



THE SPA
— AT —
MANDARIN ORIENTAL
BODRUM

TREATMENTS

PHILOSOPHY

The Spas at Mandarin Oriental are born out of a sincere understanding and passion for wellness, which we define as a way of life that focuses on physical, emotional and mental wellbeing. The Group is committed to delivering all aspects of wellness with integrity and honesty, providing inspiration for lifestyle change, in an environment that delights all the senses. The Spas at Mandarin Oriental are havens for contemplation and discovery. Guided by our Oriental heritage but influenced by local cultural diversity, the Group has created distinctive concepts with a unique sense of place in every location.

TREATMENTS

Respect for the uniqueness of each individual is the foundation of our spa experience. Our highly trained therapists are committed to excellence, infused with enthusiasm and take pride in delivering personalised dedicated service. Our therapies combine both ancient and contemporary techniques in a natural manner. They are designed to bring balance and equilibrium to meet the needs of each individual.

PRODUCTS

Mandarin Oriental's signature product line has been developed specifically for the Group by the award-winning UK based company, Aromatherapy Associates. The product range incorporates six body oils, six bath and shower oils and a generic body scrub, body wash and body lotion. All contain natural ingredients and are paraben free, and have been blended by a master blender to Mandarin Oriental's specifications. Easy to use and effective in their treatment, they provide an ideal extension of our spa experience into daily life.

All other products used in our Spas are of the highest quality and contain naturally-derived ingredients.

Mandarin Oriental Bodrum has cultivated its own spa garden amidst the properties olive groves. Many of our signature treatments incorporate the use of natural hand-ground ingredients – giving the guest a truly unique Mediterranean earth to body experience.



SPA AND WELLNESS CONSULTATION

In order to obtain a greater impact on your stay and experience we recommend that you book a personal Spa and Wellness consultation in order for us to develop a program to suit your individual needs, assisting you to reach your goals during your visit.

During this consultation we will discuss stress, sleep, wellness, nutrition and rehabilitation.

IN BODY COMPOSITION ANALYSIS

The In-Body composition analysis measures and reads your current body condition and provides a benchmark to work from when improving overall health.

Indicating current health condition, including total body water content, fat content, weight, lean mass, measures your BMI, muscle analysis and provides you with a body shape graph. We recommend if your aim is for Spa, Fitness and Wellness that this is booked in conjunction to your Spa and Wellness Consultation.

COMPLEXION ANALYSIS

A diagnostic tool used to determine your skin's current health through non-invasive photographic imagery. This analysis machine can detect problems that have yet to emerge on the surface of your complexion providing qualitative reports to take the guesswork out of determining the best treatments for your skin type. A progression report is provided to determine the progress of skin care treatments undertaken to measure improvement and results over time.

MANDARIN ORIENTAL SIGNATURE SPA THERAPIES

1 hour 50 minutes

Mandarin Oriental's signature spa therapies have been devised to address guests' increasing desire for simple, effective and authentic spa experiences.

Developed in consultation with specialists in Traditional Chinese Medicine (TCM) and master Aromatherapists, each signature therapy consists of a relaxing, hands-on body massage ritual that combines

the powerful effects of oriental meridian massage with the therapeutic benefits of custom-blended essential oils, created uniquely for Mandarin Oriental. Each treatment begins with a private therapist consultation in order to determine each individual's personal and current state of wellbeing. The treatment and oils are tailored to each guest in order to leave the body, mind and spirit in perfect harmony. Guests are also provided with nutritional and exercise guidance, in order to extend the beneficial effects of the programme at home.

TIME RITUALS™ 1 hour 50 minutes / 2 hour 50 minutes

Mandarin Oriental's bespoke "Time Rituals" encourage guests to book time rather than specific treatments, so that services can be tailor-made to meet individual needs. Each "Time Ritual" begins with a soothing foot ritual and is designed to restore a natural state of equilibrium.

ORIENTAL HARMONY 1 hour 50 minutes

Four hands work in perfect unison in a remarkable experience that inspires a harmony of the senses. The treatment begins with a soothing foot bath in purifying waters, leaving the feet soft and supple and the mind relaxed. Next, two therapists work together in time and movement. First, providing a warm scrub that smoothes and replenishes the skin and later a harmonious massage that balances the body. The treatment concludes with a simultaneous head and foot massage leaving the mind uplifted, the body energised and the skin exotically fragrant.

