

# Hotel Relax Torreruja Thalasso & Spa - “Venere”

**The Thalasso & Wellness Circuit includes:**

- **Outdoor multi-functional pools**, filled with sea water, with different intensity water jets for a **personalized Thalasso circuit**
- **Jacuzzi**
- **Turkish bath**
- **Sauna**
- **Cardio fitness room**
- **Relaxation area**

## ***Thalasso Discovery***

**3 half days including:**

- 3 “Thalasso & Wellness *circuits*” (toning or relaxing)
- 1 “Relaxing Massage (25 mins)” with Essential Oils of Sardinia

**Price: £51.00 per person.**

## ***Thalasso & Spa***

**3 days (in the morning or afternoon) with 4 treatments per day including:**

- 1 Body scrub after Turkish Bath
- 2 Hydromassage Baths with remineralising sea salts
- 2 Body wraps with detoxifying micronized seaweed
- 2 Spa jet sessions (multi sensorial system: hydromassage, vibromassage, cromotherapy, aromatherapy, music therapy)
- 1 Massage (Californian, draining for legs or relaxing back) – 25 mins
- 1 Relaxing Massage with essential oils of Sardinia – 50 mins
- 3 Aquagym sessions

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

**Price: £217.00 per person.**

## ***Light legs***

**3 days (in the morning or afternoon) with 4 treatments per day including:**

- 2 Specific legs wraps
- 2 Pressotherapy sessions
- 2 Hydro massage Baths with draining essential oils
- 1 “Thalgoslim” massage for legs
- 2 Massages (draining for legs or anti-cellulite) – 25 mins
- 3 Aquagym sessions (draining and toning )

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

**Price: £205.00 per person.**

## ***The Marine Beauty in Sardinia***

**3 days (in the morning or afternoon) with 4 treatments per day including:**

- 1 Aromatic Body scrub with Sardinian Flowers
- 2 Hydro massage Baths (with re-mineralising Sea Salt or relaxing herbs)
- 1 draining and toning body wrap with clay and micronized seaweed
- 1 Spa jet session (multi sensorial system: hydromassage, vibromassage, cromotherapy, aromatherapy, music therapy)
- 2 Specific body treatments
- 2 Massages (draining for legs, anti-cellulite or Californian) – 25 mins
- 1 Anti-Aging facial treatment
- 1 Pedicure
- 1 Manicure

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

**Price: £260.00 per person.**

## ***Sensorial Travel***

**3 days (in the morning or afternoon) with 4 treatments per day including:**

- 2 Hydro massage Baths with fragrance flowers
- 1 “Siesté” : Aquatic relaxation treatment with a specific massage for mind and body harmony
- 2 Specific body treatments
- 1 Aromatic body scrub with flowers of Sardinia
- 1 massage (Shiatsu or Ayurvedic) – 50mins
- 1 Relaxing Massage with Sardinia flowers – 25 mins
- 1 Oriental massage – 25 mins
- 3 Stretching sessions

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

**Price: £247.00 per person.**

## ***Oriental Beauty***

**3 days (in the morning or afternoon) with 4 treatments per day including:**

- 3 Hydromassage baths with oriental oils
- 1 Body scrub with Aromatic Spices
- 1 Specific body treatment
- 1 Energetic Ayurvedic massage – 50mins
- 1 Shiatsu massage – 50mins
- 1 Facial treatment: “Riche de Jeunesse”
- 1 Facial massage: “Lifting Riche de Jeunesse”
- 3 Stretching sessions

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

**Price: £260.00 per person.**

## ***Brazilian Beauty Ritual***

**3 days (in the morning or afternoon) with 4 treatments per day including:**

- 2 Hydromassage baths with “slimming” plants
- 1 Body scrub with aromatic spices
- 3 Draining Massages “Thalgoslim”
- 3 Draining and toning seaweed & clay body wraps
- 3 Slimming Brazilian massages – 25mins

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

**Price: £260.00 per person.**

## ***Tropical Escape***

**2 days (in the morning or afternoon) with 4 treatments per day including:**

- 2 Hydromassage 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: £183.00 per person.**

### **Terms and conditions:**

Please note: Guests under the age of 16 years old are not permitted to use the spa facilities. Treatments are only available to guests over 18 years old.

All the hotels charge for use of the spa facilities unless used in conjunction with pre-paid treatments. Please check with the hotel reception on your arrival how, when and where spa entry payment should be made, if a pre-holiday booking has not been made.

Limited spa facilities are available for pregnant women – please check at the time of booking.

Just Sardinia recommends that you check with your doctor before you embark on any of the health and beauty treatments or diets offered by the hotels and follow the health and safety guidelines provided by the hotel. You will be asked to sign a disclaimer/medical waiver of liability or have a medical examination for the mandatory medical certificate (approx. 30 euros) before using the Spa facilities or having treatments. Please take a current doctors certificate from the UK if you have a known medical condition.

**Prices are for spa packages only and do not include accommodation or flights.**