



T I M I A M A

sea beauty spa

SEA | BEAUTY | SPA

Treatment menu



# T I M I A M A

sea beauty spa

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Book your treatments through our App  
Pullman Almar Timi Ama or at the  
Seawater Spa reception desk.

## OPENING HOURS

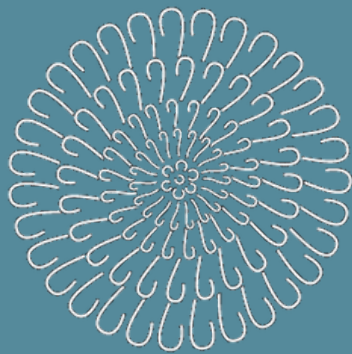
Every day

9.30 AM - 7.30 PM

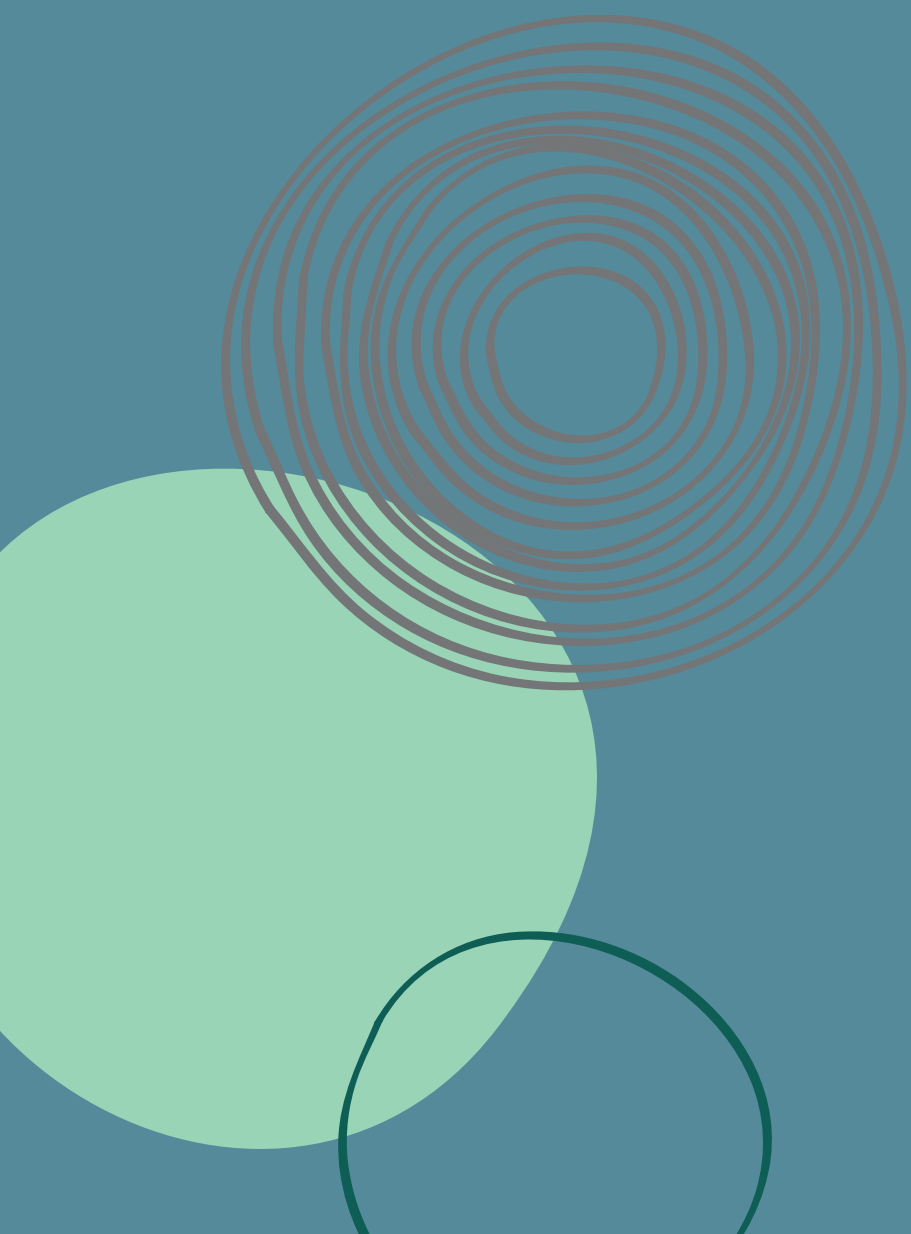
Tel. 7027 from your room

Tel. +39 070 79 79 7027 - [H3040-TH@accor.com](mailto:H3040-TH@accor.com)

our selection of treatments  
and massages from



ALMABLU  
WELLNESS & SPA



# ALMABLU

## FACIAL RITUALS

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Let yourself be enveloped by the pleasant texture of Almablu skincare products, by scents and feelings of well-being, and surrounded by love and attention as expert hands pamper you. Rituals to discover new vitality and regenerate the skin of the face through relaxing and sensorial steps and manipulations.

### **"SOUNDLESS"**

**50 min - € 135**

#### **RELAXING RITUAL**

Facial features relax making your face glow thanks to a special red seaweed, rich in beta-carotene and lycopene, with an antioxidant action: Dunaliella seaweed. A happy combination of relaxation and anti-aging action for an amazing result.

### **"BREATHING YOU IN"**

**50 min - € 135**

#### **REJUVENATING RITUAL**

Precious active ingredients, such as Hyaluronic Acid, Marine Omega Three and anti-aging hydrolates, bring elasticity and firmness to the tissues. The skin "breathes" and revives. A new freshness leaves the skin of your face looking smooth and radiant.

