

**“I CREATED CAUDALÍE BECAUSE
I BELIEVE IN BEAUTY PRODUCTS
THAT ARE NOT ONLY EFFECTIVE,
BUT ALSO NATURAL AND
LUXURIOUS. THIS IS THE ESSENCE OF
THE BRAND WHICH I AM
COMMITTED TO EACH
AND EVERY DAY.”**

Mathilde Thomas





THE HISTORY OF CAUDALIE
JOINS YOUR JOURNEY
AT HOTEL LES OTTOMANS...

The first Vinothérapie® Spa was born out of the vineyards of Château Smith Haut Lafitte in Bordeaux, France. It was there in 1993 that Mathilde and Bertrand Thomas began to daydream of a tranquil oasis nestled amongst the vines, where beauty, luxury and pleasure would prevail. Their original dream to create places to pamper the senses delightfully in a moment of pure pleasure, has been realized and has spread today to several other extraordinary locations around the world.

The vision for Hotel Les Ottomans began with Ahu Kerimoglu Aysal in 1999, who sought to restore grandeur and luxury to a 19th century Ottoman mansion located on the magnificent shores of the Bosphorus. She sought to create a daily retreat for visitors and locals alike who would appreciate history, tradition, and pampering in the spirit of a modern-day fairytale.

These mutual visions came together in 2006, when the Caudalie Vinothérapie® Spa opened its doors in Hotel Les Ottomans. Here you can experience a glimpse of paradise: the unique scents of precious oils, relaxing music and the art of massage to immerse you in an exceptional moment. For you, we offer an array of intoxicating body treatments unique to the world: the famous Barrel Bath and the Crushed Cabernet Scrub, the unmatched cult favorite exfoliating treatment based on grape-seeds... The Pulp Friction Sculpting Treatment, made with fresh grapes. Additionally, you may enjoy traditional massages and body treatments from all corners of the globe including European, Far Eastern and Turkish Hammam treatments.

All of Caudalie's active ingredients come from the heart of the grapevine. The most natural formulas possible are used to ensure the products are the most pleasurable, their texture the most sensual and their fragrance the most subtle. Caudalie is a natural brand because it owes the product's genius to the Earth and the grapevine that it grows from.

Caudalie Vinothérapie® Spa at Les Ottomans is the perfect destination for friends, for daily and hotel guests and for Spa members to get together and be immersed in sensory delight. Begin your experience lounging in our relaxation room on heated ceramic benches beneath a sparkling dome, and unwind with a cup of detoxifying herbal tea before you enjoy your Spa re-treats or unique Vinothérapie® treatments.

PRIVATE SPA RETREATS

All Spa Retreats take place in the richly appointed Private Spa Suite, a luxurious ambience of east meets west. Our Spa Butler will take care of your comfort and every need, whilst you can switch off from the outside world.

Below are the many ways you may enjoy the Private Spa Suite, as a group, a couple, or as a special treat for yourself.



Private Spa Suite Experience

1 hour

Relax in the privacy of the Spa Suite and enjoy the heat experiences including Jacuzzi, Aroma Steam Bath, Finnish Sauna, and refresh with the ice fountain and luxury shower.

The Spa Suite can be booked by a maximum of 4 people

Les Ottomans' Twin Tulips Retreat for two

3 hours 10 min

The perfect combination of precious time together, whilst benefiting from some of our most popular Spa treatments. A welcoming foot ritual is followed by your private use of the heat experiences. A Slimming Concentrate Treatment and Asian Dry Massage with Hot Herbal Poultice is then performed before the finale of our ever popular Les Ottomans Signature Massage, easing away any tension whilst you drift into blissful relaxation together.

