

# Hotel Relax Torreruja Thalasso and Spa

## SPA Center Venere

### 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 (25 mn) with Essential Oils of Sardinia
- 1 Hydrotherapy Treatment

**Price £72 pp**

### 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 of care (in the morning or in the afternoon).

This package includes:

- 1 'Brilliance' Face Scrub
- 1 Aromatic Body Scrub
- 1 Californian Massage 50 mn.
- 1 Relaxing Massage 25 mn.
- 1 Specific Anti-Aging Treatment for the face
- 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 £191pp**

## Thalasso & Spa

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 oligo elements and minerals necessities for your good health. 3 days of care (in the morning or in the afternoon)

### 3 DAYS

This package includes:

- 1 Detoxifying Body scrub
- 2 Hydro massage Baths with remineralizing sea salt
- 2 Body Wraps with detoxifying micronized seaweeds
- 2 Spa jet sessions (multi sensorial system : hydro massage, vibromassage, chromo therapy, aromatherapy, music therapy)
- 1 Massage (Californian, Draining or relaxing back) 25 mn
- 1 Relaxing Massage with Essential Oils of Sardinia - 50mn
- 3 Aquagym sessions

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

**Price £253 pp**

### 1 DAY

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

This package includes:

- \_ 1 Detoxifying Body scrub
  - \_ 1 Hydro massage Baths with remineralizing sea salt
  - \_ 1 Body Wrap with detoxifying micronized seaweeds
  - \_ 1 Massage (Californian or Relaxing with essential Sardinia’s oils) 50 mn
- Included : free entrance to “The Thalasso & Wellness Circuit” (during half day treatments)

**Price £105 pp**

## 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 Aromatic Body scrub with Sardinia’s Flowers
- 2 Hydro massage Baths (with remineralising Sea Salt or relaxing herbs)
- 1 Draining and tonifying body Wrap with micronized seaweeds
- 1 Spa jet sessions (multi sensorial system: hydro massage, vibromassage, cromotherapy, aromatherapy, music therapy)
- 2 Specific body Treatments
- 1 Anti-aging face Treatment
- 2 Massages (draining for legs, anti-cellulite or Californian) 25 mn
- 2 Aquagym Sessions

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

**Price £296 pp**

## 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:

- 2 Specific legs wraps
- 2 Pressotherapy sessions
- 2 Draining legs ‘Thalgoslim ‘Sessions
- 3 Draining Massages 25 mn
- 3 Aquagym sessions

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

**Price £258 pp**

## Venere Relax, Expecting a Baby

A well-deserved break to relax and specific treatments for expecting mothers 3 days of care (in the morning or in the afternoon)

This package includes:

- 3 Specific Acquagym sessions
- 3 Draining legs massages 25 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 ).

**Price £181 pp**

## Sensorial Travel

Recharge your body and mind with the unforgettable perfumes of Sardinia. The wild Sardinia offers you unequally serenity, wellness and harmony. With aromas and Oriental oils , the curative Ayurvedic sapience, the points of the mysterious Shatsu, the Sardinian’s flowers reduced to sublime essences. 3 days of care (in the morning or in the afternoon)

This package includes:

- 2 Hydro massage Baths with relaxing oils or re-mineralising sea salt
- 1 “Siesté” : Aquatic relaxation associate to a specific massage for mind and body harmony
- 2 Specific body treatments
- 1 Aromatic body scrub with flowers of Sardinia
- 1 Relaxing Massage 25 mn
- 1 Energetic Ayurvedic Massage 50mn
- 1 Oriental massage 25 mn
- 3 Stretching sessions

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

**Price £ 296 pp**

## 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 Massages “Thalgoslim”
- 3 Draining and tonifying seaweeds body wraps
- 3 Slimming Brazilian massages - 25mn

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

**Price £301 pp**

## Tropical Escape

A travel among the perfumes country ! The ancestral Beauty Rituals, Wellness, perfumes, essences , colours...To Live magic whiles to get to your spirit dream and harmony. 2 days of care (in the morning or in the afternoon)

This package includes:

- 2 Hydro massage Baths with fragrance flowers
- 1 Body scrub with aromatic fruits
- 1 Relaxing Balinese massage - 50 mn
- 1 Specific treatment for the face “Rituel de Bali”
- 1 “Siesté” : Aquatic relaxation associate to a specific massage for mind and body harmony
- 2 Stretching session

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

**Price £215 pp**