

# SPA MENU

EXPLORE SPA  
by *Le* MERIDIEN

# DISCOVER EXPLORE SPA

Inviting... Vivid... Unexpected...  
Welcome to Explore Spa.  
A spa where indulgence is  
not just for the body, but for  
the spirit and the imagination.  
A spa that pulses with life.  
And fuels your curiosity as it  
satisfies it.

Where signature treatments  
energize the creative self. And  
where you are encouraged to  
engage, or disengage as you  
see fit. From first taste to last  
touch it is spa as a route to  
creativity and discovery. Your  
exploration awaits.

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N 41° 05' E 29° 02'

# NAVIGATING YOUR EXPERIENCE

## **TIMING / DISCOVERY**

To allow time for the discovery of Explore Spa steam rooms, saunas whirlpools, lounge areas and Male & Female Zones, we encourage you to arrive 30 – 60 minutes prior to your first service.

To minimize distractions from the experience, we ask that you kindly turn off communication devices prior to entering Explore Spa.

## **RESERVATIONS**

To ensure that your preferred treatment or therapist is available, we invite you to schedule your appointments well in advance. Spontaneous bookings (day-of-service / walk-ins) are always welcome, and will be accommodated based on availability. All reservations must be secured with a major credit card and telephone number.

## **LATE ARRIVAL / CANCELLATION**

4 hours of notice is required for changes or cancellations. Guests who miss to give this notice on time will be charged with the full service fee.

## **ATTIRE**

Upon entering, you will be given a robe to wear throughout your Explore Spa experience. Before your treatment begins, you will be given the opportunity to disrobe and cover yourself in privacy. Throughout your service your body will be draped with linens, and will at no time be completely exposed.

To fully experience the mixed-gender wet area, please bring a bathing suit. Towels will be provided to you.

## **RINSE**

A brief shower just before your massage or treatment washes off any salts, minerals or chemicals that could clog pores when mixed with oils or other treatments.

## **DIALOGUE**

Communication with your therapist should be a free and open dialogue. Prior to the start of your service, please tell your therapist the areas you would like to focus on and any areas to be avoided. During your service please let the therapist know if you feel any discomfort.

**RELAXATION LOUNGE INSIDE EXPLORE SPA.  
UNIQUE HAMMAM EXPERIENCE.  
DISCOVERY AWAITS.**



## REFRESHING TREATMENTS

### **TRADITIONAL TURKISH HAMMAM 45 MINUTES**

Original, authentic and breathtaking! This traditional way of scrubbing lets your skin breathe, rejuvenate and soothe. After a refreshing foam massage the therapy is finalised with a mind-blowing head and neck massage. We highly recommend this treatment which leaves an extremely soft and smooth touch on your skin.

### **HAMMAM RITUAL 60 MINUTES**

It's hammam experience with the extract of rose. It begins with bath gloves and continues with foam massage including extract of rose. It finishes with a body mask which hydrate and illuminate the skin. With hot rose oil your body is hydrated. If you wish we can offer you some soft drinks at relaxing area.

### **EXPLORER COUPLES' PACKAGE 90 MINUTES**

The journey of discovery to where your creative mind takes you! An inspiring and deeply relaxing therapy, performed in a romantic ambient Spa Suite, consists of Explore Spa's signature "First Touch Ritual", Aromatic Spice Scrub and a Balinese massage. The therapy is ended with Explore Spa "Last Taste" ceremony and complimentary wine and fruit selection.

### **JET LAG BODY REMEDY 90 MINUTES**

A relaxing Swedish massage with healing effect prepares your body for a warm wrap. This indulgent experience also includes scalp massage and warm foot treatment.

### **FOAM MASSAGE 20 MINUTES**

Indulge yourself in a moisturizing and aromatic bubble bath and allow your skin to completely re-nourish while a relaxing scalp massage soothes away all tensions. Then, silky moisturizers will be applied to leave your skin smooth, radiant and soft.

# RELAXING MESSAGES

## AROMATHERAPY MASSAGE

60 / 90 MINUTES

A low tempo, light pressure massage applied with exquisite oils extracted from orange flower, ylang ylang and plant essences. You will feel rested and it will elevate your body and soul integrity.

## SWEDISH MASSAGE

60 / 90 MINUTES

Expert therapists concentrate on muscle relaxation to relieve all your aches; stimulates blood circulation, elevates energy flow and boosts your general well being and health. It is recognized as the basis of all massage types.

## HEATED STONE MASSAGE

75 MINUTES

Heated volcanic stones are rubbed over and placed on specific points of the body for the heat to penetrate deep under. This technique alleviates the negative electricity accumulated on the individual. These particular stones that are originated from volcanic eruptions harmonize the body's energy centers and spiritual balance.

