



L'Incanto



CAPO D'ORSO

Hotel Thalasso & SPA

★★★★★



List of treatments "à la carte"

“À la carte” treatments
Thalassotherapy Centre & SPA L'Incantu

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The Uniqueness of L'Incantu Thalasso & SPA

The SPA L'incantu is immersed in one of the most exclusive landscapes of Northern Sardinia, within the lush and elegant residential park of Cala Capra, near the famous Roccia dell'Orso, in an exclusive bay with controlled access, overlooking the stretch of sea that faces the island of Caprera, with a view that sweeps up to the Costa Smeralda.

Surrounded by incredible nature, where Mediterranean essences make the air intoxicating and fragrant, it is perfect for those who want a romantic and relaxing holiday.

L'Incantu is located on the sea, between two beaches sheltered from the winds, Cala Capra and Cala Selvaggia, while the wooden platforms lying on the water and the hammocks surrounded by junipers are there to ensure endless hours of tranquillity and relaxation.

Thalassotherapy

“Thalasso & Wellness Path” (invigorating or relaxing)

min. 120 € 50

With the use of outdoor heated seawater pools with hydromassage jets of different intensities, Hammam, Relaxation Area, and Herbal Tea Room for a personalized Thalasso path.

We recommend that you immerse yourself in the warmer tub first and gradually in the colder ones. High temperatures promote muscle and mental relaxation and a peripheral vasodilator action that accelerates metabolism.

Subsequent immersion in tanks at lower temperatures, on the other hand, determines vasoconstriction, which triggers the process of vascular gymnastics. The water jets of different types and with different intensity and pressure are positioned at different heights, such as to act on all parts of the body, from the sole of the foot to the legs, from the buttocks to the lumbar area.

Hydromassage has a therapeutic action with beneficial effects on rheumatism, in the treatment of localized adiposity and in cases of venous stasis.

■ **Entry Packages:**

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|---------------------------|-------|
| • n° 3 Thalasso entrances | € 130 |
| • n° 6 Thalasso entrances | € 230 |

Discovery Thalasso

€ 190

An extraordinary offer to approach the wonderful marine SPA universe.

This package includes:

- 1 Marine Massage with Aquatic Oil 50 mn
 - *relaxing, decontracting and revitalizing*
- 1 Hydro-massage bath with sea salt and essential oils 20 min
 - *relaxing, de-stressing and aromatherapeutic*
- 1 Thalasso & Wellness Circuit about 120 min
 - *toning & relaxing*

Thalasso Treatments

“Macchia Marina”

min. 50 € 120

Thalgo offers 4 marine-inspired scrubs, with 4 dedicated fragrances for gentle exfoliation, according to your desires:

“Pink Sand Scrub”

Delicately pink and fragrant scrub, to rediscover smooth, soft and radiant skin.

“Delicious scrub”

Exotic oil scrub with Bora Bora sand and notes of Vanilla/Coconut.

“Sweet and savory”

Mediterranean scrub with cane sugar, sea salts, essential oils and citrus notes.

“Aquatic Scrub”

Ocean blue energizing scrub with sea salts and aquatic notes.

“Marine Wrap”

min. 50 € 120

Based on Thalasso's experience:

“Dead Sea Mud Wrap”

For people who are very sensitive to iodine who are looking for anti-stress help, for athletes who want to eliminate joint tension and/or muscle pain, to counteract cellulite and promote sweating.

“Seaweed wrap”

For thalassotherapy lovers in search of well-being and vitality. Detoxifies and remineralizes. The body regains its good general health thanks to the infusion of trace elements and vitamins.

Natura Bissé Facial Treatments

Welcome to the world of beauty and skincare. A space created exclusively for you. For you to breathe, relax and let your body flow. Feel how time stands still, experience the luxury of connecting with your essence and enjoy all the secrets that lie behind a perfect moment. Secrets are not explained. They are discovered. Enjoy the experience, feel the results.

“The Cure”

min. 75 € 150

Cleanses - Purifies - Hydrates

Based on traditional deep cleansing techniques, this treatment is an antidote to the ravaging effects of urban lifestyles. The Cure is a facial that completely cleanses your skin, purifies pores and restores hydration to reveal an extraordinarily soft, fresh and radiant skin.

