



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

p. 3 Almablu collection *New*

p. 6 Cinq Mondes collection

p. 11 Thalasso treatments

p. 12 Facials

p. 13 Body treatments

p. 14 Massages

p. 15 Thalasso programs

p. 18 Beauty treatments

p. 19 Hair Spa

p. 21 Useful information

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

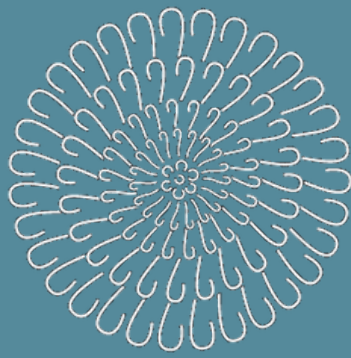
OPENING HOURS

Every day

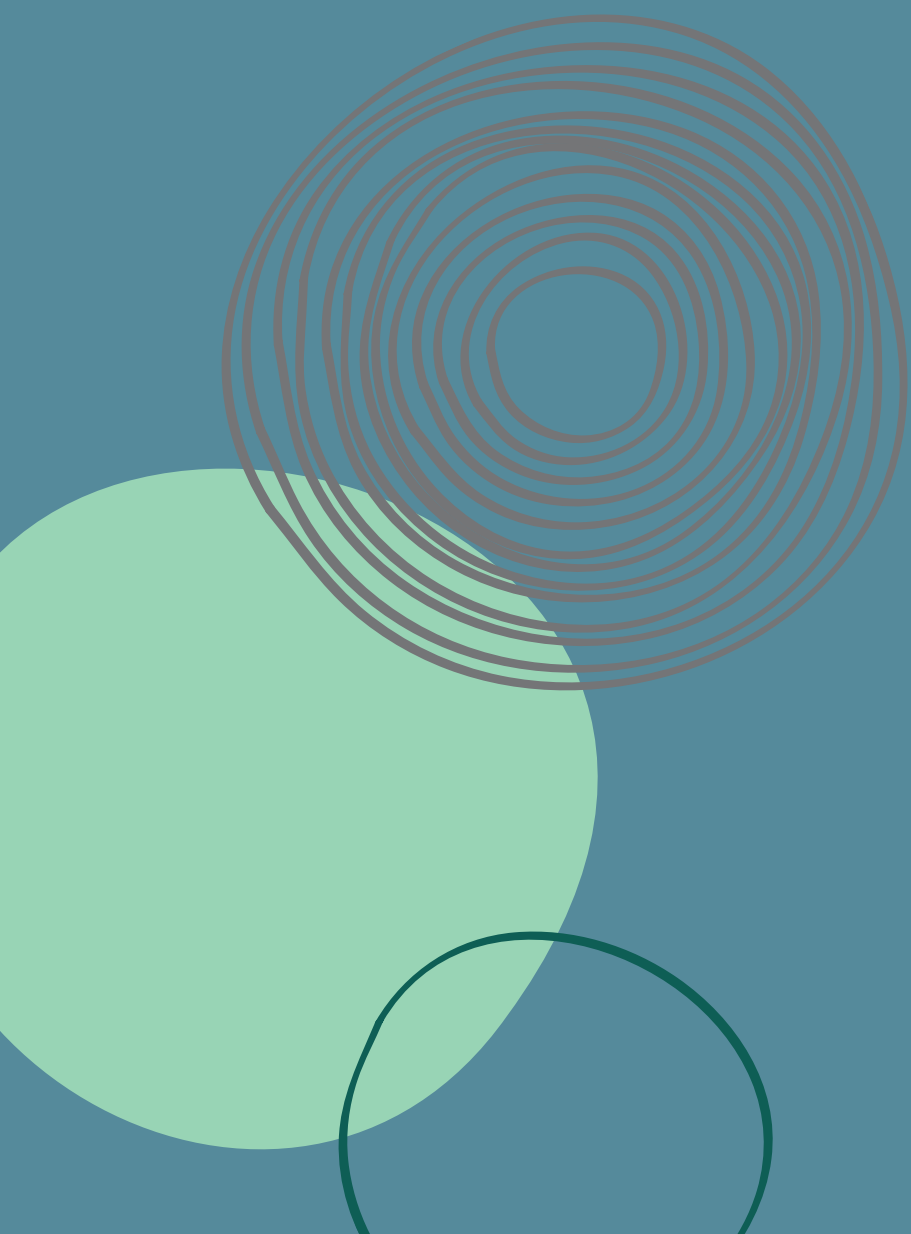
9.30 AM - 7.30 PM

Tel. +39 070 79 79 7027 - H3040-TH@accor.com

our selection of treatments
and massages from



ALMABLU
WELLNESS & SPA



ALMABLU

FACIAL RITUALS

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

“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.

