



Kempinski Hotel
Barbaros Bay

BODRUM TURKEY

Barbaros Bay Spa



by

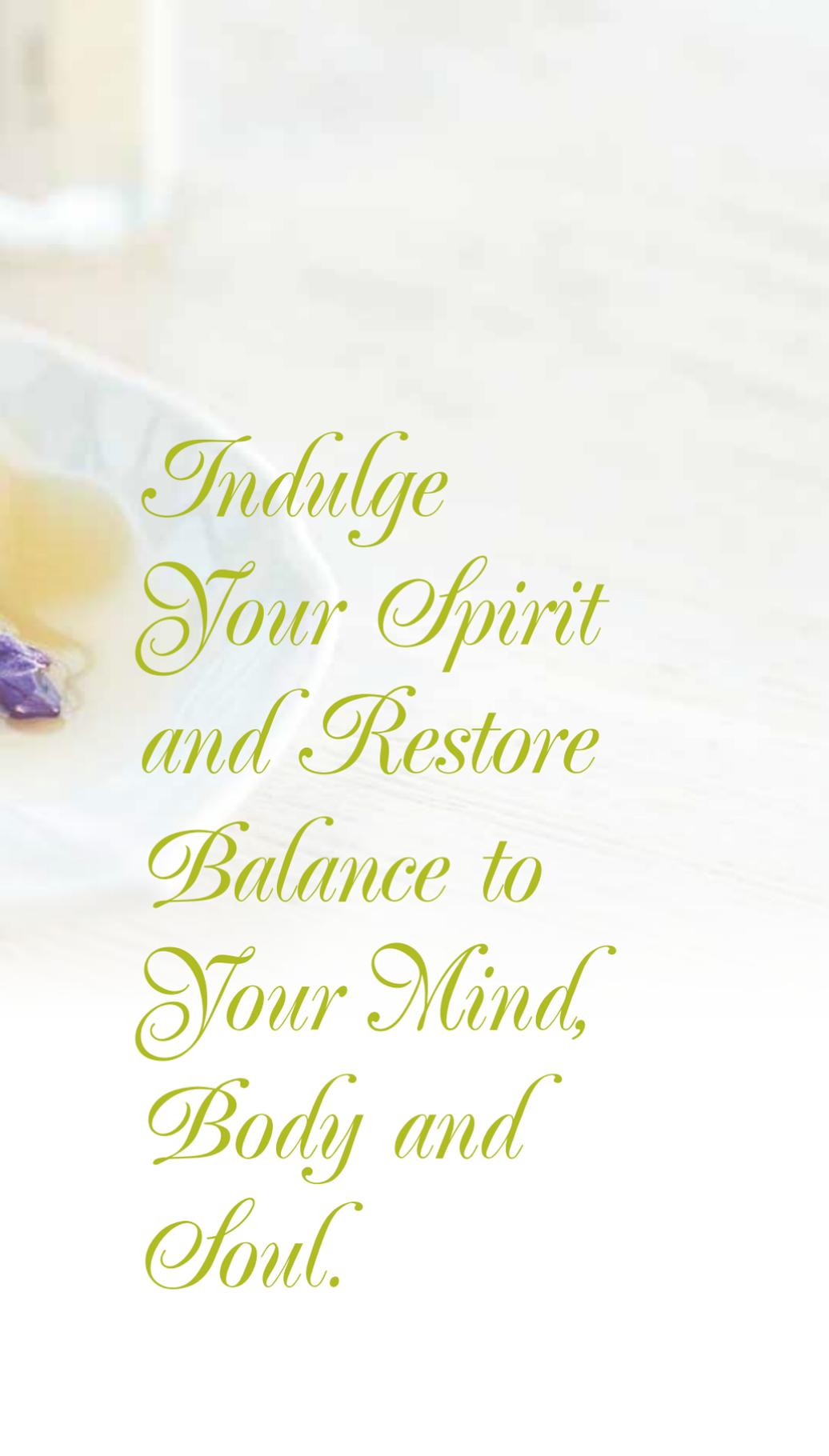


SANITAS
SPA & WELLNESS

Kempinski

HOTELIERS SINCE 1897





*Indulge
Your Spirit
and Restore
Balance to
Your Mind,
Body and
Soul.*



SPA

Classics

ANTI-STRESS MASSAGE

This careful but intensive massage helps to relieve tension and restore your feeling of wellbeing.

