

Thalassa

SEA & SPA



SPA & BEAUTY

TREATMENT MENU

TIMI AMA

Summary



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THALASSO, SPA & BEAUTY : +39 070 7979 7027

Well-being has found its home in Sardinia. Our Institute invites you to a sensory journey between sea and Mediterranean maquis. Thalassotherapy, spa, slimming, beauty, sport, personal development... We have selected for you exceptional partners, and together with them we want to make you live unforgettable moments. Give yourself a break and let our experts take care of you!

High-tech treatments

CRYOSKIN by Cryojet

⌚ 10 min – 60 € / 10 sessions: 550 €

Localized cryotherapy (face or body). A cold nitrogen mist, up to -180°C , is sprayed onto the skin to stimulate the production of collagen, elastin and hyaluronic acid. Anti-aging, pain relief, anti-cellulite. The results are visible from the first session.

NEW

[MLX Quartz] by Gharieni

Supplement 20 €

Exclusive quartz sand-bath table. Inspired by the ancient Greek concept of "psammotherapy", the heat released from the small grains of quartz promotes physical and mental relaxation, stimulates metabolism and has a purifying effect. An innovative integrated system (Dynamic Flow Massage System) make the sand move wave-like for a revitalizing massage, to enhance the effect of all our treatments.

NEW

GOLDEN SAND EXPERIENCE on [MLX Quartz] by Gharieni

👶 ⌚ 25 min – 70 €

Personalized express face treatment, hot sand bath and Dynamic Flow Massage.

NEW

Your Skin Diagnostic Pro Shape DIAG

👶 OFFERED

In less than 5 minutes, Pro Shape performs a complete skin analysis or based on selective criteria.

8 measurement criteria: • Hydration • Sebum • Elasticity • Pores • Wrinkles • Pigmentation • Sensitivity • Acne.

👶 *Treatment suitable for pregnant women*



Spa face treatments

By Lauro Laboratori

Regenerating face treatment with prickly pear juice and strawberry tree honey

The plant complex derived from the prickly pear juice, in synergy with the strawberry tree honey rich in vitamin E, provides an intense nourishing and regenerating effect and retards aging.

 ⌚ 50 min – 100 €

The Face by Aquascience

Source of Purity

Clear skin, refined texture.

 ⌚ 50 min – 95 €

Source of Radiance & Youth

The awakening of a smooth skin and a radiant face.

 ⌚ 50 min – 100 €

 Treatment suitable for pregnant women

Spa body treatments

By Lauro Laboratori

Lauro Laboratori developed exclusively for us a collection of 100% natural Sardinian treatments. The ingredients are beauty secrets of our island.

NEW

"Ollu de olia" and cistus flowers precious treatment

This 100% natural treatment is based on the synergistic properties of the cistus extract, reepithelializing and antioxidant, and the highly moisturizing olive oil. Rich in polyphenols and vitamins, it helps prevent the effects of aging on the skin neutralizing the free radicals.

 ⌚ 80min – 160€ / 110min – 200€

Sardinian beauty ritual

Dedicated to both face and body, this ritual consists of a peeling, a mask and a massage with essential oils of lavender, myrtle, lentisk, helichrysum, thyme, juniper.

 ⌚ 95 min – 150 € / In luxury cabin: 110 min – 170 €

By Aquascience

Back Wellness

Relaxation and comfort for backs under stress.

⌚ 50 min – 105 €

Body ritual with hibiscus flowers

A peeling with calendula oil and petals followed by a moisturizing body wrap with hibiscus and a deep massage to re-harmonize the flow of energy.

 ⌚ 80 min – 140 € / In luxury cabin: 95 min – 170 €
3 sessions: 310 € (1st 80 min – 2nd and 3rd 50 min)

Sea salts body scrub

Sweet, with Mediterranean scents, or energizing, with salts of the Atlantic Ocean. Whatever is your choice, your skin will be smooth as silk.

⌚ 20 min – 60 €

 Treatment suitable for pregnant women



Slimming treatments

Nutrition

Nutrition consultation 80 €
Appointment with our specialist in nutrition, for a check-up, dietary advice and specific supplements.

By Aquascience

Idéal Silhouette ⌚ 50 min – 110 €
Perfect for reshaping your silhouette.

Essential seawater spa slimming treatments

"Silhouette" purifying seawater bath ⌚ 20 min – 50 €
High precision submarine massage with a disinfiltrating action.