SUITE EXPERIENCES

Indulge in your own luxurious VIP Suite with private panoramic balconies overlooking an olive grove framing the Aegean Sea. These experiences allow guests to embrace nature in a private, healing sanctuary with the additional time for relaxation. Our expert therapists provide advice on the length and choice of treatments for each suite experience. Guests can select from the following menu. To book additional hours in the VIP suite, please consult our Spa Concierge.



SUITE TIME RITUALS™ 4 hours / 6 hours

Enjoy time in our luxurious VIP suite, sink into your opulent surrounds of a vitality pool, steam room, sauna and a traditional Hamam scrub table. Your treatments are tailor-made to meet your individual needs. Each "Time Ritual" begins with a soothing foot ritual and is designed to restore a natural state of equilibrium.

ORIENTAL WELLNESS 4 hours 20 minutes

This experience is the ultimate in Oriental escapism offering guests a taste of both local and far eastern experiences. Begin your journey with a spa and wellness consultation and skin analysis to help customise your experience. Connect body and mind through guided in-room yoga followed by a soak in a private vitality pool to further unwind and warm the muscles. The body will then be exfoliated with freshly-picked ground sage and mandarin peel to cleanse the skin. A signature Oriental Bamboo Massage and customised facial will complete your journey and leave you feeling holistically indulged through eastern simplicity. Relax in your private suite and enjoy local tea infusions and fresh fruits.

RELAXATION 2 hours 50 minutes

Take time and relax together in a warm shower followed with a stimulating body polish using finely crushed olive seeds essence of lavender and ylang ylang, you will feel completely pampered as your body is cocooned in a warm rose infused wrap a slathering of luscious body butter to smooth the skin follows.

Transform your skin with a calming soothing facial to brighten the skin and help you look and feel your absolute best.

Relax in your private suite and enjoy local tea infusions and fresh fruits.

JOURNEYS

THE OLIVE BRANCH 2 hour 50 minutes

Experience an authentic body scrub combining olive tree leaves handpicked from our own garden, ground together with sea salt, buckwheat, honey and olive oil. The treatment continues with a muslin wrap enriched with a combination of rose infused yogurt and olive oil which gently removes impurities and toxins whilst nourishing and hydrating, relax while your therapist massages your head using a natural

nourishing hair treatment of rosemary and cilantro infused oil, to leave your hair looking luxurious and glossy.

Your treatment is complete with a full body massage using the sacred oil of frankincense, uplifting mandarin and ginger.

AEGEAN MIX 3 hours

Filled with all the goodness and healing powers of rose, juniper, rosemary, orange and sea salt in a warm herbal cushion placed on your back to allow the natural ingredients to be infused during your treatment.

Your treatment commences with a welcoming foot ritual, the water permeated with juniper, rosemary and natural sea salt to relax the body and revitalise the mind. Experience a full body massage, followed by a hydrating facial treatment based on the healing powers of rose.

LAND OF A THOUSAND RICE FIELDS 2 hours 20 minutes

Your experience begins with a cleansing scrub with fresh sage to clear the daily stresses we all endure and to prepare the skin. A herbal foot bath infused with sage and orange, continues the cleansing process preparing you for a body wrap, using fresh orange, juniper, and thyme bathed in natural clay.

A Lanna massage finishes this experience. The body is tapped rhythmically with a stick made from the bark of a tamarind tree. This relaxes the muscles in preparation for a warm herbal oil massage and warm herbal compresses for the head and feet.

A wonderful treat for someone who is physically exhausted and in need of body work that revives their energy and releases muscle tension.

EMPOWERMENT 2 hours

A treatment to give you true self-empowerment allowing you to take time for your wellbeing.

Fresh sage is burnt with the intent to bring desire of change and cleanse the body and mind to connect to your spirit. Rosemary and lavender are blended in olive oil and dripped on to the hair and an extensive head massage will assist you with mental clarity and calmness throughout the body during the application and envelopment of a body mask of oat honey and sage. A Crystal body massage will complete your healing.

BODY MASSAGES

ORIENTAL ESSENCE 50 minutes / 1 hour 20 minutes

This massage is a part of the Mandarin Oriental's signature spa therapies and has been designed for the tired traveler, stressed executive or someone who just wishes to relieve neck and shoulder tension. This massage centers on all stress areas of the body. Utilising our Signature Quintessence oil blended with warming ginger, uplifting mandarin and sacred frankincense all come together to realign the mind and emotions. A completely relaxing treatment.

