



SIX SENSES SPA

KAPLANKAYA

WELLNESS AND SPA MENU

Wellness is freedom. It's an invitation to explore, to find a clear sense of purpose, to understand what makes life meaningful in pursuit of a healthier and happier you. To live smarter now for a future of living awesome.

Our overarching philosophy, Six Senses Integrated Wellness, provides the best base possible to help you flourish, in tune with your natural flow. From our pioneering experts, doctors and practitioners to our unique blend of high-tech science and high-touch therapies. From the food you eat to the way you sleep, the people you meet and the earth beneath your feet. Wellness is integrated into your whole Six Senses experience, and becomes a joyful way of life.

If you wish to go further, our wellness experts can assess your health and lifestyle and recommend a personalized program for you in steps that you feel comfortable with. Move further along your path to well-being, with us cheering you on.



PERSONALIZED WELLNESS



WELLNESS SCREENING, 45 MINUTES

A non-invasive screening which analyzes your key physiological biomarkers and enables our experts to build a personalized program that blends high-tech science with ancient healing traditions, alternative therapies, holistic spa treatments and wellness activities.

BODY COMPOSITION TEST, 30 MINUTES

BOD POD is an accurate system of measurement used by professional sports organizations worldwide to determine body composition. After a five-minute test, an exercise physiologist reviews and explains the results and recommends a personalized program. *Please wear a swimsuit or tight-fitting athletic wear.*

BASELINE FITNESS ASSESMENT, 60 MINUTES

Our personal trainers assess your current fitness level and design a workout plan to help you achieve your goals.

NUTRITION

Whatever wellness journey you take, our experts follow the guiding principles of Eat With Six Senses: natural ingredients (where possible from our own organic gardens and farms), local and sustainable, and less is more, focusing on quality, balance and food made from scratch. We design a nutritional plan that is right for you, while delivering maximum taste and amplifying the benefits of your daily treatments and activities.



If you're already walking the walk along the path, choose one of our wellness programs to help you along the way.

LONGEVITY PROGRAM

Our longevity program is specifically designed to increase your energy, sharpen your mental focus, and improve your overall health and fitness, all while greatly reducing disease risks and working towards the goal of living better for longer. We support you to overcome lifestyle-related aging effects and boost your longevity through a personalized program and understanding that outer beauty comes from a healthy body, well-fed gut and happy mind.

DETOX

Do you want to eliminate toxins, improve the digestive system, boost the immune system and achieve clarity of thought and peace of mind? We use the non-invasive techniques of yogic cleanse to help your body detox in a safe, controlled manner, combined with low intensity training, detoxifying therapies, wellness food and personalized wellness activities.

IMMUNE BOOSTER

This program addresses key elements such as diet, sleep, and movement. Our wellness experts create a personal formula to build a strong body and healthy immune system for when we have this in-built resilience our mind and body performance increases.

FITNESS

Would you like to improve stamina, tone the body, get fit or address specific movement related concerns? This program focuses on assessing your fitness level and blends high and low intensity training and corrections of muscular imbalances with soothing treatments.

WEIGHT MANAGEMENT

Could you do with shedding a few pounds and boosting your energy levels? In this program, you'll learn the importance of balanced nutrition, exercise and a healthy mind; and how to sustain this routine once you return home.

SLEEP & DE-STRESS

Feeling tired, lacking energy, experiencing bouts of cold, suffering from headaches or finding it difficult to handle stress and adversity? Rest the mind and rejuvenate the body by combining practical advice from our in-house wellness team with the many benefits of yoga nidra and meditation, as well as relaxing wellness therapies.

MINDFULNESS

Have you become addicted to recurring thoughts which are often self-limiting and disrupt your life and relationships? Do you feel stuck in a groove? Slow down, breathe and learn techniques that will help you cleanse the mind, become aware of your thoughts and restore your brain.

DISCOVER YOGA

Experience a new form of body and mind exercise, release any stress and enjoy improved flexibility plus a stronger and more powerful body. This program combines private sessions of hatha yoga, guided meditation and breathing exercise with signature massages and energy treatments.

Programs of three, five, seven or more nights are available. It depends on how much time you have to invest in your well-being. If you are not sure about any of the above programs our team of wellness experts will be happy to design a personalized program based on your needs.



ENJOY AS PART OF YOUR STAY OR BEFORE YOUR TREATMENT

The many healing benefits of water and heat therapies have been practiced for centuries to reduce muscle tension, relieve pain and stress, boost the immune system and encourage detoxification. Fast forward to today's Six Senses hydrotherapy experiences, which provide an alternative yet therapeutic way to ease muscle aches and boost overall well-being, using the physical properties of water in several different forms. What's more, the muscles will be relaxed and the mind calmer, creating optimum conditions for achieving the best results.

Heated Loungers

A great start to the hydrotherapy circuit. Lie back on contoured tiled lounge chairs, radiantly heated at 35 degrees Celsius (96 Fahrenheit), allowing the heat to penetrate deep into the body to relax, reinvigorate and soothe muscles.

Crystal Steam Room

This aromatic steam room features a pure rock quartz crystal known as 'a master healer' to amplify energy, improve concentration and focus, and balance and revitalize the body, mind and soul. Choose your desired steam temperature at two bench levels.

Finnish Sauna

The high temperatures in this classic dry-heat sauna help release endorphins, the body's natural painkillers for relieving muscle soreness and pain. Sweating also opens the skin's pores to flush the body's impurities in a natural way.

Experiential Rains

Recommended to use after the sauna or steam, cooling showers stimulate circulation and aid better oxygenation of the body, wash away the toxins and clarify the mind. Light and sound effects enhance the experience.

Hydrotherapy Pool

Enjoy hydromassage stations designed for relaxation, rebalancing and releasing tension throughout the body.

