

Resort & Spa Le Dune Spa Packages Le Sabine Wellness Centre

Spa 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 "Relax & Wellness circuits" (tonifying or relaxing)
- 1 "Relaxing Massage (25 mn)" with Essential Oils of Sardinia
- 1 "Hydro Therapy care"

Price £81 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 welfare conquered 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 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 £214 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 Re-mineralizing sea salt Hydro massage Baths
- 2 Vichy showers with chromotherapy and aromatherapy
- 3 Re – mineralizing sea mud Body Wraps
- 2 Massages (Californian and Back) 30mn.
- 1 Relaxing body Massage with Sardinian essential oils 60 mn
- 1 facial treatment specific for man

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

Price £336 pp

The Sabine Relax and Wellness

3 DAYS

In the heart of the Sabine's sand dunes and gardens, in the wild and fragrant nature, come to discover our treatments to enjoy their re – mineralising benefits. Important to balance of your body. 3 days of care (in the morning or in the afternoon)

This package includes:

- 1 Detoxifying body scrub with Sardinia's salt and flowers
- 3 Hydro massage Baths with sea salt or essential oils
- 2 body Wraps with detoxifying micronized seaweeds
- 1 Vichy Shower with chrome and aroma therapy – Relaxing
- 1 Californian Massage - 25 mn
- 1 Relaxing Massage with essential oils - 50 mn
- 3 Aquagym Sessions

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

Price £260 pp

1 DAY

This package includes:

- 1 Detoxifying Body scrub
- 1 Hydro massage Bath (with essential relaxing oils or re-mineralising sea salt
- 1 Body wrap with detoxifying micronized seaweeds
- 1 Body Massage (Californian or relaxing with Sardinia's essential oils) 50 mn

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

Price £112 pp

Call Just Sardinia on 01202 484858 or visit www.justsardinia.co.uk/spa

The Sabine 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 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 £275 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 Moisturizing body wrap
- 3 Aquagym Sessions

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

Price £244 pp

Gold Sand (July and August only)

The well-being in the sand. Air, seawater and sand, the elements that make Sardinia one of the most enchanted islands in the world and of the 'Psammatoterapia' one of the oldest practices with therapeutic properties. A cure for three days in the history and a return to the present in a better physical shape. 3 days of care (in the morning or in the afternoon)

This package includes:

- 3 Body Sand Bath (Hammam, Sensorial Circuit, Vichy Shower with chromo and aroma therapy, Sun bath, Sand Bath, "Reaction", Warm Shower Circuit) 1h30mn
- 3 Relaxant Massages (with Essential oils or Californian Massage) 25mn
- 2 Lenitive Body Wraps (After Sun – After Sand Bath)
- 1 Deep Moisturizing Facial Treatment

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

Price £265 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 Vichy Shower with chromo and aromatherapy
- 3 Relaxing Essential Oils Hydro massage baths
- 1 Detoxifying Micronized seaweed body wrap
- 1 Re – mineralizing sea mud body Wrap
- 1 "Subliminal" moisturizing body wrap
- 1 Energetic Ayurvedic Massage 60 mn
- 2 Californian Massages 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 Vichy Shower with chromo and aromatherapy
- 2 Re-mineralizing sea salt hydro massage baths
- 2 Detoxifying Micronized seaweed body wrap
- 1 Energetic Ayurvedic Massage 60 mn
- 2 Body Massages (Californian and back) 30 mn
- 1 “Anti- Aging “ facial Treatment
- 2 Aquagym Sessions

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

Price £295 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 massage baths
- 2 Submarine draining Jet showers
- 3 Draining and firming Seaweed Body Wraps
- 3 Slimming Brazilian massages 30mn

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

Price £290 pp

Back Wellness 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 massage baths with sea salt and mirth gel
- 2 Stretching Sessions

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

Price £315 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