

Le Terme



VALLE DELL'ERICA

Resort Thalasso & SPA

★★★★★



List of treatments “à la carte”

List of treatments “à la carte”
Thalassotherapy & SPA Center Le Thermae

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Here is for you our collection of treatments, you will find beauty rituals drawn from the world and our **Sardinian Signature** treatments, specially created to feel Sardinia on your skin.

“Thalasso and Wellness Circuit” (toning or relaxing) min. 120 € 30

With the use of:

Cardio-fitness room, outdoor heated seawater pools with different intensity submarine jets, Hammam, Sauna, Relaxation Area and Tea room for a personalised “Thalasso Circuit”.

We recommend you, in first to soak yourself in the warmer pool and gradually in the other colder ones. The high temperatures enhance muscular and mental relaxation and improve vasodilator effect increasing the metabolism. In contrast, soaking in the lower temperatures, helps vasoconstriction action.

Different intensity and pressure water jets are located in various positions and heights to work on your body, from the feet to the legs, from the buttocks to the lumbar area.

Hydromassage has a therapeutic effect on rheumatism pain, and localised adiposity and in cases of venous stasis.

“Thalasso Discovery” € 190

An extraordinary offer to approach the wonderful marine SPA universe.

This package includes:

3 Thalasso & Wellness circuits (toning or relaxing)

1 Relaxing Massage (50 mn) with Essential Oils of Sardinia

1 Hydrotherapy Treatment (25 mn)

Thalassotherapy Treatments

■ *Hydromassage baths*

• Aromacèane Silhouette	min. 20	€ 50
• Aromacèane Relaxing	min. 20	€ 50
• "Cleopatra" with precious milk	min. 20	€ 50
• Sardinian Signature: "Mirto" salt flower whirlpool and BIO myrtle gel	min. 20	€ 55

■ *Thalasso Showers*

• Jet Shower	min. 15	€ 50
• Shower under affusion	min. 15	€ 45
• Massage under affusion	min. 25	€ 70
• Scrub and massage under affusion	min. 40	€ 100

■ *Body Thalasso Treatments*

• Sardinian Signature: Salt scrub with typical Sardinian plants and essences	min. 20	€ 70
• Prelude Marin: scrub with salt and sea mud -Remineralize and stimulates cell renewal	min. 50	€ 100
• Micronized algae bodywrap - detoxifying	min. 20	€ 70
• Dead Sea Mud wrap - remineralizing	min. 20	€ 80
• Frigithalgo - blood circulation activator	min. 40	€ 90
• Aromacèane with Dead Sea mud and essential oils - tonifying	min. 50	€ 120
• Pressotherapy with Plasmalg gel - Body wrap that stimulates the blood circulation and drain excess fluids in combination with pressotherapy.	min. 40	€ 85

Face Treatments

• Rituel de Pureté - Deep facial cleansing	min. 55	€ 95
• Silicon and hyaluronic acid - uplifting	min. 70	€ 135
• Hyalu-Procollagene - early wrinkles, illuminating	min. 50	€ 110
• Sardinian Signature: Cannonau Grape "Elixir of Youth" - Anti-Ageing	min. 55	€ 110
• Sardinian Signature: "Sardinian Lift" Firming face treatment with hyaluronic acid, lentisk and rose quartz	min. 55	€ 110
• Aux cinq fleur - Thanks to the digital pressure of specific points and the combination of five tropical flowers (Gardenia, Hibiscus, Frangipani, Ylang-Ylang and Lotus), it purifies, illuminates and firms the skin face.	min. 55	€ 100
• Source Marine - Illuminating	min. 55	€ 100
• Océan Man - Regenerating treatment with vital blue algae	min. 55	€ 100

Expert Treatments

■ **Body**

- | | | |
|---|---------|-------|
| • Thalgoslim - Slimming programme | min. 25 | € 90 |
| • Body Sculpt with active oxygen - Reshaping | min. 50 | € 120 |
| • Sardinian Signature: Sunny - Soothing, moisturising treatment
From an ancient natural remedy handed down and jealously guarded, we find ELDERAL natural 100%, an active ingredient that provides relief and well-being to the skin, especially after exposure to the sun. | min. 20 | € 80 |
| • Creme de café
Thanks to the action of caffeine (draining), clay (detoxifying) and seaweed, it combines a highly draining wrap with a pleasant massage. | min. 55 | € 120 |

