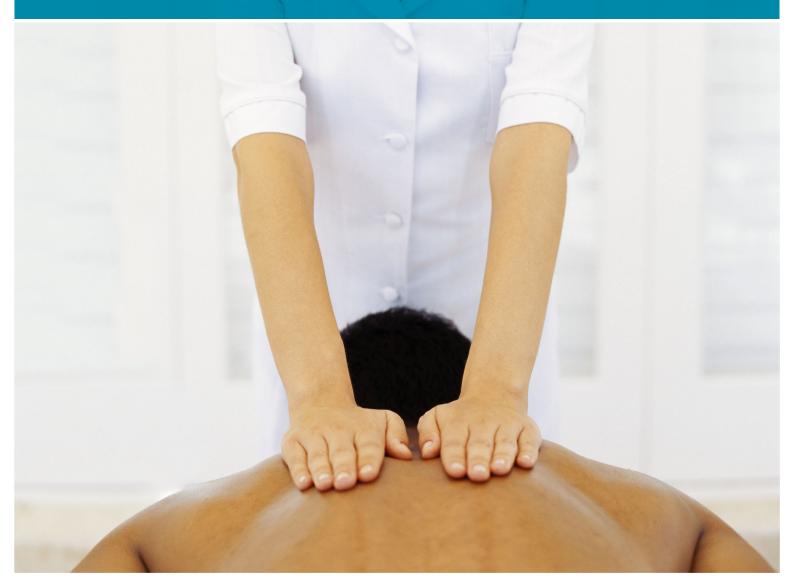
## THALASSO SPA PROGRAMS

# ELBA THALASSO SPA



# SPA & THALASSOTHERAPY PROGRAMS





#### EASTERN ROUTE PROGRAM · 2 DAYS

#### 2 Thalasso Spa Sessions (90 min./Session)

Balancing the body. A dream of serenity along the eastern route. Sublime ritual that combines different modalities of eastern massage therapies, creating a unique experience. Fragances and riches of the sea work together to achieve perfect harmony

1<sup>st</sup> DAY 2<sup>nd</sup> DAY

Peninsula bath (30 min.) and Indian head massage (50 min.)

Eastern ritual (100 min.) consisting of oriental aroma bath, peeling with oriental essence, and massage with hot sand pindas

PRICE 250,00€

#### PACIFIC OCEAN PROGRAM · 2 DÍAS

#### 2 Thalasso Spa Sessions (90 min./Session)

Radiant face and body. Relaxation on a journey to the ends of the Earth. Enjoy this magical ritual of the remineralizing power of algae and let yourself be carried away by gentle aromas, to achieve hydration and relaxation in the face and body

1 <sup>st</sup> DAY	Marine purity facial treatment (50 min.) and manicure or pedicure (30 min.)	_
2 <sup>nd</sup> DAY	Pacific islands ritual (100 min.) which consists of exotic bath, islands peeling, and relaxing massage with hot stones	_

PRICE 260,00€





#### **REJUVENATE PROGRAM** · 3 DAYS

#### 3 Gym Sessions and 3 Thalasso Circuits (90 min./Session)

The power of the sea. Source of vital energy.

Program that unifies all the benefits of the sea in a combination of marine strength and sensory delicacy, to combat the harmful effects of urban life

1 <sup>st</sup> DAY	Vichy shower with renewing essence scrub and hydration (60 min.)
2 <sup>nd</sup> DAY	Seaweed wrap (50 min.) and full lymphatic drainage (50 min.)
3 <sup>rd</sup> DAY	Rejuvenating facial - Spirulina boost (60 min.)

PRICE 350,00€

#### ANTI-STRESS PROGRAM $\cdot$ 3 DAYS

3 Thalasso Circuits (90 min./Session)

Citrus ritual.

1 <sup>st</sup> DAY	Citrus peeling and energizing massage with quartz	_	
	Mandarin bath (30 min.) and relaxing craniofacial massage (50 min.)		PRICE 350,00€
	Marine freshness facial (60 min.) and relaxing body massage (50 min.)	_	



## ELBA THALASSO SPA

#### **RENEWAL PROGRAM** · 5 DAYS

 5 Thalasso Circuits (90min./Session) and 5 Gym Sessions (60min./Session)

 Escape, rest, and absolute recovery. The essence of the sea on your skin.

 1st DAY
 Relaxing massage with aromatherapy (40 min.) and Spa pedicure (30 min.)

 2rd DAY
 Vichy shower with renewing salt flake peeling and hydration (60 min.) and Spa manicure (30 min.)

 3rd DAY
 Dead sea mud wrap (50 min.) and foot reflexology (30 min.)

 4th DAY
 Facial treatment (60 min.) and indian massage (50 min.) to rebalance energies

 5th DAY
 Firming body treatment (60 min.)

PRICE 550,00€

5 DAVS PROGRAMS



## ELBA THALASSO SPA

#### THERAPEUTIC/RHEUMATOLOGICAL/DERMATOLOGICAL · 7 DAYS

> DAYS PROGRAMIS

7 Thalasso Circuits (90min./Session) and 7 Gym Sessions (60min./Session)

1 <sup>st</sup> DAY	Vichy shower with exfoliation and hydration	
2 <sup>nd</sup> DAY	Aromatic bath and therapeutic massage	
	Body peeling with salts and mud wrap with hydration	
4 <sup>th</sup> DAY	Therapeutic massage	PRICE 850,00€
5 <sup>th</sup> DAY	Algae wrap and lymphatic drainage	
6 <sup>th</sup> DAY	Body massage with hot stones	
7 <sup>th</sup> DAY	Localized therapeutic massage and foot reflexology	

