



PETRA SEGRETA
RESORT & SPA IN SARDINIA

BEAUTY & WELLNESS
EXPERIENCE

CONTACT

info & reservations > ☎ 109
petrasegretaresort.com/it/spa



THERMARIUM

Where time stands still

The first step to maintaining health and harmony is to eliminate stresses and pollution.

Our spa offers a pathway of purification with a sauna and Turkish bath,
and regeneration through chromotherapy in our sensory showers.

Each experience promotes relaxation and rebalancing of energy levels.

LACONICUM Sauna

A warm, cleansing embrace

The dry environment with a temperature of about 70°C encourages deep detoxification, boosts circulation and relaxes the muscles. To fully benefit from the purifying properties, we recommend alternating ten minutes in the sauna with a regenerating cold shower.

CALIDARIUM Turkish bath

Scented steam bath

The warm and humid environment, at a temperature of 40°C, rapidly relieves stresses and tension, promoting restfulness. The warm steam can help breathing and, promotes the elimination of toxins via perspiration, leaving skin noticeably more supple and radiant.

LACONICUM MEDITERRANEUM Mediterranean Sauna

The philosophy of the ancient Roman baths

The Roman pathway to perfect well-being uses moderate temperatures of between 40 to 50°C and around 40% humidity. The gradual release of perspiration promotes the slow expulsion of toxins and stimulates the production of endorphins, for a perfect state of well-being.

FRIGIDARIUM Sensory showers and chromotherapy

Awakening of the senses

Ideal after the sauna and Turkish bath, the different types of water jet complete the circuit of regeneration, toning and giving energy and vitality to the entire body using colours, fragrances and water and light effects.

SPA PATHWAYS

FULL BODY TREATMENTS

RELAXING MASSAGE

50' | € 140,00

A technique that uses gentle movements to stimulate lymphatic circulation and provide well-being for mind, body and spirit.

REGENERATING MASSAGE

50' | € 140,00

An ideal treatment after sunbathing. Shea butter and a note of menthol provide the body with deep hydration and a refreshing sensation.

CANDLE MASSAGE

50' | € 140,00

Heated by the gentle flame of a scented candle, shea butter envelops and nourishes the whole body. Absorbed through relaxing and toning massage to ensure maximum hydration for the skin. The benefits of massage are combined with sensations of warmth, softness and brightness of the skin, for a wonderful sense of serenity.

LYMPHATIC DRAINAGE MASSAGE

50' | € 140,00

Vodder Manual Lymph Drainage: this gentle but extremely effective method promotes the drainage of fluid by working on lymphatic stagnation, with the consequent elimination of toxins. This massage, using a specific pressure, follows the slow rhythm of lymphatic circulation around the body, reducing swelling and combatting water retention. Useful in the treatment of cellulite, swollen legs and acne.

DEEP TISSUE MASSAGE

50' | € 140,00

Treatment performed using deep pressure across the entire muscle tissue to release contractures and relieve tension.

ANTI-CELLULITE MASSAGE

50' | € 140,00

Massage based on a wide range of specific movements that deeply reactivate blood and lymphatic circulation, and have a detoxifying, oxygenating and revitalising effect. Balances cellular metabolism, improving tissue tone, slowing down the aging processes and reducing blemishes. Helps to prevent or relieve disorders related to circulation and counteracts the early stages of cellulite and localised adiposity.

SPORTS MASSAGE

50' | € 140,00

A technique that, combined with the use of anti-fatigue essential oils, relieves pain and increases blood flow.

CALIFORNIAN MASSAGE

50' | € 140,00

A wonderful technique that uses fluid and continuous movements to create a delightful harmony between mind, body and spirit.

LOMI LOMI NUI

50' | € 140,00

An ancient technique using strokes evocative of waves that create a perfect synergy between mind, body and nature.

THAI OIL MASSAGE

50' | € 140,00

A specific massage technique that involves the use of special oils combined with manipulation of the body through passive stretching and very delicate strokes.

AYURVEDA BODY TREATMENTS

ABHYANGA MASSAGE

50' | € 140,00

This therapeutic treatment slows degenerative processes and improves resistance to stress. It calms the mind and boosts the immune system as well as the body's self-healing power. Helpful in resolving problems related to insomnia, fatigue, digestion, tension and tightness of the spine. The aim of Abhyanga is to bring harmony to the biological elements within every human body, eliminate physical and mental toxins, create a positive emotional flow and elevate the spirit. Oils are used to lubricate and strengthen muscles and joints, fortify and tone tissues, and leave skin nourished and glowing.

SHIATSU MASSAGE

50' | € 140,00 su richiesta

A Japanese technique that involves lengthening motions and deep pressure to achieve a state of physical and mental well-being.

COUPLE'S MASSAGE

50' | € 280,00

Soft lighting and slow, delicate movements make for a ritual composed of gentle sensations and well-being. Time slows down, leaving room for deep and engaged emotions. Unique moments to share as a couple, enveloped by the enchanting aromas of natural essences.

PARTIAL TREATMENTS

BACK AND NECK

40' | € 120,00

Regenerating massage that relieves all types of muscular tension in the neck and back.

ZEN MASSAGE

40' | € 120,00

Massage technique with gentle pressure to re-energise and relieve stiffness in the neck, back and face.

CIRCULATORY MASSAGE

40' | € 120,00

A technique that helps to stimulate and balance the circulatory system, favouring the oxygenation of cells and organs, eliminating waste that has accumulated in the tissues of the lymphatic system.

