



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 sea water and different intensity of the submarine jets for a **personalized Thalasso circuit**
- **Jacuzzi**
- **Turkish bath (Hammam)**
- **Sauna**
- **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 bellow are valid only if combined with hotel reservation and stay; for programs and treatments booked at centre's reception we apply “à la carte” prices. All fares are with VAT 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** »

A 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 Euro

« 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 of care (in the morning or in the afternoon)

This package includes:

- 1 'Brilliance' Face Scrub
- 1 Aromatic Body Scrub
- 1 Californian Massage - 60 mn.
- 1 Relaxing Massage - 30 mn.
- 1 Specific Hydrating face 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)

Price doesn't include accommodation and restaurant rates: 280 Euro

« 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 'coconed' , which want to forget the professional stress and keep their form, their mental vitality, their silhouette and charm.

3 days of care (in the morning or in the afternoon)

This package includes:

- 1 detoxifying body Scrub
- 2 Hydro massage Baths with re -mineralising sea salt
- 2 Affusion Showers
- 3 Body Wraps with re – mineralising sea mud of the Dead Sea
- 2 Massages (Californian or Relaxing back) 30 mn.
- 1 Relaxing body Massage with essential oils from Sardinia - 60mn
- 1 Specific face Treatment for man

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

Price doesn't include accommodation and restaurant Rates: 465 Euro

« *Back Pain 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 of care (in the morning or in the afternoon)

This package includes:

- 1 detoxifying body Scrub whit sea salt
- 3 Body Wraps with sea mud of the Dead Sea
- 2 Specific back massages with aromatic oils from Sardinia – 30 mn
- 1 hot stone massage - 60 mn
- 3 Hydro massage Baths with sea salt and aromatic mirth gel
- 2 Stretching Sessions

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

Price doesn't include accommodation and restaurant Rates: Euro 415

« 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 his professional team , let you discover the best marine treatments. You will appreciate the indisputable benefits and find your balance psycho-physical

6 days of care (in the morning or in the afternoon)

This package includes:

- 1 Body detoxifying Scrub
- 3 Hydro massage Baths with sea salt or essential oils
- 3 Affusion Showers
- 2 Body Wraps with detoxifying micronized seaweeds
- 2 Seaweeds Biostart Sessions (body wrap with detoxifying micronized seaweeds in Biostart)
- 1 Body scrub after the Turkish Bath
- 2 Relaxing Massages with Essential Oils of Sardinia - 60mn
- 4 Massages (Californian, Relaxing back, Draining for legs or Under Affusion shower Massage) - 30 mn
- 6 Stretching Aquagym Sessions

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

Price doesn't include accommodation and restaurant rates: 680 Euro

3 days of care (in the morning or in the afternoon)

This package includes:

- 1 Body Scrub after Turkish Bath
- 2 Hydro massage Baths with re – mineralising sea salt rime or essential oils
- 1 Body Wrap with detoxifying micronized seaweeds
- 1 seaweeds Biostart Session (body wrap with detoxifying micronized seaweeds in Biostart)
- 1 Affusion Shower
- 2 Massages (Californian, Relaxing back, Draining for legs or Under Affusion Shower Massage) - 30mn
- 1 Relaxing Massage with Essential Oils of Sardinia - 60mn
- 3 Aquagym Sessions

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

Price doesn't include accommodation and restaurant Rates: 355 Euro

1 day of care (in the morning or in the afternoon)

This package includes:

- 1 Detoxifying Body Scrub
- 1 Hydro massage Baths with relaxing and re-mineralising sea salt or essential oils
- 1 Body Wrap with detoxifying micronized seaweeds
- 1 Massage (Californian, Relaxing back, Draining for legs or Under Affusion shower) - 60 mn

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

Price doesn't include accommodation and restaurant Rates: 155 Euro

« *Slimming and Firming Program* »

'When loss weight 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 of care (in the morning or in the afternoon)

This package includes:

- 1 Body detoxifying Scrub
- 2 Body Wraps with detoxifying micronized seaweeds
- 1 Seaweeds Biostart Session (body Wrap with detoxifying micronized seaweeds in Biostart)
- 3 Draining submarine Jets
- 2 Specific body Treatments with sea mud
- 3 Draining Hydro massage Baths
- 3 Draining Massages "Thalgoslim"
- 3 Anti-cellulite Massages - 30mn
- 6 Aquagym Sessions (specific for slimming)

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

The price doesn't include accommodation and restaurant rates: 800 Euro

« *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 of care_(in the morning or in the afternoon)

This package includes:

- 1 Detoxifying body Scrub
- 3 Draining submarine Jets
- 3 Hydro massage Baths with re-mineralizing sea salt
- 2 Body Wraps with detoxifying micronized seaweeds
- 2 Body Wraps with re-mineralising sea mud of Dead sea
- 1 Seaweeds Biostart Session (body Wrap with detoxifying micronized seaweeds in Biostart)
- 1 Sea mud Biostart Session (body Wrap with re-mineralizing sea mud of Dead sea in Biostart)
- 1 Body Scrub after the Turkish Bath
- 1 Personalised Treatment (Pressotherapy or Thalgoslim massage)
- 1 Energetic Ayurvedic Massages - 60mn
- 2 Massages (Relaxing, Californian or Sports Massage) 30 mn
- 3 Aquagym Sessions
- 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 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 of care (in the morning or in the afternoon)

This package includes:

- 1 body Scrub
- 2 Specific legs Wraps
- 2 « Thalgoslim » legs Massages
- 3 Circulatory Massages - 30 mn
- 1 Hydrating body wraps
- 3 Aquagym Sessions

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

The price doesn't include accommodation and restaurant rates: 390 Euro

« *The 'L'Elicriso Relax* » *Expecting a Baby*

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

3 days of care (in the morning or in the afternoon)

This package includes:

- 3 Specific Aquagym Sessions
- 3 Draining legs Massages - 30 mn
- 1 Face Treatment ‘ Rituel de Pureté ‘
- 1 French Manicure (or standard)
- 1 French Pedicure (or standard)

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: 260 Euro

« 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 of care (in the morning or in the afternoon)

This package includes:

- 1 Affusion Shower
- 3 Hydro massage Baths with relaxing essential oils
- 1 Body Wrap with detoxifying micronized seaweeds
- 1 Body Wrap with re- mineralizing sea mud of Dead Sea
- 1 Hydrating body Wrap
- 1 Aromatic body Scrub
- 1 Energetic Ayurvedic Massage - 60 mn
- 1 Relaxing Massage under Affusion Shower - 30 mn
- 1 Californian Massage 30mn
- 1 Face treatment ' Purity & Brilliance'

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

The price doesn't include accommodation and restaurant rates: 445 Euro

« 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 of care (in the morning or in the afternoon)

This package includes:

- 1 Draining submarine Jets
- 1 Affusion Shower
- 1 Hydro massage Bath with re -mineralizing sea salt
- 2 Body Wraps with detoxifying micronized seaweeds
- 1 Aromatic body Scrub with Sardinia's Flowers
- 1 Energetic Ayurvedic Massage - 60 mn
- 2 Massages (Draining, Anti-cellulite or Californian Massage) 30 mn
- 1 Anti-Aging Treatment for the face
- 2 Acquagym Sessions

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

The price doesn't include accommodation and restaurant rates: 430 Euro

« *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. La silhouette tonic.

3 days of care (in the morning or in the afternoon)

This package includes:

- 3 Hydro massage Baths with “slimming” plants
- 1 Aromatic Spices body Scrub
- 2 Draining submarine Jets
- 3 Body Wraps with draining and firming seaweeds and clay
- 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: 400 euro