THERAPEUTIC 50 minutes / 1 hour 20 minutes

This truly effective therapeutic massage helps dissolve aches and strains. The oil is applied to the body using the therapist's elbows and forearms in this stimulating and deeply energising massage.

PRECIOUS STONES 1 hour 20 minutes

This relaxing massage uses heated precious stones to generate energy and create a sense of balance and calm, as well as giving relief to deep-seated muscle tension.

AROMATHERAPY 50 minutes / 1 hour 20 minutes

A deeply therapeutic holistic treatment which combines the power of essential oils with the best of eastern and western massage techniques, to create a feeling of physical relaxation and calm, whilst mentally uplifting and clearing the mind.

ORIENTAL BAMBOO MASSAGE 50 minutes / 1 hour 20 minutes

A full body massage incorporating a combination of specialised massage techniques and nature's pure bamboo. Using warm bamboo sticks of varying sizes to knead and stretch your muscles, increasing blood circulation and easing away tension, this rhythmic massage aids in providing a sense of deep relaxation.

THAI 50 minutes / 1 hour 20 minutes

Performed wearing loose Thai-style clothing, this traditional massage is conducted on a futon. A combination of gentle rocking motions, rhythmic acupressure and assisted stretching serve to deeply relax and revitalise body and mind. Benefits include increased flexibility, relief of joint and muscle tension and a balance of the body's energy system.

ORIENTAL FOOT THERAPY 50 minutes

In oriental philosophy, the feet are considered a mirror for the systems and functions of the body. Relax with this traditional treatment which begins with a fragrant foot bath followed by a skillful exfoliation and massage to smooth the feet and lower legs. Finally a relaxing massage along the energy points of the feet and ankles helps to raise natural energy encouraging the release of tension.

CALM MIND 50 minutes

Re-harmonising the body's natural flow and movement our signature head massage is designed to completely relax both the body and mind.

BODY TREATMENTS

ROSE HYDRATING COCOON 1 hour

This treatment comprises a deep-moisturising body wrap treatment including full body scrub that softens and revitalises skin, followed by a full-body wrap with Rich Rose Oil and Rose Body Creams of Damask Rose, Roman Chamomile and Neroli for nurturing skin. A relaxing scalp massage completes this unique pampering experience.

DETOX & REVIVE 1 hour

Feel fresh and alive with this detoxifying treatment.

This treatment combines pink grapefruit, green rosemary and rich, woody juniper berry for a detoxifying effect. Exfoliation with finely ground Mediterranean olive grains refines the pores and reveals fresh, new skin. While you are enveloped in layers of gels and oils a stimulating foot reflex pressure massage encourages the release and elimination of toxins.

BODY REFINER 1 hour

A specially designed deep tissue detoxifying massage targeting stubborn areas of cellulite, treatment also includes a mud envelopment to aid in firming and toning the skin. While you are enveloped a stimulating foot reflex pressure massage encourages the release and elimination of toxins.

A toning and slimming treatment to refine the body contours and eliminate excess fluids, leaving a slimmer silhouette and smoother skin.

LOCAL HAMAM EXPERIENCES

Steeped in Turkish tradition & origin, Hamams provide a place for relaxation, wellbeing cleansing and detoxifying the body. The intense heat warms the body slowly and continuously, stimulating sweat glands, increasing blood circulation and promoting healthy skin tone and texture. Our male and female spa bathing areas are equipped with two experience showers for an enjoyable cooling sensation.

The core of the Hamam experience is the scrub, which is performed on a heated marble massage table. The treatment begins with an invigorating Hamam scrub (Kese) which is followed by loofah with a foam massage, leaving the body feeling energised and smooth.

All Hamam experiences can be enjoyed as a couple or individual. We recommend to relax your body and soothe your muscles in the warming steam 15 minutes prior to experiencing any Hamam treatments.

MEDITERRANEAN JOURNEY 1 hour 50 minutes

A true Aegean Hamam indulgence beginning with a finely-ground olive oil and olive seeds scrub, followed by the application of a local pine-flower honey mask to enrich the body. While the mask deeply moisturises the skin, a head massage with nourishing cold-pressed almond oil will help to relieve all daily stresses. Guests will then enjoy our traditional foam massage with aromatherapy essential oils, incorporating light stretching exercises to prepare the body for our Mandarin Signature Oriental Massage to truly relax, relieve and detoxify.

A personal Mandarin Oriental hamam gift set will be given to each guest with this journey and a locally-infused tea and fresh fruits will be enjoyed at the conclusion of each treatment.

