



BELMOND

GRAND HOTEL TIMEO

TAORMINA

WELLNESS CENTRE

WELLNESS CENTRE MENU

WELCOME TO THE WONDERFUL WORLD OF BELMOND

We are totally dedicated to your wellness when you stay with us at Belmond. Whether lazing in our spa or dining on nutritious cuisine, practicing yoga on a beach or enjoying a moment's peace in a tranquil hideaway, do take this special opportunity to refresh both your body and your soul.

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01 RELAX AND REVIVE AT OUR WELLNESS CENTRE

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

Choose from an array of treatments featuring all-natural, organic products packed with healing local herbs and flowers. Our therapists use Italian brand Mei, experts in phyto-cosmetics who craft essential oils purely from wild plants, and Sa di Sapone, olive oil-based artisanal products made to time-honoured Mediterranean recipes.

We offer three single treatment rooms, a couple's treatment room and a gazebo for alfresco massages. 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, steam room and Fitness Centre during your stay.

Opening times:

Treatments: daily 10:00-20:00

Sauna and steam room: daily 10:30-19:30—please inform the Wellness Centre of your visit in advance

Fitness Centre: 24/7

Access:

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

Reservations:

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.

03 MASSAGES

TRADITIONAL 50/80 MINUTES
Enjoy a full body massage designed to ease tension, soothe stress and induce a sense of wellbeing.

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.

LYMPHATIC DRAINAGE 50/80 MINUTES
Improve your circulation and benefit from a gentle, natural expulsion of toxins and excess fluid from the body.

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**

START-UP ANTI-CELLULITE DRAINING TREATMENT FOR LEGS AND ABDOMEN

50 MINUTES

Benefit from an invigorating, lympho-draining, anti-cellulite treatment that stimulates your microcirculation and lymphatic system. Following a detoxifying massage with green clay scrub, a poultice is applied comprising seven potent essential oils activated by turmeric and ginger in apple vinegar. Afterwards, we give you a massage specially tailored to encourage drainage, then apply relax oil and, finally, nourishing juniper gel.

DOLCE VITA

50 MINUTES

Let Mei SPA's sweet orange and lemon essential oils envelop you in this uplifting ritual. We begin with a purifying scrub containing fine sugar crystals and follow with a massage using rich, citrusy Balance oil. The finishing application of silky, illuminating Sweet Orange cream leaves your skin soft, radiant and rejuvenated.

SOTTOSALE

50 MINUTES

Recharge and revitalise with this exclusive Mei SPA ritual, which uses Sicilian sea salt, enhanced by pennyroyal and wild peppermint essential oils, to detoxify the skin, and extracts of green tea and ginseng root to create a relaxing, anti-stress action. Skin is left smoothed, toned and firmed.

DETOXINATING AND ELASTICISING TREATMENT WITH GREEN CLAY AND HORSETAIL

50 MINUTES

Skin is under daily attack from environmental pollutants and other toxins. This ritual from Mei SPA is designed to help counteract the effects and renew the skin. Cleansing green clay, horsetail and Relax oil work in harmony to enhance general wellbeing.

05 FACIAL TREATMENTS

PURIFYING FACIAL

50/80 MINUTES

Revitalise your skin with this classic, deep cleansing facial, which includes steam, extractions (80-minute version only), face and décolleté massage, face mask and customised cream. It will leave the skin smooth, purified and instantly brighter.

ARGAN ANTI-AGEING FACIAL

50 MINUTES

For complexions in need of a regenerating boost, let us nourish and oxygenate your skin with a treatment based on wild argan oil and concentrated Dolomite-based silica. We begin by exfoliating the skin with a remineralising green clay. We then perform a soothing face, neck and décolleté massage before applying a silicic acid gel mask, which relaxes fine lines and wrinkles and fades age spots and signs of sun damage. Finally, argan and silicon cream is applied to complete the deeply reparative and regenerating effect, leaving skin radiant and lustrous.

TAMANU NOURISHING FACIAL

50 MINUTES

Polynesian women have long used tamanu, a tropical nut oil, to keep their skin youthful and healthy. The oil's precious anti-inflammatory and antioxidant properties make this treatment ideal for dry, dehydrated skin affected by the first signs of ageing. We begin by cleansing your skin and applying a green clay exfoliant. Afterwards, enjoy a relaxing face, neck and décolleté massage before we smooth on the nourishing tamanu cream.

