



HOTELS

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SARDINIAN EXPERIENCE

CARBONIA



HOTEL

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WELLNESS & BEAUTY

WELLNESS TREATMENT MENU



Wellness & Beauty

Aqua Journey Schedule (90 Minutes)

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

From Monday to Friday 90 min € 27,00

Saturdays, Sundays and Holidays 90 min € 34,00

Men's Waxing

Chest and Abdomen	€ 20,00
Back	€ 20,00
Full Legs	€ 35,00
Arms	€ 18,00
Underarms	€ 12,00
Small Areas (lips, cheek bone, chin)	€10,00



Women's Waxing

Total Body (Legs, Thighs, Bikini, Arms, and Underarms)	€ 55,00
Full Leg	€ 25,00
Half Leg	€ 20,00
Legs + Full Bikini	€ 35,00
Legs + Partial Bikini	€ 30,00
Partial Bikini	€ 10,00
Full Bikini	€ 15,00
Arms and Underarms	€ 20,00
Arms	€ 15,00
Underarms	€ 10,00
Small Areas (lips ,cheek bone ,chin)	€ 10,00

Body Treatments by Fitomediterranea

OBSIANA Spa Ritual A ritual full of energy and vitality, offering an intense sensorial experience. The Scrub, Mud, Mask and Massage synergy gives an unique face and body treatment	75 min € 85,00
Terra Mater A reshaping treatment that promotes the reduction of fat deposits, providing firmness and elasticity	55 min € 70,00
Fitorass-Wood Ritual A highly effective ritual, performing the Rouleau Rass Massage technique. Thanks to actives ingredients in Cream and Mask improves skin tone, enhancing firmness and elasticity	55 min € 70,00
Fitodren A treatment with strong draining and slimming properties. Stimulates microcirculation and helps eliminate excess toxins and fluids	55 min € 65,00
Sun Ritual An enveloping wellness journey, rich in intense oils and butters that nourish the skin, leaving it delightfully silky	55 min € 65,00
Lugore Ritual Inspired by our ancient beauty rituals. This is a relaxing, nourishing, and glowing treatment with the synergy of black soap and intensive balm	55 min € 60,00
Scrub by OBSIANA Exfoliating treatment for soft and silky skin. Choose between: <ul style="list-style-type: none">Honey Body Scrub, with sugar and honeyDetox Body Scrub, a synergy of salt, sugar, and medicinal herbs	30 min € 45,00

Facial Treatments by Fitomediterranea

Supreme C - Antiage and antispot Intensive vitamin c treatment. Improves luminosity and reduces the appearance of dark spots.	50 min € 70,00
Luna Lughente - Brightening Stimulates tissue regeneration, leaving skin radiant and firm.	50 min € 65,00
Nutriage - Nourishing Deeply nourishing to combat signs of aging. Intensive and regenerative.	50 min € 70,00
Revitage - Lifting Reduces the signs of aging with a specific manual facial sculpting method.	50 min € 65,00
Puraderm - Purifying and Mattifying Leaves skin feeling fresher by helping to regulate sebum production for a healthier appearance.	50 min € 45,00
Biolen - Sensitive Skin Specifically formulated for sensitive skin, cleanses and hydrates without increasing skin's vulnerability.	50 min € 45,00
Bioactive - Ultra Hydrating Ideal for daily hydration, its formulation of hyaluronic acid and snail secretion filtrate provides skin with elasticity and intense hydration.	50 min € 50,00
Facial Cleansing The fundamental basis for healthy skin, it removes makeup residue and pollution, counteracts bacterial proliferation, and prepares the skin to receive specific treatments.	50 min € 45,00

Beauty Services

Manicure and Pedicure Treatments

Classic Manicure A care and beauty treatment for healthy hands and nails.	50min € 30,00
Classic Pedicure A care and beauty treatment for healthy feet and nails.	50min € 30,00
Specific Pedicure A specialized treatment targeting foot imperfections such as cracks and calluses.	50min € 35,00
Semi-Permanent Manicure/Pedicure Flawless polish that lasts up to three weeks.	50min € 35,00
Semi-Permanent Removal Removal of semi-permanent nail polish.	25min € 10,00
SPA Manicure Ritual by Fitomediterranea A complete and relaxing treatment encompassing a classic manicure, followed by a Honey Scrub, Clay Mask, and massage.	55min € 45,00
SPA Pedicure Ritual by Fitomediterranea A comprehensive treatment including a Dead Sea Salt and essential oil foot soak, a classic pedicure, followed by a Detox Scrub, Clay Mask, and massage.	55min € 45,00

Nail Lovers Subscriptions

5 sessions of manicure or pedicure.	€ 128,00
5 sessions of semi-permanent manicure or pedicure.	€ 148,00

Packages and Subscription

5 Aqua Journey Schedules 90'	€ 120,00
5 Partial Body Massages 25'	€ 170,00
5 Full Body Massages 50'	€ 250,00
5 Aqua Journey Schedules 90' + 5 Partial Body Massages 25'	€ 290,00
5 Aqua Journey Schedules 90' + 5 Full Body Massages 50'	€ 370,00
5 Facial Treatments (choosing among Nutriage - Revitage and Luna Lughente)	€ 286,00

Exclusive Spa & Bachelorette Party Packages Packages

All exclusive packages are intended for a minimum of 10 participants.