ORIENTAL HAMAM RITUAL 1 hour

This Oriental-inspired Hamam experience begins with a green clay mask to enrich the body while the soles of the feet are gently exfoliated with a local pumice stone. The Eastern meridian lines of the feet and head are massaged using your personalised elemental oil bringing you into complete holistic harmony. A hydrating aromatic rose essence foam is then massaged onto the body in rhythmical strokes helping to calm and nourish. The experience is concluded with a refreshing hair wash with our signature Quintessence shampoo and combing of the hair. Guests are encouraged to unwind in the 'Relaxation Lounge' after the experience where light refreshments are served.

INVIGORATING HAMAM 45 minutes

The core of the traditional Turkish Hamam experience starts by deeply cleansing the skin with an invigorating 'Kese' body scrub to prepare the skin. Guests are then treated to a calming and hydrating full-body aromatic rose essence foam massage to help relieve muscle tension. The Hamam experience is concluded with a personalised and refreshing hair wash. Guests are encouraged to unwind in the 'Relaxation Lounge' after the experience where light refreshments are served.

REVITALISING KESE 30 minutes

This traditional Hamam experience deeply cleanses the skin with a full-body scrub. Your therapist will use a loofah with long sweeping movements leaving the skin feeling invigorated and helping to increase circulation. This is ideal in preparing the body for massage treatments.

TREATMENT ADDITIONS

QUINTESSENCE BODY SCRUB 30 minutes

Mandarin Oriental's signature Quintessence scrub has been created as a foundation for each of the five elements. This balancing essential oil blend brings the body's energy flow into alignment. Warming ginger, uplifting mandarin and sacred frankincense come together to realign the mind and emotions, while the sea salt and sweet almond oil work together to gently smooth and rejuvenate dry or tired skin.

NATIVE SCRUB 30 minutes

An indigenous body scrub combining ingredients from our own garden, handpicked olive tree leaves, ground with sea salt, buckwheat honey and olive oil. Leaving your skin glowing.

REVITALISING EYE TREATMENT 30 minutes

Refresh and brighten the eyes with this revitalising eye treatment, using specialised massage techniques and herbal extracts of black tea, cranberry and strawberry to improve micro-circulation and drainage and reduce puffiness in the eye area. Dark circles and fine lines are eased, while a gentle shoulder scalp massage frees the circulation, improving blood supply to the eyes. The perfect addition to any facial.

PRIVATE HAMAM ESCAPE

All of our Local Hamam Experiences can also be enjoyed in the privacy of your own private scrub room upon request. Guests will be enveloped in a tranquil escape from the communal Hamam experience, while still immersing themselves in the unforgettable cultural ritual. All private Hamam escapes will allow guests to enjoy local tea infusions and fresh fruits.

NEW LIFE

MUM TO BE 1 hour

Feel nurtured and supported in a time of constant change. Choose from a selection of oils each safely formulated to be used during pregnancy to nourish and care for your skin.

This treatment uses traditional aromatherapy massage to ease away tension in upper back and tight shoulders.

NOURISH AND NURTURE 50 minutes

A luxurious facial harnessing the regenerative properties of the rose to nourish, soften and hydrate delicate and finely textured complexions, that are often associated with pregnancy. The result is a smooth, radiant complexion and a relaxed state of mind. The perfect treatment throughout your whole pregnancy.

ROSE HYDRATING COCOON 1 hour

This treatment comprises a deep-moisturising body wrap treatment including full body scrub that softens and revitalises skin, followed by a full-body wrap with Rich Rose Oil and Rose Body Creams of Damask Rose, Roman Chamomile and Neroli for nurturing skin. A relaxing scalp massage completes this unique pampering experience.

SPECIALISED FACIALS

CUSTOMISED AROMATHERAPY FACIAL 1 hour 20 minutes

Beginning with a facial assessment to determine your skin type, our therapist will select products from our Aromatherapy Associates facial range to create a facial experience tailor-made to your skin's needs.

SOOTHING FACIAL 1 hour 20 minutes

A truly soothing and calming facial which is particularly beneficial to sensitive skin, which needs special nourishment to eliminate irritation and inflammation. The treatment uses the properties of prebiotics and natural botanicals of arnica and chamomile to help calm the skin and enforce its natural barrier. Combining the therapeutic hands of your therapist with cold marble stone, this is a soothing and sensorial facial to encourage your natural radiance.