### **"OCEAN BLUE"**

**50 min - € 135**

#### **MEN'S RITUAL**

Anti-stress face and eye contour treatment designed for men's skin. This massage utilizes plants such as myrtle and lavender that evoke seaside scents and marine environments. The treatment aims at smoothing features, lightening dark circles and promoting the decongestion of bags under the eyes with a tightening effect on the entire eye area. Deep hydration and protection from aggressive external agents are among the most beneficial effects of marine cosmetics.

# ALMABLU

## BODY RITUALS

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“Caresses of the Sea” body treatments aim to provide excellent results that meet the skin’s requirements without neglecting the sensory and emotional experience. The products of the Almablu Line are enhanced by true rituals designed to help you get back into shape and achieve aesthetic results in an atmosphere of total comfort and relaxations.

### **"THE MAGIC OF MAKING" DETOX RITUAL**

**50 min - € 100**

A treatment specifically designed to rid the body of impurities and toxins through a pleasant and relaxing well-being procedure. The purification of body and mind is obtained through a 3-step deep exfoliating treatment.

### **"THE COLORS OF THE SEA" GET BACK IN SHAPE RITUAL**

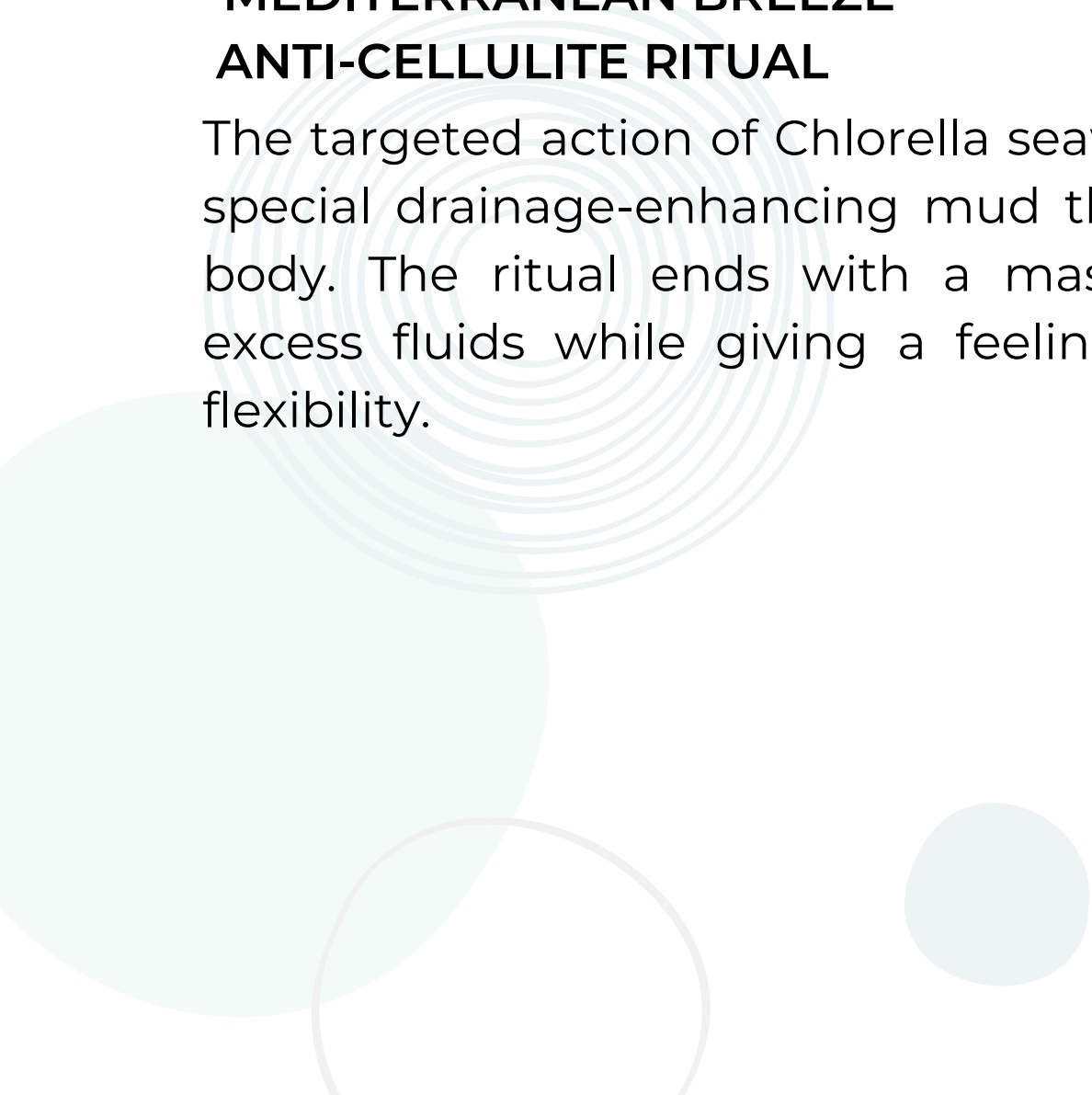
**50 min - € 105**

The ritual helps the body expel toxins and release excess liquids through the use of a targeted massage on the affected area and a seaweed and essential oils body wrap, for a slim, toned and sensual silhouette.

