



WELL-BEING, NATURE AND HOSPITALITY

Treatment Menu

 **FELIX**
HOTELS

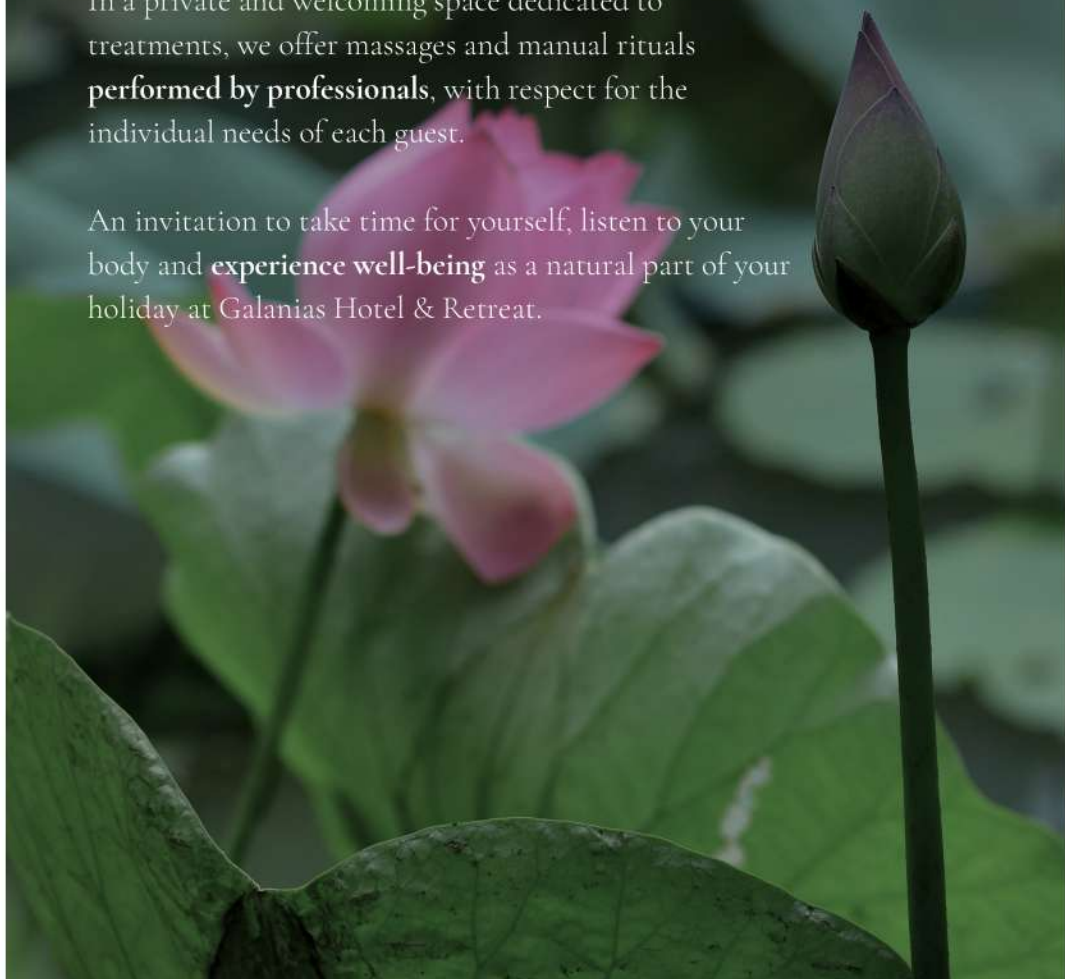
GALANIAS
HOTEL - BARI SARDO

At Galanias Hotel & Retreat, well-being is an integral part of the stay experience. The quietness of the place, the surrounding nature and the intimate atmosphere of the hotel invite guests to slow down, breathe and **find balance**.

Our Treatment Menu has been created to offer guests simple and authentic moments of care, designed to **relax the body**, lighten the mind and restore energy.

In a private and welcoming space dedicated to treatments, we offer massages and manual rituals **performed by professionals**, with respect for the individual needs of each guest.

