



THE SPA  
— AT —  
MANDARIN ORIENTAL  
—  
BODRUM

Mandarin Oriental's award-winning spa and wellness facilities are dedicated to providing an exceptional experience. Rooted in oriental philosophy and authentic rituals, our serene sanctuaries combine ancient techniques with modern innovations to create a personalised journey of renewal and tranquillity.

The Spa at Mandarin Oriental, Bodrum, is a serene retreat on Turkey's Aegean coast, blending luxury with traditional Turkish hospitality. Offering stunning sea views, meticulously designed treatment rooms, and cutting-edge wellness techniques, the spa provides a holistic experience for both relaxation and revitalization. Whether enjoying a traditional hammam or a personalized wellness program, guests are immersed in transformative healing and tranquility.



## ESSENCE OF BODRUM

### **AEGEAN CALM / 1 hour 50 minutes €475 / 2 hours 50 minutes €710**

Surrounded by the Aegean Sea, our spa invites you to relish authentic treatments infused with the delightful aroma of mandarin. Following a personalized consultation with our professionals, indulge in a selection of treatments, including a 60-minute Traditional Hamam and 50-minute full-body acupressure massage. The massage, focusing on the neck and shoulders, is enhanced with dreamy mandarin essence, culminating in a soothing foot massage. Immerse yourself in a blissful escape where the Aegean ambiance meets rejuvenating spa experiences.

### **MEDITERRANEAN JOURNEY / 1 hour 50 minutes €420**

An indulgent treatment performed in our traditional Hammam, beginning with a finely ground olive seed body scrub to prepare your skin for a deeply hydrating envelopment of local pine flower and honey. This is followed by a soothing head or foot massage using nourishing pressed almond oil.

Your Mediterranean journey concludes with our signature foam massage, enhanced with heady aromatherapy oils, for a truly relaxing and de-stressing experience.



## SIGNATURE THERAPIES

### TIME RITUALS™ / 1 hour 50 minutes €385

Book a length of time and enjoy the most holistic experience possible, by allowing our therapists to utilize their individual talents to create and customize treatments to your unique individual needs.

### ORIENTAL HARMONY FOUR HANDS MASSAGE / 1 hour 50 minutes €590

Four hands work in perfect unison in a remarkable experience that inspires a harmony of the senses, two therapists work together in time and movement. First provides a warm scrub that soothes the skin and later a harmonious massage that balances the body. Ideal for those suffering from Jet Lag.

### DIGITAL WELLNESS ESCAPE / 1 hour 20 minutes €285

Concentrating on the head, eyes, neck, shoulders, hands and feet, this restorative treatment aims to ease stresses and strains resulting from the frequent use of digital devices.

### INTELLIGENT MOVEMENT / 1 hour 30 minutes €375

The Intelligent Movement Treatment has been designed to help guests improve their posture and mobility through trigger point release work, deep muscle manipulation, stretching and elongation of the muscles. This treatment helps to soften the muscle tissue, release tension, increase circulation and improve overall mobility in the body. Intelligent Movement incorporates the Hypervolt Percussion.

*\*This treatment can be combined with postural workouts and pilates.*

### INNER STRENGTH / 1 hour €275 / 1 hour 30 minutes €300

Using a blend of healing and balancing aromatherapy oils, this nurturing treatment uses massage to ease physical tension and emotional anxiety resulting from a traumatic experience or stressful time in one's life.

### ORIENTAL QI / 1 hour 30 minutes €385

A simple, effective and authentic spa experience. This relaxing, hands-on body massage ritual works on the energy of the meridians using the benefits of essential oils.

### FOREST THERAPY / 1 hour €265 / 1 hour 30 minutes €295

Bring the serenity of nature to your mind, body, and skin. Feel restored from the stresses of modern day living, cleansed of pollution and relieved from restlessness & agitation. Forest Therapy's unique essential oil blend & treatment massage will reinforce your intention to feel refreshed, tranquil & grounded.

