



THE SPA  
— AT —  
MANDARIN ORIENTAL  
BODRUM

# TREATMENTS

## PHILOSOPHY

The Spas at Mandarin Oriental are born out of a sincere understanding and passion for wellness, which we define as a way of life that focuses on physical, emotional and mental wellbeing. The Group is committed to delivering all aspects of wellness with integrity and honesty, providing inspiration for lifestyle change, in an environment that delights all the senses. The Spas at Mandarin Oriental are havens for contemplation and discovery. Guided by our Oriental heritage but influenced by local cultural diversity, the Group has created distinctive concepts with a unique sense of place in every location.

## TREATMENTS

Respect for the uniqueness of each individual is the foundation of our spa experience. Our highly trained therapists are committed to excellence, infused with enthusiasm and take pride in delivering personalised dedicated service. Our therapies combine both ancient and contemporary techniques in a natural manner. They are designed to bring balance and equilibrium to meet the needs of each individual.

## PRODUCTS

Mandarin Oriental's signature product line has been developed specifically for the Group by the award-winning UK based company, Aromatherapy Associates. The product range incorporates six body oils, six bath and shower oils and a generic body scrub, body wash and body lotion. All contain natural ingredients and are paraben free, and have been blended by a master blender to Mandarin Oriental's specifications. Easy to use and effective in their treatment, they provide an ideal extension of our spa experience into daily life.

All other products used in our Spas are of the highest quality and contain naturally-derived ingredients.

Mandarin Oriental Bodrum has cultivated its own spa garden amidst the properties olive groves. Many of our signature treatments incorporate the use of natural hand-ground ingredients – giving the guest a truly unique Mediterranean earth to body experience.



## SPA AND WELLNESS CONSULTATION

In order to obtain a greater impact on your stay and experience we recommend that you book a personal Spa and Wellness consultation in order for us to develop a program to suit your individual needs, assisting you to reach your goals during your visit.

During this consultation we will discuss stress, sleep, wellness, nutrition and rehabilitation.

## IN BODY COMPOSITION ANALYSIS

The In-Body composition analysis measures and reads your current body condition and provides a benchmark to work from when improving overall health.

Indicating current health condition, including total body water content, fat content, weight, lean mass, measures your BMI, muscle analysis and provides you with a body shape graph. We recommend if your aim is for Spa, Fitness and Wellness that this is booked in conjunction to your Spa and Wellness Consultation.

## COMPLEXION ANALYSIS

A diagnostic tool used to determine your skin's current health through non-invasive photographic imagery. This analysis machine can detect problems that have yet to emerge on the surface of your complexion providing qualitative reports to take the guesswork out of determining the best treatments for your skin type. A progression report is provided to determine the progress of skin care treatments undertaken to measure improvement and results over time.

## MANDARIN ORIENTAL SIGNATURE SPA THERAPIES

### 1 hour 50 minutes

Mandarin Oriental's signature spa therapies have been devised to address guests' increasing desire for simple, effective and authentic spa experiences.

Developed in consultation with specialists in Traditional Chinese Medicine (TCM) and master Aroma therapists. Each signature therapy consists of a relaxing, hands-on body massage ritual that combines the powerful effects of oriental meridian massage with the therapeutic benefits of custom-blended essential oils, created uniquely for Mandarin Oriental. Each treatment begins with a private therapist consultation in order to determine each individual's personal and current state of wellbeing. The treatment and oils are tailored to each guest in order to leave the body, mind and spirit in perfect harmony. Guests are also provided with nutritional and exercise guidance, in order to extend the beneficial effects of the programme at home.

### TIME RITUALS™ 1 hour 50 minutes / 2 hour 50 minutes

Mandarin Oriental's bespoke "Time Rituals" encourage guests to book time rather than specific treatments, so that services can be tailor-made to meet individual needs. Each "Time Ritual" begins with a soothing foot ritual and is designed to restore a natural state of equilibrium

### ORIENTAL HARMONY 1 hour 50 minutes

Four hands work in perfect unison in a remarkable experience that inspires a harmony of the senses. The treatment begins with a soothing



foot bath in purifying waters, leaving the feet soft and supple and the mind relaxed. Next two therapists work together in time and movement. First, providing a warm scrub that smoothens and replenishes the skin and later a harmonious massage that balances the body. The treatment concludes with a simultaneous head and foot massage leaving the mind uplifted, the body energised and the skin exotically fragrant.

## SUITE EXPERIENCES

Indulge in your own luxurious spa-designed hotel suite with private panoramic balconies overlooking an olive grove framing the Aegean Sea. The Orkide Spa Suite package will include personalised daily spa and wellness experiences, allowing guests to embrace a holistic lifestyle in a private and natural, healing sanctuary. Please enquire with the spa concierge for suite package details.

## JOURNEYS

### MEDITERRANEAN JOURNEY 1 hour 50 minutes

A true Aegean Hamam indulgence beginning with a finely-ground olive oil and olive seeds scrub, followed by the application of a local pine-flower honey mask to enrich the body. While the mask deeply moisturises the skin, a foot or head massage with nourishing cold-pressed almond oil will help to relieve all daily stresses. Guests will then enjoy our traditional foam massage with aromatherapy essential oils, incorporating light stretching exercises to prepare the body for our Signature Oriental Essence Massage to truly relax, relieve and detoxify.

A personal Mandarin Oriental hamam gift set will be given to each guest with this journey and a locally-infused tea and fresh fruits will be enjoyed at the conclusion of each treatment.

### AYURVEDIC HEALING 2 hours

Immerse yourself into the world of ancient Indian traditions to discover a true sense of peace. A dosha-balancing scrub using natural Indian herbs will begin the journey - preparing the skin for a healthy balance of the body and mind. A full-body Abhyanga Massage will assist in the restoration of energy and the relief of fatigue, followed by an ancient Indian Head Massage to relieve tension through the energy centres of the head and neck where tension is stored.

