



L'Elteriso



MARINEDDA
Hotel Thalasso & SPA
★★★★★



List of treatments “à la carte”

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Thalassotherapy & SPA Center L'Elicriso

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The "L'Elicriso" Thalassotherapy Centre with its 2.500 square metres dedicated to thalassotherapy, beauty and wellness, offers a unique experience where wellness meets the perfect balance of body, mind and desires. The benefits of the sea, together with the scents and essences of Sardinia, will offer you an experience of total harmony.

The extraordinary quality and purity of the Sardinian seawater used at L'Elicriso Centre is enhanced by the winds and currents of the "Bocche di Bonifacio" and the Gulf of Asinara, which ensure a constant water renewal.

At the "Elicriso" Center you will find the best thalassotherapy treatments, beauty and wellness rituals distilled from around the world and our Sardinian Signature treatments, specially created to feel Sardinia on your skin.

Thalasso and Wellness Circuit (toning or relaxing)

min. 120 € 25

Three heated outdoor pools and a half-covered one with different temperatures and jets of various intensities designed to regenerate blood circulation. The wellness circuit is completed by the cardio fitness room, Hammam, Sauna, the Relaxing Area and the Tea Room for a customized Thalasso Circuit.

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 localized adiposity and in cases of venous stasis.

Thalasso Discovery

€ 170

An extraordinary offer to approach the wonderful marine SPA universe.

Three 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 relaxing)
- 1 Relaxing Massage 50 mn with Essential Oils of Sardinia
- 1 Hydrotherapy Treatment

Sardinian Signature

Carefully selected for you, here are the best facials, body treatments, massages and rituals created to relive the scents and traditions of our earth through the senses.

Face Treatments

- **Green Sardinian Clay Mask and Lentisk Hydrolate** min. 20 € 60
Purifying and regenerating
- **Pink Sardinian Clay Mask and Helichrysum Hydrolate** min. 20 € 60
Specific treatment for neck and décolleté
- **Face Treatment “Alba Cuata”** min. 50 € 100
Balancing and soothing treatment for sensitive and fragile skin, revitalises the skin with ELDERAL's exclusive 100% natural active
- **Face Treatment “Sardinian Lift”** min. 55 € 100
Firming facial treatment with hyaluronic acid, lentisks and rose quartz

Body Treatments

- **Gommage with salt, plants and typical Sardinian essences** min. 20 € 60
Medium-intensity body scrub, revitalising
- **Localized body wrap of red clay from Sardinia and juniper hydrolate** min. 20 € 70
Draining treatment for cellulite and water retention for legs, buttocks or abdomen
- **Soothing Treatment “Sulleu Mannu”** min. 20 € 70
Ultra-soothing and moisturizing treatment. From an ancient natural remedy handed down and jealously guarded we find ELDERAL, an active ingredient that provides relief and well-being to the skin, especially after exposure to the sun

Massages

- **Relaxing Massage with essential oil from Sardinia** min. 50 € 100
Nourishing, hydrating, aromatherapy min. 80 € 160
- **Massage "Health Elixir" with essential oil of Pompia, Sardinian grapefruit** min. 50 € 120
Sardinian endemic citrus fruit with anti-inflammatory, antioxidant, antibacterial, curative and antistain properties min. 80 € 180
- **Sardinian Traditional Massage "Su Sentidu"** min. 50 € 110
Sensory massage performed with oil solution of the phytocomplexes of medicinal plants Sardines that release their beneficial and cosmetic properties. min. 80 € 170
The massage can be preceded by:
 - *Gentle scrub using herbs and flowers macerated in an oil solution* min. 70 € 150
min. 100 € 210

Happiness for two in Sardinia

Scrub with Sardinian salt, plants and essences combined with "Health Elixir" with essential oil of Pompia couple massage min. 85 € 170 p.p.

