

## Resort Valle dell'Erica Thalasso & Spa Le Thermae Thalassotherapy & Spa Centre



### The Relax & Wellness Circuit\*

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

- 4 outdoor multi-functional pools, filled with sea water, with different intensity submarine jets for all parts of the body, for a personalised Thalasso circuit
- Turkish bath
- Sauna
- Cardio fitness room
- Relaxation area with sea view

### Thalasso Discovery

An extraordinary offer to discover to the wonderful marine spa universe. 3 relaxing half days to discover the 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 Thalasso & Wellness Circuits\* (during half day treatments)

**Price £134pp**

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

**Price £388pp**

## Man Relax

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 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 Circuit\* (during half day treatments)

**Price £570pp**

## 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\* (during half day treatments)

**Price £544pp**

## 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 Circuit\* (during half day treatments)

**Price £464pp**

## Thalasso Relaxing Travel

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

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

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

**Price £847pp**

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

- 1 detoxifying body scrub
- 1 draining jet shower
- 2 micronised seaweed detoxifying wraps
- 2 re-mineralising hydromassage baths with sea salt or essential oils
- 2 localised massages (25 min)
- 1 massage under affusion (25 min)
- 3 marine circuits or Aquagym sessions
- Thalasso & Wellness Circuit\* (during half day treatments)

**Price £420pp**

**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 £205pp**

## Slimming & Firming Program

The starter to reach your target: a good silhouette! Our program of marine slimming helps you satisfy your dream and be in good shape with wonderful silhouette. It combines hydrotherapy and various treatments with more draining effects to create relief for the legs and a harmonious silhouette.

**24 treatments in 6 days** (morning or afternoon) including:

- 1 detoxifying body scrub
- 3 draining hydromassage baths
- 3 jet showers
- 1 specific slimming/draining body treatment with sea mud (body wrap and slimming/firming massage)
- 2 anti-cellulite draining massages (25 min)
- 3 draining massages with G5 (a mechanical massage that uses the vibration system with different intensities to warm and stimulate the connective and subcutaneous tissues)
- 5 special slimming and anti-cellulite body treatments (active oxygen body wrap and re-modelling massage)
- 6 aquagym sessions
- Thalasso & Wellness Circuit\* (during half day treatments)

**Price £1,025pp**

## Vitality & Balance

On Sardinia's wild coast a re-vitalising program to recover all your energy. A combination of vitality and balancing treatments to restore the harmony for your spirit and body.

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

- 1 detoxifying body scrub
- 3 draining jet showers
- 3 re-mineralising hydromassage baths with sea salt
- 3 micronised seaweed detoxifying wraps
- 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)
- 2 marine circuits
- 3 stretching or aquagym sessions
- Thalasso & Wellness Circuit\* (during half day treatments)

**Price £847**

## Zen Attitude

To recharge one's batteries in the heart of unforgettable perfumes of the Sardinian Maquis. Wellness, quietness, facing the sea, wild Sardinia will bring you her peace, perfumes and crystal waters.

**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 Circuit\* (during half day treatments)

**Price £570pp**

## 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 Circuit\* (during half day treatments)

**Price £517pp**

## The Thermae 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 Circuit\* (during half day treatments, use of the pools only with the circuit's supervisor).

**Price £499pp**

## 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 Purete'
- 1 anti-aging facial treatment
- Thalasso & Wellness Circuits\* (during half day treatments)

**Price £570pp**

## Re-modelling and 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 anti-cellulite jet shower treatments
- 3 localised re-modeling 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 Circuit\* (during half day treatments)

**Price £566pp**