



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

- **3 Outdoor multi-functional pools**, with different intensity of the submarine jets for a **personalized Relax circuit**
- **Jacuzzi**
- **Turkish bath (Hammam)**
- **Sensorial Circuit**
- **Fitness room**
- **Relaxation area**

Attention:

- A medical certificate attesting good health for the treatments is **COMPULSORY**; in alternative 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 centre's reception we apply “à la carte” prices. All fares are with VAT 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.

« **SPA 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 thalassoterapy in complete freedom.

This package includes:

- 3 “**Relax & Wellness circuits**” (tonifying or relaxing)
- 1 “**Relaxing Massage (30 mn)**” with Essential Oils of Sardinia
- 1 “**Hydro Therapy care**”

The Price doesn't include accommodation 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.
Leave to check your documents and stress and let you cuddled by expert hands.
Expert hands which will set you in the welfare conquered 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 Anti-Aging Treatment for the face
- 1 After-sun Body wrap Treatment
- 1 French manicure (or standard)
- 1 French pedicure (or standard)

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

Price doesn't include accommodation and restaurant rates: 265 Euro

« Man Relax »

The “Wellness” 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 Vichy showers with chrome and aroma therapy
- 3 Sea mud of the Dead Sea re mineralising Body Wraps
- 2 Massages (Californian or Relaxing) 30 mn.
- 1 Relaxing body Massage with Sardinia's essential oils 60 mn
- 1 Specific face Treatment for man

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

Price doesn't include accommodation and restaurant Rates: 460 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 Wellness Circuit**” (during half day treatments)

Price doesn't include accommodation and restaurant Rates: Euro 415

« **The Sabine Relax and Wellness** »

In the heart of the Sabine's sand dunes and gardens, in the wild and fragrant nature, come to discover our treatments to enjoy their re – mineralising benefits.
Important to balance of your body.

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

This package includes:

- 1 Detoxifying body scrub with Sardinia's salt and flowers
- 3 Hydro massage Baths with sea salt or essential oils
- 2 body Wraps with detoxifying micronized seaweeds
- 1 Vichy Shower with chrome and aroma therapy – Relaxing
- 1 Californian Massage - 30 mn
- 1 Relaxing Massage with essential oils - 60 mn
- 3 Aquagym Sessions

Included : free entrance to “**The Relax & 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 essential relaxing oils or re-mineralising sea salt
- 1 Body wrap with detoxifying micronized seaweeds
- 1 Body Massage (Californian or relaxing with Sardinia's essential oils) 60 mn

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

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

« *The Sabine Relax* » *Expecting a Baby*’

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

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

This package includes:

- 3 Specific Aquagym sessions
- 3 Draining legs Massages 30 mn
- 1 Face treatment ‘ Rituel de Pureté ‘
- 1 French Manicure (or standard)
- 1 French Pedicure (or standard)

Included : free entrance to “*The Relax & 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 250 Euro

« *Light legs* »

A specific and complete program for the comfort of your legs, for stimulating the blood circulation and for a good shape.

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

This package includes:

- 3 Hydro Massage with sea salt and seaweeds
- 3 Pressotherapy sessions
- 2 Draining legs Massage - 30 mn
- 1 Specific wraps for legs
- 3 Aquagym Sessions

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

The price doesn’t include accommodation and restaurant rates: 360 Euro

« Mediterranean Port »

A journey into the land of scents and colours.

A stopover in the enchantment of Sardinia Island for a pause in intoxicating golden sand dunes.

2 days of care (in the morning or in the afternoon)

This package includes:

- 1 Body scrub with re mineralized sea salt and Elicriso flowers
- 2 Hydro massage Baths with essential oils
- 1 body wrap with detoxifying micronized seaweeds
- 1 'Brilliance' face Massage
- 2 Relaxing Massages (with essential oils or Californian Massage) 60 mn
- 1 Hydrating face Treatment

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

The price doesn't include accommodation and restaurant rates: 310 Euro

« Gold Sand » (July and August)

The well-being in the sand. Air, seawater and sand, the elements that make Sardinia one of the most enchanted islands in the world and of the 'Psammaterapia' one of the oldest practices with therapeutic properties.

A cure for three days in the history and a return to the present in a better physical shape.

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

This package includes:

- 3 Body Sand Bath (Hammam, Sensorial Circuit, Vichy Shower with chromo and aroma therapy, Sun bath, Sand Bath, “Reaction”, Warm Shower Circuit)
- 3 Relaxant Massages (with Essential oils or Californian Massage) 30mn
- 2 Lenitive Body Wraps (After Sun – After Sand Bath)
- 1 Intensive Hydration Face Treatment

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

The price doesn't include accommodation and restaurant rates: 375 Euro

« Zen Attitude »

Recharge your body and mind with the unforgettable Sardinia's perfumes. The wild Sardinia offers you unequally serenity, wellness and harmony.

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

This package includes:

- 1 Vichy Shower with chromo and aroma therapy
- 3 Hydro massage Baths with relaxing essential oils
- 1 body wrap with detoxifying micronized seaweeds
- 1 body wraps with re-mineralizing Dead Sea mud
- 1 hydrating body wrap
- 1 Aromatic body scrub
- 1 Energetic Ayurvedic massage 60 mn
- 1 Relaxing massage under Vichy shower with chromo and aroma therapy 30 mn
- 1 Californian massage 30 mn
- 1 Face treatment ' Purity&Brilliance'

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

The price doesn't include accommodation and restaurant rates: 430 Euro

« The Marine Beauty in 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 reveal your natural beauty and glimmer.

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 Vichy Shower with chromo and aroma therapy – relaxing
- 2 Hydromassage Baths with re – mineralized sea salt
- 2 Detoxifying micronized seaweeds body Wraps
- 1 Aromatic Body scrub with Sardinia's Flowers
- 1 Energetic Ayurvedic Massage - 60mn
- 2 Massage (Californian or relaxing back Massage) 30 mn
- 1 “Anti-Aging” face Treatment
- 2 Aquagym Sessions

Included : free entrance to **“The Relax & 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 more 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 submarine Jets
- 3 Draining and toning seaweeds body Wraps
- 3 Slimming Brazilian Massages - 30mn

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

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