Hydrotherapy & Thalasso Treatments by Thalgo 'La Beauté Marine'

Hydrotherapy

- **Hydromassage bath with sea salt and essential oils from Sardinia** min. 20 € 45
Relaxing, de-stressing
- **Massage under affusion** min. 25 € 60
Relaxing and invigorating massage performed under a shower of warm nebulized seawater

Face Treatments

- **Rituel de Pureté** min. 55 € 90
Deep cleansing to regenerate the skin, purify it and prepare it for subsequent treatments
- **Hyalu-Procollagène** min. 50 € 110
First anti-wrinkle, brightening and hydrating treatment. Based on pro-collagen and three different types of hyaluronic acid, the treatment has an instant filling effect. A trio of roller boosters will plump, smooth and fill in the wrinkles
- **Silicium Lift** min. 70 € 135
Lifting and firming treatment to combat loss of tone and elasticity. Rich in marine silica, the treatment includes a double mask that acts synergistically against wrinkles
- **Exception** min. 85 € 160
Exclusive anti-ageing treatment that redensifies the skin and visibly tones the face, neck and décolleté
- **Océan Man** min. 55 € 100
Regenerating, anti-ageing and moisturizing treatment for men with vital blue algae

Body Treatments

- **Prelude Marin** min. 50 € 100
Scrub with salt and sea mud - remineralises and stimulates cell renewal
- **Micronized seaweed body wrap** min. 20 € 70
Detoxifying
- **Micronised seaweed body wrap in Biostart** min. 20 € 75
Lounger with a tilting dome; the heat and steam inside amplify the benefits of the seaweed wrap
- **Dead Sea Mud body wrap** min. 20 € 75
Re-mineralizing, relaxing for the muscular system
- **Dead Sea Mud body wrap in Biostart** min. 20 € 80
Lounger with a tilting dome; the heat and steam inside amplify the benefits of the sea mud wrap
- **Frigithalgo** min. 40 € 80
Cryogenic bandage with camphor and menthol for the reactivation of the blood circulation and relaxation of the legs
- **Pressotherapy with Plasmalg gel** min. 40 € 80
Body wrap with algae- and mineral-based gel to stimulate blood circulation and drain excess fluid in combination with pressotherapy
- **Thalgo Slim – slimming program** min. 25 € 80
Acoustic wave vibration machine for the reduction of localized fat deposits and the removal of imperfections
- **Body Sculpt** min. 50 € 120
Active oxygen body wrap combined with a reshaping and toning massage

Beauty and Wellness Rituals from the World by Thalgo

- **Indie Sea - rebalancing** min. 110 € 180
Moisturizing and nourishing "Cleopatra" milk bath, rebalancing ginger scrub and nourishing warm oil massage typical of Ayurvedic culture to restore harmony of body and spirit. A fantastic combination of relaxation and aroma therapy for a wonderful sensory experience
- **Pacific Islands - relaxing** min. 110 € 180
"Water of the lagoons" hydromassage bath, bi-phasic scrub with white sand from Bora Bora, sea salt and coconut shells and Polynesian relaxation massage with monoi oil and warm sandbags inspired by the rocking of sea waves

Beauty and Wellness Rituals from the World by Le Cinq Mondes

Face

- **Cinq fleurs de Bali - Toning and brightening** min. 55 € 100
Through the acupressure technique and the combination of five tropical flowers (gardenia, hibiscus, frangipani, ylang-ylang and lotus) purifies, brightens and firms the skin
- **Ko Bi Do - Anti-Age** min. 55 € 110
Thanks to the manual techniques of the Japanese 'KO BI DO' ritual and the application of a mask rich in opal powder, turquoise, pearl and diamond, this treatment visibly acts on wrinkles, giving instant luminosity and tone to the tissues. It stimulates facial energy circulation, eliminates toxins and tones facial muscles. The skin looks young and radiant and dehydration lines are smoothed min. 80 € 170

Body

- **Brazilian "Creme de Cafè" ritual - slimming** min. 55 € 120
Combines a highly draining body wrap with deep massage movements, friction and rhythmic percussion. The draining action of caffeine in synergy with the detoxifying action of clay and the antioxidant, purifying and moisturizing action of algae rebalance the entire body
- **Rituale del Maghreb - regenerating** min. 110 € 180
Body cleansing with black soap and exfoliation made with Kassa glove, Rassoul wrap and soothing, relaxing massage carried out with slow, deep, enveloping movements to regenerate both body and mind using traditional sesame, olive and argan oils that nourish and regenerate the skin

