



THE SPA
— AT —
MANDARIN ORIENTAL
—
BOSPHORUS
ISTANBUL

WELLNESS

All classes are customized with personal instruction and Beginner/ Intermediate / Advanced levels are available.

REVITALIZING & BALANCING ACTIVE YOGA STYLES

HATHA YOGA - CLASSIC, TRADITIONAL YOGA

HATHA YOGA

50 minutes / 1 hour 15 minutes (EUR 85 / EUR 115)

Refers to specific yoga postures realigning your anatomical posture while working the muscles and bones gently. Balance of muscle strength and flexibility, body and breath relation is explored.

POSTURE ALIGNMENT & HANDS ON ADJUSTMENT

50 minutes / 1 hour 15 minutes (EUR 85 / EUR 115)

This session is a perfect way to enhance the posture. Start hatha yoga as understanding of yogic postures and protecting from injuries or improve your existing practice.

ASSISTED YOGIC DEEP STRETCHING

50 minutes / 1 hour 15 minutes (EUR 85 / EUR 115)

Receiving one on one assisted stretches deepens the muscle stretch, increase limits and helps to release tension in the muscles. It revitalizes and balances the Prana in the body.

YIN & YANG YOGA

50 minutes / 1 hour 15 minutes (EUR 85 / EUR 115)

Harmonious blend of two style of Yoga into one practice, bringing together the benefits of passively held meditative poses with more dynamic sequences and standing poses.

Tüm dersler kişiye özel istek ve gereksinimler doğrultusunda hazırlanır ve Başlangıç/ Orta/ İleri seviyeler mevcuttur.

CANLANDIRICI VE DENGELEYİCİ AKTİF YOGA TÜRLERİ

HATHA YOGA - KLASİK, GELENEKSEL YOGA STİLİ

HATHA YOGA

50 dakika / 1 saat 15 dakika (85 EUR / 115 EUR)

Anatomik duruşunuzu düzenleyen yoga pozlarıyla kaslarınız ve kemikleriniz güçlenir. Kas kuvveti ve esnekliği ile nefes ve beden ilişkisinin farkındalığı arttırılır.

POSTÜR HİZALAMA & ELLERLE YÖNLENDİRME

50 dakika / 1 saat 15 dakika (85 EUR / 115 EUR)

Duruşu geliştirme üzerine çalışılan bu seans, hatha yogaya başlayanlar için yaralanmaları önleyerek temel pozların anlaşılmasına, mevcut pratiği olanların da kendilerini daha da geliştirmelerine yöneliktir.

DESTEKLİ YOGİK DERİN ESNEME

50 dakika / 1 saat 15 dakika (85 EUR / 115 EUR)

Birebir yardımla yaptırılan esnetmeler kasların uzamasını derinleştirir, limitleri artırır ve kaslardaki gerginliği azaltır. Canlandırıcı özelliği ile bedendeki pranayı dengeler.

YIN &YANG YOGA

50 dakika / 1 saat 15 dakika (85 EUR / 115 EUR)

Uzun süre tutulan meditatif duruşlar ve daha dinamik ayakta duruş sekanslarını harmanlayan bu uygulama ile iki farklı yoga stiline faydaları deneyimlenir.

REVITALIZING & BALANCING ACTIVE YOGA STYLES

FLOW FORM OF TRADITIONAL YOGA

HATHA FLOW

50 minutes / 1 hour 15 minutes (EUR 85 / EUR 115)

Smooth and intense creative flow sessions are designed to strengthen and stretch the full body.

MEDITATIVE VINYASA FLOW

50 minutes / 1 hour 15 minutes (EUR 85 / EUR 115)

Holistic approach to the traditional vinyasa flow, alternating movement and stillness. A complete practice for body and mind.

DEEP CORE STRENGTHENING

50 minutes (EUR 85)

High intense core practice with spinal stretches. Supports inner strength and stamina, building muscular endurance with longer holds in the poses.

THERAPEUTIC SLOW FLOW

50 minutes (EUR 85)

Slow, meditative rhythmic movements of the yoga poses practiced with breath awareness have therapeutic effects to the body and calm the mind.

CANLANDIRICI VE DENGELEYİCİ AKTİF YOGA TÜRLERİ

GELENEKSEL YOGANIN AKIŞ STİLİ

HATHA FLOW

50 dakika / 1 saat 15 dakika (85 EUR / 115 EUR)

Yumuşak ve yoğun yaratıcı seriler tüm bedeni kuvvetlendirmek ve esnetmek için tasarlanmıştır.

MEDİTATİF VİNYASA AKIŞI

50 dakika / 1 saat 15 dakika (85 EUR / 115 EUR)

Geleneksel vinyasa akışına bütünsel bir yaklaşım ile akıcı hareketler ve dinginlik sağlayan duruşlar arasında gidip gelirken hem beden hem de zihin için tam fayda sağlanır.

