



ACQUAFORTE

SPA MENU

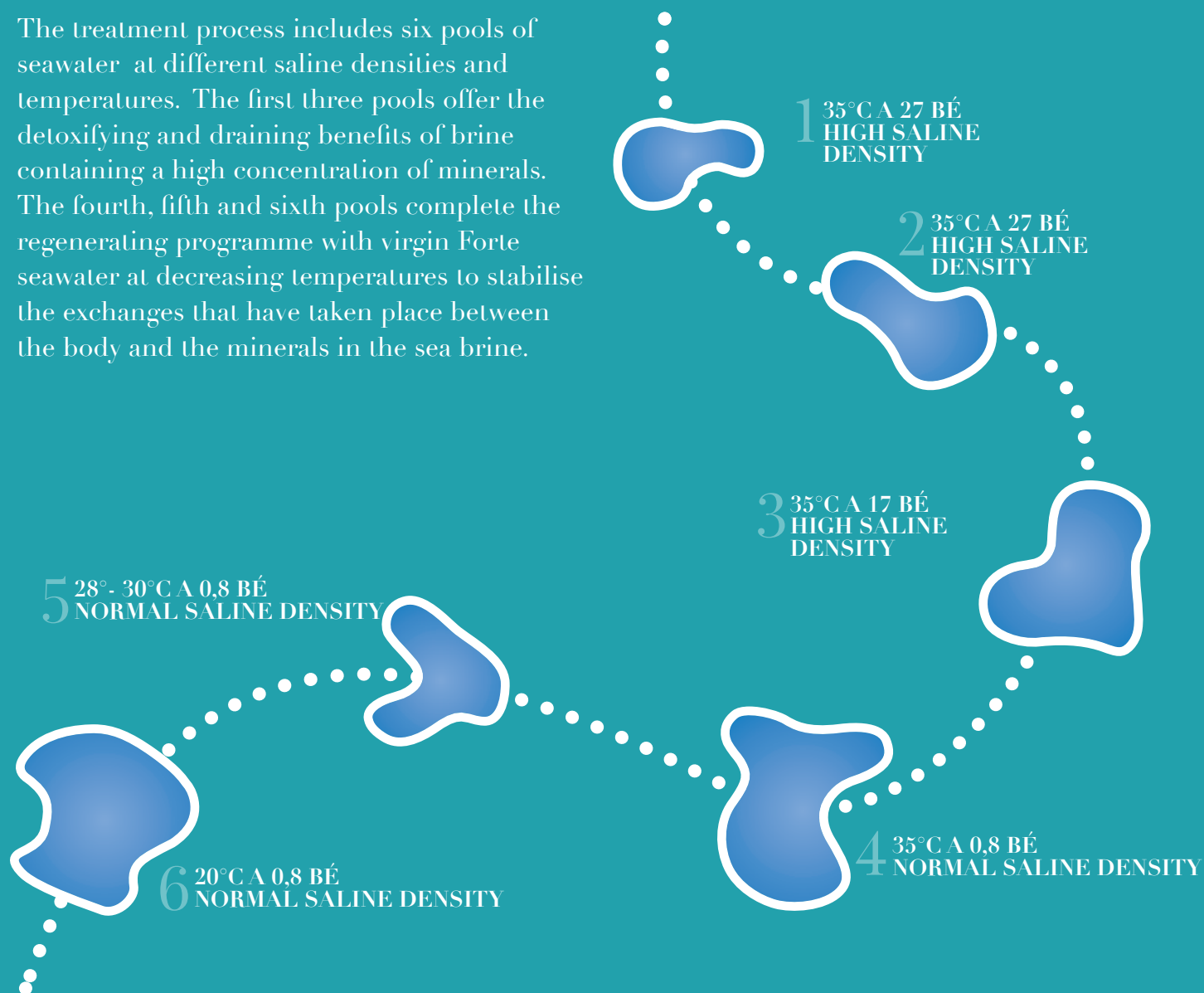


OUR PHILOSOPHY

Starting from the precious principles enshrined in traditional Thalassotherapy; about twenty-five years ago the medical team at Forte Village, in collaboration with the Italian school of Thalassotherapy, developed an innovative approach at international level using different gradations of temperature and varying concentrations of magnesium and sodium salt in the water of each of the 6 pools, which together constitute a unique thalassotherapy circuit. Sardinia boasts a millenary history of hydrotherapy. The Nuraghic civilisation, which traces its origins to 1800 BC, practiced the cult of water in relation to lunar and astronomical cycles. This preferential binding with water is also in the various thermal settlements on the island, among which, just a few kilometres away from the Forte Village, the Nuraghic people founded the “Terme a mare”, near Nora. Unique among its kind, the new Performance Center is a professionally staffed and equipped athletic center with a Fitness and Stretching Room, dedicated to professional sportsmen and amateurs who want to discover new training systems, where they can set increasingly challenging personal goals and see appreciable results already during their stay. The sporting spirit, led the resort to the create a unique Medical Center called the Forte Lab. Designed by the medical team of AcquaForte, it is a Diagnostic Center which specializes in the care of muscular and Osteoarticular pathologies, diseases of the spine and sports medicine. There is also an Aesthetic Medical Center equipped with advanced modern instruments and innovative methods. AcquaForte SPA, located in a private corner of the resort immersed in 4 hectares of greenery, is the place to find peace, serenity, energy and the right mental and physical balance. Release your mind during yoga classes, be pampered, treat yourself to an Ayurvedic massage by experienced hands or one of a wide range of exclusive skin and beauty treatments. Refresh and revive at the end of the day by sipping herbal tea and spices with secret recipes on the patio of AcquaForte SPA.

THALASSOTHERAPY

The treatment process includes six pools of seawater at different saline densities and temperatures. The first three pools offer the detoxifying and draining benefits of brine containing a high concentration of minerals. The fourth, fifth and sixth pools complete the regenerating programme with virgin Forte seawater at decreasing temperatures to stabilise the exchanges that have taken place between the body and the minerals in the sea brine.