### **"MEDITERRANEAN BREEZE" ANTI-CELLULITE RITUAL**

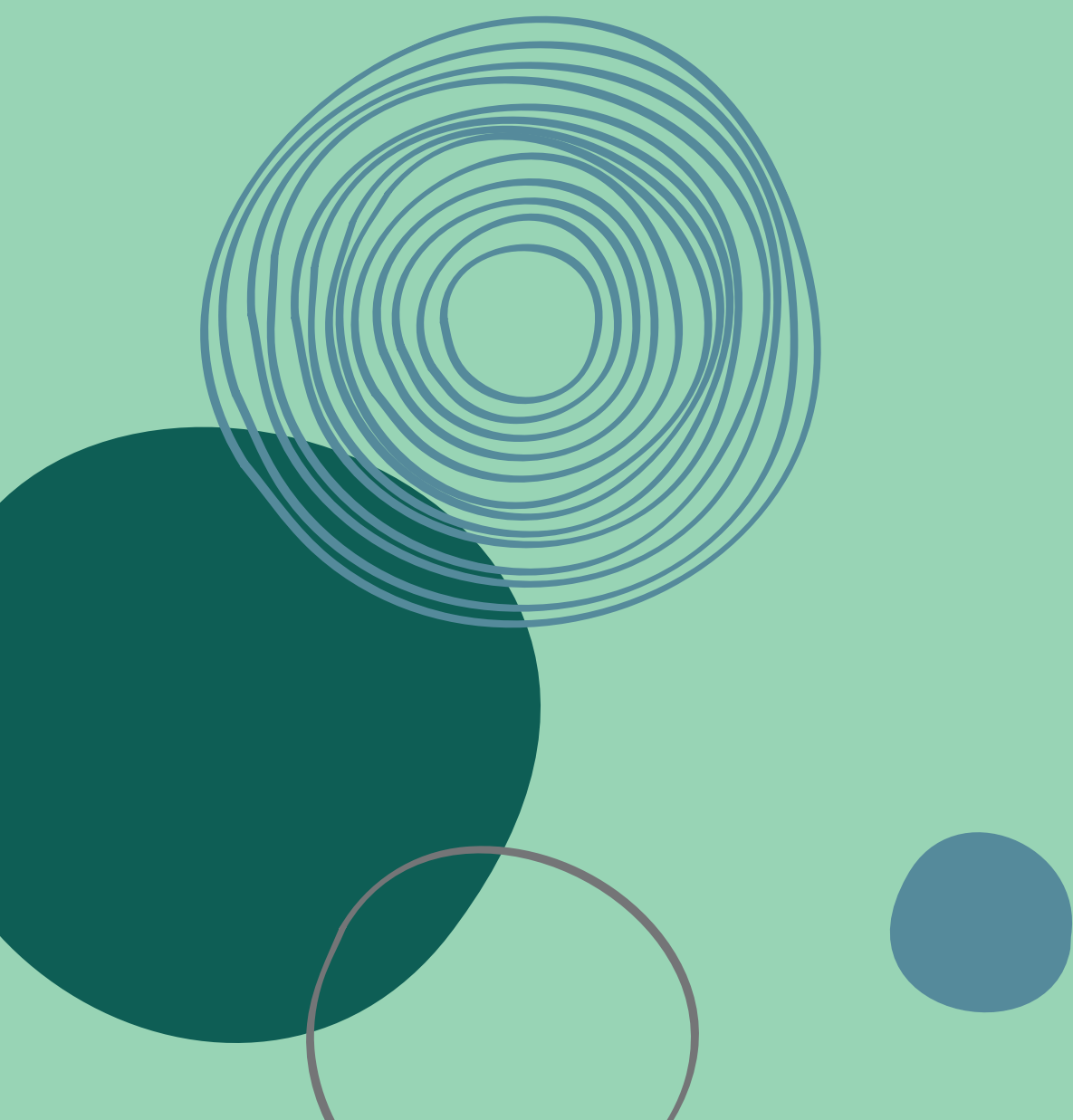
**50 min - € 105**

The targeted action of Chlorella seaweed is used to formulate a special drainage-enhancing mud that is applied to the whole body. The ritual ends with a massage that helps eliminate excess fluids while giving a feeling of greater lightness and flexibility.



our selection of treatments  
and massages from

CINQ MŌNDES  
PARIS



# CINQ MONDES

## FACIAL TREATMENTS

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Each of our facials is a technical yet relaxing experience that brings out the beauty in everyone. Each of the Cinq Mondes products used during the treatment respects the principle of Skin Dietetics®, offering targeted and tailored effectiveness. An exclusive manual, needle-free acupuncture technique called Dermapuncture® paired with massage techniques from traditional medicine around the world will relax the features of the face, neck, and chest deeply.

### **RADIANT SKIN BALINESE FLOWERS MASSAGE** 20 min - € 70

This treatment will leave the skin truly blemish free and the complexion radiant, thanks to oxygenation techniques that combine natural active ingredients from tropical flowers and fruit acids (AHAs).

### **FIVE FLOWERS BOOSTER TREATMENT** 50 min - € 125

This purifying treatment combines the extracts of the five tropical flowers (gardenia, hibiscus, frangipani, ylang ylang, lotus) with Kombuchka™, able to smooth the skin, give radiance and sublimate the skin tone.

## ko bi do

This must-try facial massage is exclusive to Cinq Mondes Spas. This is an extremely sophisticated facial massage originating from Japan. 'Ko' means ancient, 'Bi' refers to facial beauty, and 'Do' signifies the right action.

### **KO BI DO REDENSIFICATION** 50 min - € 135

This wrinkle-reducing treatment acts deeply on the face and neck, leaving the skin toned, smoothed, and plumped.

### **KO BI DO GLOBAL ANTI-AGING** 80 min - € 195

This exceptional treatment combines the powerful ingredients of the selected cream with the Dermapuncture® techniques for a truly natural face lift.

# CINQ MONDES

## BODY TREATMENTS

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Invite your senses to discover the benefits of the best massages from around the world, passed down over many generations. Each one will carry your senses away, across time and space, to Bali, India, North Africa, and more. They will leave you deeply renewed in body and mind. Let yourself be transported by the heady fragrances and enchanting textures, for a long-lasting feeling of calm.