Feet Ritual 10 min; Refreshing Shower-Jacuzzi-Finnish Sauna-Ice Fountain-Aroma Steam Bath 30 min; Slimming Concentrate Treatment / Asian Dry Massage with Hot Herbal Poultice 70 min; Relaxation & Refreshment 10 min; Les Ottomans Signature Massage (for two) 70 min

Les Ottomans Relaxation Retreat

2 hours 20 min / treatment for one or two

Escape the stress and strain of daily life in our Spa Suite. A cleansing foot ritual will start your journey, followed by your private use of the heat experiences Your therapist will then melt away any tension with our Personalised Massage to bring stress relief and balance to your body whilst a Hot and Cold Stone Face Massage will calm and soothe your tired mind. The ultimate well-being enhancer, to be enjoyed on your own or with someone special.

Feet Ritual 10 min; Refreshing Shower-Jacuzzi-Finnish Sauna-Ice Fountain-Aroma Steam Bath 30 min; Personalised Massage 60 min; Hot & Cold Stone Face Massage 30 min; Relaxation & Refreshment 10 min

Divine Love Retreat for two

2 hours 20 min

Following your welcoming foot ritual, use of our Jacuzzi and refreshing shower you will drift away during the toning Wine Makers' Massage and balancing Cranial Massage. A wonderful combination of massage techniques, and specialized products to soften, hydrate and tone the skin.

Feet Ritual 10 min; Refreshing Shower & Jacuzzi 20 min; Wine Makers' Massage for two 60 min; Cranial Massage for two 20 min; Relaxation & Refreshment 10 min



SPA RITUALS

Our Spa Rituals are a chosen combination of treatments for the ultimate escape. Each of the following packages can be accommodated as a full day experience or if time is of the essence we can happily schedule the same treatments into a half day for you.

Vinothérapie® Ritual

Bath or Wrap of your choice *15 min*
Caudalie Grand Facial or any *60-minute* facial treatment
Plantar Reflexology *35 min*

Les Ottomans Ritual

Les Ottomans' Signature Hamam Remedy of your choice *60 min*
Les Ottomans' Signature Massage *70 min*
Collagen Facial Treatment *75 min*

Renewal Ritual

Dead Sea Water Floating Pool *30 min*
Personalized Massage *60 min*
Polyphenol [C15] Facial Treatment *60 min*

Mother to Be Ritual

Divine Scrub *45 min*
Pregnancy Massage *60 min*
Caudalie Vinoperfect Facial *60 min*

Body of your Dreams Ritual

Crushed Cabernet Scrub *45 min*
Slimming Concentrate Treatment *70 min*
Starvac Treatment *60 min*

All Rituals are subject to availability and cannot be modified; we therefore recommend advance booking to avoid disappointment.

BODY TREATMENTS

We offer gourmet body treatments that are unique in the world. These treatments help by, physiologically eliminating water and activating circulation with essential oils, grape and red vine extracts.



CAUDALIE SIGNATURE BARREL BATHS, SCRUBS & WRAPS

Red Vine Barrel Bath

Relaxing & Draining 15 min

A hydro-massage enriched in red vine extracts for its circulatory properties; this bath offers all the draining properties that come from combining our precious oils with red wine.

Grape Marc Barrel Bath

Smooth Exfoliation & Draining 15 min

A hydro-massage enriched with gently exfoliating grape marc, indulge in this bath for softer, smoother skin.

Crushed Cabernet Scrub

Slimming 45 min

The most popular scrub from the Vinothérapie® Spa, it's an ideal "starter" for your treatments. To regain your skin's radiance and softness, Caudalie has developed this scrub with a base of grape-seed, honey, brown sugar, grape-seed oil and the essential oils of the Contouring Concentrate. The application of the Nourishing Body Lotion combined with the Contouring Concentrate finishes off this treatment and leaves your skin clean, refined and perfectly smooth. This is an ideal treatment for a slimming program or before being exposed to the sun.

