



Programs 2012

Thalassotherapy & SPA Center "L'Elicriso"

All programs include " **The Thalasso & Wellness Circuit**" (tonifying or relaxing), to be done during half day treatments, with the use of :

- **3 Outdoor multi-functional pools**, with heated sea water, with different intensity submarine jets for a **personalized Thalasso circuit**
- **Jacuzzi**
- **Turkish bath (Hammam)**
- **Sauna**
- **Cardio - Fitness room**
- **Relaxation area**

Attention:

- **A medical certificate attesting good health for the treatments is COMPULSORY; in alternative it is possible to book, on appointment, a medical examination (on payment) on place;**
- **All the prices below are valid only if combined with hotel reservation and stay. All rates are VAT inclusive and do not include hotel and restaurant.**
- **Treatment duration is relative to cabins.**
- **Centre's management reserves the right, where necessary, to agree with customers for any variation of the program.**



"Thalasso 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 thalassotherapy in complete freedom.

This package includes:

- 3 **"Thalasso & Wellness circuits"** (tonifying or relaxing)
- 1 **"Relaxing Massage (30 mn)"** with Essential Oils of Sardinia
- 1 **"Hydro therapy care"**

The Price doesn't include accommodation and Restaurant rates: 110 Euros

"Check-in & Check out "

A day to prepare yourself at the Gallura's sun. A day to start again in great form. Leave to check your documents and stress and let you cuddle by expert hands. Expert hands which will set you in the well-being won during the holiday.

2 days care (morning or afternoon)

This package includes:

- 1 'Brilliance' Facial Scrub
- 1 Aromatic Body Scrub
- 1 Relaxing Massage 60 mn.
- 1 Californian Massage 30 mn.
- 1 Deep moisturizing facial Treatment
- 1 After-sun body Wrap Treatment
- 1 French Manicure (or standard)
- 1 French Pedicure (or standard)

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

The Price doesn't include accommodation and Restaurant rates: 290 Euros



" Man Relax "

The Thalassotherapy is very attractive for men generation. A lot of men will take care of their bodies. Men which want to be 'cooned', which 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 Re-mineralising sea salt Hydro massage Baths
- 2 Affusion showers
- 3 Re - mineralising sea mud Body Wraps
- 2 Massages (Californian or Back Relaxing) 30mn.
- 1 Relaxing body Massage with Sardinian essential oils 60 mn
- 1 Specific facial treatment for man

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

The Price doesn't include accommodation and Restaurant rates: 450 Euros



"Wellness Back Treatment"

Speed life and bad posture leads to back pain. With the unique characteristics of our myrtle and juniper blended oil added at 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 aromatic oils from Sardinia 30 mn
- 1 Hot stone massage 60 mn
- 3 Hydro Bath massages with sea salt and aromatic mirth gel
- 2 Stretching Sessions

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

The Price doesn't include accommodation and Restaurant rates: 430 Euros



"Thalasso Relaxing Travel"

The tradition of the marine Thalassotherapy cares at the service of your well-being. Overlooking the sea, surrounded by a wild and fragrant nature, the "L'Elicriso Centre" and its professional team, let you discover the best marine treatments. You will appreciate the indisputable benefits and find your balance psycho-physical

6 days care (morning or afternoon)

This package includes:

- 1 Detoxifying Body scrub
- 1 'Brilliance' Facial Scrub
- 2 Micronized seaweeds Detoxifying body Wraps
- 3 Affusion Showers
- 3 Re-mineralizing sea salt or essential oils Hydro Bath massages
- 2 Micronized seaweeds Detoxifying body Wraps with "Biostart"
- 2 Relaxing Massages with Sardinian essential oils 60 mn
- 4 Massages (Californian, Back, leg draining or Affusion shower Massage) 30 mn
- 6 Marine Circuits

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

The Price doesn't include accommodation and Restaurant rates: 690 Euros

3 days care (morning or afternoon)

This package includes:

- 1 Detoxifying Body scrub
- 2 Re-mineralizing sea salt or essential oils Hydro Bath massages
- 1 Micronized seaweeds Detoxifying body Wraps
- 1 Micronized seaweeds Detoxifying body Wraps with "Biostart"
- 1 Affusion Shower
- 2 Massages (Californian, back) 30mn
- 1 Relaxing Massage with Sardinian essential oils 60 mn
- 3 Marine Circuits

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

The Price doesn't include accommodation and Restaurant rates: 350 Euros



1 day care (morning or afternoon)

This package includes:

- 1 Detoxifying body Scrub
- 1 Micronized seaweed Detoxifying body Wrap
- 1 Re- mineralising Sea Salt or essential Oils Hydro Bath massage
- 1 Massage (Californian or Relaxing with Sardinian essential oils Massage)
60 mn

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

The Price doesn't include accommodation and Restaurant rates: 150 Euros

" Slimming and Firming Program"

'When slimming is a pleasure'. We offer you our 'Thalasso Program', that combines hydrotherapy sessions with personalized treatments to allow you to sculpt your body and to be in a good shape with a wonderful line.

