SPA

DIOR

GRAND HOTEL TIMEO

TAORMINA

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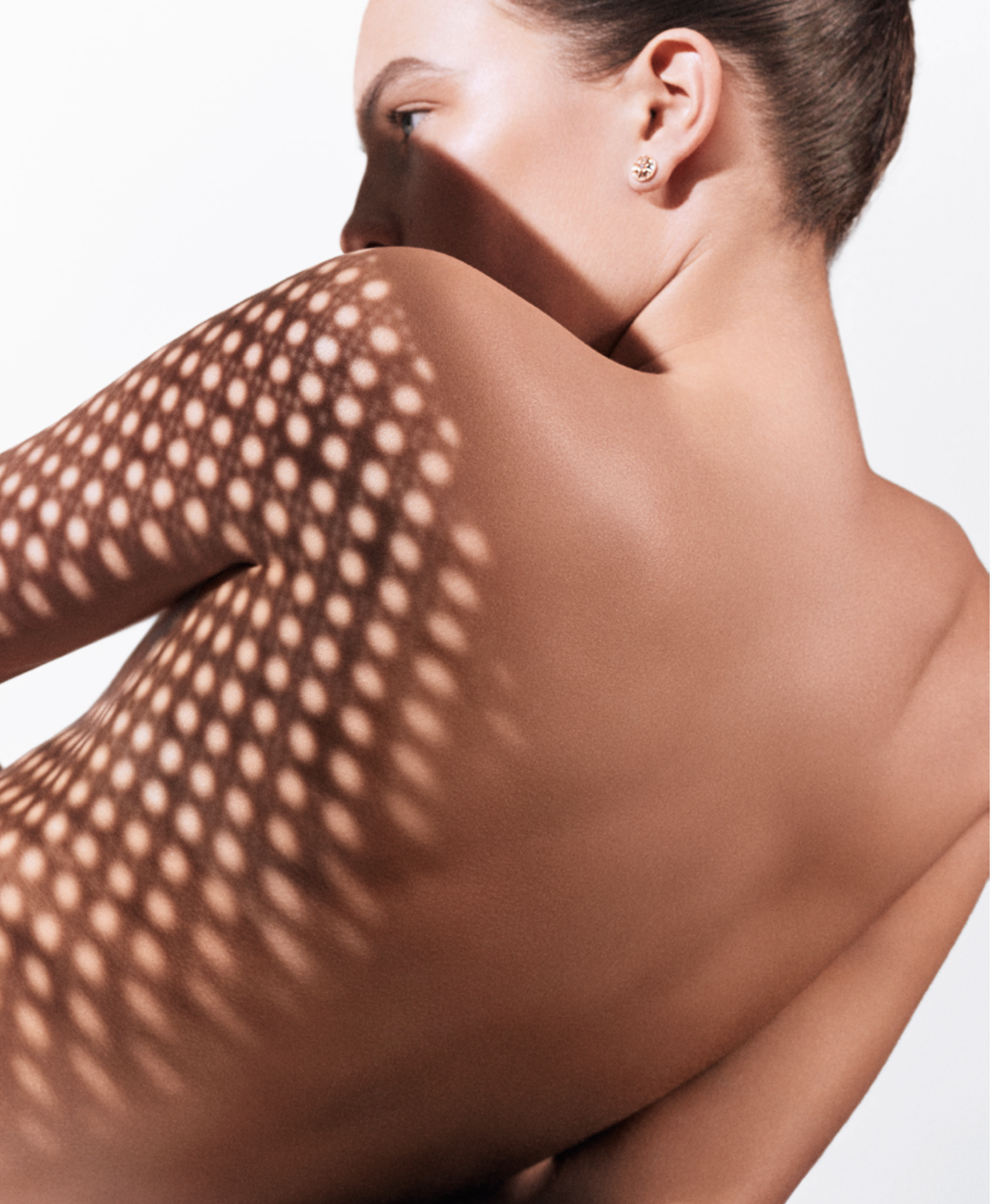

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THE SANCTUARY OF TIMELESS SERENITY

REDOLENCE OF VINTAGE GLAMOUR

Italy, an eternal muse for Monsieur Dior, consistently offered a profound wellspring of inspiration, shaping his sculptural vision of fashion and perfume, far from Parisian melancholy.

