

PURE SEVEN
THE SPA



PURE SEVEN

BY 7PINES RESORT SARDINIA

“Wellness is not a trend, it is a way of life.”

7Pines Resort Sardinia, part of Destination by Hyatt, is surrounded by turquoise Mediterranean waters, soft golden beaches and the refreshing scents of Baja Sardinia’s native trees and plants.

Pure Seven Spa is a sanctuary of wellness and relaxation. Laid out around a luxuriant, green courtyard oasis, the Spa offers a selection of peaceful rooms and environments where rejuvenating treatments soothe and re-energise body and mind.

Pure Seven’s holistic approach to physical and mental wellness is inspired by Sardinia’s uplifting scenery and culture. Guests and visitors experience spa treatments, beauty services and gently contemplative mindfulness sessions, embracing advanced and ancient practices. In this pure and serene setting, our relationship with nature is celebrated by the use of organic, vegan and paraben-free ingredients.



OUR MESSAGES

PURE SEVEN

MASSAGES

PURE SEVEN SIGNATURE MASSAGE 90 MIN

Immerse yourself in profound relaxation with this comforting and deeply restorative treatment. Feel physical and emotional pressure slip away as long, light, sweeping massage using warm Sweet Orange, Palmarosa and Lavender essential oils and hot stones quiets your mind, soothes tense muscles and nourishes skin. Moving through the whole body and scalp, this restorative experience leaves mind and body balanced and renews a sense of blissful inner calm.

Includes: Warm oil pouring, full body Balinese massage with hot stones, realignment stretches, scalp massage

SEVEN HOT STONE THERAPY 60/90 MIN

Discover lasting relaxation for mind and body with this aromatherapeutic treatment. Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils envelop the senses to encompass the mind, recharge spirits and leave you feeling rejuvenated.

Includes: Full body aromatherapy massage with hot stones, scalp massage.

SEVEN AROMATIC TOUCHES 60/90 MIN

Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

Includes: Full body aromatherapy massage, scalp massage

DEEP TISSUE 60/90 MIN

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energised.

Includes: Targeted massage, with or without hot stones, focussing on areas of concern, scalp massage.

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MASSAGES

RELAXING MASSAGE

60/90 MIN

Offering so much more than simple feel-good effects, this reflexology treatment works deeply and specifically within reflex points on the foot, helping enhance recovery in corresponding areas of your body.

BAMBOO MASSAGE

60/75 MIN

Bamboo massage is a deep but at the same time sweet and relaxing technique used to stimulate our body in order to drain, tone and relax, and for this reason it is particularly suitable for fighting cellulite and tension.

PERSONALIZED MASSAGE

60/90 MIN

Personalized massage can be seen as a union of different massage techniques and traditions. In the personalized massage, the treatment is tailored to the needs of the client.

LYMPHATIC DRAINAGE MASSAGE

60/90 MIN

It relaxes and reactivates the body's energy, gives well-being through foot manipulation and a delicate foot massage, in which the thumbs are mainly used, it is possible to intervene on some points of the foot to restore lost balances, to prevent and cure many ailments and to maintain well-being.

FOOT REFLEXOLOGY

45 MIN

Offering so much more than simple feel-good effects, this reflexology treatment works deeply and specifically within reflex points on the foot, helping enhance recovery in corresponding areas of your body.

HEAD & SHOULDERS MASSAGE

30 MIN

Ease tension where you need it most with this fast-acting de-stressing treatment. Personalised to your unique needs, targeted massage with pure aromatherapy blends relaxes tense muscles, re-energises your body and calms your mind.

Includes: Massage to the back, neck and shoulders.

SPORT MASSAGE

60/75 MIN

Massage with high intensity pressure that acts on the dissolution of muscle contractures, promoting the elimination of lactic acid. Relieves stress and tension, regenerating muscles in depth.

SCALP MASSAGE

20 MIN

Scalp massage is used to stimulate blood microcirculation, through the use of special Essential Oils. In this way the massages strengthen the hair, eliminate toxins and are a form of prevention of hair loss, promoting regrowth.



A close-up photograph of a person's hands holding a white, granular scrub product. The person is wearing a white, textured short-sleeved top and several silver bracelets on their left wrist. The background is a dark, textured wall with a vertical metallic pipe. The text "OUR BODY TREATMENTS" is overlaid in white, uppercase letters across the center of the image.

