Myricae
SPA & WELLNESS

## Wellness center

The "Lido degli Spagnoli" is a hotel with spa overlooking the suggestive South-Western Sardinian coast.

Its spa is brand new and modern and has some spa paths and treatments thanks to which you can live moments of pure relax for your psycho-physical wealth. So you can choose among Kneipp path, sauna, Turkish bath, emotional showers, mini Jacuzzi pool and cabins for regenerating massages.
For every treatment you will be flanked by qualified staff who will give you advice and personalization for chosen treatments.

*Let us cuddle you, giving you moments of unconditional delight...*

# Routes

## WELLNESS ROUTES

**Myricae** (90 min.) **€ 25,00**
Turkish bath, Finnish sauna, Emotional showers (Tropical and Cold Fog), Kneipp path, Jacuzzi pool and relax area with herbal teas.

**Ponente** (90 min.) **€ 40,00**
Jacuzzi pool, Emotional showers (Tropical and Cold Fog), Kneipp path, Scrub in Turkish bath and relax area with herbal teas.

**Scirocco** (120 min.) **€ 45,00**
Turkish bath, Finnish sauna, Emotional showers (Tropical and Cold Fog), Kneipp path, Jacuzzi pool, Massage (a choice between "Brezza Marina", "Soffio del mare" and "Carezza marina") and relax area with herbal teas.

**Grecale** (90 min.) **€ 50,00**
Turkish bath, Finnish sauna, Emotional showers (Tropical and Cold Fog), Kneipp path, Jacuzzi pool, relax area with herbal teas and Tasting dinner.

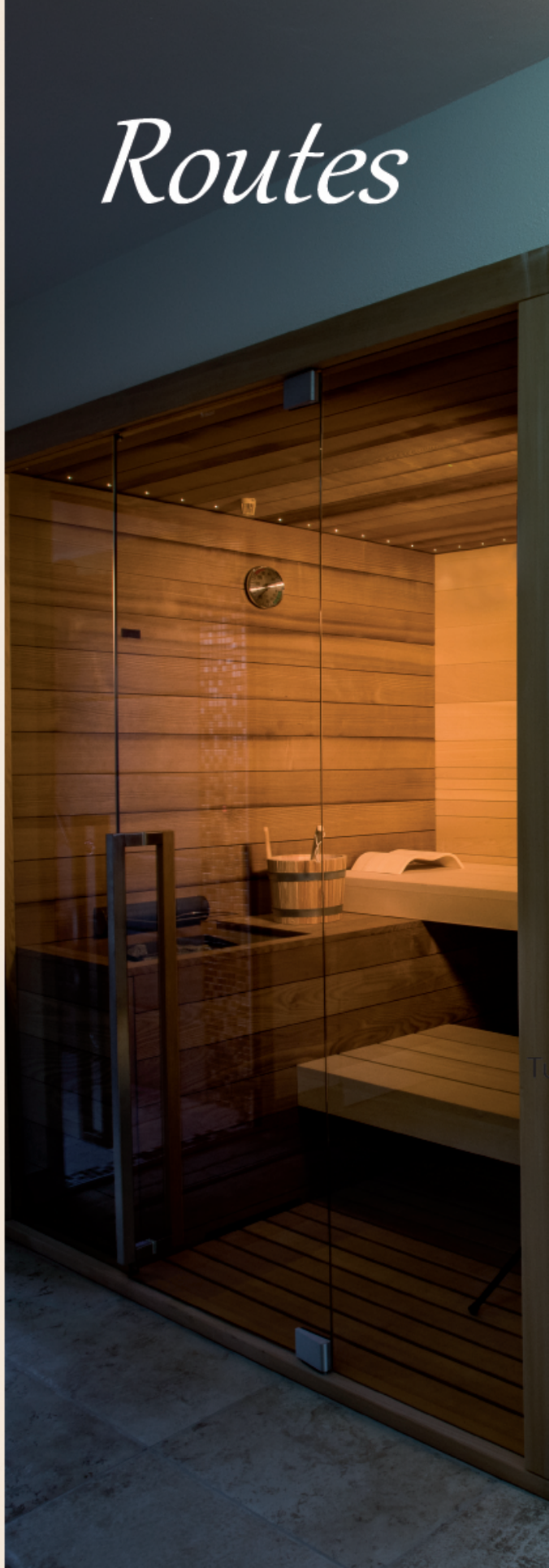
**Ostro** (150 min.) **€ 140,00**
Turkish bath, Finnish sauna, Emotional showers (Tropical and Cold Fog), Kneipp path, Jacuzzi pool, Musk 30' and Total body massage 30', relax area with herbal teas.

