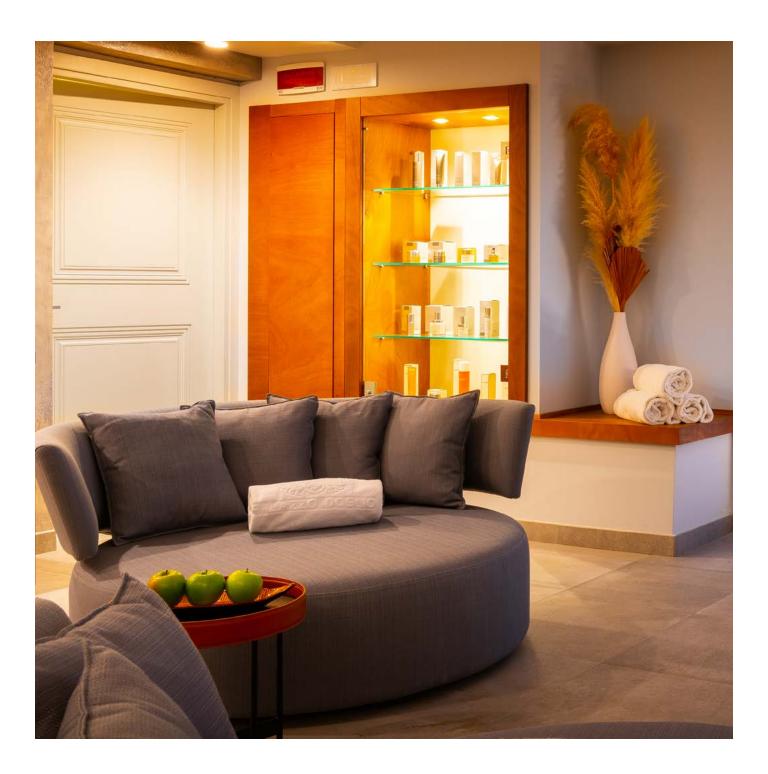


Doglio Club is the ideal space to find peace, serenity, and take time to oneself.

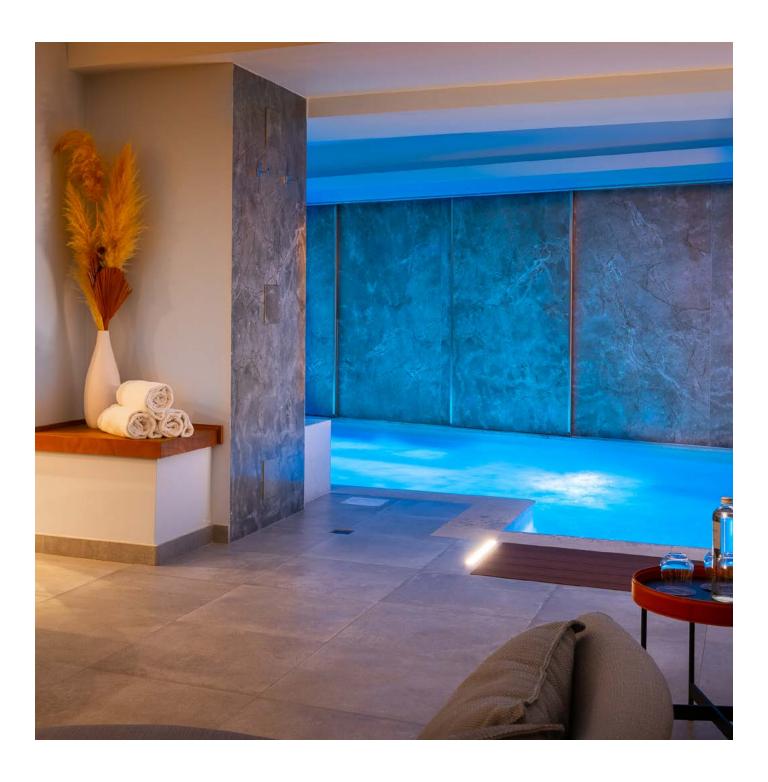
Letting go of the mind and taking care of one's body are moments of freedom that should never be sacrificed.



WELLNESS PATH

Relaxing path that includes a heated pool equipped with hydro-massage jets targeting various parts of the body, which energetically stimulate different body areas and enhance the feeling of lightness and relaxation through water pressure and movement; Sauna, Turkish Bath, and a relaxation area with a tea corner.

