



TALASSO Experience

TREATMENTS LIST

tombolotalasso.it



TREATMENTS INDEX

Talasso SPA	PAG. 4	Day SPA	PAG. 11
Talasso path	PAG. 4	SPA for children	PAG. 11
Seawater treatments	PAG. 5	Talasso for man	PAG. 11
Talasso experience	PAG. 7	Our packages	PAG. 12
Thalion treatments	PAG. 8	Membership subscription	PAG. 12
Salin de Biosel treatments	PAG. 9	Special events	PAG. 13
Maria Galland treatments	PAG. 9	Policy	PAG. 14
Massages	PAG. 10		



TOMBOLO

TALASSO & BEACH RESORT

Our Talasso SPA is a real SPA - “Salus per Aquam” - Wellness through water since the Ancient Romans.

Seawater is our amazing resource, the crystal clear waters and the completely untouched coastline of our Tuscan Area, awarded with the Blue Flag since many years, contributed to the idea of creating a SPA Centre that could take advantages of this precious resource to provide wellness. Pools, baths and showers are powered by seawater which is collected at 900 meters from the shorelines with modern methodologies that guarantee locally sourced purity.

Spa Talasso & Talassotherapy

TALASSO THERAPY: a unique experience of relax and fusion with the sea and its richness. An ancient and effective method of relaxation and care that uses the combined and synergistic action of all marine resources.

Water, with its multiplicity of mineral salts and trace elements, is an essential tool for the human body. It also has a revitalizing, detergent and antibacterial action.

Sea environment, overflowing with negative ions, causes positive reactions on metabolism and breathing, due to its anti-stress effects.

Algae, are recommended both for moisturizing and remineralizing the skin and for reducing adiposity as well as for reducing inflammation. They also have anti-aging properties.

Sea mud or loam, which is the concentration of marine flora and fauna residues, are employed at different temperatures on joints and muscle groups.

An adequately prepared thermal bath allows and facilitates the osmotic exchange between the sea environment and the human body.

Seawater elements are filtered through the skin and first reach the derma and then are absorbed by blood vessels with a great therapeutic effect. They also increase muscle tone, post traumatic rehabilitation and deep remineralization.

Talasso path inside the caves

(1) The large tub 32°

It is designed to give energy to the muscle thanks to the sea water, and it is ideal as a preparation for the SPA path.

(2) The Kneipp path 18°/32° Walking slowly with several water jets at different temperatures has an invigorating and charming effect.

(3) Whirlpool tub 32°

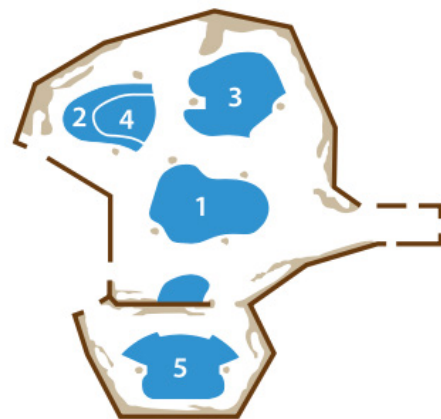
With its multiple water jets, it favors blood and lymphatic circulation with an invigorating effect.

(4) Upstream tub 33°

It is possible to walk or swim upstream thanks to its jet of water present on one side of the tub.

(5) Multi-sensory tub 35°

The path ends with the final pampering. Let yourself float in this small cave. You can relax by listening underwater background music.



Five seawater pools heated at different temperatures and distributed within the evocative frame of the caves, embellished by the colors of chromo-therapy, which stimulates natural self-healing processes. Through the natural removal of toxins, mobilized by the active ingredients of the products, cleans and protects the whole organism.

Talasso path IN THE CAVES

FRIDAY, SATURDAY AND SUNDAY

Adults	€ 70,00
Children 3-12 years (09:00 to 11:00 am)	€ 35,00

MONDAY - THURSDAY

Adults	€ 55,00
Children 3-12 years (09:00 to 11:00 am)	€ 28,00

At the end of the path the finnish sauna, steam room and relaxation area will be at your complete disposal for 60 minutes.