### SACRED THAI RITUAL 2 hours 20 minutes

Experience the mystique of the orient with ancient Thai traditions. Thai rituals stem from age-old healing systems to improve circulation, awaken energy and increase flexibility. Performed wearing loose Thai-style clothing, this traditional experience is conducted on a futon and commences with a rhythmical Thai full-body massage combining acupressure, and assisted yoga postures. Your oriental journey will conclude with a Thai Foot Massage where your therapist will use hands, thumbs and knuckles, to free up blocked energy within the body's meridians to produce a deep and unique feeling of balance, relaxation and well-being.

### **AEGEAN CALM 3 hours**

A perfect treatment to relieve deep-seated tension, muscular and emotional stress. The treatment will begin with an olive seed scrub and natural green clay mask for the body to exfoliate and richly nourish the skin. The body is then massaged with blended aromatherapy oils, combined with the use of hot stones to release deep tensions, working on the vital energy points and chakras around the body. Conclude the holistic journey with a Customised Aromatherapy Facial to instil a complete sense of Aegean relaxation and holiday skin bliss.

## **BODY MESSAGES**

### **ORIENTAL ESSENCE 50 minutes / 1 hour 20 minutes**

This massage is a part of the Mandarin Oriental's signature spa therapies and has been designed for the tired traveler, stressed executive or someone who just wishes to relieve neck and shoulder tension. This massage centers on all stress areas of the body. Utilising our Signature Quintessence oil blended with warming ginger, uplifting mandarin and sacred frankincense all come together to realign the mind and emotions. A completely relaxing treatment.

### **EASTERN THERAPEUTIC 50 minutes / 1 hour 20 minutes**

The essence of this massage fuses Eastern and Western practices; focusing on restorative stretching and pressure point therapy. This massage is an ideal synthesis of deep tissue techniques (using forearm and elbow) combined with the rhythmic stretches of Thai massage.

Active muscle and joint de-stress movements help to dissolve deep muscles strains and tension.

### **PRECIOUS STONES 1 hour 20 minutes**

This relaxing massage uses heated precious stones to generate energy and create a sense of balance and calm, as well as giving relief to deep-seated muscle tension.

### **AROMATHERAPY 50 minutes / 1 hour 20 minutes**

A deeply therapeutic holistic treatment which combines the power of essential oils with the best of eastern and western massage techniques, to create a feeling of physical relaxation and calm, whilst mentally uplifting and clearing the mind.

### **ORIENTAL BAMBOO MASSAGE 50 minutes / 1 hour 20 minutes**

A full body massage incorporating a combination of specialised massage techniques and nature's pure bamboo. Using warm bamboo sticks of varying sizes to knead and stretch your muscles, increasing blood circulation and easing away tension, this rhythmic massage aids in providing a sense of deep relaxation.

### **THAI 50 minutes / 1 hour 20 minutes**

Performed wearing loose Thai-style clothing, this traditional massage is conducted on a futon. A combination of gentle rocking motions, rhythmic acupressure and assisted stretching serve to deeply relax and revitalise body and mind. Benefits include increased flexibility, relief of joint and muscle tension and a balance of the body's energy system.



### **ORIENTAL FOOT THERAPY 45 minutes**

In oriental philosophy, the feet are considered a mirror for the systems and functions of the body. Relax with this traditional treatment which begins with a fragrant foot bath followed by a skillful exfoliation and massage to smooth the feet and lower legs. Finally a relaxing massage along the energy points of the feet and ankles helps to raise natural energy encouraging the release of tension.

### **CALM MIND 45 minutes**

Re-harmonising the body's natural flow and movement our signature head massage is designed to completely relax both the body and mind.

## **BODY TREATMENTS**

### **ROSE HYDRATING COCOON 1 hour**

This treatment comprises a deep-moisturising body wrap treatment including full body scrub that softens and revitalises skin, followed by a full-body wrap with Rich Rose Oil and Rose Body Creams of Damask Rose, Roman Chamomile and Neroli for nurturing skin. A relaxing scalp massage completes this unique pampering experience.

### **DETOX MARINE ESSENCE 1 hour**

A revitalising and detoxifying treatment to help eliminate excess toxins and to naturally nourish, hydrate and purify the skin. The body is prepared with a gentle exfoliating bamboo and essential oil body

scrub before a detoxifying algae wrap is applied to encourage the absorption of vital minerals, salts and trace elements. Smoothing and hydrating cream is then applied with relaxing massage techniques to leave the skin feeling luminous and radiant. Your detoxifying marine journey is concluded with a balancing cranial massage to decrease all residual tension.

### **LIPOCELL SCULPTOR 1 hour**

A slimming, contouring and anti-cellulite treatment that assists in diminishing volume in unwanted areas. Innovative hydrating exfoliation technologies help to improve micro-circulation and to stimulate the metabolism. The body is then detoxified in a hydrating algae wrap to renew the deeper layers of the skin. Draining and contouring massage techniques are then performed by your specialist therapist using slimming cream to give the body immediate, visible and long-lasting results and leaving the skin soft and smooth

### **BODY REFINER 1 hour**

A specially designed deep tissue detoxifying massage targeting stubborn areas of cellulite, treatment also includes a mud envelopment to aid in firming and toning the skin. While you are enveloped a stimulating foot reflex pressure massage encourages the release and elimination of toxins. A toning and slimming treatment to refine the body contours and eliminate excess fluids, leaving a slimmer silhouette and smoother skin.