### scrubs

#### **SPICED AROMATIC SCRUB**

20 min - € 70

Energizing body scrub.

#### **PAPAYA PUREE SCRUB**

20 min - € 70

Sensory body scrub.

#### **MONOI TAHITI SUBLIME SCRUB**

20 min - € 70

Regeneration body scrub.

#### **BELDI BLACK SOAP SCRUB**

20 min - € 70

Purifying body scrub.

### wraps

#### **DETOXIFYING AND PURIFYING TREATMENT WITH RHASSOUL CLAY**

20 min - € 70

Let yourself be transported to the heart of the magical world of Hammam and Moroccan tradition. Your skin will regain tone and shine thanks to the detoxifying properties of this natural clay.

### slimming treatments

#### **DETOX SLIMMING TREATMENT**

50 min - € 140

Treatment based on Glaucina and pure caffeine that helps reduce fat cellulite. Lipolysis is activated by a series of toning percussions followed by a cataplasm based on clay and draining and firming seaweed.



# CINQ MONDES

## MASSAGES & RITUALS

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### **NORTH AFRICAN SENSORY MASSAGE**

50 min - € 125

80 min - € 175

This full-body massage with warmed argan oil will transport you to the heart of North African tradition. You will be wrapped with slow, deep movements that will make you feel true bliss.

### **AYURVEDIC INVIGORATING MASSAGE**

50 min - € 125

80 min - € 175

Invigorating hot-oil massage inspired by traditional Abhyanga. The energetic, alternating pace will release any tension and relax your muscles.

### **POLYNESIAN RELAXING MASSAGE**

50 min - € 125

80 min - € 175

A massage passed down by Polynesian healers with the slow rhythms of Lomi-Lomi. The delicate notes of the Tiaré flower will accompany you all throughout this relaxing experience.

### **BALINESE RELAXING MASSAGE**

50 min - € 125

80 min - € 175

This ancestral Balinese massage will plunge you into a tranquil world. This sensory escape is combined with traditional smoothing and gentle Thai stretches.

## rituels de soin®

### **NORTH AFRICAN RITUAL**

110 min - € 210

Beldi Black Soap scrub + Detoxifying and Purifying Treatment with Rhassoul clay + 50-min North African Sensory Massage.

### **AYURVEDIC RITUAL**

80 min - € 180

Spiced Aromatic Scrub + 50-min Ayurvedic Invigorating Massage.

### **POLYNESIAN RITUAL**

80 min - € 180

Monoï Tahiti Sublime Scrub + 50-min Polynesian Relaxing Massage.

### **BALINESE RITUAL**

80 min - € 180

Papaya Puree Scrub + 50-min Balinese Relaxing Massage.

# CINQ MONDES

## MASSAGES & RITUALS

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### pregnancy

#### SUBLIME DU BOLA MASSAGE

50 min - € 125

Drawing inspiration from ancient Polynesian traditions, this treatment is tailored to the various stages of pregnancy. Through gentle strokes and the use of sound massage balls used in Eastern medicine to stimulate reflex zones (Bolas), it helps to deeply relax the ever-changing body of the mother-to-be.

*This massage is recommended after the 3rd month of pregnancy.*

#### SUBLIME DU BOLA RITUAL

80 min - € 180

Including a Monoi Tahiti Sublime Scrub and a Sublime du Bola Massage, this ritual combines full body revitalization with a moment of relaxation and well-being for yourself and your baby.