■ **Face**

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| • Intracèuticals Oxygen Infusion
Thanks to concentrated oxygen, we deliver specific serums into the deeper layers of the skin, nourishing the skin and stimulating the natural production of collagen, which visibly reduces the appearance of fine lines and wrinkles, restoring radiance and elasticity to the skin. | min. 50 | € 220 |
| • Prodiges des Océans - Inexhaustible source of youth
An all-round treatment with regenerating power thanks to a concentrate of marine algae. It works on all skin types, making it immediately more supple, moisturised and vital. | min. 85 | € 175 |
| • Exception - exclusive anti-ageing method | min. 85 | € 170 |
| • Ko Bi Do - Anti-Age
Thanks to the manual dexterity of the Japanese "KO BI DO" ritual and the application of a mask rich in opal, turquoise, pearl and diamond powder, it visibly acts on wrinkles, giving immediate luminosity and tone to the tissues. | min. 55
min. 80 | € 110
€ 160 |
| • Sardinian Signature: "Alba Cuata" - Rebalancing
From an ancient natural remedy handed down and jealously guarded, we find ELDERAL natural 100%, an active ingredient that provides relief and well-being by rebalancing the skin's natural elements, an excellent soother for sensitive and fragile skin prone to couperose. | min. 50 | € 110 |

Beauty and Body Wellness Rituals

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| • Indie Sea
Ginger scrub (rebalancing), enhanced by the "Cleopatra" milk bath (moisturising) combined with a hot oil massage (nourishing), typical of Ayurvedic culture. It is a fantastic combination of relaxation and aroma therapy for a wonderful sensory experience amidst the seas and scents of the Orient. | min. 110 | € 190 |
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• Pacific Islands		min. 110	€ 190
Bora-Bora island scrub, 'water of the lagoons' hydromassage bath and monoi oil massage with hot sandbags			
• Maghreb		min. 110	€ 190
Black soap scrub, Rassoul wrap and oriental massage with traditional oil.			
• Siam		min. 85	€ 170
Thai Purée de Papaye scrub and Balinese massage with tropical nut melting balsam.			
• Ayurvedico		min. 85	€ 170
Aromatic spice scrub, energising and revitalising ayurvedic massage.			
• Happiness for two in Sardinia	(p.p)	min. 85	€ 170
Scrub with Sardinian salt, plants and essences combined with a Californian couple massage.			
• Sardinian Signature: Fragrances of Gallura BIO		min. 85	€ 170
Aromatic scrub with salt flowers and Sardinian massage with Mediterranean oils.			

Massages

• Relaxing		min. 50	€ 100
• Sardinian Signature: Relaxing with essential oils from Sardinia		min. 50	€ 110
Nourishing, moisturising, aroma therapy.			
• Sardinian Signature: "Health elixir" with essential oil of Sardinian grapefruit		min. 50	€ 120
A typical Sardinian endemic citrus fruit with anti-inflammatory, antioxidant, antibacterial, cicatrizing and anti-stain properties.			
• Sardinian Signature: "Revitalizing" with essential oils of rosemary, myrtle, thyme, cistus and helicrysum		min. 70	€ 140
• "Sea Breeze" Massage in the open air with a sea view.		min. 50	€ 120
• Polynesian		min. 50	€ 110
• Ayurvedic		min. 50	€ 110
• Hot stone		min. 50	€ 120
• Thai		min. 50	€ 120
• Shiatsu		min. 50	€ 120
• Deep tissue		min. 50	€ 120
• Sporty		min. 50	€ 120
• Balinese		min. 50	€ 110
• Californian		min. 50	€ 110
• Happy feet		min. 25	€ 70
• Light legs		min. 25	€ 70

■ **Hair Spa (Can be added to all the above treatments)**

• Hair beauty ritual - Exfoliation and scalp massage to relax, give natural volume to the hair and make it brighter and fuller-bodied.		min. 25	€ 70
• Scalp massage - Scalp massage with monoi oil, restructuring for the hair.		min. 20	€ 60

Beauty Services

■ *Hands & Feet*

• Manicure	€ 60
• Spa Manicure	€ 80
• Shellac Manicure	€ 90
• Spa Manicure + Shellac	€ 100
• Pedicure	€ 70
• Spa Pedicure	€ 90
• Shellac Pedicure	€ 100
• Spa Pedicure + Shellac	€ 120

■ *Wax*

• Full legs	€ 60
• Brow (or up lip o chin)	€ 30
• Under arm (o half arm)	€ 30
• Bikini	€ 30
• Brasilian bikini (or half leg or full arms)	€ 45
• Back (or chest)	€ 45

Training & Olistic

■ *Personal Training / Yoga / Pilates*

• One-to-one	min. 50	€ 100
• Couple	min. 50	€ 150
• Class (max 6 pax)	min. 50	€ 40

Water Wellness

■ *Seawater fitness with large equipment*

• One-to-one	min. 50	€ 100
• Couple	min. 50	€ 150
• Class (max 6 pax)	min. 50	€ 40

■ *Hydrojet circuit*

• One-to-one	min. 50	€ 90
• Couple	min. 50	€ 125
• Class (max 6 pax)	min. 50	€ 35

■ *Seawater Soft (gentle water gymnastics with PT) or Seawater Harmony*

• One-to-one	min. 50	€ 90
• Couple	min. 50	€ 125
• Class (max 6 pax)	min. 50	€ 35

■ *Seawater Therapy*

Decontracting and lymphatic drainage treatment	min. 50	€ 120
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Spa Etiquette

Delphina Thalasso & SPA Centres are relaxing and harmony places. Please respect the other Guests' privacy and their serenity: do not use mobile phones and electronic devices and please speak with a moderate tone of voice. Please do not smoke and drink alcohol. Food and drinks are not allowed (water and herbal teas are at your disposal in the Centre).

