



Programs 2013

Thalassotherapy & SPA Center "Le Thermae"

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

4 Outdoor multi-functional pools, filled with sea water, with different intensity submarine jets for all parts of the body, for a **personalized Thalasso circuit**
Turkish bath
Sauna
Cardio-fitness room
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.

"Silhouette in Sardinia with *Dukan Diet*"

To find the "RIGHT WEIGHT" and keep it for ever without difficulties. A successful diet based on 100 different health food, 72 rich of proteins and 28 vegetables, with the freedom of eating them as much as you want and mixing them according to your personal taste. Diet coach support in order to not to put on kilos again. Specific treatments to shape your body and to get rid of cellulite. Personalized fitness training.

18 treatments in 6 days care (morning or afternoon)

This package includes:

- 1 body scrub
- 2 hydro bath massages with essential oils or re-mineralizing sea salt or micronized seaweed
- 2 jet showers
- 2 detoxifying micronized seaweed body wraps
- 2 slimming/firming specific body treatments Thalgo (75 mn)
- 2 anti-cellulite draining massages (50 mn)
- 1 pressotherapy treatment with Frigithalgo (45 mn)
- 6 collective aquagym sessions in 6 days (aquagym and jet stream) to reshape your body and strengthen your muscles with PT (30 mn)

free entrance to **"The Thalasso & Wellness Circuit"** during half day treatments

This package includes also:

- full board supplement and (in standard and single room) sea view
- two medical visits (the first on arrival and the second at the end of the stay)
- 2 "sportive" walks by the sea in front of the Archipelago of La Maddalena and Corsica
- 3 golf lessons for beginners
- cooking classes with our award-winning Chef in cooperation with the Dukan specialists
- specialized staff assistance
- the *Dukan Diet* book
- the personal reduction code to access the slimming coaching program on the website www.regimedukan.com and assure the follow-up after implementation of the Dr. Dukan slimming method.

Rate

1.380 Euro

"Silhouette Plus in Sardinia with *Dukan Diet*"

To find the "RIGHT WEIGHT" and keep it for ever without difficulties. A successful diet based on 100 different health food, 72 rich of proteins and 28 vegetables, with the freedom of eating them as much as you want and mixing them according to your personal taste. Diet coach support in order to not to put on kilos again. Specific treatments to shape your body and to get rid of cellulite. Personalized fitness training.

24 treatments in 6 days care (morning or afternoon)

This package includes:

- 1 body scrub
- 3 hydro bath massages with essential oils or re-mineralizing sea salt or micronized seaweed
- 3 jet showers
- 3 detoxifying micronized seaweed body wraps
- 2 slimming/firming specific body treatments Thalgo (75 mn)
- 3 anti-cellulite draining massages (50 mn)
- 2 draining massages with Thalgoteck (30 mn)
- 1 pressotherapy treatment with Frigithalgo (45 mn)
- 6 collective aquagym sessions (aquagym and jet stream) to reshape your body and strengthen your muscles with PT(30 mn)

free entrance to **"The Thalasso & Wellness Circuit"** during half day treatments

This package includes also:

- full board supplement and (in standard and single room) sea view
- two medical visits (the first on arrival, the second at the end of the stay)
- 2 "sportive" walks by the sea in front of the Archipelago of La Maddalena and Corsica.
- 3 golf lessons for beginners
- cooking classes with our award-winning Chef in cooperation with the Dukan specialists so as to learn how to prepare meals according to the Dukan Method
- specialized staff assistance
- the *Dukan Diet* book.
- the personal reduction code to access the slimming coaching program on the website www.regimedukan.com and assure the follow-up after implementation of the Dr. Dukan slimming method.

Rate

1.680 Euro



"Thalasso Discovery"

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

This package includes:

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

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 to check your documents and stress and let you cuddled 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 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)

Rate

330 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 '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) 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)

Rate

500 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)

Rate

470 Euro

"Thalasso Relaxing Travel"

« The best travelling deep in the Traditional treatments of the Thalassotherapy".
This program will permit to your body to draw on the rich sea all the necessary oligo elements and minerals for your good health.

6 days care (morning or afternoon)

This package includes:

- 1 Detoxifying Body scrub
- 1 'Brilliance' Facial Scrub
- 3 Micronized seaweeds Detoxifying body Wraps
- 2 Draining Jet Showers
- 2 Affusion Showers
- 3 Essential Oils or Re mineralizing Sea Salt Hydro Bath massages
- 1 Relaxing Massage with Sardinian essential oils 60 mn
- 3 Massages (Affusion Shower, Californian or Back) 30mn
- 2 Aquatic and Relaxing Massages "Medijet"
- 3 Aquagym Sessions
- 3 Marine Circuits

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

Rate

710 Euro

3 days care (morning or afternoon)

This package includes:

- 1 Detoxifying Body scrub
- 1 Draining Jet Shower
- 2 Micronized seaweed Detoxifying body Wraps
- 2 Re- mineralising Sea Salt or essential Oils Hydro Bath massages
- 2 Massages (Back Massage or Affusion Shower Massage) 30mn
- 1 Aquatic and Relaxing Massage "Medijet"
- 3 Marine Circuits or Aquagym Sessions

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

Rate

365 Euro

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)

Rate

160 Euro

"Vitality and Balance"

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
- 3 Draining Jet Showers
- 2 Re-mineralising Hydro Bath massages
- 3 Detoxifying Micronized seaweed body wraps
- 2 Re - mineralising sea mud body Wraps
- 2 Pressotherapy treatments
- 2 Aquatic and Relaxing Massages "Medijet"
- 2 Energizing-rebalancing oriental massages 60mn
- 2 Massages (Californian or Back) 30 mn
- 2 Marine circuits
- 3 Cardio-fitness or Aquagym Sessions

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

Rate

820 Euro

« Light legs »

A program specific and complete 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)

Rate

370 Euro

" The Thermae 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 30 mn
- 1 Cleansing Facial Treatment "Ritual de Pureté"
- 1 Bio Facial Treatment
- 1 French Manicure (or standard)
- 1 French Pedicure (or standard)
- 2 Moisturizing 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).

Rate

420 Euro



"Zen Attitude"

To recharge one's batteries in the heart of unforgettable perfumes of the "Sardinian Scrub". Wellness, quietness, facing the sea, the wild Sardinia bring you her peaceful, her perfumes and limpid waters.

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 - mineralizing sea mud body Wrap
- 1 "Subliminal" moisturizing body wrap
- 1 Energizing-rebalancing oriental massage 60mn
- 2 Californian Massage 30mn
- 1 'Purity & Brilliance' Facial Treatment

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

Rate

470 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 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)

Rate

440 Euro

“ 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 mn
- 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)

Rate

550 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 tonic.

3 days care (morning or afternoon)

This package includes:

- 1 detoxifying 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)

Rate

410 Euro