

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

Price £84 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' Facial Scrub
- 1 Aromatic Body Scrub
- 1 Relaxing Massage 60 mn.
- 1 Californian Massage 30 mn.
- 1 Deep moisturizing facial 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 £220

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 necessary 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 Re - mineralizing Sea Salt Hydro massage baths
- 2 detoxifying micronized seaweed Body Wraps
- 2 Spa jet sessions (multi sensorial system : hydro massage, vibromassage, chromotherapy, aromatherapy, musictherapy)
- 1 Massage (Californian or Back) 30 mn
- 1 Relaxing Massage with Sardinian essential Oils 60 mn
- 3 Aquagym sessions

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

Price £277 pp

1 DAY

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

This package includes:

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

Price £115 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 Detoxifying body Scrub
- 2 Re - mineralizing Sea Salt Hydro massage baths
- 1 detoxifying micronized seaweed Body Wrap
- 1 Spa jet session (multi sensorial system: hydro massage, vibromassage, chromotherapy, aromatherapy, musictherapy)
- 2 Slimming/draining Sea mud Specific body treatments (wrapping and slimming/firming massage)
- 1 Anti-aging face Treatment
- 2 Massages (Californian and draining legs) 30 mn
- 2 Aquagym Sessions

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

Price £324 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 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 £261 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 Draining legs Massages 30 mn
- 1 Facial Cleansing Treatment “Rituel de Pureté”
- 1 Facial Bio 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).

Price £282 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 of care (in the morning or in the afternoon)

This package includes:

- 1 detoxifying body Scrub
- 3 Hydro massage Baths with re -mineralising sea salt
- 1 Hydrating body wrap
- 3 Body Wraps with re – mineralising sea mud of the Dead Sea
- 2 Massages (Californian or Relaxing 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 £355 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 of care (in the morning or in the afternoon)

This package includes:

- 1 detoxifying body Scrub whit sea salt
- 3 Body Wraps with sea mud of the Dead Sea
- 2 Specific back massages whit 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
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Included : free entrance to “The Thalasso & Wellness Circuit” (during half day treatments)

Price £314 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 £366 pp