Divine Scrub

Toning & Invigorating 45 min

A glamorous scrub that gently exfoliates your body and helps you regain smooth, fresh skin thanks to brown sugar, grape-seed oil and the Divine Oil. The application of the Nourishing Body Lotion combined with Divine Oil finishes off this treatment and leaves your skin luminous and lightly scented.

Honey & Wine Wrap

Moisturizing 15 min

A warm application of wine yeast and honey, this extra-gentle treatment helps to moisturize your skin while reinforcing its immune defenses.

Energy Wrap

Invigorating 15 min

A warm recipe of bentonite clay, crushed grape extracts (seeds, pulp, stalks) and grape-seed oil gives you and your body a burst of new energy. This treatment purifies and energizes the entire body.

Merlot Wrap

Purifying 15 min

A warm application of bentonite clay and essential oils, this purifying and relaxing treatment helps to improve your skin's texture.

HAMMAM TREATMENTS

These cleansing rituals will thoroughly purify your skin and restore vitality as you are pampered beneath the sparkling dome of our luxurious Hammam.



Les Ottomans' Signature Rose Remedy

Rejuvenating 60 min

Our most luxurious Hammam treatment, using the benefits of Otto Rose, the most traditional hydrating ingredient to be used in Turkish Hammam. During the Ottoman times no other perfume besides the rose was considered proper for the newly washed woman's body. Ideal for thirsty, tired skin this treatment will take you on a sensory journey not to be forgotten. Enjoy the beautiful Rose hair washing and hair mask, full body kese exfoliation and application of renewing Rose body mask, uplifting ice ritual followed by a relaxing Rose soap foam massage and final application of Rose body moisturizer.

Also available as couple treatment

Les Ottomans' Signature Citrus Remedy

Uplifting 60 min

A wonderfully zesty treatment ideal for boosting vitality to mind and body. Enjoy an awakening and energizing hair washing and hair mask application followed by full body kese scrub, bergamot and orange soap foam massage, an uplifting ice ritual, regenerating organic honey, lemon and contouring oils body mask and gentle facial peeling; before ending an application of energizing body balm which will leave your skin uplifted and shining.

Also available as couple treatment

Traditional Hammam Treatments

20 min includes foam ritual; available only as add before / after any treatment

30 min includes scrub ritual, foam ritual, hair-wash & conditioning

45 min includes scrub ritual, foam massage, hair-wash & conditioning

All treatments are available as couple treatment

Hammam Treatments Courses

For visitors to our spa wishing to continue the benefits of our treatments on a regular basis, we have a special offer for any of the above hammam treatments. Purchase 6 treatments and receive 1 complimentary.

For optimum results we recommend you to use the steam room for at least 20 min. prior to your Hammam experience. We also advise you not to apply any body lotion/cream on the day of your hammam treatment. Please note that couple and multiple treatments are provided at the same time and room. We may accommodate groups of maximum 4 people at the same time.



MASSAGES

All our massages feature ultra-fine grape-seed and essential oils, known for their nourishing and softening properties. They regulate your skin's moisture while restoring its elasticity.

Slimming Concentrate Treatment

Slimming 70 min

This treatment is one of the most effective rituals for slimming the silhouette. From your ankles to your stomach, cellulite is smoothed through a lengthy sequence of massages and firm kneading using Caudalie's Contouring Concentrate. To finish this treatment, a slimming mask is applied to the troubled hip and thigh area. At the end of this massage you are left with an incredible sensation of lightness.

Vine Drainage

Anti-cellulite 50 min

To create a draining effect, this technique uses gentle sculpting massages and pressure on the lymph nodes to promote lymphatic circulation and to decongest the tissues.

Divine Body Treatment

Toning & Relaxing 80 min

This cocooning wrap begins with the Divine Scrub, gently preparing your skin to benefit from the treatment. This is followed by a relaxing massage with Divine Oil, a unique combination of four exceptional oils. Your skin is soft, moisturized and left with a subtle floral fragrance (a mix of rose, grapefruit, pink peppercorns, vanilla, cedar and white musk). A sensorial experience bringing together pure pleasure, delight and relaxation.

