



**GRAND HOTEL
TIMEO**

WELLNESS CENTRE

WELLNESS CENTRE MENU

WELCOME TO THE LEGENDARY WORLD OF BELMOND

When you stay with Belmond, your wellness becomes our top priority. Whether lazing in our spa or dining on nutritious cuisine, practicing yoga on the beach or simply soaking up the sense of serenity in our tranquil hideaway, take the time to refresh both body and soul.

CONTENTS

- 01** RELAX AND REVIVE
- 02** SIGNATURE INDULGENCES
- 03** MESSAGES
- 04** BODY TREATMENTS
- 05** FACIAL TREATMENTS
- 06** PREGNANCY TREATMENTS
- 07** SPA STYLE
- 08** PRICE LIST

01 **RELAX AND REVIVE**

We invite you to enjoy unbridled Sicilian indulgence in a dedicated wellness room.

Our pampering treatments use Italy's finest natural spa products: Comfort Zone for skin and Davines for hair treatments, famed for their sustainable and ethical approach to beauty.

All therapies are suitable for both men and women unless otherwise stated. Please enjoy complimentary use of our Fitness Centre during your stay.

Treatments: daily upon request

Fitness Centre: 24/7.

Reservations required: Call ext 629 or press the Spa button on your room phone.

02 SIGNATURE INDULGENCES

SICILIAN SENSATIONS

80 MINUTES

This exclusive treatment uses handmade Sicilian soaps and local natural products to create a truly sensual Mediterranean experience. The main ingredient is extra virgin olive oil, which is enriched with lava dust, pumice stone and a choice of essential oils extracted from the island's fragrant flowers and fruits — prickly pear, tangerine, lemon, sweet almond, orange blossom or star anise. The treatment includes an exfoliating foot bath, a body cleansing with soap and a nourishing massage.

CIURI CIURI BODY SCRUB

20 MINUTES

Belmond Grand Hotel Timeo's unique exfoliating ritual has been created in collaboration with the prestigious artisan soap maker Sa di Sapone of Catania. Salts from Lipari create a delicate natural scrub, which is fragranced with prized neroli oil made from bitter orange blossoms. Promoting cellular renovation, the treatment leaves the face and body gleaming with purity.

PUMICE STONE AND SWEET ALMOND BODY RITUAL

50 MINUTES

This intensely regenerating body ritual, with pumice stone from Lipari and sensual almond oil, immerses you in the soul of Sicily. The treatment includes an exfoliating soap to cleanse and stimulate, and a massage with sweet and bitter almond oil to give the skin renewed vitality and elasticity.

SLEEP RITUAL

50 MINUTES

Restore physical balance and combat jet lag with this soothing ritual. A synergy between Tranquillity blend essential oils, exclusive Sound and a massage with soft brushes works on three sensorial paths to promote sleep and overall harmony.

50+ RITUAL

50 MINUTES

For women experiencing hormonal changes to the face and body, this ritual brings serenity and vitality. Cell Support Technology™, innovative textures and a special massage technique, Dermal Petrissage, combine to boost production of collagen for a deep skin regeneration. For women 50+.

03 **MASSAGES**

MUSCLE MELT MASSAGE 50/80 MINUTES
(ALSO AVAILABLE FOR COUPLES)

We drizzle a blend of warm oils over the body and follow with a muscle massage. Intense strokes and flowing techniques promote a calm and relaxed state.

AROMATHERAPY 50/80 MINUTES
(ALSO AVAILABLE FOR COUPLES)

This harmonising massage employs essential oils to enhance physical, emotional and mental wellbeing. Tension melts away, leaving you blissfully relaxed.

INDIAN HEAD MASSAGE 20 MINUTES

Enter a deep state of relaxation with this ayurvedic treatment that also restores health and shine to the hair.

BACK MASSAGE 20 MINUTES

Target the tense areas around the back, shoulders and neck with this treatment that leaves you feeling supple, soothed and invigorated.

04 **BODY TREATMENTS**

AROMASOUL SCRUB

25 MINUTES

Nourish your skin and give your body an all-over silky feel with this renewing treatment. The volcanic scrub and blended aromatherapy oils leave you delightfully scented and smooth.

DETOX & DRAIN

80 MINUTES

Reap the benefits of this intensely detoxifying, draining, anti-cellulite treatment. Thermal water and essential oils are combined with a deep tissue purification to drain away waste and toxins. The perfect boost for legs encumbered by edematous cellulite.

DEEP BODY RENEWAL

50 MINUTES

Enjoy a reshaping, revitalising massage that provides an intense metabolic boost. While tackling water retention and helping to drain toxins, it reactivates your circulation and eases muscle tension.

BACK & SHOULDER RESCUE

50 MINUTES

Melt away tension with this decontracting and detoxifying treatment for the head, neck and back.

05 FACIAL TREATMENTS

ACTIVE PURENESS 50 MINUTES
Purify and tone your complexion with this deep cleansing facial that uses a mattifying spirulina algae mask. Intense but delicate, it balances and refreshes the skin for revitalising results.

REMEDY 50 MINUTES
Boost the health and beauty of your skin with this renewing, fortifying and soothing facial, perfect for sensitive, fragile and redness-prone complexions. An exclusive massage inspired by physiotherapy and osteopathic techniques includes jade spheres, renowned for their detoxifying properties.