“The Citrus Essence”

min. 50 € 140

Revitalized - Stimulates - Firms

An antioxidant treatment that restores vitality to sun-damaged skin and helps minimize signs of premature aging. Vitamin C stimulates collagen production and renews the firmness of skin, while improving luminosity and hydration.

“The 3D Collagen shock”

min. 50 € 160

Firms - Lifts - Revitalizes

This advanced facial combines three types of collagens, skin nutrients, and effective massage maneuvers for noticeable rejuvenating action. Ideal for devitalized and mature skin, because it provides a visible lifting effect, helps minimize the look of wrinkles and works to improve skin elasticity.

“Diamon Energy”

min. 50 € 170

Energizes - Defines - Rejuvenates

This treatment infuses energy into your skin, reviving skins dulled by environmental stress and premature aging. Advanced Myofacial Massage and remodelling massage techniques visibly.

“Inhibit”

min. 50 € 190

Lift - Plump - Rejuvenate

Our advanced smoothing facial treatment effectively reduces the appearance of wrinkles. Through a visible lifting effect, a powerful plumping action and effective massage techniques. This treatment significantly rejuvenates the appearance of the skin and reveals tighter and more elastic skin.

Thalgo Body Treatments

- "Personalized Weight Loss Diagnosis" min. 30 € 40
- "Pressotherapy for the treatment of light legs" min. 30 € 50
Exclusive patented pressotherapy method to lighten and soothe tired legs.
- "Body Sculpt" min. 50 € 120
Ideal treatment against cellulite, unwanted curves and lack of tone. The silhouette will appear reshaped, the contours redefined and the cellulite considerably smoothed.
5+1 Session + 1 Free Diagnosis min. 50 € 540
- "Frigi Thalgo" min. 50 € 120
A treatment-compress based on Thalgo's experience in thalassotherapy and cryotherapy to act on feelings of discomfort and quickly regain lighter legs.
5+1 Session + 1 Free Diagnosis min. 50 € 540

Rituals & Experiences

“Body Rituals”

- "Pacific Island Relaxing Ritual" min. 110 € 190
Crystal clear waters and fine sand warmed by the sun await you. Like a journey to the end of the world, take advantage of the remineralizing power of Lagoon Algae and indulge in the sweet scents of monoi, for a moment of incomparable escape and relaxation.
- "Ritual of the Sea of the Indies " min. 110 € 190
Inspired by Ayurveda and the science of the Marmas, this ritual relieves tension points due to the stresses of everyday life. Take advantage of the nourishing power of Indian Red Algae combined with the harmonizing benefits of Ayurvedic essential oils to find harmony between body and spirit.
- "Jewels of the Atlantic - Energizing Ritual" min. 110 € 190
During a ritual inspired by lithotherapy(a treatment that uses the virtue and energizing forces of stones to rebalance the body), take advantage of the revitalizing power of precious seaweed impregnated with gold and sea stones to recharge your body with vital energy.
- "Happiness for two in Sardinia" (p.p.) min. 85 € 170
Scrub with salt, plants and essences of Sardinia combined with a personalized massage for couples.
- "Sunny" - *Our Sardinian Signature* min. 20 € 90
From an ancient natural remedy handed down and jealously guarded, we find 100% ELDERAL natura-le, an active ingredient that gives relief and well-being to the skin especially after sun exposure.

“Experiences”

- *Face - "The Cure" by Natura Bissé* min. 90 € 190
1 - "Pre sun" treatment that cleanses, purifies, moisturizes in depth. Essential for all skin types.
1 - *Face massages Kobido*

- **Face - "Alba Cuata" - *Our Sardinian Signature*** min. 50 € 120
From an ancient natural remedy handed down and jealously guarded, we find 100% natural ELDERAL, an active ingredient that gives hydration, relief and well-being to the skin especially after sun exposure.
- **Body - "Marine Ritual"** min. 50 € 120
Marine Scrubs + Marine Wraps.
A unique marine experience, personalized treatments that give muscular and sensory well-being.
- **Body - "Aromas and Perfumes"** min. 120 € 250
1 - Perfumes of Gallura Aromatic scrub with salt flowers and Sardinian massage with oils from the Mediterranean scrub
- **1 - C+C Vitamin the Citrus Essence by Natura Bissè Treatment**
Antioxidant treatment that restores the vitality of sun-damaged skin and helps minimize the signs of premature aging with an infusion of collagen-boosting vitamin C.
- **Body - "Relaxes"** min. 120 € 230
Pink Sand Scrub.
Scrub Cream with pink sand grains, white quartz crystals and delicate floral notes.
1 - Relaxing Massage.
1 - Foot reflexology