"Silhouette" jet shower ⌚ 10 min – 30 €
For a newfound harmonious silhouette.

Massages

By Lauro Laboratori

Synergetic massage with beeswax of Sardinia ⌚ 50 min – 100 €
This massage stimulates energy points identified by the 5 main chakras by exploiting the properties of Sardinian essential oils, while using a beeswax balm as a base.

Decongestant massage with herbs of Sardinia ⌚ 50 min – 110 €
Appeasement of muscle tensions and joint pains. Treatment and massage on muscles with thyme oil, rosemary and hypericum with painkiller and calming properties.

Duo rituals

The best experiences are those that we can share...

Couple absolute relaxation ⌚ 65 min – 230 €*
Experience this massage as a couple and share a moment of total relaxation in a private hammam.

"Prestige" duo ritual ⌚ 80 min – 270 €*
Experience a wellness ritual as a couple. Rediscover the harmony of body and mind, letting yourself go in the moist heat of a steam bath (hammam, peeling and massage).

**Rate per treatment (2 people)*

Energy massages

Polynesian wave

🕒 80 min - 130 €

This fresh and toning massage is inspired by "lomi lomi", renowned for its capacity to relief muscular tensions. Efficient and surprising the sweetness of shells in contact with the skin.

Imperial Shanghai

🕒 50 min - 90 €

Fresh and relaxing, this massage for legs and feet helps improve your general health re-establishing harmony in your body while correcting energy imbalances. Deep muscle and mental relaxation, pleasant sensation of weightlessness for heavy legs.

Thai massage

🕒 50 min - 100 € / 80 min - 140 €

Energy trigger points will be stimulated through finger pressure on specific meridian pathways and light stretching similar to that of yoga. This massage is administered to fully clothed clients on floor mats. We suggest to wear comfortable clothing.

Plantar reflexology

🕒 40 min - 80 €

Your feet, containing multiple sensitive nerve-endings, are the mirror of your body. By taking care of them, you improve your general health.

Hot Stone Massage

🕒 50 min - 100 €

The combination of warmed-up basalt stones and manual massage soothes and relaxes both body and mind.

Serenity massages

Anti-stress massage

🕒 25 min - 60 €

Scalp massage

🕒 25 min - 55 €

Rose quartz facial massage

🕒 25 min - 55 €

Holistic massage

🕒 50 min - 90 €

Lymph drainage

🕒 50 min - 95 €

 Treatment suitable for pregnant women



Sport & coaching

Personal training activities

Achieve a goal, take up a sport, progress. Attentive to your needs, our sports coach personalizes the session according to your rhythm and level. Sports coaching can take place in the seawater pool, in the gym or outdoor, individually or in small groups.

Private sessions

Outdoor activities:

Calisthenics (Fitness trail)

⌚ 60 min – 60 €

Martial arts

⌚ 60 min – 60 €

Aquatic

⌚ 60 min – 60 €

Aerial hoop

⌚ 60 min – 60 €

Aerial dance

⌚ 60 min – 60 €

Antigravity Pilates

⌚ 45 min – 50 €

Paddle yoga

⌚ Collective lesson: 30 min – 20 €

⌚ Private lesson: 30 min – 40 €

In the gym or outdoor:

Postural training

⌚ 60 min – 60 €

Bodybuilding

⌚ 60 min – 60 €

Slimming and toning fitness

⌚ 60 min – 60 €

In heated seawater pool:

Seawater pool session

⌚ 25 min – 35 €

Aquagym

⌚ 25 min – 35 €



Seawater Spa essentials

Heated between 34 and 36°C (93 - 97°F), seawater promotes the process of osmosis, enabling the absorption of minerals and trace elements to regenerate the body. Scientifically proven, you will feel the effects during and after your visit.

Seawater spa treatments

Hydromassage seawater bath

Waves of well-being relax you.

⌚ 20 min - 40 €

Vichy shower

Delicious soothing spray.

⌚ 15 min - 30 €

Purifying seawater bath

High precision submarine massage with a disinfiltrating action.

⌚ 20 min - 50 €

Jet shower

For a newfound harmonious silhouette.

⌚ 10 min - 30 €

Vichy shower massage

The velvet of the gesture, the gentle heat of seawater... and you!

