



SPA Treatments


 **FELIX**
HOTELS

★★★★★
FELIX OLBIA
HOTEL





Welcome to **FELIX SPA**,
where every breath is a
journey to happiness and
every gesture is designed
to rejuvenate body
and mind.



In our oasis of wellness, calm and relaxation take shape through a unique **sensory journey**. Immerse yourself in the enveloping warmth of the Turkish bath and sauna, where steam and heat cleanse and relax, releasing stress and awakening vitality.

Indulge in the emotional shower, where a symphony of lights and **enthraling atmospheres** stimulates your senses, preparing your body for renewal.

Our exclusive relaxation corner invites you to slow down the pace, relax and find **inner peace**. The herbal tea area offers aromatic infusions and teas for a healthy hydration break, adding a touch of sweetness to nourish your body and soul.

For an even deeper experience, entrust yourself to the expert hands of our **SPA Therapists**, who will tailor each treatment to your needs. Their experienced touch will release tension and rebalance energy, for total well-being.

All our treatments and rituals are made with products inspired by the biodiversity of the Italian territory, with plant-based extracts sourced from biodynamic plants obtained through an innovative and technological 'hyper-fermentation' process.

The result is a very **fresh product**, AIAB certified and compliant with WVG (European Vegan Standard).



Signature Ritual Felix SPA

“FEEL IN FELIX” | Relaxing and joyful

What is happiness if not experiencing a feeling of **ecstasy**, endless possibilities, of contact with everything, of a taste for play, of joy and discovery?

These are the emotions you will experience with our Feel in Felix Ritual. The sweet, fruity aroma of tangerine **envelops your senses**, fostering deep relaxation and unwinding, accompanied by welcoming manual techniques that, like a dance, invite you to let go and release all tension.

The calming effect of silver fir essential oil induces a state of serenity and positivity, helping you to rediscover simple and sincere things with **enthusiasm** and **wonder**. The ritual concludes with a tasting of our pastries with a matching herbal tea.

🕒 25' / 50'

€ 45,00 / € 90,00

Emotivi SPA Ritual - Path of the senses

“ARMONIA” | soothing

The ritual provides an enveloping sensation of soft welcome that caresses the senses. The warm notes of the argan and birch scrub, followed by the Niaouli essential oil massage creates an atmosphere of **deep relaxation**.

It concludes with a touch of amber and vanilla cream, leaving the skin silky smooth and evoking the emotion of a warm embrace.

“ESSENZA” | meditative

The fragrance with exotic, Middle Eastern notes of patchouli opens this ritual, bringing a pleasant lightness to body and mind and promoting a state of peace and serenity. The scrub with Centella and red vine eliminates bloating and heaviness, paving the way for a meditative and anti-stress massage with patchouli essential oil. The **highly olfactory ritual** concludes with mandarin, green tea and mint cream that infuses calm and harmony.

“ELISIR” | revitalising

The essence of Mediterranean citrus fruits is the refreshing and revitalising fil rouge of this splendid ritual that has the privilege of being the bearer of joy, new energy and good humour. The detoxifying peeling, followed by a massage and coordinated moisturising cream, delivers a juicy burst of sweet orange, lemon and bergamot that give radiance and softness to the skin of the entire body.

A true **elixir of youth!**

“INFINITO” | rebalancing

Let yourself be guided on a relaxing walk through the forest, where the green fills your eyes and soothes the spirit, instilling a great sense of security and **balance**. Eucalyptus welcomes you, followed by a gentle peeling with super ventilated green clay that gently smoothes the skin, leaving it smooth and radiant. A massage with fir essential oil and green tea moisturising cream completes this ritual that smells of nature and conveys inner serenity.

🕒 50'

€ 90,00



Targeted massages

These massages are designed to relieve muscle tension or localised pain: they focus on particular areas with precise techniques to address specific discomforts. Ideal for those seeking **immediate relief** from tension or to improve sports performance.

Targeted massages

“RELAX”

Relaxation massage is a treatment that combines gentle, flowing movements to ease muscle tension and promote a **deep state of relaxation**. Using essential oils or creams, this massage stimulates blood circulation and reduces stress, providing an experience of both physical and mental well-being. It is ideal for those seeking a moment of rest and renewal.