Massaggi

min. 50 € 120 / min. 80 € 180

- **Eclectic Massage**
Fully personalized massage, which combines various techniques to best meet the needs of the guest.
- **Shiatsu Massage**
Japanese massage that rebalances the flow of energy through acupressure along the energy meridians.
- **Thai Massage**
Traditional Thai massage that combines acupressure techniques with passive stretching techniques.
- **Hot Stone Massage**
A highly effective massage for muscle tension, hot stones are used to rest on the energy points, then slid over the body in a succession of slow and deep caresses.
- **Deconstructing Massage / Deep Tissue**
Massage that is carried out to loosen muscle contractures in certain sectors or body segments, is a treatment generally localized to a specific part of the body.

- **Californian Massage**

Massage that aims to "get in touch" between the body and the mind, in order to achieve the well-being of the entire body.

- **Balinese Massage**

Ideal massage to take care of the body starting from the feet to the scalp, alternating gentle and relaxing movements with stronger and more localized ones.

- **Maternity**

Deeply nourishing body massage, with almond oil, which focuses on areas of the body prone to tension during the period of pregnancy.

- **Draining Massage**

The special techniques of the treatment stimulate lymphatic and blood circulation. Eliminates toxins, with an excellent deflating and resting action on the legs.

- **Ko-Bi-Do Facial Massage**

Specific facial massage technique that aims to improve the tone of the skin of the face, as if it were a natural lifting to ensure maximum health and well-being visible at first glance to this area of the body.

Our Sardinian Signature:

- **Relaxing**

with essential helichrysum oil from Sardinia, moisturizing, aroma therapy.

min. 50 € 120

min. 80 € 180

- **Elixir of Health**

with essential oil from Pompia di Sardegna, a typically Sardinian citrus fruit with anti-inflammatory, antioxidant, antibacterial, healing, and anti-blemish properties.

min. 50 € 130

min. 80 € 190

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

- **Scalp massage**

Scalp massage with monoi oil, restructuring for the hair.

min. 20 € 50

Beauty Treatments

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|---|---------|-------|
| • "Signature Manicure or Pedicure" | min. 50 | € 60 |
| Aesthetic treatment dedicated to the complete beauty of the hands or feet, from cleaning to care, from the application of traditional nail polish to moisturizing massage. | | |
| "Change Shellac Hands or Feet" | min. 30 | € 30 |
| • "Signature Shellac Manicure o Pedicure" | min. 90 | € 100 |
| Aesthetic treatment dedicated to the complete beauty of the hands or feet, from cleaning to care, from the application of semi-permanent nail polish to the moisturizing massage. | | |
| • "Change of Semi-Permanent Nail Polish for Hands or Feet" | min. 30 | € 80 |
| <hr/> <i>"Depilation"</i> <hr/> | | |
| • Eyebrows/upper lip/chin/armpits/half arms/bikini | min. 30 | € 30 |
| • Bikini/half legs/full arms/back/chest | min. 40 | € 45 |
| • Full legs | min. 50 | € 60 |

Sport Time

- | | | |
|---|----------------|-------|
| ■ One-to-one lessons | min. 50 | € 100 |
| <ul style="list-style-type: none"> • Personal Training • Yoga • Pilates | | |
| ■ Couple Lessons | min. 50 | € 150 |
| <ul style="list-style-type: none"> • Personal Training • Yoga • Pilates | | |
| ■ Group Lessons (max 5 pax) | (p.p.) min. 75 | € 40 |
| <ul style="list-style-type: none"> • Personal Training • Yoga • Pilates • Excursion Training (max 5 pax) - Walk of about 75 minutes along the paths of Cala Capra with unmissable views where you can capture your GI vibes among the scents and colours of a unique experience in Gallura. | | |

Spa Etiquette

The Delphina Thalasso & SPA Centres are a place of relaxation and harmony. Please respect other Guests in their right to privacy and serenity by not using mobile phones and electronic devices and to use a moderate tone of voice. Smoking and alcohol are not allowed. Food and drinks are not allowed inside (water and herbal teas are available at the Centre).

