

Hotel Abi d'Oru Abi Spa



Massages

Full Back Massage

Special back massage. Lengthens the muscles and spine. Eases paravertebral tension and tightness. Suitable for people who suffer from aching muscles, improves posture.

30 minutes **Price €60pp**

Deep Tissue Massage

Energetic full body massage. Surface and deep tissue massage promotes oxygenation and tissue trophism.

50 minutes **Price €90pp**

Hot Stone Massage

The aroma of essential oils combined with the heat of volcanic stones and balancing massage techniques creates a sensation of wellbeing and relaxation.

60 minutes **Price €125pp**

90 minutes **Price €170pp**

Draining Anti-Cellulite Massage

Draining massage which works on both the lymphatic and blood flow systems. Massage focussing on areas with localised fat deposits. Characterised by kneading and drainage techniques. Also acts on blood circulation by restoring proper cellular metabolism.

50 minutes **Price €90pp**

Maternity Massage New Mum

Firming and nourishing treatment with Organic Tamanu Oil, it maintains skin hydration and elasticity and gives a feeling of lightness. Recommended in the case of stretch marks.

50 minutes **Price €90pp**

Facial Treatments

Soha Facial Treatments

Abi Anti-Aging Cannonau

For a visibly firmer and younger looking skin. With Cannonau grapes from Sardinia, which contains three times more anti-aging polyphenols compared to other grapes, it provides a powerful antioxidant protection. Increase collagen production and stimulates the synthesis of youthful skin protein.

50 minutes **Price €110pp**

Triple Lemon

For a more radiant and brighter skin, simply magnificent. Esperidin from lemon peel stimulates microcirculation, while a mix of alpha-hydroxy acids present in the fruit gently removes dead cells. Finally, the properties of the lemon give the skin greater firmness and perfection.

50 minutes **Price €100pp**

Corallo A13

For a decidedly smoother skin with visibly attenuated wrinkles. Combines the effectiveness of Hyaluronic Acid with three different molecular weights with an exclusive red coral powder from the Mediterranean Sea. It produces an immediate plumping effect and helps re-densify the skin.

50 minutes **Price €110pp**

[Comfort Zone] Facial Treatments

Hydrmemory

Ideal for a luminous and silky skin. Face, neck and décolleté treatment with hyaluronic acid macro and biomimetic fragments, intense moisturiser. Brush massage makes the experience relaxing, unique and exclusive.

30 minutes **Price €60pp**

60 minutes **Price €110pp**

Remedy

Recommended for sensitive, fragile and reddened skin, the treatment that strengthens and defends the protective barrier of the skin through a very delicate dermo-affine action. The only facial treatment with a natural pre-biotic that helps to detoxify, relax and rebalance the mind and body and resort to an optimal state of health and beauty to the skin.

60 minutes **Price €110pp**

Skin Regimen Detox

The perfect antidote for everyone to detoxify the skin from pollution and to solve, in a specific way, impurities and imperfections. The facial treatment combats the effects of stress and daily environmental pollution which affect the skin and accelerate the aging process. An effective Detox that recharges body and mind.

60 minutes **Price €125pp**

Sublime Skin Lift Complete

The facial treatment that restores fullness and redefines the volumes of the ideal face for every skin condition, especially for those who have an obvious loss of volume and tone, because it stimulates an active facelift by re-densifying the oval of the face.

60 minutes **Price €125pp**

Body Treatments

Abi Ritual Sardinian Stain

Allow the true essence of Sardinia to envelop you from head to toe, intoxicating you with the alluring fragrance of the island. Golden Sardinian honey and essential oils and rosemary, myrtle, helichrysum and rockrose combined with toning modelling massage techniques soften and re-invigorate the body.

75 minutes **Price €130pp**

Hydro Soothing Ritual

Thanks to the action of Mediterranean algae, salts and marine minerals, this treatment combined with a slow and relaxing massage, deeply moisturises, soothes and softens the skin, even after exposure to the sun.

75 minutes **Price €130pp**

Sardinian Sun Ritual

Treatment to prepare and intensify the even tanning of the body. Based on powerful antioxidant extracted from olive leaves, apricot oil to intensify the tan and liquorice extract to prevent any stains. The treatment is combined with detox lymphatic drainage massage for an extraordinary effect.

75 minutes **Price €130pp**

Mediterranean Ritual

Ideal for people who want a ritual treatment with Jojoba Oil and essential oils of basil, orange, bergamot and anise, combined with a massage inspired by the warm and vibrant soul of Mediterranean cultures. Promotes a general and renewed well-being.

50 minutes **Price €100pp**

75 minutes **Price €130pp**

Tranquillity Ritual

Let yourself be immersed in a pleasant experience of well-being that, thanks to citrus essences and the best botanicals, relaxes the muscles and nourishes the skin in depth, improving the microcirculation and oxygenation of tissues. For a complete sense of well-being and total relaxation.

50 minutes **Price €100pp**

75 minutes **Price €130pp**

Salt Massage Ritual

Salt is the symbol of life, happiness, wealth and health. It is recognised since ancient times for its therapeutic power – protects, purifies, heals. Thanks to the particular composition of the Himalayan salt, rich in essential trace elements, the ritual performs a purifying action at all levels, in an effective and pleasant way. Ideal for detoxification, stimulated metabolism and improves blood circulation.

50 minutes **Price €110pp**

75 minutes **Price €140pp**

Aromasoul Ritual Scrub

The ancient traditions of the four areas of the aromasoul world to rejuvenate the appearance of the skin, giving nourishment, smoothness and brightness to every type of skin. Ideal for all skin conditions and in particular before and after summer exposure to the sun for a profound renewal. It elevates and ensures a rejuvenated appearance to the skin.

50 minutes **Price €90pp**

Bagni di Pisa Mud

The thermal water of the Bagni di Pisa, renowned for its slimming properties, is now available to pamper you and obtain a visible and immediate fat burning effect. Its strength is combined with a base of green tea powder with an antioxidant and anti-inflammatory action, for a truly effective treatment of even the most resistant cellulite.

60 minutes **Price €130pp**

Exclusive Spa

Ritual for Couple

An exclusive wellness package dedicated to couples wishing to receive massages at the same time. Our spa becomes a place of wonder and wellbeing with personalised treatments.

- Private spa for exclusive use for 3 hours (spa kit with plus bathrobe, terry towel and slippers)
- One treatment to choose from (50 minute Aromasoul Scrub, 50 minute Custom Massage, 50 minute Facial)
- An aperitif served in the private spa and tastings of Sardinian specialities, canapes and fruit

180 minutes **Price €380pp**

Beauty Service

Manicure

Price €45pp

Pedicure

Price €55pp

Polish Change

Price €20pp

Semi-Permanent Gel Nail Polish

Price €40pp

Full Hair Removal

Price €60pp

Partial Hair Removal

Price €35pp

Hair Removal (Small Areas)

Price €10-€15pp

Hair Salon

Blow Dry (Short Hair)

Price €45pp

Blow Dry (Long Hair)

Price €49pp

Women's Cut & Shampoo

Price €60pp

Men's Cut

Price €35pp