

# Programs 2021

## *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 :

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

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

## **"SPA Discovery"**

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 "Le Sabine SPA" in complete freedom.

This package includes:

- 3 **"Relax & Wellness circuits"** (tonifying or relaxing)
- 1 **"Relaxing massage with essential oils from Sardinia ( 25 mn ) "**
- 1 **"Hydrotherapy treatment"**

**Rack rate**

**110 Euro**

## **"Check-in & Check out "**

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

**Rack rate**

**370 Euro**

## ***"Man Relax"***

The "Wellness" 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 Vichy showers with chromo and aromatherapy
- 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 Relax & Wellness Circuit"*** (during half day treatments)

**Rack rate**

**530 Euro**

## ***"Back Wellness Treatment"***

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

**Rack rate**

**490 Euro**

## ***"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 remineralising benefits. Important for your body's balance.

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

This package includes:

- 1 Detoxifying body scrub
- 2 Hydromassage baths with essential oils
- 1 Remineralising Hydromassage bath with sea salt
- 2 Micronized seaweed detoxifying wraps
- 1 Vichy shower with chromo- and aromatherapy
- 1 Localized massage 25 mn
- 1 Relaxing massage with essential oils from Sardinia 50 mn
- 3 Aquagym sessions

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

**Rack rate**

**420 Euro**

### **1 day care** (morning or afternoon)

This package includes:

- 1 Detoxifying body scrub
- 1 Remineralising Hydromassage bath with sea salt or essential oils
- 1 Micronized seaweed detoxifying wrap
- 1 Massage 50 mn (Californian or Relaxing massage with essential oils from Sardinia)

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

**Rack rate**

**190 Euro**

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

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

**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 Relax & Wellness Circuit"*** (during half day treatments) (use of the pools only with the circuit's supervisor).

**Rack rate**

**450 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 care** (morning or afternoon)

This package includes:

- 1 Detoxifying body scrub
- 3 Sea salt Hydro Bath Massages
- 2 Draining legs massages 25 mm
- 2 Specific leg wraps
- 1 Pressotherapy with Gel Mineralg
- 3 Aquagym Sessions

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

**Rack rate**

**420 Euro**



Resort & SPA



## ***"Remodeling and Anticellulite Program"***

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

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

This package includes:

- 1 Detoxifying body scrub
- 3 Draining Hydromassage baths
- 2 Submarine draining Jet shower treatments
- 3 Localized Remodeling massages
- 3 Specific slimming and anticellulite body wraps

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

**Rack rate**

**480 Euro**





## **"Zen Attitude"**

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

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

This package includes:

- 1 Body Scrub
- 1 Vichy Shower with chromo- and aromatherapy
- 1 Relaxing Hydromassage bath with essential oils
- 1 Rebalancing massage for harmony of the body 25 mn
- 1 Remineralising sea mud body wrap
- 1 Subliminal hydrating body wrap
- 1 Energising and rebalancing oriental massage 50 mn
- 1 Face massage 25 mn

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

**Rack rate**

**370 Euro**



## ***"The Marine Beauty in Sardinia"***

"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 two days program whose frame is the beauty. This is Sardinia.

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

This package includes:

- 1 Body scrub
- 2 Remineralising Hydromassage baths with sea salt
- 2 Micronized seaweed detoxifying wraps
- 2 Localized body massages 25 mn
- 1 Anti-Aging facial treatment

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

**Rack rate**

**340 Euro**