OUR BODY TREATMENTS

PURE SEVEN

BODY SCRUBS & WRAPS

PURE SEVEN BODY RITUAL 60 MIN
Rejuvenate your spirits and awaken natural radiance with this sensorial ritual. Natural sea salt smooths away dull, dry cells before targeted massage with aromatic essential oils alleviates tense muscles, releases any cares and leaves skin soft, supple and glowing with health.

Includes: Salt & oil full body exfoliation, targeted massage.

Choose from:

ORANGE & ROSEMARY

Brightening Orange and reviving Rosemary awaken and uplift skin and spirits.

LAVENDER & PALMAROSA

Relaxing Lavender and soothing Palmarosa gently calm and reassure mind and body.

PURE SEVEN BODY WRAPS 90 MIN
Purify your body or deeply replenish your skin with this personalised body wrap. Reveal instant results from naturally detoxifying Marine Algae or nourishing Mud. Skin looks refined, toned and beautifully radiant, while a soothing scalp massage restores inner calm.

Includes: Skin brush, body exfoliation, algae or mud wrap, scalp massage.

Choose from:

ORANGE & ROSEMARY

A body wrap of Marine Algae combined with naturally cleansing and reviving essential oils help eliminate toxins, purify the body and hydrate the skin.

LAVENDER & PALMAROSA

A warm blend of a deeply nourishing body cream and comforting essential oils soothe dry skin and restore balance to the mind.



OUR FACE TREATMENTS

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FACE TREATMENTS

ESPA INNER BEAUTY

60 MIN

Deep cleanse, hydrate and renew with this instant result facial. Tailored to your skin's precise needs. Tri-Active formulas work immediately to transform your complexion while pure aroma therapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful, and inner calm is blissfully restored.

Includes: Skin analysis with SkinVision™ lamp, triple cleanse, exfoliation, facial massage, personalised mask, scalp massage.

ESPA INTENSE REGENERATING

60 MIN

Visibly diminish wrinkles and fine lines with this powerfully age-defying facial. Instantly effective, naturally renewing formulas combine with restorative massage to noticeably tone, plump and intensely hydrate mature skin. Youthful radiance is awakened and your skin is left feeling beautifully refined, soft and supple.

Includes: Skin analysis with SkinVision™ lamp, triple cleanse, exfoliation, age-defying facial massage, mask, scalp massage.

ESPA ACTIVE NUTRIENTS GLOW FROM WITHIN FACIAL

60 MIN

This invigorating nutrient-rich treatment embraces ESPA's holistic approach to restoring radiance, feeding your skin and your mood so your face glow with vitality. Dull, lethargic complexions are brightened and refreshed with the power of a sweeping Gua Sha massage which stimulates the lymphatic and circulatory systems, helping boost the flow of blood and nutrients to the skin.

Includes: Skin analysis – cleanse & exfoliation (including Foreo) – Gua Sha facial massage – double mask – hand & arm GuaSha massage.

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ADD-ON EXPRESS TREATMENTS

Why not complement your treatment with:

EYE LIFT 30 MIN

Smooth, firm and hydrate with this instantly revitalising eye treatment. Targeted massage with proven Tri-Active™ formulas relaxes the mind while smoothing fine lines, quenching delicate skin and diminishing puffiness and dark shadows.

Includes: Skin analysis with SkinVision™ lamp, cleanse, exfoliation to face and eye contour, eye contour massage, firming eye mask.

Express treatments can only be booked as an add-on to other treatments.

SALT & OIL SCRUB 30 MIN

Revive skin's natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy.

Includes: Salt & oil full body exfoliation.

FOOT MASSAGE 30 MIN

A foot massage is a therapeutic technique involving the application of pressure to various points on the feet. This practice aims to relieve tension, improve circulation, and promote overall relaxation and well-being. It can involve various techniques such as kneading, rubbing, and stretching, and is often used as a form of stress relief and relaxation therapy.





OUR SARDINIAN RITUALS

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SARDINIAN RITUALS

Inspired by the prevailing winds that blow on the Gallura coasts, we have designed three rituals with a 100% Sardinian character, accompanied by the typical essences of the island and the best massage techniques. Unique experiences that give you a moment of relaxation and wellbeing while preparing your skin for the Sardinian sun

MAISTRÀLI

120 MIN

Like the cool wind that blows over Sardinia in summer bringing us sea salt, the scents of the Mediterranean vegetation and the much-desired fresh air. A salty exfoliation, an energetic massage that breaks like waves on the skin and a feeling of persistent freshness. Get ready to discover the energy of the mistral!