ROSE INFINITY FACIAL 1 hour 20 minutes

Achieve instant, long lasting results that noticeably lift, tone and firm the skin, leaving you with a flawless, healthy and younger looking complexion. Wrinkles and lines are plumped out for visibly smoother, younger looking skin.

DELUXE OXYGENATING FACIAL 1 hour 50 Minutes

Transform your skin with this unique results driven facial. A detailed consultation will determine the tailor made treatment to your skin's needs, incorporating latest oxygen pressure jet technology and diamond-head oxygen infused microdermabrasion.

The facial is complete with a deep relaxing scalp, neck and shoulder massage.

OXYGEN REGENERATING FACIAL 1 hour

This highly results driven facial uses the healing properties of pure oxygen combined with advanced pulse pressure jet technology to effectively penetrate the deeper layers of the skin.

The facial begins with a deep cleanse and exfoliation to renew and soften the skin before the oxygen is applied to areas of concern, focusing around the eyes and lips contour. This is a natural alternative to Botox, reducing visibility of fine lines and leaving the skin thoroughly hydrated and plumped with a flawless complexion.

WAXING

All waxing treatments are available upon request.



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FITNESS & WELLNESS

The fitness and wellness centre is equipped with state of the art results-oriented fitness equipment targeted to achieve your wellness goals. Our team of dedicated professionals will cater to all levels of expertise, experience and current conditioning in a luxurious wellness environment.

CARDIOVASCULAR MACHINES

- Treadmills
- Elliptical Cross-Trainers
- Bikes
- Upright Bikes
- Concept Rower

STRENGTH EQUIPMENT

- Chest Press
- Shoulder Press
- Vertical Traction
- Leg Extension
- Low Row
- Lat Machine
- Leg Press
- Leg Curl
- Abductor/Adductor
- Lower Back

FLEXIBILITY EQUIPMENT

- Anterior
- Posterior

KINESIS

A cutting edge modular cable device system makes the Kinesis unique. The 360-degree system ensures a rectilinear, diagonal and circular action to work on several muscle groups across a range of levels. This helps to create strength, flexibility and stability with over 250 exercises and movements to choose from.

ARKE CORE CENTRIC TRAINING STATION

Arke Core Centric Training method helps achieve optimum physical fitness and ensures excellent results quickly. The diverse and progressive tools make it suitable for all users to develop free movement and functionality of their bodies over time, focusing on increasing;

- Coordination & Flexibility
- Balance & Stability
- Strength & Speed
- Agility & Reaction Time
- Cardiovascular & Respiratory Capacity

IN-BODY COMPOSITION ANALYSIS 15 minutes

In-Body accurately measures your current body condition including the following:

- Body Composition Analysis – indicates your current health condition (including total body water, soft lean mass, free fat mass and weight).
- Muscle-Fat Analysis – provides skeletal muscle mass and body fat mass.
- Obesity Diagnosis – measures body mass index (BMI), percentage of body fat and waist-to-hip ratio.
- Muscle Analysis – measures muscle development of arms and legs, as well as soft lean mass analysis
- Body shape graph and body typing
- Nutritional evaluation
- Weight Control – identifies target weight, body fat control and lean muscle control

FITNESS AND WELLNESS ASSESSMENT 1 hour

Allowing our specialist instructors to obtain objective information on your current level of fitness. This will be achieved through assessment of your vital signs, flexibility, cardio endurance and body measurements. This assessment combines with the In-Body Composition Analysis and a 30-minute Personal Training session allowing for a customised program to be developed tailored to your body's unique characteristics.

PERSONAL TRAINING 1 hour

Whatever your goal, be it to improve overall fitness and wellness, improve endurance or to gain guidance with a lifestyle change, our specialised instructors will work with you to ensure that you focus on appropriate exercises to gain optimal results and to help you to reach your potential. All Personal Training will be customised to suit the individual to ensure that your fitness and wellness needs are met. This may include any of the from Circuit Training, Kinesis training, Akre Core-Centric Training, Boot Camp Fitness, Ab's & Stretching, Coastal Jogging, Cardio Swim Training, Basketball or Tennis workouts.

PILATES / YOGALATES 1 hour

Our dedicated Pilates specialists are here to offer private reformer or mat Pilates training to all levels. Techniques are customised to the specific needs of each guest and through precise and controlled movements, weaknesses and postural misalignments will be identified and worked through. Personalised programs will help to tone muscles, increase flexibility and improve core stability (essential for managing back pain and other injuries). Taster weekly mat Pilates classes are also available to guests new to Pilates. Yogalates (a fusion of Yoga and Pilates) is also offered by our specialist instructors to bring greater awareness to the body and develop it in a balanced way.