Pulp Friction Treatment with Fresh Grapes

Moisturizing 60 min

This relaxing treatment remineralizes and gently exfoliates skin thanks to natural active ingredients contained within the fruit. This massage centered around fresh grapes and essential oils gives your skin lasting softness and moisture.

Wine Maker's Massage

Toning 60 min

This sculpting massage is Caudalie's signature and recreates the ritualistic steps of the wine-making process on the body. This treatment alternates techniques using bare hands and pressure on the energy paths. No area of the skin is overlooked; your entire body is stimulated, from the tips of your fingers to the bottoms of your feet. This sculpting massage activates blood circulation and muscle tone. You will leave bursting with energy!

Plantar Reflexology

Toning & De-stressing 35 min

By stimulating certain reflex points on the sole of your foot, this method regulates your body's energy fluxes, improves the lymphatic and circulatory systems and eliminates toxins.

Caudalie Massage

Relaxing or Toning 60 min / 90 min

This is truly our signature body sculpting. Your choice of relaxing or toning, this massage relieves tension and livens you up.

Caudalie Massage for two: divine duo!

Relaxing or Toning 60 min / 90 min

The most romantic, relaxing and enveloping massage for two. In the same treatment room as the person of your choice, you will both be simultaneously massaged by individual Vinotherapists. Under the glow of the soft light of a massage candle that melts into a warm, moisturizing oil delicately scented with Grape Blossom, you will enjoy a unique experience where romance and relaxation are included.

Cranial Massage

Relaxing 20 min

Hand placement on the skull is designed to free energy blockages and promote relaxation. This massage simultaneously stimulates reactions in the whole body, helping to rebalance the energies of the nervous system.

Exhilarating Massage under Affusion

Reviving 20 min / 45 min

A refreshing and relaxing massage for guests in need of quick rejuvenation. A combination of multi-benefit grape-seed oil and essential oils that are melded into the skin under pulsing jets of warm water.

Les Ottomans' Signature Massage

Balancing & Energising 70 min

Our signature massage has been masterfully devised to blend the most effective aspects of Eastern and Western massage techniques. Warm oils and hot herbal compresses are used in combination with acupressure, with flowing and stretching deep tissue massage to completely unwind the body and revive the mind.

Deep Tissue Massage

Tension Releasing & Invigorating 50 min

This firm and intense massage technique focuses on the deeper layers of muscle tissue. It aims to release the chronic patterns of tension in the body through slow strokes and deep finger pressure on the problem areas.

Hot Stone Massage

Warming & Restorative 80 min

Hot Stone Therapy is an ancient healing practice found to be most beneficial in providing the body with a natural source of heat and restoring depleted energy. This massage will help to eliminate tension areas and stress by using a combination of manual techniques with hot stones to completely relax and revive.

Asian Dry Massage with Hot Herbal Poultice

Muscle & Joint Relief 70 min

Inspired by Thai Massage, this treatment is performed over loose comfortable clothing provided by the Spa. Hot herbal poultices, an ancient Thai remedy containing warming and relaxing herbs are used to gently warm and loosen aching joints and muscles before assisted stretching and pressure is applied to the body. An amazingly powerful treatment leaving your mind and body stress free.



Pregnancy Massage

Nurturing & Tension Releasing 60 min

This therapeutic bodywork focuses on the special needs of the mother-to-be as her body goes through the pre-natal change. Pregnancy massage can help to reduce swelling, eliminate back and neck pain and improve circulation. We do not recommend any massage during the first trimester; however, in the following trimesters pregnancy massage is highly recommended to improve your comfort during this special time.

Personalized Massage

30 min / 60 min / 90 min

Following consultation with your therapist, the perfect treatment for your tension areas will be designed especially for you. Using a variety of gentle stretching, heating techniques and advanced massage skills this massage will be your ideal remedy, whatever your stress may be.