SEA OIL

1

A high concentration of magnesium salts allows the body to float extraordinarily, releasing tension on the weight-bearing joints and profoundly relaxing the muscles.

The high temperature of the water stimulates a tonifying action which dilates the blood vessels, improves metabolic exchanges and promotes draining and detoxifying action.

HIGH SALINE DENSITY

3

Immersion in this sodium-rich pool continues and intensifies the beneficial exchanges between sea water and the body, stimulating elimination of toxins, introduction of minerals and the action

of releasing pressure on the joints and relaxing the muscles. The high temperature of the water promotes psycho-physical relaxation. Its private location and the fact that the water is so easy to float in make it ideal for performing original massages.

FORTE SEA WATER AT LOW TEMPERATURE

5

Immersion in this pool, at a lower temperature than the previous ones, stimulates vasoconstriction and vascular

exercise, boosting elimination of impurities and replacement with natural sea minerals. Hydro-massages all over the body tone and firm up the tissues.

SEA OIL WITH ALOE AND MINT

2

Thalassotherapy meets phytotherapy, and sea oil is combined with aloe, appreciated for centuries for its

regenerative and anti-inflammatory effect on skin tissues, and refreshing mint. The profound relaxing effect of this combination allow the first and second pool to stimulate production of endorphins, the happiness hormones.

FORTE SEA WATER

4

This pool has hydro-massages directed at various parts of the body, from the sole of the foot to the abdominal and dorsal muscles. The motion and

pressure of the water promote cell turnover, encouraging elimination of toxins and excess fluids, which are brought to the surface by the action of the salts in the previous three pools.

REACTION POOL

6

This pool of spectacular size energetically completes the detoxification and vascular exercise programme. Its channel against the current and a variety of hydro-massages

installed on the walls of the pool tone up the muscles, drain impurities and add to the feeling of lightness and relaxation.

SIGNATURE COLLECTION

THALASSOTHERAPY

Thalassotherapy Circuit

90min € 95

Includes access to our 6 thalassotherapy pools, Jacuzzi, Turkish bath, Finnish sauna and Chromotherapy showers.