## LOCAL HAMAM EXPERIENCES

Steeped in Turkish tradition & origin, Hamams provide a place for relaxation, wellbeing cleansing and detoxifying the body. The intense heat warms the body slowly and continuously, stimulating sweat glands, increasing blood circulation and promoting healthy skin tone and texture. Our male and female spa bathing areas are equipped with two experience showers for an enjoyable cooling sensation.

The core of the Hamam experience is the scrub, which is performed on a heated marble massage table. The treatment begins with an invigorating Hamam scrub (Kese) which is followed by loofah with a foam massage, leaving the body feeling energised and smooth.

All Hamam experiences can be enjoyed in separate male or female Hamam areas. We recommend to relax your body and soothe your muscles in the warming steam 15 minutes prior to experiencing any Hamam treatments.

## ORIENTAL HAMAM RITUAL 1 hour

This Oriental-inspired Hamam experience begins with a green clay mask to enrich the body while the soles of the feet are gently exfoliated with a local pumice stone. The Eastern meridian lines of the feet and head are massaged using your personalised elemental oil bringing you into complete holistic harmony. A hydrating aromatic rose essence foam is then massaged onto the body in rhythmical strokes helping to calm and nourish. The experience is concluded with a refreshing hair wash with our signature Quintessence shampoo and combing of the hair. Guests are encouraged to unwind in the 'Relaxation Lounge' after the experience where light refreshments are served.

## INVIGORATING HAMAM 45 minutes

The core of the traditional Turkish Hamam experience starts by deeply cleansing the skin with an invigorating 'Kese' body scrub to prepare the skin. Guests are then treated to a calming and hydrating full-body local aromatic Mandarin essence foam massage to help relieve muscle tension. The Hamam experience is concluded with a personalised and refreshing hair wash. Guests are encouraged to unwind in the 'Relaxation Lounge' after the experience where light refreshments are served.

## REVITALISING KESE 30 minutes

This traditional Hamam experience deeply cleanses the skin with a full-body scrub. Your therapist will use a loofah with long sweeping movements leaving the skin feeling invigorated and helping to increase circulation. This is ideal in preparing the body for massage treatments.

## TREATMENT ADDITIONS

### QUINTESSENCE BODY SCRUB 30 minutes

Mandarin Oriental's signature Quintessence scrub has been created as a foundation for each of the five elements. This balancing essential oil blend brings the body's energy flow into alignment. Warming ginger, uplifting mandarin and sacred frankincense come together to realign the mind and emotions, while the sea salt and sweet almond oil work together to gently smooth and rejuvenate dry or tired skin.



### **NATIVE SCRUB 30 minutes**

An indigenous body scrub combining ingredients from our own garden, handpicked olive tree leaves, ground with sea salt, honey and olive oil. Leaving your skin glowing.

### **REVITALISING EYE TREATMENT 30 minutes**

Refresh and brighten the eyes with this revitalising eye treatment, using specialised massage techniques and herbal extracts of black tea, cranberry and strawberry to improve micro-circulation and drainage and reduce puffiness in the eye area. Dark circles and fine lines are eased, while a gentle shoulder scalp massage frees the circulation, improving blood supply to the eyes. The perfect addition to any facial.

### **PRIVATE HAMAM ESCAPE**

All of our Local Hamam Experiences can also be enjoyed in the privacy of your own private scrub room upon request. Guests will be enveloped in a tranquil escape from the communal Hamam experience, while still immersing themselves in the unforgettable cultural ritual. All private Hamam escapes will allow guests to enjoy local tea infusions and fresh fruits.

### **NEW LIFE**

#### **MUM TO BE 1 hour**

Feel nurtured and supported in a time of constant change. Choose from a selection of oils each safely formulated to be used during

pregnancy to nourish and care for your skin. This treatment uses traditional aromatherapy massage to ease away tension in upper back and tight shoulders.

#### **NOURISH AND NURTURE 50 minutes**

A luxurious facial harnessing the regenerative properties of the rose to nourish, soften and hydrate delicate and finely textured complexions, that are often associated with pregnancy. The result is a smooth, radiant complexion and a relaxed state of mind. The perfect treatment throughout your whole pregnancy.

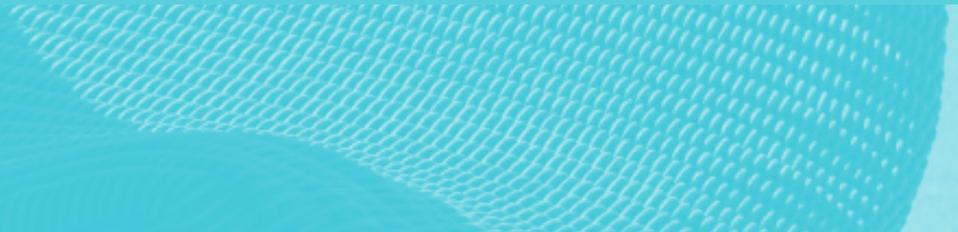
#### **ROSE HYDRATING COCOON 1 hour**

This treatment comprises a deep-moisturising body wrap treatment including full body scrub that softens and revitalises skin, followed by a full-body wrap with Rich Rose Oil and Rose Body Creams of Damask Rose, Roman Chamomile and Neroli for nurturing skin. A relaxing scalp massage completes this unique pampering experience.

### **SPECIALISED FACIALS**

#### **CUSTOMISED AROMATHERAPY FACIAL 1 hour 20 minutes**

Beginning with a facial assessment to determine your skin type, our therapist will select products from our Aromatherapy Associates facial range to create a facial experience tailor-made to your skin's needs.



**SOOTHING FACIAL 1 hour 20 minutes**

A truly soothing and calming facial which is particularly beneficial to sensitive skin, which needs special nourishment to eliminate irritation and inflammation. The treatment uses the properties of prebiotics and natural botanicals of arnica and chamomile to help calm the skin and enforce its natural barrier. Combining the therapeutic hands of your therapist with cold marble stone, this is a soothing and sensorial facial to encourage your natural radiance.

