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LU'HOTEL
CARBONIA

Wellness and Beauty

Wellness Treatment Menu



★★★★

LU'HOTEL
CARBONIA

Via Costituente – Carbonia
Tel. 0781.665020
www.luhotel.it





Wellness & Beauty

Aqua Journey Schedule

(90 minutes)

Hydrotherapy pool

Saunas 60° and 80°

Hammam

Salt Cave

Aromatherapy Showers

Ice Therapy

Relax Area with Herbal Tea and Tisane Facilities

From Monday to Friday 90 min € 20,00

Saturdays, Sundays and Holidays 90 min € 24,00



Packages and Subscriptions

Classic Packages

Price list

<i>Fiordaliso</i> - 1 Aqua Journey Schedule 90 minutes + 1 Partial Massage 25 minutes	<i>2h</i>	€ 40,00
<i>Peonia</i> 1 Aqua Journey Schedule 90 minutes + 1 Wellness Lunch or Dinner (drinks not included)	<i>2h</i>	€ 52,00
<i>Mimosa</i> - 1 Aqua Journey Schedule 90 minutes + 1 Total Body Massage 50 Minutes	<i>2h 20'</i>	€ 60,00
<i>Orchidea</i> - 1 Aqua Journey Schedule 90 minutes + 1 Total Body Massage 50 Minutes + 1 Wellness Lunch or 1 Wellness Dinner (drinks not included)	<i>3h e 30'</i>	€ 90,00

Specials 'Total Wellness'

<i>Beauty Care Ritual</i> – Aqua Journey 60 Minute + 1 treatment chosen among the menu	<i>2h</i>	€ 60,00
<i>Remise en Forme</i> - Pedicure, Facial Cleaning, Body Scrub and Massage da 25 Minutes	<i>2h e 25'</i>	€ 121,00
<i>Armonia di Coppia</i> - Aqua Journey Schedule 60' + Easy Dream Massage 50', Wellness Lunch or Wellness Dinner by candlelight (price for two people)	<i>2h e 50'</i>	€ 179,00

Subscriptions

<i>5 Aqua Journey Schedules 90'</i>	€ 84,00
<i>5 Partial Body Massage 25'</i>	€ 109,00
<i>5 Total Body Massage 50'</i>	€ 209,00
<i>5 Aqua Journey Schedules 90' + 5 Partial Body Massage 25'</i>	€ 184,00
<i>5 Aqua Journey Schedules 90' + 5 Total Body Massage 50'</i>	€ 284,00

Spa & Party A Spa Centre full exclusive 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). *(fino a 15 persone)* € 329,00

Face Treatments

<i>Face Treatment Skin Regimen</i> - Equalizing and strengthening treatment for sensitive and delicate skin. Decongesting, rebalancing and protective treatment for reactive skin subject to redness, couperose and fragile capillaries.	30 min	€ 30,00
<i>Face Hydratant Treatment</i> - Exceptional hydration and nourishment due to trehalose and beta glucan, recommended in difficult weather conditions, during and after air travel	45 min	€ 45,00
<i>Face Anti-Age Treatment</i> - A vitamin-rich anti-oxidant treatment providing intense moisture, calming and relief from environmental skin stress.	45 min	€ 45,00
<i>Active Purenness</i> - Deep cleansing treatment to render the skin fresh and compact. Thanks to the possibility of choosing two types of masks, it is a treatment ideal for both oily and depleted impure skins as well as those more delicate	50 min	€ 50,00

Massages

Partial Massages

<i>Decontracting Massage:</i> Back and Neck	25 min	€ 25,00
<i>Lower Limbs Massage:</i> Drainage, toning and anti- cellulite action.	25 min	€ 25,00
<i>Face and Head Massage</i> – A valid Help.	25 min	€ 25,00
<i>Foot Massage</i> - Foot Massage based on ancient Thai techniques, it drains body fluids, reduces the ankle swelling and eliminates the toxins.	25 min	€ 25,00
<i>Massaggio Breuss</i> - The technique uses the slipping of the fingers down the back. It permits to relax and stretch back muscles, to promote naturally rehydration of vertebrae, thanks to Iperico Oil used during the massage	25 min	€ 30,00

