



B&G
wellness

YOUR GUIDE FOR FULLY ENJOYING OUR WELLNESS CENTER

1 Who can help me decide how to choose my treatments?

Our Spa Reception will help you plan the perfect spa experience, including the best order for your treatments. Unique Spa combinations are specially designed to offer you a selection of our most popular spa treatments.

2 What if I have special health considerations?

Please notify our Spa Reservation Department before booking your treatments if you have high blood pressure, allergies, other physical ailments or disabilities, or if you are pregnant. If you have any concern at all let us know. You will be asked to complete a medical questionnaire prior to your treatment.

3 When should I arrive?

For your enhanced comfort and relaxation, we suggest that you arrive 30 minutes before your scheduled treatment.

4 What do I wear during my treatment?

However, wear what is comfortable for you. Undergarments for ladies are also available at the SPA.

5 What about my comfort?

This is your time and you should delight in the experience to the fullest. Whether it's the room temperature, the amount of massage pressure or the volume of the music. It's up to you... Notify us of any discomforts or preferences.

6 What about my jewelry and valuables?

Please leave such items in the safe in your hotel room.

7 Is there a minimum age?

Guests under 18 must be accompanied by an adult during use.

8 Should men shave before a facial?

Shaving isn't necessary but is recommended. If you do choose to shave prior to your facial then be sure to do so at least two (2) hours prior to your scheduled appointment.

9 What if I am late for my appointment?

Arriving late will simply limit the time for your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so that the next guest is not delayed. The full packages or private parties require 24 hours notice.

10 What is the cancellation policy?

If you must reschedule or cancel your appointment, please notify us 4 hours before your scheduled appointment to avoid being charged the full service fee. Cancellations of packages or private parties require 24 hours notice.

11 What about gratuities?

Gratuities are not included in the spa treatment prices. They are a matter of personal discretion.

12 What is VAT?

18% VAT is included in the spa treatment prices.

13 What about payment for spa services?

We accept all major credit cards. You may also charge spa services to your hotel bill. For your convenience, payment is also accepted prior to your treatments.

B&G WELLNESS

massage

RITUALS



1

HANGOVER MASSAGE

50min • 90min

For relieving the muscles, gaining energy and strength thumb pressing and with a therapy applied thoroughly with elbows, get rid of the city stress.

2

B & G SIGNATURE "ÇI" ENERGY MAYA MASSAGE

60min • 90min

"Çi" is a "life energy" massage in which 3 different massage techniques are applied only by B&G Wellness and it is applied by our expert therapist with special spiritual energy stones which are brought from Mexico, where Mayas lived for opening chakras with Bioenergy. It involves the aim of balancing the person by providing the wholeness of spirit, body and mind by our therapist. During the application, aloe vera and centaury oil which are known with their properties of healing and balancing are used.

3

NEW

CANDLE MAGICO MASSAGE

60min • 90min

It is applied in company with magical aromatic candles and with a special ritual. In the ritual as an aromatic oil candle it self is used; with the heat you feel when the therapist is pouring on you slowly, all the energy you have activates. Traditional Bali Massage activities which are applied with hand palm and acupressure techniques which have relaxing and soothing properties go on during the session by combining with magical candle ritual.

4

FIRM ME UP ANTI CULLULITE MASSAGE

40min

Our anti cellulite massage in which the combination of exfoliation and special pressing techniques are applied, moves away the extra fat from the area with cellulite. By increasing the blood flow in the problematic areas of the body, it destroys the fat deposits, gives the skin a smoother look.

5

BODY PARTS SHIATSU MASSAGE

30min

Shiatsu means "pressing with a finger" in Japanese. It can be defined as a kind of energy massage. It is a synthesis of the methods of healing with hands. It combined "acupressure" which is Chinese origin, "amma massage" which is Japanese origin and modern medicine.