Thalassotherapy circuit and Sea Mud scrub

105 min - € 125

Includes access to our 6 thalassotherapy pools, Jacuzzi, Turkish bath, Finnish sauna, Chromotherapy showers and a Sea Mud scrub.

SIGNATURE TREATMENTS

Salt and Honey

50 min - € 160

An exfoliating, moisturising treatment, including an initial salt massage in the Turkish bath, then a second massage with warm honey.

Sea mud draining treatment

15min € 50/ 50min € 165

A sea mud body wrap to reduce inflammation, drain and detox the skin, improving tone and firmness of the skin.

Acquaforte 4 hands massage

50min € 340 / 80min € 480

Massage performed by two therapists, to re-energise the body and mind.

Thalasso water massage

50 min € 165 / 80min € 250

Therapeutic, anti-stress treatment in high salinity water, for total relaxation.

Salt Treatment in Turkish Bath

50 min - € 165

Exfoliating skin treatment to clean the skin deep down, performed with the help of the steam in the Turkish bath.

Heavenly legs – Kneipp course

50min € 165

A treatment for the well-being of the legs with a toning “walk” in high salinity water at decreasing temperatures, and a final massage that provides a lasting feeling of lightness.

Cryotherapy with sea oil and aloe

50min € 200

A treatment for the legs using cold sea oil wraps that have a draining effect and revitalise micro-circulation.

Seaweed shaping treatment

50min € 165

A treatment that has a slight hyperaemia effect, using seaweed, ideal for draining excess fluid, stimulating micro-circulation and toning the skin.

PACKAGES

Thalassotherapy

3 entrances to the Thalassotherapy course + Sea Mud **€ 325**

5 entrances to the Thalassotherapy course + Sea Mud **€ 540**

7 entrances to the Thalassotherapy course + Sea Mud **€ 730**

Detox programme

4 days € 1450 / 7 days € 2950

Weight-loss programme

4 days € 1960 / 7 days € 3180

Beauty and Health programme

4 days € 1590 / 7 days € 2880





MASSOTHERAPY & PHYSIOTHERAPY

MASSOTHERAPY

50 min € 165 / 80 min € 250

Eclectic massage

A highly personalised massage that combines various techniques to best meet the guest's needs.

Expectant mother massage

A totally gentle massage that instils relaxation and a sense of lightness for expectant mothers.

Anti-cellulite massage

An intense massage to stimulate circulation and drain excess fluid that causes cellulite.

Draining massage

A massage designed to aid lymph-drainage, stimulate the micro-circulation of the body and to reduce swelling.

PHYSIOTHERAPY

50 min € 165 / 80 min € 250

Physiotherapy treatment

A preventive and diagnostic treatment to treat diseases or dysfunctions in the neuromusculoskeletal system.

Sports therapy massage

A massage that is ideal for people training for sports, and for muscular and osteoarticular problems.

Deep tissue massage

A deep massage with that uses firm, steady pressure to help relieve muscle contractions.

Body lymph draining

A gentle massage that helps stimulate the lymphatic system to help detox and purify your organism.

Tecar therapy

30min € 100/50min € 165

A treatment using state-of-the-art technology that is remarkably effective at stimulating the body's inner energy and triggering the natural repair, anti-inflammatory and pain-relieving processes.

Shockwave

50min € 240

A treatment that uses high energy sound waves to stimulate the body's natural repair processes.

Postural osteopathy

50min € 165

A high-tech treatment using manual therapy skills, ideal for any osteoarticular and muscular problem.

Chiropractic Treatment

30 min € 110

Treatment of disorders of the nervous system and/or musculoskeletal system. A unique focus on spinal manipulation and treatment of surrounding structures.

HOLISTIC & AYURVEDIC TREATMENTS

HOLISTIC TREATMENTS

50min € 165 / 80min € 250

Relaxing massage

A gentle massage to infuse wellness and relaxation.

Aromatherapy massage

A relaxing massage based on essential oils and delicate fragrances to relieve fatigue, insomnia and stress.

