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

tel. +39 0789 702114 - dial from your room 126
e-mail: thalassospa.orso@delphina.it

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

<table>
<thead>
<tr>
<th>“Thalasso &amp; Wellness” (toning or relaxing)</th>
<th>mins 120</th>
<th>€ 30</th>
</tr>
</thead>
</table>

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”

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”

<table>
<thead>
<tr>
<th>Hydromassage baths</th>
<th>mins 20</th>
<th>€ 55</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aromacèane Silhouette</td>
<td>mins 20</td>
<td>€ 55</td>
</tr>
<tr>
<td>Aromacèane Relaxing</td>
<td>mins 20</td>
<td>€ 55</td>
</tr>
<tr>
<td>&quot;Cleopatra&quot; with special milk</td>
<td>mins 20</td>
<td>€ 55</td>
</tr>
<tr>
<td>&quot;Mirto&quot; with fleur de sel and BIO myrtle gel</td>
<td>mins 20</td>
<td>€ 60</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Thalasso showers</th>
<th>mins 15</th>
<th>€ 50</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jet shower</td>
<td>mins 15</td>
<td>€ 50</td>
</tr>
<tr>
<td>Vichy shower</td>
<td>mins 25</td>
<td>€ 70</td>
</tr>
<tr>
<td>Massage under Vichy shower</td>
<td>mins 40</td>
<td>€ 100</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>“Thalasso &amp; Wellness” circuits</th>
<th>mins 20</th>
<th>€ 55</th>
</tr>
</thead>
<tbody>
<tr>
<td>n° 3</td>
<td>mins 20</td>
<td>€ 55</td>
</tr>
<tr>
<td>n° 1 25 minute relaxation massage”</td>
<td>mins 20</td>
<td>€ 55</td>
</tr>
<tr>
<td>n° 1 &quot;Hydrotherapy treatment&quot;</td>
<td>mins 20</td>
<td>€ 60</td>
</tr>
<tr>
<td><strong>Massages</strong></td>
<td>mins 50 € 120 / mins 80 € 180</td>
<td></td>
</tr>
<tr>
<td>---</td>
<td>---</td>
<td></td>
</tr>
</tbody>
</table>
| • 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:**

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

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

| • Scalp massage  
using Monoï oil for restructuring the hair | mins 20 € 50 |
### Body treatments

**Body treatments based on Thalassotherapy principles:**

- **Prelude Marin**
  Scrub with salt and sea mud - remineralises and stimulates cell renewal
- **Happiness for two in Sardinia**
  Scrub with salts, plants and Sardinian fragrances combined with a Californian massage for two
- **Scents of Gallura**
  Aromatic scrub with fleur de sel and Sardinian massage with oils from the Mediterranean *macchia*
- **Wrapping with micronized algae** - Detoxifying
- **Frigi-Thalgo** - Blood circulation activator
- **Aromacèane** - Toning treatment with Dead Sea mud and essence of oils
- **Pressotherapy (Lymphatic drainage) with Plasmalg gel**
  For stimulating and draining excess liquids in combination with pressure therapy
- **Body Sculp** - Treatment using active oxygen for remodelling the body

**Other body treatments:**

- **Thalgoslim** - Slimming programme
- **"Indian Seas"**
  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
- **"Pacific Islands"**
  Scrub from the Bora-Bora islands, "acqua delle lagune" hydromassage bath and massage using monoi oil and hot sandbags
- **Crema de Café**
  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

**Our Sardinian Signature treatments:**

- **Scrub with salt and typical Sardinian fragrances**
- **“Sunny” lenitive moisturizing treatment**
  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