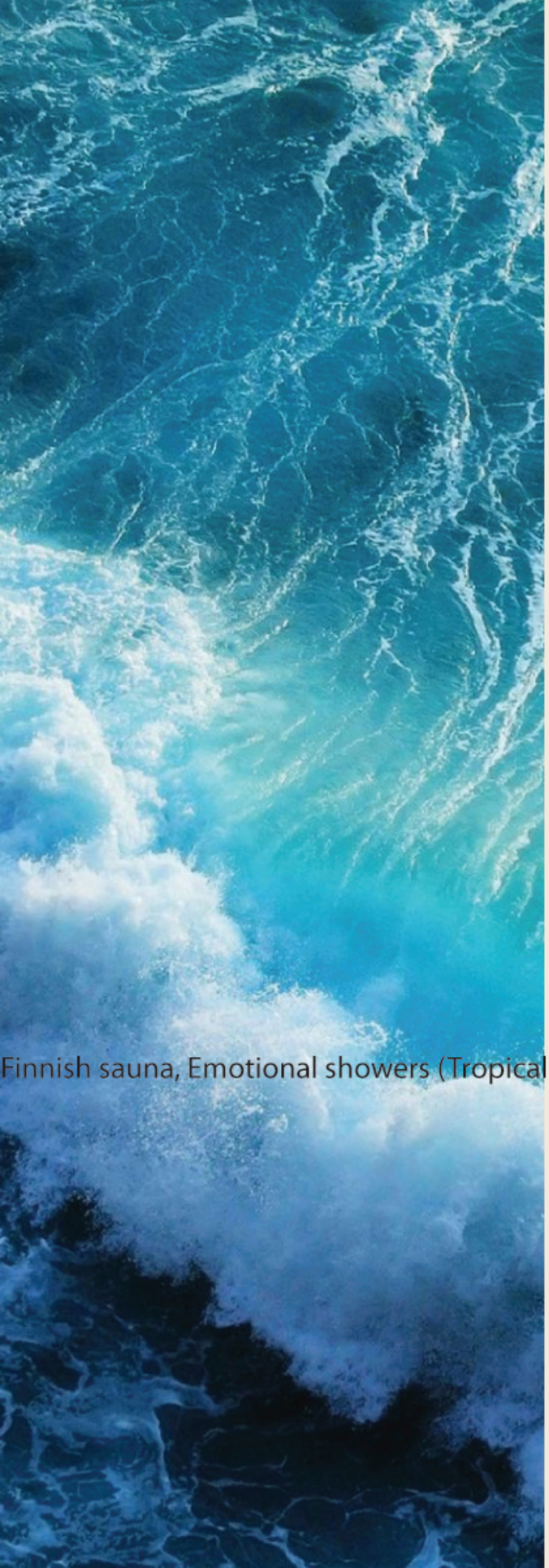
## WELLNESS IN SWEET COMPANIONSHIP

**Myricae in couple** (90 min.) **€ 45,00**
Turkish bath, Finnish sauna, Emotional showers (Tropical and Cold Fog), Kneipp path, Jacuzzi pool and relax area with herbal teas.

**Eventi in SPA** starting from **€ 200,00**
Myricae path in exclusive for 90 minutes, for maximum 8 people, with champagne by the Jacuzzi pool edge.

**Personalized beauty and relax packages**





# Massaging... is writing poetry

## SPA MASSAGES

**Energia dal mare** (60 min.) **€ 70,00**

The Sports Massage is a particular kind of massage done on specific body regions or total-body. Everyone can enjoy of this massage benefits, independently from the age, from the type of practiced sport and from the level of performance. It has different healthy features: it reduces muscular tensions, it favors the relaxation of tissues, it stimulates the local microcirculation draining effect.

**Luci sul mare** (60 min.) **€ 60,00**

The Candle massage is a particular technique of massage that arises from the ancient Indian science Ayurveda. This massage is a real treatment of beauty that moisturizes, feeds and calms skin, giving a pleasant feeling of relax and total comfort. The Candle massage is done with a candle containing a natural mixture of butter and essential oils, essences and perfumes. The Candle massage loops your body in a sweet cuddle.

