



**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** SEASONAL TREATMENTS
- 03** SIGNATURE INDULGENCES
- 04** MESSAGES
- 05** BODY TREATMENTS
- 06** FACIAL TREATMENTS
- 07** RITUALS FOR MEN
- 08** FOR YOUNGER GUESTS
- 09** PREGNANCY TREATMENTS
- 10** FINISHING TOUCHES
- 11** SPA STYLE
- 12** PRICE LIST

01 **RELAX AND REVIVE**

We invite you to enjoy unbridled Sicilian indulgence at our wellness centre in the verdant gardens.

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.

We offer three single treatment rooms and a couple's treatment room. We also have a hairdressing salon offering a full range of services. All therapies are suitable for both men and women unless otherwise stated. Please enjoy complimentary use of our sauna and Fitness Centre during your stay, reservation is required.

Opening times:

Treatments: daily 10:00-20:00.

Fitness Centre: upon reservation.

Hair Salon: daily 10:00 - 20:00.

Access: Exit the hotel on the ground floor and follow the path through the gardens to the Wellness Centre, on the right.

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

02 SEASONAL TREATMENTS

Bask in some end-of-season indulgence with our selection of seasonal treatments based on local winter ingredients, such as red vine, almond and oranges.

RED VINE AND ALMOND BODY AND FACIAL RITUAL 80 MINUTES

Benefit from the antioxidant powers of red vine and almond in this soothing ritual, which begins with a light exfoliation of the body with Mozia salt and a red vine savonnage. After a vanilla gommage of the face, the treatment ends with a warm almond oil massage.

CANE SUGAR, CHOCOLATE AND ORANGE BODY RITUAL 50 MINUTES

This lavish, aromatic body ritual employs cane sugar, chocolate and orange to leave skin soft and radiant. The treatment begins with a savonnage of black soap and cane sugar, which is followed by a sense-igniting massage with chocolate and orange.

FESTIVE MAKE-UP AND HAIR STYLING

03 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.

PRO-LIFT FACIAL

50 MINUTES

Firm and replump your face and neck and enjoy an anti-ageing boost. Combined with specific Kobido techniques and the amazing Ultra Glow peel, this treatment restores fullness and redefines the volume of the face.

04 **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.

05 **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.

06 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.

07 **RITUALS FOR MEN**

All of the spa treatments above are also suitable for men.

HIGH PERFORMANCE FACIAL

50 MINUTES

Specifically designed to enhance male complexions, this treatment acts synergically on three levels: it hydrates, purifies and soothes.

BACK & SHOULDER RESCUE

50 MINUTES

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

08 **FOR YOUNGER GUESTS**

Up to the age of 12.

MOTHER AND DAUGHTER BEAUTY PACKAGE 150 MINUTES

A delightful beauty treatment for mother and daughter to share. Mothers enjoy a moisturizing facial and a hand and feet treatment. Daughters are treated to a 50-minute purifying facial and a hand and feet treatment tailored to younger people.

YOUNG PERSON'S SPA MANICURE 40 MINUTES

YOUNG PERSON'S SPA PEDICURE 45 MINUTES

09 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.

10 FINISHING TOUCHES

NAIL CARE

- Manicure
- Pedicure
- Anti-ageing hand treatment
- Refreshing foot treatment
- Polish change for fingers and toes

HAIR REMOVAL

- Upper lip
- Underarm
- Bikini area
- Brazilian bikini
- Arms
- Half leg waxing
- Full leg waxing
- Back

EYELASHES AND EYEBROWS

- Eyebrow shape
- Eyebrow tint
- Eyelash tint
- Eyelash and eyebrow tint

MAKE-UP

- Day make-up
- Evening make-up
- Bridal make-up
- Bridal make-up trial

HAIR SERVICES

- Women's cut and style
- Men's cut
- Children's cut
- Shampoo and style
- Shampoo and style for shoulder length and longer hair
- Shampoo and style for hair with extensions
- Simple up-do
- Nourishing treatment masque
- Intensive repair treatment
- Bridal hair
- Bridal hair trial

COLOUR (STYLE NOT INCLUDED)

- Full head colour
- Root retouch
- Full highlights
- Partial highlights

11 SPA STYLE

We're delighted you will be joining us. Our spa is an oasis of calm, and we therefore ask that you help us maintain a peaceful ambience by speaking in a soft voice and turning off your cell phone.