SEAWATER TREATMENTS

Seawater

Thalasso Aerosol

Made with vaporized marine water that frees the respiratory tract through the nebulization of the sea trace elements. Particularly suitable for chronic inflammation of the respiratory tract and for allergic diseases.

10 MIN. | € 10,00

Jet Shower

A strong seawater jet that massages the whole body, toning up the muscle and stimulating the lymphatic system, reducing fluid stagnation.

10 MIN. | € 15,00

Seawater shower

A thin rain of warm sea water, to tone and reactivate the microcirculation.

15 MIN. | € 25,00

KM 0 seaweed bath

Hot sea water mixed with our seaweed at zero kilometer reactivates circulation, reduces the swelling of the lower limbs and stimulates the elimination of lactic acid in the muscles.

25 MIN. | € 35,00

Seawater massages

Bath with underwater jet shower

Thalassotherapy treatment that stimulates the lymphatic system and loosens muscle tension. The customer, relaxed inside the heated water tank, is massaged with a delicate but effective jet of water.

20 MIN. | € 40,00

Sea water shower massage

Therapeutic multisensory treatment where the effectiveness of the massages is associated with the benefits of marine trace elements that are absorbed through the skin and breathing.

25 MIN. | € 45,00

Seawater treatments

Body peeling with with sea salt

The hugging embrace of the “Cloud” massage bed or the chromatic warmth of the “Venus” massage bed allow greater absorption of the active substances.

25 MIN. | € 52,00

Body peeling with hydratation

50 MIN. | € 85,00

Exfoliation under the sea rain

Under a thin rain of warm sea water your body is massaged with a mix of salt and oils of different gradients and active, selected according to your needs, in order to provide a deep, soft, and hydrated skin.

45 MIN. | € 85,00

Spa Gym

Acquagym

Aerobic gymnastics performed at our pool which, taking advantages of water resistance, invigorates the body muscles.

25 MIN. | € 45,00

Personal training

Total body work-out which enables you to move properly in the surrounding space.

25/50 MIN. | € 45,00/90,00

Hydrokinesi therapy (upon request)

Treatment based on water movements which, by exploiting the decongestant properties of sea water, develops fluidity in your body movements.

50 MIN. | € 90,00

Seawater packs*

Thalasso-therapeutic treatments that exploit the multy beneficial properties of seaweeds.

*Body Packs may be carried out on “Venus” or “Nuvola” -massage-bed, Water jet bed or , upon request, combining different types of seaweeds.

Personalized seaweed wrap

25/50 MIN. | € 45,00/80,00

Triple seaweed wrap with hydratation

50 MIN. | € 85,00





TALASSO EXPERIENCE

Seaenergy

A facial and body treatment with the precious sea elements. A total wellness and perfect beauty for an immediate effect. Treat yourself with these subtle and natural fragrances. Relax and unwind with a soothing massage! This new Thalion Treatment has been designed exclusively for our Tombolo Talasso Resort.

50/80 MIN. | € 95,00/135,00

Tombolo seaweed ritual

A regeneration itinerary with the use of our vibrating platform that helps enhancing blood circulation. Our whirlpool tub is enriched by local seaweeds which, through the osmosis process, stimulates skin perspiration under water. A mask with local algae will enhance the whirlpool efficiency. This treatment also includes a localized massage.

80 MIN. | € 130,00

AQUA Experience®

Individual oil treatment carried out by our masseuse at our "Multi-sensory Pool". Through gentle movements, light touches, she induces a sense of deep relaxation, giving your body a new opening of the spirit by setting it free. It relieves stress, anxiety and tension.

25/60 MIN. | € 65,00/110,00

Thalisens ritual NEW

An enveloping body ritual for those who need to stop and take a break. It uses Thalisens formulas from the 100% natural marine heart to moisturise, rebuild, rebalance and sublimate the skin. The ritual begins with the "Exfoliant Divin" to continue with an enveloping "Volupté de Mers" massage and finish with the application of "Emulsion Exquise". A pampering that will leave your skin moisturised and velvety.

80 MIN. | € 140,00

Beauty from the heart of algae

It's in Brittany, in the Iroise sea that experts from Thalion laboratories carefully select the best algae, preserving the qualities native to these precious plants by returning them in new formulas, true elixirs of beauty and well-being.