**Mare d'inverno** (60 min.) **€ 45,00**

The Unclenching massage aims to unleash muscular contractures, but also to facilitate relaxation and the psychophysical equilibrium, after collecting stress and stand-by. Kneap. The intervention aim is to relax area with the elasticity of movements, by favoring articulations in their mobility and blood circulation, treating the involved zones of the body with specific manipulations and using vegetable essential oils.

Finnish sauna, Emotional showers (Tropical and Cold Fog), Kneap path, Jacuzzi pool and relax area with herbal teas.

**Brezza marina** (30 min.) **€ 25,00**

Regenerating partial massage for back and neck which offers the possibility to surrender to a pleasant feeling of suit comfort for mind, body and emotions. This massage aims to reduce the rigidity of some areas of back and neck, often in partnership to soreness, spread pains and general tiredness, caused by continuous physical-postural stresses to which the back is submitted. It's also ideal for the those who arrive from a long trip.

# Massages

## with an ink called oil!

**Soffio di mare** (30 min.) **€ 25,00**
Reinvigorating partial massage for legs, ideal to reactivate circulation and to remove heaviness with draining effect.

**Carezza marina** (30 min.) **€ 25,00**
Soothing and reinvigorating face massage which keeps skin lighter and more oxygenated, thanks to its action on microcirculation. It acts on expression wrinkles.

**Total body massage** (60 min.) **€ 45,00**
The total body massage is a relaxing invigorating massage which stimulates the different parts of the body. This treatment helps to reactivate circulation, to stretch muscles and to reduce contractures and muscular pains; at the same time it eases tension, stress and improves humor, by fostering the release of endorphins.

**Acqua cristallina** (80 min.) **€ 85,00**
The Vodder method of manual lymph-drainage (LDM) is a particular technique of massage, practiced in the areas of the body characterized by excessive reduction of the lymphatic circle. It favors the drain of lymphatic fluids helping to move liquids, proteins and immune cells and to remove of catabolisms and various cinders, for the good of tissue circulation. Moreover it stimulates excess liquid reabsorbption to prevent and solve some beauty problems, among which cellulite. It is an antistress massage, in fact it calms muscles.

**Olio d'Oliva** (60 min.) **€ 60,00**

The olive oil total body massage combines draining effects of this massage with moisturizers and emollients effects of olive oil, that reduce the adipose excesses and attenuate swellings. This massage has important detoxifying features and helps to reduce swellings, to stimulate blood circulation and to favor the elimination of liquids, reducing by this way the sense of swelling and heaviness. Moreover the active principles of olive oil have a smoothing and stretching action o n the skin, making its aspect more homogeneous and compact.

**Falò sul lido** (60 min.) **€ 60,00**

The Fire Massage is a technique of massage that favors the tissues oxygenation, fosters the elimination of toxins and preserves muscular elasticity. It operates on blood and lymphatic stimulation and on the relaxation of muscles and halted tissues. It is called "Fire massage" because it has a real effect of blood circulation and it provokes a strong redness on skin thanks to deep manipulations.

**In riva al mare** (45 min.) **€ 50,00**

The plantar reflexology is a technique that exploits the massage on specific parts of feet to reestablish the equilibrium of the body. At the base of this technique, coming from the oriental civilizations, there is the conviction that the different zones of the foot plant correspond to different organs and parts of the body. Through the stimulation and digital pressure of these zones, it is possible to have a preventive action of intervention on possible unbalances of the organism. Beyond the effects on the inside organs, reflexology is an extremely relaxing treatment, that solicits legs circulation and frees from stress and from strain.

**Emotional** (60 min.) **€ 55,00**

The prenatal massage has the purpose to reinvigorate the future mother both on physical and mental points of view, increasing muscles and articulations functions, improving circulation and invigorating the body. This technique has numerous benefits, among these: reduction of hormonal and physical stress due to the transformation of woman's body during pregnancy, prevention of stretch marks by improving the elasticity of the skin, reduction of limbs swelling through a stimulation of blood circulation.

When wellness meets the seaLThe choice of natural products of high cosmetics with high professionality and personalized advice, create unique sinergies which make our job exclusive

**Acqua di mare** (60 min.) **€ 55,00**

The draining massage is a particular technique of massage that helps to drain the water retention in excess in the body. The final feeling will be of lightness and relaxation. This type of treatment is a very good remedy for anti-cellulite and allows the body to have a good blood circulation.

**Profumi dal mare** (60 min.) **€ 60,00**

The aromatherapy massage is performed with essential oils, whose features are exploited to give benefits to body and mind. The aroma massage is performed with slow movements, above all lightly touches, to allow the essences to penetrate more deeply. "Profumi dal mare" is a real trip though senses which favours the re-establishment of psycho-somatic state.