**ROSE INFINITY FACIAL 1 hour 20 minutes**

Achieve instant, long lasting results that noticeably lift, tone and firm the skin, leaving you with a flawless, healthy and younger looking complexion. Wrinkles and lines are plumped out for visibly smoother, younger looking skin.

**DELUXE OXYGENATING FACIAL 1 hour 20 Minutes**

Transform your skin with this unique results driven facial. A detailed consultation will determine the tailor made treatment to your skin's needs, incorporating latest oxygen pressure jet technology and diamond-head oxygen infused microdermabrasion. The facial is complete with a deep relaxing scalp, neck and shoulder massage.

**DEEP CLEANSING FACIAL 1 hour**

A purifying treatment for oily and combination skin. Powerful essential oils of lavender, ylang ylang and tea tree are at the heart of this facial. With natural antibacterial properties, they penetrate deep into the skin, helping to regulate sebum production. This treatment refreshes and balances, leaving the complexion super clean and fresh.

# GENTLEMAN ESSENTIALS

## **TIME FOR MEN 1 hour 50 minutes or 2 hours 50 minutes**

Mandarin Oriental's bespoke "Time Rituals" encourage guests to book time rather than specific treatments, so that services can be tailor-made to meet individual needs. An in-depth consultation will determine your individually created experience.

## **DEEP CLEANSING FACIAL 1 hour**

A purifying treatment for oily and combination skin. Powerful essential oils of lavender, ylang ylang and tea tree are at the heart of this facial. With natural anti-bacterial properties, they penetrate deep into the skin, helping to regulate sebum production. This treatment refreshes and balances, leaving the complexion super clean and fresh.

## **DEEP SLEEP 2 hours**

This powerful and deeply sedating full body massage harnesses rich earthy essential oils of vetiver, camomile and sandalwood, renowned

for their intense calming and grounding effects. The treatment begins with a warming foot ritual followed by a head to toe massage using carefully applied pressure techniques to balance the nervous system and ease an overactive mind. Perfect for inducing a deep sense of tranquillity and a good night's sleep.

## **FACE AND BODY TREATMENT 1 hour 20 minutes**

Achieve a heightened state of relaxation and wellbeing. The experience begins with a back cleanse and exfoliation that refreshes the skin. The journey continues with a stress relieving back massage and therapeutic Ayurvedic scalp massage to pinpoint areas of tension, bringing relief to tired or aching muscles. Finally, a deep cleansing facial using an exotic blend of the finest essential oils and effective natural botanicals unique to the Refinery range, rebalances the skin, leaving it bright, supple and refreshed.

# BEAUTY BY MANDARIN ORIENTAL

Mandarin Oriental Bodrum is delighted to welcome the renowned brand Natura Bisse to the Spa, with a range of luxurious and exclusive beauty treatments. Since 1979, Natura Bisse has devoted itself to the art of skincare, and with over 36 years of aesthetic expertise, delivers outstanding beauty treatments with a philosophy that complements that of the Spa at Mandarin Oriental, Bodrum. The treatments on offer combine the most avant-garde trends with technological innovation and the traditional therapies of different cultures, with Mandarin Oriental's philosophy of physical, emotional and mental wellbeing.

## SPECIALISED FACIALS

### DIAMOND LIFE INFUSION RITUAL

TL 990

1 hour 30 minutes

The Art of Youth. Unprecedented "Youth Elixir" that provides unparalleled skin rejuvenating effects focused on the science of Skin Age Biomarkers and specific massage techniques. This intensive treatment ensures brighter, firmer, noticeably younger-looking skin. A global skin rejuvenation that restores the youthful definition of the facial contours, improves skin texture and diminishes fine lines and wrinkles in just one session.

### FACELIFT OPTIMIZER

TL 820

1 hour

Surgical alternative treatment that infuses the skin with all of the benefits of a microinjection without the neurotoxins. Visibly lifts, fills and relaxes the skin after just one treatment due to the innovative highly concentrated ingredients.

### DELUXE OXYGENATING FACIAL

TL 820

1 hour 20 Minutes

Transform your skin with this unique results driven facial. A detailed consultation will determine the tailor made treatment to your skin's needs, incorporating latest oxygen pressure jet technology and diamond-head oxygen infused microdermabrasion. The facial is complete with a deep relaxing scalp, neck and shoulder massage.

## SUN-CARE

### THE CITRUS ESSENCE

TL 735

1 hour

Vitamin C prevents premature ageing and repairs damage caused by sun exposure. Drench your skin with the antioxidant power of vitamin C. This nutrient rich facial treatment engages the senses, stimulates the production of collagen, reduces inflammation, revitalises, firms the skin, and intensely hydrates.



## **CITRUS DRENCH**

**1 hour**

Indulge in highly concentrated vitamin C emulsions that will protect the skin from dryness and premature ageing, while repairing damage caused by sun exposure. This nutrient rich body treatment revitalises, firms the body, and energises.

**TL 735**

## **TREATMENT ADDITIONS**

### **COMPLEXION ANALYSIS**

**30 minutes**

A diagnostic tool to determine your skin's current health through non-invasive photographic imagery. This analysis machine can detect problems that have yet to emerge on the surface of your complexion providing qualitative reports to take the guesswork out of determining the best treatments for your skin type. A progression report is provided to determine the progress of skin care treatments undertaken to measure improvement and results over time.