6 days care (morning or afternoon)

This package includes:

- 1 Detoxifying body Scrub
- 3 Draining Hydro Bath massages
- 3 Re-mineralising Hydro Bath massages
- 1 Slimming/draining Sea mud Specific body treatment (wrapping and slimming/firming massage)
- 2 Detoxifying Micronized seaweed body wraps
- 2 Detoxifying Micronized seaweed body wrap with "Biostart"
- 1 Re-mineralising Sea mud body wraps
- 3 Slimming/firming specific body treatments (double body mask and slimming/firming massage)
- 2 Slimming/anti-cellulite special body treatments (wrapping and toning massage)
- 6 Aquagym Sessions

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

The Price doesn't include accommodation and Restaurant rates: 860 Euros



" Vitality and Harmony "

On the Sardinia wild Coast a revitalizing program that improves all your energy. A combination between energizing and relaxing treatments for one enjoyable experience that bring back the well-being into your spirit and your body.

6 days care (morning or afternoon)

This package includes:

- 1 Detoxifying body Scrub
- 1 'Brilliance' Facial Scrub
- 3 Draining submarine Jet Baths
- 3 Re-mineralising Hydro Bath massages
- 2 Detoxifying Micronized seaweed body wraps
- 1 Detoxifying Micronized seaweed body wrap with "Biostart"
- 2 Re-mineralising Sea mud body wraps
- 1 Re-mineralising Sea mud body wraps with "Biostart"
- 1 Slimming/draining Sea mud Specific body treatment (wrapping and slimming/firming massage)
- 1 Energetic Ayurvedic Massage 60 mn
- 2 Massages (Californian, Back) 30 mn
- 3 marine circuits
- 3 Cardio-fitness Sessions

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

The Price doesn't include accommodation and Restaurant rates: 770 Euros



« *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
- 2 Sea salt and sea weed Hydro Bath Massages (circulation and cellulite)
- 3 Draining leg Massages 30 mm
- 2 Specific leg Wraps
- 1 Hydrating body wrap
- 3 Aquagym Sessions

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

The Price doesn't include accommodation and Restaurant rates: 340 Euros

" *The 'L'Elicriso Relax* " *Expecting a Baby*

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

3 days care (morning or afternoon)

This package includes:

- 3 Draining legs Massages 30 mn
- 1 Cleansing Facial Treatment "Rituel de Pureté"
- 1 Bio Facial Treatment
- 1 French Manicure (or standard)
- 1 French Pedicure (or standard)
- 2 Mosturizing body wraps
- 3 Specific Aquagym Sessions

Included: free entrance to "*The Thalasso & Wellness Circuit*" - during the half-day treatments (use of the pools only with the controller circuit's supervision).

The Price doesn't include accommodation and Restaurant rates: 380 Euros



"Zen Attitude"

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

3 days care (morning or afternoon)

This package includes:

- 1 Aromatic body Scrub
- 1 Affusion Shower
- 3 Relaxing Essential Oils Hydro Bath massages
- 1 Detoxifying Micronized seaweed body wrap
- 1 Re - mineralising sea mud body Wrap
- 1 "Subliminal" moisturizing body wrap
- 1 Energetic Ayurvedic Massage 60 mn
- 2 Californian Massage 30mn
- 1 'Purity&Brilliance' Facial Treatment

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

The Price doesn't include accommodation and Restaurant rates: 430 Euros



" The Marine Beauty in Sardinia "

"One package for all women who take care of their beauty".

Let you cuddle 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 three day programs whose frame is beauty. It's Sardinia.

3 days care (morning or afternoon)

This package includes:

- 1 Aromatic body scrub
- 1 Submarine Draining jet shower bath
- 1 Affusion Shower
- 1 Re-mineralizing sea salt hydro bath massage
- 2 Detoxifying Micronized seaweed body wrap
- 1 Energetic Ayurvedic Massage 60 mn
- 2 Body Massages (Californian, draining) 30 mn
- 1 "Anti- Aging " facial Treatment
- 2 Aquagym Sessions

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

The Price doesn't include accommodation and Restaurant rates 410 Euros



Male Beauty (for man)

For the man who uses the welfare of his body to fine his mind and recognize his spirit

3 days care (morning or afternoon)

This package includes:

- 1 body scrub
- 1 detoxifying micronized seaweed body wrap
- 2 hydromassage baths with essential oils
- 3 Contour Mineral – slimming/firming localized pack and massage
- 1 toning massage 60 min.
- 1 manicure
- 1 pedicure
- 1 facial cleansing treatment "Rituel de Pureté"
- 1 Anti-aging facial treatment

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

The Price doesn't include accommodation and Restaurant rates: 490 Euros



" Brazilian Beauty Ritual "

A Brazilian energetic moment.

A programme full of energy. A concentrated active slimming and toning. The result is a good drainage and detoxifying effect. The skin is firming. The shape is tonic.

3 days care (morning or afternoon)

This package includes:

- 1 Aromatic body Scrub
- 3 "Slimming" Hydro Bath massages
- 2 Submarine draining jet shower baths
- 3 Draining and firming Seaweed Body Wraps
- 3 Slimming Brazilian massages 30mn

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

The Price doesn't include accommodation and Restaurant rates: 375 Euros