Face

Express facial treatment

Treatment with peeling and a moisturizing mask or massage to give relief and new energy to the skin.

25 MIN. | € 50,00

Facial cleansing

Complete facial cleansing treatment with removal or squeezing of comedones, purifying mask and soothing hydration.

50 MIN. | € 80,00

Antiage facial treatment

The power of algae to give immediate shine to the face. Hyalurinic Acid to smooth wrinkles and active ingredients to counteract skin relaxation.

50 MIN. | € 95,00

Body

Thalion Minceur Express

Innovative pearls roll and melt on the skin to offer their precious content to the belly and thighs, for a silhouette visibly sculpted from the first session.

25 MIN. | € 50,00

Thali Svelt

Localized treatment with reducing, slimming or firming effect through a targeted scrub, followed by a specific massage according to your needs.

50 MIN. | € 95,00

Mineralisation express

Exfoliating and remineralizing treatment by using products with a high concentration of marine magnesium.

25 MIN. | € 50,00

Mineral booster facial treatment

Complete treatment with marine minerals to uniform and brighten the face. It gives new energy and intense hydration through the integration of minerals and trace elements.

50 MIN. | € 95,00

Thaliwhite

High performance treatment with a triple objective: global and focused lightening action on the signs of the pigmentation, anti-aging effect.

50 MIN. | € 95,00

Ocean Secrets

At the heart of this treatment, an exclusive massage sculpts the contours of the face and stretches out the features.

A real manual lift that combines deep massages and relaxing technical movements to reshape the architecture natural skin. The face is sculpted, the complexion is bright and smooth.

80 MIN. | € 145,00

Mineral booster

Treatment and massage "super recharge" for immediate well-being. Rich in magnesium responsible for more than 300 processes in our body every day.

50 MIN. | € 95,00

Mineralisation Intense

Complete ritual to remineralize, relax and rebalance the imbalances due to stress, disease and frantic rhythms. Absorption by the transdermal route allows direct and complete passage of magnesium and avoids the dispersion of the administered dose.

80 MIN. | € 145,00



SALIN de BIOSEL

New Rules of Beauty

Clean cosmetic products for healthy skin

Pioneers in the world of Western cosmetics of the energy concept, proposes a formula BIOSEQUENTIELLE equipped with an Yin or Yang identity for each product. Biosel products intervene on the skin blemish but also within the energy imbalance that has always generated it.

Face

Biosel luminans

Wonderful treatment, reduces redness and hypersensitivity, moisturizes and repairs alterations of the surface layers of the skin, restores a uniform complexion to the face, protects against harmful rays of the sun.

50 MIN. | € 85,00

Pure eco biosel

Energy function to clean, rebalance and strengthen the skin ecosystem. Products composed of natural active

ingredients, extracts of flowers, leaves, barks, precious trace elements, pure salts of the Dead Sea, hyaluronic acid for a pure, healthy and perfect skin.

50 MIN. | € 90,00

Body

Biosel flat belly

Energy contrast treatment applied with slow and deep Yin massage of the belly going to stimulate tensions intestinal and attenuating the feeling of swelling. An application of Yang draining plant extracts vitalizes and refines the line.

50 MIN. | € 95,00

Biosel legs & buttocks

Yin crio energy treatment, effective against the relaxation of the tissues located inside the thigh and buttocks. Action massage and bandage impregnated with plants Yin dynamizes the energy potential, for a firming result visible to long life. For tapered legs and buttocks with a harmonious profile.

80 MIN. | € 135,00



The energies of the beauté

Created by a fantastic woman 50 years ago, Maria Galland Paris sets new standards of beauty every day. The brand, has always guaranteed the ideal combination of the three basic elements of the exclusive treatments: highly effective treatments, innovative formulas with exceptional sensory textures that combine the best of science and nature.

Face

Yeux modelant

Targeted and specific to the sensitive eye area. For a visibly fuller appearance, young and energized, well Moisturized and radiant.

25 MIN. | € 55,00

Antiage lumin'eclat

Illuminating anti-aging treatment. Improves the tone and shine of the skin, strengthens the hydrolipidic barrier. Grape seed extract and vitamin E protect against environmental stress and skin ageing.