It involves all the techniques of applying pressure, shaking, fillip, stretching and exercising joints to neck, shoulder, arms or legs. As a result of the energy exchange between two people, it is aimed the body energy of the patient to activate. It provides relaxation, peace and vigour to a person. It is good for increasing flexibility.

6

HEALING FEET REFLEXOLOGY MASSAGE

30min

It is a local massage you gain relaxation and vitality, with this 30 minute's massage which is applied with aromatic oils to the area of legs and feet, given by applying pressing to the reflex points under the foot with quartz stone, ends by special touching to the pressure points.

7

HEADS UP INDIAN HEAD MASSAGE

30min

This 30 minute's massage in which acupressure technique and special Indian cedar wood oil are used oriented to the area of head, neck and shoulder, purify from your tiredness, increase your energy.

8

DEEP HOT STONE THERAPY

60min • 90min

This therapy is the combination of whole body massage which comes from shamans and the energy exercises. Hot volcanic stones are places on the energy spots (chakras) of the body and the whole body is rubbed. It accelerates the process of self-healing of the body and provides an intense relaxation.

9

SPORT MASSAGE

50min • 90min

This massage which activates the muscle manipulation and in which sport massage techniques are used is applied by using medium pressure. It increases circulation, gives energy. It decreases muscle pains and eases the tension.

10

THAI AROMA BREEZE MASSAGE

60min • 90min

This process is made with a meridian compression and on a hard surface buyb without using oil, by using stretching moves like yoga or the like. The circulation is increased by Thai massage techniques, by stretching the body step by step, the joint areas are strengthened.

11

OTTOMANS MEDICAL MASSAGE

60min • 90min

It is a massage which is used to rehabilitate the damaged and tired organs, it enhances the life quality of the patient. The systemic circulation system is based on by approaching to each muscle. For chronic pains and tiredness, if it is necessary, massage gloves, tape and similar materials can be used additionally.



B&G WELLNESS

Facial

WELLNESS



1

B & G SIGNATURE

90min

This result-oriented treatment is customized to address specific skin conditions including hyperpigmentation, congested skin, fine lines and premature aging. Includes an exfoliating multi-acid or enzyme peel on the face, neck, decollete and hands to renew the skin cells, a deep-cleansing massage to promote circulation and a masque to balance and nourish the skin.

2

DIAMOND BEAUTY

90min

Detox-effect diamond beauty for deep facial cleansing! Helps to tighten the pores, bring natural coloring of the skin. Including cranberry oil and Siberian cedar oil essentially, carbon mask brings diamond shine to the skin!

3

HOLLYWOOD GLEAM

75min

Hollywood gleam in 1 hour! An antiaging effect miraculous care removing skin blemishes, providing illumination effect, reducing wrinkles simultaneously. Illumination and antiaging care applicable for all skin types, for all seasons.

4

CINDRELLA'S PUMPKIN

75min

Removes skin dehydration and skin blemishes. Reduces wrinkles and stops the acne. Deeply moisturizing peeling care. The first in Turkey with organic solution for dryness, aging and acne problems.

5

MAGICAL 20 MIN WITH
OXYGEN THERAPY

45min

Special For
Men

Includes two applications combining rapid carbon dioxide mask care with oxygen therapy in 20 minutes! Illumination, moisture and recovery care for all skin types. This treatment starts off with a deep cleanse, followed with a cream mask that contains serums or extracts best suited to your skin's type and needs, and finishes off with an oxygenation treatment. Perfect for moisturizing your skin and allowing it to breathe and absorb oxygen more freely. Slows down the skin aging process, energizes and erases the signs of agings. and fatigue.

6

STEM CELL CARE WITH
SALMON DNA

90min

To get the moisture back which our skin lost the property of it in time, to trigger the skin resurfacing and cell renewal, is provided with the DNA molecules obtained from plain Hyaluronic Acid and the milk of salmon, and in a very short time, a refreshment and rejuvenation of the skin can be observed.