Igloo

Ideal to use after the sauna, steam or the hydrotherapy pool session, icy circulating air cools the skin, and is most beneficial when inhaled deeply into the lungs, then exhaled slowly. Grab a handful of ice, rub it over the body to stimulate circulation and oxygen uptake, boost the immune system and gently exfoliate the skin to eliminate toxins. An Arctic mist spray and heated floor enhance your chilled-out experience.

Foot Therapy Basins

Boost circulation and recharge the body as you soak tired feet, alternating hot and cold water, while seated on a heated bench. The bubbles massage the feet and ankles, stimulating pressure points as in a reflexology session.

Salt Grotto

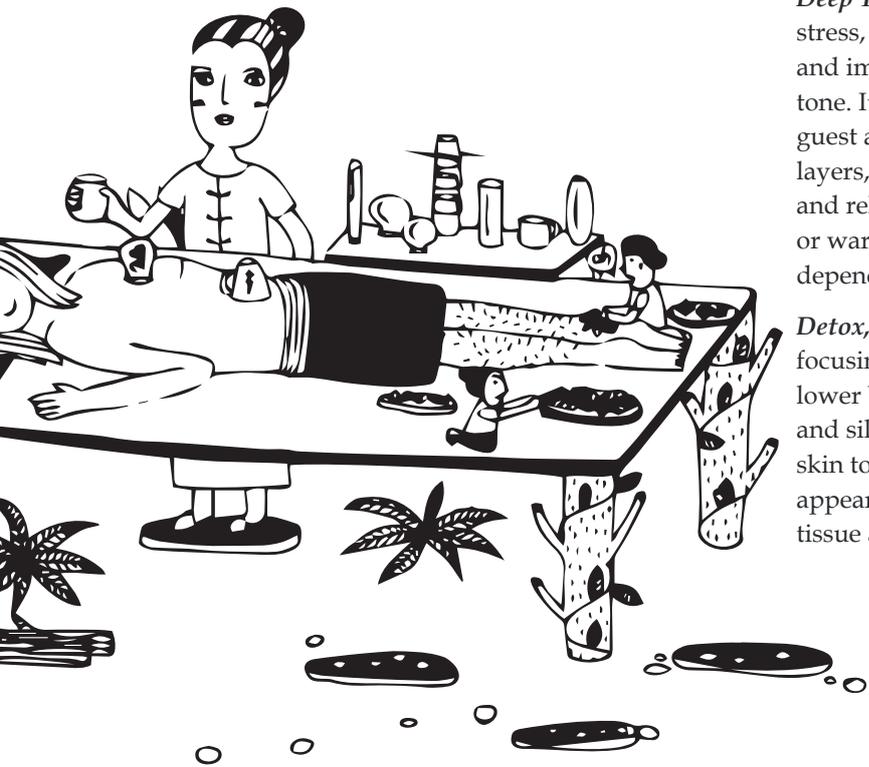
Lie back on heated benches made of thick Himalayan natural rock salt as soothing “sea air” washes over you. Salt therapy relieves respiratory ailments and its calming and detoxifying effects also support the immune, nervous and lymphatic systems. Other benefits include less stress, more energy and improved sleep quality.





MASSAGES





SIX SENSES SIGNATURE MESSAGES:

Deep Tissue, 60/90 minutes - this massage releases stress, eases muscle tension, boosts circulation and improves mobility, as well as muscle and skin tone. It targets the areas of concern specified by a guest and works therapeutically into deeper muscle layers, addressing trigger points with gentle pressure and release techniques. Silicone cups, hot stones or warm compresses might be used in the treatment, depending on the individual's need.

Detox, 60/90 minutes - an energizing massage focusing on the areas between the upper legs, glutes, lower back, hips and abdomen. It uses dry brushing and silicone cups to stimulate circulation, improve skin tone and elasticity, and it helps reduce the appearance of cellulite by breaking down adipose tissue and reducing fluid retention.

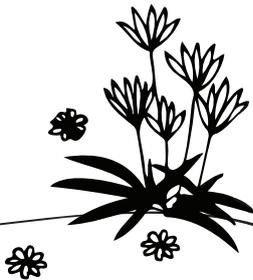
Holistic, 60/90 minutes - a fully personalized treatment based on each guest's needs and desired results. It uses a combination of flowing, soothing, rhythmical and medium pressure movements on the specified areas of concern to relieve muscle tension and to bring about a balanced, calm and stress-free state of being. 

Movement Restoration, 90 minutes - improve mobility and flexibility with a full body massage combining pressure point techniques with gentle stretching to increase the range of motion and allow the body to release built-up tension.

Tension Soother, 30/60 minutes - a reviving back, neck and shoulder massage using acupressure techniques to relieve muscle tension and restore mobility and alignment of the back and spine. 

Head Massage, 30/60 minutes - a deeply relaxing oil-based massage of head, neck and shoulders using cranio sacral techniques to ease tension in the muscles and fascia of the head and upper body, and induce a deep sense of calm.

Relaxed Feet, 30/60 minutes - restore the body's balance and release aches and pains with this signature treatment using a fusion of massage techniques on the meridian lines of the legs and zones of the feet.



KUNDALINI BALANCING MASSAGE, 60/90 MINUTES

This deeply soothing massage increases your energy and spiritual enlightenment by awakening the dormant energy in the base of your spine. When Kundalini energy is released, it travels up the spine to the third eye. All tension is lifted, negativity is released and the body is brought back to a state of awareness and balance.

MAYA MASSAGE, 60 MINUTES

This treatment focuses on the abdominal area, our center of health and vitality. It combines marma lymphatic drainage and warm herbal poultices to relieve digestive blockages, increase blood and lymph flow and stimulate inner vibrancy.