Total Body Massages

<i>Relaxing Massage</i> - Relieve the tensions arising from the stress of daily life, soften up your skin and improve lymphatic circulation. Working on the muscles of your back, neck, arms, shoulders and legs, the massage will relax your muscles and lift your state of mind.	50 min	€ 45,00
<i>Emo-lymphatic Massage</i> - This Massage works to improve your circulatory, venous and lymphatic systems, pre-venting and combating the various stages of cellulite.	50 min	€ 45,00
<i>Decontracting Massage</i> - Rebalancing and deeply detoxifying for a complete elimination of toxins, revitalizing metabolism, and providing a reducing action.	50 min	€ 45,00
<i>Drainage Massage</i> - An intense treatment Specifically, for the imperfections of resistant cellulite characterized by localized adiposity.	50 min	€ 45,00

No Stress Massage - Relieving states of tension and stress, smoothing and toning skin. Due to a unique massage, it creates an intense state of physical and mental well-being and comfort. **50 min € 50,00**

Aromatic Massage - A unique renewing body ritual for an intimate connection with the Aroma soul massage rituals. Bestows nourishment, youth and splendor to all types of skin conditions. **50 min € 50,00**

Candle Massage – Relaxing and harmonizing massage with Karité butter **50 min € 50,00**

Ayurveda Massage - This massage, based on ancient Indian techniques, restores bodily balance and helps maintain both physical and mental health, eliminating tension and fatigue. **50 min € 55,00**

Tranquillity Ritual Massage – The Tranquillity Ritual Massage will completely relax and rebalance both body and mind with this deep, slow, continuous and comforting technique **50 min € 55,00**

Hot Stone Massage - Extraordinary relaxation massage using smooth hot stones of volcanic origin. To enhance a sense of deep wellbeing. **50 min € 60,00**

Beauty Care

Manicure **€ 18,00**

Pedicure **€ 28,00**

Superior Lip hair removal **€ 5,00**

Eyebrows removal **€ 10,00**

Small areas hair removal **€ 10,00**

Chest, Back and Arms hair removal **€ 15,00**

Partial body hair removal (Legs and Groin or Thighs and Groin) **€ 20,00**

Total body hair removal (Legs, Thighs, Groin) **€ 30,00**



Body Treatments

Lushly - Hands Ritual 50' An exotic treatment inspired by an ancient Polynesian rite for bestowing well-being to hands. With an exfoliating, hydrating and refreshing action, it restores suppleness and hydration. **50 min € 30,00**

Body Scrub - Profound oxygenating and remineralizing, while favoring an intense draining. Ideal even for sensitive skins. **30 min € 35,00**

Lushly - Feet Ritual 50' An exotic treatment inspired by an ancient Polynesian rite for bestowing well-being to feet. With an exfoliating, hydrating and refreshing action, it restores suppleness and hydration. **50 min € 40,00**

Skin Regiment Body: Treatment for oxygenation and stimulation of blood circulation, with a regenerating and anti-age action **30 min € 40,00**

Monticelli Mud - Based on the use of a creamy mud enriched with monticelli thermal waters, it provides draining, decongesting action **50 min € 50,00**

Vital Leg - Designed for legs subject to fluid retention, tension, and sense of heaviness. Circulation is improved through use of natural extracts and essential oils. Visible reduction of swelling, retrieved lightness and vitality, with a pro-longed fresh feeling. **50 min € 50,00**

Body Strategist + Algae - A powerful treatment which combines the strength of algae and specific active ingredients for the treatment of cellulite, to give an energy boost to the metabolism. The lipolysis increases, favouring a slimming action and the tissues become remineralized and reoxygenated, gaining compactness and tone. **50 min € 55,00**

D-age Body Treatment An innovative treatment with oil of kamani, restoring body elasticity and firmness. **50 min € 55,00**

Back & Neck - Thalassotherapy treatment with hot mud and massage specifically for relaxation of head, neck, shoulders and back areas. **50 min € 55,00**

New Life - Treatment recommended during pregnancy period to promote legs, ankles and feet blood circulation. It relieves swelling of limbs. **50 min € 55,00**