

THE SPA AT  
THE BODRUM  
**EDITION**  
BY SPA SOUL

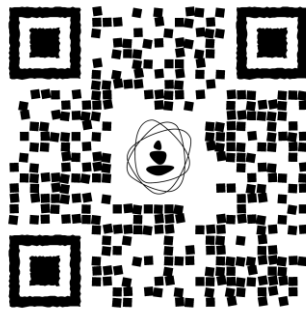
EDITION Wellness Experiences embody vibrant living by bringing international healing practices and a locally-inspired, curated selection of treatments. Displaying the best wellness treatments, beauty services, and yoga and fitness programs, The Spa at The Bodrum EDITION by Spa Soul blends timeless philosophies with innovative techniques and emerging trends.

Our intentionally streamlined menu is edited to respect your time and intelligence while providing meaningful, tailored choices. Should you want to obtain more information on any of our service offerings, please consult the menu or contact our spa experts for more details.

Should your plans change, please call at least 12-hrs prior to your appointment to avoid the cancellation fee, 100% of the listed price.

Children under 18 are not permitted in the Spa, Gym, Lounge, or Locker Area.

In order to make the most of your experience at The Spa at The Bodrum EDITION by Spa Soul, please arrive at least 30 minutes (15 minutes for 10 am reservations) prior to your appointment in order to unwind and steam.



# HAMMAM

## HAMMAM

An ancient Ottoman body treatment included the removal of dead cells from the skin's surface with a specific glove called "kese" and a relaxing cleansing soap massage.

**40min (Traditional)**

**20min (Foam)**

**20min (Scrub)**

## AROMATIC HAMMAM

An invitation to fulfillment and serenity. The entire know-how of the Hammam in this unique ritual: a soft steam and scrub with "kese" followed by a massage in a cloud of foam with aromatic essence. The skin regains its original texture.

**50min**

## THE HAMMAM EDITION

The natural Moroccan black soap with olive extract helps nourish and clarify your skin. This innovative treatment uses Shea Butter for extra hydration of your skin.

**60min**

# CLASSIC

## STOCKHOLM

This most widely known form of massage uses a combination of gentle and medium pressures of Swedish massages to ease tension and stress.

**45min**

## MYOTHERAPY

This invigorating massage engages the deep tissue with sports massage technique that applies strong pressure to knead and wring tension away.

**60min**

## WELCOME

This is a special and quick welcome ritual for our guests. A treatment using a combination of different massage techniques with nutritious massage oils.

**30min**

## FOCUS

This treatment uses precise massage techniques to focus on specific zones of the body, including the head, neck, shoulder, and back.

**30min**

# JOURNEY

## BALI

Traditional Balinese massage, using combined acupressure, skin rolling and relaxing stroke techniques results in a restoring and calming effect.

**60min**

## THAI FUSION

The Thai Fusion Massage promises reinvigoration, a re-energizing treat for the body that combines vigorous forearm strokes that unclench your muscles from deep-rooted stress through soothing acupressure points. Centering on the respite of the shoulders, the hips, and the neck, along with the abundant benefits of Almond oil.

**60min**

## HAWAIIAN LOMI LOMI

This massage involves flowing strokes using connective movements of the lower arm and elbow, to induce a sense of deep relaxation.

**60min**

# AROMATHERAPY ASSOCIATES

Aromatherapy Associates is a world-leading, luxury wellbeing brand, specialising in therapeutic essential oil blends that have been carefully hand-crafted to naturally help you sleep better, reduce stress, lift energy, build confidence and cultivate optimism.

## SIGNATURES

### AROMATHERAPY EXPERIENCE

This hero treatment starts with a consultation and aroma test to allow you to choose a suitable oil from our extensive selection by Aromatherapy Associates. With your chosen oil, your therapist will use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation. This is an intense, holistic massage ritual drawn from a fusion of eastern and western techniques enabling the therapist to work on your body, mind, and spirit.