Grand Hotel Timeo, A Belmond Hotel, Taormina with its lush landscapes, echoing the Château de la Colle Noire, alongside its Greek and Baroque artistry – and with the Teatro Antico representing theatricality and spectacle – is the kind of epicurean sanctuary that always captivated and beckoned Monsieur Dior.

Celebrated for its cinematic legacy, Taormina resonates deeply with the couturier's world, having ignited the creative sparks of icons from Claudia Cardinale to Alain Delon, both enduring muses of the House of Dior.

A true Sicilian jewel, nestled in the hills of Taormina, overlooking Mount Etna and the Ionian Sea, Grand Hotel Timeo is redolent of Sicilian glamour. A place where old and new worlds harmonise, where the breathtaking views that once inspired great artists still enchant like nowhere else.

THE ISOLA BELLA
SUITE

At Dior Spa Grand Hotel Timeo, every moment is an ode to the Sicilian light: not the one contemplated from the outside, but the one that awakens and radiates within you. Inspired by the '*Island of Light*', this cabin is a celebration of inner and outer radiance.

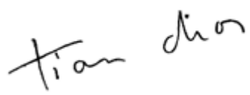
Designed as an intimate sanctuary, the space is infused with a gentle warmth thanks to its infrared sauna, creating a cocoon of purifying energy. An experience where the enveloping heat and rediscovered clarity are lived and intensified, leading to an absolute feeling of renewal and glow.

The Isola Bella Suite can be privatised to fully enjoy the benefits of the infrared sauna, alone or for two, for immediate relaxation that enhances the benefits of your treatment.

For private use of the Isola Bella Suite, a supplement of €120 per person applies.

"Happiness is the secret of all beauty."

CHRISTIAN DIOR



DIOR SPA

THE SCIENCE OF HAUTE WELLNESS

HIGH DEFINITION
HIGH TECHNOLOGY
HIGH TOUCH

At Dior Spa, beauty arises from balance: a delicate fusion of mind and body, inspired by Christian Dior's timeless vision: "*I wanted to make women not only more beautiful, but also happier.*". Dior Haute-Wellness embodies this philosophy, uniting expert craftsmanship with innovation to immerse each guest in the heritage and spirit of the House.

With a commitment to **High Definition**, each treatment is designed with absolute precision to meet individual needs. A tailored diagnostic ensures a thorough understanding of the skin and body, allowing for highly personalised care that enhances natural radiance.

Blending **High Technologies** and expert techniques, Dior Spa treatments work in perfect synergy to rejuvenate the skin, sculpt the silhouette and illuminate the face. Advanced devices enhance each ritual, delivering visible results while promoting deep relaxation of the mind.

At the heart of this transformation lies the **High-Touch** expertise of the Wellness Experts, who perform meticulously choreographed rituals designed to awaken the senses and restore harmony. The mastery of the «Dior Hands,» enhanced by modern innovation, creates an immersive and multi-sensory journey that elevates both beauty and well-being.

A haven of serenity and refinement, Dior Spa Grand Hotel Timeo redefines self-care: it is an invitation to transcend the ordinary, enveloping each guest in an exceptional, couture-inspired experience where luxury meets performance and well-being becomes art.

THE DIOR HIGH TECHNOLOGY

Dior has always combined its scientific expertise in skincare with manual techniques and cutting-edge technologies. This complementary know-how has resulted in visibly transformative treatments. Without compromising on sensorial experience, they offer the ultimate experience of beauty and well-being. In the spirit of high-precision well-being, Dior Spa Grand Hotel Timeo harnesses cutting-edge technologies to visibly rejuvenate and repair skin that has been challenged by urban and outdoor lifestyles. In this Mediterranean heaven, the House unveils its most advanced technologies, for an even more expert approach to beauty.