An invitation to take time for yourself, listen to your body and **experience well-being** as a natural part of your holiday at Galanias Hotel & Retreat.





Welcome to well-being at Galanias
Hotel & Retreat, where every
breath reconnects with nature
and every gesture is designed
to rejuvenate body and mind.



Holistic massages

RELAXING AND REBALANCING

A selection of treatments designed to encourage relaxation, body awareness and inner balance.

Slow, enveloping and personalised movements accompany guests into a **deep well-being experience**, ideal for releasing tension and restoring calm, energy and lightness.

Holistic massages

“RELAX”

🕒 50' / 75' - € 70 / € 105

An ideal treatment for those who wish to enjoy a moment of deep relaxation. Gentle, slow and enveloping movements help relax body and mind, promoting a pleasant feeling of well-being and lightness.

“PSYCHOSOMATIC”

🕒 50' / 75' - € 70 / € 105

A holistic treatment designed to rebalance body, mind and emotions. Through personalised manual techniques, it helps release tension, restore energy and improve overall well-being.

“PERSONALISED” | antistress

🕒 50' / 75' - € 75 / € 110

A massage tailored to individual needs. It combines Eastern and Western techniques to encourage deep relaxation, inner calm and renewed energy. Ideal during periods of stress, anxiety or fatigue.

“FOCUSED MASSAGE” | personalized

🕒 30' - € 50

A treatment focused on specific areas of the body, such as the back, neck, arms, legs, head or face. Ideal for relaxing particularly tired or tense areas, using techniques selected according to individual needs.

“CALIFORNIAN” | emotional

🕒 50' / 75' - € 75 / € 110

An enveloping and relaxing massage, characterised by slow, fluid and deep movements. It promotes psychophysical well-being and helps restore balance, calm and lightness. Recommended in cases of stress, tiredness, insomnia or emotional tension.

“HAWAIIAN LOMI LOMI” | personalised

🕒 50' - € 75

A treatment inspired by Hawaiian tradition, with broad, rhythmic and enveloping movements. It helps relax the body, release tension and promote a feeling of harmony and deep well-being.

“AROMATHERAPY” | emotional with ess. oils

🕒 50' - € 75

A relaxing massage that combines the benefits of manual touch with the aromatic action of essential oils. The essences, carefully selected and blended, promote well-being, relaxation and emotional balance.

“FOOT REFLEXOLOGY”

🕒 30' - € 50

A manual foot treatment based on the stimulation of specific reflex areas. It helps encourage relaxation, general balance and a widespread feeling of well-being, especially during periods of stress.



Holistic massages and treatments

DRAINING, DETOXIFYING AND ANTI-CELLULITE

Treatments dedicated to body lightness, fluid drainage and improved skin tone. The different manual techniques help counteract swelling, water retention and a feeling of heaviness, promoting a reshaping, detoxifying and **regenerating effect.**

Holistic massages and treatments

“LYMPHATIC DRAINAGE” | detoxifying

A gentle and rhythmic massage that encourages the drainage of excess fluids and helps reduce swelling and water retention. Recommended to improve the feeling of lightness and overall well-being.

🕒 50'

€ 80

“HAEMOLYMPHATIC DRAINING MASSAGE” | personalised

A treatment that stimulates blood and lymphatic circulation, encouraging fluid drainage and tissue oxygenation. It helps counteract swelling, heaviness and water retention, with a toning and relaxing effect.

🕒 50' / 75'

€ 75 / € 110

“CONNECTIVE TISSUE MASSAGE” | detoxifying anti-cellulite

A deep massage that works on the connective tissue through pressure and traction movements. It promotes drainage, improves tissue oxygenation and helps counteract cellulite, stagnation and loss of skin tone.

🕒 50'

€ 75

“MADEROTHERAPY” | draining and reshaping

A treatment of South American origin that uses specific wooden tools together with manual techniques. It is recommended to counteract localised fat deposits, water retention and swelling, promoting a draining, reshaping and toning effect.

🕒 50'

€ 75



Face massages and treatments

TONING AND DRAINING

Rituals dedicated to the care of the face, neck and décolleté, designed to give the skin radiance, freshness and tone. Through natural and **delicate manual techniques**, the treatments help relax facial features, stimulate microcirculation and restore a more rested and **harmonious appearance**.