### PAUSE & RESET / 1 hour 30 minutes €385

A revitalizing treatment designed to support you through hormonal imbalances – whether you're experiencing peri-menopause, menopause, premenstrual syndrome, or simply feeling disconnected from your natural rhythm. Forest Therapy's unique essential oil blend & treatment massage will reinforce your intention to feel refreshed, tranquil & grounded.



## TRAVELLER'S ESSENTIALS

**DEEP RELAX & SLEEP WELL BODY WELLBEING / 1 hour €270 / 1 hour 30 minutes €345**

While the allure of Bodrum is something we all crave, now welcome to the paradise. The Spa at Mandarin Oriental Bodrum offers Deep Relax & Sleep body massage using a blend of relaxing essential oils, this full body massage involves carefully applied pressure techniques to balance the nervous system and ease an overactive mind. Induces a deep sense of tranquility and a good night's sleep. We promise to eradicate your jet lag in no time and helping you to bring the glamour back whatever you are.

**CALM MIND / 50 minutes €255**

Re-harmonize your natural energy flow with our signature head massage, designed to completely relax both body and mind.

**ORIENTAL FOOT THERAPY / 50 minutes €225**

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.



## HAMMAM EXPERIENCES

### TURKISH HAMMAM RITUALS

This Oriental-inspired Hammam experience begins with invigorating `Kese` body scrub, followed by full body foam massage, its rhythmical strokes helping to calm and nourish, mind, body and soul. A natural Hammam mask is then applied to enrich the body, while the soles of the feet are gently exfoliated with a traditional "Ponza" stone.

#### Sultan Hammam / 1 hour €300

Invigorating Body Scrub, Foam Massage & Hydrating Body Mask

#### Oriental Hammam Ritual / 45 minutes €275

Invigorating Body Scrub & Foam Massage

#### Traditional Moroccan Hammam / 60 minutes €330

It is one of the best ways to get rid of dead skin and relax the body and mind. What makes the Moroccan Bath unforgettable is the therapeutic effect created by the traditional black soap & kesse application used during the procedure.

*\*You can combine your Traditional Hammam treatment with one of our massages or skin care treatments. Please consult with our Spa Concierge for further details.*

## SCRUBS & WRAPS

### QUINTESSENCE BODY SCRUB / 30 minutes €180

This luxurious and invigorating scrub blends Mandarin Oriental's signature body oil infused with essences of tropical ginger, frankincense and mandarin with organic, mineral-rich sea salt to leave the skin smooth, replenished and exotically fragrant.

### NATURAL SCRUB / 30 minutes €180

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

### ROSE HYDRATING COCOON / 1 hour €260

This treatment comprises a deep-moisturizing body wrap treatment including full body scrub that softens and revitalizes skin, followed by a full-body wrap with rich rose oil and rose body creams of rose damascane, roman chamomile and neroli for nurturing skin.

## HOLISTIC SKIN CARE

### AROMATHERAPY ASSOCIATES FACIALS

Aromatherapy Associates has been at the forefront of aromatherapy for over 30 years. Harnessing the natural power of essential oils to nurture the body and boost the spirit. Their essential oils are highly effective in enhancing the state of our physical, mental, and emotional wellbeing.

#### CUSTOMISED AROMATHERAPY FACIAL / 1 hour €280 / 1 hour 20 minutes €295

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.

#### DEEP CLEANSING FACIAL / 1 hour 20 minutes €350

A purifying treatment for oily and combination skin. Essential oils of lavender, ylang ylang and tea tree with natural antibacterial properties penetrating deep into the skin and helping to regulate sebum production. This treatment refreshes and balances, leaving the complexion super clean and fresh.

## AUGUSTINUS BADER

### AUGUSTINUS BADER JETLAG FACIAL / 60 minute / €310

Take a short break from your busy schedule and refresh your skin. This exclusive ritual offers deep cleansing, intense hydration, and revitalizing care with Augustinus Bader's award-winning skincare products.

