

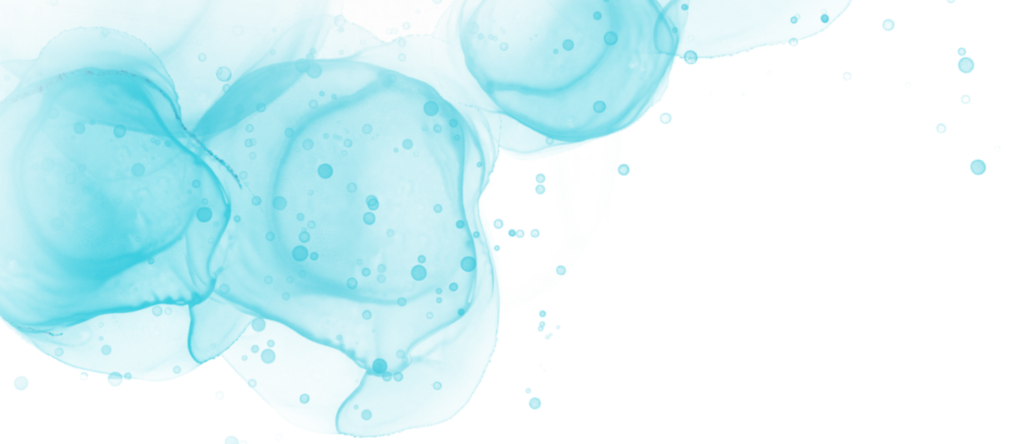


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LU'HOTEL
CARBONIA

WELLNESS & BEAUTY

WELLNESS TREATMENT MENU



Wellness & Beauty

Aqua Journey Schedule (90 Minutes)

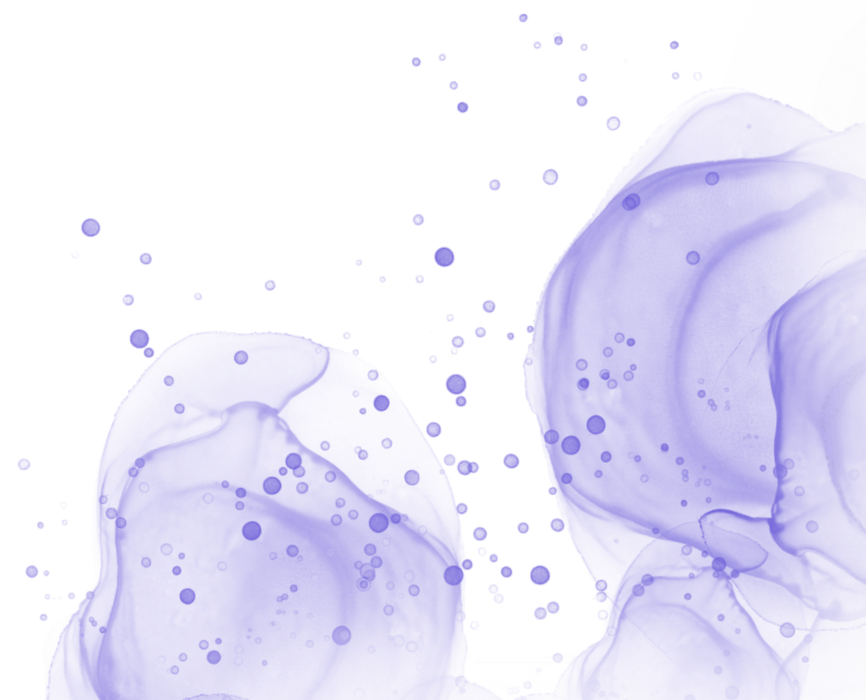
- Hydrotherapy pool
- Saunas at 60° and 80°
- Hammam
- Salt Cave
- Aromatherapy Showers
- Ice Therapy
- Relax Area with Herbal Tea and Tisane Facilities