DERİN KARIN GÜÇLENDİRİCİ

50 dakika (85 EUR)

Yoğunluklu karın kasları ve omurgasal esneme uygulamasıdır. İçsel kuvveti ve dayanıklılığı destekler, pozlarda uzun tutmalarla kas dayanıklılığını güçlendirir.

RAHATLATICI YAVAŞ AKIŞ

50 dakika (85 EUR)

Meditatif ritmik hareketler eşliğinde ve nefes farkındalığı geliştirerek uygulanan yoga pozlarının bedene iyileştirici etkisi vardır ve zihninizi sakinleştirmeye destek olur.

THERAPEUTIC & REJUVENATING PASSIVE YOGA STYLES

RESTORATIVE YOGA (Supported by Yoga Props)

NERVOUS SYSTEM STIMULATION & BALANCING / SPINAL AND LUMBAR
PAIN RELEASE

50 minutes (EUR 85)

Smooth and intense creative flow sessions are designed to strengthen and stretch the full body.

YIN YOGA

CHAKRA & CHI BALANCING (FOCUS ON ALL MERIDIANS) / TARGETS
SPECIFIC BODY PARTS FOR TENSION RELEASE

50 minutes / 1 hour 15 minutes (EUR 85 / EUR 115)

Gives a sensation of complete relaxation with deep fascia stretching which results in releasing blockages and stimulating Qi. Most of the postures are a combination of seated or supine positions and focus on the Meridians, the subtle energy channels.

YENİLEYİCİ VE TERAPÖTİK PASİF YOGA SEANSLARI

RESTORATİF YOGA (Yoga destek malzemeleri kullanılır)

SİNİR SİSTEMİ UYARIM VE DENGEME/ OMURGA VE BEL AĞRISI
RAHATLATICI

50 dakika (85 EUR)

Yenileyici meditatif pozlar ve belirli çakralara yönlendirilen yavaş bilinçli nefesler dinginliği ve parasempatik sinir sistemini destekler. Uzun tutulan destekli pozlar ile bağ dokularındaki ve bedenin derin katmanlarındaki gerginlik çözülür.

YİN YOGA

ÇAKRA VE Qİ DENGEME (TÜM MERİDYENLERE ODAKLANIR) / VÜCUDUN
BELLİ BÖLGELERİNİ HEDEFLEYEREK GERGINLIĞI ÇÖZER

50 dakika / 1 saat 15 dakika (85 EUR / 115 EUR)

Derin bağ doku esnemesiyle bütünsel bir gevşeme sağlayarak Qi'nin uyarılmasına ve blokajların çözülmesine yardımcı olur. Duruşlar çoğunlukla oturarak ve yatar pozisyonda, enerji bedendeki tüm meridyenlere odaklanarak uygulanır.

MINDFULNESS MEDITATION & BREATHING SESSIONS (ALL LEVELS)

MINDFULNESS MEDITATION

30 minutes (EUR 50)

Guided conscious awareness practice and teaching into the observation of the bodily sensations, natural breath, emotions and inner thoughts as a moment to moment experience. The duration of silent stillness may vary according to the mental condition of each person.

PRANAYAMA (BREATHING TECHNIQUES AND EXERCISES)

30 minutes (EUR 50)

Increases the positive energy level in the body and removes toxins. All techniques used are safe and applicable by anyone.

* Please check with your professional pre-booking if you are pregnant.

CHAKRA MEDITATION

30 minutes (EUR 50)

Balancing of your key chakras with guided meditation using visualization and sound and bringing health and mental attitude into a more peaceful and blissful state.

MEDİTASYON VE NEFES TEKNİKLERİ SEANSLARI (TÜM SEVİYELER)

MINDFULNESS (ÖZ FARKINDALIK) MEDİTASYONU

30 dakika (50 EUR)

Bedensel hislerin, doğal nefesin, duyuların ve düşüncelerin bilinçli farkındalıkla anbean gözlem ve şahitlik uygulamasıdır.

PRANAYAMA (NEFES TEKNİKLERİ VE EGZERSİZLERİ)

30 dakika (50 EUR)

Bedendeki pozitif enerji seviyesini artırır ve toksinlerin atılmasına yardımcı olur. Tüm uygulanan teknikler güvenlidir.

* Hamilelik durumunda eğitmen ile önceden görüşmeniz tavsiye edilir.

ÇAKRA MEDİTASYONU

30 dakika (50 EUR)

Temel çakralarınızın dengelenmesini sağlayan meditasyon uygulaması içsel dinginlik ve şifalanmayı kuvvetlendirerek keyifli zihinsel durumu destekler.

ATHLETIC & POSTURAL WORKOUTS

CLASSICAL REFORMER PILATES

50 minutes / 1 hour 15 minutes (EUR 85 / EUR 115)

Detailed traditional reformer exercise series provided for those who are practicing any level of reformer pilates.

