

## Hotel Marinedda Thalasso & Spa L'Elicriso Thalassotherapy & Spa Centre



### Thalasso & Wellness Circuits\*

All programs include the Thalasso & Wellness Circuit (tonifying or relaxing), to be done during half day treatments, with the use of:

- 3 outdoor multi-functional pools, with heated sea water, with different intensity submarine jets for a personalized Thalasso circuit
- Jacuzzi
- Turkish bath (Hammam)
- Sauna
- Cardio fitness room
- Relaxation area

### Thalasso Discovery

An 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 including:

- 1 relaxing massage with Sardinian essential oils (25 min)
- 1 hydrotherapy treatment
- 3 Thalasso & Wellness circuits\* (during half day treatments)

**Price £107pp**

## Check In & Check Out

A day to prepare yourself in the Galluran sun. A day to start again in great form. Leave your documents and stress by check-in and let yourself be pampered by expert hands, which will set you in the well-being acquired during your holiday.

**2 days** (morning or afternoon) including:

- 1 purifying and re-balancing face treatment
- 1 body scrub
- 1 relaxing massage (50 min)
- 1 localised massage (25 min)
- 1 face massage (25 min)
- 1 hydrating body wrap
- 1 French (or standard) manicure
- 1 French (or standard) pedicure
- Thalasso & Wellness Circuits\* (during half day treatments)

**Price £348pp**

## Man Relax

Thalassotherapy is very attractive to men. A lot of men will take care of their bodies. Men who want to be pampered, who want to forget the professional stress and keep their form, their mental vitality, their silhouette and charm.

**3 days** (morning or afternoon) including:

- 1 detoxifying body scrub
- 2 re-mineralising hydromassage baths with sea salt
- 2 affusion showers
- 3 re-mineralising sea mud body wraps
- 2 localised massages (25 min)
- 1 relaxing massage with Sardinian essential oils (50 min)
- 1 specific face treatment for men
- Thalasso & Wellness Circuits\* (during half day treatments)

**Price £508pp**

## Wellness Back Treatment

Chaotic life and bad posture lead to back pain. With the unique characteristics of our myrtle and juniper blended oil added to 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** (morning or afternoon) including:

- 1 detoxifying body scrub
- 3 localised sea mud body wraps
- 2 specific back massages with Sardinian essential oils (25 min)
- 1 hot stone massage (50 min)
- 3 hydromassage baths with sea salt and aromatic myrtle gel
- 2 stretching sessions
- Thalasso & Wellness Circuit s\* (during half day treatments)

**Price £473pp**

## Thalasso Relaxing Travel

The tradition of the marine Thalassotherapy cares at the service of your well-being. Overlooking the sea, surrounded by a wild and fragrant nature, the L'Elicriso Centre and its professional team, let you discover the best marine treatments. You will appreciate the indisputable benefits and find your psycho-physical balance.

**6 days** (morning or afternoon) including:

- 1 detoxifying body scrub
- 1 purifying and re-balancing face treatment
- 3 re-mineralising hydromassage baths with sea salt or essential oils
- 3 affusion showers
- 2 micronised seaweed detoxifying wraps
- 2 micronised seaweeds detoxifying wraps with 'Biostart'
- 2 relaxing massages with Sardinian essential oils (50 min)
- 2 localised massages (25 min)
- 1 massage under affusion (25 min)
- 1 draining legs massage (25 min)
- 6 aquagym or cardio fitness sessions
- Thalasso & Wellness Circuits\* (during half day treatments)

**Price £726pp**

**3 days** (morning or afternoon) including:

- 1 detoxifying body scrub
- 2 re-mineralising hydromassage baths with sea salt or essential oils
- 1 micronised seaweed detoxifying wrap
- 1 micronised seaweeds detoxifying wrap with 'Biostart'
- 1 affusion shower
- 2 localised massages (25 min)
- 1 relaxing massage with Sardinian essential oils (50 min)
- 3 aquagym sessions
- Thalasso & Wellness Circuits\* (during half day treatments)

**Price £401pp**

**1 day** (morning or afternoon) including:

- 1 detoxifying body scrub
- 1 micronised seaweed detoxifying wrap
- 1 re-mineralising hydromassage bath with sea salt or essential oils
- 1 Californian or relaxing massage with Sardinian essential oils (50 min)
- Thalasso & Wellness Circuit\* (during half day treatments)

**Price £188pp**

## 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** (morning or afternoon) including:

- 1 detoxifying body scrub
- 3 hydromassage baths with sea salt
- 2 draining legs massages (25 min)
- 2 specific leg wraps
- 1 pressotherapy with Gel Mineralg
- 3 aquagym sessions
- Thalasso & Wellness Circuits\* (during half day treatments)

**Price £410pp**

## Slimming & Firming Program

When slimming is a pleasure. We offer you our Thalasso program that combines hydrotherapy sessions with personalised treatments to allow you to sculpt your body and to be in a good shape with a wonderful line.

