



Le Sabine


LE DUNE
Resort & SPA
★★★★





List of treatments "à la carte"

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SPA Center Le Sabine

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The Sabine SPA Wellness Centre, in perfect harmony with nature, hides a refined temple for the care of body and spirit amidst the sand dunes of North Sardinia.

“The Sabine SPA” offers a unique experience where wellness meets the perfect balance of body, mind and desires. The scents and essences of Sardinia will offer you an experience of total harmony.

At “The Sabine SPA” you will find the best thalassotherapy treatments, beauty and wellness rituals distilled from around the world and our Sardinian Signature treatments, specially created to feel Sardinia on your skin.

Wellness Circuit (toning or relaxing)

min. 120 € 25

Three heated outdoor pools at three different temperatures with jets of various intensities and typologies designed to regenerate blood circulation. The wellness circuit is completed by the indoor cardio-fitness room, the Hammam, the Relaxing Area and the Tea Room for a customized Wellness Circuit.

The high temperatures enhance muscular and mental relaxation and improve vasodilator effect increasing the metabolism. In contrast, soaking in the lower temperatures, helps vasoconstriction action. Different intensity and pressure water jets are located in various positions and heights to work on your body, from the feet to the legs, from the buttocks to the lumbar area.

Hydromassage has a therapeutic effect on rheumatism pain, and localized adiposity and in cases of venous stasis.

An extraordinary offer to approach the wonderful SPA universe.

This package includes:

- 1 Marine Massage with Aquatic Oil 50 mn - *relaxing, decontracting and revitalizing*
- 1 Hydro-massage bath with sea salt and essential oils 20 min
- *relaxing, destressing and aromatherapeutic*
- 1 Wellness Circuit about 120 min - *toning & relaxing*

Sardinian Signature

Carefully selected for you, here are the best facials, body treatments, massages and rituals created to relive the scents and traditions of our earth through the senses.

Face Treatments

- **Green Sardinian Clay Mask and Lentisk Hydrolate** min. 20 € 60
Purifying and regenerating
- **Pink Sardinian Clay Mask and Helichrysum Hydrolate** min. 20 € 60
Specific treatment for neck and décolleté
- **Face Treatment “Alba Cuata”** min. 50 € 100
Balancing and soothing treatment for sensitive and fragile skin, revitalises the skin with ELDERAL's exclusive 100% natural active

Body Treatments

- **Gommage with salt, plants and typical Sardinian essences** min. 20 € 60
Medium-intensity body scrub, revitalizing
- **Localized body wrap of red clay from Sardinia and juniper hydrolate** min. 20 € 65
Draining treatment for cellulite and water retention for legs, buttocks or abdomen
- **Soothing Treatment “Sulleu Mannu”** min. 20 € 65
Ultra-soothing and moisturizing treatment. From an ancient natural remedy handed down and jealously guarded we find ELDERAL, an active ingredient that provides relief and well-being to the skin, especially after exposure to the sun

Massages

- **Relaxing Massage with essential oil from Sardinia** min. 50 € 100
Nourishing, hydrating, aromatherapy min. 80 € 160
- **Massage "Health elixir" with essential oil of Pompia, Sardinian grapefruit** min. 50 € 120
Sardinian endemic citrus fruit with anti-inflammatory, antioxidant, antibacterial, curative and antistain properties min. 80 € 180
- **Sardinian Traditional Massage "Su Sentidu"** min. 50 € 110
Sensory massage performed with oil solution of the phytocomplexes of medicinal plants Sardines that release their beneficial and cosmetic properties. min. 80 € 170
The massage can be preceded by:
 - *Gentle scrub using herbs and flowers macerated in an oil solution* min. 70 € 150
min. 100 € 205

Happiness for two in Sardinia

With Sardinian salt, plants and essences combined with "Health elixir" with essential oil of Pompia couple massage min. 85 € 170 p.p.

Hydrotherapy & Thalasso Treatments by Thalgo "La Beauté Marine"

Hydrotherapy

- **Hydromassage bath with sea salt and essential oils from Sardinia** min. 20 € 45
Relaxing, de-stressing
- **Massage under Vichy Shower** min. 25 € 60
Relaxing and invigorating massage performed under a shower of warm nebulized water

Face Treatments

- **Rituel de Pureté** min. 55 € 90
Deep cleansing to regenerate the skin, purify it and prepare it for subsequent treatments
- **Hyalu-Procollagène** min. 50 € 110
First anti-wrinkle, brightening and hydrating treatment. Based on pro-collagen and three different types of hyaluronic acid, the treatment has an instant filling effect. A trio of roller boosters will plump, smooth and fill in the wrinkles
- **Silicium Lift** min. 70 € 135
Lifting and firming treatment to combat loss of tone and elasticity. Rich in marine silica, the treatment includes a double mask that acts synergistically against wrinkles
- **Exception** min. 85 € 160
Exclusive anti-ageing treatment that redensifies the skin and visibly tones the face, neck and décolleté
- **Océan Man** min. 55 € 100
Regenerating, anti-ageing and moisturizing treatment for men with vital blue algae

