

## MASSAGES

<b>Full back massage</b>	○ Treatment time 30'	€ 60
Special back massage. Lengthens the muscles and spine. Eases paravertebral tension and tightness. Suitable for people who suffer from aching muscles, improves posture.		
<b>Deep stress relief</b>	○ Treatment time 30'	€ 60
Full body massage. Surface and deep tissue massage promotes oxygenation and tissue tropism. Performed using deep, slow movements	○ Treatment time 50'	€ 90
<b>Lymphatic massage</b>	○ Treatment time 50'	€ 90
Massage to drain excess fluid, focussing in particular on the lower limbs. The massage uses light, rhythmic movements following the direction of the lymphatic pathways. Particularly good for those who suffer from lymphatic edemas.		
<b>Draining massage</b>	○ Treatment time 50'	€ 90
Draining massage which works on both the lymphatic and blood flow systems. Pressure created through the fingertips stimulates blood circulation, while pressure from the palm of the hand stimulates lymphatic circulation.		
<b>Sports massage</b>	○ Treatment time 50'	€ 90
Energetic, deep massage for muscles. Concentrates on the areas that work hardest during sporting activities. When carried out before training the muscle becomes more receptive to stimulation and increases productivity; may be used to treat muscle fatigue after training.		
<b>Anti-cellulite massage</b>	○ Treatment time 50'	€ 90
Massage focussing on areas with localised fat deposits. Characterised by kneading and drainage techniques. Also acts on blood circulation by restoring proper cellular metabolism.		
<b>Toning massage</b>	○ Treatment time 50'	€ 90
Massage focussing on areas between the subcutaneous tissues that lose tone and firmness over time. Characterised by fast, energetic movements, this massage stimulates circulation, facilitates the absorption of essential oils, and tones the underlying tissues.		
<b>Maternity Massage</b>	○ Formula durata 50'	€ 90
Developed for expectant mothers to relieve the stresses of pregnancy. A quick way to well-being and lightness for feet and legs, using massage techniques and specific products to gently create firmness and elasticity.		
<b>Honey scrub</b>	○ Treatment time 50'	€ 90
Treatment for glowing skin thanks to an attentive and complete full body exfoliation using a mixture of salt and honey, nourishing oils and aromas.		

### The Abi Spa experience includes:

- Finnish Sauna
- Turkish Bath
- Sensorial Showers
- Ice waterfall
- Heated outdoor pool
- Heated jacuzzi
- Tea room
- Indoor relaxation area with Himalayan salt wall
- Outdoor relaxation area, with view over gardens and outdoor swimming pool

### Open to adults only

Wellness experience - Abi Spa - 2 hours - €40.00

## SPA EXPERIENCE

### BODY TREATMENTS

<b>Abi Ritual</b>	○ Treatment time 75'	€ 140
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<p>Allow the true essence of Sardinia to envelop you from head to toe, intoxicating you with the alluring fragrance of the island. Golden Sardinian honey and essential oils of rosemary, myrtle, thyme, helichrysum and rockrose combined with balancing massage techniques soften and reinvigorate the body.</p>		
<b>Mediterranean Ritual</b>	○ Treatment time 50'	€ 100
<p>Inspired by the warm and vibrant soul of the Mediterranean. Powerful draining action thanks to enveloping and toning techniques.</p>	○ Treatment time 75'	€ 130
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<b>Tranquillity Ritual</b>	○ Treatment time 50'	€ 100
<p>Ritual aimed at promoting complete relaxation and psychophysical rebalancing thanks to a slow and deep enveloping technique.</p>	○ Treatment time 75'	€ 130
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<b>Salt Massage Ritual</b>	○ Treatment time 50'	€ 110
<p>A unique and exciting ancient ritual which harnesses the power of basalt stones to induce a profound balance between body and mind.</p>	○ Treatment time 75'	€ 140
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<b>Hot Stone Ritual</b>	○ Treatment time 50'	€ 110
<p>The aroma of essential oils combined with the heat of volcanic stones and balancing massage techniques creates a sensation of wellbeing and relaxation.</p>	○ Treatment time 75'	€ 140
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<b>Sleep ritual</b>	○ Treatment time 60'	€ 130
<p>Ritual using the power of three different senses - touch, hearing and scent - to rediscover the pleasure of sleep and deep relaxation. Using a delicate blend of essential oils and techniques inspired by Ayurvedic massage and Sea Malay Indonesian massage, creates a sensation of relaxation and tranquillity for body and mind.</p>		



**Abi d'Oru**

SARDINIAN BEACH HOTEL & SPA  
PORTO ROTONDO  
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## FACE TREATMENTS

**Abi Face** ○ Treatment time 60' € 100

Treat your skin to all the richness of Sardinia with this personalised facial treatment. A double concentrate of Cannonau grapes combined with extract of prickly pear flower and also featuring unique red coral dust from the Mediterranean Sea. Creating a powerful synergy to leave your skin more compact, light and with the appearance of wrinkles visibly reduced.

**Hydramemory** ○ Express Treatment time 30' € 60

Deep moisturising treatment with hyaluronic acid, prevents the signs of premature aging and leaves skin visibly bright and smooth.

○ Full Treatment time 60' € 100

**Sublime Skin Lift** ○ Full Treatment time 60' € 120

A unique combination of Archilift Technology complex, a comforting peel-off mask and Active Lift Massage redesigns the skin on the face, neck and décolleté. Counteracts wrinkles and signs of aging, increasing tone and firmness.

**Sublime Skin Eye Patch** ○ Express Treatment time 30' € 30

Innovative hydrogel mask enriched with peptide - provides instant cosmetic action for tired eyes, wrinkles, puffiness and dark circles. Gives eyes a new-found radiance and firmness.

## BEAUTY SERVICE

Cleansing facial 75' € 90

Manicure € 40

Pedicure € 55

Polish change € 20

Full hair removal € 60

Partial hair removal € 35

Hair removal - small areas € 10/15

## PARRUCCHIERE / HAIR SALON

Blow-dry - short hair € 40

Blow-dry - long hair € 45

Women's cut € 40

Men's cut € 35

Other services on request, please contact us at: 300 or by email at: [spa@hotelabidoru.it](mailto:spa@hotelabidoru.it).