Massage Extension

10 min

You may pre-arrange 10 minutes massage extension for appropriate massages.

In Room Massage

60 min / 90 min

Indulge your body and soul with a soothing massage that promotes wellness and relaxation in the comfort and calm of your luxury suite.

Massage Courses

For visitors to our spa wishing to continue the benefits of our treatments on a regular basis, we have a special offer for any of the above 60 or 90 min massage. Purchase 10 massages and receive 2 complimentary.



BODY SCULPTING TREATMENTS STARVAC SP2

Starvac SP2 includes a series of patented treatment-heads with mobile rollers that constantly adapt to the individual's skin surfaces, resulting in greater efficiency. Their deep and effective action will produce faster results on such conditions as old fibrous cellulite, which is otherwise very difficult to treat.

Starvac Treatment

60 min

Starvac Slimming Package '5

We recommend this 5 sessions package for light slimming requirements, perhaps before a special event or for muscular tension.

Starvac Slimming Package '10

We recommend this 10 sessions package for treating early stages of cellulite and for muscular relaxation.

FACIAL TREATMENTS

Caudalie has developed exclusive facial treatments based on the effectiveness of grape-seed polyphenols that have been patented in collaboration with the University of Pharmacy of Bordeaux. They increase collagen and elastin production and provide unequalled action against free radicals.



Premier Cru Treatment

Anti-ageing 110 min

A supreme beauty ritual for unparalleled results. A revolutionary concept that follows stimulating pressure with a long smoothing massage to restore your skin's youth and radiance. Before applying Premier Cru The Cream – a distillation of Caudalie's best patented active ingredients – an exclusive mask enriched with Resveratrol is used. The skin is perfectly smooth and toned; wrinkles and fine lines are visibly reduced.

Premier Cru Eye Treatment

Smoothing 20 min

This treatment for the eye contour is perfect for really brightening the delicate area around the eyes. It starts with a delicate massage followed by the application of a hydrogel patch concentrated in red vine, horse chestnut and ivy leaf that smooth features, substantially diminishing dark circles and instantly reducing puffiness. The eye contour is lifted and the eyes enhanced.

Vinosource Treatment

Nourishing 60 min / 75 min with extraction

This nourishing treatment with fresh grapes was specially designed to restore comfort, radiance and softness to dry and very dry skin. Treatment highlights include: skin cleansing, circular smoothing techniques with juicy grapes, a long sculpting massage with the Nourishing Concentrate and to perfect this moment of well-being the Moisturizing Mask.

Polyphenol [C15] Treatment

Anti-oxidant, anti-wrinkle 60 min / 75 min with extraction

A deeply energizing vitamin cocktail. This treatment hydrates, renews, and energizes the cells in the epidermis with a long massage using essential oils. Next, a detoxifying mask with pink clay, coffee and grape marc eliminates impurities and toxins. Your skin looks relaxed and your complexion smooth.

Vinopure Treatment

Purifying 60 min / 75 min with extraction

Recommended for those with combination skin. This treatment purifies your skin, cleanses your complexion and helps regulate excess sebum. Your skin's freshness, luminosity, comfort and evenness are restored.

Vinoperfect Treatment

Radiance & Brightening 60 min / 75 min with extraction

A unique radiance treatment for the complexion! Specifically created for tired skin, this treatment restores radiance and vitality. In addition to a thorough cleansing, the sculpting massage is the highlight of this treatment. It is offered with essential oils and small hot and cold basalt stones are applied to stimulate microcirculation. A radiance mask enriched with glycolic acid is applied for a gentle peel to restore your complexion's luminosity. The Vinoperfect Radiance Serum Complexion Correcting and Radiance Moisturizer, highly concentrated in Viniferine, add the finishing touch to this treatment, leaving you looking rested and radiant.

