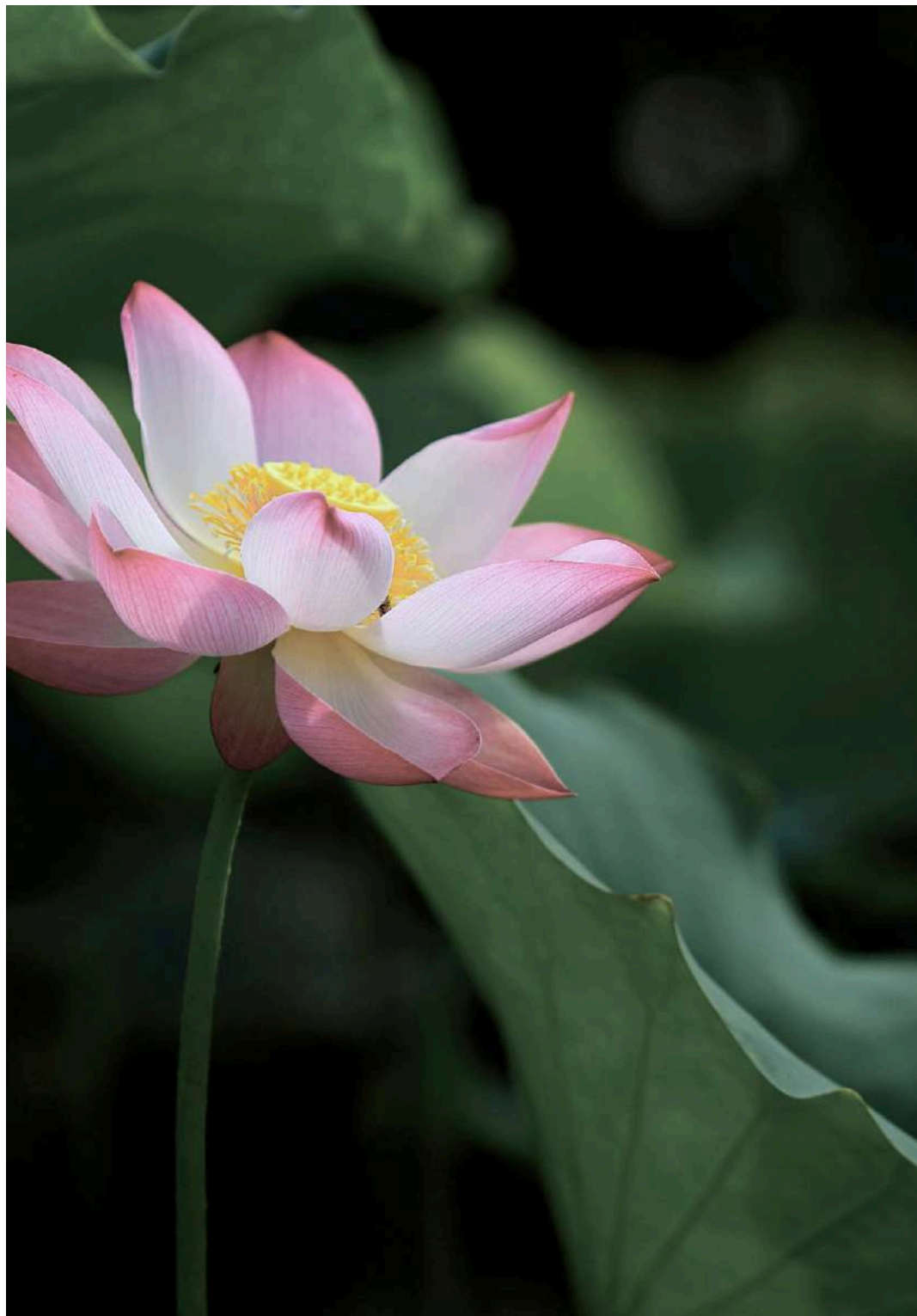


WELLNESS EXPERIENCE

Treatment Menu

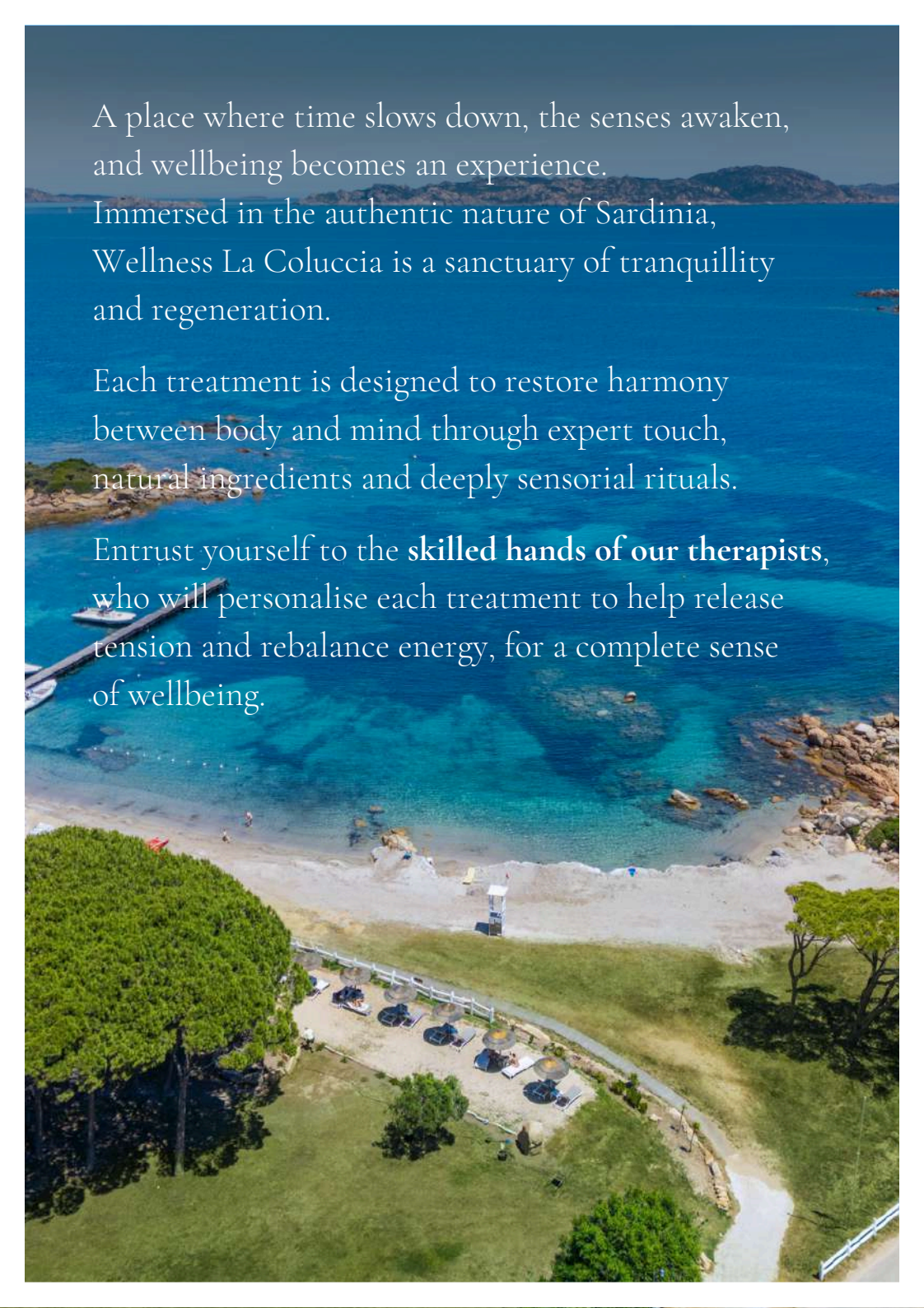
 **FELIX**
HOTELS

★★★★★
LA COLUCCIA
HOTEL - SANTA TERESA GALLURA





Welcome to **Wellness La Coluccia**
where every breath is a journey
to happiness and every gesture
is designed to rejuvenate body
and mind.

An aerial photograph of a coastal resort. The top half shows the clear, turquoise sea meeting a sandy beach. A small white lifeguard stand is visible on the beach. In the foreground, a green lawn is furnished with several lounge chairs and large, colorful umbrellas. A paved path runs along the edge of the lawn. The background features a range of low, rocky hills under a clear blue sky.

A place where time slows down, the senses awaken,
and wellbeing becomes an experience.

Immersed in the authentic nature of Sardinia,
Wellness La Coluccia is a sanctuary of tranquillity
and regeneration.

Each treatment is designed to restore harmony
between body and mind through expert touch,
natural ingredients and deeply sensorial rituals.

