

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

Le Thermal

Thalassotherapy treatments

Hydromassage bath

- Hydromassage bath Aromacéane Silhouetteoils min. 20 € 50
- Hydromassage bath Aromacéane Relaxing min. 20 € 50
- Hydromassage bath “Cleopatra” with precious milk min. 20 € 50

Thalasso showers

- Jet shower min. 15 € 50
- Affusion shower min. 15 € 45
- Massage under affusion min. 25 € 65
- Scrub and massage under affusion min. 40 € 100

Body wraps

- Micronized seaweed detoxifying wrap min. 20 € 60
- Sea mud of Dead Sea remineralising wrap min. 20 € 80

Scrubs

- Scrub “Indocéane” – sweet /salty (brown sugar, salt and Mediterranean essential oils) Relaxing, purifying and nourishing min. 20 € 60
- Scrub “Polynesia” coconut shells, white sand of Bora Bora, Tahitian vanilla and sea salt min. 20 € 60
- Oriental scrub with black soap min. 20 € 60
- Thai “Purée de Papaye” Scrub min. 20 € 60
- Aromatic Body Scrub with Spices min. 20 € 60
- Treatment “Prelude Marin”: body scrub with sea salt and sea mud (Relaxing and skin beauty) min. 50 € 90

Body treatments

- Thalgoslim session (slimming, light legs) min. 25 € 90
- Pressotherapy min. 20 € 55
- Pressotherapy with Gel Mineralg (venous - lymphatic drainage effect) min. 40 € 75
- “Frigithalgo” local body wrap (anti-cellulite and circulation activator) min. 40 € 80
- Body wrap “Aromacéane” with sea mud of Dead Sea and essential oils (slimming and detoxifying) min. 50 € 110
- “Body Sculpt” with active oxygen (slimming, toning and refining) min. 50 € 110

Face treatments

Purifying

- “Rituel de Pureté” (total purifying face treatment) min. 55 € 85

Hydrate and Treat

- “Aquarelle” – energizing and rebalancing min. 55 € 90
- “Source Marine” – hydrating and rejuvenating min. 55 € 95
- “Cold Marin” - soothing and nourishing min. 55 € 95

Lifting and anti-age

- Special “eye contour” treatment – anti age min. 40 € 75
- “Hyalu - Procollagene” - filler effect treatment with hyaluronic acid and marine collagen min. 50 € 100
- Face Treatment “Marine silicone and hyaluronic acid” anti-aging and lifting min. 70 € 130
- “Exception” – anti age min. 85 € 160

Intraceuticals Oxygen Infusion ®

min. 50 € 220

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, encourage 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 reduction

Special for men

- “Océan Men” moisturizing and regenerating facial care with vital blue seaweed min. 55 € 95

Massages

- Decontracting back massage min. 25 € 65
- Draining legs massage min. 25 € 65
- Anticellulite massage min. 25 € 65
- Reflexology foot massage min. 25 € 65
- Relaxing massage with essential oils from Sardinia min. 50 € 100
- Californian massage min. 50 € 100
- Balinese massage min. 50 € 105
- Sport massage min. 50 € 105
- Shiatsu massage min. 50 € 105
- Thai massage min. 50 € 105
- Hot stone massage min. 50 € 105
- Ayurvedic massage min. 50 € 105
- Polynesian Massage “Mahana” with hot sandbags min. 50 € 105
- Sea Breeze Massage - open air min. 50 € 110

Beauty and Wellness Face Rituals

- Ritual “aux Cinq Fleurs”** min. 55 € 95
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 € 105
min. 80 € 150
Thanks to Japanese Ko Bi Do techniques, this ritual reduces the appearance of wrinkles by targeting the sensitive area around the eyes, décolleté and arms. A rich mask with pearl, opal, turquoise and diamond powder brightens and tones the skin.
- “Prodige des Océans” inexhaustible source of youth** min. 85 € 165
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

Beauty and Wellness Body Rituals

- Happiness for two in Sardinia (price per person)** min. 90 € 160
Scrub with Sardinian salt, plants and essences, relaxing Californian “Duo” massage
- Brasilian Ritual “Crème de Café”** min. 55 € 110
Treatment and slimming massage with “coffee creme” and draining body wrap with ochre clay and seaweeds
- Ayurvedic Ritual** min. 90 € 160
Aromatic body scrub with spices, energizing and tonifying Ayurvedic massage
- Ritual from “Siam”** min. 90 € 160
Thai “Purée de Papaye” Scrub and Balinese massage with a balm of tropical nuts
- Ritual from “Maghreb”** min. 120 € 190
Scrub with black soap, body wrap with rassoul and oriental massage with traditional oil
- “Polynesian” Ritual** min. 120 € 190
Scrub Taha’a Island, hydromassage bath of “Lagoon Waters” and massage “Mahana” with hot sandbags

■ “Indocéane” Ritual

min. 150 € 220

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 € 50
- SPA Manicure € 80
- Pedicure € 55
- SPA Pedicure € 90
- Nail varnish € 25
- Shellac manicure € 85
- Shellac pedicure € 100
- Long-lasting polish removal € 35

■ Waxing

- Full Legs € 60
- Eyebrows (or Upper Lip, or Chin) € 30
- Armpits (or Forearms) € 30
- Bikini € 30
- Total Bikini (or Half Legs, or Full Arms) € 45
- Back (or Chest) € 45

Wellness for body and mind

■ Private lesson with a personal trainer

min. 50 € 100

■ Yoga Lesson

- individual min. 50 € 95
- couples min. 50 € 140
- group (min. 4 persons) min. 50 € 40
(per persona)

■ Pilates Lesson

- individual min. 50 € 95
- couples min. 50 € 140
- group (min. 4 persons) min. 50 € 40
(per persona)

Sardinian Signature

- **Hydromassage bath with Sea salt and BIO myrtle gel** min. 20 € 55
- **Scrub with Sardinian salt, plants and essences** min. 20 € 60
- **Hydrating and lenitive body treatment** min. 20 € 80
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 € 100
- **Profound and Nourishing Facial Treatment with Strawberry Tree** min. 55 € 100
Antiaging, hydrating, nourishing and plumping treatment
- **Massage "Elixir of Healthiness" with Pompia essential oil** min. 55 € 110
native Sardinian citrus with anti-inflammatory antioxidant, antibacterial, healing properties and anti-spot
- **Relaxing massage with mastic essential oil and Helichrysum cream** min. 50 € 110
Nourishing, antiaging and hydrating treatment
- **Ritual "Scents of Gallura" BIO** min. 90 € 150
Aromatic scrub with flowers of salt and Sardinian massage with oil from Mediterranean plants



Thalassotherapy & SPA Center Le Thermae

tel. +39 0789 750048 - fax +39 0789 758135 - dial from your room 710

e-mail: thalassospa.ericadelphina.it

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.