Resveratrol Lift Treatment

Anti-wrinkle, firming

This treatment combines the expertise of Caudalie anti-aging products with firming motions that smooth&resculpt the skin. The treatment starts with a deep scrub, which prepares the skin for the benefits of a lifting&firming massage with essential oils. The application of a heating thermal mask enriched in anti-aging ingredients reinforces the efficacy of the products in the Resveratrol Lift line for an immediate lift effect. The skin is visibly redensified, firmer and smoother, volumes are redefined.

Caudalie Grand Facial Treatment

Anti-oxidant 60 min / 75 min with extraction

This entirely manual treatment is Caudalie's signature treatment and works for all skin types. It relaxes your features, restores your radiant complexion through a long relaxing massage, accelerates cellular renewal and improves your skin's texture. An anti-oxidant mask rich in polyphenols and hyaluronic acid is applied to plump your skin and even out its hydration.

Collagen Facial Treatment

Rejuvenating & Anti-aging 75 min

This result-driven facial attempts to slow down the aging process by replenishing the skin's natural proteins. Skin will be cleansed, exfoliated, detoxified and a special personalized blend of the finest essential oils will be applied to the face and decollete. Lifting massage techniques paired with the collagen mask will stimulate your skin at the deepest level. As a result, the facial muscles are toned and the skin is boosted and hydrated, fine lines and wrinkles smoothed away.

Collagen Facial & Neck Treatment

Rejuvenating & Anti-aging 90 min

This comprehensive facial results in visibly lifted, toned, and smooth skin over the face, neck and decollete. A protein-replenishing mask is applied to the face and the neck, along with deeply rejuvenating massage techniques. The appearance of wrinkles is minimized and the skin is thoroughly hydrated.

Hot & Cold Stone Face Massage

Refreshing & Calming 30 min

Experience the benefits of hot and cold basalt stones to improve circulation, lymphatic drainage and reduce puffiness. The gentle healing property of the stones will also calm a busy, tired mind. This express treatment includes cleansing of the skin and application of the Caudalie products most suited to your skin. Leaving you feeling totally refreshed and radiant.



Eye Collagen Treatment

Radiance & Anti-aging 15 min

An application of highly effective collagen eye patches that firms and tightens the delicate skin around the eyes. It is an add-on to any facial.

Express Facial Treatment

Anti-aging & Rejuvenating 35 min

This cleansing and balancing express facial treatment will bring a healthy glow and vitality to your skin. It includes cleansing, gentle buffing exfoliation, application of skin serum which is rapidly absorbed by manual comprehensive massage techniques. This treatment ends with application of daily care for an instant glow.

6-month Rejuvenating Facial Program

Anti-aging

Includes six 75 minutes facial according to your choice.

Oxygenating Facial Treatment NEW

Anti-ageing & Rejuvenating

This entirely manual, tailored treatment is the pinnacle Les Ottomans treatment. Your experience will include cleansing, exfoliation, extraction if desired, soothing massage of the face, neck, décolleté and hands, and is completed by a 100% plant-based elixir booster and oxygen application. This highly personalized facial creates an instant glow, improves the skin's texture, accelerates cell renewal and regulates the moisture level.