**TL 175**

# HEAT & WATER EXPERIENCES

The Spa at Mandarin Oriental, Bodrum offers extensive heat and water experiences with separate areas for male and female guests. Merging ancient practices with the latest in technology, the 2,700 sqm spa facilities are fit to mesmerise and delight set alongside Mediterranean gardens overlooking the Aegean Sea. Relieve stress and tension, relax your muscles, increase circulation, stimulate your immune system and promote a feeling of wellbeing. Use of the heat and water experiences is included with all spa services, and guests are encouraged to arrive at least 45 minutes prior to their scheduled treatment. For guests who wish to use the heat and water experiences without spa services, advanced booking is required as well as a usage fee for day visits.

## EXPERIENCE SHOWERS

Combined with coloured lights and refreshing scents, these unique showers provide both cold and warm body jets that gently massage the body.

- *Male and female Experience Showers are located in separate areas*

## VITALITY POOLS

Incorporating a number of features to enable the bather to self-administer massage, the pools are heated to temperatures varying up to 35°C. Some are equipped with ergonomic loungers designed to provide full body air jet and swan neck massages, while others provide an outdoor setting allowing guests to refresh amidst the tranquil spa gardens.

- *Male and female Vitality Pools are located in separate areas and mixed gender is outdoors*

## ICE FOUNTAINS

A gentle cooling option recommended after all heat and water experiences to assist in lowering body temperature, inhibiting additional sweating and stimulating the body through the constriction of blood vessels.

- *Male and female Ice Fountains are located in separate areas*

## DRY SAUNAS

Sauna is the only Finnish word in the English dictionary, meaning “bath” or “bathhouse”. Saunas first started as bathing rooms heated by stones placed in log fires and splattered with water. They were used to relax, improve overall health and promote wellbeing. High heat (average of 83°C) and low humidity (about 25%) create an environment that encourages the body’s natural cleansing through perspiration. Impurities are flushed away maintaining a healthy skin.

- *Male and female Dry Saunas are located in separate areas and mixed gender is outdoors*

## STEAM ROOMS

Maintained at a temperature of between 40 – 55°C, moist aromatic heat with heated floors, walls and seats are provided. The body is warmed slowly and continuously, reaching the inner body and organs.

- *Male and female Steam Rooms are located in separate areas*

# SEASONAL PROGRAMMES

Mandarin Oriental Bodrum seasonal programmes mirror the natural environment in the region. Bringing 'earth to body' experiences to our guests during the changing seasons. All seasonal programmes are only available during that season.

## **WINTER – GINGERNUT HAMAM RITUAL**

**TL 495**

**1 hour 30 minutes**

This warming and stimulating ritual is a true reflection of both our Oriental heritage and local traditions. A unique unisex Hamam scrub combining scents of the orient – Ginger, Honey and Coconut which help to eliminate toxins, improve circulation, tone and moisturize the skin. Honey also works as a natural anti-oxidant to help strengthen the bodies' defense during the winter months. Complete the journey with a 45-minute Hot Stone massage to alleviate deep muscle tension while creating a sense of seasonal warmth, balance and calm.

## **SPRING – MEDITERRANEAN SUMMER BODY**

**TL 645**

**1 hour 30 minutes**

A local olive oil, lavender and thyme detoxification treatment that assists in removing toxins from the skin and body in preparation for your summer indulgence. This natural full-body mask is applied to problematic areas which are then enveloped in a wrap to enhance the purification process. Followed by a stimulating foot massage working on pressure points to stimulating the kidney and digestive function and toxin elimination. This pre-summer journey is concluded with a full-body aromatherapy massage using specially designed detox massage techniques targeting stubborn areas of cellulite to assist in bringing your beach body back to life.

## **SUMMER – COFFEE ANTIOXIDANT BLAST**

**TL 705**

**1 hour 20 minutes**

A warm coffee and olive oil body scrub treatment that assists in tightening pores and removes dead skin cells. Perfect for summer with the wonderful effects that coffee has on skin protection, anti-ageing, and cellulite reduction through its' powerful antioxidant value. Following the scrub, the coffee mask is then applied to the hair to assist in preparing the hair for the damaging-effects of the summer sun. The summer indulgence is completed with an Eastern Therapeutic Massage to assist in enhancing joint mobility and flexibility to the body for all that summer fun.

## **AUTUMN – GREEN TEA RECOVERY**

**TL 510**

**1 hour 30 minutes**

A truly regenerating treatment following the effects of summer on the body. A luxurious warm green tea, grapefruit and green tea clay mask and wrap is applied to all sun-damaged areas. As the skin absorbs the benefits of rich antioxidants, your specialist therapist will instill a sense of calm with a relaxing foot or head massage. The experience concludes with a personalised sports massage combining Swedish massage, trigger point techniques and gentle stretches to bring the body back to its' natural equilibrium.

# FITNESS & WELLNESS

The fitness and wellness centre is equipped with state of the art results-oriented fitness equipment targeted to achieve your wellness goals. Our team of dedicated professionals will cater to all levels of expertise, experience and current conditioning in a luxurious wellness environment.

## CARDIOVASCULAR MACHINES

- Treadmills
- Elliptical Cross-Trainers
- Bikes
- Upright Bikes
- Concept Rower

## STRENGTH EQUIPMENT

- Chest Press
- Shoulder Press
- Vertical Traction
- Leg Extension
- Low Row
- Lat Machine
- Leg Press
- Leg Curl
- Abductor/Adductor
- Lower Back

## FLEXIBILITY EQUIPMENT

- Anterior
- Posterior

## KINESIS

A cutting edge modular cable device system makes the Kinesis unique. The 360-degree system ensures a rectilinear, diagonal and circular action to work on several muscle groups across a range of levels. This helps to create strength, flexibility and stability with over 250 exercises and movements to choose from.