*This ritual is recommended after the 3rd month of pregnancy.*

### relaxation and tension relief

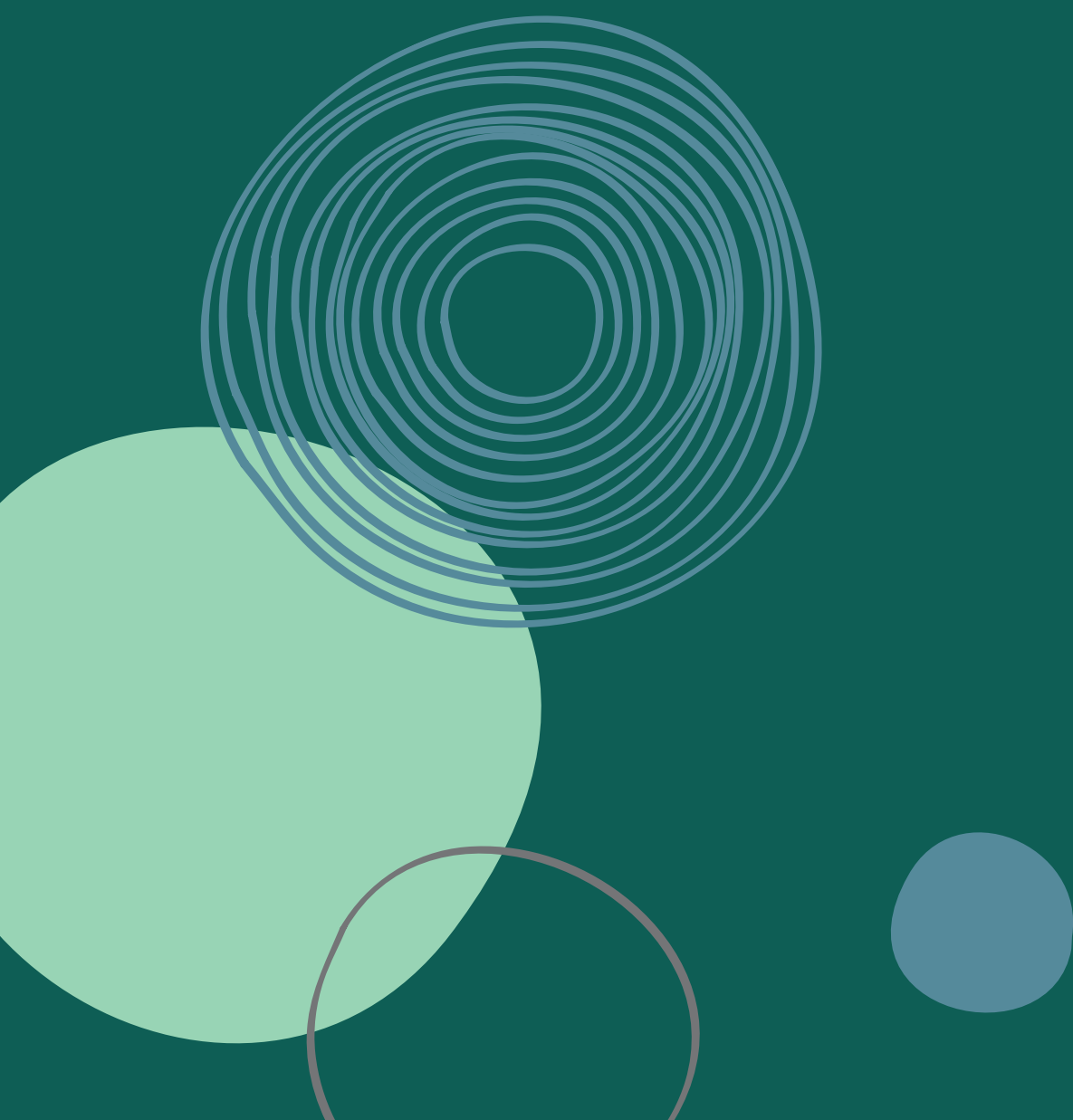
#### SPARTA RITUAL

50 min - € 145

80 min - € 195

A complete massage treatment, muscle-relaxing and deeply relaxing, inspired by ancient Greek medicine. A combination of massage techniques and care products with multi-sensory galenic formulas, rich in ingredients derived from traditional Ancient Greek botanicals, for visible and felt effectiveness.

**our sea beauty & spa  
treatments and massages**



# SEAWATER SPA

## ESSENTIALS

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### day spa

#### SENSORY WELLNESS AREA

120 min - € 45

Experience a feeling of relaxation and appeasement of the senses in our Sensory Wellness Area, which features a heated seawater pool with targeted jets, bio-sauna, steam bath, ice fountain, salt room, aromatic showers, emotional lounge, and herbal tea lounge.

### individual seawater spa treatments

#### HYDROMASSAGE SEAWATER BATH

20 min - € 45

#### VICHY SHOWER

15 min - € 35

#### PURIFYING SEAWATER BATH

20 min - € 55

#### JET SHOWER

10 min - € 35

### wraps

#### REMINERALISING SEAWEED WRAP

20 min - € 60 | 3 sessions - € 154

#### SLIMMING FUCUS SEAWEED WRAP

20 min - € 60 | 3 sessions - € 154

#### MOISTURIZING BEESWAX AND SHEA BUTTER WRAP

20 min - € 60 | 3 sessions - € 154

### group seawater spa treatments

(workout sessions in seawater pool)

#### SPA CIRCUIT

25 min - € 45

# FACIAL TREATMENTS

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## by Fitomediterranea

### "LUNA LUGHENTE" LIGHTENING TREATMENT **50 min - € 120**

Based on red grapes polyphenols and juice and essential oil of "pompià", an endemic citrus fruit known for its pronounced purifying and lightening properties.