Duration: 40 min.

AROMATHERAPY

This is a slow, gentle full body massage using a variety of aromatic oils extracted from the Mediterranean plants endowing both spiritual and physical relaxation.

Duration: 55 min. / 90 min.



ANTI-CELLULITE MASSAGE

This is an intensive massage for the stomach, thighs and legs. It slims down the body, eliminates excess adipose deposits, stimulates circulation, reduces water retention and relieves muscle fatigue.

Duration: 40 min.

MANUAL LYMPH DRAINAGE

The purpose of the lymph drainage is to reactivate the body's lymph system. The lymph does not only have the affect of discharging the water in the body, softening it and removing the toxins, but it is also the carrier of the whole defense system of the organism.

Duration: 40 min. / 55 min.



SPA

Classics

SANITAS SIGNATURE MASSAGE

This is a muscle-relaxing and stress-relieving massage, incorporating both soft and strong techniques; the goal is to relax the tissues by massaging them with your choice of aromatic oils.

Duration: 40 min. / 55 min. / 80 min. / 90 min.

SPORTS MASSAGE

A manner of massage that is creative and relaxing. The primary aim of this massage is to accelerate the blood circulation. The muscle, nerve and vertebrae are treated with ice compresses and supporting bandages. Special sports massage techniques are applied, the muscles are strengthened, muscle functions are measured, tennis arms are treated, etc.

Duration: 40 min. / 55 min.

REFLEXOLOGY

A concentrated foot massage, performed using a special technique. By focusing on specific points on your feet, any tension that you have can be relieved.

Duration: 55 min.



Ayurvedic

Treatments

Ayurveda is the ancient healing art of India. It teaches that by adopting an orderly style of living and using the appropriate nutrition to prevent and treat illnesses, you can reach a state of tranquillity and fulfillment.

ABHYANGA

Performed as hot Ayurvedic oil is poured slowly over the whole body, this traditional massage stimulates the body's energy channels, enhancing blood circulation and energy flow. The massage also strengthens your immune system and helps to remove the toxins. It is an exceptional way to relax the body, the mind and the soul.

Duration: 55 min.

ABHYANGA SYNCHRONIC (four hands)

This synchronous four-hand massage rebalances your energy circulation, encourages deep relaxation, energizes the body, calms the soul and supports the body's internal equilibrium.

Duration: 55 min.

SHIRODHARA

Hot Ayurvedic oil is poured in a slow and expertly controlled manner over the "Ajna" (third eye) chakra and then over the "Sahasrara" (crown) chakra, to create a relaxing and calming effect. The unique Ayurvedic oil benefits the central nervous system, eliminates symptoms of stress, and treats the insomnia and headache.

Duration: 50 min.

SHIROABHYANGA

A combination of Abhyanga and Shirodhara, for ultimate tranquillity. The application of warm, spicy oils relaxes your body, mind and soul.

Duration: 80 min.



Turkish

Bath

A popular pastime among the upper-class and the commoners alike, hammams have been culturally significant places during the Ottoman Empire period. They not only served the purpose of cleansing and relaxing the body but were also venues for socializing and celebrating, especially among women, who would chat, feast on home-made foods and sing or dance during their hammam outings.

At Sanitas, the Turkish-bath session comforts and nourishes the body in the traditional oriental manner. Its soothing warmth and exotic aromas re-create the authentic, luxurious atmosphere of Turkish baths enjoyed by the sultans themselves.

PASHA TREATMENT

The body is carefully rubbed with a textured mitt and covered with the fragrant froth of soap, which cleanses and revitalises the skin, creating a feeling of relaxation and wellbeing.

Duration: 40 min.



SHEHRAZAT TREATMENT

In addition to the Pasha Treatment, special aromatic oils and circular massage movements in typical hammam fashion are used to revitalise the muscles while particular attention is paid to the scalp, hands and feet.

Duration: 55 min.