7

YOUTH SERUM WITH DERMAPEN

45min

This is an acne relieving, blemish clearing and pore tightening youth care that forms a barrier for skin by means of serums delivered down to the lower layer of the skin.

8

EYECCELL ROLLER THERAPY

45min

The most efficient solution for eye contour problems! A deep eye contour care that removes wrinkles and lines occurring around the eyes as the first signs of aging, dark circles appearing upon loosening of capillary vessel walls with increasing age and puffiness occurring as a result of lymph slowdown of excessive development of fat cells.

9

FRESH HAVIAR MIRACLE

90min

Excellence of organic skin care and caviar essences cooled by high technology! Three baselines in fighting early skin aging: Moisturizing, Nurturing and Firming! This is an intensive rejuvenating care that is not only produced for non-vital skin but also for mature skins. Fights aging by using all benefits of fresh caviar on skin.

10

COSMO GENETICS

75min

We re-activate 14 genes for a rapid anti-aging effect in 14 days! Genxskin includes a care that has a direct effect upon the heart of the cell to activate inert genes.

11

BIOPURE OXYGEN THERAPY

75min

This is an urban skin care therapy produced for urban people requiring to purify their whole skins seeking for fresh air against lack of oxygen and air pollution and requiring to improve breathing ability of the skin.

12

ACTI-BIOTIC

75min

An anti-hormonal care for acne skins! Acti-biotic is a high performance skin care ritual targeting the skins fully covered with acnes and skins that are convenient for acne formation.



B&G WELLNESS

body

WELLNES



1

TRADITIONAL TURKISH HAMAM BATH

40min • 60min

A pampering treatment composed of a body scrub and a foam massage that has been a Turkish tradition for centuries. Designed in a traditional light grey marble, the entire seating area, the central platform and the are all heated, with the temperature inside the bath reaching 55°C.

Your skin can breathe more freely once it has been freed from dead skin cells with the use of a coarse cloth mitt, while both your body and your soul relax with a foam massage. Softens, purifies, revitalizes and refreshes the skin. Improves the benefits and results of any following treatments. Accompanied by special herbal tea for detox.

2

BUBBLE GLOWING HAMAM RITUAL

20min

Unlike the traditional Turkish bath ritual, the bubble massage is given for a longer time without using pouch. After the visual show, it softens, moistens and smooths out the skin for relaxation and getting spoiled.

3

BRIGHTENING BODY SCRUB

60min

Actively re-texturize your skin to achieve a brighter, smoother appearance and skin tone. Exfoliating bamboo, jojoba beads and stimulating fruit enzymes polish and refine the skin while rich emollients hydrate and protect.

4

SLIM & FIT

90min

Reverse adipose slimming body care!
An all-purpose care repairing and protecting capillary vessels with slimming and firming effect.

5

INSULINOL CELLULITE TREATMENT

60min

By preventing fat from accumulating in the adipocytes, and by stimulating fat combustion, this localized treatment helps improve the appearance of marks and cellulite with the use of a two-stage thermal body mask. Helps improve weakened micro capillaries and drains the excess interstitial fluids. Firms and provides a smooth appearance by re-structuring the damaged tissues in the hips and buttocks.

6

MORPHO BUST THERAPY

60min

Morpho Bust is a fully refreshing and volumizing therapy for and décollete area including effects aimed at micro-capillary vessels for breast care and skin crack, size of breasts and better supporting of breasts.

B&G WELLNESS

naail

SPA



1

NATURAL MANICURE

20min

NATURAL PEDICURE

20min

Nail shaping, hand bath, foot bath with jacuzzi, cuticle removal and nail care (by pushing method / by pincers), moisturizing hand & foot massage are applied.

2

B & G CLASSIC CHOCOLATE
SPA MANICURE

35min

B & G CLASSIC CHOCOLATE
SPA PEDICURE

35min

Nail shaping, hand bath, foot bath with jacuzzi, cuticle removal and nail care (by pushing method / by pincers), purifying with natural bitter almond essence hand and foot mask, moisturizing, hand & foot massage are applied.