**6 days** (morning or afternoon) including:

- 1 detoxifying body scrub
- 3 draining hydromassage baths
- 3 submarine draining jet shower treatments
- 1 specific slimming/draining body treatment with sea mud (body wrap and slimming/firming massage)
- 2 micronised seaweed detoxifying wraps with 'Biostart'
- 2 micronised seaweed detoxifying wraps
- 1 re-mineralising sea mud body wrap
- 5 special slimming and anti-cellulite body treatments (active oxygen body wrap and re-modelling massage)
- 6 aquagym sessions
- Thalasso & Wellness Circuits\* (during half day treatments)

**Price £838pp**

## Re-modelling & Anti-Cellulite Program

A program to break down fatty deposits and cellulite and to get a more harmonious bodyline.

**3 days** (morning or afternoon) including:

- 1 detoxifying body scrub
- 3 draining hydromassage baths
- 2 draining massages with G5 (a mechanical massage that uses the vibration system with different intensities to warm and stimulate the connective and subcutaneous tissues)
- 3 localised re-modelling massages
- 3 specific slimming and anti-cellulite body wraps
- Thalasso & Wellness Circuits\* (during half day treatments)

**Price: £499pp**

## Vitality and Harmony

On Sardinia's wild coast, a revitalising program that improves all your energy. A combination between energising and relaxing treatments for one enjoyable experience that bring back the well-being into your spirit and your body.

**6 days** (morning or afternoon) including:

- 1 detoxifying body scrub
- 3 re-mineralising hydromassage baths with sea salt
- 2 affusion showers
- 2 micronised seaweed detoxifying wraps
- 1 micronised seaweed detoxifying wraps with 'Biostart'
- 2 re-mineralising sea mud body wraps
- 2 pressotherapy treatments
- 1 massage under affusion (25 min)
- 2 energising and re-balancing Oriental massages (50 min)
- 2 localised massages (25 min)
- 6 aquagym or cardio fitness sessions
- Thalasso & Wellness Circuits\* (during half day treatments)

**Price £740pp**

## The L'Elicriso Relax - Expecting a Baby

A well-deserved break to relax and specific treatments for expectant mothers.

**3 days** (morning or afternoon) including:

- 3 draining legs massages (25 min)
- 1 facial treatment 'Rituel de Pureté'
- 1 bio facial treatment
- 1 French (or standard) manicure
- 1 French (or standard) pedicure
- 2 hydrating body wraps
- 3 specific aquagym sessions
- Thalasso & Wellness Circuits\* (during half day treatments, use of the pools only with the controller circuit's supervision)

**Price £437pp**

## Zen Attitude

Re-charge your body and mind with Sardinia's unforgettable perfumes. Wild Sardinia offers you unequally serenity, wellness and harmony.

**3 days** (morning or afternoon) including:

- 1 body scrub
- 1 affusion shower
- 3 relaxing hydromassage baths with essential oils
- 1 micronised seaweed detoxifying wrap
- 1 re-mineralising sea mud body wrap
- 1 subliminal hydrating body wrap
- 1 energising and re-balancing Oriental massage (50 min)
- 2 localised massages (25 min)
- 1 purifying and re-balancing face treatment
- Thalasso & Wellness Circuits\* (during half day treatments)

**Price £490pp**

## The Marine Beauty in Sardinia

The package for all women who take care of their beauty. Let yourself be pampered by our professional team for several days. The different treatments that we propose in this package allow you to remove tiredness and daily stress and reveal your natural beauty and glimmer. This is Sardinia.

**3 days** (morning or afternoon) including:

- 1 body scrub
- 1 affusion shower
- 2 re-mineralising hydromassage baths with sea salt
- 2 micronised seaweed detoxifying wraps
- 1 relaxing massage with Sardinian essential oils (50 min)
- 2 localised body massages (25 min)
- 1 anti-aging facial treatment
- 2 aquagym sessions
- Thalasso & Wellness Circuits\* (during half day treatments)

**Price £464pp**

## Male Beauty

For the man who uses the well-being of his body to find his mind and recognise his spirit

**3 days** (morning or afternoon) including:

- 1 body scrub
- 2 hydromassage baths with essential oils
- 3 mud body wraps (40 min)
- 3 localised slimming/firming massages (25 min)
- 1 manicure or pedicure
- 1 facial treatment 'Rituel de Pureté'
- 1 anti-aging facial treatment
- Thalasso & Wellness Circuits\* (during half day treatments)

**Price £499pp**