**60min**

### OPTIMAL RELEASE

Designed with deeply releasing massage techniques that focus on your back, legs, scalp, neck, and shoulders, this treatment tackles the busy mind and relieves physical aches using the blend of your choice De-Stress Mind or Muscle.

**60min**

### MUSCLE RELEASE

This restorative treatment was designed with tense and aching muscles in mind. Whether it's a heavy exercise schedule or too many hours spent sitting at your desk, this black pepper, rosemary, and ginger-based treatment will warm the muscles and help disperse the build-up of lactic acid that causes stiffness and pain.

**60min**

### STRESS RELEASE

Exclusive to EDITION Spa, experience the ultimate body and mind treatment that combines deep tissue massage technique and sweet almond oil. Nourishing sweet almond massage oil helps ease the tension, whilst firm and deep pressures relieve muscle pain and encourage the healing process of tendon and spinal injuries.

**60min**

## BODY

### HAND CARE

Hand care begins with removing dead skin cells with a soft peeling and continues with a relaxing massage, which improves finger and wrist range of motion and enhances circulation.

**30min**

### FOOT CARE

Foot Care begins with the removal of dead cells from the skin's surface by Alum Stone Scrub and continues with pressure applied to the feet with specific techniques stimulating reflex points for overall wellbeing.

**30min**

### WRAP

Base Mud

**30min**

### PEELING

-Revive Body Scrub

-Polishing Natural Exfoliating Scrub

**30min**

# **BEAUTY by FORLLE'D**

## **INSTA BEAUTY**

This treatment is perfect for: Treating dryness and rehydration after sun exposure. Providing anti-oxidant protection, minimizing the appearance of wrinkles and deep hydrating of the skin, preventing dark spots and pigmentation, aiding skin recovery after sun exposure and improving skin tone and quality for a daily radiant glow  
**30min**

## **INTENSIVE DETOXIFYING**

In this intensive hydration treatment, Forlle'd helps to prevent dehydration and maintain the optimal moisture balance of the skin. It reduces mild feeling of dryness and tightness, restores the protective layer of the skin, and gently bio stimulates cell renewal.

**60min**

## **SENSITIVE**

This treatment serves as first aid for clients with sensitive skin. It makes up for deficiencies in the intercellular cement and cell membranes. Low molecular weight ingredients are a perfect solution to restore the skin barriers to increase the tolerance level as well as the advanced beautiful look of the skin. The skin becomes soothed and healthier, and irritation is eliminated. The intensive hydration of the skin provided also helps control hypersensitivity. The skin acquires a beautifully even complexion.

**60min**

## **PLATINUM BRIGHTENING**

Dark spots are one of the signs of aging, but Forlle'd Technology which is based on Nobel Prize Finding combat them effectively. This treatment regulates melanin production to whiten the skin considerably and reduce or eliminate hyperpigmentation. It improves the skin's look dramatically and has a powerful antioxidant effect. At the heart of this treatment is the Hyalogy Platinum Face Mask. which contains low molecular weight hyaluronic acid and ionized low molecular weight platinum-based organic compounds. Even after the 1st treatment immediate brightening effect will be visible.

**60min**

## **LIFTING COLLAGEN**

This unique treatment has excellent lifting action and a pronounced rejuvenating effect on the skin. Since this treatment targets both an instant effect and the stimulation of the skin's own collagen synthesis, a complete course ensures a skin lifting effect for a period of up to several months. Hyalogy Lift mask.

The unique mask in this treatment saturates the skin with low- and high-molecular hyaluronic acid and intensively hydrates it. Biomimetic peptides in this mask gently smooth out mimic wrinkles and stimulate collagen and elastin production.

**60min**

## **ANTI-AGING**

This treatment prevents most age-related changes in the skin, improves skin metabolism and microcirculation, makes face contour more defined, and corrects the hormonal status. A complete course of treatments smoothes out the fine lines and restores the moisture balance, improving the skin's texture and structure.

