



THE SPA
— AT —
MANDARIN ORIENTAL
—
BODRUM





SIGNATURE THERAPIES

TIME RITUALS™ / 1 hour 50 minutes

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 minute

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

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.

INNER STRENGTH / 1 hour 50 minutes

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.

INTELLIGENT MOVEMENT / 1 hour 30 minutes

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.

ORIENTAL QI / 90 minutes

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 / 1 hour 30 minutes

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.



TRAVELLER'S ESSENTIALS

DEEP RELAX & SLEEP WELL BODY WELLBEING

60 minutes / 90 minutes

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

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

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.

PEARL OF BOSPHORUS

1 hour 50 minutes

Nestled by the Aegean Sea, our spa invites you to relish authentic treatments infused with the delightful aroma of rose. 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 rose essence, culminating in a soothing foot massage. Immerse yourself in a blissful escape where the Bosphorus ambiance meets rejuvenating spa experiences.



ESSENCE OF BODRUM

AEGEAN CALM

1 hour 50 minutes / 2 hours 50 minutes

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.

BLISSFUL JOURNEY 10TH-YEAR CELEBRATION

1 hour 50 minutes

Introducing our newest spa treatment, an indulgent experience set in our traditional Hamam. Kick off with a finely-ground olive seed body scrub, priming your body for a hydrating envelopment of local pine-flower and honey. Enjoy a head or foot massage using nourishing pressed almond oil. Conclude your Traditional Journey with our signature foam massage, infused with heady aromatherapy oils, ensuring a truly relaxing and de-stressing treatment. Immerse yourself in luxury and embrace the perfect blend of tradition and tranquility.



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

Invigorating Body Scrub, Foam Massage & Hydrating Body Mask
60 min

Oriental Hammam

Invigorating Body Scrub & Foam Massage 45 min

Traditional Moroccan Hammam

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.

60 min

*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.



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 / 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.

DEEP CLEANSING FACIAL

1 hour 20 minutes

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.



ADVANCED SKINCARE

BIOLOGIQUE RECHERCHE FACIALS

Since 1980, Biologique Recherche has devoted itself to the art of personalized treatments, delivering outstanding immediately visible and long lasting results.

THE LIFT C.V.S / 70 minutes

Complete skin care, it exfoliates, lift, restructures, firms and hydrates and protects exterior aggressions. Recommended for normal, seborrheic, atone and/or thick skin

LOTION MC 110 / 50 minutes

Replumping, restricting and renewing treatment for non-reactive, devitalized and/or toneless skin with fine lines and wrinkles.

SOIN RESTRUCTANT ET LISSANT / 70 minutes

A moustrazing and balancing anti-aging treatment for a vibrant and healthier skin that balances and treats sensitive skin which is marked by time

THE BOOSTER VIP O2 OXYGENATING FACIAL / 50 minutes

A crackling micro-massage skincare which re-oxygenates the skin tissue, detoxify 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.

BIOLOGIQUE RECHERCHE ONLY FOR YOU WITH SECOND SKIN – SECONDE PEAU / 70 minutes

A world first in professional cosmetics, Second Skin is a lifting and regenerating electrospun mask with %80 hyaluronic acid that targets damaged skins. A genuine alternative to fillers, this exceptional anti-aging treatment will visibly lift and correct signs of aging. This exceptional anti-aging treatment will visibly lift and correct signs of aging with the use of our Electroporation device.

EXTEND YOUR BIOLOGIQUE RECHERCHE FACIALS WITH **Remodeling Face © +20min.**

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.

Remodeling Face © with Electroporation +20min.

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. For a plumped and restored skin.



DR. BARBARA STURM SKINCARE

Dr. Barbara Sturm's unique, science-based products have achieved cult status with skincare devotees worldwide and her philosophy of healing the skin has challenged both aggressive approaches and the conventional wisdom. Their philosophy of skin healing also means they do not use substances and ingredients that are both unnecessary for the skin and may promote inflammation, including artificial fragrance, color, micro plastics and aggressive preservatives. Dr. Barbara Sturm Molecular Cosmetics line is formulated for those who yearn for an uncomplicated, yet highly effective skincare regime that provides hydration, nutrition and regeneration glow without the use of toxic, harmful or aggressive ingredients in products.

INSTANT GLOW FACIAL / 45 minutes

An express version of the Signature Sturm Glow Facial, this revitalizing facial will cleanse, nourish and awaken the skin, and help restore the complexion's natural glow. Light-reflecting pigments in GLOW DROPS leave the skin with a visible, youthful radiance and even out the appearance of any irregularities on the complexion. The treatment nourishes the skin, and helps to restore a natural and healthy-looking glow.