## ARKE CORE CENTRIC TRAINING STATION

Arke Core Centric Training method helps achieve optimum physical fitness and ensures excellent results quickly. The diverse and progressive tools make it suitable for all users to develop free movement and functionality of their bodies over time, focusing on increasing;

- Coordination & Flexibility
- Balance & Stability
- Strength & Speed
- Agility & Reaction Time
- Cardiovascular & Respiratory Capacity

## IN-BODY COMPOSITION ANALYSIS 30 minutes

In-Body accurately measures your current body condition including the following:

- Body Composition Analysis – indicates your current health condition (including total body water, soft lean mass, free fat mass and weight)
- Muscle-Fat Analysis – provides skeletal muscle mass and body fat mass
- Obesity Diagnosis – measures body mass index (BMI), percentage of body fat and waist-to-hip ratio
- Muscle Analysis – measures muscle development of arms and legs, as well as soft lean mass analysis
- Body shape graph and body typing
- Nutritional evaluation
- Weight Control – identifies target weight, body fat control and lean muscle control

### **FITNESS AND WELLNESS ASSESSMENT 1 hour**

Allowing our specialist instructors to obtain objective information on your current level of fitness. This will be achieved through assessment of your vital signs, flexibility, cardio endurance and body measurements. This assessment combines with the In-Body Composition Analysis and a 30-minute Personal Training session allowing for a customised programme to be developed tailored to your body's unique characteristics.

### **PERSONAL TRAINING 1 hour**

Whatever your goal, be it to improve overall fitness and wellness, improve endurance or to gain guidance with a lifestyle change, our specialised instructors will work with you to ensure that you focus on appropriate exercises to gain optimal results and to help you to reach your potential. All Personal Training will be customised to suit the individual to ensure that your fitness and wellness needs are met. This may include any of the from Circuit Training, TRX, Kinesis training, Akre Core-Centric Training, Boot Camp Fitness, Ab's & Stretching, Coastal Jogging, Cardio Swim Training, Basketball or Tennis workouts.

### **PILATES 1 hour**

Our dedicated Pilates specialists are here to offer private reformer or mat Pilates training to all levels. Techniques are customised to the specific needs of each guest and through precise and controlled movements, weaknesses and postural misalignments will be identified and worked through. Personalised programmes will help to tone muscles, increase flexibility and improve core stability (essential for managing back pain and other injuries). Taster weekly mat Pilates classes are also available to guests new to Pilates.

### **YOGA 1 hour**

Awaken your inner senses with this ancient Indian practice of mind, body and spirit. Our specialist yoga instructors will customise your sessions and through a sequence of poses helping to cleanse, purify and energise. The power of the breath helps with meditation and self-reflection, while the movements, build body awareness, balance and muscular control. The result is a very holistic physical conditioning that brings a sense of stillness. Customised yoga tuition with our instructor will ensure you get the most out of each session, however Yoga classes for all levels are also available in the resort throughout the week.

### **RELAXATION / MEDITATION 45 minutes**

Eastern breathing and meditation techniques will be taught by our professional instructors to help guests find stillness of the mind amidst our ever-demanding schedules. Meditation is an internal practice which requires perseverance, therefore, we encourage you to have regular sessions with your practitioner to help keep you focused on your introspection.

### **ASSISTED STRETCH 45 minutes**

After any fitness or wellness session it is important to stretch and relax. Our specialist team has developed a unique Asian-inspired stretch combination to revitalise you at the end of your workout sessions. Receive a one-on-one stretch by your fitness and wellness professional that will help to increase your suppleness and further alleviate muscular aches and pains.

### **FITNESS AND WELLNESS CLASSES**

Please ask our spa and fitness professionals about the varied range of fitness and wellness classes that are available to help you to relax and enjoy your time with us and for you to achieve your wellness goals on selected days during the week.

Please be advised that all fitness and wellness services must be booked in advance through our Spa Concierge on level 0 or by calling Ext: 72.

# SPECIALISATION

Mandarin Oriental introduces you to some of our highly-skilled therapist and instructors who each embrace their own service specialties. These specialties open a pathway towards creating legendary and unique moments for our guests. A great spa or wellness experience is as much art as it is science. It's about creating a feeling and impacting people; through personalised and lasting memories. These specialised services at Mandarin Oriental Bodrum are our gift of spa and wellness art to you. Please enquire regarding our seasonal specialties.

## SPA SPECIALTIES

### **SPORTS MASSAGE** **45 minutes**

**TL 435**

A medium to strong full body massage that focuses on alleviating muscular tension by specifically targeting the individual needs of both active men and women. This sports massage combines Swedish-style massage with the benefits of trigger points and gentle stretches. An excellent after-work-out remedy or great for guests with specific joint or muscular concerns.

### **BALINESE MASSAGE** **1 hour / 1 hour 30 minutes**

**TL 450 / 645**

An ancient deep tissue massage from the Asian healing tradition using a combination of thumb pressure, deep muscle manipulation and warm sweeping strokes that help you to relax and rejuvenate.

### **REIKI** **1 hour**

**TL 450**

A Japanese holistic therapy that encourages stress reduction, relaxation, and healing. Derived from the words 'Rei' or 'higher power' and 'Ki' meaning 'life force energy', Reiki is a powerful experience whereby a skilled practitioner places their hands on, or near, an individual, allowing the transfer of universal energy to facilitate self-healing and a state of equilibrium.

### **FOOT REFLEXOLOGY** **1 hour / 1 hour 30 minutes**

**TL 450 / 645**

Reflexology is an ancient form of healing where pressure is applied to specific diagnostic reflex points on the feet to stimulate healing in other areas of the body through the release of energy blockages. A great treatment to assist in stress relief, relaxation and the alleviation of pain.