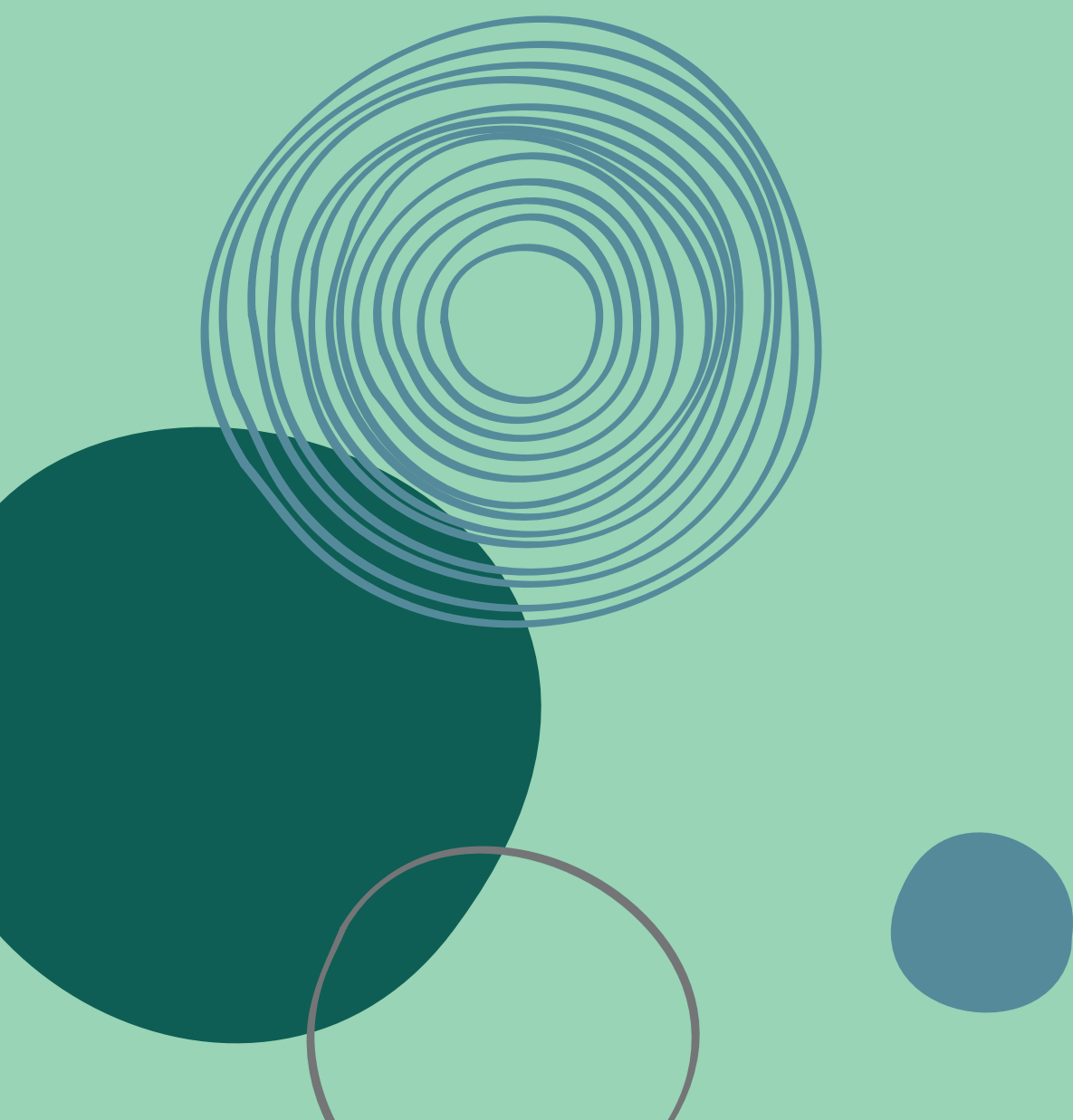
"MEDITERRANEAN BREEZE" ANTI-CELLULITE RITUAL

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

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 - € 115

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

You can only find this incredible facial at our Spas. As its name implies, it is an extremely sophisticated facial massage originally from Japan. "Ko" means old, "Bi" means facial beauty, and "Do" means the right action.

