



WELLNESS PROGRAMS

HOLISTIC ANTI-AGING

This program combines scientific advances in nutrition, fitness and neuroscience with ancient wisdom from long-lived communities to achieve a healthy, balanced body and mind. By understanding that outer beauty comes from a healthy body and happy mind, we can help you overcome lifestyle-related aging effects, look at yourself in a new light and extend your health span through a personalized program.

Inclusions	3 nights	5 nights	7 nights
Wellness Screening	1	1	1
Program Consultation (30 mins)	1	1	1
Skin Analysis (30 mins)	1	1	1
Private Activity: Fitness Training, Hiking, Pilates or Yoga (60 mins)	3	5	7
Private Activity: Meditation or Pranayama (60 mins)	3	5	7
Norma Tec Recovery Session (30 mins)	2	4	5
Facial: Cleansing, restoring, nourishing (75 mins)	3	5	7
Traditional Turkish Hammam (60 mins)	1	1	1
Watsu (60 mins)	1	1	1
Personalized Body Massage (90 mins)	1	3	5
Program Wrap-up	-	1	1
NET RATE per person	EUR 2,625	EUR 4,215	EUR 5,735
NET RATE per couple	EUR 4,800	EUR 7,695	EUR 10,480

The above programs also include:

- Sleep tracking throughout the stay
- Welcome bag with a pair of blue light-blocking glasses and Gratitude Journal
- Supplementation
- Full board wellness cuisine throughout the stay

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 and personalized wellness activities.

Inclusions	3 nights	5 nights	7 nights
Wellness Screening	1	1	1
Private Activity: Fitness Training, Kinesis, Pilates or Yoga (60 mins)	2	3	4
Private Activity: Meditation or Pranayama (60 mins)		1	2
Personalized Spa Treatment (90 mins)	2	3	4
Traditional Turkish Hammam (60 mins)	1	1	1
Yogic Intestinal Cleanse	1	2	2
Detoxifying Sea Salt Hydrotherapy Stretch Experience (90 mins)		1	1
Program Wrap-up	-	1	1
NET RATE per person	EUR 1,320	EUR 2,295	EUR 2,925
NET RATE per couple	EUR 2,480	EUR 4,320	EUR 5,470

The above programs also include:

- Full board wellness cuisine throughout the stay

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.

Inclusions	5 Nights	7 nights	14 nights
Wellness screening	1	1	2
Fitness Assessment, (60 mins)	1	1	1
Yogic Intestinal Cleanse	2	2	4
Private Activity: Fitness Training, Yoga or Pilates (60 mins)	7	10	20
Private Activity: Meditation or Pranayama (60 mins)	1	2	4
Personalized Body Massage (60 mins)	2	2	4
Personalized Body Massage (90 mins)	1	2	3
Traditional Turkish Hammam (60 mins)	1	1	2
Bio Rhythm Body Treatment (90 mins)	1	1	2
Watsu (60 mins)			1
Personalized Facial Treatment (75mins)		1	1
Program Wrap-up (30 mins)	1	1	1
NET RATE per person	EUR 2,780	EUR 3,815	EUR 7,245
NET RATE per couple	EUR 5,025	EUR 6,885	EUR 13,100

The above programs also include:

- Full board wellness cuisine throughout the stay

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.

Inclusions	3 nights	5 nights	7 nights
Wellness Screening	-	1	1
Fitness Assessment, (60 mins)	1	1	1
Bod Pod	1	1	1
Private Activity: Fitness Training, Yoga or Pilates (60 mins)	2	5	6
Personalized Massage (90 mins)	1	2	3
Traditional Turkish Hammam (60 mins)	1	1	1
Nourishing Cocoon Floatation Experience (90 mins)			1
Program Wrap-up	1	1	1
NET RATE per person	EUR 1,190	EUR 1,930	EUR 2,640
NET RATE per couple	EUR 2,115	EUR 3,430	EUR 4,795

The above programs also include:

- Full board wellness cuisine throughout the stay

SLEEP AND 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 Sleep Doctor with the many benefits of yoga nidra and meditation, as well as relaxing wellness therapies.

Inclusions	3 nights	5 nights	7 nights
Wellness Screening	1	1	1
Yoga Nidra or Pranayama (60 mins)	1	2	3
Private Activity: Fitness Training, Yoga or Pilates	1	2	3
Personalized Spa Treatment (90 mins)		2	3
Dream Catcher Massage (90 mins)	1	1	2
Watsu (60 mins)	1	1	1
Program Wrap-up (30 mins)	1	1	1
NET RATE per person	EUR 1,170	EUR 1,890	EUR 2,615
NET RATE per couple	EUR 2,175	EUR 3,520	EUR 4,860

The above programs also include:

- A welcome bag with sleep amenities
- Sleep tracking throughout the stay

MIND DETOX

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.

Inclusions	3 Nights	5 Nights	7 Nights
Consultation	1	1	1
Vedic Astrology (60 mins)		1	1
Kundalini Pranayama (60 mins)	1	2	3
Chakra/Mantra Meditation (60 mins)	2	2	3
Pranic Healing (60 mins)	1	1	1
Yoga Nidra (60 mins)	1	2	3
Dream Catcher Massage (90 mins)	1	2	2
Kundalini Back Massage (60 mins)	1	1	2
Program Wrap-up (30 mins)	1	1	1
NET RATE per person	EUR 1,170	EUR 1,795	EUR 2,215
NET RATE per couple	EUR 2,140	EUR 3,280	EUR 4,220

The above programs also include:

- A bag with program-related amenities

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.

Inclusions	3 nights	5 nights	7 nights
Yoga Consultation	1	1	1
Personalized Yoga (60 mins)	3	5	7
Personalized Pranayama (60 mins)	1	2	3
Guided Meditation (60 mins)	1	2	3
Signature Massage (90 mins)	1	2	3
Traditional Turkish Hammam (60 mins)	1	1	1
Kundalini Back Massage (60 mins)		1	1
Program Wrap-up (30 mins)		1	1
NET RATE per person	EUR 990	EUR 1,790	EUR 2,450
NET RATE per couple	EUR 1,680	EUR 3,065	EUR 4,170

Terms & conditions:

- Rates are inclusive of 18% government tax and %5 service charge
- Wellness programs rates are NET and quoted in Euros. They are not commissionable.
- Rates are supplement to contracted room rates.
- Rates are inclusive of:
 - ✓ Access to ALL wellness activities as per the resort's weekly schedule (complimentary and paid)
 - ✓ Access to hydrotherapy experiences
 - ✓ Activities as specified in each program listed above

- Full board wellness cuisine is included in Holistic Anti-Aging, Detox, Weight Management and Fitness programs.

Guests on other wellness programs can add full board wellness cuisine at **EUR 130 per person per night, including tax**. This rate is non-commissionable.

- Rates are valid from April 2020 until November 31, 2021
- Treatments and activities within the specific categories are fixed and cannot be exchanged for any other treatments or activities from a la carte spa menu.