CORE ACTIVATED REFORMER PILATES

50 minutes / 1 hour 15 minutes (EUR 85 / EUR 115)

If your aim to make your core stronger than you have at the present time, this exercise will exactly suitable for you. The system totally focus on your abs and gluteal area and make them stronger than you start.

REFORMER & CADILLAC PILATES

50 minutes / 1 hour 15 minutes (EUR 85 / EUR 115)

This is a mix type pilates using multiple devices for a creative exercise with fun sequences that challenge your stability and control.

FUNCTIONAL PILATES

50 minutes / 1 hour 15 minutes (EUR 85 / EUR 115)

This exercise including some fitness-pilates equipments and movements together via reformer and cadillac, increase your heart beats and you can burn more calories in comparison with a classical reformer or fitness exercise.

ATLETİK & POSTURAL EGZERSİZLER

KLASİK REFORMER PİLATES

50 dakika / 1 saat 15 dakika (85 EUR / 115 EUR)

Tüm seviyeler için uygulanabilen bu egzersiz, detaylı geleneksel reformer egzersizlerini içerir.

KARIN GÜÇLENDİRİCİ REFORMER PİLATES

50 dakika / 1 saat 15 dakika (85 EUR / 115 EUR)

Eğer amacınız enerji merkezimiz olan çekirdek bölgeyi mevcut halinden daha güçlü duruma getirmekse bu egzersiz tam size göre. Tamamen karın ve alt gövde kaslarına yönelen bu sistemle, bir derste bile kendinizi başladığınızdan daha güçlü hissedeceksiniz.

REFORMER VE CADILLAC PİLATES

50 dakika / 1 saat 15 dakika (85 EUR / 115 EUR)

Farklı pilates ekipmanlarının kullanıldığı yaratıcı ve eğlenceli sekanslar ile stabilitenizi ve kontrolünüzü geliştirin.

FONKSİYONEL PİLATES

50 dakika / 1 saat 15 dakika (85 EUR / 115 EUR)

Fitness ekipmanlarını ve hareketlerini de reformer ve cadillac ile yapılan egzersizlerin içerisine dahil ederek, kalp ritminin artırılması ve daha fazla kalori harcanması amaçlanır. Klasik bir reformer pilates dersine göre temposu çok daha yoğundur.

CLINICAL PILATES

Supported by Pilates Equipments.

PILATES FOR SCOLIOSIS

50 minutes (EUR 85)

With the emphasis on core alignment and stabilization, asymmetrical movement patterns, the holistic approach of this program is designed to improve your body awareness and increase a balance function on it.

CHRONIC LOWER BACK PAIN RELEASE (ALSO SUITABLE FOR LORDOSIS)

50 minutes (EUR 85)

This exercise contains some movement and stretching series for the muscles of your whole back and gluteal area. Besides, it gives a power for the abs. You also learn subtle movements which use lower back support during hip and leg activity.

CHRONIC BACK&NECK PAIN RELEASE (ALSO SUITABLE FOR FIBROMYALGIA&KYPHOSIS)

50 minutes (EUR 85)

Most of the people who work on a desk the whole day, leaning forward, will eventually encounter posture disorders with back & neck pain. This workout works on the muscles of your back - neck area and release the pain with a proper stretch. You also learn how to keep your spine's neutral position when you are working.

KLİNİK PİLATES

Pilates ekipmanları ile desteklenir.

SKOLYOZ İÇİN PİLATES

50 dakika (85 EUR)

Bütünsel bir yaklaşımla core hizalanması ve stabilizasyona odaklanan ve asimetrik hareket paternleri içeren bu uygulama, beden farkındalığınızı geliştirir ve dengeli bir işlev artışı sağlar.

KRONİK BEL AĞRISI İÇİN RAHATLAMA (LORDOZ İÇİN DE UYGUNDUR)

50 dakika (85 EUR)

Özellikle tüm sırt bölgesi ve onu destekleyen alt beden kas gruplarına yönelik bu uygulama, bir dizi egzersiz ve esneme serilerini içerir. Ayrıca, karın kaslarınızı da güçlendirmeye yönelik çalışarak gün içerisinde yaptığınız tüm aktivitelerde bel bölgesinin nasıl destekleneceğini öğretir.

KRONİK SIRT VE BOYUN AĞRILARI İÇİN RAHATLAMA (FİBROMİYALJİ VE KİFOZ İÇİN DE UYGUNDUR)

50 dakika (85 EUR)

Özellikle gün boyu masa başında ya da öne eğilerek çalışan kişilerde duruş bozukluklarından kaynaklanan sırt ve boyun ağrıları oldukça sık görülür. Bu çalışma ile sırt ve boyun bölgesinde bulunan kaslar çalıştırılır, esnetilir ve gün içerisinde doğru duruş pozisyonunun nasıl korunacağını öğrenilmesi amaçlanır.