DREAM CATCHER, 90 MINUTES

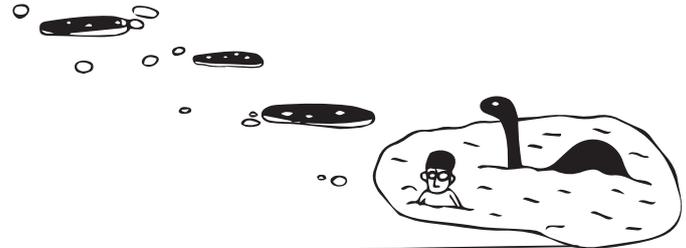
Evoke a deep sense of relaxation with "indian head massage and foot massage" as part of treatment experience.

THAI MASSAGE, 90 MINUTES

Reawaken the body and mind with this energizing treatment combining Thai massage techniques with gentle stretching movements. Please wear loose-fitting clothes.

PREGNANCY MASSAGE, 90 MINUTES

A full body, advanced massage, tailored to the needs of the individual. Combining eastern and western techniques, including very gentle stretching and nurturing strokes to promote relaxation and ease discomfort in the body. 🧘



FACIALS





**SKIN ANALYSIS WITH SKIN INSTANT LAB,
30 MINUTES**

Using non-invasive probes and customized software, Skin Instant Lab provides a full skin diagnosis and accurate results, which allow our therapists to design a personalized treatment just for you. In addition to a manual evaluation of the skin, this software helps us identify water loss, lipid barrier function, elasticity, pigmentation levels as well as oil balance. *Using Biologique Recherche.*

**PERSONALIZED FACIAL TREATMENT,
60 MINUTES**

This bespoke facial is designed to suit your skin type and skincare concerns, using a combination of products, boosters and techniques to deliver desired results. *Using Biologique Recherche.*

SECOND SKIN FACIAL, 60 MINUTES

This exceptional anti-aging and regenerative facial visibly lifts and treats the signs of aging, while accelerating the healing process. The treatment improves cell renewal and cutaneous regeneration for a visible and immediate tightening effect. It also increases the cohesion, firmness and density of the skin while reshaping the facial contour. *Using Biologique Recherche.*

TRIPLE LIFT FACIAL, 120 MINUTES

Redefine and plump the contours of the face with this personalized resculpting treatment. It combines two exfoliating, reconditioning and face-lifting boosters with the use of the Remodeling Face machine. *Using Biologique Recherche.*



24K GOLD AGE-DEFYING FACIAL, 60 MINUTES

Invigorate the skin and restore emotional balance with this exotic facial using the healing properties of Mogra, the Queen of Jasmines, combined with the restorative powers of 24k gold leaf to boost collagen production and stimulate cell renewal. This sensory experience penetrates and revives the deep layers of the skin, reducing fine lines and wrinkles. *Using Subtle Energies.*

SOOTHE AND ENRICH ADVANCED ANTIOXIDANT FACIAL, 60 MINUTES

Designed for dry, sensitive or damaged skin, this intensely calming and restorative facial delivers a nutrient rich elixir with advanced antioxidants and essential fatty acids to revitalize the aging skin. The relaxing Marma massage delivers an active serum of neem, coriander seed and rhu khus to increase collagen and hyaluronic acid production, before a botanical hydration mask locks this precious moisture into the skin. *Using Subtle Energies.*

Add to any facial, body treatment or massage.

CO-FACTEURS BIOLOGIQUE RECHERCHE

For even more visible results, enhance your treatment by applying the Biologique Féérie, Biovecteur Marin or Collagène Caviar mask. *Using Biologique Recherche.*

EYE CONTOUR TREATMENT

This intensive eye treatment focuses on diminishing fine lines, puffiness and dark circles in the delicate eye area. It uses a combination of a natural biocellulose eye mask to fit neatly to the skin and active ingredients to treat the fragile eye contour. *Using Biologique Recherche.*



BODY TREATMENTS





BODY TONING TREATMENT, 90 MINUTES

This firming and toning treatment includes an exfoliating session followed by a bio-reflex massage to improve the skin texture and contour the body. *Using Biologique Recherche.*

DETOXIFYING ALGAE TREATMENT, 90 MINUTES

A slimming and oxygenating body treatment that detoxifies, revives and helps to eliminate toxins using natural marine. Its thermal effect releases marine active ingredients that remineralize and purify the body, leaving a wonderful sense of well-being and comfort. It features an energizing massage and a wrap. *Using Biologique Recherche.*

BUST FIRING TREATMENT, 60 MINUTES

This treatment delivers a firmer appearance of the bust, arm and décolleté area, while reducing signs of pigmentation or stretch marks. *Using Biologique Recherche.*

DETOXIFYING COCOON FLOATATION AND MASSAGE, 90 MINUTES

Detoxify and nourish the skin with an organic mud clay body wrap while being cocooned in a floating bed. Followed by a detoxifying massage, leaving you relaxed and re-energized.



THE ALCHEMIST'S BODY SCRUB, 45 MINUTES ❁

Learn in-depth alchemy at this interactive workshop. You will be guided by a skilled therapist and work with a variety of locally sourced ingredients and products, feel their textures, smell the wonderful aromas and create your scrub that will be used in the treatment at the end.



WELLNESS THERAPIES



HAMMAM WITH SEA SALT SCRUB, 30 MINUTES ✿

Traditional techniques with kese, sea salts and olive oil are used to exfoliate and deeply cleanse the body, leaving you feeling invigorated.

TRADITIONAL TURKISH HAMMAM, 60 MINUTES ✿

This traditional experience starts with a deeply cleansing and revitalizing body scrub, followed by a full body foam wash. The treatment completes with the application of a hydrating body oil or lotion.

KAPLANKAYA ROYAL HAMMAM, 75 MINUTES ✿

The ultimate body experience that soothes your skin, revitalizes the body and calms your mind. Traditional hammam techniques are used to exfoliate and deeply cleanse the body, leaving you feeling invigorated. Your journey continues with an anti-aging green clay body mask infused with rose essential oil and concludes with full body foam wash and application of a hydrating lotion or body oil.