## FITNESS SPECIALITIES

### **STAND-UP PADDLE-BOARD YOGA / PILATES / FITNESS** **1 hour 15 minutes**

**TL 370**

Experience a full-body work out on a paddle board anchored above the beautiful Aegean Sea. Sessions are open all levels and options are given throughout the class to accommodate. This service is subject to seasonal availability. Choose from:

**Yoga** – A gentle workout that helps to release tensions, free joints, cleanse the body, and enable the mind to quiet through meditation, breathing techniques, and asanas in this aquatic, Hatha style yoga class.

**Pilates** - Experience the serenity of the water and the strength and grace of Pilates on your board. SUB Pilates provides a total body workout to improve balance, body alignment, breathing, coordination, endurance and core stability with controlled body movements.

**Fitness** – A low-impact cardiovascular and stretching workout on your board for the whole body. Great for weight-loss, enhanced balance, strength, endurance and core stability with a combination of moving (while paddling) or static exercises.

# SPA CABANA TREATMENTS

## SUN-CARE

### THE CITRUS ESSENCE

TL 735

1 hour

Vitamin C prevents premature ageing and repairs damage caused by sun exposure. Drench your skin with the antioxidant power of vitamin C. This nutrient rich facial treatment engages the senses, stimulates the production of collagen, reduces inflammation, revitalises, firms the skin, and intensely hydrates.

### CITRUS DRENCH

TL 735

1 hour

Indulge in highly concentrated vitamin C emulsions that will protect the skin from dryness and premature aging, while repairing damage caused by sun exposure. This nutrient rich body treatment revitalises, firms the body, and energises.

## BODY MASSAGE

### ORIENTAL ESSENCE

TL 435 / 615

50 minutes / 1 hour 20 minutes

This massage is a part of the Mandarin Oriental's signature spa therapies and has been designed for the tired traveler, stressed executive or someone who just wishes to relieve neck and shoulder tension. This massage centers on all stress areas of the body. Utilising our Signature Quintessence oil blended with warming ginger, uplifting mandarin and sacred frankincense all come together to realign the mind and emotions. A completely relaxing treatment.

### EASTERN THERAPEUTIC

TL 435 / 615

50 minutes / 1 hour 20 minutes

The essence of this massage fuses Eastern and Western practices; focusing on restorative stretching and pressure point therapy. This massage is an ideal synthesis of deep tissue techniques (using forearm

and elbow) combined with the rhythmic stretches of Thai massage. Active muscle and joint de-stress movements help to dissolve deep muscles strains and tension.

### AROMATHERAPY

TL 435 / 615

50 minutes / 1 hour 20 minutes

A deeply therapeutic holistic treatment which combines the power of essential oils with the best of eastern and western massage techniques, to create a feeling of physical relaxation and calm, whilst mentally uplifting and clearing the mind.

### ORIENTAL FOOT THERAPY

TL 415

50 minutes

In oriental philosophy, the feet are considered a mirror for the systems and functions of the body. Relax with this traditional treatment which begins with a fragrant foot bath followed by a skillful exfoliation and massage to smooth the feet and lower legs. Finally a relaxing massage along the energy points of the feet and ankles helps to raise natural energy encouraging the release of tension.

### CALM MIND

TL 435

50 minutes

Re-harmonising the body's natural flow and movement our signature head massage is designed to completely relax both the body and mind.

### THAI

TL 435 / 615

50 minutes / 1 hour 20 minutes

Performed wearing loose Thai-style clothing, this traditional massage is conducted on a futon. A combination of gentle rocking motions, rhythmic acupressure and assisted stretching serve to deeply relax and revitalise body and mind. Benefits include increased flexibility, relief of joint and muscle tension and a balance of the body's energy system.

**Note: Thai Massage is available at Blue Beach only.**

# PRICE LIST

## MANDARIN ORIENTAL SIGNATURE SPA THERAPIES

MANDARIN ORIENTAL SIGNATURE SPA THERAPIES	1 hour 50 min	TL 945
TIME RITUAL 1 HR 50 MINS	1 hour 50minutes	TL 855
TIME RITUAL 2 HR 50 MINS	2 hours 50 minutes	TL 1,320
ORIENTAL HARMONY	1 hour 50 minutes	TL 1,560

## JOURNEYS

MEDITERRANEAN JOURNEY	1 hour 50 minutes	TL 945
AYURVEDIC HEALING	2 hours	TL 990
SACRED THAI RITUAL	2 hours 20 minutes	TL 1,100
AEGEAN CALM	3 hours	TL 1,410

## BODY MASSAGES

ORIENTAL ESSENCE	50 minutes	TL 435
ORIENTAL ESSENCE	1 hour 20 minutes	TL 615
EASTERN THERAPEUTIC	50 minutes	TL 435
EASTERN THERAPEUTIC	1 hour 20 minutes	TL 615
PRECIOUS STONE	1 hour 20 minutes	TL 615
AROMATHERAPY	50 minutes	TL 435
AROMATHERAPY	1 hour 20 minutes	TL 615
ORIENTAL BAMBOO	50 minutes	TL 435
ORIENTAL BAMBOO	1 hour 20 minutes	TL 615
THAI	50 minutes	TL 435
THAI	1 hour 20 minutes	TL 615
ORIENTAL FOOT THERAPY	45 minutes	TL 415
CALM MIND	45 minutes	TL 415

## BODY TREATMENTS

ROSE HYDRATING COOCON	1 hour	TL 510
DETOX MARINA ESSENCE	1 hour	TL 555
LIPOCELL SCULPTOR	1 hour	TL 555
BODY REFINER	1 hour	TL 510

## LOCAL HAMAM EXPERIENCE

ORIENTAL HAMAM RITUAL	1 hour	TL 705
INVIGORATING HAMAM	45 minutes	TL 525
REVITALISING KESE	30 minutes	TL 345

## TREATMENT ADDITIONS

QUINTESSENCE BODY SCRUB	30 minutes	TL 255
NATIVE SCRUB	30 minutes	TL 255
REVITALISING EYE TREATMENT	30 minutes	TL 255