Express Oxygenating Facial Treatment NEW

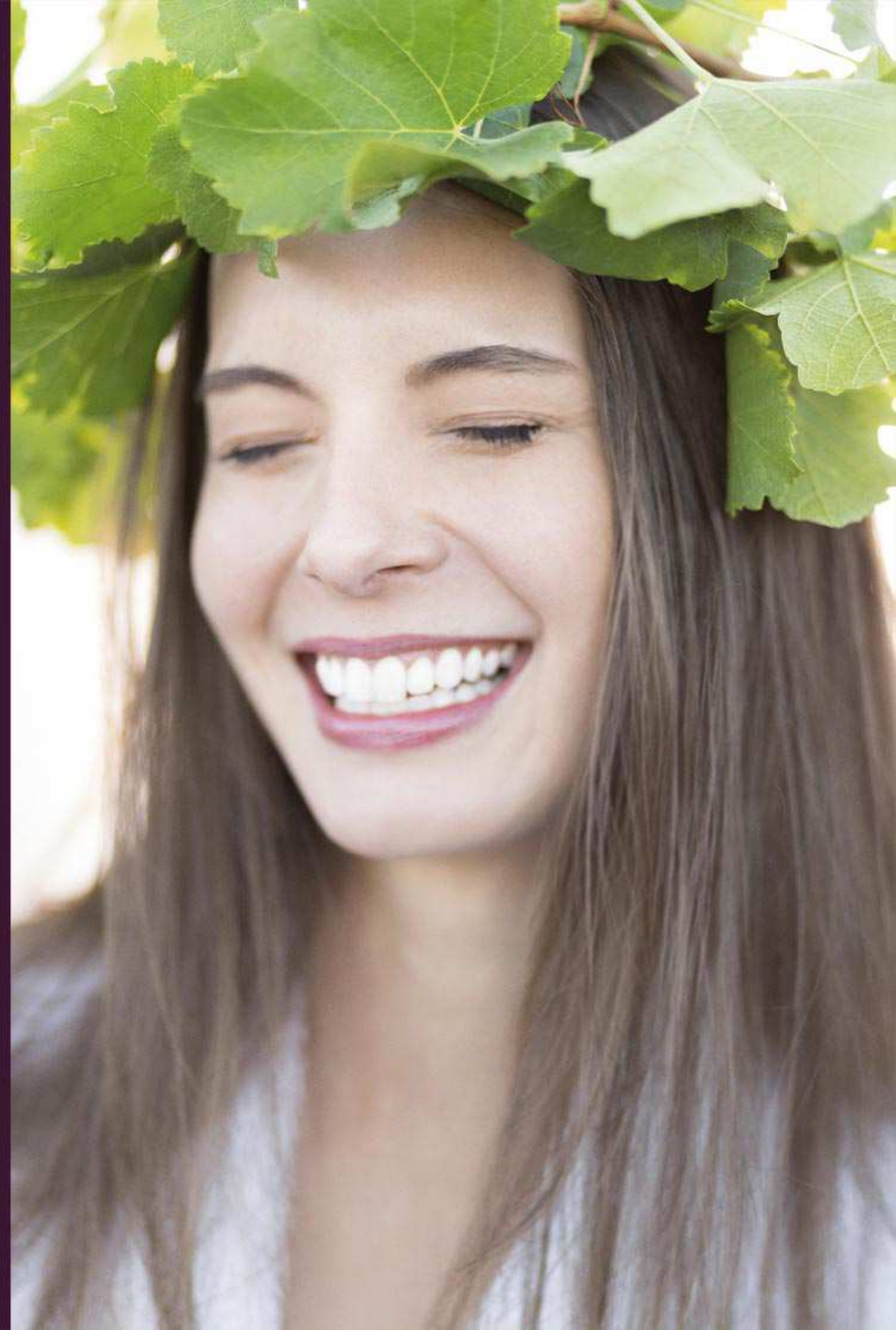
Anti-ageing & Rejuvenating

This cleansing and oxygen-balancing express facial treatment will bring a healthy glow and vitality to your skin. It includes cleansing, and application of skin serum which is rapidly absorbed with the support of subsequent oxygen treatment. A program of two sessions per week is recommended for all skin types.

Oxygenating Facial Program NEW

Deeply Rejuvenating

Includes two 85 minutes Oxygenating Facials and six 35 minutes Express Oxygenating Facials. Recommended as a one-month deeply rejuvenating program.