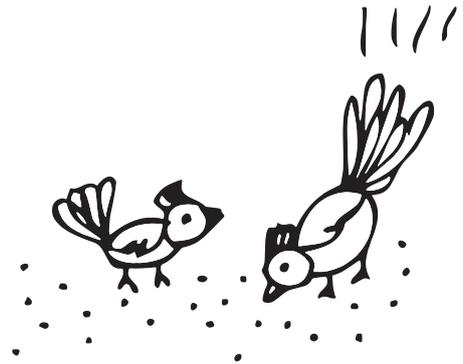
WATSU, 60 MINUTES

Watsu is used to heal both physical and emotional conditions. It is especially effective in addressing chronic pain, joint stiffness, arthritis, stress, sleep disorders and therapies involving emotional release. Using massage and stretching techniques to soften muscles, stretch tissues and open energy pathways to increase mobility and flexibility and release stored emotions. *A swimsuit is required.*

YOGIC INTESTINAL CLEANSE, 60 MINUTES

Detox and cleanse the digestive system in a natural and non-invasive way with Laghoo Shankha Prakshalana, combining five yoga postures with the drinking of six to eight glasses of lightly salted water. *Bookings are required one day prior to the desired start date.*

AYURVEDA



ABHYANGA, 60 MINUTES

This popular Ayurvedic body massage, also known as 'four-handed massage', reduces the signs of aging, relieves fatigue, induces sleep, strengthens the skin and boosts the immune system.

SHIRODHARA, 60 MINUTES

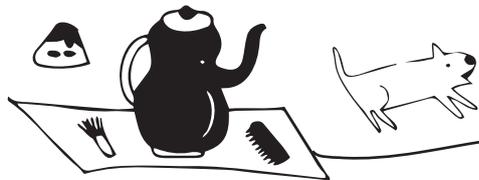
A stress-releasing treatment during which warm oil is poured over the third eye to soothe and calm the nervous system. Assists with treating skin conditions and insomnia, while also enhancing emotional balance.

AYURVEDIC EXPERIENCE, 90 MINUTES

This treatment combines Abhyanga and Shirodhara to deliver a deeply healing Ayurvedic experience.



RITUALS



DETOXIFYING SEA SALT HYDROTHERAPY STRETCH EXPERIENCE, 90 MINUTES ✿

Boost circulation and cleanse the body with a detoxifying herbal scrub followed by a relaxing soak in the hydrotherapy bath. The journey concludes with the application of a rich body moisturizer and a guided stretching session.

SOUND JOURNEY INTO SPACE, 60 MINUTES

Sound Journey with sacred sounds, incorporating an array of beautiful instruments. A transcendent experience allowing the healing vibrations to reverberate into your innermost self.

REJUVENATING HERBAL QUARTZ POULTICE JOURNEY, 90 MINUTES ✿

Founded on the ancient tradition of earthing, this treatment grounds the body to the Earth's natural surfaces. The journey starts by guiding you to blend your chosen ingredients into herbal poultices. These are used during a personalized dry massage, which is performed on a heated quartz bed. The bed is tilted so that the head is lower than your feet, in a deeply relaxing zero gravity position that decompresses the spine in order to relieve pressure and aches. A relaxing head massage concludes the treatment while the body is cocooned in the warmth of the bed.

