

Le Thermale

List of treatments “à la carte”



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Thalassotherapy & SPA Center Le Thermae

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Here is for you our collection of treatments, you will find beauty rituals drawn from the world and our **Sardinian Signature** treatments, specially created to feel Sardinia on your skin.

“Thalasso and Wellness Circuit” (toning or relaxing) min. 120 € 30

With the use of:

Cardio-fitness room, outdoor heated seawater pools with different intensity submarine jets, Hammam, Sauna, Relaxation Area and Tea room for a personalised “Thalasso Circuit”.

We recommend you, in first to soak yourself in the warmer pool and gradually in the other colder ones. 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 localised adiposity and in cases of venous stasis.

“Thalasso Discovery” € 150

An extraordinary offer to approach the wonderful marine SPA universe.

This package includes:

3 Thalasso & Wellness circuits (toning or relaxing)

1 Relaxing Massage (25 mn) with Essential Oils of Sardinia

1 Hydrotherapy Treatment

Thalassotherapy Treatments

■ *Hydromassage baths*

• Aromacèane Silhouette	min. 20	€ 50
• Aromacèane Relaxing	min. 20	€ 50
• "Cleopatra" with precious milk	min. 20	€ 50
• Sardinian Signature: "Mirto" salt flower whirlpool and BIO myrtle gel	min. 20	€ 55

■ *Thalasso Showers*

• Jet Shower	min. 15	€ 50
• Shower under affusion	min. 15	€ 45
• Massage under affusion	min. 25	€ 70
• Scrub and massage under affusion	min. 40	€ 100

■ *Body Thalasso Treatments*

• Sardinian Signature: Salt scrub with typical Sardinian plants and essences	min. 20	€ 70
• Prelude Marin: scrub with salt and sea mud -Remineralize and stimulates cell renewal	min. 50	€ 95
• Micronized algae bodywrap - detoxifying	min. 20	€ 70
• Dead Sea Mud wrap - remineralizing	min. 20	€ 80
• Frigithalgo - blood circulation activator	min. 40	€ 90
• Aromacèane with Dead Sea mud and essential oils - tonifying	min. 50	€ 110
• Pressotherapy with Plasmalg gel - Body wrap that stimulates the blood circulation and drain excess fluids in combination with pressotherapy.	min. 40	€ 75

Face Treatments

• Rituel de Pureté - Deep facial cleansing	min. 55	€ 90
• Silicon and hyaluronic acid - uplifting	min. 70	€ 130
• Hyalu-Procollagene - early wrinkles, illuminating	min. 50	€ 100
• Sardinian Signature: Cannonau Grape "Elixir of Youth" - Anti-Ageing	min. 55	€ 100
• Sardinian Signature: "Corbezzolo" - Deep hydration	min. 50	€ 100
• Aux cinq fleur - Thanks to the digital pressure of specific points and the combination of five tropical flowers (Gardenia, Hibiscus, Frangipani, Ylang-Ylang and Lotus), it purifies, illuminates and firms the skin face.	min. 55	€ 95
• Cold Marine - Nourishing	min. 55	€ 95
• Source Marine - Illuminating	min. 55	€ 95
• Aquarelle - Rebalancing	min. 55	€ 90
• Océan Man - Regenerating treatment with vital blue algae	min. 55	€ 95

Expert Treatments

■ **Body**

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| • Thalgoslim - Slimming programme | min. 25 | € 90 |
| • Body Sculpt with active oxygen - Reshaping | min. 50 | € 110 |
| • Sardinian Signature: Sunny - Soothing, moisturising treatment
From an ancient natural remedy handed down and jealously guarded, we find ELDERAL natural 100%, an active ingredient that provides relief and well-being to the skin, especially after exposure to the sun. | min. 20 | € 80 |
| • Creme de café
Thanks to the action of caffeine (draining), clay (detoxifying) and seaweed, it combines a highly draining wrap with a pleasant massage. | min. 55 | € 110 |

■ **Face**

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| • Intracèuticals Oxygen Infusion
Thanks to concentrated oxygen, 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. | min. 50 | € 220 |
| • Prodiges des Océans - Inexhaustible source of youth
An all-round treatment with regenerating power thanks to a concentrate of marine algae. It works on all skin types, making it immediately more supple, moisturised and vital. | min. 85 | € 165 |
| • Exception - exclusive anti-ageing method | min. 85 | € 160 |
| • Ko Bi Do - Anti-Age
Thanks to the manual dexterity of the Japanese "KO BI DO" ritual and the application of a mask rich in opal, turquoise, pearl and diamond powder, it visibly acts on wrinkles, giving immediate luminosity and tone to the tissues. | min. 55
min. 80 | € 105
€ 150 |
| • Sardinian Signature: "Alba Cuata" - Rebalancing
From an ancient natural remedy handed down and jealously guarded, we find ELDERAL natural 100%, an active ingredient that provides relief and well-being by rebalancing the skin's natural elements, an excellent soother for sensitive and fragile skin prone to couperose. | min. 50 | € 100 |