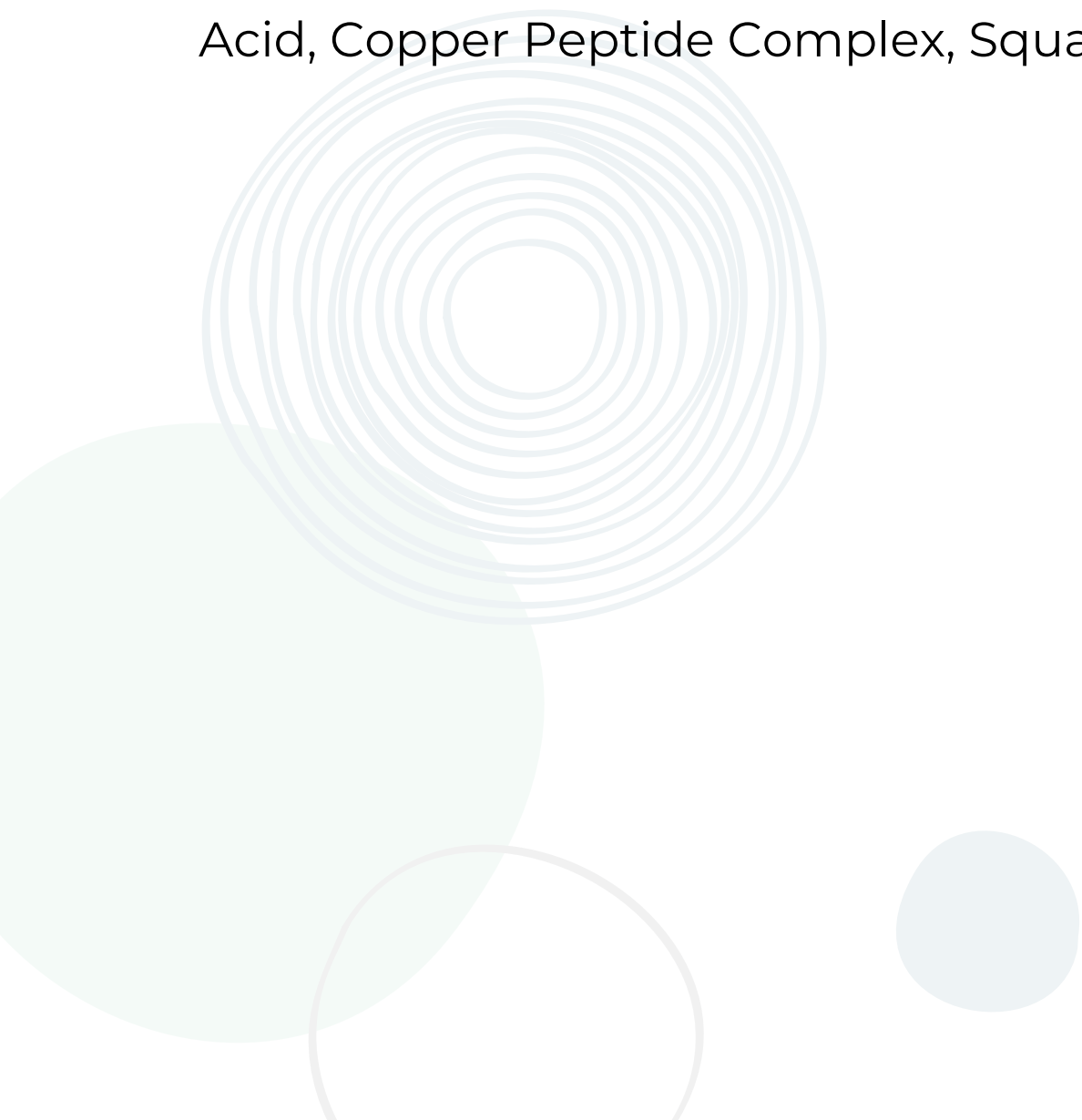
## by Mimi Luzon

### 24K GOLD FACIAL TREATMENT **50 min - € 270**

Illuminating anti-aging treatment. Give your face an instant shine thanks to the luxurious mask with gold leaf enriched with a combination of active ingredients that improve elasticity, texture and tone of the skin, while the peptides help to visibly reduce wrinkle depth as well as facial tension.

### WONDER FACIAL TREATMENT **50 min - € 210**

The latest solution in dehydrated skin care, with pure silver leaves. Your skin immediately appears brighter and energized thanks to silver - with recognized anti-inflammatory and antiseptic properties - and the active ingredients contained in the After Effect Mask (Seaweed Extract, Aloe Vera, Hyaluronic Acid, Copper Peptide Complex, Squalane, Arnica and Red Tea).



# BODY

## TREATMENTS

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### by Fitomediterranea

#### "TERRA MEA" SARDINIAN RITUAL

110 min - € 185

Deeply regenerating face and body treatment. Cistus, helichrysum, myrtle, juniper... A mesmerizing journey into the fragrant Mediterranean maquis.

### slimming treatments

#### CALCO VERDE® & BODY SHAPING MASSAGE

80 min - € 160

Exceptional cellulite and stretch mark treatment with a relaxing effect. Calco verde® is a 100% natural blend composed of gypsum powder and rosemary essential oil, offering noticeable toning and anti-inflammatory properties. Its "cold-hot-cold" action stimulates vascular activity, reducing water retention, and aiding in the elimination of toxins and lactic acid.

### well-being of bones and muscles

Vacation is meant to relax and rejuvenate, and your body deserves to get the attention it needs wherever you are.

#### PHYSIOTHERAPY SESSION

€ 150

ENF Physio available (professional medical device with anti-inflammatory, decalcifying, draining and regenerating action).

#### OSTEOPATHY SESSION

€ 150

# MASSAGE

## SELECTION

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### relaxing massages

#### HOT STONE MASSAGE

50 min - € 125

A symphony of warmth and movement that uses the thermal energy of the stones to release tension and promote total relaxation.

#### HOLISTIC MASSAGE

25 min - € 60

50 min - € 110

80 min - € 160

Performed with plant oils and through fluid movements, it reduces muscle tension while promoting well-being and emotional balance.

#### ROSE QUARTZ RELAXING FACIAL MASSAGE

25 min - € 60

Through harmonious movements, the energy of rose quartz gives the face a luminous and relaxed appearance while providing a profound sense of well-being.

#### "S'INCANTU" MASSAGE WITH SARDINIAN BEESWAX & HONEY by Fitomediterranea

25 min - € 70

50 min - € 125

80 min - € 175

An enveloping and moisturizing massage. With the luxurious balm made from beeswax and fine butters, it makes the skin extremely soft and radiant.

### energy massages

#### IMPERIAL SHANGHAI

50 min - € 100

Drawing inspiration from foot reflexology, this massage targets the energy points in the legs and feet, employing an olive wood stick for stimulation. For lighter legs and improved circulation.

#### MUSCLE MASSAGE WITH SARDINIAN ESSENCES by Fitomediterranea

25 min - € 70

50 min - € 125

80 min - € 175

Aromatic massage designed to release muscle tension and promote relaxation. Our rich blend of essential oils, carefully selected for their soothing properties, works to alleviate inflammation and invigorate tired tissues.