ATHLETIC PERFORMANCE

CIRCLE EQUIPMENT WORKOUT

50 minutes / 1 hour 15 minutes (EUR 85 / EUR 115)

Works your body through all ranges of motion, geared toward recovery and core strength for triathletes. A great exercise for athletes to do between their heavier workouts. Supported with various pilates equipment.

PILATES VIA JUMP BOARD COORDINATION

50 minutes / 1 hour 15 minutes (EUR 85 / EUR 115)

You can discover a new form of the classical pilates via jumping and develop your body/mind coordination at the same time. With the jump board, you will feel more core and leg activation when you are getting your position on the carriage

DEEP STRETCHING WITH REFORMER

50 minutes (EUR 85)

If you need a deep stretch, reformer can easily and effectively assist you on this subject. Superior design of the machine can assist you when you are making special stretching series and gives an amazing experience to your spine and muscles.

ATLETİK PERFORMANS

DAİRESEL EKİPMAN ANTRENMANI

50 dakika / 1 saat 15 dakika (85 EUR / 115 EUR)

Bütün bedeninizin hareketliliği üzerinde çalışmanıza yardımcı olurken, triatletler için core bölgesi güçlendirilir. Ağır antrenman yapan atletler ve deneyimliler için mükemmeldir. Çeşitli pilates ekipmanıyla desteklenir.

JUMP BOARD KOORDİNASYON PİLATES

50 dakika / 1 saat 15 dakika (85 EUR / 115 EUR)

Jump board aracılığıyla zıplarken, standart bir pilates dersine kıyasla beden/zihin koordinasyonunu çok daha fazla hissedersiniz. Egzersizin doğal yapısından dolayı taşıyıcıya uzandığınızda bile core ve bacak bölgelerinin çok daha fazla aktif olduğunu hissedeceksiniz.

REFORMER İLE DERİN ESNEME

50 dakika (85 EUR)

Eğer amacınız yalnızca esnemek ve kaslarınızı rahatlatmaksa, bunu reformer aracılığıyla kolaylıkla ve etkili bir şekilde sağlayabilirsiniz. Dahiyane bir tasarıma sahip olan bu makine, tüm omurganın ve en derin kas gruplarının bile esnemesini sağlayarak size mükemmel deneyim yaşatır.

MATERNITY PILATES

MATERNITY FULL BODY WORKOUT

50 minutes (EUR 85)

It starts from the 3rd month of pregnancy. Exercise intensity differs in two periods, 3-6 months and 6-9 months. Increases your mobility.

Supported with various pilates equipment.

KIDS EXERCISES

KIDS MAT (CONTROL)

40 minutes (EUR 65)

Supports kids with magic circle and fitness ball to show how to use concentration and centering to bring everything to the midline of the body to use control. It includes challenging exercises like one leg stretch, balance, jump.

KIDS MAT (FLUIDITY)

40 minutes (EUR 65)

Exercises go through the mat sequence two times at a quicker tempo to focus on fluidity.

HAMİLE PİLATESİ

HAMİLELER İÇİN TÜM BEDEN ÇALIŞMASI

50 dakika (85 EUR)

Hamileliğin 3. ayından itibaren başlanır. 3-6 ay ve 6-9 ay olarak iki dönemde egzersiz yoğunluğu farklılık gösterir. Hareketliliğinizi artırır.

Çeşitli pilates ekipmanıyla desteklenir.

ÇOCUK MAT EGZERSİZLERİ

ÇOCUK MAT EGZERSİZİ (KONTROL)

40 dakika (65 EUR)

Çocukların sihirli daire ve fitness topu kullanarak konsantrasyon ve denge sağlamasına destek olur. Kontrolü kullanarak herşeyin merkez noktasını öğrenirler. Tek bacak uzanma, denge, sıçrama ve çeşitli egzersizlerle kontrole meydan okunur.

ÇOCUK MAT EGZERSİZİ (AKIŞKANLIK)

40 dakika (65 EUR)

Akışkanlığa odaklanan egzersizler, mat üzerindeki sekansların temposunun iki katına çıkarılmasıyla çocukların hareketlerinin devamlılığını destekler.

FITNESS

PERSONAL TRAINING

50 minutes (EUR 85)

All personal training is customized to suit the individual, to ensure that your fitness and wellness needs are met. This may include any type of exercise from weight loss, strength & resistance training, cardiovascular endurance training, balance training, mobility & flexibility training and specialized needs.

GROUP PERSONEL TRAINING

60 minutes (2 pers. EUR 135 / 3 pers. EUR 190 / 5 pers. EUR 300)

You can make your training more enjoyable in line with your special needs in groups of 2-3-5 people that you will create with your family or friends.

WORKOUT SESSIONS

METCON TRAINING

45 minutes (EUR 95) (2 pers. EUR 135 / 3 pers. EUR 190)

A form of body conditioning, or resistance training using high intensity aerobics targets strength building and muscular endurance. Circuits of various moves are exercised in a row continuously with no resting time.