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

We invite you to arrive a few minutes before your appointment to allow adequate time to change. 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.

12 PRICE LIST

All prices are quoted in Euros. 22% VAT included in all listed prices.

All treatments can be enjoyed in your room for an additional charge of €40.00 per person.

SEASONAL TREATMENTS

RED VINE AND ALMOND BODY AND FACIAL RITUAL	(80 MIN)	200,00
CANE SUGAR, CHOCOLATE AND ORANGE BODY RITUAL	(50 MIN)	165,00
FESTIVE MAKE-UP AND HAIR STYLING		160,00

SIGNATURE INDULGENCES

SICILIAN SENSATIONS	(80 MIN)	220.00
CIURI CIURI BODY SCRUB	(20 MIN)	95.00
PUMICE STONE AND SWEET ALMOND BODY RITUAL	(50 MIN)	165.00
SLEEP RITUAL	(50 MIN)	200.00
PRO-LIFT FACIAL	(50 MIN)	170.00

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)	95.00
DETOX & DRAIN	(80 MIN)	220.00
DEEP BODY RENEWAL	(50 MIN)	165.00

12 PRICE LIST

FACIAL TREATMENTS

ACTIVE PURENESS	(50 MIN)	155.00
REMEDY	(50 MIN)	155.00
SUBLIME SKIN EYES	(25 MIN)	95.00
SACRED NATURE REGENERATIVE ELIXIR	(80 MIN)	220.00
SACRED NATURE REGENERATIVE HYDRA	(50 MIN)	165.00

RITUALS FOR MEN

HIGH PERFORMANCE FACIAL	(50 MIN)	155.00
BACK & SHOULDER RESCUE	(50 MIN)	165.00

FOR YOUNGER GUESTS

MOTHER AND DAUGHTER BEAUTY PACKAGE	(150 MIN)	560.00 per couple
YOUNG PERSON'S SPA MANICURE	(40 MIN)	65.00
YOUNG PERSON'S SPA PEDICURE	(45 MIN)	85.00

PREGNANCY TREATMENTS

MOTHER-TO-BE MASSAGE	(50 MIN)	155.00
NEW MOTHER BODY RITUAL	(50 MIN)	170.00

FINISHING TOUCHES

NAIL CARE		
Manicure		70.00
Pedicure		95.00
Anti-ageing hand treatment		25.00
Refreshing foot treatment		25.00
Polish change for hands or feet		40.00

HAIR REMOVAL

Upper lip	20.00
Underarm	25.00
Bikini area	40.00
Brazilian bikini	50.00
Arms	55.00
Half leg waxing	60.00
Full leg waxing	95.00
Back	70.00

EYELASHES AND EYEBROWS

Eyebrow shape	20.00
Eyebrow tint	25.00
Eyelash tint	50.00
Eyelash and eyebrow tint	65.00

12 PRICE LIST

MAKE-UP

Day make-up	75.00
Evening make-up	90.00
Bridal make-up	from 230.00
Bridal make-up trial	from 120.00

HAIR SERVICES

Women's cut and style	115.00
Men's cut	65.00
Children's cut	40.00
Shampoo and style	75.00
Shampoo and style for hair shoulder length and longer	80.00
Shampoo and style for hair with extensions	105.00
Simple up-do	90.00
Nourishing treatment masque	20.00
Intensive repair treatment	25.00
Bridal hair	from 240.00
Bridal hair trial	from 110.00

COLOUR (STYLE NOT INCLUDED)

Full head colour	80.00
Root retouch	65.00
Full highlights	120.00
Partial highlights	90.00

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

INCOMPARABLE GENUINE TRAVEL

BELMOND.COM