

Resort Valle dell'Erica

Thalassotherapy & SPA Center - Le Thermae

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

Price £100 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 £261 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
- 2 Re-mineralizing sea salt Hydro massage Baths
- 2 Affusion showers
- 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 £392 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 mm
- 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 £409 pp

Thalasso Relaxing Travel

6 DAYS

« 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 necessary oligo elements and minerals for your good health. 6 days of care (in the morning or in the afternoon)

This package includes:

- 1 Detoxifying Body scrub
- 1 'Brilliance' Facial Scrub
- 3 Micronized seaweeds Detoxifying body Wraps
- 2 Draining Jet Showers
- 2 Affusion Showers
- 3 Essential Oils or Re - mineralizing Sea Salt Hydro massage baths
- 1 Relaxing Massage with Sardinian essential oils 60 mn
- 3 Massages (Affusion Shower, Californian and Back) 30mn
- 2 Aquatic and Relaxing Massages “Medijet”
- 6 Marine Circuits

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

Price £554 pp

3 DAYS

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

This package includes:

- 1 Detoxifying Body scrub
- 1 Draining Jet Shower
- 2 Micronized seaweed Detoxifying body Wraps
- 2 Re - mineralizing Sea Salt or essential Oils Hydro massage baths
- 2 Massages (Back Massage and Affusion Shower Massage) 30mn
- 1 Aquatic and Relaxing Massage “Medijet”
- 3 Marine Circuits

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

Price £288 pp

1 DAY

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

This package includes:

- 1 Detoxifying body Scrub
- 1 Detoxifying Wrap with micronized seaweeds
- 1 Hydro massage with re - mineralising Sea Salt
- 1 Massage (Californian or Relaxing with Sardinia's essential oils Massage) 60 mn

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

Price £125 pp

Slimming & 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 an 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 £753 pp

Vitality and Balance

On the Sardinia wild Coast a revitalizing program to recover all your energy. A combination of vitality and balancing treatments for the pleasant experience well being, 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
- 3 Draining Jets Showers
- 2 Hydro Massages with re – mineralizing Sea Salt
- 3 Detoxifying Wraps with micronized seaweeds
- 2 Re – mineralising body Wraps with sea mud of Dead Sea
- 2 Personalised treatments (Pressotherapy or Thalgotech massage)
- 3 Aquatic and Relaxing Massages “Medijet”
- 1 Energetic Ayurvedic Massage (60 mn)
- 2 Massages (Californian, Relaxing or Draining legs) 30 mn
- 2 Marine circuits
- 3 Cardio-fitness Sessions

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

Price £638 pp

Light legs

A program specific and complete 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 Mosturizing body wrap
- 3 Aquagym Sessions)

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

Price £293 pp

The Thermae 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 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 £324 pp

Zen Attitude

To recharge one’s batteries in the heart of unforgettable perfumes of the “Sardinian Scrub”. Wellness, quietness, facing the sea, the wild Sardinia bring you her peaceful, her perfumes and limpid waters. 3 days of care (in the morning or in the afternoon)

This package includes:

- 1 Aromatic body Scrub
- 1 Affusion Shower
- 3 Hydro massage baths with Relaxing Essential Oils
- 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 £366 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 Draining Jet Shower
- 1 Affusion Shower
- 1 Re-mineralizing sea salt hydro massage bath
- 2 Detoxifying Micronized seaweed body wrap
- 1 Energetic Ayurvedic Massage 60 mn
- 2 Body Massages (Californian and draining legs) 30 mn
- 1 “Anti- Aging “ facial Treatment
- 2 Aquagym Sessions

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

Price £345 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