

## Resort & Spa Le Dune Spa Packages Le Sabine Wellness Centre



### The Relax & Wellness Circuit\*

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

- 2 outdoor multi-functional pools, with heated water, with different intensity submarine jets for a personalised relax circuit
- Jacuzzi
- Turkish bath (Hammam)
- Sensorial circuit
- Fitness room
- Relaxation area

### Spa Discovery

An extraordinary offer to approach to the wonderful marine spa universe. 3 relaxing half days to discover pleasures and benefits of thalassotherapy in complete freedom.

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

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

**Price £98pp**

## Check In & Check Out

A day to prepare yourself for 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
- Relax & Wellness Circuit\* (during half day treatments)

**Price £330pp**

## Man Relax

Wellness 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 Vichy showers with chromo and aromatherapy
- 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
- Relax & Wellness Circuit\* (during half day treatments)

**Price £473pp**

## 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
- Relax & Wellness Circuit\* (during half day treatments)

**Price £436pp**

## The Sabine Relax & Wellness

In the heart of the Sabine's sand dunes and gardens, in the wild and fragrant nature, come to discover our treatments to enjoy their re-mineralising benefits, important for your body's balance.

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

- 1 detoxifying body scrub
- 2 hydromassage baths with essential oils
- 1 re-mineralising hydromassage bath with sea salt
- 2 micronised seaweed detoxifying wraps
- 1 Vichy shower with chromo and aromatherapy
- 1 localised massage (25 min)
- 1 relaxing massage with Sardinian essential oils (50 min)
- 3 aquagym sessions
- Relax & Wellness Circuit\* (during half day treatments)

**Price £375pp**

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

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

**Price £170pp**

## The Sabine 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
- Relax & Wellness Circuit\* (during half day treatments, use of the pools only with the circuit's supervisor)

**Price £401pp**

## 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 sea salt hydromassage baths
- 2 draining legs massages (25 min)
- 2 specific leg wraps
- 1 pressotherapy with Gel Mineralg
- 3 aquagym Sessions
- Relax & Wellness Circuit\* (during half day treatments)

**Price £375pp**

## 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 submarine draining jet shower treatments
- 3 localised re-modelling massages
- 3 specific slimming and anti-cellulite body wraps
- Relax & Wellness Circuit\* (during half day treatments)

**Price £428pp**

## Zen Attitude

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

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

- 1 body Scrub
- 1 Vichy Shower with chromo and aromatherapy
- 1 relaxing hydromassage bath with essential oils
- 1 re-balancing massage for harmony of the body (25 min)
- 1 re-mineralising sea mud body wrap
- 1 subliminal hydrating body wrap
- 1 energising and re-balancing Oriental massage (50 min)
- 1 face massage (25 min)
- Relax & Wellness Circuit\* (during half day treatments)

**Price £330pp**

## 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.

**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
- Relax & Wellness Circuit\* (during half day treatments)

**Price £303pp**