50 MIN. | € 95,00

Lifting absolue jeunesse

Wonderful luxury treatment with precious active ice wine make the skin smooth and plumped.

80 MIN. | € 155,00

Treatment Mille

Complete extra luxury ritual. It combines relaxing manoeuvres and advanced antiageing techniques. The sublime jeunesse mask allows a deep diffusion of the active ingredients and gives an incredible freshness.

White truffle provides hydration, peptides anti-aging smooth wrinkles and give elasticity, 24 carat gold stimulates energy and brightness, caviar extracts and pearls (cellulars activators) nourish and regenerate the skin which is smoother and more elastic.

90 MIN. | € 195,00

MASSAGES

Cranial

Localized massage on shoulders, neck and face with a deep relaxing effect.

25 MIN. | € 45,00

Foot Massage

A delicate anti-fatigue massage on feet and ankles, which provides an increased sense of well-being.

25 MIN. | € 45,00

Legs Massage

Localized leg massage which favors blood circulation and helps your body get rid of excess fluid.

25 MIN. | € 50,00

Decontracting massage

It involves a pressure point massage and helps improving mobility in your neck, shoulders and limbs. Overall wellness.

25/50 MIN. | € 55,00 / 95,00

Essential oil massage

A relaxing and personalized pressure-point massage. The personal answer to everybody's needs.

25/50/80 MIN. | € 50,00 / 85,00 / 135,00

Stone therapy

Ancient technique of American Indians, involving the use of warm lava stones, providing a deep sensation of relax.

50 MIN. | € 95,00

Ayuverdico massage

Total body massage that dates back to the Indian Ayurvedic medicine. It helps chakra rebalancing and strengthens the immune system.

50/80 MIN. | € 95,00 / 145,00

Ayuverdico massage with Shirodara

Total body massage with oil dripping on your forehead. Ideal for relieving anxiety, insomnia and headaches.

80 MIN. | € 150,00

Four handed massage

Two therapists will work on your body at the same time using massage butter creams. It's an effective treatment for reducing stress and taking charge of your health and well-being.

50 MIN. | € 155,00

Lymphatic drainage massage

Total body massage that helps to get rid of water retention, it stimulates blood circulation.

50 MIN. | € 90,00

Foot reflexology

Stimulation of the reflex points on the sole of the foot, helping you to achieve body wellness.

50 MIN. | € 90,00

Shiatsu

Japanese technique based on finger pressure along the energy channels, it restores balance to your body and mind.

50 MIN. | € 100,00

Maori

New Zealand technique that guarantees psychophysical relax. It involves the use of beechwood spheres which activates the micro-flow of blood, giving relief to muscle tone.

50/80 MIN. | € 95,00 / 145,00



DAY SPA

Talasso Green

n° 1 Talassotherapy itinerary and relax 120'; 1 course lunch (choice of between salads, appetizers and pasta) + fruits. Valid from Monday to Sunday excluding holidays.

From Monday to Thursday | € 82,00

From Friday to Sunday | € 95,00

Talasso Romantic Dinner

n° 1 Relax and Talasso-therapy itinerary with self exfoliation kit in Hammam 120'; welcoming flute of sparkling wine; three-course dinner with appetizer, first and second course + dessert.

€ 115,00

Talasso Beach

n° 1 Talassotherapy itinerary and relax 120'; equipped private beach (sun umbrella, 2 sunbeds, 1 chair).

From Monday to Friday | € 90,00

From Saturday to Sunday | € 110,00

Warm Up

n° 1 Talasso-therapy itinerary 120'; n° 1 Shower exfoliation 45'; n° 1 Pure facial treatment 25'.

€ 160,00

Reinvigorate yourself

n° 1 Relax and Talasso-therapy itinerary 120'; n° 1 Exfoliation under the sea rain 40'; n° 1 SPA facial treatment 50'; n° 1 Oil massage 25'.

€ 240,00

Holiday SPA

n° 1 Talasso-therapy itinerary 120'; 1 Peeling 25'; 1 Holistic massage 50'; 1 SPA facial treatment 50'.

