

# L'Incanto

List of treatments "à la carte"



CAPO D'ORSO

Hotel Thalasso & SPA



List of treatments “à la carte”  
**Thalassotherapy & SPA Center L'Incantu**

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### **The uniqueness of the L'Incantu Thalasso Centre & SPA**

The L'Incantu SPA is located in one of Northern Sardinia's most exclusive panoramas, within the luxuriant and elegant residential park of Cala Capra and near the famous Roccia dell'Orso. It is set in an exclusive bay with controlled access, overlooking the stretch of sea that faces the island of Caprera, with a view that sweeps up to the Costa Smeralda.

Immersed in an incredible natural environment, where the Mediterranean trees and shrubs make the air both intoxicating and fragrant, it is perfect for those who want a romantic and relaxing holiday.

L'Incantu looks out over the sea, between two beaches sheltered from the winds, Cala Capra and Cala Selvaggia, while the wooden platforms positioned over the water and the hammocks scattered amidst the junipers are there to guarantee you endless hours of tranquillity and relaxation.

## Thalassoterapia

### “Thalasso & Wellness” (toning or relaxing)

mins 120 € 30

With the use of: heated outdoor sea water pools with hydromassage jets of different intensities, Hammam, relaxation area and herbal tea room for a personalized Thalasso course.

We recommend that you first immerse yourself in the hottest tub and then gradually in the other colder ones. The high temperatures promote muscle and mental relaxation and a peripheral vasodilatory action that accelerates the metabolism.

Subsequent immersions in pools at lower temperatures instead result in vaso-constriction which triggers the process of vascular gymnastics. The various hydro-jets, with different intensities and pressures are positioned at different heights, so as to act on every part of the body, from the soles of the feet to the legs and from the buttocks to the lumbar area.

Hydromassage has a therapeutic action with beneficial effects on rheumatism in the treatment of localized adiposity and in cases of venous stasis.

#### ■ *Multiple entrance packages:*

- n° 3 Thalasso entrances € 80
- n° 6 Thalasso entrances € 140

### “Special Discover Thalasso”

€ 160

A fabulous journey through the world of Thalassotherapy:  
n° 3 "Thalasso & Wellness circuits"  
n° 1 25 minute relaxation massage" with Essential Oils of Sardinia  
n° 1 "Hydrotherapy treatment"

### “Idro Thalasso”

#### ■ *Hydromassage baths*

- Aromacèane Silhouette mins 20 € 55
- Aromacèane Relaxing mins 20 € 55
- "Cleopatra" with special milk mins 20 € 55
- "Mirto" with fleur de sel and BIO myrtle gel mins 20 € 60

#### ■ *Thalasso showers*

- Jet shower mins 15 € 50
- Vichy shower mins 15 € 50
- Massage under Vichy shower mins 25 € 70
- Scrub and massage under Vichy shower mins 40 € 100

## Massages

mins 50 € 120 / mins 80 € 180

- **Eclectic Massage**  
Entirely personalized massage, which combines various techniques to best respond to the needs of the guest
- **Shiatsu Massage**  
Japanese Massage which balances the flow of energy along the energy meridians through acupressure
- **Thai Massage**  
Traditional Thai massage which combines acupressure techniques with passive stretching techniques
- **Relaxing Massage**  
An extraordinarily gentle massage in which slow, enveloping and relaxing movements are used to create well-being and relaxation
- **Hot stone Massage**  
A highly effective massage for muscle tension using hot stones which are placed on energy points and then slid over the body in a succession of slow and deep caresses
- **Decontracting/ Deep Tissue Massage**  
A massage performed to dissolve muscle contractures in specific sectors or segments of the body and a treatment generally used on a specific part of the body
- **Californian Massage**  
A massage that aims to "bring the body into contact" with the mind, in order to obtain the well-being of the whole organism
- **Balinese Massage**  
The ideal massage for taking care of the body starting from the feet up to the scalp, alternating gentle and relaxing movements with stronger and more focused ones

### ***Our Sardinian Signature massages:***

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- **Relaxing** mins 50 € 120  
with essence of Sardinian Helichrysum oil, moisturizers and aromatherapy mins 80 € 180
- **Elixir of Health** mins 50 € 130  
with essence of Sardinian Pompia oil , a uniquely Sardinian citrus fruit with anti-inflammatory, antioxidant, antibacterial, healing and anti-stain properties mins 80 € 190

### ***Hair Spa** (this may can be added to all the treatments shown)*

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- **Scalp massage** mins 20 € 50  
using Monoï oil for restructuring the hair