From Monday to Friday 90 min €25,00

Saturdays, Sundays and Holidays 90 min €32,00

Packages and Subscription

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| 5 Aqua Journey Schedules 90' | € 110,00 |
| 5 Partial Body Massages 25' | € 160,00 |
| 5 Total Body Massages 50' | € 220,00 |
| 5 Aqua Journey Schedules 90' + 5 Partial Body Massages 25' | € 245,00 |
| 5 Aqua Journey Schedules 90' + 5 Total Body Massages 50' | € 295,00 |
| 5 Luna Lughente - Anti-age/Brightening | € 275,00 |
| 5 Revitage - Anti-age/Lifting | € 275,00 |
| 5 Puraderm - Skin-purifiant and Mattifyng | € 190,00 |
| Spa & Party A full exclusive Spa Centre at your disposal for 90 minutes. Arrange your Bachelor night, Birthday or Graduation Parties, make your Special Moments unforgettable, sharing them with partners or friends. Ask our staff for customized aperitifs or buffet (to be quoted separately). | € 329,00 |



Packages and Subscriptions

Wellness Packages

Classics

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| Fiordaliso - 1 Aqua Journey Schedule 90 minutes + 1 Partial Massage 25 minutes (choosing between Face, Decontracting Back and Neck Massage) | 2h € 58,00 |
| Peonia - 1 Aqua Journey Schedule 90 minutes + 1 Wellness Lunch or Dinner (beverage excluded) | 2h € 60,00 |
| Mimosa - 1 Aqua Journey Schedule 90 minutes + 1 Total Body Massage 50 Minutes (choosing between Aroma Massage, Antistress et Karma Ritual SPA) | 2h20 € 69,00 |
| Orchidea - 1 Aqua Journey Schedule 90 minutes + 1 Total Body Massage 50 Minutes (choosing between | 3h30 € 96,00 |
| Lavanda - 1 Aqua Journey Schedule 90 minutes + 1 25 Minutes Face Treatment Supreme Age | 1h20 € 65,00 |
| Dalia - 1 Aqua Journey Schedule 90 minutes + 1 25 Minutes Body Scrub | 1h20 € 58,00 |

Special "Total Wellness"

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| Candle Experience per Due - 1 Aqua Journey Schedule 90 minutes + 1 Total Body Massage 50 Minutes (price for two people) | 1h20 € 174,00 |
| Thai Experience - 1 Aqua Journey Schedule 90 minutes + 1 Partial Massage 25 Minutes | 1h15 €70,00 |
| Smart Relax & Beauty- 25 minutes Face Treatment Supreme Age and Relaxing Massage Back and Neck | 1h15 € 80,00 |
| Armonia di Coppia - Aqua Journey Schedule 60' + Easy Dream Massage 50', Wellness Lunch or Wellness Dinner by candlelight (price for two people) | 2h50 € 199,00 |
| Rituale Sublime - Relaxing Massage and Body Scrub (price for two people) | 75min € 179,00 |
| Relax per Due - Relaxing Massage 50' Minutes in the same cabin (price for two people) | 50min €120,00 |

Body Treatments by Fito Mediterranea

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| Terra Mater A remodelling treatment that enhances the reduction of fat deposits by giving compactness and elasticity to the skin | 50 min €70,00 |
| Body Rass A specific technique with a firming action which is suggested for the stretch marks treatment | 50 min €55,00 |
| Body Shape A treatment specifically designated to drain excess liquids and enhance blood circulation | 50 min €55,00 |
| Sun Ritual A relaxing and harmonising massage with shea butter | 50 min €65,00 |
| Body Scrub Regenerating and exfoliating treatment for the body promotes cell regeneration making the skin smooth and soft preparing it to a more uniform tan . Choose between Butter Scrub, Salt Scrub or Sugar Scrub | 30 min €45,00 |

Face Treatments by Fito Mediterranea

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| Luna Lughente - Schiarente A tissue regenerative treatment which gives brightness and compactness to your skin | 60 min € 65,00 |
| Lux - Nutriente e Multivitaminico A strong anti-oxidant treatment which hydrates your skin giving new lymph and slowing down its aging | 50 min € 55,00 |
| Revitage - Lifting A shaping treatment that alleviates the aging signs through the specific manual method of face contouring | 50 min € 65,00 |
| Puraderm - Dermopurificante e Opacizzante A regenerating and refreshing treatment which makes your skin visibly healthier. <u>Renews the skin leaving it smooth</u> | 50 min € 45,00 |
| Biolen - Pelli Delicate Specific for delicate skins, a veil of sweetness for the skin | 50 min € 45,00 |
| Supreme Age - Rituale Mediterraneo Revitalising treatment, Oxygenating and anti-aging | 50 min € 55,00 |
| Facial cleansing The fundamental basis for healthy skin, removes makeup residues and pollution, counteracts bacterial proliferation and prepares the skin to accommodate specific treatments | 50 min € 45,00 |