⌚ 20 min - 65 €

Wraps

Remineralising algotherapy treatment

⌚ 20 min - 55 € / 3 sessions: 132 €

Slimming algotherapy treatment

⌚ 20 min - 60 € / 3 sessions: 144 €

Moisturizing wrap with beeswax and shea butter

⌚ 20 min - 60 € / 3 sessions: 144 €

 All wraps are done with a grain-based biodegradable film which is thin and soft on your skin. This film improves the comfort of the treatment and poses absolutely no threat to the environment.

Kids & Teens treatments

Kids & teens from 6 to 17 years old

Thalasso Day Spa

Heated sea water course (34°C) with jet stations.

(access to the sauna, the hammam and the aromatic shower is prohibited to minors under 18 years).

⌚ 120 min - 38 €

Kid Spa from 6 to 10 years old

Fairy happy hands by Shellac

Massage and application of nail polish (suitable for kids).

⌚ 25 min - 60 €

Princess

Gentle exfoliation and face mask (with mum or dad in duo cabin).

⌚ 25 min - 60 €/pers

"Mermaid" or "Super Hero" massage

Massage with organic oil: back, nape, trapezius (with mum or dad in duo cabin).

⌚ 25 min - 60 €/pers

Teen Spa from 11 to 14 years old

"Happy Hands" or "Happy Feet"

Gentle hand or feet beauty treatment with application of nail polish.

⌚ 25 min - 60 €

"Like Mum" face treatment

Face cleansing, gentle exfoliation, refreshing or purifying face mask. (with mum or dad in duo cabin).

⌚ 25 min - 60 €

Teen Spa from 15 to 17 years old

"Pure Ado" face treatment

Source of Purity face treatment by Aquascience.

⌚ 50 min - 90 €

"Ado Back"

Exfoliation and gentle back massage.

⌚ 25 min - 60 €

"Cleopatra"

Hydromassage seawater bath (solo) and massage with mum or dad in duo cabin.

⌚ 50 min - 90 €/pers

Teen Relax

Feet, back, scalp, face and nape massage.

⌚ 50 min - 90 €

Marines breaks

Our 6-day programs*

Fitness & Wellness

🕒 24 treatments / 6 days 730 €

Zen or Vitality: 3 seaweed wraps - 3 anti-stress massages - 12 individual seawater spa treatments - 6 group seawater spa treatments.

Voyage of the Senses

🕒 24 treatments / 6 days 955 €

15 individual seawater spa treatments - 3 seaweed wraps - 6 massages (50 min).

« Signature » program - Essence of Sardinia

🕒 24 treatments / 6 days 955 €

12 individual seawater spa treatments - 2 Sardinian rituals - 3 seaweed wraps - 3 seawater pool sessions - 2 massages (50 min) - 2 massages (25 min).

D-Stock

🕒 24 treatments / 6 days 955 €

2 fitness and balance check-ups (with our personal trainer and nutritionist) - 1 anti-cellulite body scrub - 12 individual seawater spa treatments - 6 Idéal Silhouette treatments - 2 Drain & Shape treatments - 3 sessions with our personal trainer.

Silhouette

🕒 24 treatments / 6 days 955 €

1 fitness check-up with our personal trainer - 1 anti-cellulite body scrub - 10 individual seawater spa treatments - 6 Idéal Silhouette treatments - 3 sessions with our personal trainer - 4 group seawater spa treatments.

Back Essentials

🕒 24 treatments / 6 days 955 €

7 individual seawater spa treatments - 3 seaweed wraps - 6 back massages (50 min) - 2 sessions with our personal trainer (45 min) - 6 group seawater spa treatments.

Golf & Seawater Spa

🕒 18 treatments / 6 days / 4 green fees 955 €

4 green fees at the Villasimius Golf Club - 6 individual seawater spa treatments - 3 seaweed wraps - 3 seawater pool sessions - 6 massages (50').



*Programs are not binding and are subject to change at any time during the year. The treatments indicated depend on the availability on the schedule of the institute and will take place in the morning.

Our 4-day breakaways*

Forma & Benessere ⌚ 16 treatments / 4 days 500 €
Zen or Vitality: 10 individual seawater spa treatments - 2 anti-stress massages (25 min) - 4 group seawater spa treatments.

Voyage of the Senses ⌚ 16 treatments / 4 days 640 €
10 individual seawater spa treatments - 2 seaweed wraps - 4 massages (50 min).

Our Stopovers* (1-3 days)

Vitality Stopover ⌚ 3 treatments per day - 80€
2 individual seawater spa treatments - 1 seawater pool session or sport activity in heated seawater pool.