### AUGUSTINUS BADER GLOW FACIAL / 1 hour 15 minutes / €380

A luxurious treatment that enhances your skin's natural glow. Featuring a three-step cleansing process, a specialized facial massage, and deep hydration with The Hydrogel Face Mask. Complete with a relaxing hand and arm massage.

### AUGUSTINUS BADER LONGEVITY FACIAL / 1 hour 30 minutes / €475

A treatment designed to defy time. Includes a three-step deep cleansing, facial massage enhanced by patented TFC8® technology, and rejuvenation with the sheet mask and The Eye Patches. Complete this full-body renewal experience with the The Scalp Treatment and a soothing hand and arm massage.



# ADVANCED SKINCARE

## PERSONALIZED FACIAL / 1 hour 10 minutes €475

A complete skincare treatment that exfoliates, lifts, restructures, firms, hydrates, and protects against external aggressions. A moisturising and balancing anti-aging treatment for vibrant, healthier skin, designed to soothe and treat sensitive skin affected by the passage of time.

## NEW GENERATION ANTI AGING / 1 hour 10 minutes €475

*Anti Redness, Soothing, Lipid-Replenishing*

Infused with high-molecular-weight hyaluronic acid, this exceptional treatment delivers an immediate rejuvenating effect, smoothing fine lines while stimulating collagen synthesis to visibly diminish the depth and appearance of wrinkles. Designed to restore the skin's youthful radiance, it envelops the complexion in deep hydration and an exquisite calming sensation, fortifying its natural defenses against environmental stressors for a healthier, more luminous glow, using Biologique Recherche products.

## BOOSTER VIP O2 DETOXIFYING OXYGEN TREATMENT / 50 minutes €280

A crackling micro-massage skincare which re-oxygenates the skin tissue, detoxifies the epidermis by eliminating pollution particles, stimulates the skin and restores the skin's radiance. A wonderful moment of well-being and relaxation which leaves you glowing with health, using Biologique Recherche products.

## SIGNATURE FACIAL SECONDE PEAU TREATMENT / 1 hour 10 minutes €850

Refill and Botox Treatment

A genuine alternative to fillers, this exceptional anti-aging treatment visibly lifts and corrects signs of ageing through the use of an Electroporation device, using Biologique Recherche products.

## EXTEND YOUR BIOLOGIQUE RECHERCHE FACIALS WITH Remodeling Face © / +20 minutes €150

Wider-looking eyes, more pronounced cheekbones, less marked wrinkles and a more clearly defined facial contour. A state-of-art of bio-electro stimulation for immediate and long-lasting results, using Biologique Recherche products.

## Remodeling Face © with Electroporation / +20 minutes €150

An intensive and long-lasting migration of the Biologique Recherche Exclusive Cocktail d'Actifs Régénérants Serum, with its 49 high doses of active ingredients. Peptides, Amino Acids, Vitamins and Minerals. Using Biologique Recherche products for a plumped and restored skin.



## BODY MESSAGES

All of our massage treatments are customized for each guest. Your therapist will perform a thorough consultation to understand your needs, before designing a treatment drawing from a number of massage techniques to increase muscle relation, improve circulation and increase overall wellbeing.

### ORIENTAL ESSENCE / 50 minutes €270 / 1 hour 20 minutes €345

Using custom-blended oriental oils and movements inspired by traditional oriental therapies, this tension-busting massage treats the whole body. Focuses on the traditional stress-holding areas of the back, neck and shoulders.

### EASTERN THERAPEUTIC / 50 minutes €290 / 1 hour 20 minutes €375

The essence of this massage fuses Eastern and Western practices; focusing on restorative stretching and pressure point therapy. This massage is an ideal synthesis of deep tissue techniques (using forearm and elbow) combined with the rhythmic stretches of Thai massage. Active muscle and joint de-stress movements help to dissolve deep muscles strains and tension.