REFLEXOLOGY

40' | € 120,00 on request

An alternative medicine practice using pressure points and massage on the sole of the foot, with the aim of alleviating symptoms located in other parts of the body.

YOGA

Improve your energy levels, start the day off beautifully

ODAKA - VINYASA (DYNAMIC YOGA)

60' | € 130,00

An innovative style of yoga inspired by the flow of the ocean and its waves. An Odaka yoga practice is as fluid as water and helps the body adapt to its multiple forms. The lesson is suitable for those who already practice dynamic yoga.

YIN YOGA

60' | € 130,00

A gentle style of yoga that does not actively strain the muscular system. In this practice, it is very important to allow your body the time necessary to reach the position thanks to controlled, deep breathing.

NIDRA YOGA

45' | € 130,00

Closer to meditation than yoga. The entire lesson takes place lying down, listening to the voice of the teacher who goes through each part of the body in order to reach a state of deep awareness.

ON REQUEST FROM 9 TO 10 A.M. AND FROM 6 TO 7 P.M.

INDIVIDUAL LESSONS

60' | € 130,00

GROUP LESSONS 2 people

60' | € 65,00 per person

GROUP LESSONS 3+ people

60' | € 65,00 per person

ON REQUEST WITH RESERVATION



BEAUTY RITUALS FOR THE FACE

FACIAL CONNECTIVE TISSUE MASSAGE

40' | € 120,00

A superb massage performed with strong movements focusing on the connective tissue, for a regenerating action and an immediate and lasting lifting effect.

ILLUMINATING FACIAL TREATMENT

40' | € 120,00

Facial including a deeply exfoliating treatment, followed by a regenerating and illuminating massage.

WELLNESS PACKAGES

LIGHT DETOX - ALSO AVAILABLE FOR COUPLES

3 DAYS - 80' | € 750,00

- 3 Body exfoliations
- 3 Therapeutic mud treatments
- 3 Wraps
- 3 Toning massages
- 3 Hydrating facial treatments

PURIFYNG & OXYGENATING

2 DAYS - 80' | € 550,00

- 2 Body exfoliations
- 2 Relaxing aromatic massages
- 1 Facial illuminating treatment
- 1 Facial connective tissue massage

HAMMAM

Bellezza e purificazione dal Marocco

HAMMAM RITUAL

50' | € 100,00

The Petra Segreta Hammam allows you to give yourself over to the magical indulgence of this ancient tradition. The circuit unfolds in a multisensory environment and includes purification of the entire body, in order to leave the skin incredibly soft.

Savonage body washing takes place in the Tepidarium, an excellent ally for a purified, velvety soft and regenerated epidermis. Black soap is worked into a paste with deeply purifying properties, which turns into an enveloping natural lather when applied to damp skin. This is followed by a session in the Calidarium (hammam), where the steam eliminates toxins, stimulating an intense process of exfoliation and purification of the skin. We then return to the Tepidarium, where an exfoliating gommage is carried out with the traditional kessa glove: with this deep cleansing of the body the skin is reborn, glowing with a new brightness. The ritual ends with a sensory shower with chromotherapy

HAMMAM AND MASSAGE RITUAL

50' | € 240,00

The Petra Segreta Hammam allows you to give yourself over to the magical indulgence of this ancient tradition. The circuit unfolds in a multisensory environment and includes purification of the entire body, in order to leave the skin incredibly soft. Savonage body washing takes place in the Tepidarium, an excellent ally for a purified, velvety soft and regenerated epidermis. Black soap is worked into a paste with deeply purifying properties, which turns into an enveloping natural lather when applied to damp skin. This is followed by a session in the Calidarium (hammam), where the steam eliminates toxins, stimulating an intense process of exfoliation and purification of the skin. We then return to the Tepidarium, where an exfoliating gommage is carried out with the traditional kessa glove: with this deep cleansing of the body the skin is reborn, glowing with a new brightness. The ritual ends with an invigorating and regenerating experience through one of our massages.

OPENING HOURS

Spa: daily from 9 a.m. to 9 p.m.

Gym: open 24 hours

SPA RESERVATIONS

For requests or reservations please contact the spa or hotel reception directly. Advance booking is recommended to ensure your preferred treatment slot.

BEFORE YOUR VISIT

We recommend leaving all jewellery and valuables in the room before visiting the spa. Male clients are advised to shave before facial treatments.

ARRIVAL

We kindly ask that you arrive 15 minutes early, in order to relax in the tranquil environment of the spa before your treatment.

LATE ARRIVALS

In order to respect the reservations of other guests, we are not able to extend the treatment slot in case of late arrival.

CANCELLATION

You can cancel or change the time of a reservation up to 24 hours in advance, after which the full cost of the treatment will be charged.

DURING YOUR VISIT

For the comfort of all clients, smoking and mobile phones are not permitted within the spa. Petra Segreta Spa is an oasis of peace and harmony, so you are asked to use a quiet tone of voice.

AFTER TREATMENT

It is advisable not to sunbathe for at least six hours after any massage, treatment or waxing. The spa boutique offers a specially selected range of spa products to extend your experience.

PAYMENT

For hotel guests all treatments are charged to the room account and listed in the balance upon departure. Clients not staying at Petra Segreta can pay with all major credit cards or in cash at reception.

CHILDREN

At Petra Segreta we believe that children can also benefit from wellness treatments. For treatments dedicated to children under 14 years of age, the presence of a parent or guardian is required. It is also possible for a parent and child to enjoy a massage together.

BEAUTY TREATMENTS ON REQUEST

€20 SUPPLEMENT FOR IN-ROOM MESSAGES