

## Hotel Relax Torreruja Thalasso & Spa Venere 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:

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

### Thalasso Discovery

An extraordinary offer to approach to the wonderful marine spa universe.

This package includes:

- 1 relaxing massage with Sardinian essential oils (25 min)
- 1 hydrotherapy treatment
- 3 Thalasso & Wellness Circuits\* (tonifying or relaxing)

**Price £94pp**

### 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
- 3 localised re-modelling massages
- 3 specific slimming and anti-cellulite body wraps
- 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)
- Thalasso & Wellness Circuits\* (during half day treatments)

**Price £449pp**

## 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 behind at check-in and let yourself be pampered by expert hands, which will set you in the well-being acquired during the 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
- 2 Thalasso & Wellness Circuits\* (during half day treatments)

**Price £308pp**

## Thalasso & Spa

Travel deep in the traditional treatments of Thalassotherapy. This program will allow your body to draw on the rich sea all the oligo elements and minerals necessary for your good health.

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

- 1 detoxifying body scrub
- 1 re-mineralising hydromassage bath with sea salt
- 1 hydromassage bath with Sardinian essential oils
- 2 micronised seaweed detoxifying wraps
- 1 re-mineralising sea mud body wrap
- 2 localised massages (25 min)
- 1 sensorial immersion in seawater bath 'Siesté'
- 1 re-balancing massage for harmony of the body (25 min)
- 2 aquagym sessions
- Thalasso & Wellness Circuits\* (during half day treatments)

**Price £350pp**

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

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

**Price £154pp**

## 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 two days. The different treatments that we propose in this package allow you to remove tiredness and daily stress and will reveal the shine and beauty. This is Sardinia.

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

- 1 body scrub
- 2 re-mineralising hydromassage baths with sea salt
- 2 micronised seaweed detoxifying wraps
- 1 anti-aging facial treatment
- 2 localised body massages (25 min)
- Thalasso & Wellness Circuits\* (during half day treatments)

**Price £282pp**

## Light Legs

A specific program in order to improve the comfort of the legs, to stimulate the blood circulation and at last to be in 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 £350pp**

## Venere 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 circuit's supervisor)

**Price £376pp**

## 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 Circuits\* (during half day treatments)

**Price £410pp**

## Man Relax

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

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

- 1 detoxifying body scrub
- 3 re-mineralising hydromassage baths with sea salt
- 1 hydrating body wrap
- 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 £449pp**

## Zen Attitude

Wellness, quietness, facing the sea, wild Sardinia will bring you her peace, perfumes and limpid waters.

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

- 1 body scrub
- 1 sensorial immersion in seawater bath 'Siesté'
- 1 re-balancing massage for harmony of the body (25 min)
- 1 relaxing hydromassage bath with essential oils
- 1 re-mineralising sea mud body wrap
- 1 energising and re-balancing Oriental massage (50 min)
- 1 subliminal hydrating body wrap
- 1 face massage (25 min)
- Thalasso & Wellness Circuits\* (during half day treatments)

**Price £308pp**