### AYURVEDIC HEALING / 1 hour 20 minutes €320

Immerse yourself into the world of ancient Indian traditions to discover a true sense of peace. A full-body Abhyanga Massage will assist in the restoration of energy and the relief of fatigue, followed by an ancient Indian Head Massage to relieve tension through the energy centres of the head and neck where tension is stored.

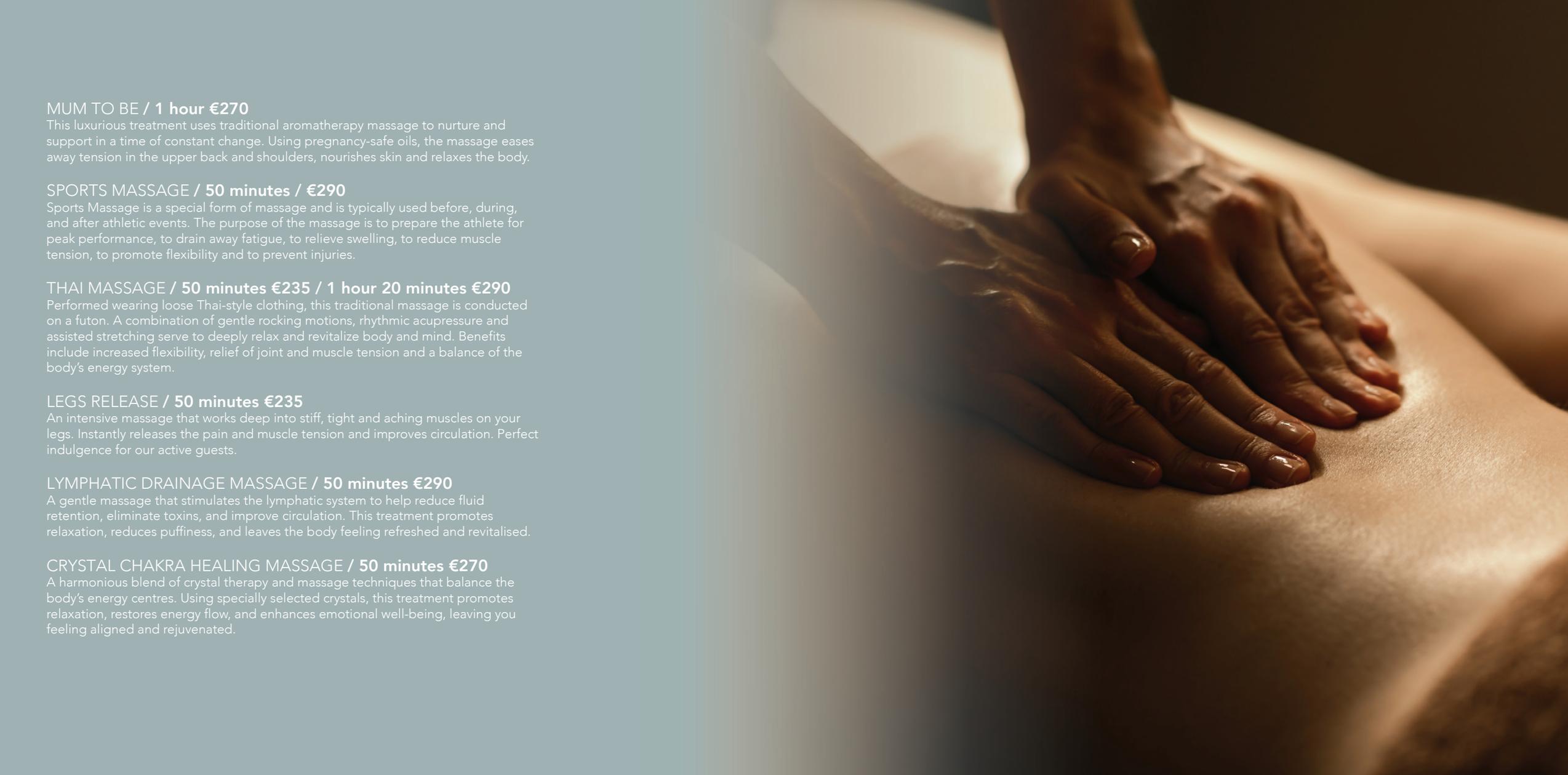
### HOT STONES THERAPY / 1 hour 20 minutes €335