PERSIAN ROSE CALMING FACIAL

50 MINUTES

In cosmetology, the Persian rose is prized for endowing skin with the same velvety texture as its petals. Enjoy its soothing properties and intoxicating fragrance in this calming facial, ideal for delicate, fragile or inflamed skin. After cleansing your skin and applying an exfoliating Italian green clay, we'll gently massage your face, neck and décolleté. Finally, we apply the calming and refreshing cream essential crafted from beautiful Persian rose essential oil.

06 RITUALS FOR MEN

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

MEI FACIAL RITUAL FOR MEN

50 MINUTES

Take time to enjoy this soothing and highly effective facial, which uses Mei phytocosmetics to adapt to your skin's particular characteristics. You'll emerge with a brighter, clearer, more supple complexion.

MEIMAN

110 MINUTES

A treatment designed to restore strength and tone to the body, glow to the skin and happiness to the soul. Starting from the feet upwards, it combines eight different phytocosmetic products with specific targeted actions. Sea salt, ginseng and peppermint all play a role in the programme, which begins with a rich, detoxifying exfoliation followed by a massage using selected anti-stress essential oils, and ends with an anti-ageing facial treatment.

07 **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 tamanu nourishing facial, manicure and pedicure. Daughters are treated to a 50-minute purifying facial, manicure and pedicure tailored to younger people.

BALANCE MASSAGE 50 MINUTES

A relaxing aromatherapy massage designed for parent and child to enjoy together.

YOUNG PERSON'S SPA MANICURE 40 MINUTES

YOUNG PERSON'S SPA PEDICURE 45 MINUTES

08 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 Persian rose, 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 rose-based products to instantly improve the skin's tone and lustre. Ideal for new mothers from six weeks postnatal onwards.

09 **HONEYMOON AND ANNIVERSARY PACKAGES FOR COUPLES**

A ROMANTIC DAY

APROX 195 MINUTES

Pedicure and manicure for two; tamanu nourishing facial for two; aromatherapy massage for couples, 50 minutes; sauna, steam bath and fruit selection.

NEROLI FLOWERS

APROX 120 MINUTES

Ciuri ciuri scrub for two; aromatherapy massage for couples, 80 minutes; sauna, steam bath and fruit selection.

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. 10% VAT included in all listed prices.

All treatments can be enjoyed in your room for an additional charge of €40 per person.

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

MASSAGES

TRADITIONAL	(50 MIN) (80 MIN)	155.00 220.00
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
LYMPHATIC DRAINAGE	(50 MIN) (80 MIN)	160.00 235.00
INDIAN HEAD MASSAGE	(20 MIN)	75.00
BACK MASSAGE	(20 MIN)	85.00

BODY TREATMENTS

START-UP ANTI-CELLULITE DRAINING TREATMENT FOR LEGS AND ABDOMEN	(50 MIN)	115.00
DOLCE VITA	(50 MIN)	130.00
SOTTOSALE	(50 MIN)	130.00
DETOXINATING AND ELASTICIZING TREATMENT WITH GREEN CLAY AND HORSETAIL	(50 MIN)	130.00

FACIAL TREATMENTS

PURIFYING FACIAL	(50 MIN) (80 MIN)	130.00 190.00
ARGAN ANTI-AGEING FACIAL	(50 MIN)	140.00

12 PRICE LIST

TAMANU NOURISHING FACIAL	(50 MIN)	130.00
PERSIAN ROSE CALMING FACIAL	(50 MIN)	130.00

RITUALS FOR MEN

MEI FACIAL RITUAL FOR MAN	(50 MIN)	130.00
MEIMAN	(110 MIN)	250.00

FOR YOUNGER GUESTS

MOTHER AND DAUGHTER BEAUTY PACKAGE	(150 MIN)	545.00 per couple
BALANCE MASSAGE	(50 MIN)	300.00 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)	155.00

HONEYMOON AND ANNIVERSARY PACKAGES FOR COUPLES

A ROMANTIC DAY	(APPROX 195 MIN)	800.00 per couple
NEROLI FLOWERS	(APPROX 120 MIN)	560.00 per couple

FINISHING TOUCHES

NAIL CARE		
Manicure		65.00
Pedicure		85.00
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	55.00
Children's cut	40.00
Shampoo and style	70.00
Shampoo and style for shoulder length and longer hair	75.00
Shampoo and style for hair with extensions	95.00
Simple up-do	85.00
Nourishing treatment masque	20.00
Intensive repair treatment	25.00
Bridal hair	from 220.00
Bridal hair trial	from 100.00
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.