Body Treatments

- **Micronized seaweed body wrap** min. 20 € 65
Effective anti-cellulite treatment, perfect for purifying the body, reducing stubborn fatty deposits and toning the skin
- **Dead Sea Mud body wrap** min. 20 € 75
Useful in the treatment and prevention of arthrosis, rheumatism, muscle contractures and psoriasis
- **Frigithalgo** min. 40 € 80
Cryogenic bandage with camphor and menthol for the reactivation of the blood circulation and relaxation of the legs
- **Pressotherapy with Plasmalg gel** min. 40 € 80
Body wrap with algae- and mineral-based gel to stimulate blood circulation and drain excess fluid in combination with pressotherapy
- **Thalgo Slim – slimming program** min. 25 € 70
Acoustic wave vibration machine for the reduction of localized fat deposits and the removal of imperfections
- **Body Sculpt** min. 50 € 120
Active oxygen body wrap combined with a reshaping and toning massage
- **Indie Sea - rebalancing** min. 110 € 185
Moisturizing and nourishing "Cleopatra" milk bath, rebalancing ginger scrub and nourishing warm oil massage typical of Ayurvedic culture to restore harmony of body and spirit. A fantastic combination of relaxation and aroma therapy for a wonderful sensory experience

Beauty and Wellness Rituals from the World by Le Cinq Mondes

Face

- **Cinq fleurs de Bali - Toning and brightening** min. 55 € 100
Through the acupressure technique and the combination of five tropical flowers (gardenia, hibiscus, frangipani, ylang-ylang and lotus) purifies, brightens and firms the skin
- **Ko Bi Do - Anti-Age** min. 55 € 110
Thanks to the manual techniques of the Japanese 'KO BI DO' ritual and the application of a mask rich in opal powder, turquoise, pearl and diamond, this treatment visibly acts on wrinkles, giving instant luminosity and tone to the tissues. It stimulates facial energy circulation, eliminates toxins and tones facial muscles. The skin looks young and radiant and dehydration lines are smoothed min. 80 € 170

Body

- **Brazilian Creme de café ritual - slimming** min. 55 € 120
Combines a highly draining body wrap with deep massage movements, friction and rhythmic percussion. The draining action of caffeine in synergy with the detoxifying action of clay and the antioxidant, purifying and moisturizing action of algae rebalance the entire body
- **Maghreb Ritual - regenerating** min. 110 € 185
Body cleansing with black soap and exfoliation made with Kassa glove, Rassoul wrap and soothing, relaxing massage carried out with slow, deep, enveloping movements to regenerate both body and mind using traditional sesame, olive and argan oils that nourish and regenerate the skin
- **Ritual of Sparta - a journey to the heart of Ancient Greece** min. 85 € 170
Inspired by physiotherapy and osteopathy, the aromatic oil gel massage with Ben's oil, Myrtle and Iris extract has a warming effect that helps relax muscles. The use of pomegranate powder also has a soothing, moisturizing and antioxidant effect and optimizes muscle recovery
- **Ayurvedic ritual - energizing and invigorating** min. 85 € 170
Combine aromatic spice scrub with an Ayurvedic massage
- **Bola's Sublime Ritual - for the well-being of pregnant women** min. 50 € 110
(from 3 to 6 months)
Gentle and delicate massage with the use of Bola sound balls, used in traditional Chinese medicine to promote energy circulation and relax. The ritual can be enriched with:
 - *Gommage with Tahiti Monoi* min. 85 € 170

Intracèuticals Oxygen Infusion

Hyperbaric oxygen facials give the skin a younger, more beautiful appearance in a completely natural way. We deliver specific serums into the deeper layers of the skin, nourishing the skin and stimulating the natural production of collagen, which visibly reduces the appearance of fine lines and wrinkles, restoring radiance and elasticity to the skin

One Serum

- **Anti-age Treatment** min. 50 € 190
With Bakuchiol serum, a natural anti-ageing active ingredient, derived from the seeds of the Babchi plant. It has the potential to increase collagen production and stimulate cell renewal, helping to minimise the ageing signs on the skin
- **Firming treatment** min. 50 € 180
With vitamin B serum, an active ingredient with an antioxidant function, it is useful for combating the signs of ageing caused by free radicals by the exposure to the sun or other skin stress factors. It softens wrinkles and improves the skin texture
- **Restructuring treatment** min. 50 € 180
With collagen serum, it promotes skin regeneration, allowing small wrinkles to be filled and expression lines to be softened

Two Serum

Treatments can be enhanced with the addition of the argireline-based atoxelene serum. This serum is a muscle relaxant that combats wrinkles, even deep wrinkles, by stimulating the natural production of collagen. Argireline is a peptide composed of 6 amino acids that works on the dermis by reducing the tonic contraction of facial muscles responsible of the appearance of expression lines. It is able to act at a deep level by smoothing wrinkles and toning the skin.