## NEW LIFE

MUM TO BE	1 hour	TL 510
NOURISH AND NUTURE	50 minutes	TL 465
ROSE HYDRATING COOCON	1 hour	TL 510

## SPECIALISED FACIALS

CUSTOMISED AROMATHERAPY FACIAL	1 hour 20 minutes	TL 795
SOOTHING FACIAL	1 hour 20 minutes	TL 795
ROSE INFINITY FACIAL	1 hour 20 minutes	TL 795
DELUXE OXYGENATING FACIAL	1 hour 20 minutes	TL 820
DEEP CLEASING FACIAL	1 hour	TL 585

## MO BEAUTY

<b>CITRUS ESSENCE</b>	1 hour	<b>TL 735</b>
<b>CITRUS DRENCH</b>	1 hour	<b>TL 735</b>
<b>DIAMOND LIFE INFUSION RITUAL</b>	1 hour 30 minutes	<b>TL 990</b>
<b>FACE LIFT OPTIMIZER</b>	1 hour	<b>TL 820</b>
<b>COMPLEXION ANALYSIS</b>	30 min	<b>TL 175</b>

## GENTLEMAN ESSENTIALS

<b>TIME FOR MEN</b>	1 hour 50 minutes	<b>TL 945</b>
<b>TIME FOR MEN</b>	2 hours 50 minutes	<b>TL 1,440</b>
<b>DEEP SLEEP</b>	2 hour	<b>TL 1,020</b>
<b>FACE AND BODY TREATMENT</b>	1 hour 20 minutes	<b>TL 690</b>

## FITNESS & WELLNESS

<b>IN-BODY COMPOSITION ANALYSIS</b>	30 minutes	<b>TL 240</b>
<b>FITNESS ASSESSMENT</b>	1 hour	<b>TL 390</b>
<b>PERSONAL TRAINING</b>	1 hour	<b>TL 270</b>
<b>PILATES – MAT OR REFORMER (ALL LEVELS)</b>	1 hour	<b>TL 270</b>
<b>PRIVATE YOGA – ALL LEVELS</b>	1 hour	<b>TL 270</b>
<b>RELAXATION / MEDITATION</b>	45 minutes	<b>TL 225</b>
<b>ASSISTED STRETCH</b>	45 minutes	<b>TL 225</b>

# PEDI:MANI:CURE STUDIO BY BASTIEN GONZALEZ

Bastien Gonzalez is internationally-acclaimed for his unique approach and his professional expertise as a French Podiatrist. He has designed and developed exclusive treatments (in collaboration with specialists in French Cosmetology) for feet, nails and hands with innovations that lie in the fusion of well-being and beauty using efficient formulas derived from natural ingredients and essential oils.

## **BASTIEN'S DUO TREATMENT**

**TL 550**

**1 hour 15 minutes**

The professional expertise of Bastien for the ultimate and unparalleled treatment of feet, nails and hands. Nails are thoroughly treated and become naturally beautiful and shiny. Legs and arms are massaged by four synchronized hands while your body experiences the sensation of lightness.

## **BASTIEN'S PEDICURE**

**TL 395**

**1 hour**

An overall pedicure including a nail treatment (gentle buffing to restore the beauty of the nails which results in a healthy natural shine); followed with a skin treatment to eliminate hard skin and dryness; completed with a relieving massage from the toes up to the knees relieving any muscle tension and heaviness.

## **BASTIEN'S MANICURE**

**TL 315**

**45 minutes**

The uniqueness of Bastien's Manicure lies in its' ability to relax hands and arms and in the nail buffing technique. This treatment follows three steps: Treatment - Focusing on the harmonious shape of the nails and the soothing of the cuticles; Beauty - The secret to getting shiny nails lies in a natural buffing technique, and Wellness: a massage of the forearms, wrists, hands, and fingers.

## **NAIL BRIGHTNESS**

**TL 255**

**45 minutes**

A pedicure focusing on the nails and cuticles to eliminate any problems of rigidity and dryness. Nails are shaped and buffed with a chamois leather buffer and a pearly cream resulting in healthy, shiny, natural looking nails. The experience ends with a relaxing foot massage.

## **FOOT REFOUNDATION**

**TL 225**

**35 minutes**

A feet and leg massage treatment designed for the wellbeing of the feet and legs. Ideal for heavy numb legs after a long flight. This truly relaxing massage focuses on muscular flexibility, joint mobility, blood circulation, skin elasticity and volume of the plantar pads.

## **REVERENCE SPA RITUAL**

**TL 340**

**45 minutes**

An express treatment for feet or hands focused on nails and cuticles, followed by a foaming mineral scrub and to finish a nail buffing or application of Révérence de Bastien nail polish for a natural shiny finish.

**PARAFFIN TOUCH****20 minutes**

After a pedicure or a manicure, this optional treatment is recommended for very dry feet and hands. With the warmth and the occlusive action of the paraffin, perspiration occurs on the upper layer of the epidermis and eases hydrating the skin. Paraffin has also soothing properties which helps the feet and hands to become soft and silky.

**TL 125****COLOUR NAIL TOUCH****20 minutes**

Once the nails are reshaped, choose the right lacquer shade for your skin tone. Our polish is formaldehyde, toluene, DBP and camphor free.

**TL 125****FRENCH TOUCH****30 minutes**

A natural polishing and reshaping of your nails end in a French manicure finish.

**TL 125****BLACK DIAMOND FOOT SCRUB TOUCH****15 minutes**

Before a pedicure or a manicure, this mineral foaming scrub, permits a vigorous natural exfoliation, aiding the removal of dead skin cells, leaving it smooth and silky.

**TL 125**