YOGA 1 hour

Awaken your inner senses with this ancient Indian practice of mind, body and spirit. Our specialist yoga instructors will customize your sessions and through a sequence of poses helping to cleanse, purify and energise. The power of the breath helps with meditation and self-reflection, while the movements build body awareness, balance,

muscular control resulting in a very holistic physical conditioning, and a sense of stillness. Customised yoga tuition with our instructor will ensure you get the most out of each session, however Yoga classes for all levels are also available in either our studio or on the olive tree lawn throughout the week.

RELAXATION / MEDITATION 45 minutes

Eastern breathing and meditation techniques will be taught by our professional instructors to help guests find stillness of the mind amidst our ever-demanding schedules. Meditation is an internal practice which requires perseverance, therefore, we encourage you to have regular sessions with your practitioner to help keep you focused on your introspection.

ASSISTED STRETCH 45 minutes

After any fitness or wellness session it is important to stretch and relax. Our specialist team has developed a unique Asian-inspired stretch combination to revitalise you at the end of your workout sessions. Receive a one-on-one stretch by your fitness and wellness professional that will help to increase your suppleness and further alleviate muscular aches and pains.

FITNESS AND WELLNESS CLASSES

Please ask our spa and fitness professionals about the varied range of fitness and wellness classes that are available to help you to relax and enjoy your time with us and for you to achieve your wellness goals on selected mornings and evenings during the week.

Please be advised that all fitness and wellness services must be booked in advance through our Spa Concierge on level 0 or by calling Ext: 72.



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HEAT & WATER EXPERIENCES

The Spa at Mandarin Oriental, Bodrum offers extensive heat and water experiences with separate areas for male and female guests. Merging ancient practices with the latest in technology, the 2,700 sq m spa facilities are fit to mesmerise and delight set alongside Mediterranean gardens overlooking the Aegean Sea. Relieve stress and tension, relax your muscles, increase circulation, stimulate your immune system and promote a feeling of wellbeing. Use of the heat and water experiences is included with all spa services, and guests are encouraged to arrive at least 45 minutes prior to their scheduled treatment. For guests who wish to use the heat and water experiences without spa services, advanced booking is required as well as a usage fee for day visits.

EXPERIENCE SHOWERS

Combined with coloured lights and refreshing scents, these unique showers provide both cold and warm body jets that gently massage the body.

- Male and female Experience Showers are located in separate areas

VITALITY POOLS

Incorporating a number of features to enable the bather to self-administer massage, the pools are heated to temperatures varying up to 35 °C. Some are equipped with ergonomic loungers designed to provide full body air jet and swan neck massages, while others provide an outdoor setting allowing guests to refresh amidst the tranquil spa gardens.

- Male and female Vitality Pools are located in separate areas and mixed gender is outdoors

ICE FOUNTAINS

A gentle cooling option recommended after all heat and water experiences to assist in lowering body temperature, inhibiting additional sweating and stimulating the body through the constriction of blood vessels.

- Male and female Ice Fountains are located in separate areas

DRY SAUNAS

Sauna is the only Finnish word in the English dictionary, meaning “bath” or “bathhouse”. Saunas first started as bathing rooms heated by stones placed in log fires and splattered with water. They were used to relax, improve overall health and promote wellbeing. High heat (average of 83°C) and low humidity (about 25%) create an environment that encourages the body’s natural cleansing through perspiration. Impurities are flushed away maintaining a healthy skin.

- Male and female Dry Saunas are located in separate areas and mixed gender is outdoors

STEAM ROOMS

Maintained at a temperature of between 40 – 55°C, moist aromatic heat with heated floors, walls and seats are provided. The body is warmed slowly and continuously, reaching the inner body and organs.

- Male and female Steam Rooms are located in separate areas



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GENTLEMAN ESSENTIALS

TIME FOR MEN 1 hour 50 minutes or 2 hours 50 minutes

Mandarin Oriental's bespoke "Time Rituals" encourage guests to book time rather than specific treatments, so that services can be tailor-made to meet individual needs. An in-depth consultation will determine your individually created experience.

DEEP CLEANSING FACIAL 1 hour

A purifying treatment for oily and combination skin. Powerful essential oils of lavender, ylang ylang and tea tree are at the heart of this facial. With natural anti-bacterial properties, they penetrate deep into the skin, helping to regulate sebum production.