- **Anti-ageing treatment + atoxelene serum** min. 70 € 290
- **Firming treatment + atoxelene serum** min. 70 € 280
- **Restructuring treatment + atoxelene serum** min. 70 € 280

Other Massages

- **Deep tissue** min. 50 € 110
Deep tissue massage to relax the muscles min. 80 € 170
- **Personalized** min. 50 € 120
"Tailor-made" mixed-technique massage tailored to the client's needs. The massage comes with multiple benefits such as relaxation, easing muscle tension, lymphatic stimulation and stress relief. Each manual technique has a relaxing, decontracting, circulatory or anti-inflammatory action min. 80 € 180
- **Ayurvedic** min. 50 € 110
Energising and toning massage. Works on muscle tension through alternating movements and rhythms, works on the nervous system, physical and mental fatigue and back pain min. 80 € 170
- **Hot Stone** min. 50 € 110
Hot stone massage has extraordinary decontracting, detoxifying and revitalizing power. It is recommended for loosening muscle stiffness, improving joint mobility and enhancing blood circulation min. 80 € 170
- **Balinese** min. 50 € 110
Relaxing massage with tropical nut balm that promotes body flexibility through passive stretching exercises. Promotes blood and lymph circulation, elimination of toxins and muscle tension
- **Localized** min. 25 € 60
Acts on a specific part of the body: back, neck, face, legs, feet or hands. Relieves muscle tension and revitalises the blood circulation

Hair Spa *(Can be added to all the above treatments)*

- **Scalp massage** min. 25 € 60
Scalp massage with monoi oil, restructuring for the hair

Beauty Service

Hands and Feet

- **SPA Manicure** € 65
A luxurious hand treatment that includes nail care, a gentle exfoliating scrub for healthy, regenerated skin and a nourishing mask with vitamins and antioxidants to improve elasticity and give radiance to the skin. The treatment ends with the application of a nail polish
- **SPA Pedicure** € 75
A luxurious treatment for the feet that includes nail care, a gentle exfoliation to combat the thickening of the skin and a nourishing mask with vitamins and antioxidants to improve elasticity, moisturize the heel area and give a radiant glow. The treatment ends with the application of nail polish
- **Shellac SPA Manicure** € 95
SPA Manicure treatment with semi-permanent nail polish application
- **Shellac SPA Pedicure** € 110
SPA Pedicure treatment with semi-permanent nail polish application
- **Semi-permanent removal** € 35

Waxing

- **Full legs** € 55
- **Brow (or up lip o chin)** € 30
- **Under arm (o half arm)** € 30
- **Bikini** € 35
- **Brasilian bikini (or half leg or full arms)** € 45
- **Back (or chest)** € 45

Spa Etiquette

Delphina Thalasso & SPA Centres are relax and harmony places. Please respect the other Guests' privacy and their serenity: do not use mobile phones and electronic devices and speak at toned down.

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 between 14 and 18, only if accompanied by parents and with a written authorization.

Pools of "Le Sabine SPA" Wellness Centre contain fresh water 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 Centre opening hours.

We recommend you to reserve the wished treatment at least one day before. Whatever you choose it is advisable to come to the Centre ten minutes before the beginning of the appointment. A late arrival would unfortunately mean a shorter treatment, in order to respect the schedule and the following Guest in queue.

Our Kind Guests are asked to put their personal belongings in the changing rooms' lockers and keep the key during their stay at the Centre. Valuables should be left in the safe of the room.

Safety and hygiene practices

The use of glass bottles and glasses is not allowed in the Pool Area; for your own safety diving and running beside Pools is not permitted.

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

In the fitness area we suggest you sportswear and training shoes. For your own safety please do not use the cardio-fitness machineries wearing slippers.

It is advisable to take a shower before using the Pool, the Sauna and Turkish Bath and before entering the treatment rooms. The use of the swimsuit and slippers is required.

Health and Pregnancy

Delphina Thalasso and SPA Centres require an authorization on the health status and the suitability to treatments; anyway it is suggested a medical examination, also possible at the hotel (advance 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 afterwards).

