



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

- **Outdoor multi-functional pools**, filled with sea water, with different intensity water jets for a **personalized Thalasso circuit**
- **Jacuzzi**
- **Turkish bath**
- **Relaxation area front of the sea**

Attention:

- A medical certificate attesting good health for the treatments is **COMPULSORY**; alternatively it is possible to book, on appointment, a medical examination (on payment) on place;
- All the prices bellow are valid only if combined with hotel reservation and stay; for programs and treatments booked at the centre's reception we apply “à la carte” prices. All fares are VAT included and do not include hotel and restaurant.
- Treatment duration is relative to cabins.
- Centre's management reserves the right, where necessary, to agree with customers for any variation of the program.

« **Thalasso Discovery** »

A 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.

This package includes:

- 3 “**Thalasso & Wellness circuits**” (firming or relaxing)
- 1 “**Relaxing Massage (30 mn)**” with Essential Oils of Sardinia
- 1 “**Hydrotherapy Treatment** ”

The price doesn't include accommodation and Restaurant rates: 130 Euro

« *Check-in & Check out* »

A day to prepare yourself at the Gallura's sun. A day to start again in great form.
Leave to check your documents and stress and let you cuddled by expert hands.
The same hands which will set you in the well-being won during the holiday

2 days of care (in the morning or in the afternoon)

This package includes:

- 1 'Brilliance' Face Scrub
- 1 Aromatic Body Scrub
- 1 Californian Massage - 60 mn.
- 1 Relaxing Massage 30 mn.
- 1 Specific Hydrating Treatment for the face
- 1 After-sun Body Wrap Treatment
- 1 French Manicure (or standard)
- 1 French Pedicure (or standard)

Included : free entrance to **“The Thalasso & Wellness Circuit”** (during half day treatments)

The price doesn't include accommodation and restaurant rates: 295 Euro

« *Man Relax* »

The Thalassotherapy is very attractive for men generation.
A lot of men will take care of their bodies. Men which want to be 'coconed' , which want to forget the professional stress and keep their form, their mental vitality, their silhouette and charm.

3 days of care (in the morning or in the afternoon)

This package includes:

- 1 detoxifying body Scrub
- 2 Hydro massage Baths with re -mineralising sea salt
- 2 Affusion Showers
- 3 Body Wraps with re – mineralising sea mud of the Dead Sea
- 2 Massages (Californian or Relaxing back) 30 mn.
- 1 Relaxing body Massage with essential oils from Sardinia - 60mn
- 1 Specific face Treatment for man

Included : free entrance to **“The Thalasso & Wellness Circuit”** (during half day treatments)

The price doesn't include accommodation and restaurant Rates: 540 Euro

« 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 his professional team 'll help you to discover the best marine treatments. You will appreciate the indisputable benefits and find your balance psycho-physical

6 days of care (in the morning or in the afternoon)

This package includes:

- 1 Detoxifying Body Scrub
- 2 Hydro massage Baths with sea salt or essential oils
- 2 Draining Jets Showers
- 2 Affusion Showers
- 3 Body Wraps with detoxifying micronized seaweeds
- 2 Body Wraps with re - mineralising sea mud of Dead Sea
- 1 Body Scrub after the Turkish Bath
- 3 Relaxing Massage with Sardinia' s Essential Oils - 60mn
- 3 Massages (Californian, Relaxing back or Under Affusion shower) 30 mn
- 5 Stretching Aquagym Sessions

Included : free entrance to **“The Thalasso & Wellness Circuit”** (during half day treatments)

The price doesn't include accommodation and restaurant rates: 815 Euro

3 days of care (in the morning or in the afternoon)

This package includes:

- 1 Detoxifying Body Scrub
- 2 Hydro massage Baths with sea salt or essential Oils
- 1 Body Wrap with detoxifying micronized seaweeds
- 1 Body Wrap with re-mineralising sea mud of Dead Sea
- 2 Draining Jets Showers
- 2 Massage (Californian, Relaxing back or Under Affusion shower) 30 mn
- 3 Stretching Aquagym Sessions

Included : free entrance to **“The Thalasso & Wellness Circuit”** (during half day treatments)

The price doesn't include accommodation and restaurant rates: 385 Euro

1day of care (in the morning or in the afternoon)

This package includes:

- 1 Detoxifying Body Scrub
- 1 Body wrap with detoxifying micronized seaweeds
- 1 Hydro massage Bath with sea salt or essential Oils
- 1 Massage (Californian or Relaxing with Sardinia's essential Oils) 60 mn

Included : free entrance to **“The Thalasso & Wellness Circuit”** (during half day treatments)

The price doesn't include accommodation and restaurant rates: 175 Euro

« *Slimming and Toning Program* »

The starter to reach your target: a good silhouette !