This treatment refreshes and balances, leaving the complexion super clean and fresh.

DEEP SLEEP 2 hours

This powerful and deeply sedating full body massage harnesses rich earthy essential oils of vetivert, camomile and sandalwood, renowned for their intense calming and grounding effects. The treatment begins with a warming foot ritual followed by a head to toe massage using carefully applied pressure techniques to balance the nervous system and ease an overactive mind. Perfect for inducing a deep sense of tranquillity and a good night's sleep.

THERAPEUTIC 1 hour 20 minutes

This truly effective therapeutic massage helps dissolve aches and strains. The oil is applied to the body using the therapist's elbows and forearms in this stimulating and deeply energising massage.

FACE AND BODY TREATMENT 1 hour 20 minutes

Achieve a heightened state of relaxation and well-being. The experience begins with a back cleanse and exfoliation that refreshes the skin. The journey continues with a stress relieving back massage and therapeutic Ayurvedic scalp massage to pinpoint areas of tension, bringing relief to tired or aching muscles. Finally, a deep cleansing facial using an exotic blend of the finest essential oils and effective natural botanicals unique to the Refinery range, rebalances the skin, leaving it bright, supple and refreshed.



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PRICE LIST

**MANDARIN ORIENTAL
SIGNATURE SPA THERAPIES**

TIME RITUALS™ 1 hour 50 minutes **TL 945**

2 hour 50 minutes **TL 855**

ORIENTAL HARMONY 1 hour 50 minutes **TL 1,320**

SUITE EXPERIENCES

SUITE TIME RITUALS™ (for couple) 4 hours **TL 1,560**

6 hours **TL 3,360**

ORIENTAL WELLNESS (for couple) 4 hours **TL 5,040**

RELAXATION (for couple) 3 hours **TL 3,540**

Please consult the Spa Concierge for all 'Single' Suite Experience Prices

JOURNEYS

THE OLIVE BRANCH 2 hour 50 minutes **TL 1,320**

AEGEAN MIX 3 hours **TL 1,170**

**LAND OF A THOUSAND
RICE FIELDS** 2 hour 20 minutes **TL 1,095**

EMPOWERMENT 2 hours **TL 945**

BODY MASSAGES

ORIENTAL ESSENCE 50 minutes **TL 435**

1 hour 20 minutes **TL 615**

THERAPEUTIC 50 minutes **TL 435**

1 hour 20 minutes **TL 615**

PRECIOUS STONE 1 hour 20 minutes **TL 615**

BODY MASSAGES (Cont'd)

AROMATHERAPY 50 minutes **TL 435**

1 hour 20 minutes **TL 615**

ORIENTAL BAMBOO 50 minutes **TL 435**

1 hour 20 minutes **TL 615**

THAI 50 minutes **TL 435**

1 hour 20 minutes **TL 615**

ORIENTAL FOOT THERAPY 50 minutes **TL 415**

CALM MIND 50 minutes **TL 435**

BODY TREATMENTS

ROSE HYDRATING COCOON 1 hour **TL 510**

DETOX & REVIVE 1 hour **TL 510**

BODY REFINER 1 hour **TL 420**

LOCAL HAMAM EXPERIENCE

MEDITERRANEAN JOURNEY 1 hour 50 minutes **TL 945**

ORIENTAL HAMAM RITUAL 1 hour **TL 705**

INVIGORATING HAMAM 45 minutes **TL 525**

REVITALISING KESE 30 minutes **TL 345**

TREATMENT ADDITIONS

QUINTESSENCE BODY SCRUB 30 minutes **TL 255**

NATIVE SCRUB 30 minutes **TL 255**

REVITALISING EYE TREATMENT 30 minutes **TL 255**

PRIVATE HAMAM ESCAPE

Dependent on Hamam experience booked **TL 150**



NEW LIFE

MUM TO BE	1 hour	TL 510
NOURISH AND NURTURE	50 minutes	TL 465
ROSE HYDRATING COCOON	1 hour	TL 510

SPECILISED FACIALS

CUSTOMISED AROMATHERAPY FACIAL	1 hour 20 minutes	TL 795
SOOTHING FACIAL	1 hour 20 minutes	TL 795
ROSE INFINITY FACIAL	1 hour 20 minutes	TL 795
DELUXE OXYGENATING FACIAL	1 hour 20 minutes	TL 1,125
OXYGEN REGENERATING FACIAL	1 hour	TL 735