Inspired by traditional Native American Indian practices, this relaxing massage uses heated stones to generate energy and create a sense of balance. It also helps relieve deep-seated muscle tension.

### AROMATHERAPY / 50 minutes €250 / 1 hour 20 minutes €305

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.





### MUM TO BE / 1 hour €270

This luxurious treatment uses traditional aromatherapy massage to nurture and support in a time of constant change. Using pregnancy-safe oils, the massage eases away tension in the upper back and shoulders, nourishes skin and relaxes the body.

### SPORTS MASSAGE / 50 minutes / €290

Sports Massage is a special form of massage and is typically used before, during, and after athletic events. The purpose of the massage is to prepare the athlete for peak performance, to drain away fatigue, to relieve swelling, to reduce muscle tension, to promote flexibility and to prevent injuries.

### THAI MASSAGE / 50 minutes €235 / 1 hour 20 minutes €290

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 revitalize body and mind. Benefits include increased flexibility, relief of joint and muscle tension and a balance of the body's energy system.

### LEGS RELEASE / 50 minutes €235

An intensive massage that works deep into stiff, tight and aching muscles on your legs. Instantly releases the pain and muscle tension and improves circulation. Perfect indulgence for our active guests.

### LYMPHATIC DRAINAGE MASSAGE / 50 minutes €290

A gentle massage that stimulates the lymphatic system to help reduce fluid retention, eliminate toxins, and improve circulation. This treatment promotes relaxation, reduces puffiness, and leaves the body feeling refreshed and revitalised.

### CRYSTAL CHAKRA HEALING MASSAGE / 50 minutes €270

A harmonious blend of crystal therapy and massage techniques that balance the body's energy centres. Using specially selected crystals, this treatment promotes relaxation, restores energy flow, and enhances emotional well-being, leaving you feeling aligned and rejuvenated.

## ADVANCED BODY CARE

### SUMMER SKIN COOLER / 1 hour €250

Powerfully soothing and rehydrating for over exposed skin. Thanks to its active ingredients rose, lavender & peppermint, this treatment leaves the body nourished and cooled. Perfect treatment for those who have been out in the sun and need to cool down their skin and take care of their body, using Biologique Recherche products.

### DETOX, POLISH SCRUB & WRAP / 1 hour 30 minutes €400

This treatment features energising massages that create a drainage effect on concentrated cellulite, followed by a wrap. Its thermal effect releases marine active ingredients that remineralise and purify the body, leaving you with a wonderful sense of well-being and comfort, using Biologique Recherche products.

### SCULPT YOUR BODY / 1 hour 30 minutes €400

This firming and toning body treatment features an exfoliating session followed by a bio-reflex massage. It leaves you with a refined skin texture and resulpted body, using Biologique Recherche products.

### LIGHTER LEGS / 1 hour 10 minutes €345

*For a sensation of lightness*

A draining and anti-swelling treatment that stimulates circulation and leaves your legs feeling less heavy. Thanks to the thermal effect provided by the wrapping of both legs, it creates a sensation of lightness and freshness, using Biologique Recherche products.





## GENTLEMEN'S ESSENTIALS

### ESSENTIAL FACIAL / 50 minutes €280

An instant boost for tired and stressed complexions, this facial is specifically formulated for the male complexion and all skin types. This skin-nourishing, tension-dissolving treatment uses natural plant extracts and flower essences to help purify and revitalize the skin.