## BODY TREATMENTS SPA

**Mosaico di sabbia** (60 min.) **€ 60,00**

Treatment "Essential line body" exploits the healthy features of muds. It is specific to tackle the main cutaneous beauty problems and the morphological alterations that frequently appear at body level like: fat, cellulite, stretch marks and cutaneous relaxation.

**Coccola di mare** (60 min.) **€ 70,00**

The "Secrets Body Line" treatment guarantees a stimulating action, which is anticellulite, energizing, reducing, invigorating and anti-ageing too, and an intense cellular renewal. It is based on the enzymes action, that can be both combined one with each other, in group with maltodestrine and with active elements with deep efficacy, can guarantee surprising results working together on different body problems like: cellulite, fat, cutaneous relaxation. Enzymes power lies in the capability to accelerate the process developed by the different active elements which are contained in this line.

**Essenza del mare** (60 min.) **€ 70,00**

The Talasso Therapy body Treatment is a particular kind of therapy based on the marine curative climate, on the sea and its products (sand, seaweed, mud). The Talasso Therapy is based on the principle that the sea water and the human plasma have the same combination, and the salt and the oligomineral it contains, are highly bioavailable and easily absorbable by the skin pores. The assimilation of those oligelements and those salts allows to promote the restore of the human equilibrium, even by increasing the strenght against external attacks and producing stimulating and revitalizing effects. In this particular treatment are used also some muds, sand and seaweeds which have particular phytotherapic properties.

*Rediscover the delight of Wellness!*

# Treatments

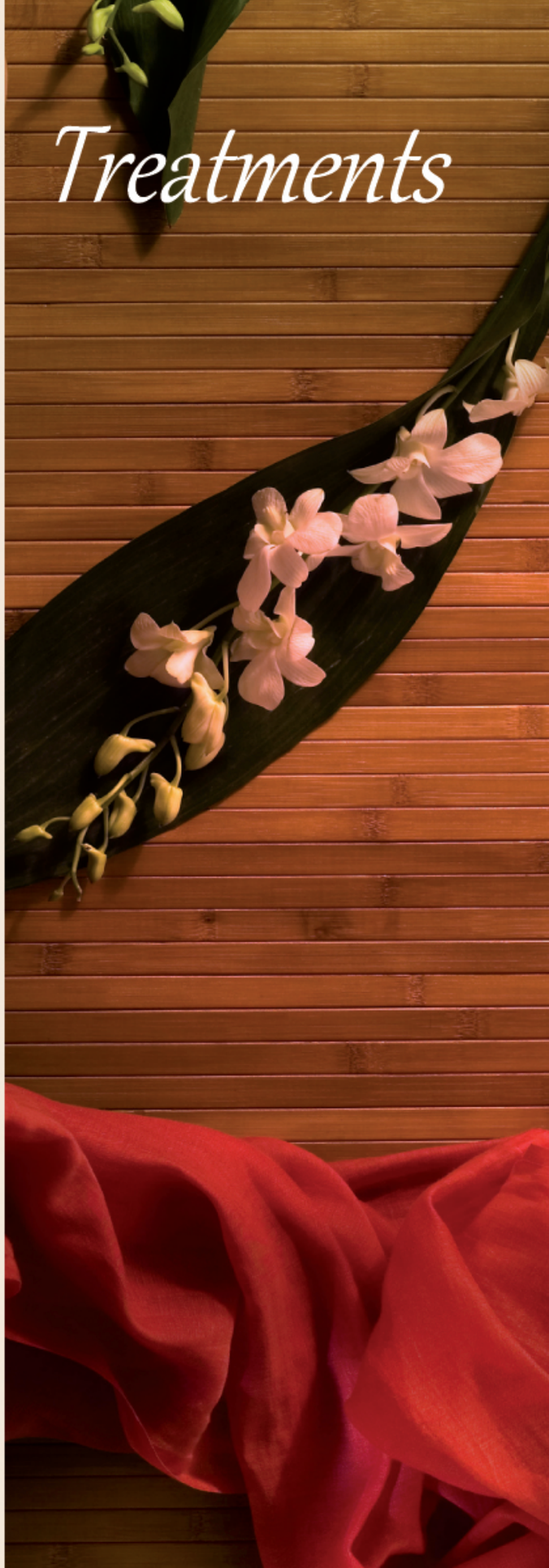
**Sabbia del mare** (30 min.) **€ 35,00**
The marine salt body scrub is a good treatment to regrow and clean skin and to eliminate dead cells (exfoliative effect). Furthermore, the abrasive action of salt tones skin and helps to improve circulation.