General Information

Access to the Wellness Centre is allowed to adults and underage persons between 14 and 18, only if accompanied by parents and with a written authorization.

"Le Thermae" Thalasso & Spa Centre's pools contain seawater warmed up at different temperatures and are equipped with jets of different for typologies and intensities, which run by pushing a button on the pools' walls. Access to the Pools and to the Wellness Circuit is allowed only during the Centre opening hours.

We recommend you to reserve the chosen treatments at least one day in advance and to arrive to the Centre 10 minutes prior to your scheduled treatment. Being late to your appointment may shorten the duration of your treatment.

We kindly ask our Guests to store their personal belongings in the changing rooms' lockers and keep the key during the stay at the centre. However, you should deposit your valuables in the safe of your room.

Safety and hygiene practices

Glass bottles and glasses are not allowed in the Pool Area; for your own safety diving and running poolside is not permitted. Please use the Hammam and Sauna according to the timing and modalities recommended by our staff during the Wellness Circuit explanation (you will find the same information posted near the Sauna and Hammam). In the fitness area we suggest you sportswear and training shoes. For your own safety please do not use the cardio-fitness machines wearing slippers.

It is advisable to take a shower before using the Pools, the Sauna and Hammam and before entering the treatment rooms. The use of the swimsuit and slippers is mandatory.

Health and Pregnancy

Delphina Thalasso and SPA Centres require an authorization about the health status and the suitability to treatments; anyway it is suggested a medical examination, also possible at the hotel (upon reservation and on payment). In all Delphina Wellness and SPA Centres we suggest specific Programmes and Treatments for the mothers-to-be (from the third month onwards).

Cancellation Policy

The cost of the Treatment "à la carte", which has not been cancelled within 24 hours, will be charged. If the treatment is a part of a Wellness Package, it will be cancelled.



Programs

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 personalized Thalasso circuit
- Turkish bath
- Sauna
- Cardio-fitness room
- Relaxation area with sea view

Thalasso Discovery

€ 190

An 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**” (toning or relaxin))
- 1 “**Relaxing massage with essential oils from Sardinia**” (50 mn)
- 1 “**Hydrotherapy treatment**” (25 mn)

Check-in & Check-out

€ 500

A day to prepare yourself at the Gallura’s 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 care (morning or afternoon)

This package includes:

- 1 Purifying and Rebalancing face treatment
- 1 Body scrub
- 1 Relaxing massage 50 mn
- 1 Localized massage 25 mn
- 1 Face massage 25 mn
- 1 Hydrating body wrap
- 1 French Manicure (or standard)
- 1 French Pedicure (or standard)

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

Man Relax

€ 735

The Thalassotherapy is very attractive for men generation. 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 care (morning or afternoon)

This package includes:

- 1 Detoxifying body scrub
- 2 Remineralising Hydromassage baths with sea salt
- 2 Affusion showers
- 3 Remineralising sea mud body wraps
- 2 Localized massages 25 mn
- 1 Relaxing massage with essential oils from Sardinia 50 mn
- 1 Specific face treatment for man

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

Wellness Back Treatment

€ 700

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 care (morning or afternoon)

This package includes:

- 1 Detoxifying body scrub
- 3 Localized sea mud body wraps
- 2 Specific back massages with essential oils from Sardinia 25 mn
- 1 Hot stone massage 50 mn
- 3 Hydromassage baths with sea salt and aromatic myrtle gel
- 2 Stretching sessions

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

Thalasso Relaxing Travel

6 days care

€ 1095

“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 necessary oligo elements and minerals for your good health.