MECHANICAL ACTION

HYDRA-DERMABRASION

Advanced vortex technology infuses the skin with active ingredients to purify, exfoliate and reveal radiance, while diminishing unwanted blemishes.

LIGHT WAVES

LED TECHNOLOGY

Every skin cell has the incredible ability to absorb and convert light into energy. An LED mask acts as a natural energy source, boosting cellular respiration to stimulate elastin and collagen production. As a result, the skin becomes plumper and repaired, with refined texture and redefined contours.

BIOTECHNOLOGY

OXYGEN & NEGATIVE IONS THERAPY

Infusion of oxygen optimises product penetration for a visibly radiance boost for the scalp and face.

THE DIOR HANDS

At Dior Spa, beauty is born from balance – a delicate fusion of mind and body, echoing Christian Dior's vision.

Guided by this philosophy, our approach to wellness goes beyond aesthetics, offering an experience that enhances both inner and outer beauty.
Our Haute-Wellness perspective blends meticulous craftsmanship with cutting-edge innovation. Like artisans in Dior's couture ateliers, our Dior Wellness Experts, the "Dior Hands", bring precision and care, combining expert hands with advanced technology co-developed with world-leading experts. This approach visibly rejuvenates both face and body, enhances natural regeneration, and creates immersive sensorial moments that awaken the senses.

At the heart of Dior Spa lies a deep commitment to innovation, creating sanctuaries where well-being and beauty come together seamlessly, embodying the very essence of the Dior Haute-Wellness universe.

GLOBAL DIOR WELLNESS EXPERTS

HADDA AKRIM

GLOBAL DIOR WELLNESS EXPERT FACIALIST

Hadda Akrim is an expert facialist known for her protocols blending holistic and advanced manual techniques. She co-developed the Kobi-Dior facial that lifts and plumps the skin while releasing tensions. Now a signature treatment at Dior Spas, it features an exclusive figure-eight massage inspired by Christian Dior's lucky number. She fully embodies her philosophy of simplifying skincare without compromising results.

BRYONY DEERY

GLOBAL DIOR WELLNESS EXPERT IN PILATES

Bryony Deery views movement as a true pillar of wellness, helping to reconnect the body and mind. Her approach combines the fundamentals of classical mat Pilates with contemporary, energizing practices. She collaborates with Dior Spas to offer mindful movement programs and routines that are accessible and achievable for everyone.

ROSE FERGUSON

GLOBAL DIOR WELLNESS EXPERT IN NUTRITION & FUNCTIONAL MEDICINE

As a Nutritionist and Functional Medicine Practitioner, Rose Ferguson advocates for the transformative power of nutrition in supporting health and overall well-being. She shares nutrient rich recipes and practical tips to help individuals seamlessly integrate healthy habits into their daily wellness rituals. Complementing the benefits of Dior spa protocols, her approach supports a long-lasting and intentional lifestyle.

SIGNATURE
TREATMENT

TALISMAN OF VITALITY

TALISMAN OF VITALITY

FACE & BODY – 90 MIN

Benefits: Mental Disconnection | Revitalisation | Energy Restoration

Inspired by Lithotherapy and Ayurveda, this exceptional treatment offers profound revitalisation, fostering a true mental disconnection and restoring vital energies.

Guided by the power of a Sicilian semi-precious stone, acting as a personal talisman, this treatment begins with a thorough scalp massage for complete mental disconnection and dissolution of any lingering worries, providing a sensation of lightness. It is followed by a dry brushing with the Dior Crins Précieux brush to gently exfoliate the skin and activate circulation.

Through targeted acupressure movements, the body is deeply revitalised and prepared for a transformative energetic massage that generously incorporates Dior Aromachological Oils, chosen for their soothing, energising, or firming properties.

This fluid dance of frictions and stretching techniques uplifts the spirit and releases vital energy flows, while diffusing the aromatic benefits of the oils, awakening the senses and delicately enveloping your skin and spirit. As a final touch, digito-pressure and a delicate postural realignment perfect the rediscovered harmony of body and mind.