Beauty and Body Wellness Rituals

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| • Indie Sea
Ginger scrub (rebalancing), enhanced by the "Cleopatra" milk bath (moisturising) combined with a hot oil massage (nourishing), typical of Ayurvedic culture. It is a fantastic combination of relaxation and aroma therapy for a wonderful sensory experience amidst the seas and scents of the Orient. | min. 110 | € 190 |
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• Pacific Islands		min. 110	€ 190
Bora-Bora island scrub, 'water of the lagoons' hydromassage bath and monoi oil massage with hot sandbags			
• Maghreb		min. 110	€ 190
Black soap scrub, Rassoul wrap and oriental massage with traditional oil.			
• Siam		min. 85	€ 160
Thai Purée de Papaye scrub and Balinese massage with tropical nut melting balsam.			
• Ayurvedico		min. 85	€ 160
Aromatic spice scrub, energising and revitalising ayurvedic massage.			
• Happiness for two in Sardinia	(p.p)	min. 85	€ 160
Scrub with Sardinian salt, plants and essences combined with a Californian couple massage.			
• Sardinian Signature: Fragrances of Gallura BIO		min. 85	€ 160
Aromatic scrub with salt flowers and Sardinian massage with Mediterranean oils.			

Massages

• Relaxing		min. 50	€ 100
• Sardinian Signature: Relaxing with essential oils from Sardinia		min. 50	€ 110
Nourishing, moisturising, aroma therapy.			
• Sardinian Signature: "Health elixir" with essential oil of Sardinian grapefruit		min. 50	€ 120
A typical Sardinian endemic citrus fruit with anti-inflammatory, antioxidant, antibacterial, cicatrizing and anti-stain properties.			
• Sardinian Signature: "L'Elicriso" Relaxation massage with Lentischio essential oil and helichrysum cream, Nourishing and anti-ageing.		min. 50	€ 120
• "Sea Breeze" Massage in the open air with a sea view.		min. 50	€ 120
• Polynesian		min. 50	€ 110
• Ayurvedic		min. 50	€ 110
• Hot stone		min. 50	€ 110
• Thai		min. 50	€ 110
• Shiatsu		min. 50	€ 110
• Deep tissue		min. 50	€ 120
• Sporty		min. 50	€ 120
• Balinese		min. 50	€ 110
• Californian		min. 50	€ 110
• Happy feet		min. 25	€ 70
• Light legs		min. 25	€ 70

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

• Hair beauty ritual - Exfoliation and scalp massage to relax, give natural volume to the hair and make it brighter and fuller-bodied.		min. 25	€ 70
• Scalp massage - Scalp massage with monoi oil, restructuring for the hair.		min. 20	€ 50

Beauty Services

■ *Hands & Feet*

• Manicure	€ 60
• Spa Manicure	€ 80
• Shellac Manicure	€ 90
• Spa Manicure + Shellac	€ 100
• Pedicure	€ 70
• Spa Pedicure	€ 90
• Shellac Pedicure	€ 100
• Spa Pedicure + Shellac	€ 120

■ *Wax*

• Full legs	€ 60
• Brow (or up lip o chin)	€ 30
• Under arm (o half arm)	€ 30
• Bikini	€ 30
• Brasilian bikini (or half leg or full arms)	€ 45
• Back (or chest)	€ 45

Training & Olistic

■ *Personal Training / Yoga / Pilates*

• One-to-one	min. 50	€ 100
• Couple	min. 50	€ 150
• Class (max 6 pax)	min. 50	€ 40

Water Wellness

■ *Seawater cardio fit*

• One-to-one	min. 50	€ 95
• Couple	min. 50	€ 140
• Class (max 6 pax)	min. 50	€ 40

■ *Hydrojet circuit*

• One-to-one	min. 50	€ 85
• Couple	min. 50	€ 120
• Class (max 6 pax)	min. 50	€ 30

■ *Acqua Relax (gentle water gymnastics with PT)*

• One-to-one	min. 50	€ 85
• Couple	min. 50	€ 120
• Class (max 6 pax)	min. 50	€ 30

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.

"Le Thermae" 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 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 Hammam). In the fitness area we suggest you sportswear and training shoes. For your own safety please do not use the cardio-fitness machines wearing slippers.

It is advisable to take a shower before using the Pools, the Sauna and 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.

hotels & resorts

DELPHINA

un Amico in Sardegna