

Hotel Capo d'Orso Thalasso and Spa Thalassotherapy & SPA Center L'Incantu

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" (firming or relaxing)
- 1 "Relaxing Massage (30 mn)" with Essential Oils of Sardinia
- 1 "Hydrotherapy Treatment "

Price £106 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. The same 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 Relaxing Massage - 60 mn.
- 1 Californian Massage 30 mn.
- 1 Specific Hydrating 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 £275 pp

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

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 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 £417 pp

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

This package includes:

- 1 detoxifying body scrub
- 3 Localized sea mud Body Wraps
- 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 £382 pp

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 'Il help you to 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)

6 DAYS

This package includes:

- 1 Detoxifying Body scrub
- 1 'Brilliance' Facial Scrub
- 2 Re-mineralizing Sea Salt Hydro massage baths
- 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 and Back) 30mn
- 5 Marine Circuits

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

Price £697 pp

3 DAYS

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

This package includes:

- 1 Detoxifying Body scrub
- 2 Re- mineralizing Sea Salt Hydro massage baths
- 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 Marine Circuits

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

Price £315 pp

1 DAY

This package includes:

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

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

Price £132 pp

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 of care (in the morning or in the afternoon)

This package includes:

- 1 Detoxifying body Scrub
- 3 Draining Hydro massage baths
- 3 Re-mineralizing Hydro massage baths
- 1 Slimming/draining Sea mud Specific body treatment (wrapping and Slimming/firming massage)
- 3 Detoxifying Micronized seaweed body wraps
- 2 Re-mineralizing 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)

Price £794 pp

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 wellbeing to restore the harmony for your spirit and body. 6 days of care (in the morning or in the afternoon)

This package includes:

- 1 Detoxifying Body Scrub
- 1 “Brilliance” facial scrub
- 3 Draining Jet Showers
- 3 Re-mineralizing Hydro massage baths
- 2 Detoxifying Micronized seaweed body wraps
- 2 Re – mineralizing sea mud body Wraps
- 2 Pressotherapy treatments
- 2 Energetic Ayurvedic Massage 60 mn
- 2 massages (Californian and Relaxing essential oils) 60 mn
- 2 Massages (Californian or Back) 30 mn
- 2 Marine circuits
- 2 Stretching Sessions

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

Price £692 pp

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 of care (in the morning or in the afternoon)

This package includes:

- 1 Detoxifying body Scrub
- 2 Sea salt and sea weed Hydro massage baths (circulation and cellulite)
- 3 Draining leg Massages 30 mn
- 2 Specific leg Wraps
- 1 Hydrating body wrap
- 3 Aquagym Sessions

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

Price £315 pp

L'Incantu Relax Expecting a baby

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

Price £351 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 essential relaxing oils
- 1 Affusion Shower
- 1 Draining Jets Shower
- 2 Detoxifying body Wrap with micronized seaweeds
- 1 Slimming/draining Sea mud Specific body treatment (wrapping and slimming/firming massage)
- 1 "Anti-Aging" face Treatment
- 1 Massage (Draining , Anti-cellulite or Californian Massage) 30mn
- 2 Relaxing Massages (with Sardinia's essential oils or Californian Massage) 60mn

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

Price £443 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 more tonic. 3 days of care (in the morning or in the 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)

Price £326 pp

Male Beauty

For the man who looks after his body and to tune 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)

Price £326 pp