

List of treatments “à la carte”
Thalassotherapy & SPA Center

L'Elisir

Thalassotherapy treatments

Hydromassage baths

- Hydromassage bath Aromacéane Silhouette min. 20 € 45
- Hydromassage bath Aromacéane Relaxing min. 20 € 45
- Hydromassage bath "Cleopatra" with precious milk min. 20 € 45

Thalasso showers

- Affusion shower min. 15 € 40
- Massage under affusion min. 25 € 60
- Scrub and massage under affusion min. 40 € 90

Body wraps

- Micronized seaweed detoxifying wrap min. 20 € 55
- Micronized seaweed detoxifying wrap in Biostart min. 20 € 65
- Sea mud of Dead Sea remineralising wrap min. 20 € 65
- Sea mud of Dead Sea remineralising wrap in Biostar min. 20 € 75

Scrubs

- Scrub "Indocéane" – sweet /salty (brown sugar, salt and Mediterranean essential oils) Relaxing, purifying and nourishing min. 20 € 55
- Scrub "Polynesia" min. 20 € 55
coconut shells, white sand of Bora Bora, Tahitian vanilla and sea salt
- Oriental scrub with black soap min. 20 € 55
- Thai "Purée de Papaye" Scrub min. 20 € 55
- Aromatic Body Scrub with Spices min. 20 € 55
- Treatment "Prelude Marin": body scrub min. 50 € 80
with sea salt and sea mud (Relaxing and skin beauty)

Body treatments

- Thalgoslim session (slimming, light legs) min. 25 € 80
- Pressotherapy min. 20 € 50
- Pressotherapy with Gel Mineralg (venous - lymphatic drainage effect) min. 40 € 70
- "Frigithalgo" local body wrap (anti-cellulite and circulation activator) min. 40 € 75
- Body wrap "Aromacéane" with sea mud of Dead Sea and essential oils (slimming and detoxifying) min. 50 € 100
- "Body Sculpt" with active oxygen (slimming, toning and refining) min. 50 € 100

Face treatments

Purifying

- “Rituel de Pureté” (total purifying face treatment) min. 55 € 75

Hydrate and Treat

- “Aquarelle “ - energizing and rebalancing min. 55 € 80
- “Source Marine” – hydrating and rejuvenating min. 55 € 85
- “Cold Marin” - soothing and nourishing min. 55 € 85

Lifting and anti-ageing

- Special “eye contour” treatment – anti age min. 40 € 70
- “Collagen mask” - first wrinkles min. 50 € 90
- Face treatment “Marine silicone and hyaluronic acid” anti-ageing and lifting min. 70 € 120
- “Exception” – anti ageing min. 85 € 145

“Intraceuticals Oxygen Infusion ®”

min. 50 €190

The highly concentrated oxygen activates the osmotic absorption to deliver the serum’s active ingredients (hy-aluronic acid, vitamins and antioxidants) into the deepest layers of your skin to moisturize and nourish, encour-age collagen production, reduce the appearance of wrinkles and restore your skin’s elasticity. Optional serums:

- “Rejuvenate” - Immediate lifting, toning and moisturizing effect
- “Atoxylene” - Skin smoothing and wrinkle reducing

Special for men

- “Océan Men” - moisturizing and regenerating facial care with vital blue seaweed min. 55 € 85

Massages

- Decontracting back massage min. 25 € 55
- Draining legs massage min. 25 € 55
- Anticellulite massage min. 25 € 55
- Reflexology foot massage min. 25 € 55
- Relaxing massage with essential oils from Sardinia min. 50 € 90
- Californian massage min. 50 € 90
- Sport massage min. 50 € 95
- Balinese massage min. 50 € 95
- Shiatsu massage min. 50 € 95
- Thai massage min. 50 € 95
- Hot stone massage min. 50 € 95
- Ayurvedic massage min. 50 € 95
- Polynesian Massage “Mahana” with hot sandbags min. 50 € 95