€ 235,00

Talasso Full Experience

n° 1 Talasso-therapy itinerary 120'; access to the outdoor swimming pool; equipped private beach (sun umbrella, 2 sunbeds, 1 chair and 1 lounge chair).

From Monday to Friday | € 125,00

From Saturday to Sunday | € 150,00

* All SPA days are subject to availability, combined with lunch and during the summer at the private beach.

THE SPA FOR CHILDREN

Cuddle massage

A chocolate or blackberry-scented butter for a multi-sensory wellness time.

25 MIN. | € 45,00

This massage can be shared between parent and child.

25 MIN. | € 90,00

Sportive massage

It involves the manipulation of soft tissues to benefit those engaged in a regular physical activity (ideal for lactic acid and muscle soreness).

50 MIN. | € 90,00

Shaving ritual

Deep facial cleansing by using natural butters and hot linen bandages to soften the skin, a gentle shaving and an anti-aging mask.

50/80 MIN. | € 90,00 / 140,00

TALASSO MAN

Anti-stress facial and cranial massage

Complete skin treatment with anti aging products for the face, scalp and dape.

50 MIN. | € 85,00

Back massage

Back treatment that combines an application of an anti-inflammatory warm mud wrap with a massage aimed to regenerate your back.

50 MIN. | € 90,00

Face treatment Thalion

Face treatment specific man Thalion.

50 MIN. | € 85,00

OUR PACKAGES - TALASSO YOU

Rituel de Couple (2 nights)

One wellness check-up per person - Peeling session with oil 50' - Oil massage for the couple 50'

€ 280,00

Wellbeing (3 nights)

1 body peeling with mineral salts 25' - 1 seaweed wrap 25' - 1 holistic massage 50' - 1 SPA facial treatment 50'

€ 239,00

Re-Balance (6 nights)

Wellness Check up - Oxidative stress test - Thalissens ritual 80' - Foot reflexology 50' - 2 Sea rain 15' - 2 Seaweed wrap 25' - Cranial massage 25' - Ayurveda Shirodara 80' - Face skull No stress 50' - 4 hands massage ground fire 50'

€ 759,00

Sea & Natural Detox (2 nights)

1 check up - Oxidative stress test - Algae bath 20' - Body peeling with sea salts 25' - 2 Draining massage 25' - Seaweed bath 20' - Rain massage 20'

€ 280,00

Sea & Natural Detox (3 nights)

1 check up - 1 Oxidative stress test - Rain exfoliation 40' - Algae bath 20' - 2 Seaweed wrap 25' - Draining massage 50' - Sea rain 15' - Eco pure facial treatment 50'

€ 430,00

Mineral Booster (2 nights)

1 check up - 1 valuation test, oxidative stress - 1 gommage of mineral 25' - 2 algae calcium and magnesium pack 25' - 1 oleogel massage rebalancing 50'.

€ 239,00

Mineral Booster (3 nights)

1 Wellness check-up - Oxidative Stress Test - 2 Sea rain 15' - 2 Mineral scrub 25' - 2 Magnesium algae wrap 25' - 2 Rebalancing oleose massage 50' - Mineral facial treatment 50'

€ 470,00

Mineral Booster (6 nights)

1 check up 1 Valuation test oxidative stress - 1 exfoliation in the rain 40' - 3 algae calcium and magnesium pack - 2 oleogel massage rebalancing - 1 facial treatment of mineral 50'

€ 730,00

Sea & Natural Detox (6 nights)

1 check up - 1 underwater exfoliation 45' - 3 algae-pack on the "Venus" massage bed 25' - 2 algae-pack on the "Nuvola" massage Bed 40' - 2 oil or drainage massages 50' - 3 jet showers 10' - 2 whirlpool massages eriche with local algae 20' - 3 minceur express 45'

€ 770,00

Remise en forme (6 nights)

1 check up - 1 underwater exfoliation 45' - 3 algae-pack on the "Venus" massage Bed - 2 algae-pack on the "Nuvola" massage Bed 40' - 2 oil or drainage massages 50' - 3 jet showers 10' - 2 whirlpool massages eriche with local algae 20' - 3 minceur express 45'.

€ 760,00



MEMBERSHIP SUBSCRIPTION

Thalasso

Nominative subscriptions valid for 6 admissions to the relax and thalasso therapy path.