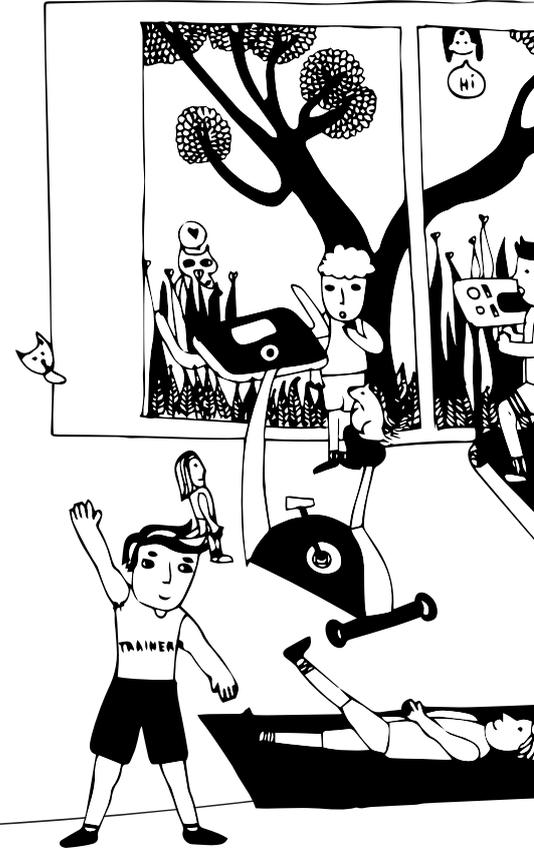
SIGNATURE KAPLANKAYA JOURNEY, 3 HOURS

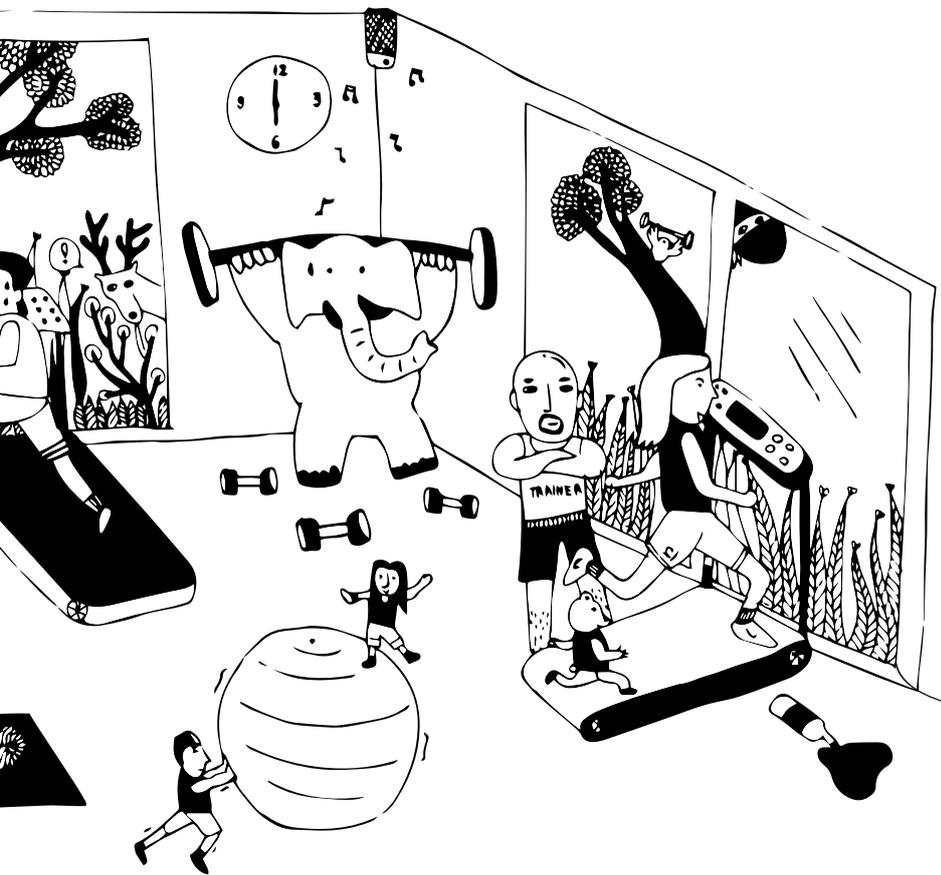
Traditional Kese Hammam

Signature Massage

Personalized Facial

FITNESS AND WELLNESS ACTIVITIES





PERSONAL TRAINING, 60 MINUTES

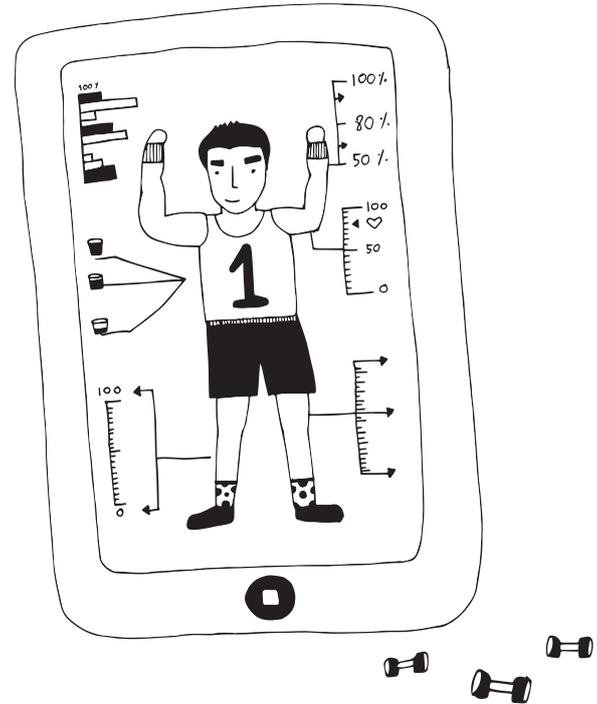
Meet a personal trainer to discuss your goals and limitations and explore how to improve your cardio, strength and mobility.

PILATES, 60 MINUTES

Specially designed equipment is used to strengthen and stretch the muscles, build core strength and increase flexibility.

TRADITIONAL YOGA, 60 MINUTES

Yoga combines postures with conscious breathing and focus and helps develop strength, flexibility and mental clarity. You can expect to develop body awareness and explore varied postures in a mixed-level environment.



If you are not sure how to reach your wellness or fitness goals, meet with a wellness expert who will guide you to the right activity.

MEDITATION, 60 MINUTES

For over thousands of years meditation has been used for healing, cleansing and balancing *chakras* (energy centers). This session enables you to consciously focus on inner light and love at the same time as bringing attention directly to the chakra centers, thereby uplifting their vibratory rate and increasing the light quotient within their energy fields.

YOGA NIDRA, 60 MINUTES

Also known as yogic sleep or sleep with awareness, this simple meditation practice is taught lying down while being guided by a teacher. Its goal is to induce full body relaxation and a deep meditative state of consciousness, addressing psychological, neurological and subconscious needs.

PRANAYAMA, 60 MINUTES

Also known as the extension of the *prana* (breath) or breath control, pranayama uses breathing techniques to remove blockages in energy channels, strengthen the respiratory system and tame the monkey mind, calming down its extrovert tendencies and minimizing the thought process.



SPA TO SPAAHH

Make the most of your spa time





OPENING HOURS

Spa: Daily 9:00 am to 9:00 pm

Salon: Daily apart from Tuesday 10 am to 7:00 pm

Gym: Open 24 hours, supervised from 8:00 am to 6:00 pm

SPA RESERVATIONS

For spa enquiries or reservations, please contact the spa reception directly or the front desk. Advance bookings are recommended to secure your preferred treatment time.

PRIOR TO ARRIVAL

We recommend that you leave all jewelry and valuables in your room before coming to the spa. Male guests are advised to shave prior to all facial treatments to ensure that maximum results are achieved.

ARRIVAL

Please arrive 15 minutes prior to your treatment in order to complete your lifestyle consultation form and take time to relax in the tranquil surroundings of our spa before your treatment.

If you wish to experience our heat and ice facilities prior to the treatment then we recommend to arrive 30 to 45 minutes prior to the treatment appointment time.

LATE ARRIVALS

Out of respect for other guests' reservations, please be aware that we are unable to extend your treatment time in case of late arrivals.

CANCELLATIONS

Please allow two hours' notice on individual treatments and 24 hours' notice on spa packages; otherwise, 50 percent of the treatment price will be charged. Failure to keep your appointment will result in a 100 percent treatment charge.