The results are immediate: a clear mind, profound relaxation and revitalised energy, ready to savour every moment of the Sicilian Art de Vivre.

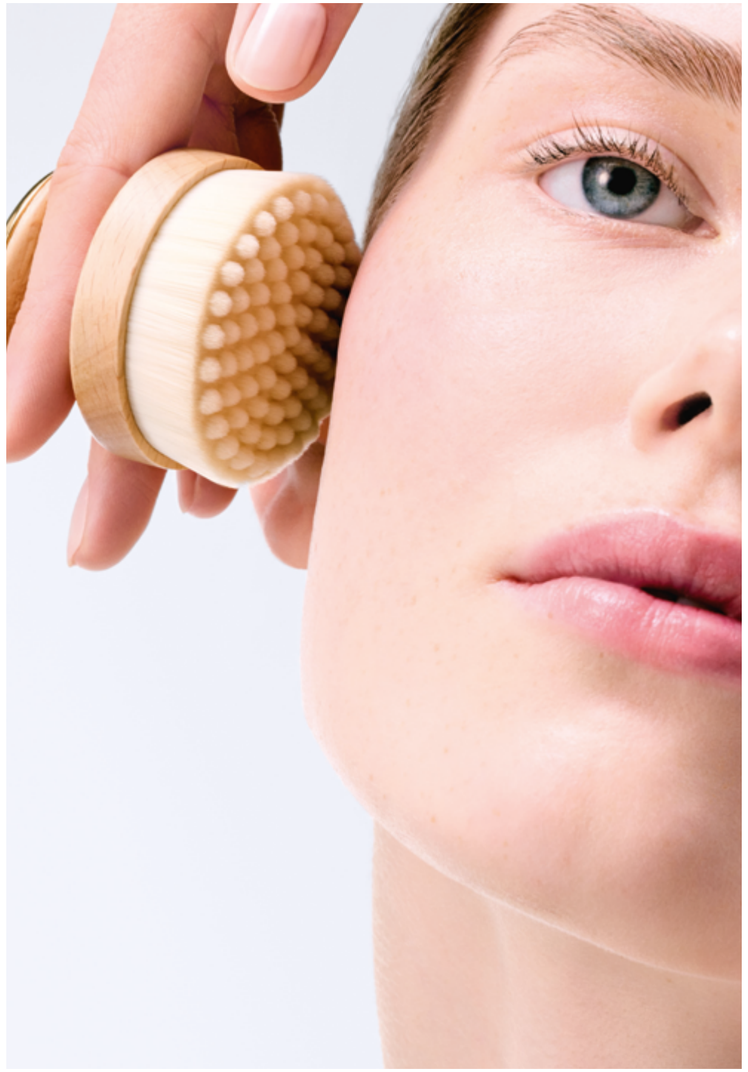
To extend and anchor these benefits at home, the Dry Brush and your Talisman will be gifted to you, precious gems for serenity, beauty and lasting wellbeing.

DIOR METHODS EMPLOYED: Guidance Stone | Scalp Massage | Dry Brushing | Acupressure | Meridian Reconnection | Energetic Massage | Dior Aromachological Oils

THE FACE

KOBI-DIOR
GOLDEN AURA
DIOR POWERED BY HYDRAFACIAL

THE FACE



A refined selection of essential, targeted treatments to revive all skin types. The precise gestures of the Dior Wellness Experts follow one another to visibly rejuvenate the skin with luxurious, best-in-class rituals achieving instant skin results.

KOBI-DIOR

FACE – 60 MIN

Benefits: Lifting | Plumping | Sculpting | Wrinkle Reduction | Contouring | Firming | Drainage

The high-performance sculpting treatment that lifts, plumps and releases tensions from the face, neck, and upper back. After a two-step detox prelude protocol activating lymph nodes to drain fluids, using manual techniques, and dry brushing, skin is now ready to receive a powerful muscular facial massage. Inspired by the Japanese Kobido technique, the sculpting massage uses a series of precise rhythmic gestures and acupressure to reshape the muscular structure of the face. This approach is enhanced by cryo stones to amplify the expert's intuitive touch for significant results in wrinkle appearance and a lifted effect, plumped and tension-free face.

