massage under affusion 25 mn
- 3 Marine Circuits or Aquagym sessions

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

## 1 day care

€265

### 1 day care (morning or afternoon)

This package includes:

- 1 Detoxifying body scrub
- 1 Micronized seaweed detoxifying wrap
- 1 Remineralising Hydromassage bath with sea salt or essential oils
- 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).

## Slimming and Firming Program

€ 1300

*“The starter to reach your target: a good silhouette!”.*

Our “program marine slimming” helps you satisfy your dream and be in good shape with wonderful silhouette. It combines hydrotherapy and various treatments with more draining effects to create relief for the legs and a harmonious silhouette.

### 24 treatments in days care (morning or afternoon)

This package includes:

- 1 Detoxifying body scrub
- 3 Draining Hydromassage baths
- 3 Jet showers
- 1 Specific Slimming/draining body treatment with sea mud (body wrap and slimming/firming massage)
- 2 Anti-cellulite draining massages 25 mn
- 3 Draining massages with G5 (a mechanical massage that uses the vibration system with different intensities to warm and stimulate the connective and subcutaneous tissues)
- 5 Special slimming and anticellulite body treatments (active oxygen body wrap and remodeling massage)
- 6 Aquagym sessions

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

## Remodeling and Anticellulite Program

€ 735

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

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

This package includes:

- 1 Detoxifying body scrub
- 3 Draining anticellulite Jet shower treatments
- 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).

## Vitality and Balance

€ 1100

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

A combination of vitality and balancing treatments to restore the harmony for your spirit and body.

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

This package includes:

- 1 Detoxifying body scrub
- 3 Draining Jet showers
- 3 Remineralising Hydromassage baths with sea salt
- 3 Micronized seaweed detoxifying wraps
- 2 Remineralising sea mud body wraps
- 2 Pressotherapy treatments
- 1 Massage under affusion 25 mn
- 2 Energizing and rebalancing oriental massages 50 mn
- 2 Localized massages 25 mn
- 2 Marine circuits
- 3 Stretching or aquagym sessions

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

## Light legs

€ 600

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** (morning or afternoon)

This package includes:

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

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

## The Thermae Relax - Expecting a Baby

€ 650

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

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

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



*The richness of the Macchia Mediterranean and its perfumes.*

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 peace, her perfumes and limpid waters.

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

This package includes:

- 1 Body scrub
- 1 Affusion shower
- 3 Relaxing Hydromassage baths with essential oils
- 1 Micronized seaweed detoxifying wrap
- 1 Remineralising sea mud body wrap
- 1 Subliminal hydrating body wrap
- 1 Energizing and rebalancing oriental massage 50 mn
- 2 Localized massages 25 mn
- 1 Purifying and Rebalancing face treatment

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

For the man who uses the well-being of his body to fine his mind and recognize his spirit.

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

This package includes:

- 1 Body scrub
- 2 Hydromassage baths with essential oils
- 3 mud body wraps 40 mn
- 3 Localized slimming/firming massages 25 mn
- 1 Manicure or Pedicure
- 1 Facial treatment "Rituel de Pureté"
- 1 Anti-aging facial treatment

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

## The Marine Beauty in Sardinia

€ 670

*“The package for all women who take care of their beauty”.*

Let yourself be pampered 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 days program whose frame is the beauty. This is Sardinia.

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

This package includes:

- 1 Body scrub
- 1 Affusion shower
- 2 Remineralizing Hydromassage baths with sea salt
- 2 Micronized seaweed detoxifying wraps
- 1 Relaxing massage with essential oils from Sardinia 50 mn
- 2 Localized body massages 25 mn
- 1 “Anti- Aging”facial treatment
- 2 Aquagym sessions

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

## The Little Mermaid Signature

€ 420

Discover the fantastic world of in a warm embrace of crystal-clear sea water, regenerate your body with its precious elements and relax your mind and body with the warm sand and precious essences of Gallura.

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

This package includes:

- *Seawater Therapy:*  
decontracting and lymphatic drainage treatment 50 min
- *Prelude Marin:*  
scrub with salt and sea mud - remineralize and stimulates cell renewal 50 min
- *Regenerating massage:*  
with warm sandbags and local essential oils (choice of helichrysum, myrtle, pink mallow, rosemary or pompia) 50 min
- *Sardinian Lift:*  
facial treatment with marine active ingredients (for him based on vital blue algae - for her firming treatment with hyaluronic acid, soothing lime and rose quartz) 50 min

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

## Looking for The little Mermaid

€ 270

The sweet awakening in warm, crystal-clear sea water and Sardinia on soft, silky skin.

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

This package includes:

- *Gallura Acqua Soft:*  
soft gymnastics in seawater using underwater jets 50 min
- Salt scrub with typical Sardinian plants and essences 20 min
- Revitalizing massage with essential oils of rosemary, myrtle, thyme, cistus and helichrysum 70 min

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

HOTELS & RESORTS

DELPHINA

UN AMICO IN SARDEGNA