## Body and face treatments

### Body treatments

#### *Body treatments based on Thalassotherapy principles:*

- |  |                |       |
|--|----------------|-------|
| • Prelude Marin<br>Scrub with salt and sea mud - remineralises and stimulates cell renewal   | mins 50        | € 100 |
| • Happiness for two in Sardinia<br>Scrub with salts, plants and Sardinian fragrances combined with a Californian massage for two           | (p.p.) mins 85 | € 170 |
| • Scents of Gallura<br>Aromatic scrub with fleur de sel and Sardinian massage with oils from the Mediterranean <i>macchia</i>              | mins 85        | € 170 |
| • Wrapping with micronized algae - Detoxifying   | mins 30        | € 70  |
| • Frigi-Thalgo - Blood circulation activator   | mins 40        | € 90  |
| • Aromacèane - Toning treatment with Dead Sea mud and essence of oils  | mins 50        | € 120 |
| • Pressotherapy (Lymphatic drainage) with Plasmalg gel<br>For stimulating and draining excess liquids in combination with pressure therapy | mins 40        | € 85  |
| • Body Sculp - Treatment using active oxygen for remodelling the body  | mins 50        | € 120 |

#### *Other body treatments:*

- |  |          |       |
|--|----------|-------|
| • Thalgoslim - Slimming programme  | mins 25  | € 90  |
| • "Indian Seas"<br>Ginger scrub (rebalancing), enhanced by the moisturizing "Cleopatra" milk bath combined with a massage using hot oil (nourishing) that is typical of Ayurvedic culture. It is a fantastic combination of relaxation and aromatherapy for a wonderful sensory experience between seas and scents | mins 110 | € 190 |
| • "Pacific Islands"<br>Scrub from the Bora-Bora islands, "acqua delle lagune" hydromassage bath and massage using monoi oil and hot sandbags   | mins 110 | € 190 |
| • Crema de Cafè<br>Thanks to the draining action of caffeine and the detoxifying effect of clay and seaweed, this combines a highly draining wrap with a pleasant massage  | mins 55  | € 120 |

#### *Our Sardinian Signature treatments:*

- |   |         |      |
|---|---------|------|
| • Scrub with salt and typical Sardinian fragrances  | mins 20 | € 70 |
| • "Sunny" lenitive moisturizing treatment<br>An ancient and jealously guarded natural remedy handed down from generation to generation gives us ELDERAL, a 100% natural active ingredient that gives relief and well-being to the skin especially after exposure to the sun | mins 20 | € 80 |

## Face

- "Silicon and Hyaluronic Acid " mins 70 € 135  
Lifting treatment
- "Purity ritual" mins 55 € 95  
Deep facial cleansing
- "Hyalu-Procollagen" mins 55 € 110  
Treatment for initial wrinkles - illuminating
- "Cold Marine" mins 55 € 100  
Nourishing treatment
- "Source Marine" mins 55 € 100  
Illuminating treatment
- "Aquarelle" mins 55 € 100  
Rebalancing treatment
- "Ocean Man" mins 55 € 100  
Rejuvenating treatment using Alga Blu Vitale
- "Intracèuticals Oxygen Infusion" mins 50 € 220  
Thanks to the use of concentrated oxygen, specific serums are delivered into the deepest layers of the skin, nourishing it and stimulating the natural production of collagen which visibly reduces the appearance of fine lines and wrinkles, restoring luminosity and elasticity to the skin
- "Ko Bi Do anti-age" mins 50 € 110  
Better known as the "massage of eternal youth", thanks to the application of a mask rich in opal, turquoise, pearl and diamond powder, the skin will immediately appear brighter and the tissues more toned
- "Ocean prodigy" mins 85 € 175  
An inexhaustible fountain of youth, a passe-partout treatment with rejuvenating power thanks to a concentrate of marine algae, this acts on all skin types making it immediately more elastic, hydrated and vital
- "Exeption" mins 85 € 170  
Exclusive Anti-Aging method

### ***Our Sardinian Signature treatments:***

- Alba Cuata - Rebalancing mins 50 € 110  
A jealously guarded ancient natural remedy handed down from generations to generations gives us ELDERAL, a 100% natural and active ingredient that provides relief and well-being by rebalancing the natural elements of the skin, and which provides excellent soothing for sensitive and fragile skin prone to blotches

## Beauty Touch

• Signature Manicure or Pedicure treatments	mins 50	€ 60
Aesthetic treatment dedicated to the complete beauty of the hands or feet, from cleaning to care, from the application of traditional nail polish to a moisturizing massage		€ 70
• New hands/toes nail varnish	mins 30	€ 30
• Signature Manicure or Pedicure with semi-permanent varnish	mins 90	€ 100
Aesthetic treatment dedicated to the complete beauty of the hands or feet, from cleaning to care, from the application of semi-permanent nail polish to a moisturizing massage		120
• New semi-permanent hands or toes nail varnish	mins 30	€ 80
Depilation		
• Eyebrows/upper lip/chin/armpits/half arm/bikini	mins 30	€ 30
• Full Brazilian/half legs/entire arms/back/chest	mins 40	€ 45
• Complete legs	mins 50	€ 60