# DEEP PRESSURED MESSAGES

## THAI MASSAGE

75 MINUTES

A deep tissue massage applied to the whole body with pressure and stretching without using oils or cream over a comfortable cover. It could be preferred for its positive impact on the body's circulation system and also for its ability to reduce stress and fatigue.

## DEEP TISSUE MASSAGE

50 MINUTES

Low tempo and deep pressure are applied to tissues, nerve endings and connective tissues in cases of chronic pains, postural problems and chronic muscle tensions.

## ANTI CELLULITE MASSAGE

50 MINUTES

Anti Cellulite Massage acts directly on excess fat and cellulite and has a shock effect on the body. It directly targets the breakage of the ligaments responsible for the formation of fat cells under the skin. With its powerful drainage complex in its formula, it enables the burning of fat and excretion through drainage. The body achieves a smooth texture after our Anti Cellulite Massage.





### **REFLEXOLOGY MASSAGE**

**45 MINUTES**

A Chinese tradition applied to the soles of the feet and lower legs, enhances the physical, emotional and spiritual well-being.

### **BACK MASSAGE**

**30 MINUTES**

Eases off tension, soothes back tissues. The massage relieves and prevents pain and aches. As nerves spread from the spine to the body, this massage directly stimulates the nerves, thus soothes the nerve system as a whole.

### **BALINESE MASSAGE**

**60 MINUTES**

A blended and delightful massage, following a Ritual from Bali which combines gentle Thai pulling, Shiatsu finger pressure and traditional smoothing movements.

### **MUSCLE MELT SPORTS MASSAGE**

**50 MINUTES**

This deep-tissue massage alleviates muscle soreness, aches and pains using specific techniques and pressure. Ideal for the sports enthusiasts.

## **SIGNATURE TREATMENTS**

### **DISCOVERY MASSAGE**

**60 MINUTES**

Because each region has unique local healing traditions that have shaped and guided the culture for centuries, Le Méridien is committed to bringing these inherent elements into the spa, combined with a unique personal touch, so there is always a level of surprise in its signature Discovery Massage. A blend of three different modalities include localized massage techniques, aromatherapy and rituals.

### **CHAKRA ART**

**75 MINUTES**

Chakra Art comes to life as the therapist places stones on specific points of the body, focusing on seven chakras. This unique journey will conclude with a full body massage to ensure that the guest leaves the spa fully replenished and inspired.

### **FOUR HAND CHOREOGRAPHY**

**60 MINUTES**

Using choreographed movements of two therapists perfectly in sync, this signature massage lulls guests into a deep state of relaxation through this rhythmic technique. This service is paired with music, lighting and aromatic oils to engage all the senses and captivate the guest holistically.

### **EPICUREAN BODY WRAP**

#### **60 MINUTES**

This richly flavored body wrap uses a concoction of culinary delicacies to nourish the skin with natural nutrients while evoking your inner gourmand. Melding the delicate flavors of essential oils with the exfoliating benefits of natural ingredients, an invigorating body polish is created to buff the skin. Fresh and sumptuous, the body is left infused with long-lasting sustenance and moisture.

### **LIMITLESS FACIAL**

#### **60 MINUTES**

Blending an intriguing combination of hot stone therapy and lifting massage, this facial therapy releases the most tired areas of the body. The treatment begins with a flowing back massage enhanced by a hot smooth basalt stone placed on the solar plexus encouraging a connection with one's breath leading to a deep sensation of relaxation. The therapist will cleanse and hydrate the skin while designing a facial that caters to the unique qualities of one's skin.

## **SIGNATURE MASSAGES**

### **PRO SLEEP MASSAGE RITUAL**

#### **60 MINUTES**

An innovative massage acting on three different sensorial pathways: locative, tactile and hearing, for profound relaxation.

The synergy of a unique blend of essential oils, the bespoke Tranquillity™ Sound, Ayurvedic and Indonesian Sea Malay manualities combined with the use of soft brushes, gently guide the way to achieve a quiet and peaceful mind and body state favoring sleep and helping to recover jet lag side-effects. Pleasant sensation of relaxation, useful for rest and sleep. Cosmetically hydrated and silky skin.

### **ELEMENTS MASSAGE RITUAL**

#### **60 MINUTES**

A massage ritual that takes you on a journey through four worlds: the exotic Orient, the warmth of the Mediterranean, the vibrant world of India, and the cultures of desert tribes, the Berbers, for a complete sensorial experience. Each journey begins with the selection of an oil blend: Oriental, Mediterranean, Indian or Arabian.