ABS (INTENSE CORE WORKOUT) CORE

30 minutes (EUR 65)

Effective routines for upper abs, lower abs and obliques are designed by our personal trainer aimed to get the best results in desired periods.

FITNESS

KİŞİSEL ANTRENMAN

50 dakika (85 EUR)

Tüm kişisel antrenmanlar genel spor ve sağlık düzeyinizi geliştirmek üzere, ihtiyacınız doğrultusunda tasarlanır. Bu çalışmalar kilo vermek, güç ve dayanıklılık geliştirmek, denge eğitimi ve esneklik kazanmak gibi özel ihtiyaçlarınıza göre şekillenir.

GRUP KİŞİSEL ANTRENMAN

60 dakika (2 kişi 135 EUR / 3 kişi 190 EUR / 5 kişi 300 EUR)

Ailenizle ya da arkadaşlarınızla oluşturacağınız 2-3-5 kişilik gruplar halinde özel ihtiyaçlarınız doğrultusunda antrenmanınızı daha eğlenceli hale getirebilirsiniz.

ANTRENMAN SEANSLARI

METCON ANTRENMANI

45 dakika (95 EUR) (2 kişi 135 EUR / 3 kişi 190 EUR)

Yüksek yoğunluklu ağırlık antrenmanı metodunu kullanarak, aerobik çalışması ile kuvvet gelişimi ve kas dayanıklılığı kazanılır. Bir kaç farklı hareketin dairesel olarak yapıma prensibidir ve dinlenme molası yoktur.

ABS (YOĞUN KARIN ANTRENMANI) CORE

30 dakika (65 EUR)

Üst karın, alt karın ve oblikler için özel olarak tasarlanmış etkin rutinlerden oluşan bu antrenman, uzman eğitmenlerimiz tarafından istenilen zamanda en iyi sonucu almaya yönelik hazırlanmıştır.

WORKOUT SESSIONS

FATHER AND SON STRONGER TOGETHER

90 minutes (EUR 195)

You can choose from our kickbox, group personal training, pilates or yoga classes to be stronger and fit together. It's a fun activity that you will end with a 30-minute stretch session after performing one of them.

MOM AND DAUGHTER RELAX AND STRETCH

90 minutes (EUR 195)

A fun activity where you will end with a 30-minute cardiovascular workout accompanied by a trainer after our yoga or pilates lessons, which you will choose according to your goal and level.

HIIT (HIGH INTENSITY INTERVAL TRAINING) CARDIO

30 minutes (EUR 65)

It's a fast calorie burn workout that can be incorporated into your routine. Sessions start off with a short dynamic stretching warm up and a few minutes of light pedal before fun and high intensity sweaty exercises and cooling cardio.

ASSISTED STRETCHING (FITNESS)

30 minutes (EUR 65)

A unique Oriental inspired stretch combination to revitalize you at the end of your sessions or to support the general condition of your muscle system. Receive one on one stretch by your fitness or wellness professional that will increase your suppleness.

ANTRENMAN SEANSLARI

BABA VE OĞUL BIRLIKTE DAHA GÜÇLÜ

90 dakika (195 EUR)

Birlikte daha güçlü ve zinde olabilmek için beraber seçeceğiniz kickbox, grup kişisel antrenman, pilates yada yoga derslerimizden birini gerçekleştirdikten sonra 30 dakikalık beraber esneme seansı ile sonlandıracağınız eğlenceli bir aktivite.

ANNE VE KIZ RAHATLA VE ESNET

90 dakika (195 EUR)

Hedef ve seviyenize göre seçeceğiniz yoga yada pilates derslerinin ardından antrenör eşliğinde 30 dakikalık kardiyovasküler antrenman ile sonlandıracağınız eğlenceli bir aktivite.

HIIT (YÜKSEK YOĞUNLUKLU INTERVAL ANTRENMAN) KARDİYO

30 dakika (65 EUR)

Rutin çalışmanıza ekleyebileceğiniz hızlı kalori yakıcı bir çalışmadır. Seanslar kısa dinamik esneme ısınmasıyla başlar ve birkaç dakika hafif pedal çevirme ardından eğlenceli yüksek yoğunluklu terleten egzersizler ile devam eder ve serinletici kardiyo ile son bulur.

YARDIMLI ESNEME (FITNESS)

30 dakika (65 EUR)

Uzman eğitimcilerimiz, antrenman seanslarınızın sonunda sizi canlandırmak üzere, Uzak Doğu tekniklerinden esinlenen benzersiz bir esneme kombinasyonu geliştirmiştir. Sağlıklı yaşam eğitimimizle birebir, bedeninize esneklik katacak ve kas ağrılarınızı hafifletecek esneme teknikleri uygulanır.

SWIMMING CLASSES

KIDS & CHILDREN

INTRODUCTION WITH WATER

30 minutes (EUR 85)

Helps kids to get familiar with water considering water safety and basic rescue skills, beginner breathing control.