LIÀNTI

120 MIN

Following the east wind that blows from East to West, this ritual will overwhelm you by bringing oriental massage techniques to the Gallura coasts that are recalled by the typical scents of the Sardinian vegetation. A complete massage, a wrap that moisturizes and soothes the skin after a sunny day. Immerse yourself in this extraordinary mix capable of relieving tensions of body and mind and come to rediscover the new you

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SARDINIAN RITUALS

PUNÈNTI

120 MIN

Like the west wind that comes from the sea and often indicates the arrival of good weather. A gentle ritual like the sun that returns to caress us. A delicate exfoliation that will brighten your skin and prepare it to receive a massage capable of enveloping you like a hug and make your face shine. Let yourself be carried away like a sea breeze pushed by the west wind!





OUR SPORTS & ACTIVITIES

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SPORTS & ACTIVITIES

“Be inspired by the flow and the positive energy of the island.”

Located on a cliff between a pine forest and the Mediterranean Sea, the Fitness Centre is a sanctuary for guests in search of active pursuits.

Equipped with LifeFitness cardio machines, multi-adjustable benches, dumbbells, strength machines and with Personal Training sessions available upon request, the fitness area boasts multifunctional spaces both indoor and outdoor with a terrace facing the Mediterranean sea.

A great way to start the day full of positive energy: for those looking for a balancing experience, indoor and outdoor private classes of yoga, pilates and meditation are also available. The clifftop is your studio and the Mediterranean is the playlist.

Group sessions can also be organised upon request. Please enquire with our team.



PURE SEVEN

CHECK-IN

DRESS CODE

Come as you are. Feel free to come in your bathrobe or dressed in your own clothes. Our changing rooms are equipped with bathrobes, towels, slippers, disposable underwear and any amenities needed during your spa visit.

CHILDREN'S POLICY

Children under the age of 16 must be accompanied by an adult for the entire treatment duration apart from manicures and pedicures taken at the Nail Studio. Please contact the Spa for details on treatments available for our young guests. Access to the rest of the spa including the changing facilities, spa, heat area are exclusively limited to those over 16 years old.

SPA ETIQUETTE

Pure Seven environment is one of relaxation and tranquillity. Please respect other spa guests' right to privacy and serenity. To maintain a calming environment, the spa is a mobile phone, pager, camera and smoke free zone.

FITNESS CENTRE ETIQUETTE

Please wear sport shoes to use the fitness facilities. Children under 16 years old must be accompanied by an adult when using gym equipment.

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DURING YOUR TREATMENT

PERSONAL BELONGINGS

Please do not bring jewellery or valuables into the spa as we cannot accept liability for the loss or theft of any personal belongings.

HEALTH QUESTIONNAIRE

Upon arrival, you will be asked to complete a health questionnaire with information that will be useful to our therapists. Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation.

PREGNANCY

We offer specially designed treatments for mothers-to-be and nursing mothers. Our spa team can give you guidance on the most suitable treatments during this special time.



PURE SEVEN

AFTER YOUR TREATMENT

We recommend avoiding sun exposure for 2 to 3 hours after some treatments such as body exfoliations or facials. Your therapist can recommend an adequate sun protection available at the Pure Seven spa boutique.

HOMECARE

Extend your spa experience at home. Most products used in our treatments are available at Pure Seven Boutique. Your therapist can recommend products suited to your skin conditions.

GIFTS

Gift products and treatments can be purchased at Pure Seven Boutique.

COMMENTS

We strive to continuously improve your experience and would be delighted to hear your feedback. Please feel free to share your comments on our services, team members or facilities with your therapist or the Spa Management.



PURE SEVEN

BOOKINGS & CANCELATION POLICY

To reserve your treatment at your preferred time and avoid disappointment, we recommend booking in advance by contacting our Pure Seven reservations team at:

E: spa.sardinia@7pines.com

We encourage you to arrive 30 minutes before your appointment time to fully enjoy our spa facilities prior to your treatment. If you are late for your appointment, in consideration of other guests, your treatment will be conducted within the remaining time of your appointment.

In-suite spa treatments are available upon request at an additional cost of 100 EUR.

For cancellations, please inform us 24 hours in advance.
> Cancellations made 12 hours before appointment will be charged 50% of treatment price.
> Cancellations made 6 hours before appointment or later will be charged at full treatment price.



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Loc. Li Mucchi Bianchi

Baja Sardinia 07021 Arzachena (SS) Italy

www.7pines-sardinia.com | spa.sardinia@7pines.com