50 Euros



SIGNATURE TREATMENTS

DOGLIO BACK TREATMENT

(OPTIMAL REPLENISHING BACK TREATMENT)

Ideal for relieving muscle tension and alleviating stress. Combine a soothing back wrap to relax the muscles, followed by a specific back massage.

Choose your preferred pressure level: medium or deep.

DOGLIO HOLISTIC TREATMENT

(OPTIMAL FORTIFYNG TREATMENT)

Relaxing treatment for the muscles of the back and refreshing for your legs. Specific massage for the back, face, and head.

110 Euros

110-160 Euros

60 mins

60-80 mins

DOGLIO RELAXING TREATMENT

(INNER STRENGHT)

A concentrate of physical and mental relaxation. Body exfoliating treatment, combined with a personalized body massage by expert hands, followed by a personalized facial treatment.

THE GHASSOUL RITUAL RHASSOUL

Chosen to achieve a feeling of absolute well-being and relaxation. The savon noir of the desert, a 100% natural exfoliating treatment, rich in vitamin E. Enveloping with Rhassoul, it activates capillary circulation and stimulates lymphatic circulation. Purifying, Detoxifying, Restructuring.

Upon completion you will receive a relaxing massage on the whole body with drops of Argan oil or Shea Butter so as to complete the properties of your incomparable La Ghassoul Ritual Rhassoul

160-190 Euros

160 Euros

80-120 mins



THE BEAUTY TREATMENT BY NATURA BISSÉ

Starting from scientific research, Doglio Club, thanks to the revolutionary collections by Natura Bissé, offers a completely natural treatment method that achieves exceptional results both physically and mentally, thanks to the holistic approach, from the Greek ó\og, olos, which means "totality".



THE BEAUTY TREATMENT BY NATURA BISSÉ

THE CITRUS ESSENCE

THE CURE THERAPY

Antioxidant and revitalizing facial treatment, ideal after sun exposure.

Detoxifying, hydrating, and soothing facial treatment.

60 mins

130 Euros

60 mins

130 Euros

THE 3D COLLAGEN SHOCK

The treatment combines the precious properties of Amino Acids, Collagen, Elastin, and is enriched with antioxidant vitamins (A+C+E). It regenerates, repairs, and revitalizes.

THE O2 RELAX TREATMENT

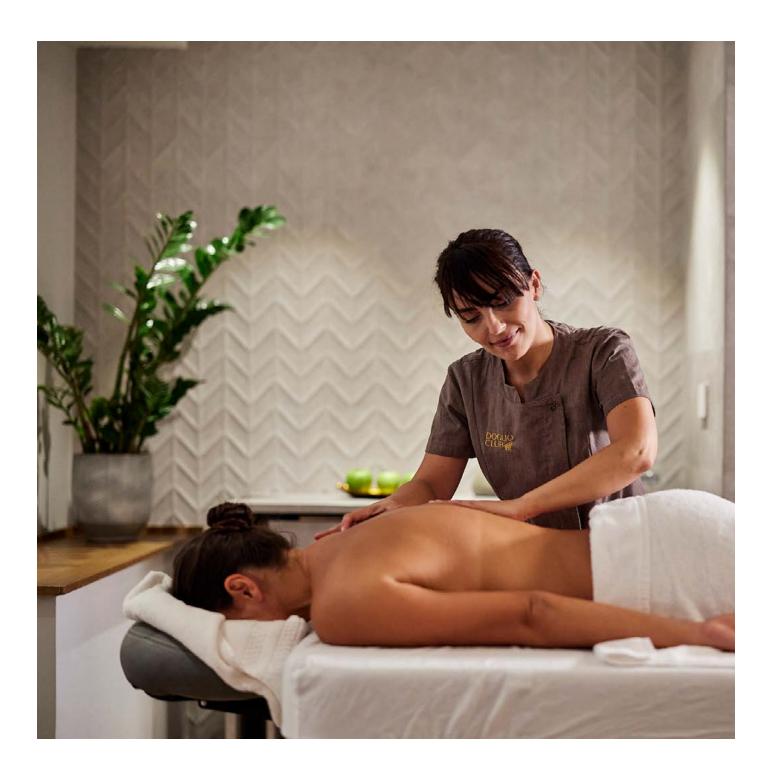
O2 Relax and invigorating treatment that provides oxygen.

60 mins

120 Euros

60 mins

120 Euros



BODY TREATMENT

CITRUS DRENCH

Exfoliates, hydrates and protects your skin. Body treatment based on Vitamin C emulsions.