General Information

Access to the Wellness Centre is allowed to Clients of legal age and minors between the ages of 14 and 18, if accompanied by their parents and with their written authorization. The swimming pools of the Thalasso & SPA Centre "L'Incantu" are with sea water heated to different temperatures and equipped with water jets of various types and intensities, which can be operated by pressing the appropriate buttons located on the walls of the pools. Access to the swimming pools and the Wellness Path is allowed only during the opening hours of the Centre.

We recommend booking your desired treatments at least one day in advance. In order not to make the next client wait, we remind you to arrive at the centre at least 10 minutes before the treatment. Arriving late would mean receiving shorter treatment.

Guests are kindly requested to store their personal belongings in the lockers of the changing rooms and to keep the key during their stay at the Centre. However, valuables should be left in the safes of the rooms.

Safety and hygiene

Glasses and glass bottles cannot be used in the pool area and for your safety it is not allowed to dive and run along the pool edge. Use the Turkish Bath following the methods and times recommended by the staff of the centre during the explanation of the Wellness Path (the same information is posted in the dedicated areas). Before entering the pools, before using the Turkish Bath or before entering the massage cabin, it is advisable to take a shower. The use of a swimsuit and slippers is required.

Health & Pregnancy

In the Delphina Thalasso & SPA Centres we require a waiver on the state of health and suitability for treatments; However, a medical examination is recommended, which is also possible at the hotel (by reservation and for a fee). In all Delphina Centres we offer specific programmes and treatments for pregnant women (from the third month onwards).

Cancellation Policy

The cost of the à la carte treatment not cancelled within 24 hours prior to the appointment will normally be charged or cancelled if it is part of a Wellness Package.



Programs

All programs include “**The Thalasso & Wellness Circuit**” (*toning or relaxing*), to be done during half day treatments, with the use of:

- 2 Outdoor multi-functional pools, filled with heated sea water, with different intensity submarine jets for a personalized Thalasso circuit
- Jacuzzi
- Turkish bath
- Relaxation area front of the sea

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 accommodation and restaurant.*
- *Centre Management reserves the right, where necessary, to agree with customers upon any possible variation of the programs.*

Detox & Revitalize

3 days care (morning or afternoon)

€384

This package includes:

- 1 "Aquatic scrub"
- 1 Dead Sea mud pack
- 2 30' localized draining massages
- 1 Personalized massage 50'

Modelling

4 days care (morning or afternoon)

€808

This package includes:

- 1 Sweet and Savory Scrub
- 2 Seaweed wrap
- 1 Frigithalgo
- 2 Localized modeling massages of 50'
- 1 Body Sculp
- 1 Whirlpool
- 1 personalized massage 50'

Total Beauty

6 days care (morning or afternoon)

€984

This package includes:

- 1 "Pink sand scrub
- 1 Dead Sea mud pack
- 1 Seaweed wrap
- 1 Facial The Cure
- 1 Facial The Citrus Essence
- 2 Whirlpools
- 1 Relaxing massage 50'
- 1 Kobido facial massage 50'
- 1 Deep tissue massage 50'
- 1 Personalized massage 50'

Light Legs

3 days care (morning or afternoon)

€640

This package includes:

- 1 Water Scrub
- 3 whirlpool
- 1 seaweed wrapping
- 1 Mud Wrapping
- 2 draining massages 50 mn
- 1 pressotherapy

Masculine Beauty

3 days care (morning or afternoon)

€996

This package includes:

- 1 delicious scrub
- 2 whirlpool baths
- 3 mud wraps 50 mn
- 3 personalized massages 50 min
- 1 manicure / pedicure
- 1 facial treatment "The cure"
- 1 specific facial treatment the 3D collagen shock

Marine beauty in Sardinia

3 days care (morning or afternoon)

€688

This package includes:

- 1 sweet and savory scrub
- 2 whirlpool baths
- 2 seaweed wraps
- 1 relaxing massage with Sardinian essential oils 50 mn
- 2 pressotherapy
- 1 "Diamond Energy" facial treatment

HOTELS & RESORTS

DELPHINA
UN AMICO IN SARDEGNA