DURING YOUR STAY

In consideration of other guests, smoking and active mobile phones are not permitted in the spa. Six Senses Spa is a sanctuary of peace and harmony, so please be aware of the volume of your voice so as not to disturb other guests.

AFTER YOUR TREATMENT

We recommend that you do not sunbathe after any massage, body treatment or depilatory waxing for at least six hours. To extend your spa experience at home, a variety of spa products are available for purchase at the spa retail store.

PAYMENT

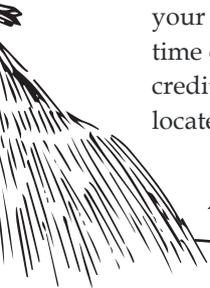
For hotel guests, all treatments will be charged to your room and will appear on your account at the time of departure from the hotel. Otherwise, major credit cards or cash are accepted at the hotel lobby located at the fifth floor.

CHILDREN

At Six Senses, we believe that everyone can benefit from receiving spa treatments, including children. For private (one to one) treatments with children, below 12 years, we recommend that a parent or guardian be present in the room at the time of service. You can either schedule a couple's massage to enjoy the service simultaneously or quietly observe the treatment.

We welcome accompanied children, above 12 years, to use our spa wet facilities. For health and safety reasons no child under the age of 12 is permitted in this area.

Children aged 12 to 16 years can use the GYM facilities when accompanied by a parent or guardian.





SIX SENSES SPA KAPLANKAYA

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SIX SENSES SPA

KAPLANKAYA

FACIALS, BODY TREATMENTS
AND HAMMAM ADD-IN OR ADD-ON
ENHANCE YOUR SPA EXPERIENCE



TREATMENTS

PRICE/EUR

FACIALS

| | |
|---|---------------|
| Collagen Caviar Mask <i>Using Biologique Recherche</i> | 110 |
| Eye Contour Treatment <i>Using Biologique Recherche</i> | 110 |
| Antioxidant Treatment for Pigmentation | 75 |
| Gua-Sha Face Lifting Massage | 75 |
| Anti-Aging Hand and Arm Treatment | 75 |
| Neck and Chest Anti-Aging Treatment | 75 |
| Steam and Deep Pore Cleansing | 45 |
| Facial Yoga | Complimentary |
| Body Balancing Activity | Complimentary |

BODY TREATMENTS

| | |
|---|---------------|
| CBD Massage Oil for Deep Relaxation | 65 |
| Secret Cellular Repair Mask | 75 |
| Organic Herbal Poultice | 45 |
| Revitalizing Foot Treatment | 35 |
| Hot Stones | 30 |
| Organic Coffee, Thyme and Rosemary Body Scrub | 40 |
| Grounding Crystal Detox Tea | 95 |
| Facial Yoga | Complimentary |
| Gua-Sha Lifting Face Massage | 75 |
| Lymphatic Body Brush | 25 |
| Consultation with our Ayurvedic Doctor | Complimentary |

*18 percent government tax and 6 percent service charge are included.
Limited availability and prices vary if treatments are booked separately.*

TREATMENTS

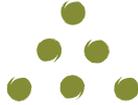
PRICE/EUR

HAMMAM

| | |
|---------------------------------------|----|
| Lymphatic Body Brush | 25 |
| Clay Body Mask with Rose Water | 40 |
| Revitalizing Foot Treatment | 35 |
| Cleansing Facial Mask with Rose Water | 40 |
| Gua-Sha Face Lifting Massage | 75 |

*18 percent government tax and 6 percent service charge are included.
Limited availability and prices vary if treatments are booked separately.*





SIX SENSES SPA

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WELLNESS AND SPA MENU
PRICELIST



WELLNESS SCREENINGS AND ASSESSMENTS

DURATION/MINUTES

PRICE/EUR

Wellness Screening

45

120

This non-invasive analysis measures your key biomarkers and helps our experts understand what your body really needs. It's simple, it's quick and the readings along with a discussion about your lifestyle are used in design of a treatment or a bespoke multi-day program specific to your needs.

Body Composition Test

30

120

BOD POD is an accurate system of measurement used by professional sports organizations worldwide to determine body composition. After a five-minute test, an exercise physiologist reviews and explains the results and recommends a personalized program.

Please wear a swimsuit or tight-fitting athletic wear.

Baseline Fitness Assessment

60

160

Our personal trainers assess your current fitness level and design a workout plan to help you achieve your goals.

Prices are quoted in Euro (EUR), inclusive of 18 percent government taxes and 6 percent service charge.

WELLNESS PROGRAMS

LONGEVITY PROGRAM

| | 3 NIGHTS | 5 NIGHTS | 7 NIGHTS |
|--|------------------|------------------|-------------------|
| Wellness Screening | 1 | 1 | 1 |
| Guided Morning Walk | 2 | 4 | 6 |
| Private Activity: <i>Fitness Training, Pilates or Yoga</i> (60 mins) | 2 | 4 | 5 |
| Yoga Nidra/Meditation (60 mins) | 1 | 2 | 3 |
| High Altitude Training (45 mins) | 2 | 3 | 4 |
| Longevity Breathwork: <i>Pranayama</i> (60 mins) | 1 | 2 | 3 |
| Body Wrap (90 mins) | 1 | 2 | 3 |
| Traditional Turkish Hammam (60 mins) | 1 | 1 | 1 |
| Watsu (60 mins) | 1 | 1 | 1 |
| Personalized Body Massage (60 mins) | 1 | 2 | 4 |
| Sleep Tracking | ✓ | ✓ | ✓ |
| Full Board Wellness Cuisine | ✓ | ✓ | ✓ |
| Price per person | EUR 2,780 | EUR 4,280 | EUR 5,940 |
| Price per couple | EUR 5,385 | EUR 8,240 | EUR 11,205 |

Price excludes accommodation.

Prices are quoted in Euro (EUR), inclusive of 18 percent government taxes and 6 percent service charge.