🕒 25' / 50'

€ 35,00 / € 70,00

“DRAINING”

Draining massage is a technique that stimulates the lymphatic circulation and helps reduce water retention. Using light, rhythmic movements, it promotes toxin elimination and improves skin tone. Ideal for those who want a relaxing effect and a **lighter body**.

🕒 25' / 50'

€ 40,00 / € 80,00

“LYMPHODRENANT” | Vodder Method

Lymphatic drainage massage according to the Vodder method is a specific technique that stimulates the lymphatic system, aiding in **fluid drainage** and reducing swelling. Through gentle, rhythmic movements, this practice enhances circulation and strengthens the immune system, giving a feeling of lightness and well-being. It is particularly recommended after surgery or in cases of water retention.

🕒 80'

€ 130,00

“DECONTRACTING”

Lymphatic drainage massage according to the Vodder method is a technique that stimulates the lymphatic system, aiding in fluid drainage and reducing swelling. This practice enhances circulation and strengthens the immune system, giving a **feeling of lightness** and well-being. of water retention.

🕒 25' / 50'

€ 40,00 / € 80,00



Targeted massages

Targeted massages

“SPORTIVE”

Sports massage prepares the body for physical activity and aids recovery afterward. The energetic and targeted manoeuvres improve circulation, alleviate muscle tension and enhances flexibility. It is particularly useful for athletes and sports enthusiasts, helping to prevent injuries and **optimise performance**.

🕒 50'

€ 80,00

“DEEP TISSUE”

Deep tissue massage is a **profound experience** that awakens body and mind, stimulating the connective tissue and releasing accumulated tension. Through slow, targeted movements, this treatment fosters a feeling of lightness and well-being, restoring balance and vitality. Each touch becomes a bridge to body awareness, inviting you to relax and reconnect with yourself in an embrace of care and attention.

🕒 50'

€ 80,00

“YOUR MASSAGE”

A personalised massage is a unique journey to wellness, **tailor-made** for you. Combining various techniques, it helps release tension and restore inner harmony. Each touch is designed to provide a deeply relaxing experience, improving circulation and nourishing body and mind. A haven of tranquillity to rediscover your balance and well-being.

🕒 50' / 80'

€ 80,00 / € 130,00



Holistic massages

These massages are a wellness journey that harmonises body, mind and spirit. Through enveloping movements, these treatments release tension and awaken **inner awareness**. Each touch is an embrace that invites deep relaxation, transforming the experience into a moment of regeneration and awareness.

Holistic massages

“AYURVEDIC”

Ayurvedic massage is a traditional Indian practice that combines massage techniques with specific essential oils to rebalance the body's energy. Slow, deep movements promote relaxation, improve circulation and detoxify the tissues. The holistic approach aims to restore harmony between body, mind and spirit, promoting profound physical and **emotional well-being**.

🕒 50'

€ 80,00

“HOT STONE”

Hot stones are the star of this wonderful massage that deeply unravels nagging muscular tightness and discomfort. Basalt stones are placed on strategic points of the body and used to massage, improving circulation and promoting an intense sense of well-being. The combination of **therapeutic heat** and relaxing movements is ideal for those seeking a deeply relaxing and regenerating experience.

🕒 50'

€ 80,00

“FOOT REFLEXOLOGY”

Foot reflexology is a sensory journey that brings balance and serenity to body and mind. By stimulating **specific points** on the feet, this treatment encourages the release of tension and promotes overall well-being. Each pressure is a step towards deep relaxation, reconnecting you with yourself and revitalizing your vital energy. An experience that nourishes not only your feet, but your entire being.

🕒 50'

€ 90,00



Holistic massages

Holistic massages

“AROMATHERAPY”

The aromatherapy massage is an immersive experience that combines the power of essential oils with therapeutic touch. Each **fragrance** is carefully chosen based on the guest's emotional state, creating an environment of deep relaxation and invigoration. As tensions melt away, the senses awaken, bringing calm and harmony. It is an intimate journey to wellness, where every breath nourishes body and soul.

 50'

€ 80,00

“LOMI LOMI”

The Lomi Lomi massage is an enveloping experience that transports body and spirit on a journey of deep relaxation. **Originating from Hawaii**, this treatment uses flowing, harmonious movements, like the waves of the sea, to release tension and restore inner balance. Each touch is a gesture of love and care, nourishing not only the body but also the soul, inviting you to let go and rediscover your most authentic essence.