WAXING

On request – Please consult the Spa Concierge for all Waxing prices

FITNESS & WELLNESS

IN-BODY COMPOSITION ANALYSIS	30 minutes	TL 135
FITNESS ASSESSMENT	1 hour	TL 270
PERSONAL TRAINING	1 hour	TL 270
PILATES – ALL LEVELS	1 hour	TL 270
PRIVATE YOGA – ALL LEVELS	1 hour	TL 270
RELAXATION / MEDITATION	45 minutes	TL 225
ASSISTED STRETCH	45 minutes	TL 225

GENTLEMAN ESSENTIALS

TIME FOR MEN	1 hour 50 minutes	TL 945
	2 hour 50 minutes	TL 1,440
DEEP CLEANSING FACIAL	1 hour	TL 585
DEEP SLEEP	2 hour	TL 1,020
THERAPEUTIC	1 hour 20 minutes	TL 615
FACE AND BODY TREATMENT	1 hour 20 minutes	TL 690



The Spa at Mandarin Oriental, Bodrum

Cennet Koyu, Çomça Mevkii, 314. Sokak No. 10, Gölürkbükü Mahallesi, 48400, Bodrum, Muğla, Turkey

Telephone +90 252 311 28 82 Facsimile +90 252 311 18 89 mandarinoriental.com

TERMS & CONDITIONS

OPENING HOURS

Fitness and Wellness Centre

Mon-Sun

08:00-20:00 (Mid October-March)

07:00-22:00 (April-Mid October)

Spa Treatments

Mon-Sun

10:00-20:00 (Mid October-March)

10:00-22:00 (April-Mid October)

Indoor Pool

Mon-Sun

08:00-20:00 (Mid October-March)

07:00-22:00 (April-Mid October)

Spa Pools

Mon-Sun

10:00-20:00 (Mid October-March)

10:00-22:00 (April-Mid October)

ADVANCED BOOKINGS We highly recommend booking your treatment in advance to ensure that your preferred time and service is available.

CANCELLATION POLICY Please allow 24 hours notice of cancellation to avoid charges. Cancellations within 12 hours will incur 50% charge. Cancellation within 6 hours or a no show will incur a 100% charge. A credit card number is required at the time of booking.

GIFT CARD An ideal gift for spa enthusiasts, gift cards are available at The Spa at Mandarin Oriental, Bodrum.

SPA PACKAGES Information on special spa packages or group programmes can be obtained by contacting the Spa Concierge at +90 252 311 28 82.

SPA ETIQUETTE Our spa environment is one of tranquility and relaxation. Please respect all spa guests' right to privacy and serenity, and refrain from cell phone use while in the spa.

SPA ARRIVAL We recommend that you check in at Spa Reception at least 45 minutes prior to your first scheduled appointment. This allows us to have a brief discussion with you about your treatment expectations and also gives you ample time to visit the spa's oasis of heat and water. Please understand that late arrivals will not receive an extension of scheduled treatments.

AGE REQUIREMENT The minimum age requirement for access to the spa is 18 and fitness and wellness centre is 16.

BATHING ATTIRE To respect the privacy and comfort of guests of all cultures, we ask that swimming attire is worn at all times throughout all mixed-gender spa bathing areas.

HEALTH CONDITIONS Please advise us of any health conditions, allergies, or injuries which could affect your service when making your spa reservation.

PREGNANCY We have specially designed treatments for expectant mothers. Please allow the Spa Concierge to guide you in selecting which treatment.

CLEANLINESS In keeping our commitment to cleanliness, safety and hygiene, our equipment is sterilised and sanitised after service and treatment.

LOSS OR DAMAGE We regret that we cannot be responsible for any loss or damage of personal articles. Please keep all valuables locked in your locker during your visit. For the protection of your clothing, we ask that you wear the robe provided.

ACCIDENTS OR INJURIES The Spa at Mandarin Oriental, Bodrum shall not be liable for any accident or injury suffered by any member or guest.

RESTRICTIONS ON THE USE OF FACILITIES The use of alcohol and tobacco is strictly prohibited. Proper attire must be worn while exercising. Sports shoes are required in the fitness centre.

SPA BOUTIQUE To continue your spa regimen at home, all spa products used in the treatments and services are available in our spa boutique.

REFUND POLICY Unopened retail products can be exchanged within ten days of purchase, if presented with the original receipt. No cash or credit card refunds will be processed.



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