VIP TREATMENT

This is a deluxe treatment for a special occasions. Your ritual begins with a body-peeling scrub of your choice, where either grape seed, coffee, brown sugar, or honey crystals are applied to your body. As you lie enveloped in the froth of aromatic soaps, your scalp, hands and feet are massaged by a therapist using special oils and circular movements.

The ritual ends with a traditional sherbet service.

Duration: 80 min.



Spa

Journeys

TRADITIONAL BALI MASSAGE

A deep-pressure massage originating from Bali, which uses medium-depth strokes and focuses on the body's pressure points to reach sub-surface layers of the muscles. This massage helps to relieve muscle tension and subtly balances the body's energy, for a heightened sense of wellbeing.

Duration: 55 min. / 80 min.

LA STONE THERAPY

A massage based on ancient Indian healing methods, in which stones of hot basalt and cold marble are placed on the body's energy points. The pressure and temperature of the stones help to improve the blood circulation in the tissues and relieve stubborn tensions.

Duration: 80 min.



THAI MASSAGE

Pressure is applied on the specific points in order to jump-start the body's energy flow and reduce the stress on the muscles. The massage concludes with the stretching of the whole body on a comfortable floor mattress.

Duration: 55 min. / 80 min.

SHIATSU

The name of this traditional Japanese treatment means "finger pressure". Shiatsu is performed as the guest lies on the floor in comfortable attire. The expert therapist relaxes the stressed areas of the body with his or her hands, knees and feet, removing aches and discomfort.

Duration: 55 min.

MANDARA MASSAGE (FOUR HANDS)

The Mandara Spa Signature treatment is performed by two therapists working together in rhythmic harmony. This massage combines five traditional styles – Japanese Shiatsu, Thai, Lomi Lomi, Swedish and Balinese massage – or can be provided in the style of massage you prefer to promote pure spiritual pleasure.

Duration: 55 min.



Satsuma

tangerine peeling

Calm your nerves with Bodrum's marvellous tangerine! By the help of its incredible amazing smell, you will not only feel the freshness directly coming from the nature but your body will also relax with A & B vitamins it has. Give your body the energy it needs during the hot, long summer days with satsuma tangerine peeling.

Duration: 30 Min.





Bodrumveda

with rice

Would you like to pamper your skin with the detox treatment containing special Indian Rice applied with warm olive oil while your soul is enjoying Bodrum's relaxing atmosphere?

Recent researches show that olive oil not only moisturizes the skin but also prevents the moisture loss from the skin cells. Indian rice is known for its anti oedematous and skin brightening effects. Thanks to these two ingredients, at the end of your treatment you will feel that your skin is reborn again. Your treatment will be completed with your complimentary warm water with honey.

Duration: 70 Min.



Windmill

freshness

Facial and Decoltee Treatment with Hand Massage & Fresh Papaya Mousse as well as Pineapple or Cucumber Mousse Luxuriate in an intensively relaxing and refreshing treatment for face, nape of the neck, decollete and hands. The effect of the high-quality skin care products with natural vitamins and minerals is enhanced by freshly prepared fruits.

The naturel freshness on the skin, harmonized with wonderfully delicate Caribbean fragrances, will sweep you away to an exotic world. Your skin takes a visibly clear, smooth and fresh appearance.

A nourishing hand massage with the scent of bourbon vanilla, delicate lily or Caribbean tiare flower adds the crowning touch to the wellbeing experience.

Duration: 60 Min.

World

Treatments

LOMI LOMI NUI

This is the queen of the temple massages that are a spiritual heritage of Hawaiian culture. The massage is performed with a variety of synchronised movements of the lower arm and the elbow, to stimulate a feeling of deep relaxation.

Duration: 80 min.

JET-LAG PACKAGE

It is often difficult for the human body to adjust to a new time zone. The process usually gives way to exhaustion, stress, water loss and muscle cramps. Now, you can easily free yourself from the unpleasant effects of jet lag. Our package consisting of a 40-minute Turkish Bath, a 40-minute Classic Massage, and an Express Face Treatment will leave you relaxed and revitalised.

Duration: 120 min.

SANITAS COUPLE MASSAGE

Enjoy the romantic ambience in our special couples' massage room. Your unforgettable spa ritual begins with a foot massage to ease any tension in your body, and concludes with a scalp and face massage.