120 Euros

LIVEWELL-BEWELL

DIAMOND EXPERIENCE ROSE MASSAGE

A customized treatment designed to rejuvenate both body and mind, reduce stress, and promote the elimination of toxins. We will create a personalized Diamond Well-Living Experience for you.

Enveloping, nourishing. Damask Rose, combined with diamond powder. Soothes, improves the appearance of the skin. Intoxicating for its olfactory notes. Positive effects on the psyche.

160 Euros

185 Euros

90 mins

90 min



SPA BODY MASSAGE

ECLETTIC

Highly personalized massage. It combines different types of techniques to best respond to your needs. (choose your pressure; superficial, medium, deep)

90 Euros

140 Euros

50 mins

80 min

RESTFUL AROMA MASSAGE

A blend of individually chosen oils, to relax, unwind and bring you backbody and mind balance.

(choose your pressure; superficial, medium, deep)

90 Euros

140 Euros

50 mins

80 min

DETOXIFYNG TOUCH MASSAGE

Deep draining massage.
Carried out with deep and enveloping manual techniques, it helps prevent the accumulation of toxins, releases and dissolves muscle tension.

90 Euros

140 Euros

50 mins

80 min

DEEP MUSCLE O FITNESS BODY MASSAGE

Highly personalized massage, designed to loosen, stretch andrelieve muscle tension. (choose your pressure; medium, deep)

90 Euros

140 Euros

50 mins

80 min

KOBIDO ETERNAL YOUTH

Massage performed by the use of numerous manual techniques: vibratory, skilful brushing, percussion.

The Kobido, focus on the topof the body (face, neck, décolleté, trapeziusand scalps).

Stimulates the production of collagen and elastin.

110 Euros

COMPLETE YOUR TIME BY CHOOSING BETWEEN:

FACIAL EXPRESS

Specific exfoliation by skin type, followed by mask application During its laying time you can choose between; head massage, foot massage, hand and arm massage.

Concluding with a relaxing face massage, accompanied by the choice of a cream that best suits your skin condition.

+ 50 Euros

INNER CALM SCALP MASSAGE

The best method of relaxation and rejuvenation of body and mind.

Giving a sense of peace, calm and tranquility. During this massage we improve oxygenation in the tissues, providing supplementary oxygen to the brain thus improving concentration, helping the dispersion of toxins fromvoltage.

RESTORATIVE EYE TREATMENT

Invigorating treatment eye contour associated with a periocular massage. Brings oxygen to the tissues,relaxes the muscles giving a brighter and more relaxed appearance.

+ 50 Euros

+ 50 Euros

30 mins

BODY EXFOLIATOR

AWAKENING BODY POLISH

Immerse yourself in this delicate and effective scrub and resurface with extraordinarily soft and nourished skin. Let yourself be enveloped by the scent of ginger and citrus by Natura Bissè.

30 mins

+ 50 Euros

SAVON NOIR TOUCH

Extraordinary regenerating treatment. The savon noir performs a deep cleansing and exfoliating action on the epidermis thanks to the synergy created in combination with the Kessa glove. Stimulates capillary and lymphatic circulation. Also recommended for the most sensitive skins.

30 mins

+ 50 Euros



PERSONAL TRAINER

The team of dedicated Personal Trainers at Doglio Club is available to create personalized training programs aimed at meeting every individual's needs.

50 Euros

ONE TO ONE

50 mins

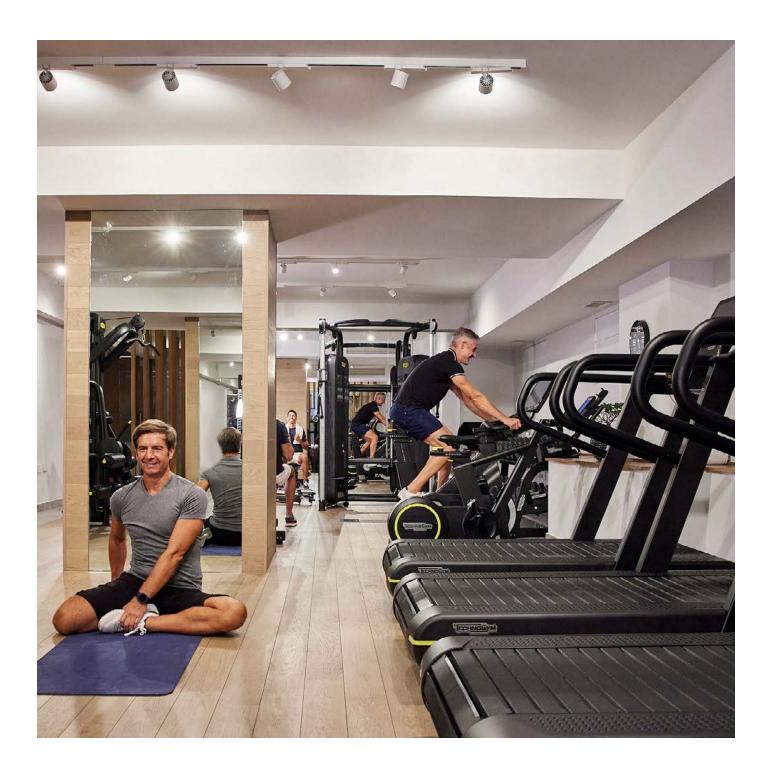
CUSTOMIZED GROUP ACTIVITIES (MAXIMUM 3 PEOPLE)

