

# Hotel Marinedda Thalasso and Spa Thalassotherapy & SPA Center L'Elicriso

## 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 (30 mn)" with Essential Oils of Sardinia
- 1 "Hydro therapy care"

**Price £90 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 cuddle 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 A Relaxing Massage - 25 mn.
- 1 Specific Hydrating face Treatment
- 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 £224 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 'cocooned', which want to forget the professional stress and keep their form, their mental vitality, their silhouette and charm. 3 days of care (in the morning or in the afternoon)

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 Relaxing Massage) 30 mn.
- 1 Relaxing body Massage with essential oils from Sardinia - 50mn
- 1 Specific face Treatment for man

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

**Price £346 pp**

## Back Pain 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 of care (in the morning or in the afternoon)

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 Bath massages with sea salt and aromatic mirth gel
- 2 Stretching Sessions

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

**Price £326 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 , let you 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 Micronized seaweeds Detoxifying body Wraps
- 3 Affusion Showers
- 3 Re-mineralizing sea salt or essential oils Hydro Bath massages
- 2 Micronized seaweeds Detoxifying body Wraps with "Biostart"
- 2 Relaxing Massages with Sardinian essential oils 60 mn
- 4 Massages (Californian, Back, leg draining or Affusion shower Massage )
- 30 mn
- 6 Marine Circuits

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

**Price £529 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 or essential oils Hydro Bath massages
- 1 Micronized seaweeds Detoxifying body Wraps
- 1 Micronized seaweeds Detoxifying body Wraps with "Biostart"
- 1 Affusion Shower
- 2 Massages (Californian, back) 30mn
- 1 Relaxing Massage with Sardinian essential oils 60 mn
- 3 Marine Circuits

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

**Price £265 pp**

**1 DAY**

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

**Price £112 pp**

## Slimming and Firming Program

‘When loss weight 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 of care (in the morning or in the 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)
- 2 Detoxifying Micronized seaweed body wraps
- 2 Detoxifying Micronized seaweed body wrap with “Biostart”
- 1 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)

**Price £656 pp**

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

This package includes:

- 1 Detoxifying body Scrub
- 1 'Brilliance' Facial Scrub
- 3 Draining submarine Jet Baths
- 3 Re-mineralising Hydro Bath massages
- 2 Detoxifying Micronized seaweed body wraps
- 1 Detoxifying Micronized seaweed body wrap with "Biostart"
- 2 Re-mineralising Sea mud body wraps
- 1 Re-mineralising Sea mud body wraps with "Biostart"
- 1 Slimming/draining Sea mud Specific body treatment (wrapping and slimming/firming massage)
- 1 Energetic Ayurvedic Massage 60 mn
- 2 Massages (Californian, Back) 30 mn
- 3 marine circuits
- 3 Cardio-fitness Sessions

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

**Price £580 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:

- 1 Detoxifying body Scrub
- 2 Sea salt and sea weed Hydro Bath Massages (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 £254 pp**

## The 'L'Elicriso Relax Expecting a Baby

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

This package includes:

- 3 Draining legs Massages 30 mn
- 1 Cleansing Facial Treatment "Rituel de Pureté"
- 1 Bio Facial Treatment
- 1 French Manicure (or standard)
- 1 French Pedicure (or standard)
- 2 Mosturizing 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 ).

**Price £295 pp**

## 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 of care (in the morning or in the 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 – mineralising sea mud body Wrap
- 1 "Subliminal" moisturizing body wrap
- 1 Energetic Ayurvedic Massage 60 mn
- 2 Californian Massage 30mn
- 1 ' Purity&Brilliance' Facial Treatment

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

**Price £326 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
- 1 Submarine Draining jet shower bath
- 1 Affusion Shower
- 1 Re-mineralizing sea salt hydro bath massage
- 2 Detoxifying Micronized seaweed body wrap
- 1 Energetic Ayurvedic Massage 60 mn
- 2 Body Massages ( Californian, draining) 30 mn
- 1 “Anti- Aging “ facial Treatment
- 2 Aquagym Sessions

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

**Price £315 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:

- 1 Aromatic body Scrub
- 3 “Slimming” Hydro Bath massages
- 2 Submarine draining jet shower baths
- 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 £285 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 £397 pp**