REDENSIFICATION KO BI DO 50 min - € 125

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 - € 185

This exceptional treatment combines the powerful ingredients of the chosen creme with Dermapuncture® techniques for a truly natural facelift.

CINQ MONDES

BODY TREATMENTS

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 - € 130

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

NORTH AFRICAN SENSORY MASSAGE

50 min - € 115

80 min - € 165

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 - € 115

80 min - € 165

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 - € 115

80 min - € 165

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 - € 115

80 min - € 165

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 - € 200

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

AYURVEDIC RITUAL

80 min - € 170

Spiced Aromatic Scrub + 50-min Ayurvedic Invigorating Massage.

POLYNESIAN RITUAL

80 min - € 170

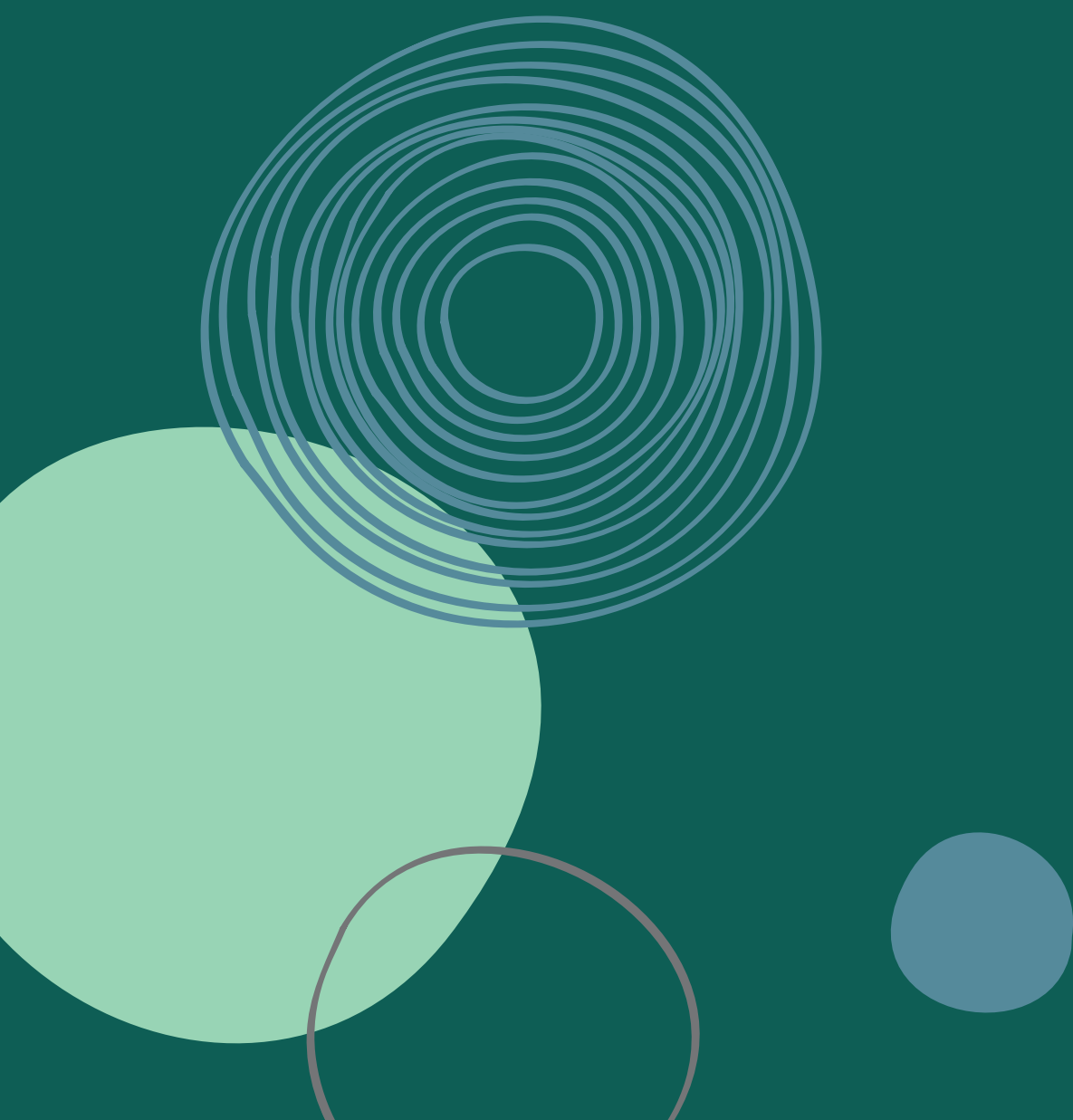
Monoï Thaiti Sublime Scrub + 50-min Polynesian Relaxing Massage.

