



## Programs 2012

### *Wellness Centre "Le Sabine"*

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 heated water, with different intensity submarine jets for a **personalized Relax circuit**
- **Turkish bath (Hammam)**
- **Sensorial Circuit**
- **Cardio - 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 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.**



LE DUNE

Resort & SPA



## "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 thalassotherapy 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 Euros**

## "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 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 Relax & Wellness Circuit**" (during half day treatments)

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



LE DUNE

Resort & SPA



## **"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 'cooned', 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 Vichy showers with chromotherapy and aromatherapy
- 3 Re - mineralising sea mud Body Wraps
- 2 Massages ( Californian or Back) 30mn.
- 1 Relaxing body Massage with Sardinian essential oils 60 mn
- 1 Specific facial treatment for man

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

**The Price doesn't include accommodation and Restaurant rates: 430 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 Bath massages with sea salt and aromatic mirth gel
- 2 Stretching Sessions

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

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



Resort & SPA



## ***"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 care** (morning or afternoon)

This package includes:

- 1 Detoxifying body Scrub
- 3 Re - mineralizing Sea Salt Hydro Bath Massages
- 2 detoxifying micronized seaweed Body Wraps
- 1 Vichy shower with chromotherapy and aromatherapy
- 1 Californian Massage 30 mn
- 1 Relaxing Massage with Sardinian essential Oils 60 mn
- 3 Aquagym Sessions

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

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



## ***" The Sabine Relax " Expecting a Baby'***

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

**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 specific and complete program for the comfort of your legs, for stimulating the blood circulation and for a 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 Relax & Wellness Circuit"** (during half day treatments)

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



## « **Gold Sand** »

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

A three days cure for a dive in the past and a welcome to the present in a better physical shape.

**3 days care** (morning or afternoon)

This package includes:

- 3 Body Sand Baths ( Hammam, Sensorial Circuit, Vichy Shower with chromo and aromatherapy, Sun bath, Sand Bath, "Reaction", Warm Shower)
- 3 Massages ( Relaxing with Essential oils or Californian) 30 mn
- 2 Lenitive Body Wraps ( After Sun – After Sand Bath)
- 1 Deep Moisturizing Facial Treatment

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

**The Price doesn't include accommodation and Restaurant rates: 350 Euros**



## ***"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 care** (morning or afternoon)

This package includes:

- 1 Aromatic body Scrub
- 1 Vichy Shower with chromo and aromatherapy
- 3 Relaxing Essential Oils Hydro Bath massages
- 1 Detoxifying Micronized seaweed body wrap
- 1 Re - mineralising sea mud body Wrap
- 1 "Subliminal" moisturizing body wrap
- 1 Energetic Ayurvedic Massage 60 mn
- 2 Californian Massage 30mn
- 1 'Purity&Brilliance' Facial Treatment

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

**The Price doesn't include accommodation and Restaurant rates: 430 Euros**



## ***" 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 care** (morning or afternoon)

This package includes:

- 1 Aromatic body scrub
- 1 Vichy Shower with chromo and aromatherapy
- 2 Re-mineralizing sea salt hydro bath massages
- 2 Detoxifying Micronized seaweed body wrap
- 1 Energetic Ayurvedic Massage 60 mn
- 2 Body Massages ( Californian or back) 30 mn
- 1 "Anti- Aging " facial 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: 390 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 more tonic.

**3 days care** (morning or afternoon)

This package includes:

- 1 Aromatic body Scrub
- 3 "Slimming" Hydro Bath massages
- 2 Submarine draining Jet showers
- 3 Draining and firming Seaweed 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 Euros**