30 Euros

50 mins

10 ONE TO ONE LESSONS

450 Euros





BLUEHFIT TECHNOLOGY

The new BlueHFit, a revolutionary technology that allows you to regain your physical fitness in a simple way without undergoing restrictive diets, has arrived exclusively at Doglio Club in Sardinia.

Developed in collaboration with NeaFit weight loss experts and the Universities of Naples and Salerno, BlueHFit is an innovative Made in Italy device that combines two elements - blue light and heat - to stimulate immune system cells present in the dermis. It exerts an anti-inflammatory action, slows down cellular aging, and improves sebum-regulating activity, resulting in a reduction of acne.

BLUEHFIT

1 BLUEHFIT SESSION

100 Euros

10 BLUEHFIT SESSIONS

850 Euros

PACKAGE BLUEHFIT 1

- 10 Bluehfit sessions
- Initial Consultation Personal Trainer + Training Card
- Personal Trainer final consultation

(3 accesses to the Doglio Club Fitness Area per week. Healthy Drink proposal at the American Bar and Healthy Lunch at the Osteria del Forte, extra cost).

955 Euros

PACKAGE BLUEHFIT 2

- 10 BlueHFit sessions
- Initial Consultation Nutritionist + Nutrition Plan
- Personal Trainer initial consultation + Training Card
- Nutritionist final consultation
- Personal Trainer Final Consulting

(3 accesses to the Doglio Club Fitness Area per week. Healthy Drink proposal at the American Bar, Healthy Lunch at the Osteria del Forte, extra cost).

1.075 Euros



PACKAGES

ME TIME

WELLNESS PROGRAM OF 90 MINUTES

Access to the freshwater swimming pool with whirlpools, Sauna, Turkish bath, herbal tea corner, relaxation area.

WELLNESS & APERITIF FOR TWO PEOPLE

WELLNESS PROGRAM OF 90 MINUTES

Access to the fresh water swimming pool with whirlpools, Sauna, Turkish bath, herbal tea corner, relaxation area.

Followed by an elegant aperitif served at our American Bar.

RELAX FOR TWO

GOURMET JOURNEY FOR TWO PEOPLE

WELLNESS PROGRAM OF 90 MINUTES

WELLNESS PROGRAM OF 90 MINUTES

Access to the freshwater swimming pool with hydromassages, sauna, Turkish bath, herbal tea corner, and relaxation area.

Access to the freshwater swimming pool with hydromassages, sauna, Turkish bath, herbal tea corner, and relaxation area.

BODY MASSAGE 50 MINUTES

DEGUSTATION AT OSTERIA DEL FORTE

Highly personalized massage, which combines various techniques to best respond to the needs of the guest.

A 4-course tasting itinerary signed by Chef Alessandro Cocco served at the Osteria del Forte. (beverages not included).



TIMETABLES

SPA

Every day 9:00 - 21:00

GYM

Every day 7:00 - 21:00

Access to the Doglio Club and services are by reservation.

ETIQUETTES

We recommend arriving at least 10 minutes before the scheduled treatment. This will allow us to welcome you, introduce you to our services, and discuss the final goal of the chosen service together.

In case of a delay, we kindly ask you to notify us with a phone call. If possible, we will try to accommodate you with the complete treatment; otherwise, the duration of the treatment will be shortened

We regret to inform you that we cannot be held responsible for any damage or loss of valuable personal items. Doglio Club provides its guests with lockable lockers for their convenience.

We require a 24-hour notice for appointment cancellations. Cancellations made beyond this time frame will be charged at 100%, as well as no-shows.

DOGLIO CLUB Vico Logudoro 1, Cagliari Contatti: + 39 070-64-64-156; club@palazzodoglio.com www.palazzodoglio.com