

# THALASSO DISCOVERY

€120



Half-day of relaxing, discover the pleasures and benefits of thalassotherapy in complete serenity.

This package includes:

- Thalasso & Wellness circuit (toning or relaxing)
- Relaxing massage with essential oils from Sardinia (25 min)
- Hydrotherapy treatment

Relaxing Massage with essential oils from Sardinia. With Sardinian parfum, helps de-stress body and mind. Nourishing, moisturizing and aroma therapy.

# SPA TREATMENT PACKAGES

## 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.

This package includes:

- Purifying and Rebalancing face treatment
- Body scrub
- Relaxing massage 50 mn
- Hydrating body wrap
- French Manicure or Pedicure ( or standard)

€350



# WELLNESS BACK TREATMENT

€340



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.

This package includes:

- Detoxifying body scrub
- Localized sea mud body wraps
- Specific back massages with essential oils from Sardinia [25 min]
- Hot stone massage [50 min]
- Hydromassage baths with sea salt and aromatic myrtle gel

The Localized sea mud body wraps works great with swollen and sore legs. Known as a strong blood circulation activator.

## MASSAGES

€110

### Relaxing Massage

Our Relaxing experience with Sardinian parfum, helps de-stress the body and mind. Nourishing, moisturizing and aroma therapy.

50 min

€110

### Hot Stone Massage

Smooth, flat, heated basalt stones that are positioned along your spine, in the palms of your hands.

50 min

### Other Types of Massages

- Shiatsu massage > €105 [50 min]
- Thai massage > €105 [50 min]
- Ayurvedic massage > €105 [50 min]
- Polynesian Massage "Mahana" with hot sandbags > €105 [50 min]



## TREATMENT MENU



## FACE TREATMENTS

€95

### Aux cinq Fleur

Rebalancing and Purifying face treatment. Thanks to the digital pressure of specific points and the combination of five tropical flowers (Gardenia, Hibiscus, Frangipani, Ylang-Ylang and Lotus), it purifies, illuminates and firms the skin face.

55 min

€105

### Ritual "Ko Bi Do" Anti Age

Thanks to Japanese Ko Bi Do techniques, this ritual reduces the appearance of wrinkles by targeting the sen-sitive area around the eyes, décolleté and arms. A rich mask with peral, opal, turquoise and diamond powder brightens and tones the skin.

55 min

## BODY WRAPS & SRUBS

€95

### Sea Mud wrap

Localized sea mud body wraps perfect for swollen and sore legs.

20 min

€60

### Aromatic Body Scrub

Dream away during this intense body scrub with the most delicious spices.

20 min