From Monday to Thursday | € 252

From Friday to Sunday | € 312

Massages

Nominative subscriptions valid for 6 admissions to massages

6 MASSAGES | DISCOUNT 20%

Algae applications

It includes a personalized three-algae applications (a 25 min session)

25' | € 110

Talasso minceur express

Every sessions includes a whirlpool bath eriche by with local seaweeds which, trough the osmosis process, stimulate under water perspiration.

This treatment is follone by a specific massage to reduce fat from abdomen and inner things.

3/6 sessions 45' | € 165,00 / 290,00

Fit & Tonic

A local seaweed-mask with slimming and anti-inflammatory properties and a drainage massage. A 50 min treatment. If you arrive 30 minutes before, you'll get a free hot tub valid foro ne person and the access to the Kneipp Path.

3/6 sessions 50' | € 220,00 / 410,00

SPECIAL EVENTS

Birthday Party

Come and see us for you birthday, you'll get a 20% discount on each treatment (cannot be combined with any other offers), plus a free Self Exfoliation Kit in Hamman.

Bachelorette Party

Come and celebrate with your best friends. It's time to relax! You'll find many proposal to match with the Relax and Talasso Therapy Path, ranging from cocktail sto special dinners.

Per person from € 84,00

Reservations

Reservations for all the SPA sessions are compulsory so that we can provide our best service. In order to book a specific treatment, we recommend you to contact the Talasso SPA Reception. Our professional staff will help you make the best choice.

Hotel residents can call directly from the room by dialing number 365. Non residents may contact the Talasso SPA at: + 39 0565/745365.

We recommend to book in advance to ensure that the specific treatment will be available.

You can also book an appointment or request further information by contacting us at: benessere.talasso@tombolotalasso.it or visiting our website: www.tombolotalasso.it.

Arriving at the SPA

We advise you to get to the appointment 15-20 min before the arranged time.

Arriving late will mean to have less time available for your session in that it has to come to an end at the scheduled time in order to guarantee the punctuality of the next session.

Valuables

We invite all the SPA users to make use of the lockers placed in the changing rooms.

We recommend not to wear valuables during your stay at the SPA Center.

Health conditions

At the time of booking please inform the reception of any physical condition, allergy, etc that may affect the choice of your treatment. Please note the side effects of the water therapies: pathologies in an acute phase, iodine allergies, thyroid disorders, severe hypotension, dermatological injuries (open wounds, plagues), heart diseases, malignant neoplasm, chemotherapy treatments carried out within 6 months.

Pregnancy

Talassotherapy has some contraindications for pregnant women, therefore it is necessary to get in touch with SPA Reception before starting any treatments.

Our staff will be more than happy to provide assistance with all the information you may require and arranging an appointment with our medical centre. Talasso-thera-

Cancellation policy

All the treatments may be cancelled within 7:00 pm of the previous day.

For late cancellations, we will charge the total amount.

Towels and bathrobes

We invite our Hotel residents to wear swimsuit, bathrobes and flip flops/slippers when accessing the SPA.

Our SPA provides the non-residents with the SPA kit containing a robe and a towel. Slippers and caps are available on request at the SPA Reception while the swimsuit is for personal use.

Children

Please note, for their safety, children under 3 years of age are not permitted at our Spa; children over 3 years must be accompanied by a parent or guardian during services from 9:00 am to 11:00 am.

Teenagers under 14 years are not allowed to our Sauna and Steam room.

Minors under 18 can have access to all our SPA facilities only if accompanied by an adult.

phy treatments can be carried out solely and exclusively from the 4th to the 7th month of pregnancy. The mothers-to-be are requested to provide the health certificate issued by Medical Practitioner. Otherwise, under no circumstances are reservations accepted.

Shopping in SPA and Gift Voucher

Continue your SPA experience at home by purchasing one of our professional skin and body products.

Or choose to purchase Gift Vouchers.

For further information, please contact the Reception SPA.

Shopping onLine

Visit our website tombolotalasso.it and buy online your wellness moment to live or to give as a gift.

TOMBOLO
TALASSO & BEACH RESORT

TOMBOLO TALASSO RESORT

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COSMOPOLITAN
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