### MAN SPACE / 2 hours €535

A Traditional Turkish Hamam "kese", to exfoliate and deeply cleanse your skin. Followed by a choice of rejuvenating full body massage to relieve your muscles of tension and alleviate stress, enabling you to feel completely relaxed and rested. 40 minute facial treatment following the massage allows you to indulge yourself. 30 minutes "kese" exfoliation, 50 minutes massage, 40 minutes facial treatment.

# FAMILY TIME

THE MOST PRECIOUS TIME IN YOUR LIFE IS THE TIME YOU SPEND WITH YOUR FAMILY

A family spa day is a wonderful way to enjoy some quality time together as well as give yourself and your children a well-earned break from everyday life.

## MOM AND DAUGHTER SPA RETREAT / 2 hours 10 minutes €925

Mom and daughter can enjoy a spa bonding experience. This package is designed for creating the perfect balance of quality time, relaxation and fun for both.

Yoga Session / 40 minutes

Scrub-Hammam / 30 minutes

Massage of Your Choice / 30 minutes

Mini Facial / 30 minutes

*By the end of the programme we will serve fresh juice cocktail.*

## FATHER AND SON SPA RETREAT / 2 hours 30 minutes €880

It's designed to offer fathers and sons a delightful spa experience, creating the perfect opportunity for families to enjoy quality time and unforgettable moments together.

Kickbox / 60 minutes

Rejuvenating Massage / 60 minutes

Scrub-Hammam / 30 minutes

*By the end of the programme we will serve fresh juice cocktail.*



## SPA TREATMENT ENHANCEMENTS

### REVITALISING EYE TREATMENT / 20 minutes €140

Refresh and brighten your eyes, dark circles and fine lines are eased by using specialized massage techniques and herbal extracts of black tea, cranberry and strawberry to improve micro-circulation and drainage and reduce puffiness in the eye area. The perfect addition to any facial.

### BIOLOGIQUE FEERIE COLLAGEN FACE / 20 minutes €170 or FACE & NECK MASK / 30 minutes €190

Combined with the Biologique Recherche's unique skin care protocols and products, the Masque Feerie will enhance action on the facial contour. This intensive treatment firms, tones and revitalizes your skin.

### TOLE SKIN AFTER SUN CARE / 20 minutes €140

A face mask that instantly calms the skin and repairs damaged skin after the sun. Ideal for after all facials.

### MASK PIGM 400 BRIGHTENING / 20 minutes €140

An advanced antioxidant blemish mask that brightens the skin.

### PLATYSMA JAWLINE LIFT / 20 minutes €140

A mask that defines the Jaw Line and tightens the tissue in the cheek area.

*\*All treatment additions should be combined with another treatment from our spa menu and cannot be received alone. Please consult your therapist or Spa Concierge for the most suitable treatments to book with.*

### SKIN ROSE GOLD BRIGHTENING MASK / 20 minutes €170

Containing 24k Gold and Damask Rose, this mask works both to illuminate and calm the skin for a party-ready glow. Used by supermodels, celebrities and influencers – this is a must-have in any skincare arsenal.

### SKIN ROSE GOLD ILLUMINATING EYE MASK / 20 minutes €140

This hydrogel eye mask was designed specifically to provide dramatic radiance to the delicate under-eye area. The mask is infused with potent ingredients that work to illuminate the under eyes, as well as brighten the complexion over time by targeting areas of pigmentation.

### BLACK DIAMOND LIFTING & FIRMING MASK / 20 minutes €145

Target zone-specific ageing concerns with this powerful multi-section, triple-formula mask. The Lifting and Firming Mask is designed with two core segments; an Upper Mask formulated with glycopeptides to reduce the appearance of frown lines, and the Lower Mask is enhanced with collagen-stimulating properties that improve volume and plumpness.