Hot stone massage

A remarkably effective massage that uses hot stones placed on energy points, that are then gently rubbed over the body in a succession of deep slow strokes.

Foot reflexology

A stimulating massage on the pressure points on the soles of the feet.

Thai body work

A traditional Thai massage that combines pressure applied with the hands and a passive stretching technique.

Shiatsu

A Japanese massage that rebalances energy flows by applying pressure with the hands on the energy meridians.

AYURVEDIC PARK

Abhyangha

50 min - € 160 80 min - € 250

An Ayurvedic massage based on a mix of hot vegetable and essential oils, enriched with spices and medicinal herbs: perfect for restoring physical and spiritual well-being.

Forteveda signature massage

50 min - € 160 80 min - € 250

A sensational treatment based on Ayurvedic oils, using various massage techniques.

4 hands Shirodhara

50 min - € 360 80 min - € 520

A very effective treatment that involves pouring warm oil on the forehead to relax the whole body.

Yoga personal trainer

50 min - € 165 / 80 min € 250

An individual yoga lesson to help achieve genuine physical, mental and spiritual relaxation.

Hatha Flow/ Vinyasa

50 min - € 165 / 80 min € 250

An old system that includes the practice of asanas (yoga postures) and pranayama (yoga breathing exercises), which help bring peace to the mind and body.

Gentle Hatha

50 min - € 165 / 80 min € 250

A gentle yoga that combines relaxing postures / asanas at a slower, more restorative pace. Great for all levels and helps achieve a greater awareness of the body and mind.

Yin Yoga

50 min - € 165 / 80 min € 250

A series of long-held, passive floor poses that mainly work the lower part of the body—the hips, pelvis, inner thighs, lower spine.

Yoga - small group max 3 people

50min €100

A series of yoga exercises to help achieve genuine physical, mental and spiritual relaxation.





FORTE LAB

Performance center test

starting from €250

Specialist medical check-up: tests performed include basic ECG and stress test, spirometry, metabolimeter; includes initial inspection, monitoring and post-program.

Body Reshape Test

€ 150

Specialist medical check-up: includes an impedance analysis and skin check up.

Stress test

€ 200

An examination that consists of carrying out an ECG during physical exercise and an echocardiogram.

Detox Test

€ 200

Specialist medical check-up: tests include blood count and platelet count, glucose, blood urea, liver function, lipid profile and an adomino-pelvic ultrasound.

Anti-Aging Test

€ 180

Specialist medical check-up: includes an ultrasonography test, an impedance analysis and skin check up.

Cardiovascular Check-Up

€ 180

Specialist medical visit: tests performed include baseline ECG, echocardiography, blood pressure evaluation and an exercise electrocardiogram.

High Power Laser

€ 2500

The program includes six micro-laser applications divided into 3 sessions and matched to the thalassotherapy treatment.

Bio-stimulation of tissue - Laser Treatment

€500

Peeling

€ 150-300

An exfoliating, purifying treatment, ideal for acne, scars, signs of ageing, hyperpigmentation and stretch marks.

Filler (hyaluronic acid)

€ 400

A treatment that injects hyaluronic acid under the skin to correct skin blemishes due to ageing and to make thin lips and sagging cheekbones fuller.

Carboxytherapy

80 min - € 400

A treatment that uses carbon dioxide on and under the skin, ideal for improving micro-circulation, reducing localised fat, and increasing the tone and elasticity of the skin.

Bio-revitalisation hyaluronic acid

€ 350

A treatment that involves micro-injections of hyaluronic acid and vitamins into the skin to stimulate skin regeneration deep down.

Body mesotherapy

€ 400

A treatment of micro-injections of a mix of medicines to improve the state of adipose tissue.

PERFORMANCE CENTER & ACQUAFORTE GYM

PERFORMANCE CENTER

75min € 250

A training method designed to improve one's fitness performance designed by Giampiero Ventrone and applied throughout his coaching career as trainer of the Juventus football team. This unique method helps correct muscle imbalances and restore postural dysfunctions by introducing a series of bespoke training exercises based also on clinical test results. The session lasts 75 mins but can be split into smaller sessions depending on the guest's fitness level.

