

PUBLIC RATES from 01/11/2009 to 31/10/2010

HUMID CARES

	€	TND	Duration
Massage under slope shower	34 €	60 TND	30 mn
Bubbling bath	23 €	40 TND	20 mn
Thalaxion	28 €	50 TND	25 mn
Hose massage	25 €	45 TND	15 mn
Hot sea water rain shower with hydro massage	31 €	55 TND	25 mn
Hot sea water rain shower with legs hydro drainage	31 €	55 TND	25 mn
Marine relaxation with 4 hands under hot sea water rain shower	45 €	80 TND	25 mn
Marine mud therapy (concentrated on the joints)	25 €	45 TND	25 mn
Hydro massage in bath tub	28 €	50 TND	25 mn
Aquamassage	28 €	50 TND	20 mn
Algotherapy	28 €	50 TND	25 mn
Chromotherm	28 €	50 TND	25 mn
Hammam & scrubbing with black soap	23 €	40 TND	30 mn
Gahssoul or seaweed supplement	12 €	20 TND	20 mn
Moroccan massage with black soap	28 €	50 TND	30 mn
Cavitosonic	17 €	30 TND	25 mn
Aquatonic circuit (swimming pool)	12 €	20 TND	30 mn

DRY CARES

Relaxing massage	31 €	55 TND	30 mn
This therapeutic massage will relieve an occasional problem and provide a feeling of relaxation and well being.			
Special back massage	28 €	50 TND	25 mn
Calming massage	37 €	65 TND	40 mn
Anti-cellulite massage	39 €	70 TND	40 mn
Massage à la rose	50 €	90 TND	60 mn
Full body massage made with slow and precise gestures in order to obtain relaxation and relieving for a physical fast recovery			
Hot stone massage	59 €	105 TND	60 mn
This massage helps to decrease the stress and to restart blood circulation			
Hot stone back massage	34 €	60 TND	30 mn
4-hand ayurvedic massage	62 €	110 TND	60 mn
If you think that a 2-hand massage is wonderful, wait until you have experienced a 4-hand massage!			
Shirodhara massage	48 €	85 TND	40 mn
Traditional medicine of India, this care gets a state of relieving and relaxation by a dynamic action on the frontal area and a massage of the scalp			
Indian massage	50 €	90 TND	60 mn
It is a massage that improves the body energy balance by practicing the body, hands, elbows, forearm pressing and finally the sole massage.			
Plantar energetic reflexology	34 €	60 TND	30 mn
A manual therapy on foot reflex zones. It balances the tensions, revitalizes the weak functions and exercises a preventive and remedial action			
Global energetic reflexology	53 €	95 TND	50 mn
Can be used against the stress, insomnia, migraines, neuralgias, muscular or articular pains (cramps, stiff neck,...)			
Shiatsu	50 €	90 TND	60 mn
It is the technique of finger pressure. The Shiatsu is based on the meridian theory (energy channels) and the pressure points, similar to those of acupuncture.			

"ALHAMBRA" baby massage as from 03 months	20 €	35 TND	
" ALHAMBRA" child massage	23 €	40 TND	20 mn
"ALHAMBRA" massage	50 €	90 TND	50 mn
It is a massage combining movements of the hands, fingertips, forearms and elbows.			
Legs lymphatic drainage	31 €	55 TND	30 mn
It is a massage technique that drains the stagnating fluid in order to maintain the hydric balance of the interstitial spaces. Thus it removes the toxins and waste deriving from the cells metabolism and is based on two processes: retention and disposal.			
Full lymphatic drainage	48 €	85 TND	50 mn
Facial lymphatic drainage	25 €	45 TND	20 mn
The 3-flavour care	59 €	105 TND	60 mn
A pure moment of relaxation! First you will get a body scrubbing in the hammam and then you will have a massage under hot sea water rain shower with essential oils			

AESTHETIC CARES

	1 Session		3 Sessions		
	€	TND	€	TND	Duration
Facial treatments					
Full facial	37 €	65 TND	95 €	170 TND	50 mn
Facial relaxing massage	25 €	44 TND			30 mn
Regenerating facial care	45 €	80 TND			60 mn
Revitalizing eyes contour	27 €	48 DTND			30 mn
Beauty mask	19 €	33 TND			
Skin cleaning	19 €	33 TND	49 €	87 TND	45 mn
Body treatments					
Pressotherapy	34 €	60 TND			25 mn
Frigitherapy	25 €	45 TND			25 mn
Legs cryogenic wrapping	31 €	55 TND			25 mn
Prelude beauty care	52 €	93 TND			60 mn
Complete body scrubbing	34 €	60 TND			30 mn
Back scrubbing	25 €	44 TND			15 mn
Thermo drain thinness care	29 €	51 TND	75 €	135 TND	45 mn
Back care	19 €	34 TND			30 mn
Skin tonic	39 €	70 TND			30 mn
Depilations					
1/2 legs	10 €	17 TND			
Complete legs	14 €	24 TND			
Bikini depilation	7 €	12 TND			
Fashion bikini depilation	10 €	17 TND			
Complete bikini depilation	19 €	34 TND			
Arm pits	7 €	12 TND			
Arms	10 €	17 TND			
Lips	5 €	9 TND			
Eyebrows	5 €	9 TND			
Full facial	15 €	26 TND			
Back	14 €	24 TND			
Beauty cares					
Hands	20 €	35 TND			45 mn
Feet	23 €	40 TND			45 mn
French manicure	12 €	20 TND			
Varnish	6 €	10 TND			