- **Ayurvedic ritual - energising and invigorating** min. 85 € 165
Combine aromatic spice scrub with an Ayurvedic massage
- **Bola's Sublime Ritual - for the well-being of pregnant women** min. 50 € 110
(from 3 to 6 months)
Gentle and delicate massage with the use of Bola sound balls, used in traditional Chinese medicine to promote energy circulation and relax. The ritual can be enriched with:
 - *Gommage with Tahiti Monoï* min. 85 € 165

Intracèuticals Oxygen Infusion

Hyperbaric oxygen facials give the skin a younger, more beautiful appearance in a completely natural way. 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.

One Serum

- **Anti-age Treatment** min. 50 € 210
With Bakuchiol serum, a natural anti-ageing active ingredient, derived from the seeds of the Babchi plant. It has the potential to increase collagen production and stimulate cell renewal, helping to minimise the ageing signs on the skin
- **Firming treatment** min. 50 € 190
With vitamin B serum, an active ingredient with an antioxidant function, it is useful for combating the signs of ageing caused by free radicals by the exposure to the sun or other skin stress factors. It softens wrinkles and improves the skin texture
- **Restructuring treatment** min. 50 € 190
With collagen serum, it promotes skin regeneration, allowing small wrinkles to be filled and expression lines to be softened

Two Serums

Treatments can be enhanced with the addition of the argireline-based atoxelene serum. This serum is a muscle relaxant that combats wrinkles, even deep wrinkles, by stimulating the natural production of collagen.

Argireline is a peptide composed of 6 amino acids that works on the dermis by reducing the tonic contraction of facial muscles responsible of the appearance of expression lines. It is able to act at a deep level by smoothing wrinkles and toning the skin.

- **Anti-ageing treatment + atoxelene serum** min. 70 € 320
- **Firming treatment + atoxelene serum** min. 70 € 300
- **Restructuring treatment + atoxelene serum** min. 70 € 300

Other Massages

- **Deep tissue** min. 50 € 110
Deep tissue massage to relax the muscles min. 80 € 170
- **Personalized** min. 50 € 120
"Tailor-made" mixed-technique massage tailored to the client's needs. The massage comes with multiple benefits such as relaxation, easing muscle tension, lymphatic stimulation and stress relief. Each manual technique has a relaxing, decontracting, circulatory or anti-inflammatory action. min. 80 € 180
- **Ayurvedic** min. 50 € 110
Energising and toning massage. Works on muscle tension through alternating movements and rhythms, works on the nervous system, physical and mental fatigue and back pain. min. 80 € 170
- **Polinesien** min. 50 € 110
Relaxing and wrapping massage with Lomi-Lomi technique and hot sandbags
- **Balinese** min. 50 € 110
Relaxing massage with tropical nut balm that promotes body flexibility through passive stretching exercises. Promotes blood and lymph circulation, elimination of toxins and muscle tension
- **Thai** min. 50 € 110
A massage performed on futon and tatami that involves a series of pressure, stretching, twisting, kneading and lifting movements to relax muscles and joints
- **Shiatsu** min. 50 € 110
Massage performed on futon and tatami, which acts on the body by applying digital pressure to the points (meridians) where Qi flows, to dissolve blockages that prevent its free flow and improve the psychophysical harmony of the body
- **Localised** min. 25 € 60
Acts on a specific part of the body: back, neck, face, legs, feet or hands. Relieves muscle tension and revitalises the blood circulation

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

- Scalp massage min. 25 € 60
Scalp massage with monoi oil, restructuring for the hair

