



Programs 2012

"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:

- **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 below are valid only if combined with hotel reservation and stay. All rates are VAT inclusive 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 Massage**

The Price doesn't include accommodation and Restaurant rates: 100 Euros

" 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 care (morning or afternoon)

This package includes:

- 1 'Brilliance' Facial Scrub
- 1 Aromatic Body Scrub
- 1 Relaxing Massage - 60 mn.
- 1 Californian Massage - 30 mn.
- 1 Deep moisturizing facial 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)

The Price doesn't include accommodation and Restaurant rates: 280 Euros

"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 care (morning or afternoon)

This package includes:

- 1 Detoxifying body Scrub
- 2 Re-mineralising sea salt Hydro massage Baths
- 2 Draining submarine Jet Baths
- 3 Re - mineralising sea mud Body Wraps
- 2 Massages (Californian or Back Relaxing) 30mn.
- 1 Relaxing body Massage with Sardinian essential oils 60 mn
- 1 Specific facial treatment for man

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

The Price doesn't include accommodation and Restaurant rates: 440 Euros

"Back Wellness 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 care (morning or afternoon)

This package includes:

- 1 detoxifying body scrub
- 3 Localized sea mud Body Wraps
- 2 Specific back massages with aromatic oils from Sardinia 30 mm
- 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)

The Price doesn't include accommodation and Restaurant rates: 415 Euros



" 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 necessaries for your good health.

3 days care (morning or afternoon)

This package includes:

- 1 Detoxifying body Scrub
- 2 Re - mineralising Sea Salt Hydro Bath Massages
- 2 detoxifying micronized seaweed Body Wraps
- 1 Draining submarine Jet Bath
- 2 Massages (Californian or Back) 30 mn
- 1 Relaxing Massage with Sardinian essential Oils 60 mn
- 3 Marine Circuits

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

The Price doesn't include accommodation and Restaurant rates: 345 Euros

1 day care (morning or afternoon)

This package includes:

- 1 Detoxifying body Scrub
- 1 Re - mineralising Sea Salt Hydro Bath Massage
- 1 Detoxifying micronized seaweed Body Wrap
- 1 Massage (Californian or Relaxing Massage with Sardinian essential oils) 60mn

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

The Price doesn't include accommodation and Restaurant rates: 145 Euros



" 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 care (morning or afternoon)

This package includes:

- 3 Draining legs Massages 30 mn
- 1 Cleansing Facial Treatment "Rituel de Pureté"
- 1 Bio Facial Treatment
- 1 French Manicure (or standard)
- 1 French Pedicure (or standard)
- 2 Mosturizing body wraps
- 3 Specific Aquagym Sessions

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

The Price doesn't include accommodation and Restaurant rates: 360 Euros

« 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 care (morning or afternoon)

This package includes:

- 1 Detoxifying body Scrub
- 2 Sea salt and sea weed Hydro Bath Massages (circulation and cellulite)
- 3 Draining leg Massages 30 mm
- 2 Specific leg Wraps
- 1 Hydrating body wrap
- 3 Aquagym Sessions

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

The Price doesn't include accommodation and Restaurant rates: 320 Euros

"Zen Attitude"

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

3 days care (morning or afternoon)

This package includes:

- 1 Aromatic Body Scrub
- 3 Hydro Bath massages with essential Oils
- 1 Energetic Ayurvedic Massage 60mn
- 2 Body Massages (Californian or Back) 30mn
- 2 Micronized seaweed detoxifying body Wrap
- 1 Facial 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: 370 Euros

" 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 care (morning or afternoon)

This package includes:

- 1 Aromatic Body Scrub
- 1 Draining submarine Jet shower
- 2 Re-mineralizing Sea Salt Hydro Bath Massages
- 2 Micronized seaweed Detoxifying body Wraps
- 1 Energetic Ayurvedic Massage 60 mn
- 2 Body Massages (Californian or back) 30mn
- 1 Anti-Aging facial 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 Euros



Male Beauty (for man)

For the man who uses the welfare of his body to fine his mind and recognize his spirit

3 days care (morning or afternoon)

This package includes:

- 1 body scrub
- 1 detoxifying micronized seaweed body wrap
- 2 hydromassage baths with essential oils
- 3 Contour Mineral – slimming/firming localized pack and massage
- 1 toning massage 60 min.
- 1 manicure
- 1 pedicure
- 1 facial cleansing treatment "Rituel de Pureté"
- 1 Anti-aging facial treatment

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

The Price doesn't include accommodation and Restaurant rates: 460 Euros



“ 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 care (morning or afternoon)

This package includes:

- 3 “Slimming” Hydro Bath massages
- 1 Detoxifying Aromatic body Scrub
- 2 Draining submarine Jet Showers
- 3 Draining and firming Seaweed Body Wraps
- 3 Slimming Brazilian Massages 30mn

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

The Price doesn't include accommodation and Restaurant rates: 380 Euros