3

RELAXING EUCALYPTUS
SPA MANICURE

35min

RELAXING EUCALYPTUS
SPA PEDICURE

35min

Nail shaping, hand bath, foot bath with jacuzzi, cuticle removal and nail care (by pushing method / by pincers), purifying with eucalyptus peeling accompanied by fresh lemon slices. Moisturizing with natural lemon essence, hand & foot massage are applied.

4

OTTOMAN'S SAFFRON
SPA MANICURE

40min

OTTOMAN'S SAFFRON
SPA PEDICURE

40min

A precious spice saffron is a versatile superb care for your hands feet. Hand & foot massage are applied.

B&G WELLNESS

extras



1

PERMANENT NAIL POLISH HAND

20min

PERMANENT NAIL POLISH FEET

20min

Permanent nail polishes, our indispensable for long business travel and holiday programs. Experience our non-toxic and harmless permanent nail polishes that you may use without losing their shines up to 30 days whichever you want among different color options!

2

PERMANENT EYE LASH

60min

Permanent Eyelash Extensions need to be professionally applied to ensure the best finish, by blending the lash extensions evenly with your natural eyelashes using our highly skilled technique.

3

GEL NAIL TREATMENT

60min

Artificial nail is a miraculous application to facilitate the lives of persons who have nail-biting problem, have damaged nails due to faulty manicure, can't grow their nails and wish to have well-kept nails consistently. This is a nail structuring treatment made by dental filling material. Causes to have excellent nails within 1 hour. Has no damage to nail health. Creates fingers looking longer and hands.

4

MICROPIGMENTATION FOR EYEBROWS

2 treatment 90min + 90min 3d 6d

Micropigmentation, is a process where by completely natural inorganic pigments are implanted beneath the epidermis, into the dermal layer, by needle micro insertion. It is a state of the art technique of applying long lasting makeup via intradermal micropigmentation.

*By appointment

B&G WELLNESS

healthy

LIFE



1

PILATES REFORMER

40min

Pilates is designed to increase strength, flexibility, and control of the body. From beginner to expert, pilates is a great addition to your current exercise regimen. The certified pilates instructors at the B&G Wellness will help you transform your body.

*By appointment

2

FUNCTIONAL TRAINING

40min

Functional fitness is training multiple muscles, nerves and joints together to prepare your body for the specific activities and demands of everyday life.

*By appointment

3

YOGA

50min

Yoga is the most ancient and holistic system for physical, mental and spiritual well-being in the world. This system includes lifestyle practices to help an individual understand his or her identity and relation to the world. It is a complete lifestyle system that includes exercises, breathing practices, diet and meditation.

*By appointment

B&G WELLNESS

packages



1

WALK ON THE AIR

95min

Hangover Massage + Traditional Turkish Hamam Bath

2

FEEL LIKE A CLEOPATRA

140min (2 hours)

B&G Signature Çi Energy Massage + Diamond Beauty Skin Care

3

SULTANS ON CLOUD NINE

260min (4 hours)

B&G Signature Çi Energy Massage + Diamond Beauty Skin Care +
Traditional Turkish Hamam Bath + Relaxing Eucalyptus Spa Manicure +
Relaxing Eucalyptus Spa Pedicure

4

BUBBLE BATH FOR
VIP ROOMS

We are offering specialized butlers who attend to respond your requests. A bubble bath butler works with you to select the right combination of salts, oils, and scents from SPA's collection which include ingredients like mandarin, neroli, lavender, chamomile and bergamot to make the perfect degree bubble bath. What makes the perfect ambiance: the bath Salts, Herbs Foams and Oils.

*Energiser (sweet orange & lime)

*Hangover detox bath(green tea & bergamot)

*Pink clouds of love bath(rose petals & cherry blossom)

WITH THERAPIST;

Don't forget the finishing touches of candles, a glass of Champagne or a fruit plate and special moisturising treatment touches.

60min