

Park Hotel & Spa Cala di Lepre D'Ea Marina Spa



Thalasso & Wellness Circuits*

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

- 2 outdoor multi-functional pools, filled with heated seawater, with different intensity submarine jets for a personalised Thalasso circuit
- Jacuzzi
- Turkish bath
- Sauna
- Cardio fitness room
- Relaxation area

Wellness 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* (firming or relaxing)

Price £94pp

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)
- 3 specific leg wraps
- 3 aquagym sessions
- Thalasso & Wellness Circuits* (during half day treatments)

Price £350pp

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 manicure (or standard)
- 1 French pedicure (or standard)
- Thalasso & Wellness Circuits* (during half day treatments)

Price £308pp

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 draining submarine jet baths
- 3 re-mineralising sea mud body wraps
- 2 localised massages (25 min)
- 1 relaxing massage with Sardinian essential oils (50 min)
- 1 face treatment specific for men
- Thalasso & Wellness Circuits* (during half day treatments)

Price £449pp

Re-modelling & Anti-cellulite Program

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

3 days (morning or afternoon) including:

- 1 detoxifying body scrub
- 3 draining hydromassage baths
- 2 submarine draining jet shower treatments
- 3 localised re-modelling massages
- 3 specific slimming and anti-cellulite body wraps
- Thalasso & Wellness Circuits* (during half day treatments)

Price £410pp

D'Ea Marina Relax - Expecting a baby

In the heart of scent and wild gardens, experience a true relaxing break with specific program at the oasis D'Ea Marina

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

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 hydromassage bath with essential oils
- 1 hydromassage bath with sea salt and aromatic myrtle gel
- 1 re-balancing massage for harmony of the body (25 min)
- 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

The Marine Beauty of 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 cancel tiredness and daily stress and will reveal the shine and beauty that can be found in everyone. 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
- 2 localised body massages (25 min)
- 1 anti-aging facial treatment
- Thalasso & Wellness Circuits* (during half day treatments)

Price £282pp

Back Wellness 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

D'Ea Marina Relax

The best travelling deep in the traditional treatments of the 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
- 2 re-mineralising hydromassage baths with sea salt
- 2 micronised seaweed detoxifying wraps
- 1 draining submarine jet bath
- 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 £351pp

1 day (morning or afternoon) including:

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

Price £154pp