 50'

€ 80,00

“CALIFORNIAN”

The Californian massage is a sensory journey that envelops the body in a gentle embrace of relaxation and freedom. Characterised by wide, flowing movements, this treatment invites you to release tension and rediscover the **pleasure of contact**. Each touch is an invitation to let go, promoting a deep sense of well-being and inner connection. It is an experience that nourishes the soul, providing moments of pure serenity and joy.

 50'

€ 80,00



Holistic massages

Holistic massages

“CANDLE MASSAGE”

The candle massage is a unique sensory experience that combines the warmth and light of candles with the art of massage. The warm wax gently melts into the skin, enveloping the body in an **embrace of softness** and relaxation. Each application nourishes and moisturises, while the enveloping scent of the essences creates an atmosphere of peace. It is a journey of pure wellbeing, where every touch awakens the senses, inviting you to let go and bask in profound tranquillity and regeneration.

🕒 50'

€ 80,00

“GUASHA” | facial and body

The Gua Sha massage is a revitalising experience that combines tradition and well-being. Using a smooth stone, this technique glides gently over the skin, stimulating circulation and **releasing tension**. Each movement is a healing gesture that awakens vital energy, bringing a feeling of lightness and freshness. It is a journey of renewal, where the body is freed, the skin glows, and the soul is invigorated, giving a deep sense of harmony and inner beauty.

🕒 50'

€ 75,00

“KOBIDO”

Kobido massage is an **ancient Japanese art** that offers an experience of beauty and deep wellbeing. Through delicate, rhythmic movements, it stimulates circulation and tones facial muscles, visibly reducing tension and signs of stress. Each touch is an invitation to relax, while the skin glows and regains its elasticity. It is a journey of regeneration that nourishes not only the face, but also the soul, giving a deep sense of serenity and freshness.

🕒 50'

€ 80,00



Body Treatments

Body Treatments

“SILK LIGHT” | detoxifying

The body exfoliation treatment is an invigorating experience that frees the skin from dead cells, revealing a soft, glowing surface. Using natural scrubs, it stimulates circulation and promotes **cell renewal**. Each gesture is an embrace that purifies and nourishes, leaving the skin silky and fresh. Recommended for preparing the skin for sun exposure.

 50'

€ 65,00

“SEA ESSENCE” | purifying draining

This treatment, with a very high osmotic value, is a true concentrate of marine energy. Ultra-micronized powder of three seaweeds releases active ingredients upon application, combined with a concentrated **sea oak lotion** with strong draining properties and osmotic sea water powder rich in minerals and trace elements. Together, they create the perfect synergy for a powerful slimming, detoxifying and remineralising effect. The massage with the Lymph botanic cream, enriched with birch, horse chestnut and ivy, completes the treatment, providing immediate lightness!

 50'

€ 75,00

“SUBLIME SHAPE” | slimming and reducing

Bumps and localised fat will be just a memory thanks to the Sublime shape reshaping treatment. The detoxifying peeling with super-ventilated green clay purifies the skin, preparing it to absorb the creamy mud enriched with seaweed extract and organic essential oils such as lemon, orange, mint, thyme and juniper. During application, these oils work their magic, dissolving fat deposits and firming the skin. Immediately, the skin feels compact, oxygenated, and incredibly smooth. The treatment concludes with an anti-cellulite cream based on carnivorous plant for **assured reshaping** and a quick return to your ideal shape and beauty.

 50'

€ 75,00



Body Treatments

Body Treatments

“SCULPTURA” | firming

This splendid treatment draws on the ancient Greek technique of bandaging enhanced by a mix of essential oils of Mint, Lemon, Black Pepper, designed to stimulate collagen and elastin for **restoring the elasticity** and firmness of toned skin. A massage with the vitamin fluid, containing pomegranate seed extract and vitamins C, E, B5 completes the firming and toning action.

🕒 50'

€ 85,00

“CUPPING”

Cupping is an ancient practice that offers an experience of deep relaxation and **regeneration**. Using small cups that create a suction effect, this technique releases accumulated tension and stimulates circulation, promoting drainage. It is used to induce relaxation, stimulate meridians, and releasing energy flows throughout the body.