Duration: 55 min.

SANITAS ROMANTIC COUPLE MASSAGE

As with the standard Sanitas Couple Massage, your spa ritual benefits from the romantic ambience of our special couples' massage room. It begins with body peeling and continues with a foot massage to ease any tension in your body, and concludes with a scalp and face massage. The Romantic Couple Massage is then enhanced with fruit in our relaxation room.

Duration: 120 min.





World

Treatments

SANITAS ETERNAL DUET FOR CELEBRATIONS

This journey begins with a steam bath, or sauna, before we welcome you to our traditional Turkish hammam, where your body is exfoliated. You are then covered in the fragrant froth of scented soaps before being massaged. Afterwards, you enjoy the romantic ambience of our couples spa suit, where the spa ritual begins with a foot massage to ease any tension in your body, and concludes with a scalp and face massage. To complete this treatment, we offer fruit in our relaxation room.

Duration: 150 min.



Facial

Treatments

BEAUTY ENHANCER

This care provides the skin all the actives in the concentrated form so that instant visible results are achieved. The skin is left relaxed, radiant and recovers its original beauty.

Duration: 30 min.

HYDRALIFT

Double action: anti-aging prevention and intense moisture. Early signs of ageing are smoothed over and the appearance of fine lines is reduced. Skin is re-densified and the complexion is evened out.

Duration: 60 min.

OXYGEN & RADIANCE

Highly concentrated in minerals, trace elements and vitamins, this care boosts the defense mechanisms of all stressed and suffocated



skins and protects them against external aggressions. Regenerated and strengthened, the skin is smooth.

Duration: 60 min.

ABSOLUTE LIFT

An all-new and intensive anti-aging solution to combat wrinkles and sagging skin. Its filling and smoothing action visibly reduces the signs of ageing. Using customized restructuring massage, the features are given a relaxed look, the wrinkles are plumped. Results: the face recovers its original youth.

Duration: 60 min.

EYE LIFT EXPERT

This dedicated treatment instantly plumps the eye contour and protects this delicate from premature ageing. Real cell booster, it activates the micro-circulation to have an immediate decongestion. The specific manipulations lift the features and restore the firmness of the eyelids.

Duration: 30 min.



Body

Treatments

TRIPLE-ACTION SLIMMING

This triple action treatment starts with a thorough exfoliation followed by a wrap with complimentary benefits to sculpt, detoxify and firm your body. These 3 actions constitute a comprehensive slimming solution.

Duration: 60 min.

CELLU-CONTOUR

This intensive anti-cellulite care is made of a tonic scrub, a made-to-measure anti-cellulite massage followed with a serum and a hot-cold mask to visibly redefine contours right from the first treatment.

Duration: 60 min.

FIRMING PERFECTION

A tonic exfoliation, a firming body mask and a specific massage to preserve the skin's firmness after a maternity or a loss of weight. Results: the skin is firm and the figure is sculpted.

Duration: 60 min.

ANTI-AGEING ODYSSEY

This relaxing anti-ageing body treatment starts with a resurfacing scrub followed by a massaged wrap and ends with the application of a serum highly concentrated in marine AHA. An exclusive care that blends innovative massage techniques and delightful textures for an incomparable firming and well-being result.

Duration: 60 min.

St. Barth

Treatments

Located on Saint Barthélemy, one of the most beautiful islands of the Caribbean, Ligne St. Barth cosmetic laboratory is owned and run by the Brin family, locals of the island since the 17th century. With all of their extensive knowledge, they knew how to combine Caribbean traditions and modern technology in a perfect and efficient way. Until very recently, these exquisite elixirs from the Caribbean were a well-kept secret, known only to a lucky few. Even today, Ligne Barth products are only available in select hotels and perfumeries. They are PABA free, not tested on animals, approved by dermatologists and recommended by Psoriasis-association.

ST. BARTH SENSATION

(Luxurious Body Mask with Pampering Relaxation Massage)

The pampering body mask provides the skin with an intensive moisture boost and is a pleasure for all the senses. Select your favourite scent: bourbon vanilla, delicate tiaré flowers or exotic lily. A creamy, silky mask is gently applied to your entire body to supply your skin with intensive nutrients and lipids from high-quality plant oils. The absorption of the mask is intensified by a wonderfully fragrant relaxing massage as a finish (~25 minutes). Your entire skin takes on a visibly improved appearance and velvety smooth texture.