SUBLIME SKIN EYES 25 MINUTES
Fight dark circles, puffiness and fine lines with this triple-action treatment. Look forward to illuminated, rejuvenated eye contours.

SACRED NATURE REGENERATIVE ELIXIR 80 MINUTES
Repair, regenerate and revitalise your face, neck and décolletage with this luxury pro-youth treatment containing organic ingredients. An antioxidant botanical complex and the innovative Regener-lift Massage combine to achieve immediate toning and firmness.

SACRED NATURE REGENERATIVE HYDRA 50 MINUTES
Enjoy a treatment using moisturising and regenerative organic ingredients. A unique 7-step ritual revitalises and brightens the complexion to extraordinary effect.

06 PREGNANCY TREATMENTS

MOTHER-TO-BE MASSAGE

50 MINUTES

Expert antenatal techniques are used to relieve stress, alleviate back aches and reduce water retention. A nourishing body oil, enriched with Tamanu, soothes even the most delicate skin. Pillows and bolsters make the treatment safe and comfortable for all expectant mothers after their first trimester.

NEW MOTHER BODY RITUAL

50 MINUTES

This deeply restorative, pampering, all-over body treatment incorporates exfoliation and the layering of Tamanu oil products rich in vitamin E to instantly improve the skin's tone and lustre. Ideal for new mothers from six weeks postnatal onwards.

07 SPA STYLE

APPOINTMENTS

As treatments are subject to availability, we strongly recommend scheduling your appointments before your arrival. Appointments for minors (children under 18 years of age) must be made by a parent or guardian, who must also check them in. Minors booked in for closed-door spa treatments must have a guardian in the room for the duration of the service.

CANCELLATIONS

We ask that you make any cancellation or change to treatments at least four hours before your appointment. If you cancel less than four hours in advance, you'll be charged 50% of the fee. If you cancel without notice, you'll be charged 100%.

ARRIVAL

For your comfort we provide a robe, towel, slippers and other amenities. As a courtesy to other guests, should you arrive late we regret that we will only be able to offer you the remainder of your appointment time. The full cost of the treatment or service will still be charged.

WELLBEING

For your comfort and safety, we ask you to mention any conditions you may have, such as injuries, illnesses or allergies, when booking your appointment as certain treatments may not be advisable. In addition, before your treatment begins, please let your therapist or aesthetician know of any medical concerns.

PRECAUTIONS

We recommend eating and drinking in moderation and avoiding alcoholic beverages prior to your spa treatment or exercise class. If you need to shave (particularly beardless men receiving a facial), please do so at least two hours before your appointment. Please don't shave your legs prior to a body scrub treatment. Sunburn may limit enjoyment of your spa treatments; please be vigilant and use sun protection.

JEWELLERY AND VALUABLES

Most therapies flow more easily without the interference of jewellery. We recommend removing neck and wrist ornaments. Please leave all valuables in your room safe.

08 PRICE LIST

All prices are quoted in Euros. 10% VAT included in all listed prices.

SIGNATURE INDULGENCES

SICILIAN SENSATIONS	(80 MIN)	200.00
CIURI CIURI BODY SCRUB	(20 MIN)	85.00
PUMICE STONE AND SWEET ALMOND BODY RITUAL	(50 MIN)	150.00
SLEEP RITUAL	(50 MIN)	180.00
50+ RITUAL	(50 MIN)	150.00

MASSAGES

MUSCLE MELT MASSAGE	(50 MIN) (80 MIN)	180.00 270.00
MUSCLE MELT MASSAGE FOR COUPLES	(50 MIN) (80 MIN)	330.00 per couple 460.00 per couple
AROMATHERAPY	(50 MIN) (80 MIN)	180.00 270.00
AROMATHERAPY FOR COUPLES	(50 MIN) (80 MIN)	330.00 per couple 460.00 per couple
INDIAN HEAD MASSAGE	(20 MIN)	75.00
BACK MASSAGE	(20 MIN)	85.00

BODY TREATMENTS

AROMASOUL SCRUB	(25 MIN)	85.00
DETOX & DRAIN	(80 MIN)	200.00
DEEP BODY RENEWAL	(50 MIN)	150.00
BACK & SHOULDER RESCUE	(50 MIN)	150.00

08 PRICE LIST

FACIAL TREATMENTS

ACTIVE PURENESS	(50 MIN)	140.00
REMEDY	(50 MIN)	140.00
SUBLIME SKIN EYES	(25 MIN)	85.00
SACRED NATURE REGENERATIVE ELIXIR	(80 MIN)	200.00
SACRED NATURE REGENERATIVE HYDRA	(50 MIN)	150.00

PREGNANCY TREATMENTS

MOTHER-TO-BE MASSAGE	(50 MIN)	155.00
NEW MOTHER BODY RITUAL	(50 MIN)	155.00

HAIR SERVICES

IN-ROOM HAIR STYLE (<i>shampoo not included</i>)	from 60.00
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Reservations: Call ext 629 or press the Spa button on your room phone.

INCOMPARABLE GENUINE TRAVEL

BELMOND.COM