🕒 50'

€ 80,00

“MADERO THERAPY”

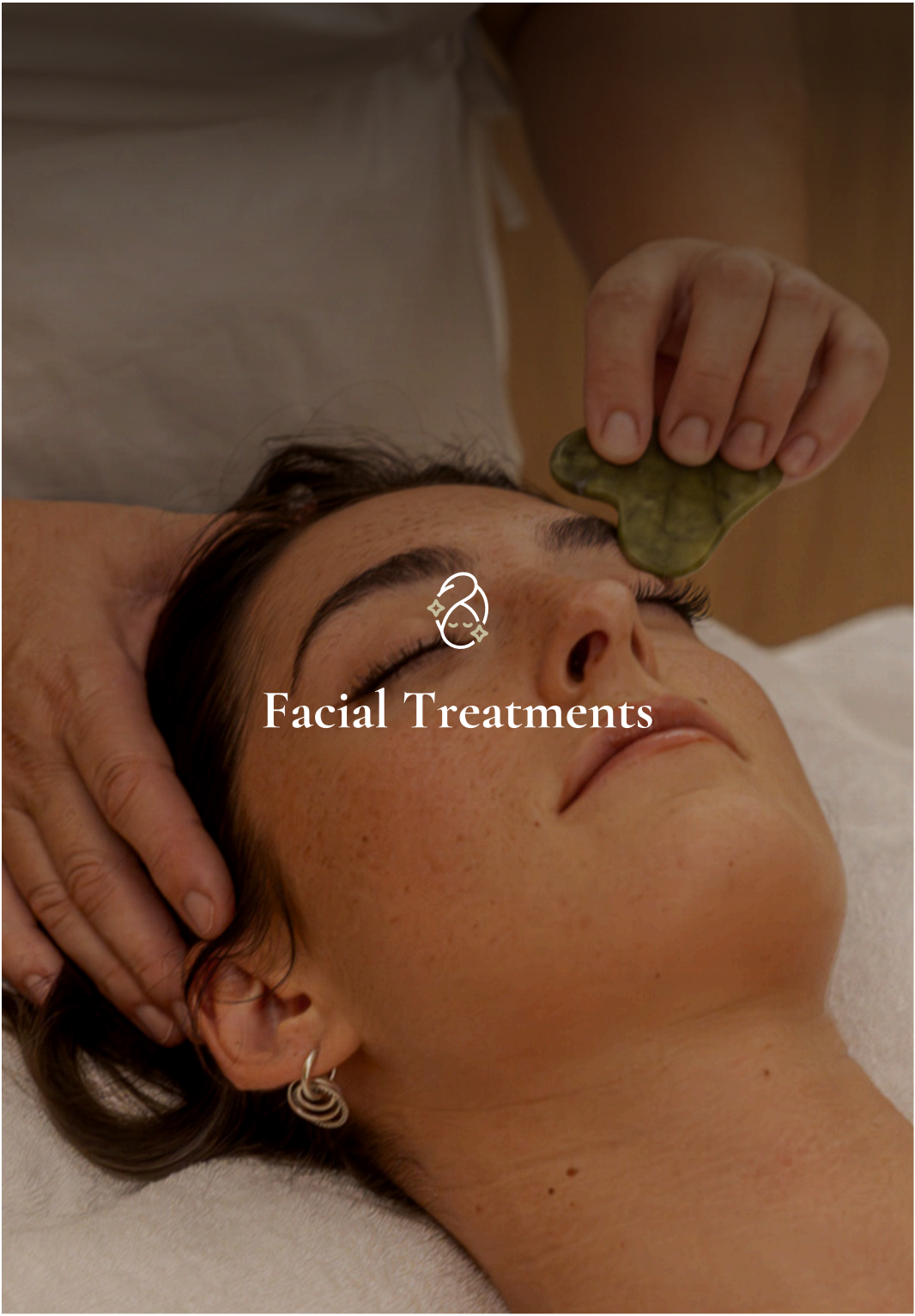
Madero therapy is a unique experience that uses wooden tools to sculpt and regenerate the body. Through fluid and targeted movements, this technique stimulates circulation and aids liquids drainage, providing a feeling of lightness and well-being. Every touch is an invitation to reconnect with your body, releasing tension and awakening vital energy. It is a **journey of healing** and transformation where wood becomes an ally for beauty and deep relaxation.