## Sport Time

### ■ *Individual lessons*

• Personal Training	mins 50	€ 100
• Yoga		
• Pilates		

### ■ *Lessons for couples*

• Personal Training	mins 50	€ 150
• Yoga		
• Pilates		

### ■ *Group lessons (max 6 people)*

• Personal Training	mins 50	€ 40
• Yoga		
• Pilates		

### ■ *Metabolic walking (max 5 people)*

(p.p.)

mins 75	€ 40
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A guided metabolic walk along the paths of Capo d'Orso offering unforgettable sights for you to capture via Instagram amidst the unmistakable scents and colours of your Sardinian experience

## **Spa Etiquette**

Delphina Thalasso & SPA Centres are relaxing and harmony places. Please respect the other Guests' privacy and their serenity: do not use mobile phones and electronic devices and please speak with a moderate tone of voice. Please do not smoke and drink alcohol. Food and drinks are not allowed (water and herbal teas are at your disposal in the Centre).

## **General Information**

Access to the Wellness Centre is allowed to adults and underage persons between 14 and 18, only if accompanied by parents and with a written authorization.

"L'Incantu" Thalasso & Spa Centre's pools contain seawater warmed up at different temperatures and are equipped with jets of different typologies and intensities, which run by pushing a button on the pools' walls.

Access to the Pools and to the Wellness Circuit is allowed only during the Centre opening hours.

We recommend you to reserve the chosen treatments at least one day in advance and to arrive to the Centre 10 minutes prior to your scheduled treatment. Being late to your appointment may shorten the duration of your treatment.

We kindly ask our Guests to store their personal belongings in the changing rooms' lockers and keep the key during the stay at the centre. However, you should deposit your valuables in the safe of your room.

## **Safety and hygiene practices**

Glass bottles and glasses are not allowed in the Pool Area; for your own safety diving and running poolside is not permitted.

Please use the Hammam according to the timing and modalities recommended by our staff during the Wellness Circuit explanation (you will find the same information posted near the Hammam).

It is advisable to take a shower before using the Pools, the Hammam and before entering the treatment rooms. The use of the swimsuit and slippers is mandatory.

## **Health and Pregnancy**

Delphina Thalasso and SPA Centres require an authorization about the health status and the suitability to treatments; anyway it is suggested a medical examination, also possible at the hotel (upon reservation and on payment). In all Delphina Wellness and SPA Centres we suggest specific Programmes and Treatments for the mothers-to-be (from the third month onwards).

## **Cancellation Policy**

The cost of the Treatment "à la carte", which has not been cancelled within 24 hours, will be charged. If the treatment is a part of a Wellness Package, it will be cancelled.



# L'Incanto

Programs 2023



CAPO D'ORSO

Hotel Thalasso & SPA



Programs  
**Thalassotherapy & SPA Center L'Incantu**

tel. +39 0789 702114  
e-mail: thalassospa.orso@delphina.it

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
- Relaxation area front of the sea

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

## Thalasso Discovery

€ 160

An 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 circuits**” (firming or relaxing)
- 1 “**Relaxing massage with essential oils from Sardinia**” (25 mn)
- 1 “**Hydrotherapy treatment**”

## Check-in & Check-out

€ 500

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** (morning or afternoon)

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).

## Man Relax

€ 735

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** (morning or afternoon)

This package includes:

- 1 Detoxifying body scrub
- 2 Remineralising Hydromassage baths with sea salt
- 2 Affusion showers
- 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).

## Wellness Back Treatment

€ 700

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** (morning or afternoon)

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).

## Thalasso Relaxing Travel

6 days care

€ 1095

*“The tradition of the marine Thalassotherapy cares at the service of your well-being”.*

Overlooking the sea, surrounded by a wild and fragrant nature, the ‘L’Incantu Centre and his professional team ‘will help you discover the best marine treatments. You will appreciate the indisputable benefits and find your psycho physical balance.