BALINESE RITUAL

80 min - € 195

Papaya Puree Scrub + 50-min Balinese Relaxing Massage.

our sea beauty & spa
treatments and massages



SEAWATER SPA

ESSENTIALS

day spa

SENSORY WELLNESS AREA

120 min - € 38

Experience a feeling of relaxation and appeasement of the senses. Heated seawater pool with targeted jets, bio-sauna, steam bath, ice fountain, salt room, aromatic showers, emotional lounge, herbal tea lounge.

individual seawater spa treatments

HYDROMASSAGE SEAWATER BATH

20 min - € 40

VICHY SHOWER

15 min - € 30

PURIFYING SEAWATER BATH

20 min - € 50

JET SHOWER

10 min - € 30

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 - € 35

AQUAGYM

25 min - € 35

FACIAL TREATMENTS

by Fitomediterranea

"LUNA LUGHENTE" BRIGHTENING TREATMENT 50 min - € 110

Based on red grapes polyphenols and juice and essential oil of "pompia", an endemic citrus fruit with purifying and brightening properties.

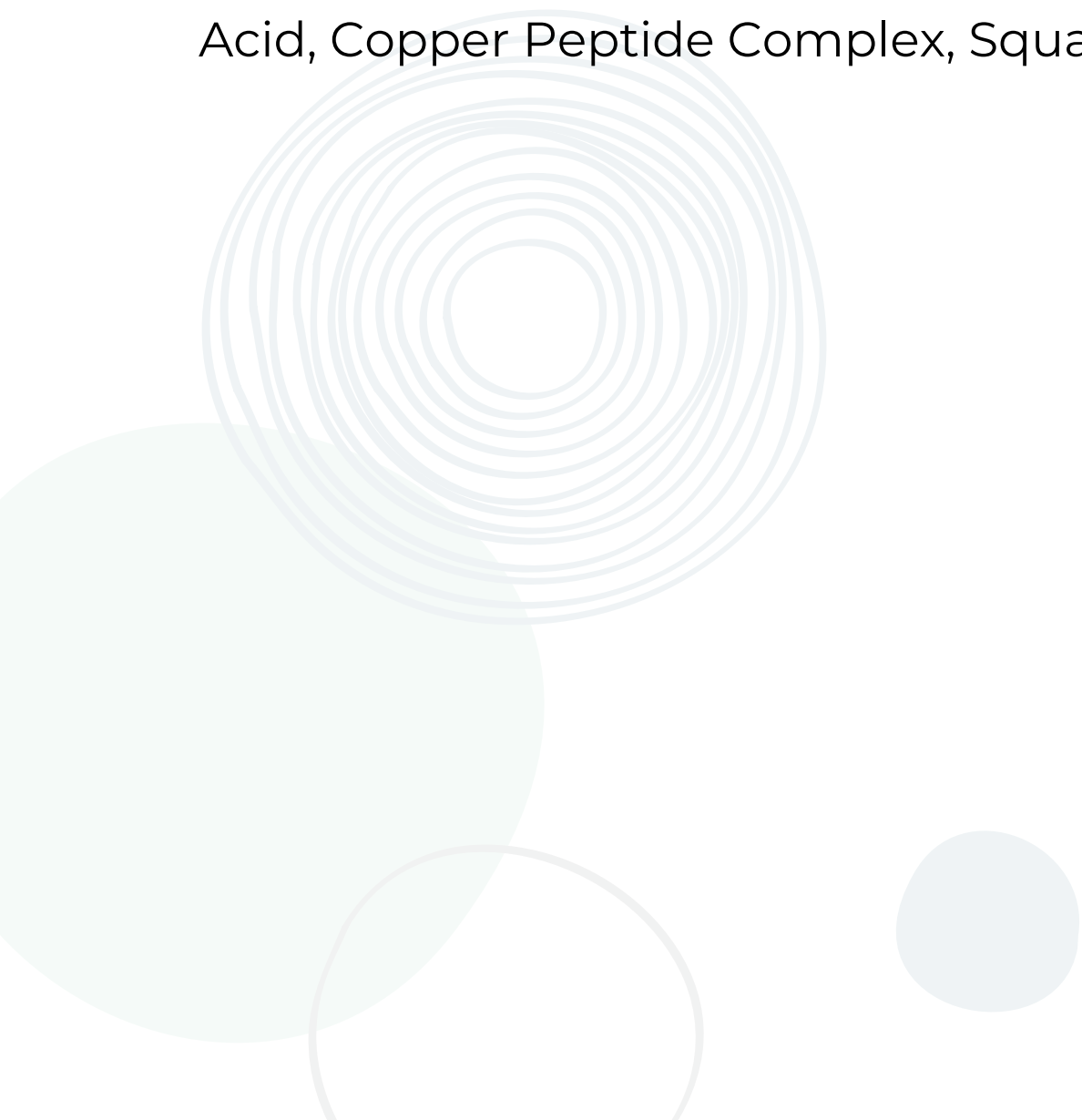
by Mimi Luzon

24K GOLD FACIAL TREATMENT 50 min - € 250

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 - € 190

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

by Fitomediterranea

"TERRA MEA" SARDINIAN RITUAL

110 min - € 170

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

Extraordinary cellulite and stretch mark treatment with decontracting action. Calco verde® is a 100% natural blend based on gypsum powder and rosemary essential oil with tangible toning and anti-inflammatory properties. Its "cold-hot-cold" action generates a vascular gymnastics that reduce water retention and helps eliminate toxins and lactic acid.