TREATMENTS

Treatments (4 cares / day)	Treatment composition	4 days	6 days	9 days
RELAXATION & VITALITY	Massage under hot sea water rain shower or hose massage Warm seaweed or marine mud paste wrap Hydromassage in bath tub Relaxing Massage	671 TND 373 €	973 TND 541 €	1 407 TND 782 €
ANTI-STRESS	3 Massages under hot sea water rain shower 2 Shirodhara massages	777 TND 432 €	1 125 TND 625 €	1 629 TND 905 €
GLAMOUR & SEDUCTION	3 Facial cares 2 Body cares	870 TND 484 €	1 261 TND 701 €	1 828 TND 1 016 €
SPECIAL BACK TREATMENT	Thalaxion Special Back Massage Hot stone back massage Re-education with a therapist in the pool	870 TND 484 €	1 261 TND 701 €	1 828 TND 1 016 €
HEAVY LEGS TREATMENT	Thalaxion Cryotherapy and frigitotherapy Pressotherapy Legs drainage	870 TND 484 €	1 261 TND 701 €	1 828 TND 1 016 €
POSTNATAL (from 3-months-old baby)	Lymphatic drainage Massage under hot sea water rain shower with hydrodrainage Hydromassage with the baby Baby initiation massage Aquagym	870 TND 484 €	1 261 TND 701 €	1 828 TND 1 016 €
ARTHRO-RHEUMATIC	Hydromassage in bath tub Warm seaweed or marine mud paste wrap Electrotherapy Mint oil massage	870 TND 484 €	1 261 TND 701 €	1 828 TND 1 016 €
SLIMNESS	3 Skintonic cares 2 Anti cellulite massages	885 TND 492 €	1 285 TND 714 €	1 861 TND 1 034 €
EVASION	1 Facial massage 1 Back scrubbing 1 Plantar reflexology 1 Hot stone massage	885 TND 492 €	1 285 TND 714 €	1 861 TND 1 034 €

	03 days / 03 cares : 570 TND / 316 €
ALHAMBRA	1st day Hammam & scrubbing with exfoliating glove Massage in the hammam with tfal ALHAMBRA massage 2nd day Flower bath with essential oils and flower petals Micro- explosive seaweed wrap ALHAMBRA massage 3rd day Massage under hot sea water rain shower Wax epilation for women and back care for men

N.B : Free and compulsory medical visit

HALF DAY THALASSO EXPERIENCE

Composition		
Mini pamper day experience	1 bio-marine circuit Warm seaweed or marine mud paste wrap Massage under hot sea water rain shower 1 Relaxing massage	163 TND 92 €
Pamper day massage experience	1 Aquamassage 1 Massage under hot sea water rain shower Warm seaweed paste wrap 1 Relaxing massage	163 TND 92 €
Pamper day beauty experience	1 Skin cleaning or facial massage 1 Beauty mask Warm seaweed paste wrap 1 Relaxing massage	163 TND 92 €
Deluxe pamper day massage experience	1 Hot stone or shirodhara massage 1 Relaxing massage (40 ') or facial massage Body scrubbing or 1 plantar reflexology Massage under hot sea water rain shower (30 ')	276 TND 156 €
Deluxe pamper day beauty experience	1 Body scrubbing Regenerating facial care Warm seaweed paste wrap or one hydromassage in bath tub 1 Reflexology or relaxing massage	216 TND 122 €

The treatments & the half day thalasso experience afford free access to the « FORME MARIN SPACE» including the relaxation area with water mattress, cavitasonic, cardio room, gym tonic, step, yoga, hammam, sauna, aerobic & herbal tea room.

V.I.P CENTRES

VIP CENTRE « OASIS DE LA MER » 1/2 DAY 05 CARES

PRICE 01 PAX = 200 € - 359 TND 02 PAX = 334 € - 600 TND

MASSAGE UNDER HOT SEA WATER RAIN SHOWER
 HOSE MASSAGE
 HYDROMASSAGE IN BATHTUB
 ALGOTHERAPY IN CHROMOTHERM
 RELAXING MASSAGE
 PRIVATE HAMMAM
 RELAXATION AREA
 DRINKS

VIP CENTRE « ILE DU SOLEIL » 1/2 DAY 04 CARES

PRICE 01 PAX = 182 € - 326 TND 02 PAX = 299 € - 538 TND

MASSAGE UNDER HOT SEA WATER RAIN SHOWER
 HOSE MASSAGE
 THALAXION
 RELAXING MASSAGE
 PRIVATE HAMMAM
 SOLARIUM
 RELAXATION AREA
 DRINKS

N.B: Bookings for the V.I.P Centres should be done at least one week prior to arrival.