Fitness room

Entrance € 30

Entrance includes the use of exercise machines, Turkish bath and sauna.

Selam thalasso fitness personal trainer

50 min - € 160

A multi-purpose treatment in high saline density water, ideal for personal well-being or people training for sport.

ACQUAFORTE GYM

Personal gym trainer

50 min - € 160

A specific training programme with the help of a personal trainer.

Personal gym trainer - Group sessions

max 3 people 50 min - € 100

Private aerial dance trainer

50 min - € 160

Acrobatic and aerial dance lessons, performed in total safety using special supports.

Private aerial dance trainer - Group Session

max 3 people 50 min - € 100

Pilates personal trainer

50 min - € 160

Personalised lessons to improve motor capacity, rebalance musculature, and mobilise stiff joints and relieve tension caused by bad posture.

Pilates - Group sessions

max 3 people 50 min - € 100

Gyrotonic

50min € 160

The GYROTONIC EXPANSION SYSTEM ® are a sequence of exercises composed of spiralling, circular movements, which flow together seamlessly in rhythmic repetitions, involving the whole body and reinforcing the joints and the spinal column.





SISLEY PARIS

PHYTO-AROMATIC TREATMENTS

Discover Sisley's Phyto-Aromatic Treatments and let yourself be transported to a wonderful sensorial world. Benefit from the unique "savoir faire" and experience of a prestigious brand best known for its use of essential oils and plant extracts to create highly effective products of the highest possible quality. The Sisley Phyto-Aromatic Treatments combine massage rituals from all over the world, created with the respect of local traditions, and the power of aromatherapy, to reunify body and mind. The Sisley Phyto-Aromatic Treatments exist in different versions for face and body; each has its own specific massage technique designed to meet the needs of each skin and its dream answer.

THE EXPERT SISLEY PHYTO-AROMATIC FACIALS

50min € 165

Hydrating

Designed with dehydrated skin in mind, the Phyto-Aromatic Hydrating Facial is extremely gentle, leaving the skin fresh and petal-soft.

Radiance

Before a party or to erase fatigue or stress on a complexion, the Phyto-Aromatic Radiance Facial is a must as the effects are immediate: all signs of fatigue vanish, the skin is radiant and luminous.

Comfort Extreme

Rich and unctuous, the Phyto-Aromatic Comfort Extreme Facial has been designed to treat dry skin types lacking lipids. Nourishing and with extreme richness, this treatment helps the skin regain its elasticity and a wonderful sensation of comfort.

Restorative

A precious moment of relaxation for stressed or irritated skin, the Phyto-Aromatic Restorative Facial is incredibly gentle. Skin is soothed and regains its vitality, comfort and bygone serenity.

Skin Perfecting

A truly unique experience with immediate beauty results. The Phyto-Aromatic Skin Perfecting Facial is a sensual journey of softness and pleasure, that smoothes expression lines and purifies the skin, revealing its radiance and freshness. A skin perfecting treatment targeting all phenomena responsible for dilated pores, revealing a flawless-looking skin, even close up. The skin looks instantly matte and its texture is refined. Pores are tightened.

Purifying

Designed for combination, oily and problem skins, the Phyto-Aromatic Purifying Facial cleanses and purifies the skin while maintaining its water balance. The pores are tightened, the skin purified and the complexion evened out. The face restores its transparency, freshness and glow.

Men

50 min € 210

Exclusively designed for men, the Phyto-Aromatic Facial for Men offers a moment of relaxation thanks to a very specific ritual. It combines efficiency and well-being for a hydrated, toned and fatigue-released skin.

THE ANTI-AGING PHYTO-AROMATIC FACIALS

80min € 230

Sisleyouth Energizing Early Wrinkles Facial

80min € 290

This youth capital protector treatment, energizing and hydrating, has been specially designed for young adults to fight the very first signs of skin aging. Skin is instantly moisturized, revitalized and energized. Following the treatment, the complexion is fresher and more luminous.