Prices are per person

Your Private Spa Experience - Exclusive use of the spa for 90 minutes.	€ 35,00
Bachelorette Party Packages:	
- Essential - Exclusive use of the spa for 90 minutes, Welcome Sparkling Wine	€ 40,00
- Elite - Exclusive use of the spa for 90 minutes, Aperiwellness	€ 50,00
- Premium - Exclusive use of the spa for 90 minutes, Aperiwellness, 25-minute Massage for the Bride	€ 55,00

(Customized Appetizers, Buffets, and Decorations available upon separate quotation)

Full-Body Massages

Californian Fluid and enveloping, it promotes psychophysical relaxation and the rebalancing of the nervous system by eliminating muscle tension.	50 min € 65,00
Hot-Stone A warm and relaxing indulgence, hot stones act on the chakras and awaken the body's energy flow.	50 min € 65,00
Aroma Massage A true sensory experience. The use of essential oils combined with skillful hands takes care of the well-being of body and mind.	50 min € 60,00
Decontracting A technique indicated for releasing knots and relaxing muscles. It helps oxygenate tissues, increases blood flow, and eliminates toxins. Performed with or without special ointments.	50 min € 65,00
Massage à la Boujje Delicate fragrances released from the shea butter candle accompany an extremely relaxing massage that leaves the skin soft and hydrated.	50 min € 60,00
Anti-stress Promotes muscle relaxation, stimulates lymphatic and venous circulation for complete relaxation and stress relief throughout the body.	50 min € 55,00
Tailored Different massage techniques used based on the individual's needs for a customized treatment.	50 min € 65,00
Thai Foot Massage Ancient Thai treatment. Improves circulation and lymph movement, as well as the mobility of feet and legs. Performed with the hands and the aid of the Thai stick, it stimulates reflex points on the feet and improves overall well-being.	50 min € 70,00
Stretch Massage Combines massage techniques with assisted stretching, lengthens muscles improving flexibility, reducing tension, and oxygenating tissues.	50 min € 65,00

Partial Massages

Face and Scalp Massage

A relaxing massage technique performed on the scalp, and face. Ideal for releasing tension and reducing signs of fatigue.

25 min € 35,00

Foot Massage

A specific foot massage designed to alleviate swelling and heaviness, and relax the muscles.

25 min € 40,00

Decontracting Massage - Back and Neck

Recommended for releasing muscle knots and relaxing the muscles in the back and neck area.

25 min € 40,00

Anti-Stress Massage

Promotes muscle relaxation and stimulates lymphatic and venous circulation for complete relaxation and release throughout the entire body.

25 min € 35,00

Thai Massage

Rebalance your energies through palmar pressure on energy points, promoting the release of tension.

25 min € 45,00

Only Legs

Slimming Anti-Cellulite Massage

Recommended to improve skin imperfections. Helps reduce volume and soften tissues through specific techniques.

50 min €55,00

Draining Circulatory Massage

A draining Massage for heavy legs, a very effective treatment to eliminate toxins and excessive fluids

50 min €55,00

Packages and Subscriptions

Classics

Rosmarino- 1 Aqua Journey Schedule 90 minutes +

1 Partial Massage 25 minutes (choosing among Face and scalp or Back, Neck and Shoulders Massage)

2h € 60,00

Ginepro- 1 Aqua Journey Schedule 90 minutes + 1 Wellness Lunch or Dinner (beverage excluded)

2h € 62,00

Mirto - 1 Aqua Journey Schedule 90 minutes + 1 Full Body Massage 50 Minutes (choosing among Aroma Massage, Antistress and Boujie)

2h20 € 71,00

Elicriso - 1 Aqua Journey Schedule 90 minutes + 1 Full Body Massage 50 Minutes (choosing among Aroma Massage, Antistress and Boujie) + 1 Wellness Lunch or Dinner (beverage excluded)

3h30 € 98,00

Lavanda - 1 Aqua Journey Schedule 90 minutes + 1 Bioactive Facial Treatment 25 min

1h20 € 67,00

Aperiwellness - 1 Aqua Journey Schedule 90 minutes + Aperitif: Alcoholic or non-alcoholic Drink served with Finger Food at the bar

90 min € 43,00

Special "Total Wellness"

Honey Candle Experience for Two - 1 Aqua Journey 90 minutes + 1 Shea Butter Total Body Massage (50') (Price for Two people)

€ 178,00

Thai Experience - 1 Aqua Journey 90 minutes + 25 minute Partial Massage

€ 72,00

Armonia di coppia - 60 minute Aqua Journey, 50 minute Easy Dream Massage, Lunch or Dinner by Candlelight (price for two people)

€ 203,00

Obsiana Relax per Due - Enjoy a relaxing experience (price for two people)

€120,00

Absolute Spa - Tailored Massage 50' Minutes + 1 Supreme C facial by Fitomediterranea (price for one person)

€ 110,00