DIOR METHODS EMPLOYED: Manual Drainage | Dry Brushing | Sculptural Massage | Firming and Hydrating Mask | Cryo Acupressure

GOLDEN AURA

FACE – 90 MIN

Benefits: Radiance | Circulation Boost | Oxygenation | Revitalisation | Glow

Dior redefines facial radiance with an exceptional regenerating treatment that gently stimulates the skin, improving blood circulation and decreasing water retention. After a deep cleansing of the skin, amplified by the diffusion of negative ions and a targeted dry brushing to promote lymphatic flow, while gently exfoliating – the skin is now ready to receive a warming and sculpting muscle massage to soften the tissues. Rhythmic movements are provided, using a warm gua sha stone to release tension, decongest, and eliminate toxins. During a mask application, oxygen is diffused to amplify cellular respiration and optimise penetration of actives. This process revitalises the complexion, revealing a radiant face. As a result of the treatment, the skin looks naturally luminous, with a youthful radiance.

DIOR METHODS EMPLOYED: Dry Brushing | Warming Muscle Massage | Hot Gua Sha Draining Techniques | Oxygenating Mask | Oxygen & Negative Ions Therapy

DIOR POWERED BY HYDRAFACIAL

FACE – 60 MIN
FACE – 90 MIN

Benefits: Exfoliation | Purification | Hydration | Deoxidation | Cell Renewal | Dark Spot Reduction

Dior combines its Floral Science with cutting-edge Hydrafacial™ hydra dermabrasion technology. After a two-step detoxification preparation to stimulate lymph nodes drainage, an invigorating massage is performed to enhance tissue suppleness and activate microcirculation and cell oxygenation. The skin is now ready to be cleansed and exfoliated, to purify the epidermis in depth, enhanced by Dior Floral Peeling Lotion. As a final touch, a boost of LED light is diffused to visibly repair, tone and soothe any redness. At the end of the treatment, the skin is left deoxidised, moisturised and healthy.

DIOR METHODS EMPLOYED: Face Sculpting | Hydra Dermabrasion | AHA & PHA Peeling | Regenerating Mask | LED

WELLNESS ADD-ONS

Wellness add-ons can be booked to complement a full-length treatment regrettably, they cannot be booked independently.

INFRARED THERAPY

BODY – 30 MIN

Elevate your treatment with the warming sensation of an infrared sauna session. A soothing experience, to promote muscle relaxation, reduce tension and encourage a gentle detoxification. A perfect complement to your wellness journey.

FOOT RELIEF

BODY – 30 MIN

Inspired by foot reflexology, this energising massage enhances any body treatment. As well as boosting circulation, it leaves an exquisite feeling of lightness in the legs and feet. The body and mind feel as if they are weightless.

BACK RELEASE

BODY – 30 MIN

A tailor-made back massage with an immediate feel-good effect, to soothe away the stress of the day or simply relax at any time.

BODY SCRUB

BODY – 30 MIN

Ideal as a prelude to a body treatment, for the pleasure of giving your skin a radiant glow, this express peeling scrub has a dual mechanical and enzymatic action. A new energy diffuses through the mind and illuminates the skin, leaving it remarkably soft.

DIOR SKIN LED LIGHT

FACE – NO ADDED TIME

Boost your facial or body treatment with the powerful properties of red LED light. At the end of the session, skin is visibly relaxed and repaired, and the skin's metabolism is rebalanced. Under the beneficial effect of light, the mind is soothed, and harmony restored.

D-OXYGEN THERAPY

FACE & SCALP – NO ADDED TIME

This revitalising boost deeply hydrates, stimulates cellular renewal, and visibly reduces signs of ageing. Under the infusion of oxygen, skin appears fresh, fine lines are softened, and the complexion glows with newfound radiance.

THE BODY

NEW LOOK
D-TISSUE
CONSTELLATION
9 MOONS

THE BODY

Emblematic of the House of Dior's expertise, these personalised massages treat the body like a temple. Each meticulously choreographed gesture is enhanced by the expertise of Dior's Wellness Experts for an even more sublime result. Every guest's body and mind are pampered, with a fully customisable experience from start to finish.