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.



Programs

All programs include the “**The Wellness Circuit**” (*toning or relaxing*), to be done during half day treatments, with the use of:

- 2 outdoor multi-functional pools with different intensity submarine jets for all parts of the body, for a personalized Wellness circuit
- Jacuzzi
- Turkish bath
- Sensory Path
- Cardio-fitness room
- Relaxation area

Please note:

- *prior to the start of the programmes, we require a health waiver confirming fitness for the treatments and use of the facilities; however, a medical examination is recommended, which is also possible at the hotel (by prior arrangement and for a fee).*
- *All rates are VAT inclusive and do not include hotel and restaurant.*
- *The Centre's Management reserves the right, where necessary, to agree with clients on variations to the treatments included in the programmes.*

SPA Discovery

€ 155

An extraordinary offer to approach the wonderful SPA universe.

This package includes:

- 1 Marine Massage with Aquatic Oil 50 mn - *relaxing, decontracting and revitalizing*
- 1 Hydro-massage bath with sea salt and essential oils 20 min
- *relaxing, destressing and aromatherapeutic*
- 1 Wellness Circuit about 120 min - *toning & relaxing*

The Sabine Relax & Wellness

In the heart of the sand dunes, surrounded by wild and fragrant nature, come and discover our treatments and enjoy their re-mineralizing benefits essential for the balance of your body.

3 days care (morning or afternoon)

€480

This package includes:

- 1 gommage with salt, plants and typical Sardinian essences
- 3 hydromassage baths with sea salt and essential oils from Sardinia
- 2 detoxifying micronized seaweed wraps
- 2 localized massage of 25 min
- 1 massage "Health Elixir" with essential oil of Pompia, Sardinian grapefruit of 50 min

1 day care (morning or afternoon)

€250

This package includes:

- 1 gommage with salt, plants and typical Sardinian essences
- 1 hydromassage baths with sea salt and essential oils from Sardinia
- 1 detoxifying micronized seaweed wrap
- 1 massage "Health elixir" with essential oil of Pompia, Sardinian grapefruit of 50 min

The Marine Beauty in Sardinia

€490

“A journey of beauty on the water's edge”.

Immerse yourself in the beauty and tranquillity of Sardinia. Two days of treatments carefully designed to take advantage of the natural gifts of the land, offering you an authentic and rejuvenating wellness experience in a setting of pure beauty. Pure Sardinia.

2 days care (morning or afternoon)

This package includes:

- 1 gommage with salt, plants and typical Sardinian essences
- 2 hydromassage baths with sea salt and essential oils from Sardinia
- 1 detoxifying micronized seaweed wraps
- 1 “Sardinian Lift” anti-ageing facial treatment with lentisk, rose quartz and hyaluronic acid
- 1 massage "Health Elixir" with essential oil of Pompia, Sardinian grapefruit of 50 min
- 1 purifying and rebalancing facial treatment
- 1 face massage of 25 min

Silhouette Reshaping

€530

A program to fight imperfections, dissolve fat deposits and achieve a more harmonious body shape. Through a combination of hydromassage baths, pressotherapy, specific wraps and reshaping massages, we help you improve your body shape and promote slimming.

3 days care (morning or afternoon)

This package includes:

- 1 gommage with salt, plants and typical Sardinian essences
- 3 draining Hydromassage baths
- 1 detoxifying micronized seaweed wrap
- 2 remodelling and toning body treatments (active oxygen wrap and remodelling massages)
- 1 session of pressotherapy with Gel Plasmalg
- 1 localized massage of 25 min

Wellness Back Treatment

€ 530

A careful selection of treatments aimed at relieving tension and muscle stiffness caused by a hectic everyday life. Tensions are relieved and the body regains its original vigour..

3 days care (morning or afternoon)

This package includes:

- 1 detoxifying body scrub
- 3 hydromassages baths with sea salt and essential oils from Sardinia
- 3 remineralizing sea mud body wraps
- 2 localized massages of 25 min
- 1 personalized massage of 50 min

Man Relaxation

€ 590

Three days of treatments designed and selected for the man care and his well-being. A sensory journey among the scents of the Mediterranean maquis.

3 days care (morning or afternoon)

This package includes:

- 1 detoxifying body scrub
- 2 hydromassages baths with sea salt and essential oils from Sardinia
- 3 remineralizing sea mud body wraps
- 1 localized massage of 25 min
- 1 scalp massage of 20 min
- 1 ayurvedic massage of 50 min
- 1 specific anti-ageing facial treatment for men

HOTELS & RESORTS

DELPHINA
UN AMICO IN SARDEGNA