Beauty and Wellness Face Rituals

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| Ritual “aux Cinq Fleurs” | min. 55 | € 85 |
| combines the power of five tropical flowers (Gardenia, Hibiscus, Frangipane, Ylang-Ylang and Lotus). This ritual stimulates acupressure points to purify and give a brightening and gentle lifting effect. | | |
| Ritual “Ko Bi Do” Anti Age | min. 55 | € 95 |
| | min. 80 | € 130 |
| Thanks to Japanese Ko Bi Do techniques, this ritual reduces the appearance of wrinkles by targeting the sen-sitive area around the eyes, décolleté and arms. A rich mask with peral, opal, turquoise and diamond powder brightens and tones the skin | | |
| “Prodige des Océans” inexhaustible source of youth | min. 85 | € 155 |
| From the marine intelligence, a longevity concentrate. A passe-partout treatment with an extraordinary cellular regeneration power. For all skin types and ages. ANTI-WRINKLES, FIRMING, MOISTURIZING AND REVITALIZING | | |

Rituali di Bellezza e Benessere Corpo

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| Happiness for two in Sardinia (price per person) | min. 90 | € 150 |
| Scrub with Sardinian salt, plants and essences, relaxing Californian “Duo” massage | | |
| Brasilian Ritual “Crème de Café” | min. 55 | € 100 |
| Treatment and slimming massage with “coffee creme” and draining body wrap with ochre clay and seaweeds | | |
| Ayurvedic Ritual | min. 90 | € 145 |
| Aromatic body scrub with spices, energizing and tonifying Ayurvedic massage | | |
| Ritual from “Siam” | min. 90 | € 145 |
| Thai “Purée de Papaye” Scrub and Balinese massage with a balm of tropical nuts | | |
| Ritual from “Maghreb” | min. 120 | € 180 |
| Scrub with black soap, body wrap with rassoul and oriental massage with traditional oil | | |
| “Polynesian” Ritual | min. 120 | € 180 |
| Scrub Taha’a Island, hydromassage bath of “Lagoon Waters” and massage “Mahana” with hot sandbags | | |

“Indocéane” Ritual

min. 150 € 205

A pleasant sea journey to discover the oriental fragrances and the marine treasures (sweet & salty scrub, Cleopatra’s milk bath, indian massage with warm oil, moisturizing body wrap)

Beauty services

Hand and foot beauty

- Manicure € 40
- SPA Manicure € 70
- Pedicure € 50
- SPA Pedicure € 80
- Nail varnish € 20
- Shellac manicure € 80
- Shellac pedicure € 90
- Long-lasting polish removal € 30

Waxing

- Full legs € 50
- Eyebrows (or Upperlips, or Chin) € 25
- Armpits (or Forearms) € 25
- Bikini € 25
- Total bikini (or Half Legs, or Full Arms) € 40
- Back (or Chest) € 40

Wellness for body and mind

Private lesson with a personal trainer min. 50 € 90

Yoga Lesson

- individual min. 50 € 90
- couples min. 50 € 130
- group (min. 4 persons) min. 50 € 35
(per persona)

Guided Meditation

- individual min. 50 € 90
- couples min. 50 € 130
- group (min. 4 persons) min. 50 € 35
(per persona)

Sardinian Signature

- **Hydromassage bath with Sea salt and BIO myrtle gel** min. 20 € 50
- **Scrub with Sardinian salt, plants and essences** min. 20 € 55
- **Hydrating and lenitive body treatment** min. 20 € 75
From an ancient natural remedy, jealously guarded and handed down from generations, was born **EDERAL natural 100%**, an active ingredient that gives relief and wellness to the skin.
- **Facial treatment "Elixir of Youth" with Cannonau grapes - anti-aging** min. 55 € 90
- **Profound and Nourishing Facial Treatment with Strawberry Tree** min. 55 € 90
Antiaging, hydrating, nourishing and plumping treatment
- **Massage "Elixir of Healthiness" with Pompia essential oil** min. 55 € 100
native Sardinian citrus with anti-inflammatory antioxidant, antibacterial, healing properties and anti-spot
- **Relaxing massage with mastic essential oil and Helichrysum cream** min. 50 € 100
Nourishing, antiaging and hydrating treatment
- **Ritual "Scents of Gallura" BIO** min. 90 € 140
Aromatic scrub with flowers of salt and Sardinian massage with oil from Mediterranean plants



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If you book "a la carte" treatments with the stay, you'll get 10% discount on the treatment price

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Rates (inclusive of VAT) subject to change by Delphina Management
No children under 14 years are allowed. Children over 14 years must be attended by an adult or have a written authorization.