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

This package includes:

- 1 Detoxifying body scrub
- 1 Purifying and Rebalancing face treatment
- 2 Remineralising Hydromassage baths with sea salt
- 2 Draining Jet showers
- 2 Affusion showers
- 3 Micronized seaweed detoxifying wraps
- 2 Remineralising sea mud wraps
- 2 Relaxing massage with essential oils from Sardinia 50 mn
- 3 Localized massages 25 mn
- 1 Massage under affusion 25 mn
- 5 Aquagym sessions

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

3 days care

€ 540

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

This package includes:

- 1 Detoxifying body scrub
- 2 Remineralizing Hydromassage baths with sea salt
- 2 Micronized seaweed detoxifying wraps
- 1 Draining Jet shower
- 2 Localized massages 25 mn
- 1 Massage under affusion 25 mn
- 3 Aquagym sessions

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

## 1 day care

€265

### 1 day care (morning or afternoon)

This package includes:

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

## Slimming and Toning Program

€ 1300

*"The starter to reach your target: a good silhouette!"*

Our "program marine slimming" helps you satisfy your dream and be in good shape with wonderful silhouette. It combines hydrotherapy and various treatments with more draining effects to create relief for the legs and a harmonious silhouette.

### 6 days care (morning or afternoon)

This package includes:

- 1 Detoxifying body scrub
- 3 Draining Hydromassage baths
- 3 Jet showers
- 1 Specific Slimming/draining body treatment with sea mud ( body wrap and slimming/firming massage)
- 3 Draining massages with G5 (a mechanical massage that uses the vibration system with different intensities to warm and stimulate the connective and subcutaneous tissues)
- 2 Draining anticellulite massages 25 mn
- 5 Special slimming and anticellulite body treatments (active oxygen body wrap and remodeling massage)
- 6 Aquagym sessions

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

## Remodeling and Anticellulite Program

€ 735

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

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

This package includes:

- 1 Detoxifying body scrub
- 3 Draining anticellulite Jet shower treatments
- 3 Draining anticellulite Jet shower treatments
- 3 Specific slimming and anticellulite body wraps
- 2 Draining massages with G5 (a mechanical massage that uses the vibration system with different intensities to warm and stimulate the connective and subcutaneous tissues)

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

## Vitality and Harmony

€ 1100

On the Sardinia wild Coast a revitalizing program to recover all your energy.

A combination of vitality and balancing treatments for the pleasant experience wellbeingto restore the harmony for your spirit and body.

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

This package includes:

- 1 Detoxifying body scrub
- 3 Draining Jet showers
- 3 Remineralising Hydromassage baths with sea salt
- 3 Micronized seaweed detoxifying wraps
- 2 Remineralising sea mud body wraps
- 2 Pressotherapy treatments
- 2 Energizing and rebalancing oriental massages 50 mn
- 1 Massage under affusion 25 mn
- 2 Localized massages 25 mn
- 5 Aquagym or stretching sessions

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

## Light legs

€ 600

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** (morning or afternoon)

This package includes:

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

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

## L’Incantu Relax Expecting a Baby

€ 650

In the heart of scent and wild gardens, experience a true relaxing break with specified programmes at the oasis “L’Incantu”.

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

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*).



## Zen Attitude

€ 735

*The richness of the “Macchia Mediterranea” and its perfumes.*

To recharge one’s batteries in the heart of unforgettable perfumes of the “Sardinian Scrub”. Wellness, quietness, facing the sea, the wild Sardinia bring you her peace, her perfumes and limpid waters.

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

This package includes:

- 1 Body scrub
- 1 Affusion shower
- 3 Relaxing Hydromassage baths with essential oils
- 1 Micronized seaweed detoxifying wrap
- 1 Remineralising sea mud body wrap
- 1 Subliminal hydrating body wrap
- 1 Energizing and rebalancing oriental massage 50 mn
- 2 Localized massages 25 mn
- 1 Purifying and Rebalancing face treatment

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

## Male Beauty

€ 735

For the man who uses the well-being of his body to refine his mind and recognize his spirit.

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

This package includes:

- 1 Body scrub
- 2 Hydromassage baths with essential oils
- 3 mud body wraps 40 mn
- 3 Localized slimming/firming massages 25 mn
- 1 Manicure or Pedicure
- 1 Facial treatment “Rituel de Pureté”
- 1 Anti-aging facial treatment

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

*“The package for all women who take care of their beauty”.*

Let yourself be “pampered” 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 days program whose frame is the beauty. This is Sardinia.

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

This package includes:

- 1 Body scrub
- 1 Affusion shower
- 2 Remineralizing Hydromassage baths with sea salt
- 2 Micronized seaweed detoxifying wraps
- 1 Relaxing massage with essential oils from Sardinia 50 mn
- 2 Localized body massages 25 mn
- 1 “Anti- Aging “ facial treatment
- 2 Aquagym sessions

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

HOTELS & RESORTS  

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**DELPHINA**  
UN AMICO IN SARDEGNA