



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

- **2 Outdoor multi-functional pools**, filled with sea water, with different intensity water jets for a **personalized Thalasso circuit**
- **Jacuzzi**
- **Turkish bath**
- **Sauna**
- **Cardio fitness room**
- **Relaxation area**

**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.

## « **Wellness 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 *circuit*** (firming or relaxing)
- **1 Relaxing Massage (30mn)** with Essential Oils of Sardinia
- **1 Hydrotherapy treatment**

**The Price doesn't include accommodations and Restaurant rates: 100 Euro**

## « *Check-in & Check out* »

A day to prepare yourself at the Gallura's sun. A day to start again in great form.

A day to start again in great form.

Leave to check your documents and stress and let you cuddled by expert hands.

The same 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 Relaxing Massage - 60 mn.
- 1 Relaxing Massage - 30 mn.
- 1 Specific Hydrating 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: 265 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 Draining submarine Jets Baths
- 3 Body Wrap with re – mineralising sea mud of the Dead Sea
- 2 Massages ( Californian or Relaxing Back ) 30mn.
- 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: 440 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: Euro 415**

## « D'Ea Marina Relax »

« 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 oligo elements and minerals necessities for your good health.

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

### **This package includes:**

- 1 Detoxifying body Scrub
- 2 Hydro Massage with re - mineralising Sea Salt
- 2 Body Wraps with detoxifying micronized seaweed
- 1 Draining submarine shower
- 2 Massages (Californian or Relaxing) 30 mn
- 1 Relaxing Massage with Sardinia's essential Oils 60 mn
- 3 Stretching Aquagym Sessions

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

**Price doesn't include accommodation and restaurant Rates: 345 Euro**

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

### **This package includes:**

- 1 Detoxifying body Scrub
- 1 Hydro Massage Bath with re -mineralising Sea Salt
- 1 Detoxifying body Wrap with micronized seaweed body wrap
- 1 Massage (Californian or Relaxing Massage with Sardinia's essential oils) 60mn

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

**Price doesn't include accommodation and restaurant Rates: 145 Euro**

## « *D'Ea Marina Relax* » *Expecting a baby*

In the heart of scent and wild gardens, experience a true relaxing break with specified programmes at the oasis "D'Ea marina"

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

### **This package includes:**

- 3 Draining legs Massages (30 mn)
- 1 Face treatment "Rituel de pureté"
- 1 French Manicure ( or standard)
- 1 French Pedicure ( or standard)
- 3 Aquagym specifics Sessions

Included: free entrance to "*The Thalasso & Wellness Circuit*" (during half day treatments) (use of the pools only with the controller circuit's supervision ).

**Price doesn't include accommodation and restaurant Rates: 250 Euro**

## « *Light legs* »

A program specific 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 Detoxifying body Scrub
- 2 Draining legs Massages « Thalgoslim »
- 3 Draining legs Massages 30 mm
- 2 Specific legs Wraps
- 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: 370 Euro**

## « Zen Attitude »

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 Spices Aromatic body Scrub
- 2 Hydro massage Baths with essential Oils
- 2 Energetic Ayurvedic Massages - 60mn
- 2 Body Massages ( Californian or Relaxing Massages) 30mn
- 2 Detoxifying body Wrap with micronized seaweed
- 1 Face Treatment ' Purity&Brilliance'
- 2 Stretching Sessions

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

**The price doesn't include accommodation and restaurant rates: 395 Euro**

## « The Marine Beauty of 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 will reveal the shine and beauty that can be found in everyone.

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 under Jets shower
- 2 Hydro Massage Baths re-mineralizing Sea Salt
- 2 Detoxifying body Wraps with micronized seaweed
- 1 Body Scrub with Sardinia's Flowers
- 1 Energetic Ayurvedic Massage - 60 mn
- 2 Body Massages ( Californian or back Massage ) 30mn
- 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: 420 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 under Jets Shower
- 3 Body Wraps with draining and firming seaweeds
- 3 Slimming Brazilian Massages with coffee - 30mn

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

**The price doesn't include accommodation and restaurant rates:      380 Euro**