Beauty Service

Hands and Feet

- SPA Manicure € 70
A luxurious hand treatment that includes nail care, a gentle exfoliating scrub for healthy, regenerated skin and a nourishing mask with vitamins and antioxidants to improve elasticity and give radiance to the skin. The treatment ends with the application of a nail polish
- SPA Pedicure € 80
A luxurious treatment for the feet that includes nail care, a gentle exfoliation to combat the thickening of the skin and a nourishing mask with vitamins and antioxidants to improve elasticity, moisturise the heel area and give a radiant glow. The treatment ends with the application of nail polish
- Shellac SPA Manicure € 100
SPA Manicure treatment with semi-permanent nail polish application
- Shellac SPA Pedicure € 110
SPA Pedicure treatment with semi-permanent nail polish application
- Semi-permanent removal € 30

Waxing

- Full legs € 60
- Brow (or up lip o chin) € 30
- Under arm (o half arm) € 30
- Bikini € 35
- Brasilian bikini (or half leg or full arms) € 45
- Back (or chest) € 45

Wellness in water with Personal Trainer

Hydrojet circuit

Hydrojets of different intensities and types using dumbbells and ankle monitors

- Individual min. 50 € 90
- Couple min. 50 € 125
- Class (max 6 pax) min. 50 € 45 p.p.

Acqua soft

Soft gymnastics and stretching exercises in water

- Individuale min. 50 € 90
- Di Coppia min. 50 € 125
- Di gruppo (max 6 pax) min. 50 € 45 p.p.

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.

"L'Elicriso" 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:

- 3 Outdoor multi-functional pools and a half-covered one, filled with sea water, with different intensity submarine jets for all parts of the body, for a personalized Thalasso circuit
- Jacuzzi
- Turkish bath
- Sauna
- Cardio-fitness room
- Relaxation area

Please note:

- *Prior to the start of the programmes, we require a health waiver confirming fitness for the treatments and use of the facilities; however, a medical examination is recommended, which is also possible at the hotel (by prior arrangement and for a fee).*
- *All rates are VAT inclusive and do not include hotel and restaurant.*
- *The Centre's Management reserves the right, where necessary, to agree with clients on variations to the treatments included in the programmes.*

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This package includes:

- 3 Thalasso & Wellness circuits (toning or relaxing)
- 1 Relaxing Massage 50 mn with Essential Oils of Sardinia
- 1 Hydrotherapy Treatment

"The best travelling deep in the Traditional treatments of the Thalassotherapy". These treatments allow your body to absorb from the sea water the trace elements and minerals necessary for your psychic and mental balance.

3 days care (morning or afternoon)**€480**

This package includes:

- 1 gommage with salt, plants and typical Sardinian essences
- 2 hydromassages baths with sea salt and essential oils from Sardinia
- 1 detoxifying micronised seaweed wraps
- 1 micronised seaweed wrap in Biostart
(bed with tilting dome; the heat and steam inside amplify the benefits of wraps)
- 2 localized massages of 25 min
- 1 under affusion shower
- 1 massage "Health Elixir" with essential oil of Pompia, Sardinian grapefruit of 50 min

1 day care (morning or afternoon)**€260**

This package includes:

- 1 gommage with salt, plants and typical Sardinian essences
- 1 hydromassage bath with sea salt and essential oils from Sardinia
- 1 detoxifying micronised seaweed wrap
- 1 massage "Health Elixir" with essential oil of Pompia, Sardinian grapefruit of 50 min

The Marine Beauty in Sardinia

€720

“A journey of beauty on the water's edge”.

Immerse yourself in the beauty and tranquillity of Sardinia. Three days of treatments carefully designed to take advantage of the natural gifts of the land, offering you an authentic and rejuvenating wellness experience in a setting of pure beauty. Pure Sardinia.

3 days care (morning or afternoon)

This package includes:

- 1 gommage with salt, plants and typical Sardinian essences
- 2 hydromassages baths with sea salt and essential oils from Sardinia
- 2 detoxifying micronised seaweed wrap
- 1 remineralising sea mud body wrap
- 1 massage "Health Elixir" with essential oil of Pompia, Sardinian grapefruit of 50 min
- 1 face massage of 25 min
- 1 purifying and rebalancing facial treatment
- 1 creme de café detoxifying and toning body treatment
- 1 “Sardinian Lift” anti-ageing facial treatment with lentisk, rose quartz and hyaluronic acid

Silhouette Reshaping

€570

A program to fight imperfections, dissolve fat deposits and achieve a more harmonious body shape. Through a combination of hydromassage baths, pressotherapy, specific wraps and reshaping massages, we help you improve your body shape and promote slimming.