BEGINNER LEVEL

45 minutes (EUR 85)

Improves correct foot stroke and breathing control of children who learn to communicate with water, which helps them to stay in water without any support and feel happy to dive.

INTERMEDIATE LEVEL

45 minutes (EUR 85)

Teaches children to swim in free, backstroke and breaststroke swimming styles who already feel completely comfortable in water.

ADVANCE LEVEL

60 minutes (EUR 95)

Supports free, backstroke, breaststroke and butterfly swimming styles with correct exit and return techniques as well as to prepare athletes to competitions via personal training programs.

AQUA PILATES

40 minutes (EUR 85)

It's a funny way to make excersize in hot summer days. We keep your body in the water during all session and doing some pilates practice at the same time without sweating.

YÜZME DERSLERİ

ÇOCUKLAR VE GENÇLER

SUYLA TANIŞMA

30 dakika (85 EUR)

Suyla tanışma tekniklerini, su güvenliği ve temel kurtarma becerilerini, başlangıç seviyesinde nefes kontrolünü, güvenli ve eğlenceli bir ortamda kendilerini geliştirmelerini sağlamayı amaçlamaktadır.

BAŞLANGIÇ SEVİYESİ

45 dakika (85 EUR)

Suyla doğru iletişim kurmayı öğrenen çocukların nefes kontrolünü geliştirmeyi, suda desteksiz kalabilmelerini, suyun altına girmekten mutlu olmalarını sağlamayı ve doğru ayak vuruşunu öğrenmelerini hedeflemektedir.

ORTA SEVİYE

45 dakika (85 EUR)

Suda kendini tamamen rahat hisseden çocukların serbest, sırtüstü ve kurbağalama yüzme tekniklerini öğrenmelerini amaçlamaktadır.

İLERİ SEVİYE

60 dakika (95 EUR)

Serbest, sırtüstü, kurbağa ve kelebek yüzmeyi çıkış ve dönüş çalışmalarıyla pekiştirmeyi, kişiye özel antrenman programlarıyla desteklenen derslerle sporcuların yarışmalara hazırlanmasını hedeflemektedir.

AQUA PİLATES

40 dakika (85 EUR)

Sıcak yaz günlerinde eğlenerek yapabileceğiniz bu egzersizde, vücudunuzu suyun içinde tutarak tüm kas gruplarına yönelik egzersiz serileriyle terlemeden de spor yapmanın keyfi bir başka.

SWIMMING CLASSES

ADULTS

BEGINNER LEVEL

45 minutes (EUR 85)

Develops basic swimming skills such as overcoming water fear, learning breath control in water and correct foot stroke.

INTERMEDIATE LEVEL

60 minutes (EUR 95)

Develops basic swimming skills including correct foot stroke and arm pulling, staying in water without any support and starting to swim in free and supine styles who are already completely comfortable in water.

ADVANCE LEVEL

60 minutes (EUR 95)

Teaches butterfly and frog swimming styles for the ones who already know backstroke and free styles, to be able to complete all 4 styles and skills and with customized training programs.

YÜZME DERSLERİ

YETİŞKİNLER

BAŞLANGIÇ SEVİYESİ

45 dakika (85 EUR)

Su korkusunu yenmeyi, suda nefes kontrolünü öğrenmeyi, doğru ayak vuruşu gibi temel yüzme becerileri kazandırmayı amaçlamaktadır.

ORTA SEVİYE

60 dakika (95 EUR)

Su korkusunu yenen ve doğru nefes tekniklerini öğrenenlerin ayak vuruşu, kol çekişi gibi temel yüzme becerilerini geliştirmeyi, suda desteksiz durabilmelerini sağlamayı, serbest ve sırtüstü tekniklerini öğrenmeye başlamasını hedeflemektedir.

İLERİ SEVİYE

60 dakika (95 EUR)

Serbest ve sırtüstü yüzme tekniklerini öğrenenlerin kurbağalama ve kelebek yüzme tekniklerini de öğrenerek 4 stili tamamlamasını ve kişiye özel antrenman programlarıyla kendilerini geliştirmelerini sağlamayı amaçlamaktadır.

KICKBOX WORKOUT & BOXING WORKOUT

KICKBOX WORKOUT

60 minutes (EUR 85)

Kickboxing is a combat sport created by combining punch, kicking and knee techniques. It can be applied as an exercise system or as a full-contact combat sport.

BOX WORKOUT

60 minutes (EUR 85)

Boxing is a combat sport created with the use of punching techniques. It can be applied as an exercise system or as a full-contact combat sport.

MUAY THAI WORKOUT

60 minutes (EUR 85)

Kickboxing is a combat sport created by combining punch, elbow, kicking and knee techniques.

It can be applied as an exercise system or as a full-contact combat sport.