NEW LOOK

BODY – 60 MIN
BODY – 90 MIN

Benefits: Toning | Sculpting | Detoxification | Firming | Drainage

Our iconic slimming and firming massage to tone, sculpt the silhouette and remodel body contours. With precise, invigorating movements and draining techniques, this treatment firms and detoxifies the body. Specialised techniques target fat deposits to provide an exceptional anti-cellulite effect. It works deep within the skin to tone, smooth irregularities, and enhance overall firmness. Legs feel lighter, the silhouette is redefined, and energy is renewed.

DIOR METHODS EMPLOYED: Manual Lymphatic Techniques | Gut Detoxification

D-TISSUE

BODY – 60 MIN
BODY – 90 MIN

Benefits: Oxygenation | Muscle Recovery | Restoration

This slow and deep massage is aimed at releasing tensions and reoxygenating muscles, through expert treatment techniques. To enable the body to feel free once again, meticulous massage movements combine strength with a gentle touch, helping to eliminate toxins and relieve aching muscles. It is the ultimate high-performance treatment, ideal for recovering after sports or a workout, and for delivering instant relaxation.

WELLNESS ADD-ONS

Wellness add-ons can be booked to complement a full-length treatment regrettably, they cannot be booked independently.

INFRARED THERAPY

BODY – 30 MIN

Elevate your treatment with the warming sensation of an infrared sauna session. A soothing experience, to promote muscle relaxation, reduce tension and encourage a gentle detoxification. A perfect complement to your wellness journey.

DRY BRUSHING*

BODY – 15 MIN

Dry brushing is a beauty and well-being ritual celebrated at Dior Spa. Thanks to the action of the fibres, which improve circulation, the skin is visibly exfoliated and the figure looks firmed.

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**To extend and anchor these benefits at home, the Crin Précieux brush will be gifted to you, a precious gem for lasting well-being.*

CONSTELLATION

BODY – 60 MIN
BODY – 90 MIN

Benefits: Relaxation | Unwinding | Release | Rebalancing

A deep and complete sense of letting go: that is the promise of this multi-sensory journey. A holistic massage, combined with slow and enveloping movements over the entire body, releases muscular tensions one by one. Deeply relaxed, the body becomes a haven of restored inner peace.

9 MOONS

BODY – 90 MIN

Benefits: Soothing | Lightness | Comfort | Nurturing

To accompany your unique pregnancy journey, Dior has designed an experience where the needs of the body and mind are attended to with the utmost care. A pampering treatment, a series of slow and gentle movements, are delivered, to relieve muscular tension, lighten the legs and help mothers-to-be enjoy the beauty of this moment.

The ritual is recommended after the first three months of pregnancy.

WELLNESS ADD-ONS

Wellness add-ons can be booked to complement a full-length treatment regrettably, they cannot be booked independently.

INFRARED THERAPY

BODY – 30 MIN

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DIOR WELLNESS VILLEGGIATURA

90 MIN – On demand

Benefits: Balance | Regeneration | Vitality

Nestled in the heart of Sicilian splendor, the Grand Hotel Timeo invites you to an immersive wellness experience, co-created by **Bryony Deery**, Global Dior Wellness Expert in Pilates and mindful movement, and **Rose Ferguson**, Global Dior Wellness Expert, nutritionist, and Functional Medicine Practitioner. This interlude celebrates vitality, blending the wisdom of anti-inflammatory movement with the revitalising approach of Hormesis to strengthen your inner balance and illuminate your presence.

Within the setting of Taormina, where the volcanic landscape and ambient energy invite a purposeful approach to well-being, this experience is designed as a harmonious dialogue between regenerating stimuli and profound recovery.