Our "program marine slimming" help you to satisfy your dream :

To 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.

6 days of care (in the morning or in the afternoon)

This package includes:

- 1 Detoxifying Body Scrub
- 3 Detoxifying body Wraps with micronized seaweeds
- 3 Draining Jets Showers
- 2 Specific slimming body Treatments
- 3 Hydro massages Baths with essential oil "slimming"
- 3 Draining Massages "Thalgotech"
- 3 Anti-cellulite Massages 30 mn
- 6 Aquagym Sessions (specific slimming)

Included : free entrance to "***The Thalasso & Wellness Circuit***" (during half day treatments)

The price doesn't include accommodation and restaurant rates: 880 Euro

« *Vitality and Harmony* »

On the Sardinia wild Coast a revitalizing program to recover all your energy.

A combination of vitality and balancing treatments for the pleasant experience well-being to restore the harmony for your spirit and body.

6 days of care (in the morning or in the afternoon)

This package includes:

- 1 Detoxifying Body Scrub
- 3 Draining Jet Showers
- 3 Hydro Massage Baths with re – mineralized sea salt
- 2 Detoxifying body Wraps with micronized seaweeds
- 2 Body Wraps with re- mineralized sea mud of Dead Sea
- 2 Personalised Treatments (Pressotherapy or Thalgotech Massage)
- 1 Body scrub after the Turkish Bath
- 2 Energetic Ayurvedic Massages - 60mn
- 2 Massages (Californian or with Sardinia's essential oils Massage) 60 mn
- 2 Massages (Californian or Relaxing back) 30mn
- 2 Aquagym Sessions
- 2 Stretching Sessions

Included : free entrance to "***The Thalasso & Wellness Circuit***" (during half day treatments)

The price doesn't include accommodation and Restaurant rates: 910 Euro

« *Light legs* »

A program specific in order to improve the comfort of the legs, to stimulate the blood circulation and at last to be in good shape.

3 days of care (in the morning or in the afternoon)

This package includes:

- 1 Body Scrub
- 2 Specific legs Wraps
- 2 Draining legs Massages « Thalgoslim »
- 3 Draining legs Massages 30 mn
- 1 Hydrating body wrap
- 3 Aquagym Sessions

Included : free entrance to **“The Thalasso & Wellness Circuit”** (during half day treatments)

The price doesn't include accommodation and restaurant rates: 420 Euro

« *L'Incantu Relax* »

Expecting a baby

In the heart of scent and wild gardens, experience a true relaxing break with specified programmes at the oasis “L'Incantu”

3 days of care (in the morning or in the afternoon)

This package includes:

- 3 Aquagym specific Sessions
- 3 Massages draining legs - 30 mn
- 1 Face Treatment “ Rituel de pureté”
- 1 French Manicure (or standard)
- 1 French Pedicure (or standard) ”

Included : free entrance to **“The Thalasso & Wellness Circuit”** - during the half-day treatments (use of the pools only with the controller circuit's supervision).

The price doesn't include accommodation and restaurant Rates: 290 Euro

« *The Marine Beauty in Sardinia* »

“One package for all women who take care of their beauty”.

Let you “cuddle” by our professional team for several days. The different treatments that we propose in this package allow you to cancel tiredness and daily stress and reveal your natural beauty and glimmer. A three day programs whose frame is beauty. It’s Sardinia.

3 days of care (in the morning or in the afternoon)

This package includes:

- 1 Aromatic Body scrub with Sardinia’s Flowers
- 2 Hydro massage Baths with essential relaxing oils
- 1 Affusion Shower
- 1 Draining Jets Shower
- 1 Detoxifying body Wrap with micronized seaweeds
- 2 Specific body Treatments
- 1 “Anti-Aging” face Treatment
- 1 Massage (Draining , Anti-cellulite or Californian Massage) 30mn
- 2 Relaxing Massages (with Sardinia’s essential oils or Californian Massage) 60mn

Included : free entrance to **“The Thalasso & Wellness Circuit”** (during half day treatments)

The price doesn’t include accommodation and restaurant rates: 560 Euro

« *Brazilian Beauty Ritual* »

A Brazilian energetic moment.

A programme full of energy. A concentrated active slimming and toning.

The result is a good drainage and detoxifying effect.

The skin is firming. La silhouette more tonic.

3 days of care (in the morning or in the afternoon)

This package includes:

- 3 Slimming Hydro Massage Baths
- 1 Aromatic detoxifying body Scrub
- 2 Draining Jets Showers
- 3 Body Wraps with draining and firming seaweeds
- 3 Slimming Brazilian Massages - 30 mn

Included : free entrance to **“The Thalasso & Wellness Circuit”** (during half day treatments)

The price doesn’t include accommodation and restaurant rates: 430 Euro