Duration: 60 Min.

ST. BARTH PURENESS

(Facial and Décolleté Treatment with Hand Massage)

Luxuriate in an exceptionally gentle treatment of face, neck, décolleté and hands. Enjoy the fresh fragrances of natural elixirs reminiscent of a colorful Caribbean fruit basket. This especially tranquil, pampering treatment will assist you in reaching a state of deep relaxation. The high-quality, botanical based care products with natural vitamins and minerals have an intensive cleansing effect and stimulate the skin's natural functioning. Your skin takes on a clear, smooth and fresh appearance. The gentle treatment is rounded off with a nourishing hand massage.

Duration: 80 Min.





St. Barth

Treatments

ST. BARTH HARMONY

(Pampering Body Massage)

Enjoy a relaxing, gentle body massage with intensive care products specially tailored to your needs.

Choose pure, slightly warmed coconut oil for intensive conditioning of especially dry skin, cold-pressed avocado oil to support the functioning of particularly delicate skin or ivy gel and menthol oil for strengthening tissue and skin layers. To round off the experience, let yourself be pampered with a touch of the Caribbean. Select your favourite body lotion with cold-pressed avocado oil and the fragrance of pure bourbon vanilla, the Caribbean tiaré flower or the especially feminine scent of the lily.

Duration: 60 Min.

ST. BARTH SOFTNESS

(Body Peeling Massage with Coconut Oil and Papaya)

Relaxing peeling massage for velvety soft and smooth skin. The fruit enzymes in fresh papaya, natural yoghurt and a special sea-sand polish complex enriched with minerals remove dead skin cells. Pure coconut oil provides lasting care for the skin while pampering it with valuable nutrients. The ideal base for an especially long-lasting and even tan.

Duration: 30 Min.



Fitness

Pilates & Yoga

Our fitness area contains cardio machines, training stations and free weights. Bathrobes, towels and slippers are provided in the common areas.

A personalized workout programme is prepared in line with your medical history and fitness level in order to better serve your needs and expectations, For a more efficient workout, each session is carried out under the supervision of a fitness instructor.



PERSONAL TRAINING (Cardio, Weight Training, Trx)

Duration: 60 min.

HAPPY & FIT PACKAGE

Duration: 60 minutes of Personal Training followed by a 40 minute classical massage

SWIMMING LESSONS

Aimed at improving your child's swimming skills, our private lessons are taught by experienced instructors. Children will spend their time enjoyably and efficiently throughout these lessons and will be awarded with swimming certificates at the end.

Duration: 60 min.

SPA RESERVATIONS

For any enquiries or information regarding the spa, please dial **5350** or press the “**spa**” button on your telephone display. Advance bookings are highly recommended to secure your preferred time.

Please be informed that our hammams are privacy-based and to ensure your privacy, we need you to make a reservation to use hammam area.

PREPARATION

We recommend that you leave all jewellery in the safe of your room before coming to the spa. The spa will not be held responsible for any valuables lost within the spa. For men – please shave prior to all facial treatments to ensure maximum results.

ARRIVAL

Please arrive 15 minutes prior to your treatment. We ask all our clients to complete a Medical Check Form to ensure you do not have any contraindication for your treatment.

CONSULTATION

We invite you to our spa for a private consultation to determine your needs and to allow us to design your treatment experience. Your personalised package will be tailor made with suitable treatments, techniques and products.

CANCELLATIONS

Please give us 3 hours cancellation notice on the treatments. Cancellations within the three hour notice period will be charged by 50% of the treatment price to your room account.

CHILDREN

We love children, however, to be able to ensure a spa ambience of well-being, it is highly recommended not to bring your kids from 0-11 years to the spa after 2 pm. Teenagers from 12-17 can enjoy our treatments under your supervision.

WORKING HOURS

Low Season : 8 am - 8 pm

(Treatments available from 11:30 am to 7 pm)

High Season : 7 am - 10 pm

(Treatments available from 9 am to 8 pm)



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