REJUVENATING SERVICES

Dead Sea Water Floating Pool

30 min

Float weightlessly in the healing waters of the Dead Sea, whilst warmth and fiber optic light completely soothe your nervous system. The composition of the Dead Sea water is extremely unique, it contains calcium, magnesium and potassium amongst other minerals to benefit the skin. This treatment can provide relief and healing for skin conditions such as psoriasis, eczema and acne. The benefit of floating in water is very calming for brain function, and the relaxation induced is utterly profound.

We highly recommend a series of 10 sessions within 30 days, to be repeated 2-3 times per year for maximum benefit. It is ideal an add-on before or after any treatment.

Dead Sea Water Floating Pool Package

Purchase 8 sessions and receive 2 complimentary, valid for 6 months from date of purchase.

LAST TOUCHES

Solarium Session

Paraffin Hand Care

Can be added to any of the facial treatment

Eyebrow and Eyelash Tinting

Can be added to any of the facial treatment

Waxing

Face, Legs up to Knee, Bikini Line, Armpits, Arms, Complete Legs

DAILY PASSES

Daily Pass of Spa & Fitness Centre

Daily Pass of Outdoor Swimming Pool



SPA ETIQUETTE & POLICIES

BOOKING POLICY

Please kindly note that we require a standing record of your credit card in order to guarantee your Spa treatment / session reservation.

CANCELLATION POLICY

6 hrs notice of cancellation must be given for our Spa treatments otherwise a 100% charge will be incurred. Please be aware that late arrivals will not receive an extension to their treatment and full treatment cost will be charged. 24hrs notice of cancellation must be given for any Private Spa Retreats, Rituals, Multiple reservations or use of Gift certificate otherwise a 100% charge will be incurred. Please be aware that late arrivals will not receive an extension to their Retreat or Ritual and full treatment cost will be charged. Gift Certificates are valid for 3 months. Any expired Spa Gift Certificate can be extended by a maximum of two months for an additional 60 TL service fee. All Fitness and Pilates Packages are valid for 6 months from the purchase date.

CHECK IN POLICY

On arrival to our Spa we kindly advise that you bring with you your personal photo identification for check in. This is our Hotel Security Policy for outside guests and must be provided. We kindly advise that you check in to the Spa at least 60 minutes before your treatment time to use our heat experiences including sea water pool & Jacuzzi, Fin sauna, salt inhalation Laconium, ice fountain, Kneipp basin, adventure shower and relaxation area to prepare and relax ready for your treatment. In case of late arrival; your treatment will be shortened by same time as the delay, out to respect later guests.

OPENING HOURS

Spa: Mon – Fri , 7am – 10pm

Spa: Sat – Sun , 8am – 10pm

Spa Treatments are available everyday from 9am - 9pm

Fitness: Mon – Fri, 7am – 10pm / Sat – Sun, 8am – 9pm

Pilates Studio

Mon – Fri, 8am – 7pm

Sat - 10am – 2pm

Sun - closed

HEALTH CONSIDERATIONS

Kindly advise us of any health conditions, allergies or injuries that may affect your choice of treatment when making your Spa reservation.

PREPARATION FOR YOUR SPA VISIT

On arrival to the Spa, you will be given your personal locker with luxury robe and non-slip poly-carbon slippers which should be worn at all times throughout the Spa. We strongly advise that you do not bring any valuable belongings to the Spa. Hotel Les Ottomans will not accept responsibility for any lost or stolen items in the Spa. Our heat experience areas, including Hammam are unisex and therefore swimming attire must be worn by all guests. Swimming attire is available for purchase at the Spa Reception. Disposable underwear is supplied for your Spa treatments.

AGE REQUIREMENTS

For the ambience of our Spa and comfort of our guests, children under the age of 14 years old are not allowed to enter the Spa facilities.

GIFT CERTIFICATE

Gift certificates are available for all treatments and rituals. Why not treat someone special to the gift of relaxation. Our Spa Reception team will be happy to assist you on your choice and preparation of the voucher.

Please do not hesitate to contact us for any further information and queries.