**Corallo rosso** (60 min.) **€ 45,00**
This is a body treatment is aimed to give an immediate sensation of lightness, by draining and reinforcing veins. This treatment is completed by a scrub and a refreshing massage.

**Sensation Grape** (60 min.) **€ 65,00**
"Grapes Scrub, with pose in the Turkish bath and massage with pomace cream" is an ideal treatment for helping the body to bear the change of season. It renews, regenerates and revitalises the epidermis thanks to the precious active substances of grapes extract, while the pomace cream and the vitamins intesely moisturize, deeply feed and actively protect against the activation of free radicals. The pomace oil is a natural remedy to the increasing age and the skin ageing. It is great against the beauty problem of the cellulite.

**Luce d'oriente** (60 min.) **€ 60,00**
Body treatment with honey and cane sugar, it has an excellent exfoliating action and gives a velvet skin. Honey conditioner properties are combined with the roughness of sugar small grains, to remove dead cells and give a deep hydratation, renewing body totally. It is excellent for pregnant ladies.

**Nettuno** (60 min.) **€ 65,00**
It is a treatmemt on grapes specifically studied for men. It is a detox treatment that fights the effects of tired skin, restoring the muscle equilibre and facilitating the circulation. The result is a pleasant body vitality sensation and total relax.



Myricae
SPA & WELLNESS

makes the Client unique by using,
in the own cabin, personalized treatments
with essential oil on personal
and specific requirements;

It gives You the possibility
to buy creams to use at Home.

## SPA FACE TREATMENTS

**Pulizia viso spa** (60 min.) **€ 40,00**
Face treatment focused on a deep face clean, protecting and hydrating skin.

**Idratante** (60 min.) **€ 45,00**
Moisturize face treatment with aromacosmesis that, thanks to the essential oil used, feeds in depth by restoring the skin hydration and balancing the skin barrier, which is often exposed to the environmental and biologic stress.

**Antiage** (60 min.) **€ 50,00**
Antiaging face treatment with aromacosmesis, which favours the sensation of freshness and reduces wrinkles and marks time.

**Sensitive skins** (60 min.) **€ 45,00**
Aromacosmesis face treatment for sensitive, reactive and intolerant skin. It's perfect when the skin appears tried by the sun, by cold, by wind, or when it needs to find again calm and brightness. It relieves uneasiness caused by irritation, attenuates the blushes and infuses an immediate feeling of freshness.

**Oily skin** (60 min.) **€ 50,00**
Face treatment for oily impure and rosacea skins, it gives a fresh face appearance opacifying the sebo in excess. After the treatment the skin will be solid, renewed and more bright. It provides softness, elasticity and hydartion to the face and neck skin. It develops a purifying action, restoring the normal equilibrium of the skin by letting soft, smoothed and not shiny.

# Treatments

## FACE TREATMENT WITH BIOTECHNOLOGIES

The "Secrets Gold" treatment with anti-aging action, renewing and lifting effect, combines in a unique formule the biotechnological innovation of native vegetal cells and the potentiality of gold micro-parts. The native vegetables cells act, by giving a major skin density and more uniform and bright color, while the gold nano-particles guarantee a continued and extended action with a low release of active substances.

**GOLD – Invigorating Treatment** (60 min.) **€ 70,00**
"Secrets Gold" invigorating treatment, with the use of a unique mask. It gives to the skin a bright look, givin it again the right hidration level and the naturally elasticity.

**GOLD PLUS –Anti-aging treat. and lifting effetc** (60 min.) **€ 80,00**
"Secrets Gold" anti-aging treatment, with the use of 2 masks: alginate and filler mask. The face skin will be fed, hydrate and protect giving it an authentic filler effect and efficiently contrasting the wrinkles formation.

## BEAUTY TRATMENT SPA

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|---|---|
| **Shave** | starting from **€ 5,00** a **€ 35,00** |
| **Manicure / Pedicure** | starting from **€ 20,00** a **€ 35,00** |
| **Hands treatment spa**<br>Scrub and custom mask. | **€ 25,00** |
| **Foots treatment piedi spa**<br>Kneipp path, scrub and custom mask. | **€ 40,00** |
| **Laying glaze** | **€ 5,00** |

**Personalized beauty and relax packages**

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