LPG ENDERMOLOGIE®

Tailor-made face/body treatment from 25 to 80 min - €3/min

With proven reshaping and anti-aging results, Endermologie® is the exclusive technique of LPG Systems. The superficial stimulation of the skin reactivates the dormant cellular activity to fight all unaesthetic manifestations (wrinkles, sagging skin, localized adiposities, appearance of cellulite, and more). 100% natural, painless, without side effects.



MASSAGE

SELECTION

relaxing massages

HOT STONE MASSAGE

50 min - € 110

HOLISTIC MASSAGE

25 min - € 60
50 min - € 100
80 min - € 150

ROSE QUARTZ RELAXING
FACIAL MASSAGE

25 min - € 60

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

25 min - € 65
50 min - € 105
80 min - € 160

energy massages

IMPERIAL SHANGHAI

50 min - € 90

PLANTAR REFLEXOLOGY

45 min - € 100

MUSCLE MASSAGE WITH SARDINIAN
ESSENCES by Fitomediterranea

25 min - € 70
50 min - € 115
80 min - € 165



SEAWATER SPA

PROGRAMS

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 coached spa circuits in heated seawater pool - 1 Sardinian ritual - 1 Sardinian facial treatment - 3 Sardinian massages (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

RELAX & SWING

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

2 purifying seawater baths - 2 hydromassage seawater baths - 2 Vichy showers - 3 coached 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

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 Sardinian body treatment (50 min)