Zen Stopover ⌚ 3 treatments per day - 100€
2 individual seawater spa treatments - 1 anti-stress massage (25').

Sardinia Stopover ⌚ 3 treatments per day - 145€
2 individual seawater spa treatments - 1 exclusive Sardinian treatment.

Our specific programs*

Spa Attitude – Teen discovery program ⌚ 15 treatments / 6 days - 450 €
From 14 years old. 14 individual seawater spa treatments - 1 Source of Purity face treatment.

Companion Discovery Week ⌚ 9 treatments / 6 days - 290 €
6 individual seawater spa treatments - 3 seawater pool sessions.

Day Spa

Sensory Wellness Area ⌚ 120 min - From 38 €
Experience a feeling of relaxation and appeasement of the senses. Heated seawater pool with different jets, steam room, bio-sauna, ice fountain, salt room (halotherapy), aromatic showers (color therapy and aromatherapy), emotional lounge (music therapy, aromatherapy and color therapy), herbal tea lounge.

Beauty +

Hair removal*

Lips	10 €
Eyebrows	15 €
Underarms	15 €
Arms	20 €
Bikini-line	20 €
Half Leg	30 €
Full leg	40 €
Full leg + bikini-line	50 €
Hair removal for men: back or chest	40 €

Beautiful feet & hands by CND® Shellac*

Spa Manicure	⌚ 50 min - 80 €
Spa Pedicure	⌚ 50 min - 90 €
Semi permanent nail polish (hands) - without removal	70 €
Semi permanent nail polish (feet) - without removal	80 €

*Programs are not binding and are subject to change at any time during the year. The treatments indicated depend on the availability on the schedule of the institute and will take place in the morning.

*Only in the morning from 9:30 to 13:00.

Useful information

It's time to take your time: We highly recommend you to reserve your treatment well in advance and arrive at least 10 minutes prior to your scheduled appointment.

Booking: You can book at +39 070 7979 7027 (7027 from your room) or on site with our hostesses, from Monday to Sunday from 9:30 am to 8 pm.

Payment: Visa, Mastercard, American Express, Eurocard, Diners, gift voucher, bank cheque and cash.

Cancellation policy / delay: Please give a 24-hour notice if you wish to cancel or reschedule your appointment. All cancellations made within 24 hours of appointed time will be charged for the full amount of your treatment. Should you arrive late, we reserve the right to reduce proportionally the time allotted to the treatment.

Treatments duration: Durations indicated in this booklet refer to the actual treatment time.

Treatments availability: Treatments are subject availability on the schedule of the Institute.

Access to treatments and Institute: It is compulsory to put on slippers and swimwear (avoid white fabrics) inside the Institute. Guests are required to wear appropriate sports clothing and shoes in order to access to the gym. Our packages includes the loan of bathrobes and towels. Disposable underwear is available for use during your treatments.

In public areas and during treatments we recommend you to switch off your mobile phone and keep a moderate tone of voice. Some programs or single treatments are not suitable for pregnant women. Regardless of the number of days, for pregnant women a medical certificate of no contraindication to seawater spa treatments and Turkish bath is required. Also, upon arrival you will be asked to sign a discharge form.

Our treatments are intended for people over the age of 18. Only a selection of seawater spa treatments, beauty treatments, massages and sports activities are accessible to children but a medical advice and the formal authorization from a parent are required. Relevant documents will be sent on request. These documents must be completed and returned before your arrival at the Institute.

For seawater spa programs lasting less than 4 days, you will be asked to sign a discharge before undergoing any treatment.

When you make your booking, please inform us of any health conditions, allergies, or injuries you may have so that we can adjust your treatment accordingly. Do not hesitate to ask a member of our staff for further advice.

The massages we propose are not therapeutic.

Our boutique: Many of the professional cosmetic products used for the treatments are available at our boutique in sizes suitable for personal use, to continue your beauty and wellness experience at home.



Gift ideas

Give wellbeing in our Institute. Your loved ones will discover the lasting benefits of seawater and the pleasure of Spa. You choose the amount of the gift card, they will be spoiled for choice between our thalassotherapy programs, Stopovers, treatments and massages.

For more information, please call +39 070 7979 7027 (7027 from your room) or go and visit our Institute.

THALASSOTHERAPY
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#ThalassaSeaAndSpa

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An experience **ACCORHOTELS**