# BASTIEN GONZALES

Bastien Gonzalez is internationally famous for his unique approach to foot treatments. Due to his professional expertise and experience as a French Chiropodist, he designed and developed exclusive treatments for the feet, nails, and hands whose uniqueness lies in the fusion of health, well-being, and beauty.

Bastien selects and trains every member of his team to his treatment protocols and standards, ensuring the excellence of his "Savoir Faire" all over the world.

## SPA MENU

### BASTIEN'S DUO / 1 hour 15 minutes €220

This synchronized four hands treatment focuses on your feet, legs, hands, and arms. The ultimate in manicure and pedicure luxury with total relaxation.

### BASTIEN'S PEDICURE / 1 hour €145

An overall pedicure including a nail treatment with a gentle buffing to restore the beauty of the nails which results in a healthy natural shine. Followed with a skin treatment to eliminate hard skin and dryness. And completed with a genuine massage from the toes up to the knees relieving any muscle tension and heaviness.

### NAIL BRIGHTNESS / 45 minutes €95

A foot treatment focusing on the beauty of nails, cuticles, and light smoothing of the skin dryness. Nails are reshaped and buffed with chamois leather and a pearly buffing cream resulting in healthy, shiny, and natural beauty of the nails. It ends with a relaxing foot massage.

### BASTIEN'S MANICURE / 45 minutes €115

*Refill and Botox Treatment*

An exceptional manicure in 3 steps: a nail treatment, including a natural beauty finish to the nail, follow by a meticulous cuticle treatment to remove dryness, and a thorough massage of the forearms, wrists, hands, and fingers.

### FOOT "REFOUNDATION" MASSAGE / 35 minutes €95

Foot and Leg Massage - A treatment designed for the total well-being of the feet and legs. Ideal for heavy and tired legs after flights, this truly relaxing massage is from the toes up to the knee, focusing on muscle tension, joint mobility, blood circulation, skin elasticity and the swollen soles of your feet. The preliminary exfoliation performed with the Black Diamond Scrub will ease the penetration of the cream used during the massage.

### GLOBAL MASSAGE "REFOUNDATION" / 35 minutes €180

Foot and Hand Massage – A completely soothing and calming massage from the toes up to the knee, from the fingers up to the elbow. These four hands synchronized massage create a light sensation to the whole body, relieve legs and arms from any muscle tension and heaviness.

## SPECIAL TOUCH

### PARAFFIN TOUCH / 20 minutes €45

Intensify any of Bastien Gonzalez treatments by adding the paraffin touch. The warmth of this silky wax will aid the penetration of applied moisturizers into the skin for deep hydration. It will enhance relaxation and ease tension in the joints and muscles.

### BLACK DIAMOND SCRUB TOUCH / 10 minutes €45

Elevate your Bastien Pedicure or Bastien Manicure by adding on the Black Diamond Scrub Touch. This mineral foaming scrub permits a vigorous natural exfoliation, helping the removal of dead skin cells and leaving it smooth and silky sensation. Essential oils of Thyme and Sage contribute to maintaining healthy and elegant feet and hands.

### COLOUR TOUCH / 20-30 minutes €40

Nail Polish application is not included in our Bastien's pedicure and manicure treatments. Choose your preferred shade from our range of lacquers to infuse your nails with captivating colour, perfect for a special event. Includes nail reshaping.

### REMOVAL GEL COLOUR TOUCH / 30 minutes €100

Gel Nail Polish removal is not included in our Bastien's pedicure and manicure treatments. Efficiently remove your gel nail polish, ensuring your nails are clean and prepared for your next Bastien's pedicure and manicure treatments.

*\*Bastien Gonzales Treatment Menu is vaible from 15 May to 15 September.*

# WELLNESS PROGRAMME

## VITALITY BOOST PROGRAMME / €1.760

Recharge your body and mind with our expertly curated Vitality Boost Programme, designed to restore balance, enhance well-being, and elevate your energy levels. This immersive journey combines personalized fitness, restorative therapies, and time-honored rituals to awaken your senses and invigorate your spirit.