THALASSO STOPOVER

3 treatments per day | € 110

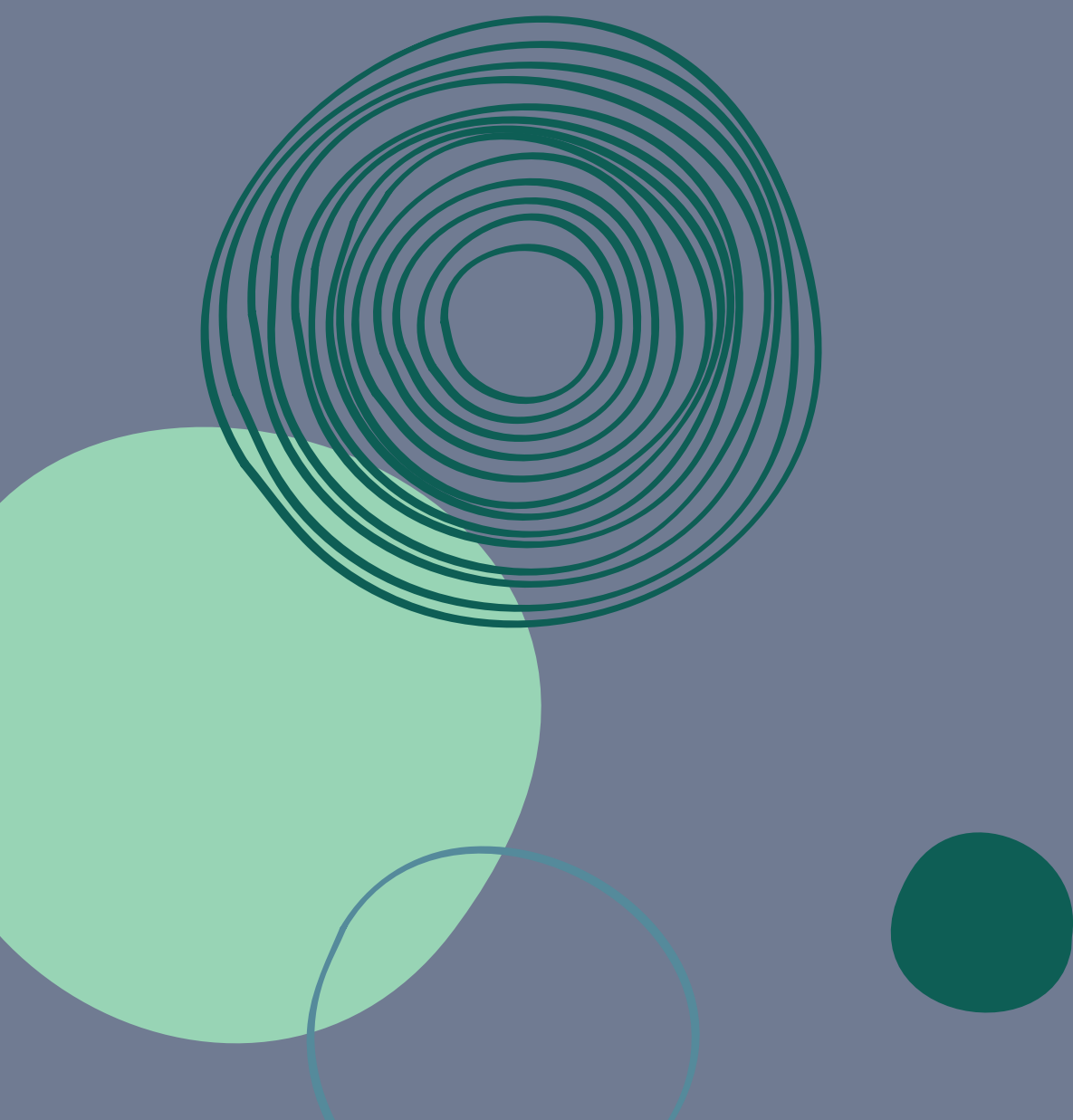
- 2 individual seawater spa treatments
- 1 workout session in heated seawater pool

DOLCE VITA STOPOVER

3 treatments per day | € 140

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

beauty treatments & hair spa



BEAUTY TREATMENTS

beautiful hands & feets by CND® Shellac

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

your skin diagnostic by ProShape

PROSHAPE SKIN DIAG	Complimentary
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

SYSTEM PROFESSIONAL

HAIR SPA*

System Professional relies on science to bring you the best in hair care. Not just short-term remedies, but solutions that target the specific needs of your hair to regenerate it from the inside out for healthier, replenished hair. Discover a luxurious sensory experience with high-performance, top-quality formulas that turn your hair treatment into a beauty ritual.

STYLISH HYDRATE 40 min - € 60

Deeply restores moisture to the hair. For normal to dry hair.

CUSTOMIZED STYLISH TREATMENT 50 min - € 80

Stylish treatment and customized hair mask.

SOLAR 50-80 min - € 130

Protects hair from sun, sea and wind damage.

REPAIR 50-80 min - € 130

Rebuilds the fiber of damaged and brittle hair.

SMOOTHEN 50-80 min - € 130

Detangles, softens and disciplines coarse, unruly and curly hair.

LUXEOIL 50-80 min - € 160

Based on precious oils to nourish and enrich the hair.

BOTOX TREATMENT 80 min - € 200

PREMIUM HAIRCUT FOR WOMEN € 70

HAIRCUT FOR MEN € 50

CUSTOMIZED TREATMENT FOR MEN € 80

**Hair Spa treatments are available Monday to Saturday 2.30 PM to 7.30 PM.*



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



TIMI AMA
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.

Delays. 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.

Treatments 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 inside 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

#pullmanalmartimiama