3 days care (morning or afternoon)

This package includes:

- 1 gommage with salt, plants and typical Sardinian essences
- 3 draining Hydromassage baths
- 2 circulatory and draining massages with G5 (mechanical massage using the principle of vibration at different intensities to heat and stimulate subcutaneous and connective tissue)
- 1 session of pressotherapy with Gel Plasmalg
- 2 remodelling and toning body treatments (active oxygen wrap and remodelling massages)

Vitality and Balance

€ 1050

On the wild coast of Sardinia, a parenthesis of Health and Well-being to regain all your energy with the help of a revitalizing marine programme. Specific draining and toning treatments to restore vitality and harmony.

6 days care (morning or afternoon)

This package includes:

- 1 gommage with salt, plants and typical Sardinian essences
- 3 under affusion showers
- 3 hydromassages baths with sea salt and essential oils from Sardinia
- 2 detoxifying micronised seaweed wraps
- 1 micronised seaweed wrap in Biostart
(bed with tilting dome; the heat and steam inside amplify the benefits of wraps)
- 3 detoxifying micronised seaweed wraps
- 2 sessions of pressotherapy with Gel Plasmalg
- 3 ayurvedic massages of 50 min
- 1 personalised massage of 50 min

Wellness Back Treatment

€ 660

A careful selection of treatments aimed at relieving tension and muscle stiffness caused by a hectic everyday life. Tensions are relieved and the body regains its original vigour.

3 days care (morning or afternoon)

This package includes:

- 1 detoxifying body scrub
- 3 hydromassages baths with sea salt and essential oils from Sardinia
- 3 remineralising sea mud body wraps
- 2 localized massages of 25 min
- 1 personalised massage of 50 min
- 2 water stretching sessions of 25 min

Slimming and Firming

€ 1100

Slimming, toning and detoxifying treatments combined with specific massages that will allow you to sculpt your body and regain your ideal figure.

6 days care (morning or afternoon)

This package includes:

- 1 gommage with salt, plants and typical Sardinian essences
- 3 draining Hydromassage baths
- 3 underwater draining jets
- 1 creme de café detoxifying and toning body treatment
- 2 detoxifying micronised seaweed wraps
- 2 micronised seaweed wraps in Biostart (bed with tilting dome; the heat and steam inside amplify the benefits of wraps)
- 1 remineralising sea mud body wrap
- 5 remodelling and toning body treatments (active oxygen wrap and remodelling massages)

Man Relaxation

€ 595

Three days of treatments designed and selected for the man care and his well-being. A sensory journey among the scents of the Mediterranean maquis.

3 days care (morning or afternoon)

This package includes:

- 1 detoxifying body scrub
- 2 hydromassages baths with sea salt and essential oils from Sardinia
- 3 remineralising sea mud body wraps
- 1 localized massage of 25 min
- 1 scalp massage of 20 min
- 1 ayurvedic massage of 50 min
- 1 specific anti-ageing facial treatment for men

The richness of the Mediterranean maquis and its scents, a perfect combination to awaken your senses and give you three days of pure relaxation.

3 days care (morning or afternoon)

This package includes:

- 1 gommage with salt, plants and typical Sardinian essences
- 3 hydromassages baths with sea salt and essential oils from Sardinia
- 1 detoxifying micronised seaweed wrap
- 1 remineralising sea mud body wrap
- 1 soothing and moisturizing wrap
- 1 massage "Health Elixir" with essential oil of Pompia, Sardinian grapefruit of 50 min
- 2 localized massages of 25 min
- 1 purifying and rebalancing facial treatment

HOTELS & RESORTS

DELPHINA
UN AMICO IN SARDEGNA