

Programs 2019

"D'Ea Marina Spa"

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 heated sea water, with different intensity submarine jets for a **personalized Thalasso circuit**
- **Jacuzzi**
- **Turkish bath**
- **Sauna**
- **Cardio fitness room**
- **Relaxation area**

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 accomodation and restaurant.**
- **Centre Management reserves the right, where necessary, to agree with customers upon any possible variation of the programs.**

"Wellness Discovery"

An extraordinary offer to approach to the wonderful marine SPA universe.

This package includes:

- **3 "Thalasso & Wellness circuits" (firming or relaxing)**
- **1 Relaxing massage with essential oils from Sardinia (25 mn)**
- **1 Hydrotherapy treatment**

Rack rate

110 Euro

"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.

2 days care

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)

Rack rate

360 Euro

"Man Relax"

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

This package includes:

- 1 Detoxifying body scrub
- 2 Remineralising Hydromassage baths with sea salt
- 2 Draining submarine Jet baths
- 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)

Rack rate

525 Euro

"Back Wellness Treatment"

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

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)

Rack rate

480 Euro

"D'Ea Marina Relax"

"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 oligo elements and minerals necessary for your good health.

3 days care

This package includes:

- 1 Detoxifying body scrub
- 2 Remineralising Hydromassage baths with sea salt
- 2 Micronized seaweed detoxifying wraps
- 1 Draining submarine Jet bath
- 2 Localized massages 25 mn
- 1 Relaxing massage with essential oils from Sardinia 50 mn
- 3 Aquagym sessions

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

Rack rate

410 Euro

1 day care

This package includes:

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

Rack rate

180 Euro

"D'Ea Marina Relax" Expecting a baby

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

3 days care

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

Rack rate

440 Euro

"Light legs"

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

This package includes:

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

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

Rack rate

410 Euro

"Zen Attitude"

Wellness, quietness, facing the sea, the wild Sardinia bring you her peace, her perfumes and limpid waters.

2 days care

This package includes:

- 1 Body scrub
- 1 Hydromassage bath with essential oils
- 1 Hydromassage bath with sea salt and aromatic myrtle gel
- 1 Rebalancing massage for harmony of the body 25 mn
- 1 Remineralising sea mud body wrap
- 1 Energising and rebalancing oriental massage 50 mn
- 1 Subliminal hydrating body wrap
- 1 Face massage 25 mn

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

Rack rate

360 Euro

"The Marine Beauty of Sardinia"

The package for all women who take care of their beauty".

Let yourself "be pampered" by our professional team for two 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 two days program whose frame is the beauty. This is Sardinia.

2 days care

This package includes:

- 1 Body scrub
- 2 Remineralising Hydromassage baths with sea salt
- 2 Micronized seaweed detoxifying wraps
- 2 Localized body massages 25 mn
- 1 Anti-Aging facial treatment

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

Rack rate

330 Euro

"Remodeling and Anticellulite Program"

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

3 days care

This package includes:

- 1 Detoxifying body scrub
- 3 Draining Hydromassage baths
- 2 Submarine draining Jet shower treatments
- 3 Localized Remodeling massages
- 3 Specific slimming and anticellulite body wraps

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

Rack rate

480 Euro