Partial Massage

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| Face and Head Massage An effective help in reducing anxiety, stress and migrain. It provides you with complete relaxation, peacefullnes and wellbeing | 25 min € 35,00 |
| Foot Massage A specific foot massage recommended to relieve swelling and relax the muscles | 25 min € 40,00 |
| Decontracting Massage A back massage recommended to remove contractures and muscle tension | 25 min € 40,00 |
| Cielo e Terra Massage A massage made with four hands, aimed at both ends of the body (face and neck, feet and legs) | 25 min € 45,00 |
| Antistress Promotes muscular wellness, stimulates the lymphatic and venous circulation for a total relaxation the whole body | 25 min € 35,00 |
| Thai Experience Rebalance your energies through palm pressures on energy points that promote the release of tensions | 25 min € 45,00 |

Only Legs

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| Anti-Cellulite Snellente Recommended to remove imperfections from the skin through specific techniques. Helps to remove volume and to soften the skin | 50 min € 55,00 |
| Drenante Circolatorio Recommended for who suffers from heaviness and swelling of the legs. Removes excess liquids and stimulates blood circulation | 50 min € 55,00 |

Total Body Massages

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| Californian Fluid and enveloping, favors the relaxation of body and mind, eliminating muscular tension | 50 min €65,00 |
| Hot Stone A warm and relaxing treatment. Hot stones activate the chakras and awaken the body's energy flow | 50 min €65,00 |
| Aroma Massage A true sensory experience. The use of essential oils during the massage takes good care of body and mind | 50 min €60,00 |
| Decontracting Technique recommended for removing contractures and relaxing the muscles. Helps to bring oxygen to the body's tissues and enhances blood flow. It can be done with or without ointments | 50 min €65,00 |
| Massage à la Boujje Pleasant fragrances released by a Karité Butter candle will accompany You through an extremely relaxing massage, that will make Your skin soft and Hydrated | 50 min €55,00 |
| Antistress Favors the distension of the muscles and stimulates the flow of blood, for a complete relaxation and removal of stress from the whole body | 50 min €55,00 |
| Psicosomatico A personalized treatment, composed of different massage techniques handpicked depending on Your needs | 50 min € 65,00 |
| Karma Ritual SPA An aromatic ritual for facial and body well-being: Through a suggestive massage technique it will make the treatment an unique experience to relax both body and mind, by eliminating stress and tension | 50 min € 55,00 |
| Candle Ritual Massage Relaxing massage, complemented by fragrant drops of oils and vegetable butters that will gently glide onto your skin, providing hydration and nourishment. | 50 min € 65,00 |

Body Aesthetics

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| Aesthetic Manicure | 50min €26,00 |
| Aesthetic Pedicure | 50min €30,00 |
| Curative Pedicure | 50min €35,00 |
| Semi-Permanent Hands/Feet | 50min €35,00 |
| Semi-Permanent Nail Polish Remover | 25min €10,00 |
| SPA Manicure Classic Manicure + Scrub, Skincare Mask and a Massage | 55min €40,00 |
| SPA Pedicure Classic Pedicure + Scrub, Skincare Mask and a Massage | 55min €40,00 |

Woman Waxing

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| Total Body (Legs, Thights, Groin, Arms and Armipts) | 50 min € 55,00 |
| Legs, Thights, Groin (Partial) | 35 min € 25,00 |
| Legs, Thights, Groin (Total) | 40 min € 30,00 |
| Legs, Thights | 25 min € 30,00 |
| Legs | 20 min € 25,00 |
| Thights | 20 min € 25,00 |
| Groin (Partial) | 15 min € 10,00 |
| Groin (Total) | 15 min € 15,00 |
| Arms and Armpits | 20 min € 22,00 |
| Arms | 20 min € 15,00 |
| Armpits | 10 min € 10,00 |
| Eyebrows and Upper Lip Hair | 15 min € 15,00 |
| Eyebrows | 20 min € 10,00 |
| Upper Lip Hair | 10 min € 7,00 |

Man Waxing

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| Chest and Abdomen | 30 min € 20,00 |
| Back | 20 min € 25,00 |
| Legs and thighs | 45 min € 30,00 |
| Arms | 30 min € 18,00 |
| Armpits | 15 min € 12,00 |
| Eyebrows | 20 min €10,00 |