# SEAWATER SPA

## PROGRAMS

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### 6-day programs

#### ENERGY BOOST

**24 treatments | 6 days | € 850**

12 individual seawater spa treatments - 3 remineralizing seaweed wraps - 3 holistic massages (25 min) - 6 workout sessions in heated seawater pool

#### DOLCE VITA

**24 treatments | 6 days | € 1080**

15 individual seawater spa treatments - 3 remineralizing seaweed wraps - 6 massages of your choice (50 min)

#### SARDINIAN DOLCE VITA

**24 treatments | 6 days | € 1080**

12 individual seawater spa treatments - 3 remineralizing seaweed wraps - 3 spa circuits in heated seawater pool - 1 "Terra Mea" Sardinian ritual - 1 "Luna Lughente" lightening facial treatment - 3 massages of your choice, between "S'Incantu" massage and muscle massage with Sardinian essences (50 min) - 1 face and scalp massage with olive oil (25 min)

#### BACK RELIEF

**24 treatments | 6 days | € 1080**

7 individual seawater spa treatments - 3 remineralizing seaweed wraps - 6 back massages (50 min) - 2 personal coaching sessions (45 min) - 6 workout sessions in heated seawater pool

#### SWING & RELAX

**18 treatments + 4 green fees | 6 days | € 1080**

2 purifying seawater baths - 2 hydromassage seawater baths - 2 Vichy showers - 3 spa circuits in heated seawater pool - 3 remineralizing seaweed wraps - 6 massages of your choice (50 min)

#### BACK IN SHAPE

**24 treatments | 1 check-up | 6 days | € 1080**

1 check-up - 3 personal coaching sessions (45 min) - 1 body scrub - 4 purifying seawater baths - 3 Vichy showers - 3 slimming seaweed wraps - 6 body-shaping treatments (50 min) - 4 workout sessions in heated seawater pool



# SEAWATER SPA

## PROGRAMS

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### 4-day programs

#### ENERGY BOOST BREAK

**16 treatments | 4 days | € 565**

8 individual seawater spa treatments - 2 remineralizing seaweed wraps - 2 holistic massages (25 min) - 4 workout sessions in heated seawater pool

#### DOLCE VITA BREAK

**16 treatments | 4 days | € 720**

10 individual seawater spa treatments - 2 remineralizing seaweed wraps - 4 massages of your choice (50 min)

#### BACK IN SHAPE BREAK

**16 treatments | 1 check-up | 4 days | € 720**

1 check-up - 2 personal coaching sessions (45 min) - 1 body scrub - 2 purifying seawater baths - 2 Vichy showers - 2 slimming seaweed wraps - 4 body-shaping treatments (50 min) - 3 workout sessions in heated seawater pool

### 1 to 3-day programs

#### SARDINIA STOPOVER

**3 treatments per day | € 180**

- 2 individual seawater spa treatments
- 1 treatment of your choice between “S'Incantu” massage or “Luna Lughente” lightening facial treatment (50 min)

#### THALASSO STOPOVER

**3 treatments per day | € 110**

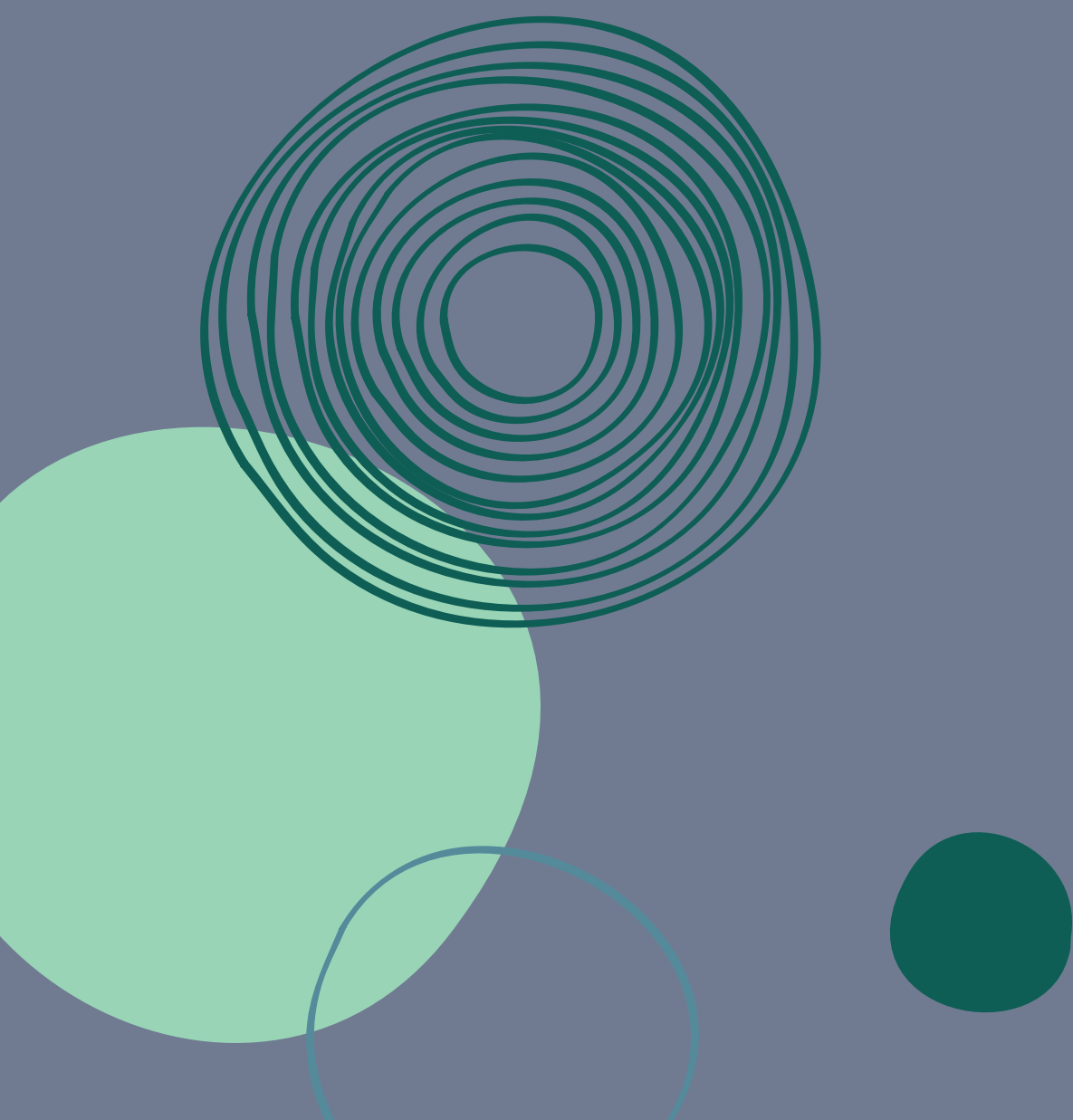
- 2 individual seawater spa treatments
- 1 workout session in heated seawater pool