6 days care (morning or afternoon)

This package includes:

- 1 Detoxifying body scrub
- 1 Purifying and Rebalancing face treatment
- 3 Micronized seaweed detoxifying wraps
- 2 Draining Jet showers
- 2 Affusion Showers
- 2 Remineralising Hydromassage baths with sea salt or essential oils
- 2 Relaxing massages with essential oils from Sardinia 50 mn
- 3 Localized massages 25 mn
- 1 Massage under affusion 25 mn
- 2 Remineralising sea mud wraps
- 5 Aquagym sessions

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

3 days care

€ 540

3 days care (morning or afternoon)

This package includes:

- 1 Detoxifying body scrub
- 1 Draining Jet shower
- 2 Micronized seaweed detoxifying wraps
- 2 Remineralising Hydromassage baths with sea salt or essential oils
- 2 Localized massages 25 mn
- 1 Massage under affusion 25 mn
- 3 Marine Circuits or Aquagym sessions

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

1 day care

€265

1 day care (morning or afternoon)

This package includes:

- 1 Detoxifying body scrub
- 1 Micronized seaweed detoxifying wrap
- 1 Remineralising Hydromassage bath with sea salt or essential oils
- 1 Massage 50 mn (Californian or Relaxing massage with essential oils from Sardinia)

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

Slimming and Firming Program

€ 1300

“The starter to reach your target: a good silhouette!”.

Our “program 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 days care (morning or afternoon)

This package includes:

- 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 mn
- 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 anticellulite body treatments (active oxygen body wrap and remodeling massage)
- 6 Aquagym sessions

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

Remodeling and Anticellulite Program

€ 735

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

3 days care (morning or afternoon)

This package includes:

- 1 Detoxifying body scrub
- 3 Draining anticellulite Jet shower treatments
- 3 Localized Remodeling massages
- 3 Specific slimming and anticellulite 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)

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

Vitality and Balance

€ 1100

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

A combination of vitality and balancing treatments to restore the harmony for your spirit and body.

6 days care (morning or afternoon)

This package includes:

- 1 Detoxifying body scrub
- 3 Draining Jet showers
- 3 Remineralising Hydromassage baths with sea salt
- 3 Micronized seaweed detoxifying wraps
- 2 Remineralising sea mud body wraps
- 2 Pressotherapy treatments
- 1 Massage under affusion 25 mn
- 2 Energizing and rebalancing oriental massages 50 mn
- 2 Localized massages 25 mn
- 2 Marine circuits
- 3 Stretching or aquagym sessions

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

Light legs

€ 600

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 care (morning or afternoon)

This package includes:

- 1 Detoxifying body scrub
- 2 Draining legs massages 25 mn
- 3 Hydromassage baths with sea salt
- 2 Specific leg wraps
- 1 Pressotherapy with Gel Mineralg
- 3 Aquagym sessions

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

The Thermae Relax - Expecting a Baby

€ 650

A well-deserved break to relax and specific treatments for expecting mothers.

3 days care (morning or afternoon)

This package includes:

- 3 Draining legs massages 25 mn
- 1 Facial treatment “Rituel de Pureté”
- 1 Bio Facial treatment
- 1 French Manicure (or standard)
- 1 French Pedicure (or standard)
- 2 Hydrating body wraps
- 3 Specific Aquagym sessions

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

The richness of the Macchia Mediterranean and its perfumes.

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

3 days care (morning or afternoon)

This package includes:

- 1 Body scrub
- 1 Affusion shower
- 3 Relaxing Hydromassage baths with essential oils
- 1 Micronized seaweed detoxifying wrap
- 1 Remineralising sea mud body wrap
- 1 Subliminal hydrating body wrap
- 1 Energizing and rebalancing oriental massage 50 mn
- 2 Localized massages 25 mn
- 1 Purifying and Rebalancing face treatment

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

For the man who uses the well-being of his body to fine his mind and recognize his spirit.

3 days care (morning or afternoon)

This package includes:

- 1 Body scrub
- 2 Hydromassage baths with essential oils
- 3 mud body wraps 40 mn
- 3 Localized slimming/firming massages 25 mn
- 1 Manicure or Pedicure
- 1 Facial treatment "Rituel de Pureté"
- 1 Anti-aging facial treatment

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

The Marine Beauty in Sardinia

€ 670

“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 cancel tiredness and daily stress and reveal your natural beauty and glimmer.

A three days program whose frame is the beauty. This is Sardinia.

3 days care (morning or afternoon)

This package includes:

- 1 Body scrub
- 1 Affusion shower
- 2 Remineralizing Hydromassage baths with sea salt
- 2 Micronized seaweed detoxifying wraps
- 1 Relaxing massage with essential oils from Sardinia 50 mn
- 2 Localized body massages 25 mn
- 1 “Anti- Aging”facial treatment
- 2 Aquagym sessions

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

Attention:

- *Before starting your treatments, we require the signature of a liability waiver attesting your suitability to undertake them and to the use of the facilities. We do recommend anyway a medical check-up (available on site upon reservation at extra charge).*
- *All rates are VAT free and do not include accomodation and restaurant.*
- *Centre Management reserves the right, where necessary, to agree with customers upon any possible variation of the programs.*

HOTELS & RESORTS

DELPHINA
UN AMICO IN SARDEGNA