🕒 50'

€ 80,00



Facial Treatments



Facial Treatments

HYDRALUX | ALKEKENGİ and PRICKLY PEARS PADS

Particularly suitable for dehydrated and sensitive skin

The treatment offers high moisturising and protection for dry and sensitive skin, thanks to hyper-fermented ingredients that ensure a powerful moisturising and **soothing effect**. Bio fermented hyaluronic acid, ginger, frankincense and grape help rebalance the skin microbiota. Myrtle and Lentisk enhance the skin's barrier function. ALKEKENGİ reduces signs of inflammation, while PRICKLY PEARS PADS convey an excellent protective and antioxidant effect. The facial skin will appear smooth, uniform and velvety, with a compact luminous complexion.

 50'

€ 75,00

NATURAL BALANCE | BURDOCK and NASTURTIUM

Particularly suitable for impure and combination skin

Composed of a very rich blend of botanical extracts with purifying, mattifying and sebum-regulating functions, this treatment is indicated for impure, oily or mixed skin in need of an antiseptic, moisturising, rebalancing and healing action.

BURDOCK extract with **sebum-regulating**, soothing and protective properties, While NASTURTIUM, rich in vitamins, beta carotene and ascorbic acid with an antiseptic action, helps to make the skin radiant, refines the texture, and reduces imperfections.

 50'

€ 75,00

VITALAGE LIFT | DMAE and CREATINE

Particularly suitable for mature skin

It is the Pro-Age treatment par excellence to take years off your appearance, revealing a fresh, **youthful glow** with a more defined facial contour. Thanks to hyper fermented ingredients and a blend of cherry blossom extracts, saffron stigmas, ocean seaweed, virgin jojoba oil, acids, vitamins, DMAE and CREATINE, which stimulates the skin's cell metabolism, the oval of the face will appear reshaped, rejuvenated, with an even complexion and smoother, radiant skin.

 50'

€ 85,00



Facial Treatments

Facial Treatments

RADIANCE | RETINOL and OCEAN ALGA

Particularly suitable for blemished skin

A radiant and even complexion is the result of this splendid treatment that combats skin blemishes using phytic acid, a powerful chelating agent obtained from rice fermentation. This is enhanced by the regenerating, brightening and antioxidant properties of RETINOL, stimulating collagen and **elastin synthesis**. OCEANIC ALGA offers significant protection against free radicals and UVA and UVB radiation, as well as controlling melanin production for a profound anti-aging, brightening and whitening action, leaving the skin revitalised and glowing.

🕒 50'

€ 85,00

Beauty Services

SPA MANICURE

🕒 45'

€ 30,00

SPA PEDICURE

🕒 50'

€ 40,00

***HAIR REMOVAL SERVICE AVAILABLE ON REQUEST**

Information, appointments, contacts



FELIX SPA OPENING HOURS

Daily from 10 a.m. to 8 p.m.



SPA TREATMENTS OPENING HOURS

Daily from 16:00 to 20:00.



ETIQUETTE

In order to respect the privacy of our guests and to ensure an atmosphere of pure relaxation, the use of mobile phones is not permitted. A low tone of voice is kindly requested, and we remind you that smoking is prohibited in all SPA areas.



APPOINTMENTS

We are happy to book your treatment.

To make an appointment you can:

- Come to the hotel reception
- Send an e-mail to spafelixolbia@felixhotels.it
- Call T. 0789 19254

We advise guests to arrive 15 minutes before the start of the treatment so that they can fill out the privacy information form in complete relaxation. Please be advised that late arrivals will result in a reduction of treatment time.



CANCELLATION POLICY

Cancellation of any booking must be received no later than 24 hours before the scheduled treatment. In the event of non-communication, the full amount will be charged.

Information, appointments, contacts



CHILDREN

Access to the SPA is restricted to over 16s accompanied by their parents.



HEALTH

We kindly ask you to inform us of any health conditions, allergies or injuries which could affect your treatment.



VALUABLES

No liability is accepted for loss of valuables.

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