Intensive Hydrating

80min € 290

The Phyto-Aromatic Intensive Hydrating Facial draws upon Sisley's extensive anti-aging expertise for a unique experience. Concentrated in active ingredients which encourage water circulation within the epidermis, the treatment helps restore the ideal water balance in the skin. More supple and toned, the skin regains the bounce, glow and radiance of a young skin.

Sisleÿa

80min € 350

In 80 unforgettable minutes, the Phyto-Aromatic Sisleÿa Facial offers a complete treatment involving sophisticated procedures, with in-depth remodeling and the restoring of a youthful skin. Fine lines and wrinkles are smoothed. The epidermis is toned, firmer, more resilient. Skin appears younger and healthier.

This protocol exists in 3 different versions:

The Phyto-Aromatic Sisleÿa Facial – Normal skin

The Phyto-Aromatic Sisleÿa Facial – Dry to very dry skin

The Phyto-Aromatic Sisleÿa Facial – Combination to oily skin

SISLEY PARIS

PHYTO-AROMATIC TREATMENTS

THE EXCEPTIONAL SISLEY PHYTO-AROMATIC FACIALS

Supreme Anti-Aging Facial

80min € 290

Sisley has designed a 80-minute treatment incorporating 20 minutes of muscular remodeling to instantly revitalize the skin. Using an exclusive sequence of highly effective massage techniques, its protocol includes Sisley's Supreme Anti-Aging Skin Care Suprem'ya - At Night. The features seem redefined, lines are smoothed, skin is more toned.

Replumping Youth Facial With Rose

80min € 380

A timeless experience offering an exceptional feeling of wellbeing. A true beauty rendez-vous, deliciously and naturally rose-scented, this gentle and pleasant journey relaxes the face, smoothes features and reveals the skin's radiance. The complexion is fresher, the skin is replumped and signs of fatigue and age are smoothed away.

Supreme Rejuvenating Eye Treatment

50min € 165

The Phyto-Aromatic Supreme Rejuvenating Eye Treatment targets concerns of the eye contour: wrinkles, fine lines, dark circles, puffiness and sagging of the eyelids. The look is brighter, expression lines are smoothed, the eye contour is rejuvenated and radiant. For total anti-aging action, the eye contour treatment is combined to an exceptional facial treatment.

THE WELL-BEING PHYTO-AROMATIC BODY TREATMENTS

50min €165/80min €230

Zen Harmony

The Zen Harmony Phyto-Aromatic Body Treatment offers a journey at the heart of an aromatic Californian massage, with added variations of intensity, techniques and scents. During the massage, no body part will be neglected. This treatment provides extremely relaxing and regenerating benefits.

THE INVIGORATING / SLIMMING PHYTO-AROMATIC BODY TREATMENTS

The Intensive Hydrating Energizing

The INTENSIVE HYDRATING ENERGIZING Phyto-Aromatic Body Treatment: The Intensive Hydrating Energizing Phyto-Aromatic Body Treatment is performed with vitality. Combined with the benefits of essential oils, it brings softness and well-being to the body. Energy is rebalanced and the body is revitalized.

The Slimming and Firming Energizing

Using the advanced technology and expertise of Sisley's slimming products, the Slimming and Firming Energizing Phyto-Aromatic Body Treatment offers the perfect combination of rhythmical modelling and the effectiveness of anti-cellulite actions. A smoothing and toning body treatment for a sublimed body. tonificante per un corpo rimodellato e sublimato.

The Absolute Slimming

The Absolute Slimming Phyto-Aromatic Body Treatment is ideal for tackling stubborn fatty deposits thanks to a sequence of slimming techniques such as kneading, twisting, friction and palping-rolling massage. These techniques, in conjunction with the application of the recommended Sisley slimming product, initiate the process of smoothing away dimples and improving the appearance of the skin.