Your journey begins with a signature Pilates Recovery Flow session, designed by Bryony. Through fluid movements, it supports lymphatic flow, strengthens stability, and improves mobility, bringing lightness and calm. Following this bodily awakening, immerse yourself in the gentle embrace of the Infrared Sauna for deep purification and muscle relaxation, stimulating your vitality, detoxification, and fostering renewal. Then, a revigorating Dry Brushing Ritual prepares your body for the subsequent stages, activating its receptivity. As a final touch, a Guided Breathwork session, designed by Rose, is integrated into the Infrared Sauna experience, offering synergistic benefits for enhanced relaxation, improved respiratory health, deeper detoxification, and greater mental clarity.

Throughout this journey, carefully selected functional drinks will accompany each step, hydrating and supporting the process of revitalisation and balance. This holistic approach intertwines the pleasure of the experience with the profound intention of strengthening your intrinsic vitality.

To extend the benefits, participants will receive access to a slow Pilates session by Bryony Deery. This video, accompanied by a specially curated Soundbath playlist, is offered to help you rediscover a sense of calm and embodied awareness at home.

Allow yourself to be carried away by this unique symphony of sensations, and rediscover a radiant self, attuned to the timeless beauty of Taormina.

DIOR METHODS EMPLOYED: Private Pilates Flow Session | Infrared Therapy | Dry Brushing | Guided Breathwork | Functional Drinks

THE ART OF BEAUTY

BESPOKE MAKEUP

From 30 MIN – From 180 €

Discover the secrets behind the Dior look with a makeup artist from the House of Dior. For a natural and elegant look, a fresh complexion, couture lips, or graphic eye makeup that reflects your personality.

SIGNATURE TREATMENT

TALISMAN OF VITALITY - Face & Body	90 minutes	550 €

THE FACE

KOBI-DIOR	60 minutes	290 €
GOLDEN AURA	90 minutes	530 €
DIOR POWERED BY HYDRAFACIAL	60 or 90 minutes	370 € / 550 €

THE BODY

NEW LOOK	60 or 90 minutes	280 € / 340 €
D-TISSUE	60 or 90 minutes	280 € / 340 €
CONSTELLATION	60 or 90 minutes	280 € / 340 €
9 MOONS – Pre-natal	90 minutes	340 €

DIOR WELLNESS VILLEGIATURA

DIOR WELLNESS VILLEGIATURA	90 minutes	On demand

BEAUTY

BESPOKE MAKEUP	From 30 minutes	From 180 €

WELLNESS ADD-ONS

INFRARED THERAPY - Body	30 minutes	120 € per person
DRY BRUSHING - Body	15 minutes	150 €
FOOT RELIEF - Body	30 minutes	140 €
BACK RELEASE - Body	30 minutes	130 €
BODY SCRUB - Body	30 minutes	130 €
DIOR SKIN LED LIGHT - Face	No added Time	90 €
D-OXYGEN THERAPY - Face	No added Time	90 €

GENERAL TERMS

DIOR SPA GRAND HOTEL TIMEO IS OPEN DAILY

SPA RESERVATIONS

For reservations, please contact the Dior Spa Grand Hotel Timeo team by email or telephone:
+39 0942 6270 629
wellnesscentre.ght@belmond.com

SPA TREATMENT TIME

To ensure you enjoy the best experience, we recommend that you arrive 15 minutes before your scheduled treatment time. This will allow our Wellness Experts to provide you with a personalised consultation, should you wish..

CANCELLATION POLICY

We understand that plans can change. If you need to cancel your appointment, please let us know at least 24 hours in advance to avoid being charged the full cost of your treatment.
In the case of late arrival, we'll do our best to offer the same service, but if not possible, your treatment will be shortened accordingly. Payment by cheque is not accepted in our establishment thank you for your understanding

SPA ETIQUETTE

To maintain the tranquil ambiance of the spa and ensure our guests' enjoyment, we respectfully request that all guests turn off their mobile phones throughout your time at Dior Spa Grand Hotel Timeo.
Please be sure to inform our Wellness Experts of any health conditions or allergies that may affect your treatment.

OPENING HOURS & CONDITIONS

The Dior Spa Grand Hotel Timeo is open daily from June to November from 10 am to 8 pm.

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