Entrust yourself to the **skilled hands of our therapists**,
who will personalise each treatment to help release
tension and rebalance energy, for a complete sense
of wellbeing.

All treatments and rituals are performed using products inspired by the biodiversity of the Italian landscape, with botanical extracts from biodynamic plants obtained through an innovative and technological hyperfermentation process.

The result is an exceptionally fresh product, AIAB certified and compliant with WVG (European Vegan Standard).



Felix Wellness Signature Ritual

“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'

€ 65,00 / € 110,00

Emotivi Wellness Ritual - Path of the senses

“ARMONIA” | soothing

🕒 80' € 145,00

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

🕒 80' € 145,00

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

🕒 80' € 145,00

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

🕒 80' € 145,00

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 smoothest 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.

“SEA ESSENCE” | purifying draining

🕒 80' € 160,00

A high-osmotic treatment, a true concentrate of the sea's energy. The powder of 3 ultra-micronized algae, the concentrated sea oak lotion with draining action, and the osmotic sea water powder, rich in minerals and trace elements, provide an **effective slimming**, detoxifying, and remineralizing effect.

The final massage with Linfobotanica cream, based on birch, horse chestnut, and ivy, leaves an immediate and pleasant sensation of lightness.



Targeted massages

These massages are designed to relieve muscle tension or localised pain: they focus on 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'

€ 65,00 / € 95,00

“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'

€ 75,00 / € 105,00

“LYMPHODRENANT”

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'

€ 150,00

“DECONTRACTING”

De-contracting massage aims to relax tense muscles and relieve contractures. Using deep and specific movements, it improves blood circulation, reduces pain and **restores mobility**. It is particularly effective for those suffering from stress, poor posture or intense physical activity.

🕒 25' / 50'

€ 75,00 / € 105,00



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**.

🕒 25' / 50'

€ 75,00 / € 105,00

“YOUR MESSAGE”

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.

🕒 25' / 50'

€ 75,00 / € 105,00



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 like an embrace, inviting deep relaxation and transforming the experience into a moment of regeneration and introspection.

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' € 110,00

“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

“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' € 110,00

“LIFTING FACIAL TREATMENT”

A treatment that combines science and the art of touch. Slow, precise and deep movements on areas of tension, alternating with rhythmic and enveloping techniques, help drain and redefine the facial contours, providing an **immediate lifting effect**.

🕒 50' € 90,00



Facial treatments

Facial treatments

HYDRALUX | ALKEKENGI 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. ALKEKENGI 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.

 60' € 105,00

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.

 60' € 105,00

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.

 80' € 125,00

DETOX | FACIAL LYMPHATIC DRAINAGE

Lymphatic drainage massage is a specific technique characterized by slow and gentle movements. It helps **eliminate toxins**, oxygenates the skin and improves its elasticity.

 50' € 80,00



Wellness packages

Time dedicated to wellbeing, to be enjoyed freely throughout your stay. Our Wellness Packages allow you to experience treatments and massages while creating your own personalised journey of relaxation during your stay at the hotel.

The hours are available for guests staying in the same room and can be shared among them.

Wellness packages

FELIX WELLNESS TIME

Time dedicated to wellbeing

An experience designed to offer moments of relaxation and regeneration, **combining treatments** and **massages** according to your personal needs. Ideal for those wishing to approach the SPA experience and enjoy a restorative break in total freedom.

🕒 4 hours

€ 380,00

FELIX WELLNESS JOURNEY

A complete path to regeneration

A deeper wellness experience that allows you to explore different treatments and enjoy a **fully immersive** and **restorative journey**.

Designed for those who wish to dedicate time to themselves, rediscovering balance, energy and harmony.

🕒 8 hours

€ 690,00

Beauty Service

MANICURE

🕒 50'

€ 45,00

PEDICURE

🕒 70'

€ 65,00

***HAIR REMOVAL SERVICE AVAILABLE ON REQUEST**

Information, appointments, contacts



TREATMENTS OPENING HOURS

Daily from 11:00 to 19:00.



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 Wellness 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 lacoluccia@felixhotels.it
- Call T. +39 0789 758006

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 4 hours before the scheduled treatment. In the event of non-communication, the full amount will be charged.

Information, appointments, contacts



CHILDREN

Access to Wellness La Coluccia 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.

Via Ulisse - Loc. Conca Verde
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LA COLUCCIA
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