

AQUA AND FITNESS FEES

Single Entry

❖ Fitness	€ 12,00
❖ Aqua	€ 30,00
❖ Fitness & Aqua	€ 38,00

Weekly

❖ Fitness	€ 35,00
❖ Aqua - 3 times a week -	€ 40,00
❖ Fitness & Aqua - 3 times a week	€ 65,00
❖ Fitness & Aqua - every day -	€ 80,00

Monthly

❖ Fitness	€ 48,00
❖ Aqua	€ 98,00
❖ Fitness & Aqua	€ 120,00

10 Entrances

❖ Fitness	€ 90,00
❖ Aqua	€ 150,00
❖ Fitness & Aqua	€ 180,00

BEAUTY TREATMENTS

Manicure with Nail Varnish	€ 20,00
French Manicure	€ 25,00
Aesthetic Pedicure	€ 20,00
Therapeutic Pedicure	€ 30,00
French Pedicure	€ 25,00
Nail Varnish Change	€ 10,00
Franch Nail Varnish Change	€ 15,00

EPILATION

Half Leg + Bikini	€ 25,00
Legs and Thighs	€ 20,00
Bikini	€ 15,00
Gluteus	€ 10,00
Full Leg (include armpits and upper lip)	€ 35,00
Back or Chest	€ 25,00
Armpits	€ 10,00
Arms	€ 15,00
Upper Lip	€ 5,00
Eyebrows Correction	€ 8,00



Tenuta Pilastru Resort
Strada Arzachena-Bassacutena KM 5,00
07021 Arzachena (OT)



In our Wellness Center you can experience moments of exclusive relaxation.

*An healthy and relaxing **Aqua Path** comprising Finnish Sauna, Turkish Bath with chromatic therapy, Frigidaire, Invigorating Shower, Jacuzzi and Swimming Pool.*

***The Fitness Area** is equipped with the latest Technogym equipments and located in an air-conditioned room overlooking the beautiful countryside.*

*Two **comfortable rooms** are dedicate to the aesthetic and wellbeing treatments.*

The treatment list has been conceived in a way that offers you a complete range of treatments, such as energizing and relaxing massages, remodeling and anti-age treatments.

*This wide variety includes exclusive products from the **Janssen Cosmeceutical Line**, personalized treatments with the help of **Radio Frequency** equipment and permanent depilation with **Pulced Light**.*

We offer advice and solutions tailored to your needs.

VISAGE TREATMENTS

FACIAL CLEANING

Cleaning, Scrub, Steaming and Facial Hydration

(60 minutes € 50,00)

FACIAL CLEANING with AMPOULE

After the facial cleaning, application of the phial to be chosen according to the skin typology and needs

(60 minutes € 55,00)

DRY SKIN

For dry skin, with Avocado oil, Vitamin C and Vitamin E .

It provides moisturised and healthy skin

(60 minutes € 50,00)

FAIR SKIN

For skin with blemishes, con Mannitol, Mulberry Extract, Walteria Indicates and Ferulic Acid.

It eliminates the blemishes caused by sun and acne

(60 minutes € 50,00)

ALL SKIN

For all skin types, with Vitamin E, A e C

(60 minutes € 50,00)

SKIN REGENERATION

For mature skins, with Collagen and Caviar.

Smooths out wrinkles, provides elasticity to the skin.

Suitable for women and men over 30 years hold.

- A 3 sessions cycle is recommended for best results

(70 minutes € 70,00)

BODY TREATMENTS

ANTI-CELLULITE

A slimming and firming treatment to combat skin flaws caused by localized fatty deposits. After the initial massage, the treatment is carried out with dressings of Seaweed or Mud

(60 minutes € 65,00)

RITO HAMMAM

Delicate Moroccan Black Soap scrub followed by a massage with Argon Oil Candle, nourishing, firming and moisturizing

(60 minutes € 65,00)

GOMMAGE & WINDINGS

❖ *Himalayan Salt*

Antioxidant treatment that brings together the benefits of Himalayan Salt, of Cocoa Butter and of Herbs allowing it to drain and eliminate toxins

(70 minutes € 65,00)

❖ *Peeling Green Tea*

A draining and anti-ageing treatment suitable for all skin types

(45 minutes € 60,00)

❖ *Peeling Red Fruits*

Moistening and soothing for sensitive, reddened and irritated skin

(45 minutes € 60,00)

❖ *Peeling Citrus*

Relaxing and anti-stress treatment. The fresh citrus scent acts on receptor of adrenaline. Suitable of all skin types

(45 minutes € 60,00)

MASSAGE THERAPY

AROMA STONE MASSAGE

Ancient Oriental Rite which uses the thermotherapy of volcanic rocks acting on the blood circulation and lymph systems

(90 minutes € 80,00)

LIMPHATIC DRAINAGE MASSAGE

Ideal in all cases of lymphatic stagnation, water retention and/or swelling

(90 minutes € 80,00)

CALIFORNIAN MASSAGE

Deep and curative is characterized by slow and continuous movements that relieves muscular tension

(70 minutes € 70,00)

RELAXING MASSAGE

A gentle and relaxing massage to find the right balance between body and mind

(60 minutes € 50,00)

DEEP TISSUE MASSAGE

Through deep pressure on thigh and constricted areas this massage helps reduce muscular tension

(60 minutes € 55,00)

DRAINING MASSAGE

Light and specific manipulation to deeply stimulate the microcirculation

(60 minutes € 50,00)

PERSONALIZED MASSAGE

Ideale for all those with specific needs which require treatments on specific body areas

(60 minutes € 60,00)