**60min**

## **UPGRADES**

**Insta Face Kit by Forlle'd**

**1 Session**

**Insta Eyes Kit by Forlle'd**

**1 Session**

# **BEAUTY by VALMONT**

## **INTENSIVE HYDRATION**

Skin is optimally hydrated, plumped, and smoothed. Features are smoothed and tiredness erased.  
**60min**

## **ENERGY**

Skin is regenerated, brightened, and firmed. An essential treatment for tired, devitalized skin.  
**60min**

## **RADIANCE**

The complexion is more even, radiant, and brightened. Age spots fade and skin texture is refined.  
**60min**

## **LINES & VOLUMES**

Skin is lifted and replenished. Wrinkles fade and the facial contours are redefined.  
**60min**

## **PURITY**

**40min**

## **EYES ONLY**

**45min**

## **FACE MASSAGE**

**20min**

## **UPGRADES**

**Intensive Collagen Mask by Valmont**

**1 Session**

## **HAIR**

### **HAIR CARE WITH ARGAN**

Enhance your treatment by adding argan-based hair care by Charme D'orient.  
**20min**

### **BEARD CARE WITH ARGAN**

Enhance your treatment by adding argan-based beard care by Charme D'orient.  
**20min**

## PRIVATE EXPERIENCES

### SEAVIEW SUITE

Enrich your treatment with a loved one in a private open-air cabana, featuring views of the Aegean Sea and your very own Jacuzzi & Hot Tub.

### JACUZZI SUITE

In the privacy of your own couple suite, we offer intimate tranquility for two, to soothe your body, calm your soul, and as desired, total seclusion to surrender your stress. Each treatment is transformed into a romantic escapade in this private suite dedicated to relaxation and serene yearnings. You and your loved one will surely enjoy our couple suites equipped with a couple Jacuzzi.

### SALT SUITE

Experience dry salt therapy, or halotherapy, a natural treatment using micro particles of salt to promote breathing, nourished skin, sound sleep, physical endurance, and alleviate respiratory and skin conditions.

**20min**

### HAMMAM FOR ME

Enhance your hammam experience with your loved ones in a private hammam suite.

**SOLO**

### FOUR HANDS EXPERIENCE

Enjoy your treatment with the privilege of 4-hands

**SOLO**

## SPA ON AIR

### MASSAGE ON AIR

Using precise massage techniques to focus on specific zones of the body such as head, neck, shoulder and back.

**30min**

### TAN ASSISTANCE

The most enjoyable way of tanning...

**20min**

### HAPPY FEET

Using precise massage techniques to focus on the feet.

**15min**

## TREATMENT SERIES

%20 discount on any 5 treatments package

%30 discount on any 10 treatments package

%40 discount on any 20 treatments package

*Treatment packages are entitled to one person use only, cannot be shared or transferred*

## **NAIL**

### **HOUSE**

Our signature nail experience, followed by light hand massage using our exclusive EDITION Le Labo Black Tea lotion. Deep cleaning, exfoliation, shaping, grooming, light massage, regular polish.

MANICURE - PEDICURE    MANI + PEDI

### **SHELLAC**

Deep cleaning, exfoliation, shaping, grooming, light massage, and long-lasting shellac polish.

HAND – FOOT - HAND + FOOT

NAIL POLISH ONLY

NAIL POLISH (SHELLAC) REMOVAL

## **HAIR & STYLING**

BLOW DRY

CUT & BLOW DRY

MEN'S CUT

TURKISH SHAVE

HAIR UP

COLOURING

OMBRE

TONG

PERM

MAKE-UP APPLICATION

EYEBROW COLOR

HAIR TREATMENT

HAIR EXTENSION

EYEBROW THREADING

*More tailor-made services are available upon request.*

## **WAXING**

EYEBROW WAXING

LIP WAXING

ARM WAXING

ARM PIT WAXING

LEG WAXING

BIKINI WAXING

FULL BODY WAXING

## **GYM BY S.E.T.S**

PRIVATE TRAINING EXPERIENCE

5 PRIVATE TRAINING EXPERIENCES

10 PRIVATE TRAINING EXPERIENCES