WELLNESS PROGRAMS

DETOX

| | 3 NIGHTS | 5 NIGHTS | 7 NIGHTS |
|--|------------------|------------------|------------------|
| Wellness Screening | 1 | 1 | 1 |
| Private Activity: <i>Fitness Training, Pilates or Yoga</i> (60 mins) | 2 | 3 | 4 |
| Private Activity: <i>Meditation or Pranayama</i> (60 mins) | 1 | 2 | 2 |
| Morning Walk (30 mins) | 2 | 3 | 4 |
| Personalized Body Massage (90 mins) | 1 | 3 | 4 |
| Traditional Turkish Hammam (60 mins) | 1 | 1 | 1 |
| Yogic Intestinal Cleanse (60 mins) | 1 | 2 | 2 |
| Detoxifying Algae Treatment or Detoxifying Cocoon | 1 | 1 | 1 |
| Floatation and Massage (90 mins) | | | |
| High Altitude Training (45 mins) | 1 | 2 | 3 |
| Full Board Wellness Cuisine | ✓ | ✓ | ✓ |
| Price per person | EUR 1,665 | EUR 2,820 | EUR 3,490 |
| Price per couple | EUR 3,175 | EUR 5,250 | EUR 6,540 |

IMMUNE BOOSTER

| | 3 NIGHTS | 5 NIGHTS | 7 NIGHTS |
|--|------------------|------------------|------------------|
| Wellness Screening | 1 | 1 | 1 |
| Private Activity: <i>Fitness Training, Pilates or Yoga</i> (60 mins) | 2 | 3 | 4 |
| Private Activity: <i>Meditation or Pranayama</i> (60 mins) | 1 | 2 | 2 |
| Personalized Body Massage (90 mins) | 1 | 3 | 4 |
| Coastal Walk (30 mins) | 1 | 2 | 3 |
| Traditional Turkish Hammam (60 mins) | 1 | 1 | 1 |
| Yogic Intestinal Cleanse (60 mins) | 1 | 2 | 2 |
| Immune Booster Body Wrap (90 mins) | 1 | 1 | 1 |
| High Altitude Training (45 mins) | 1 | 2 | 3 |
| Sleep Tracking | ✓ | ✓ | ✓ |
| Full Board Wellness Cuisine | ✓ | ✓ | ✓ |
| Price per person | EUR 1,825 | EUR 3,175 | EUR 3,940 |
| Price per couple sharing a room | EUR 3,055 | EUR 5,130 | EUR 6,395 |

Price excludes accommodation.

Prices are quoted in Euro (EUR), inclusive of 18 percent government taxes and 6 percent service charge.

WELLNESS PROGRAMS

FITNESS

| | 5 NIGHTS | 7 NIGHTS | 14 NIGHTS |
|--|------------------|------------------|-------------------|
| Body Composition Test using Bod-Pod | 1 | 1 | 1 |
| Baseline Fitness Assessment | 1 | 1 | 1 |
| Private Activity: <i>Fitness Training, Yoga or Pilates</i> (60 mins) | 5 | 7 | 14 |
| Coastal Walk (30 mins) | 3 | 5 | 7 |
| Deep Tissue/Movement Restoration Massage (90 mins) | 2 | 3 | 7 |
| Traditional Turkish Hammam (60 mins) | 1 | 1 | 2 |
| High Altitude Training (45 mins) | 2 | 4 | 8 |
| Sleep Tracking | ✓ | ✓ | ✓ |
| Full board wellness cuisine | ✓ | ✓ | ✓ |
| Price per person | EUR 2,185 | EUR 3,205 | EUR 5,655 |
| Price per couple | EUR 4,180 | EUR 6,305 | EUR 10,825 |

WEIGHT MANAGEMENT

| | 5 NIGHTS | 7 NIGHTS | 14 NIGHTS |
|--|------------------|------------------|-------------------|
| Wellness Screening | 1 | 1 | 1 |
| Baseline Fitness Assessment | 1 | 1 | 1 |
| Detoxifying Cocoon Floatation and Massage (90 mins) | 1 | 2 | 4 |
| Yogic Intestinal Cleanse (60 mins) | 2 | 2 | 4 |
| Private Activity: <i>Fitness Training, Yoga or Pilates</i> (60 mins) | 6 | 8 | 19 |
| Private Activity: <i>Meditation or Pranayama</i> (60 mins) | 1 | 2 | 3 |
| Personalized Massage (60 mins) | 1 | 2 | 3 |
| Traditional Turkish Hammam (60 mins) | 1 | 1 | 2 |
| Slimming body wrap (90 mins) | 2 | 2 | 3 |
| High Altitude Training (45 mins) | 2 | 4 | 8 |
| Sleep Tracking | ✓ | ✓ | ✓ |
| Full board wellness cuisine | ✓ | ✓ | ✓ |
| Price per person | EUR 3,545 | EUR 4,970 | EUR 9,595 |
| Price per couple | EUR 6,600 | EUR 9,325 | EUR 17,915 |

Price excludes accommodation.

Prices are quoted in Euro (EUR), inclusive of 18 percent government taxes and 6 percent service charge.