#### DOLCE VITA STOPOVER

**3 treatments per day | € 140**

- 1 individual seawater spa treatment
- 1 body wrap
- 1 holistic massage (25 min)

# beauty treatments



# BEAUTY

## TREATMENTS

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### beautiful hands & feet by CND® Shellac

SPA MANICURE	50 min - € 80
SPA PEDICURE	50 min - € 90
SEMIPERMANENT NAIL POLISH (HANDS) without removal	€ 70
SEMIPERMANENT NAIL POLISH (FEET) without removal	€ 80

### beautiful face & body

MAKE-UP	from € 70
HENNA TATTOO	from € 50

### your skin diagnostic by ProShape

<b>PROSHAPE SKIN DIAG</b>	<b>Complimentary</b>
In less than 5 minutes, Pro Shape performs a complete skin analysis based on 8 criteria: hydration, sebum, elasticity, pores, wrinkles, pigmentation, sensitivity, acne.	

### hair removal

LIPS	€ 10
EYEBROWS	€ 15
UNDERARMS	€ 15
ARMS	€ 20
BIKINI-LINE	€ 20
HALF LEG	€ 30
FULL LEG	€ 40
FULL LEG + BIKINI-LINE	€ 50
HAIR REMOVAL FOR MEN: BACK OR CHEST	€ 40

# MAX PROFESSIONAL

## HAIR SPA\*

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<b>HAIRSTYLER CONSULTATION</b>	Free
<b>BASIC BRUSHING</b> Shampoo, moisturizing hair mask and basic brushing. For normal to dry hair.	from € 60
<b>BRUSHING AND CUSTOMIZED TREATMENT</b> Shampoo, customized hair mask and brushing.	€ 70
<b>SOLAR</b> Protects hair from sun, sea and wind damage.	€ 130
<b>REPAIR</b> Rebuilds the fiber of damaged and brittle hair.	€ 120
<b>LUXEOIL</b> Based on precious oils to nourish and enrich the hair.	€ 160
<b>OLAPLEX RESTRUCTURING TREATMENT</b> Treatment based on keratin for damaged hair.	€ 200
<b>HAIRCUT FOR WOMEN</b>	€ 50
<b>HAIRCUT FOR MEN</b>	€ 40
<b>CUSTOMIZED TREATMENT FOR MEN</b>	€ 80
<b>HAIR TINT (ROOTS ONLY)</b>	€ 70
<b>FULL HEAD TINT</b>	€ 90
<b>HAIR LIGHTENING</b>	from € 130

*\*Hair Spa treatments are available everyday from 2.30 PM to 7.30 PM. Reservation required.*



*Wellness is a Gift*

## GIFT VOUCHER

Surprise your loved ones  
with a SPACial gift!

Tailor your voucher to include one  
or more treatments or just set an  
amount to give the recipient the  
freedom to choose!

Purchase your voucher  
at the Seawater Spa  
reception desk



T I M I   A M A  
sea beauty spa

# useful information

**Bookings.** You can book your treatments by phone at +39 070 7979 7027 (7027 from your room), via our App "Pullman Almar Timi Ama" or at the Spa reception desk every day from 9:30 am to 7:30 pm.

**Delay.** We highly recommend to reserve your treatments in advance and arrive at least 10 minutes before the treatment start time. Should you arrive late, we reserve the right to reduce the duration of your treatment proportionally.

**Cancellation policy.** Please give a 24-hours notice if you wish to cancel or reschedule your appointment. All cancellations with less than 24 hours notice will result in the cost of treatment(s) being charged to the room bill.

**Treatment duration.** Durations indicated in this treatment menu refer to the actual treatment time.

**Access to the wellness area and treatment rooms.** It is mandatory to wear slippers and swimwear (avoid white fabrics) in all areas of the Spa. Bathrobes and towels are included in the treatment price. Disposable underwear is available in the treatment rooms. Inside the Spa and during treatments, we invite you to turn off your phone and speak quietly.

**Contraindications, Medical Certificates, and Waivers.** Some treatments are not suitable for pregnant women. Pregnant women are required to submit a medical certificate of not contraindication to thalassotherapy treatments and Turkish bath. Upon arrival at the Spa, they must also fill in and sign a special waiver.

Our treatments and massages are intended for people from 18 years old. Access to the sauna, Turkish bath and relaxation room is strictly forbidden to people under 18. However, some thalassotherapy treatments, beauty treatments, massages or sports activities are accessible to minors upon medical advice and a parent's consent. The relevant forms will be sent on request and must be returned duly completed and signed, before your arrival at the hotel.

For thalassotherapy programs of less than 4 days, it is necessary to sign a waiver before starting treatments.

In order to assist you in the best possible way, we kindly ask you to inform us about your state of health (pregnancy, allergies, injuries, etc.).

The massages performed in our Spa are not therapeutic.



# TIMI AMA SEAWATER SPA

PULLMAN  
ALMAR TIMI AMA  
RESORT & SPA

Viale dei Ginepri 3  
09049 Villasimius  
Sardinia - Italy

Info & booking:  
Tel. +39 070 7979 7027  
H3040-TH@accor.com

#pullmanalmartimiamama