Body Screen / **30 minutes**

Morning Walk x2 / **30 minutes**

Personal Training or Pilates x3 / **60 minutes**

Yoga or Meditation x2 / **45 minutes**

Traditional Hammam / **45 minutes**

Slimming Alga Anticellulite x2 / **1 hour 30 minutes**

Oriental Essence Massage x2 / **50 minutes**

## INNER BALANCE PROGRAMME / €1.330

The Inner Balance Yoga Program is designed to help you achieve harmony between the mind, body, and spirit. By combining breath work, mindful movement, and meditation, this program guides you through a holistic journey of self-discovery and tranquility.

Lifestyle Consultation / **30 minutes**

Yoga (Hatha, Vinyasa, Yin, Aerial) / **60 minutes**

Inner Balance Meditation x2 / **60 minutes**

Sunrise Healing / **30 minutes**

Digital Wellness Escape Treatment / **1 hour 20 minutes**

Calm Mind Massage / **50 minutes**

Oriental Essence Massage / **50 minutes**

## FLOURISH FOREVER PROGRAMME / €2.175

Reveal your timeless beauty and radiant confidence with our Flourish Forever Programme—a luxurious blend of expert skincare, rejuvenating face yoga, mindful meditation, and indulgent spa rituals designed to revitalise your complexion, uplift your spirit, and restore inner harmony.

Beauty Consultation / **30 minutes**

Face Yoga x2 / **45 minutes**

Mindfulness Meditation / **30 minutes**

Traditional Turkish Hammam / **45 minutes**

The Lift CVS x2 / **1 hour 10 minutes**

Soin Restructurant Et Lissant / **1 hour 10 minutes**

Remodelling Face Machine Treatment x2 / **20 minutes**

Aromatherapy Massage / **50 minutes**

*\*For further details on the Programme or any additional information, please contact our Spa Wellness Concierge. All rates are quoted in euros, inclusive of 20% government taxes and exclusive of an 8% charge.*

## RETREATS

### REENERGEISE ONE-DAY RETREAT / €480

Digital Wellness Escape Treatment / **1 hour 20 minutes**

Personal Training / **45 minutes**

Plant-based Lunch at the Blue Beach / **30 minutes**

### RENEW ONE-DAY RETREAT / €530

Consultation / **10 minutes**

Anti-ageing Facial / **1 hour 10 minutes**

Plant-based Lunch at the Blue Beach / **30 minutes**



# FITNESS

## YOGA & HOLISTIC WELLNESS

Yoga / 60 minutes €135

Therapeutic Slow Flow / 50 minutes €135

Breathing Meditation Technique / 30 minutes €125

Aerial Yoga / 60 minutes €135

## PILATES

Classical Reformer Pilates / 60 minutes €135

Reformer & Cadillac Pilates / 50 minutes €150

Kinesis & Pilates / 60 minutes €135

## FITNESS WORKOUT

Personal Training / 60 minutes €135

Knesis Workout / 50 minutes €135

METCON / 45 minutes €175

SUP Total Body Workout / 60 minutes €145

HIIT Cardio / 30 minutes €110

Kickbox / 60 minutes €135

Assisted Stretching (Fitness) / 30 minutes €110

## WATER ACTIVITIES

Beginner Swimming Class / 45 minutes €135

Paddle Board Yoga / 40 minutes €135

Aqua Pilates / 40 minutes €135

## FITNESS ENHANCEMENTS

Normatech 3 Leg Recovery System / 30 minutes €135

Hypervolt 2 Pro Release Session / 30 minutes €110

Pilates class for two / 60 minutes €210

Pilates class for three / 60 minutes €320







MANDARIN ORIENTAL  
BODRUM

T:+90 252 311 18 88 | [mandarinoriental.com/bodrum](http://mandarinoriental.com/bodrum) | [#mandarinorientalbodrum](https://www.instagram.com/mandarinorientalbodrum)