WELLNESS PROGRAMS

MINDFULNESS

| | 5 NIGHTS | 7 NIGHTS | 14 NIGHTS |
|---|------------------|------------------|------------------|
| Lifestyle Consultation | 1 | 1 | 1 |
| High Altitude Training (45 mins) | 1 | 2 | 3 |
| Personalized Yoga (60 mins) | 2 | 3 | 6 |
| Kundalini Pranayama (60 mins) | 2 | 3 | 5 |
| Chakra/Mantra Meditation (60 mins) | 1 | 1 | 3 |
| Yoga Nidra (60 mins) | 1 | 2 | 3 |
| Dream Catcher Massage (90 mins) | 1 | 1 | 2 |
| Watsu (60 mins) | 1 | 1 | 1 |
| Ayurvedic Experience (90 mins) | 1 | 1 | 2 |
| Kundalini Balancing Treatment (90 mins) | 1 | 2 | 3 |
| Sleep Tracking | ✓ | ✓ | ✓ |
| Price per person | EUR 2,250 | EUR 3,135 | EUR 5,380 |
| Price per couple | EUR 4,140 | EUR 5,640 | EUR 9,790 |

DISCOVER YOGA

| | 3 NIGHTS | 5 NIGHTS | 7 NIGHTS |
|---|------------------|------------------|------------------|
| Yoga Consultation | 1 | 1 | 1 |
| Personalized Yoga (60 mins) | 2 | 4 | 6 |
| Personalized Pranayama (60 mins) | 1 | 2 | 3 |
| Guided Meditation (60 mins) | 1 | 2 | 3 |
| Signature Massage (90 mins) | 1 | 2 | 2 |
| Traditional Turkish Hammam (60 mins) | 0 | 0 | 1 |
| Kundalini Balancing Treatment (60 mins) | 1 | 1 | 1 |
| Program Wrap up | 1 | 1 | 1 |
| Price per person | EUR 950 | EUR 1,555 | EUR 2,350 |
| Price per couple | EUR 1,595 | EUR 2,700 | EUR 4,115 |

Price excludes accommodation.

Prices are quoted in Euro (EUR), inclusive of 18 percent government taxes and 6 percent service charge.

WELLNESS PROGRAMS

SLEEP & DE-STRESS

| | 3 NIGHTS | 5 NIGHTS | 7 NIGHTS |
|--|------------------|------------------|------------------|
| Wellness Screening | 1 | 1 | 1 |
| Personalized Consultation | 1 | 1 | 1 |
| Yoga Nidra or Pranayama | 2 | 3 | 4 |
| Private Activity: <i>Fitness Training, Yoga or Pilates</i> (60 mins) | 1 | 1 | 2 |
| Personalized Body Massage (90 mins) | 0 | 2 | 2 |
| Dream Catcher Massage (90 mins) | 1 | 1 | 2 |
| Traditional Turkish Hammam (60 mins) | 1 | 1 | 1 |
| Watsu (60 mins) | 1 | 1 | 1 |
| High Altitude Training (45 mins) | 1 | 2 | 3 |
| A welcome bag with sleep amenities | ✓ | ✓ | ✓ |
| Sleep Tracking | ✓ | ✓ | ✓ |
| Price per person | EUR 1,500 | EUR 2,300 | EUR 3,000 |
| Price per couple | EUR 2,780 | EUR 4,400 | EUR 5,750 |

Price excludes accommodation.

Prices are quoted in Euro (EUR), inclusive of 18 percent government taxes and 6 percent service charge.



TREATMENTS

DURATION/MINUTES

PRICE/EUR

MASSAGES

Six Senses Signature Massages:

| | | |
|--|-------|---------|
| <i>Deep Tissue/Detox/Holistic</i> | 60/90 | 210/260 |
| <i>Movement Restoration Massage</i> | 90 | 260 |
| <i>Tension Soother/Head Massage/Relaxed Feet</i> | 30/60 | 130/210 |
| Kundalini Balancing Treatment | 60/90 | 210/260 |
| Maya Massage | 60 | 210 |
| Dream Catcher | 90 | 260 |
| Thai Massage | 90 | 260 |
| Pregnancy Massage | 90 | 260 |

FACIALS

| | | |
|---|-----|-----|
| Skin Analysis with Skin Instant Lab | 30 | 110 |
| Personalized BR Facial Treatment | 60 | 285 |
| Second Skin Facial* | 60 | 455 |
| Triple Lift Facial* | 120 | 430 |
| 24K Gold Age-Defying Facial | 60 | 285 |
| Soothe and Enrich Advanced Antioxidant Facial | 60 | 285 |

Add to any facial or body treatment:

| | | |
|----------------------------------|--|-----|
| Co-facteurs Biologique Recherche | | 120 |
| Eye Contour Treatment | | 120 |

**Using Biologique Recherche.*

Prices are quoted in Euro (EUR), inclusive of 18 percent government taxes and 6 percent service charge.





| TREATMENTS | DURATION/MINUTES | PRICE/EUR |
|---|------------------|-----------|
| BODY TREATMENTS | | |
| Body Toning Treatment | 90 | 290 |
| Detoxifying Algae Treatment | 90 | 290 |
| Bust Firming Treatment | 60 | 290 |
| The Alchemist's Body Scrub | 45 | 120 |
| Detoxifying Cocoon Floatation and Massage | 90 | 290 |
| WELLNESS THERAPIES | | |
| Hammam with Sea Salt Scrub | 30 | 175 |
| Traditional Turkish Hammam | 60 | 190 |
| Kaplankaya Royal Hammam | 75 | 210 |
| Yogic Intestinal Cleanse | 60 | 210 |
| Watsu | 60 | 290 |
| AYURVEDA | | |
| Abhyanga | 60 | 275 |
| Shirodhara | 60 | 275 |
| Ayurvedic Experience | 90 | 320 |

Prices are quoted in Euro (EUR), inclusive of 18 percent government taxes and 6 percent service charge.

TREATMENTS

DURATION/MINUTES

PRICE/EUR

RITUALS

| | | |
|---|-------|-----|
| Detoxifying Hydrotherapy Stretch Experience | 90 | 290 |
| Herbal Quartz Poultice Journey | 90 | 290 |
| Signature Kaplankaya Journey | 3 hrs | 620 |
| Sound Journey Into Space | 60 | 210 |

FITNESS AND WELLNESS ACTIVITIES

| | | |
|-------------------|----|-----|
| Personal Training | 60 | 135 |
| Pilates | 60 | 135 |
| Traditional Yoga | 60 | 135 |
| Meditation | 60 | 135 |
| Yoga Nidra | 60 | 135 |
| Pranayama | 60 | 135 |

Prices are quoted in Euro (EUR), inclusive of 18 percent government taxes and 6 percent service charge.



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