KICKBOKS ANTRENMANI & BOKS ANTRENMANI

KICKBOKS ANTRENMANI

60 dakika (85 EUR)

Kickboks, yumruk, tekme ve diz uygulamalarının bir araya getirilmesiyle oluşturulmuş bir dövüş sporudur. Egzersiz sistemi olarak uygulanabildiği gibi tam temaslı bir dövüş sporu olarak da uygulanabilmektedir.

BOKS ANTRENMANI

60 dakika (85 EUR)

Boks, yumruk tekniklerinin kullanılması ile oluşturulmuş bir dövüş sporudur. Egzersiz sistemi olarak uygulanabildiği gibi tam temaslı bir dövüş sporu olarak da uygulanabilmektedir.

MUAY THAI ANTREMANI

60 dakika (85 EUR)

Muay Thai, yumruk, diz, dirsek ve tekme uygulamalarının bir araya getirilmesiyle oluşturulmuş bir dövüş sporudur.

Egzersiz sistemi olarak uygulanabildiği gibi tam temaslı bir dövüş sporu olarak uygulanabilmektedir.

ESSENCE OF ISTANBUL

BREEZE OF BOSPHORUS

2 hours 30 minutes

As the breeze of the Bosphorus refreshes and regenerates the spirits, so will this full body treatment.

A body scrub with spiritually cleansing sage. An aromatic full body massage followed by a relaxing facial treatment and head massage.

PEARL OF BOSPHORUS

2 hours

Combining two cultures to create a truly memorable treatment.

An oriental hammam experience, a full body acupressure massage concentrating on the neck and shoulders, concluded with a foot massage.

Finish the experience with a refreshing glass of herbal tea and a taste of our traditional Turkish delight.

SULTAN SUITE EXPERIENCE

3 hours

Everything is better when shared with your loved one. This 3 hour couples' treatment is designed for you to spend precious time with each other.

Finish the experience with a refreshing glass of herbal tea and a fresh fruit plater.

Ting Quan therapy, aromatic Jacuzzi, Aromatherapy massage and bespoke facial treatment.



TURKISH HAMMAM EXPERIENCES

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. The Eastern meridian lines of your feet and head are massaged using our signature oil bringing you into complete holistic harmony. The experience is concluded with a refreshing hair wash with our signature Quintessence shampoo.

Steeped in Turkish tradition and origin, hammam provides a place for relaxation, wellbeing cleansing and detoxifying for the body and mind since the old Ottoman days. Our traditional hammam treatments are designed in 3 different time options for you to choose according to your individual needs.

SULTAN HAMMAM

1 hour

Invigorating Body Scrub, Foam Massage & Hydrating Body Mask

ORIENTAL TRADITIONAL HAMMAM

45 min

Invigorating Body Scrub & Foam Massage

TRADITIONAL HAMMAM

30 minutes

Invigorating Body Scrub

*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.



SIGNATURE THERAPIES

TIME RITUALS™

1 hour 50 minutes / 2 hours 50 minutes

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

ORIENTAL QI

1 hour 20 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.

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 / 1 hour 30 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.



SIGNATURE THERAPIES

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 soften the muscle tissue, release tension, increase circulation and improve overall mobility in the body.

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



TRAVELLER'S ESSENTIALS

DEEP SLEEP

1 hour / 1 hour 30 minutes

Using a blend of relaxing essential oils, this full body and face massage involves carefully applied pressure techniques to balance the nervous system and ease an overactive mind. Induces a deep sense of tranquillity and a good night's sleep.

ORIENTAL FOOT THERAPY

50 minutes

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. Finally a relaxing massage along the energy points of the feet and ankles helps to raise natural energy encouraging the release of tension.



MASSAGES

All of our massage treatments are customised 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 relaxation, improve circulation and increase overall wellbeing.

ORIENTAL ESSENCE

1 hour / 1 hour 30 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.

AROMATHERAPY

1 hour / 1 hour 30 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.

HOT STONE THERAPY

1 hour 20 minutes

This relaxing massage uses heated stones to generate energy and create a sense of balance and calm, as well as giving relief to deep-seated muscle tension.

MOM TO BE

50 minutes

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 the skin and relaxes the body.

