



Signature Massage

Our Signature massage rebalances and promotes a sense of deep relaxation. Using a blend of essential oils, this therapeutic treatment combines elements of Swedish massage, reflexology and energy work.

75 minutes - 250 TL

Aman Touch

This is the perfect massage to have on arrival or during your stay. Using a soothing essential oil we focus on your Back, Neck & Scalp to relieve any muscular tension.

45 minutes - 180 TL

Sports -Deep tissue massage

A deep oil-based massage that will either address sports or injury related conditions or work on the muscle tissues to release tension and strain.

75 minutes - 260 TL

Thai Massage

Improve movement and flexibility through yoga-style stretches and acupressure techniques to release muscular tension. This bodywork therapy is performed over loose comfortable clothing to allow movement. Thai massage is uniquely relaxing yet energizing, and is a highly effective therapeutic treatment.

80 minutes - 280 TL

Foot Ritual

Pamper your feet starting with a relaxing foot bath, harmony salt scrub followed by a stimulating massage focusing on reflex points on the soles of your feet. This massage technique relaxes tired feet and enhances overall health and wellbeing.

Only available in our treatments rooms.

75 minutes - 240 TL

Amanruya Oil selection

Rosemary:

Excellent for dry skin, muscular aches, mental fatigue and physical tiredness

Tangerine:

Has some great properties to help relieve stress, digestive problems, but is mostly used to increase circulation to the skin & reducing fluid retention.

Lavender:

Is one of the most favorite essential oils, as it has wonderful qualities such as calming, relieving tension, effective for headaches and insomnia.

Peppermint:

This cooling & refreshing oil is used to stimulate the mind, increase mental agility and increase focus, while cooling the skin. It furthermore helps to ease sinus, chest congestion & boosts the digestive system.

Hands & Feet

Enjoy a manicure or Pedicure in the comfort of your own cottage or alternatively in our treatment room near the Pool Pavilion.

Manicure	60 minutes - 100 TL
Pedicure	60 minutes - 120 TL
Nail Polish Change	30 minutes – 50 TL

Yoga Therapy

IYENGAR YOGA

Iyengar Yoga is characterized by great attention to detail and precise focus on body alignment. Iyengar pioneered the use of "props" such as cushions, benches, blocks, straps, which function as aids allowing beginners to experience asanas more easily than might otherwise be possible without years of practice. The benefits of many asanas via fully "supported" methods require less muscular effort.

VINYASA FLOW YOGA

Vinyasa Yoga is more vigorous and the asanas (postures) are linked together in a series of movements that are synchronized with the breath. The continual movements, from one pose to another offer a range of health benefits, as it encompasses all areas of mind, body and spirit. The routine practice of vinyasa yoga increases muscle strength, flexibility, and reduce levels of stress.

Private session	60 minutes	180 TL
Duet Yoga session	60 minutes	120 TL per person

Kindly book your private session 24 hours in advance.
The location of the Yoga class will be confirmed upon booking
For a reservation please Dial 2 for the GA or Dial 700 to speak to the Spa receptionist

**We offer complimentary 60 minute Yoga sessions in our Yoga studio, above the swimming pool.
Kindly contact our Guests assistants for days and time.**

ESSENTIAL REMINDERS

Availability

Kindly dial 700 from your cottage to ensure your preferred time by requesting an advance booking.

Special considerations

Most treatments can be adapted to accommodate illness, injury or pregnancy. Please contact our therapist for queries or concerns.

Fitness Facilities

For safety precautions, please wear proper shoes and clothing. We kindly ask to avoid bringing children under the age of 14 years old to the fitness room. The area is not supervised and we want to avoid any potential incidents.

Cancellations

We understand that schedules change. Since your treatment time is reserved especially for you, we kindly ask you to give a minimum of 4 hours cancellation notice so someone else may enjoy that time. Kindly note a full charge will apply when cancelling within one hour of your treatment starting time.

Treatment preparation

Please arrive 10 minutes prior to your scheduled treatment, allowing time to complete our holistic health assessment and receive a brief run-down of your treatment. Please do not eat at least 90 minutes before a massage.

No smoking

Please refrain from smoking in or around the Spa.

Treatments are available from 9am to 9pm daily

Selected treatments are available in your cottage up until 10.00 pm with advance notice

Prices are in TL and are subject to 10% service charge and applicable 18% tax.

Please Dial 700 for booking a treatment