SISLEY
L'Intégral Anti-Âge



ACQUAFORTE BEAUTY

HIGH TECH

Oxygen therapy

80 min - € 400

A treatment that uses hyperbaric oxygen to improve skin circulation and tone it deep down

Microdermabrasion

50 min - € 210

A smoothing treatment that uses inert crystals to remove excess keratin and help treat acne and skin ageing marks, scars, hyperpigmentation and stretch marks

LPG-endermologie

50 min - € 210

A treatment that uses special machines with rollers and a vacuum system to stimulate muscle tone and work on localised areas of fat

Radiofrequency

50 min - € 210

A treatment using electromagnetic waves, suitable for reducing the signs of time, toning the skin and helping break down localised adipose fat and cellulite

BEAUTY TOUCH

Signature Manicure or Pedicure

50min € 85 or € 100

Cosmetic treatment of the hands and feet involving the care and application of nail polish

Change of nail polish (hands or feet)

30min € 45

Signature Manicure or Pedicure with semi-permanent nail polish

90min € 165

An aesthetic treatment for total hand and foot beauty, including cleaning and treatment, as well as nail polish application.

Hair removal

We offer our guests a choice of different techniques for hair removal of unwanted hair

Make up

40min € 140

Day, evening, special event make-up

HAIRDRESSER

Donna

Shampoo + Cut + Blowdry	€ 85
Shampoo + Trim + Blowdry	€ 60
Shampoo + Blowdry: above the shoulders	€ 70
Shampoo + Blowdry: shoulders	€ 90
Shampoo + Blowdry: past the shoulders	€ 130
Colour + iMaster/Chemistry (20min)	€ 85
Colour retouch + iMaster/Chemistry (20min)	€ 65

Treatments

Express (5min)	€ 40
Relaxant (10min)	€ 65
Intense + iMaster/Chemistry (15min)	€ 85
Unique + iMaster/Chemistry (20-30 or 31-45min)	€ 100 / € 130
Chronologiste + iMaster/Chemistry (30min)	€ 300

Men

Shampoo + Cut + Blowdry	€ 60
Shampoo + Blowdry	€ 30
"Camo" Colour	€ 50

Treatments

Dry hair 5min	€ 35
Damaged hair - Therapiste (20min)	€ 70
Sensitive scalp - Dermo Calm	€ 70
Hair loss + Massage - Stimuliste	€ 70
Beard treatment	€ 60

ACQUAFORTE SPA ETIQUETTE

Opening hours

Acquaforte Spa is open from 09:00am to 9:00 pm, 7 days per week during the peak season.

Reservations

We highly recommend that you reserve in advance to ensure the availability of the treatment you prefer.

Call from the bedroom direct to Acquaforte Spa: 8033; 8833

Number for reservations from outside: + 3907098033

Arrival

We recommend arriving at least 15 min before the treatment time booked. This will allow us to introduce you to our services and to evaluate together the ultimate goal of the treatment program you have chosen. We ask the courtesy to let us know by phone if you are going to be late for your appointment so that we can try to assure the full treatment, where this is not possible the duration of the treatment will be reduced.

Spa Amenities

SPA amenities available to guests are changing cabinets with towels, bathrobes, slippers and high quality essential toiletries.

Valuables

We regret we cannot assume any responsibility for any damage or loss of personal belongings. We recommend that you leave your valuables in the bedroom safe.

Cancellation Policy

We require 12-hour notice of cancellation for an appointment. Cancellations made less than 12 hours in advance will be charged at 100% as well as eventual no shows.

Restrictions of Use

The Acquaforte SPA is a retreat, a place to regenerate the body, mind and soul which is reserved for guests over 16 years. Here we listen to the sounds of nature so we invite our guests to use a low tone of voice, to turn off personal phones and to respect the privacy of others. Smoking is prohibited anywhere inside Acquaforte.

Health Conditions

We request all guests to please inform us, when filling out the entry questionnaire, about any health conditions that require special attention.

Acquaforte Shops

Acquaforte SPA is proud to offer its guests high quality effective facial and body treatments using professional products by Sisley Paris. In order to maintain the results obtained with us, and to continue to treat your skin in the privacy of your own home, we offer a wide range of products from our Acquaforte and Sisley Paris shops. Our highly qualified professional Beauty Staff will assist you to choose the best products.



ForteVillage

SARDINIA

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