

## Programs 2019

### ***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:**

- **Before starting your treatments, we require the signature of a liability waiver attesting your suitability to undertake them and to the use of the facilities. We do recommend anyway a medical check-up (available on site upon reservation at extra charge).**
- **All rates are VAT free and do not include accomodation and restaurant.**
- **Centre Management reserves the right, where necessary, to agree with customers upon any possible variation of the programs.**

## ***"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 with essential oils from Sardinia"** (25 mn)
- 1 **"Hydrotherapy treatment"**

**Rack rate**

**120 Euro**

## ***"Check-in & Check out"***

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

**2 days care** (morning or afternoon)

This package includes:

- 1 Purifying and Rebalancing face treatment
- 1 Body scrub
- 1 Relaxing massage 50 mn
- 1 Localized massage 25 mn
- 1 Face massage 25 mn
- 1 Hydrating body wrap
- 1 French Manicure ( or standard)
- 1 French Pedicure ( or standard)

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

**Rack rate**

**390 Euro**

## ***"Man Relax"***

The Thalassotherapy is very attractive for men generation.

A lot of men will take care of their bodies. Men who want to be "pampered", who 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 Remineralising Hydromassage baths with sea salt
- 2 Affusion showers
- 3 Remineralising sea mud body wraps
- 2 Localized massages 25 mn
- 1 Relaxing massage with essential oils from Sardinia 50 mn
- 1 Specific face treatment for man

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

**Rack rate**

**570 Euro**

## ***"Wellness Back Treatment"***

Chaotic life and bad posture lead to back pain. With the unique characteristics of our myrtle and juniper blended oil added to 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 essential oils from Sardinia 25 mn
- 1 Hot stone massage 50 mn
- 3 Hydromassage baths with sea salt and aromatic myrtle gel
- 2 Stretching sessions

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

**Rack rate**

**530 Euro**

## ***"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 psycho-physical balance.

### **6 days care** (morning or afternoon)

This package includes:

- 1 Detoxifying body scrub
- 1 Purifying and Rebalancing face treatment
- 3 Remineralising Hydromassage baths with sea salt or essential oils
- 3 Affusion showers
- 2 Micronized seaweed detoxifying wraps
- 2 Micronized seaweeds detoxifying wraps with "Biostart"
- 2 Relaxing massages with essential oils from Sardinia 50 mn
- 2 Localized massages 25 mn
- 1 Massage under affusion 25 mn
- 1 Draining legs massage 25 mn
- 6 Aquagym or cardio fitness sessions

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

**Rack rate**

**815 Euro**

### **3 days care** (morning or afternoon)

This package includes:

- 1 Detoxifying body scrub
- 2 Remineralising Hydromassage baths with sea salt or essential oils
- 1 Micronized seaweed detoxifying wrap
- 1 Micronized seaweeds detoxifying wrap with "Biostart"
- 1 Affusion shower
- 2 Localized massages 25 mn
- 1 Relaxing massage with essential oils from Sardinia 50 mn
- 3 Aquagym sessions

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

**Rack rate**

**450 Euro**

### **1 day care** (morning or afternoon)

This package includes:

- 1 Detoxifying body scrub
- 1 Micronized seaweed detoxifying wrap
- 1 Remineralising Hydromassage bath with sea salt or essential oils
- 1 Massage 50 mn (Californian or Relaxing massage with essential oils from Sardinia)

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

**Rack rate**

**210 Euro**

## **"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 Hydromassage baths
- 3 Submarine draining Jet shower treatments
- 1 Specific Slimming/draining body treatment with sea mud ( body wrap and slimming/firming massage)
- 2 Micronized seaweeds detoxifying wraps with "Biostart"
- 2 Micronized seaweeds detoxifying wraps
- 1 Remineralising sea mud body wrap
- 5 Special slimming and anticellulite body treatments (active oxygen body wrap and remodelling massage)
- 6 Aquagym sessions

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

**Rack rate**

**940 Euro**

## **"Remodeling and Anticellulite Programme"**

A program to break down fatty deposits and cellulite and to get a more harmonious bodyline.

**3 days care** (morning or afternoon)

This package includes:

- 1 Detoxifying body scrub
- 3 Draining Hydromassage baths
- 2 Draining massages with G5 (a mechanical massage that uses the vibration system with different intensities to warm and stimulate the connective and subcutaneous tissues)
- 3 Localized Remodeling massages
- 3 Specific slimming and anticellulite body wraps

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

**Rack rate**

**560 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 care** (morning or afternoon)

This package includes:

- 1 Detoxifying body scrub
- 3 Remineralising Hydromassage baths with sea salt
- 2 Affusion showers
- 2 Micronized seaweed detoxifying wraps
- 1 Micronized seaweeds detoxifying wraps with "Biostart"
- 2 Remineralising sea mud body wraps
- 2 Pressotherapy treatments
- 1 Massage under affusion 25 mn
- 2 Energizing and rebalancing oriental massages 50 mn
- 2 Localized massages 25 mn
- 6 Aquagym or cardio fitness sessions

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

**Rack rate**

**830 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 care** (morning or afternoon)

This package includes:

- 1 Detoxifying body scrub
- 3 Hydromassage baths with sea salt
- 2 Draining legs massages 25 mn
- 2 Specific leg wraps
- 1 Pressotherapy with Gel Mineralg
- 3 Aquagym sessions

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

**Rack rate**

**460 Euro**

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

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

**3 days care** (morning or afternoon)

This package includes:

- 3 Draining legs massages 25 mn
- 1 Facial treatment "Rituel de Pureté"
- 1 Bio Facial treatment
- 1 French Manicure (or standard)
- 1 French Pedicure (or standard)
- 2 Hydrating 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).

**Rack rate**

**490 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 care** (morning or afternoon)

This package includes:

- 1 Body Scrub
- 1 Affusion shower
- 3 Relaxing Hydromassage baths with essential oils
- 1 Micronized seaweed detoxifying wrap
- 1 Remineralising sea mud body wrap
- 1 Subliminal hydrating body wrap
- 1 Energizing and rebalancing oriental massage 50 mn
- 2 Localized massages 25 mn
- 1 Purifying and Rebalancing face treatment

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

**Rack rate**

**550 Euro**

## ***"The Marine Beauty in Sardinia"***

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

Let yourself be pampered 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 days program whose frame is the beauty. This is Sardinia.

### **3 days care** (morning or afternoon)

This package includes:

- 1 Body scrub
- 1 Affusion shower
- 2 Remineralizing Hydromassage baths with sea salt
- 2 Micronized seaweed detoxifying wraps
- 1 Relaxing massage with essential oils from Sardinia 50 mn
- 2 Localized body massages 25 mn
- 1 "Anti-Aging" facial treatment
- 2 Aquagym sessions

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

**Rack rate**

**520 Euro**

## ***"Male Beauty"***

For the man who uses the well-being of his body to fine his mind and recognize his spirit

**3 days care** (morning or afternoon)

This package includes:

- 1 Body scrub
- 2 Hydromassage baths with essential oils
- 3 mud body wraps 40 mn
- 3 Localized slimming/firming massages 25 mn
- 1 Manicure or Pedicure
- 1 Facial treatment "Rituel de Pureté"
- 1 Anti-aging facial treatment

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

**Rack rate**

**560 Euro**