Face massages and treatments

“FACE AND DÉCOLLETÉ” | lifting effect

A natural manual treatment for the face, neck and décolleté. It helps tone the skin, making it smoother and brighter, reducing signs of tiredness and promoting a fresher, more rested appearance.

🕒 30'

€ 50

“GUA SHA” | anti-ageing face and décolleté

An ancient Eastern-inspired technique that uses stones and rollers to massage and drain the face and décolleté. It stimulates microcirculation, helps relax facial features and gives the skin a more toned, radiant and hydrated appearance.

🕒 30'

€ 50



Osteopathic assessment and treatments

Manual treatments aimed at the functional well-being of the body, preceded by a **careful individual assessment**. Osteopathic treatments help identify tension, stiffness and imbalances, encouraging mobility, posture, relaxation and a better awareness of one's body.

Osteopathic assessment and treatments

“TARGETED”

🕒 50' - € 85

The session includes an initial assessment and a targeted manual treatment. The aim is to identify any tension or dysfunction and promote better functional balance of the body, with particular attention to musculoskeletal well-being.

“CRANIOSACRAL”

🕒 50' - € 85

A gentle and non-invasive manual treatment based on light pressure and release techniques. It is recommended during periods of stress and tension, promoting deep relaxation, lightness and recovery of psychophysical energy.

“MYOFASCIAL FOR SPORTS PEOPLE”

🕒 50' - € 85

A treatment recommended for those who practise sports or physical activity. It works on tension, stiffness and painful points of the muscular and fascial system, helping to improve mobility, recovery and overall well-being.

“SOMATO-EMOTIONAL”

🕒 50' - € 85

A delicate manual treatment that works on body tension linked to stress, fatigue or emotional imbalance. It can help promote relaxation, overall well-being and a better perception of the body.

“FASCIAL”

🕒 50' - € 85

A treatment dedicated to the fascial system, the tissue that surrounds and connects the body's structures. Through specific manual techniques, it helps reduce stiffness and tension, improving mobility and comfort in movement.

“POSTURAL”

🕒 50' - € 85

A session designed to assess and improve postural balance. It combines osteopathic techniques and targeted exercises to reduce tension, stiffness and pain linked to incorrect posture or functional overload.



Recovery and decontracting massages and treatments

FOR THOSE WHO PRACTISE SPORT

A treatment recommended for those who practise physical activity or experience muscular tension and fatigue. The techniques used help release contractures, encourage recovery and restore a **pleasant feeling of lightness**, elasticity and well-being to the body.

Recovery and decontracting massages and treatments

“DECONTRACTING AND RECOVERY MASSAGE”

A massage recommended in cases of contractures, stiffness and muscular fatigue. It helps release tension, support recovery after physical activity and improve the feeling of lightness and well-being.

 50'

€ 80

Information, appointments and contacts



TREATMENTS OPENING HOURS

Treatments available every day, by appointment.



ETIQUETTE

Out of respect for the privacy of our guests and to guarantee an atmosphere of pure relaxation, the use of mobile phones is not allowed.



APPOINTMENTS

We will be happy to book your treatment.

To make an appointment, you can:

- Contact the hotel Reception
- Send an email to galanias@felixhotels.it
- Call T. +39 0782 29972

We recommend that guests arrive 15 minutes before the start of the treatment, so they can complete the privacy information form in a relaxed manner. In case of late arrival, the duration of the treatment will be reduced.



CANCELLATION POLICY

Any cancellation must be communicated at least 4 hours before the scheduled treatment. In case of no notification, the full amount will be charged.

Information, appointments and contacts



CHILDREN

Access is permitted to guests over 16 years of age, accompanied by their parents.



HEALTH

Some treatments may not be suitable in the presence of dermatitis, skin disorders, ongoing infections, circulatory problems, unstable heart conditions, pregnancy or recent aesthetic medicine treatments. We kindly ask guests to inform us of any health conditions, allergies or injuries that may affect the treatments.

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