SIGNATURE STURM GLOW / 60 minutes

The Signature #SturmGlow Facial combines thorough cleansing, exfoliation and extractions to leave the skin super clean and refreshed. It also includes Dr. Sturm's Signature Anti-Aging Massage; a unique combination of massage techniques which help increase blood and oxygen flow and tone and define the facial muscles for an instant, youthful-looking complexion. This facial targets key areas of concern to instantly smooth fine lines, reduce puffiness, lift and define the cheekbones and jawline, plus give skin a youthful glow.

SUPER ANTI-AGING FACIAL / 75 minutes

By combining the effects of SUPER ANTI-AGING SERUM with an exclusively designed re-sculpting and anti-gravity massage, the Super Anti-Aging Facial replenishes moisture reservoirs resulting in a smoother and more youthful complexion, while promoting the skin's natural barrier function and reducing the appearance of fine lines and wrinkles. This facial visibly lifts the skin around the jaw and neck while reviving stressed 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 / 1 hour 20 minutes

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 / 1 hour 20 minutes

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

Immerse yourself into the world of ancient Indian traditions to discover a true sense of peace. A fullbody 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

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 / 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.

MUM TO BE 1 hour

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

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 / 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 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

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.



ADVANCED BODY CARE

BIOLOGIQUE RECHERCHE TREATMENTS

Since 1980, Biologique Recherche has devoted itself to the art of personalized treatments, delivering outstanding immediately visible and long lasting results.

SUMMER SKIN COOLER / 1 hour

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.”

SLIMMING ALGAE ANTI-CELLULITE & DETOX TREATMENT / 90 minutes

This treatment features energizing massages that create a drainage effect on concentrated cellulites and followed by a wrap. It’s thermal effect releases marine active ingredients that remineralize and purify the body and fill you with a wonderful sense of well-being and comfort.”

SOIN LIFT CORPS / 90 minutes

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 resculpted body.

HEAVY LEGS TREATMENT / 75 minutes

This heavy legs treatment reinforces dermis and helps to improve the blood circulation. It releases puffiness, pain, discomfort, and dehydration. Thanks to the thermal effect provided by the wrapping of both legs, it creates a sensation of lightness and freshness.



SCRUBS & WRAPS

QUINTESSENCE BODY SCRUB / 30 minutes

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

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

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 damascene, roman chamomile and neroli for nurturing skin.

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



GENTLEMEN'S ESSENTIALS

ESSENTIAL FACIAL / 50 minutes

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

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, 50minutes 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 / 130 minutes

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 / 150 minutes

Kickbox / 60 minutes

Rejuvenating Massage / 60 minutes

Scrub-Hammam / 30 minutes

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



TREATMENT ADDITIONS

REVITALISING EYE TREATMENT / 20 minutes

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 TREATMENT 20 minutes

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

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

An advanced antioxidant blemish mask that brightens the skin.

PLATYSMA JAWLINE LIFT 20 minutes

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 FACIAL TREATMENT MASK / 20 min

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 & BLACK DIAMOND EYE MASK / 20 min

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.

SKIN CELESTIAL BLACK DIAMOND LIFTING AND FIRMING MASK / 20 min

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.



TERMS & CONDITIONS

ADVANCED BOOKINGS

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

CANCELLATION POLICY

Please allow 24 hours' notice of cancellation to avoid charges. Cancellations within 12 hours will incur 50% charge. Cancellations 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 programs can be obtained by contacting the Spa Concierge at +90 252 311 31 18 or at extension 13118.

SPA ETIQUETTE

Our spa environment is one of tranquility and relaxation place. 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 to the fitness and wellness center it 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 sterilized and sanitized after each 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 center.

SPA BOUTIQUE

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

HAIR SALON

Full spectrum of hair salon services to enhance your style and look. Please be advised that Hair Salon is located in spa floor and services must be booked in advance through our Spa Concierge on level 0 or by calling Ext: 13118.

REFUND POLICY

Unopened retail products can be exchanged within ten days of purchase, if presented with the original receipt. Refunds are done by cash or credit card depending on your payment method.

OPENING HOURS

FOR FITNESS SERVICES & ACTIVITIES

Mon - Sun 07.00 - 22.00

INDOOR POOL

Mon - Sun 07.00 - 22.00 & 08.00 - 20.00

*Spring & Fall Season

SPA TREATMENTS

Mon - Sun 11.00 - 20.00 & 10.00 - 22.00

*Spring & Fall Season

HAIR SALON

Mon - Sun 11.00 - 20.00 & 10.00 - 22.00

* Spring & Fall Season

* Spring & Fall Season; Between April 1 to May 15, September 20 to October 31.



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