[ comfort zone ]  
SKIN SCIENCE SOUL

[ comfort zone ] is an award-winning spa brand founded in 1997 in Parma Italy; born from the inspiration and knowledge of Dr. Davide Bollati, a pharmacist and cosmetic chemist. Together with an international scientific committee and internal research and development laboratories, he has developed targeted responses for the health and vitality of the skin, the body and mind, which are renowned and appreciated by spa professionals and consumers in all continents.

## COMFORT ZONE SKIN CARE RITUALS

### REMEDY

#### 45 MINUTES

Protects skin barrier and is effective against sensitivity. Renews skin and provides smoothness to skin. Soothes redness and sensitivity. Nourishes and fortifies skin.

### SKIN REGIMEN

#### 45 MINUTES

Skin Regimen ritual is ideal for all skin types. Helps to counteract the effects of gravity and lessens the visibility of deep wrinkles and mimics. Effects are immediately visible and a fresher, healthier skin is achieved after ritual.

### HYDRAMEMORY

#### 60 MINUTES

Hydrating ritual for extremely dry skins. Thanks to its long-lasting effects, skin is left to be silky, smooth and shiny.

### RECOVER TOUCH

#### 60 MINUTES

Anti-oxidant and restoring ritual, ideal for dry, weak and stressed skins. Helps to activate oxygenation.

### ACTIVE PURENESS

#### 60 MINUTES

Antibacterial ritual, ideal for skins which is oily, mixed and prone to acne. Leaves a refreshed and balanced skin.

### SUBLIME SKIN DELUXE LIFT

#### 75 MINUTES

Anti-aging Sublime Skin Deluxe Lift stimulates cellular transformation, shows firming effect on mature skins and restores the skin.

### SUBLIME SKIN EYE CARE

#### 30 MINUTES

Extra delicate ritual is effective on wrinkles, under eye bags and dark circles.

# COMFORT ZONE BODY CARE RITUALS

## **BAGNI DI PISA THERMAL MUD**

**60 MINUTES**

Mud, rich in thermal water extracted from Bagni di Pisa, is ideal for all cellulite types. It triggers lipolysis and helps to detox.

## **THERMOGENIC ATTACK**

**60 MINUTES**

Thanks to its thermogenic action, this ritual is effective on resistant cellulite types in regional fat deposition. It increases the circulation in capillaries and decreases lipoidosis via triggering fat cells.

## **AROMATHERAPY WRAP**

**60 MINUTES**

Aromatherapy wrap helps to detox skin and counteracts cellulite types occurred due to lack of blood circulation and liquid. This ritual is ideal for edematous cellulites. Also, it provides feeling of lightness via diminishing swelling on legs.

## **SKIN REGIMEN**

**30 MINUTES**

Anti-aging body care ritual shows revitalizing and firming effect on tissues and skin.

## **HAND CARE RITUAL**

**30 MINUTES**

A completely relaxing treatment for hands including scrub, nourishing mask and massage; combined with a beauty treatment which leaves them soft and smooth.

## **FOOT SPECIALIST PEELING**

**30 MINUTES**

Exclusive foot care, effective on hard tissues, leaves skin soft, smooth, silky and hydrated via exfoliating the dead cells.

## **FOOT AND LEG INVIGORATION**

**45 MINUTES**

Provides an immediate sense of lightness and reactivation for legs and feet, combined with reflexology massage.





## RELAXATION PACKAGE OFFERS

### **AUTHENTIC EXPERIENCE PACKAGE 120 MINUTES**

This package offers a local experience for both singles and couples from the beginning with the original, authentic and breathtaking Traditional Turkish Hammam. The therapy continues with an exotic journey through Element Massage Ritual, which is one of Comfort Zone Signature Massages. This unique experience is enriched with Hand Care Ritual and Foot and Leg Invigoration; our new treatments and ends with ayran and mineral water treat for a feeling of relief and relaxation.

### **PAMPER PACKAGES**

#### **20% OFF FOR PACKAGE OF 5**

#### **25% OFF FOR PACKAGE OF 10**

We offer you a wonderful package for combining your body and facial care with massages. You may choose from face and body treatments and massages so that you create your own combination with discount.

### **EXPLORE SPA GETAWAY PACKAGE FOR COUPLE 130 MINUTES**

Discover refreshment package of Explore Spa which is ideal for two people.

Begin with a relaxing steam bath followed by a detoxifying full-body, thermal mud treatment from Bagni Di Pisa. Next up, a restorative, traditional Balinese style massage and therapeutic foot treatment. Relaxed and renewed, complete your getaway with some tasty treats: chocolate dipped strawberries, seasonal fruits, and fine wine.

