



CAPO D'ORSO

Hotel Thalasso & SPA

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## Programs 2013

# *Thalassotherapy & SPA Center "L'Incantu"*

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

**2 Outdoor multi-functional pools**, filled with heated sea water, with different intensity submarine jets for a **personalized Thalasso circuit**  
**Jacuzzi**  
**Turkish bath**  
**Relaxation area front of the sea**

#### **Attention:**

**A medical certificate attesting good health for the treatments is COMPULSORY; alternatively 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. Regarding payments in hotel we apply the rackrates. 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.**



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## ***"Thalasso Discovery"***

An extraordinary offer to approach to the wonderful marine SPA universe.

This package includes:

- "Thalasso & Wellness circuits"** (firming or relaxing)  
every day morning or afternoon (reservation is required)
- 1 **"Relaxing Massage (30 mn)"** with Essential Oils of Sardinia
- 1 **"Hydrotherapy Treatment "**

**Rackrate**

**130 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 cuddled by expert hands. The same 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 Body hydrating wrap Treatment
- 1 French Manicure ( or standard)
- 1 French Pedicure ( or standard)

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

**Rackrate**

**360 Euro**



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## **"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 Bath massages
- 2 Affusion showers
- 3 Re – mineralising sea mud Body Wraps
- 2 Massages ( Californian or Back) 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)

**Rackrate**

**540 Euro**

## **"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 mm
- 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)

**Rackrate**

**500 Euro**



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## ***"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 'll help you to 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 Re-mineralizing Sea Salt Hydro Bath massages
- 2 Draining Jet Showers
- 2 Affusion Showers
- 3 Micronized seaweeds Detoxifying body Wraps
- 2 Re-mineralizing sea mud wraps
- 3 Relaxing Massage with Sardinian essential oils 60 mn
- 3 Massages (Affusion Shower, Californian or Back) 30mn
- 5 Aquagym Sessions

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

**Rackrate**

**915 Euro**

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

This package includes:

- 1 Detoxifying Body scrub
- 2 Re- mineralising Sea Salt or essential Oils Hydro Bath massages
- 2 Draining Jet Showers
- 1 Micronized seaweed Detoxifying body Wrap
- 1 Re-mineralizing sea mud body wrap
- 2 Massages (Californian, Back Massage or Affusion Shower Massage) 30mn
- 3 Aquagym Sessions

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

**Rackrate**

**410 Euro**



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

This package includes:

- 1 Detoxifying Body Scrub
- 1 Detoxifying micronized seaweeds Body wrap
- 1 Re- mineralizing Sea Salt or essential Oils Hydro Bath massage
- 1 Massage (Californian or Relaxing with Sardinian essential Oils) 60 mn

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

**Rackrate**

**175 Euro**

## ***"Slimming and Toning Program"***

The starter to reach your target: a good silhouette! Our "program marine slimming" help you to satisfy your dream: To be in good shape with wonderful silhouette. It combines hydrotherapy and various treatments with more draining effects to create relief for the legs and a harmonious silhouette.

### **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)
- 3 Detoxifying Micronized seaweed body wraps
- 2 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)

**Rackrate**

**1050 Euro**



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## ***"Vitality and Harmony"***

On the Sardinia wild Coast a revitalizing program to recover all your energy. A combination of vitality and balancing treatments for the pleasant experience well-being to restore the harmony for your spirit and body.

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

This package includes:

- 1 Detoxifying Body Scrub
- 1 "Brilliance" facial scrub
- 3 Draining Jet Showers
- 3 Re-mineralising Hydro Bath massages
- 2 Detoxifying Micronized seaweed body wraps
- 2 Re - mineralising sea mud body Wraps
- 2 Pressotherapy treatments
- 2 Energizing-rebalancing oriental massages 60mn
- 2 massages (Relaxing essential oils or Californian) 60 mn
- 2 Massages (Californian or Back) 30 mn
- 4 Aquagym or Stretching sessions

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

**Rackrate**

**910 Euro**



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## ***"Light legs"***

A program specific in order to improve the comfort of the legs, to stimulate the blood circulation and at last to be in good shape.

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

This package includes:

- 1 Detoxifying body Scrub
- 3 Sea salt and sea weed Hydro Bath Massages (circulation and cellulite)
- 2 Draining leg Massages 30 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)

**Rackrate**

**420 Euro**

## ***"L'Incantu Expecting a Baby"***

In the heart of scent and wild gardens, experience a true relaxing break with specified program at the oasis "L'Incantu"

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

This package includes:

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

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

**Rackrate**

**460 Euro**



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## ***"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 Affusion Shower
- 2 Re-mineralizing sea salt hydro bath massage
- 2 Detoxifying Micronized seaweed body wrap
- 1 Relaxing Massage with Sardinian essential Oils 60 mn
- 2 Body Massages ( Californian, Back) 30 mn
- 1 "Anti- Aging " facial Treatment
- 2 Aquagym Sessions

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

**Rackrate**

**460 Euro**



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

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)

**Rackrate**

**570 Euro**

## ***"Brazilian Beauty Ritual"***

A Brazilian energetic moment. A program full of energy. A concentrated active slimming and toning. The result is a good drainage and detoxifying effect. The skin is firming. La silhouette more tonic.

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

This package includes:

- 1 Aromatic body Scrub
- 3 "Slimming" Hydro Bath massages
- 2 Draining Jet showers
- 3 Draining and firming Seaweed Body Wraps
- 3 Slimming Brazilian massages 30mn

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

**Rackrate**

**430 Euros**