<table>
<thead>
<tr>
<th>Treatment</th>
<th>mins</th>
<th>€</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prelude Marin</td>
<td>50</td>
<td>100</td>
</tr>
<tr>
<td>Happiness for two in Sardinia</td>
<td>85</td>
<td>170</td>
</tr>
<tr>
<td>Wrapping with micronized algae</td>
<td>30</td>
<td>70</td>
</tr>
<tr>
<td>Frigi-Thalgo</td>
<td>40</td>
<td>90</td>
</tr>
<tr>
<td>Aromacèane</td>
<td>50</td>
<td>120</td>
</tr>
<tr>
<td>Pressotherapy (Lymphatic drainage)</td>
<td>40</td>
<td>85</td>
</tr>
<tr>
<td>Body Sculp</td>
<td>50</td>
<td>120</td>
</tr>
<tr>
<td>Thalgoslim</td>
<td>25</td>
<td>90</td>
</tr>
<tr>
<td>&quot;Indian Seas&quot;</td>
<td>110</td>
<td>190</td>
</tr>
<tr>
<td>&quot;Pacific Islands&quot;</td>
<td>110</td>
<td>190</td>
</tr>
<tr>
<td>Crema de Café</td>
<td>55</td>
<td>120</td>
</tr>
<tr>
<td>Scrub with salt and typical Sardinian fragrances</td>
<td>20</td>
<td>70</td>
</tr>
<tr>
<td>“Sunny” lenitive moisturizing treatment</td>
<td>20</td>
<td>80</td>
</tr>
</tbody>
</table>
### Face

- "Silicon and Hyaluronic Acid"
  - Lifting treatment
- "Purity ritual"
  - Deep facial cleansing
- "Hyalu-Procollagen"
  - Treatment for initial wrinkles – illuminating
- "Cold Marine"
  - Nourishing treatment
- "Source Marine"
  - Illuminating treatment
- "Aquarelle"
  - Rebalancing treatment
- "Ocean Man"
  - Rejuvenating treatment using Alga Blu Vitale
- "Intracèuticals Oxygen Infusion"
  - 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"
  - 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"
  - 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"
  - Exclusive Anti-Aging method

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>&quot;Silicon and Hyaluronic Acid&quot;</td>
<td>mins 70</td>
<td>€ 135</td>
</tr>
<tr>
<td>&quot;Purity ritual&quot;</td>
<td>mins 55</td>
<td>€ 95</td>
</tr>
<tr>
<td>&quot;Hyalu-Procollagen&quot;</td>
<td>mins 55</td>
<td>€ 110</td>
</tr>
<tr>
<td>&quot;Cold Marine&quot;</td>
<td>mins 55</td>
<td>€ 100</td>
</tr>
<tr>
<td>&quot;Source Marine&quot;</td>
<td>mins 55</td>
<td>€ 100</td>
</tr>
<tr>
<td>&quot;Aquarelle&quot;</td>
<td>mins 55</td>
<td>€ 100</td>
</tr>
<tr>
<td>&quot;Ocean Man&quot;</td>
<td>mins 55</td>
<td>€ 100</td>
</tr>
<tr>
<td>&quot;Intracèuticals Oxygen Infusion&quot;</td>
<td>mins 50</td>
<td>€ 220</td>
</tr>
<tr>
<td>&quot;Ko Bi Do anti-age&quot;</td>
<td>mins 50</td>
<td>€ 110</td>
</tr>
<tr>
<td>&quot;Ocean prodigy&quot;</td>
<td>mins 85</td>
<td>€ 175</td>
</tr>
<tr>
<td>&quot;Exeption&quot;</td>
<td>mins 85</td>
<td>€ 170</td>
</tr>
</tbody>
</table>

### Our Sardinian Signature treatments:

- **Alba Cuata - Rebalancing**
  - 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
**Sport Time**

- **Individual lessons**
  - Personal Training  
  - Yoga  
  - Pilates  
  
- **Lessons for couples**
  - Personal Training  
  - Yoga  
  - Pilates  
  
- **Group lessons (max 6 people)**
  - Personal Training  
  - Yoga  
  - Pilates  
  
- **Metabolic walking (max 5 people)  (p.p.)**
  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

---

**Beauty Touch**

- **Signature Manicure or Pedicure treatments**
  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
  
- **New hands/toes nail varnish**
  
- **Signature Manicure or Pedicure with semi-permanent varnish**
  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
  
- **New semi-permanent hands or toes nail varnish**
  
- **Depilation**
  - Eyebrows/upper lip/chin/armpits/half arm/bikini
  - Full Brazilian/half legs/entire arms/back/chest
  - Complete legs

---
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 for 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.