THAI

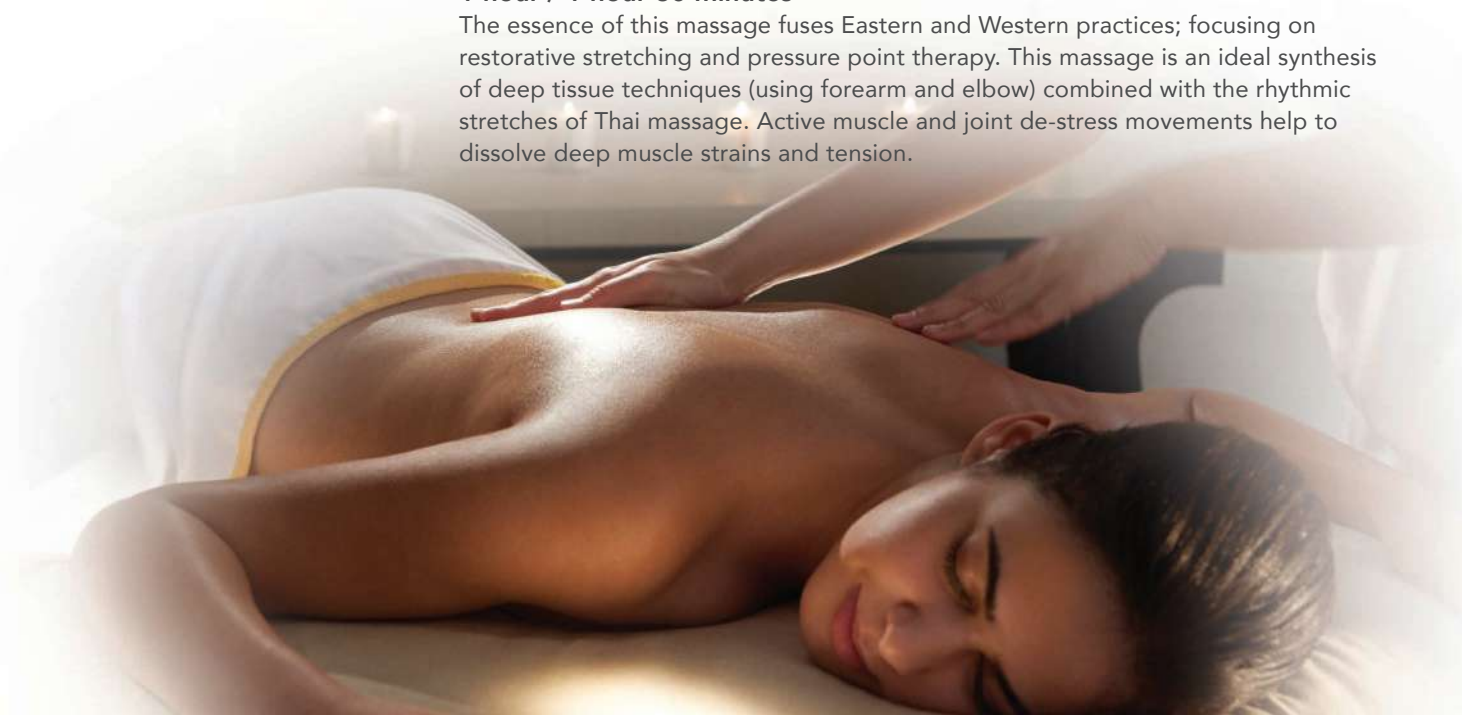
1 hour 20 minutes

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

EASTERN THERAPEUTIC

1 hour / 1 hour 30 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 muscle strains and tension.



SCRUBS AND WRAPS

ORIENTAL BODY SCRUB

20 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.

ALGAE WRAP

50 minutes

A treatment that begins with a soft exfoliation to purify the epidermis and an algae-wrap in order to detoxify the body. Combined with active ingredients and hydrating products, this treatment restores the natural regeneration functions while purifying the body.



HOLISTIC SKIN CARE

AROMATHERAPY ASSOCIATES

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.

BESPOKE

50 minutes / 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.

This facial treatment is also suitable during pregnancy.

AGE REPAIR FACIAL

1 hour 30 minutes

An intensive treatment for those concerned with the signs of ageing. Award-winning natural products are used in conjunction with a unique dual layering of intensive masks, with specific lifting, plumping, and firming massage. Delivers instantly visible results.



ADVANCED SKIN CARE

BIOLOGIQUE RECHERCHE

When the company was founded, 40 years ago, Biologique Recherche functioned like a research and development laboratory whose sole vocation was to develop formulations for professionals dissatisfied with existing products. Today, Biologique Recherche Methodology has a reputation for astounding effectiveness based on a clinical approach to beauty care using intentionally pure, concentrated, raw ingredients, as well as innovative and meticulous protocols and procedures.

FACIAL TREATMENTS

SOIN RESTRUCTURANT ET LISSANT

1 hour 10 minutes

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

THE LIFT C.V.S.

1 hour 10 minutes

This renovating skin care exfoliates, lifts, restructures, firms, hydrates, and protects against exterior aggressions. Recommended for normal, seborrheic, atone and or thick skin. A real facelift even after one treatment that also enlightens and soothes your skin.

SOIN TACHES PIGMENTAIRES / PIGMENTATION TREATMENT

1 hour 10 minutes

An immediate lightening action which prevents and reduces the appearance of existing pigmentary spots and irregularities. The skin looks more brightened and pure.

LOTION MC 110

50 minutes

Replumping, restructuring and renewing treatment for non-reactive, devitalized and / or toneless skin with fine lines and wrinkles. A treatment for reducing wrinkles and lines designed for lackluster skin visibly effective even after a single session. It leaves the skin on your face, neck and chest toned and redefined.

THE BOOSTER VIP O2 OXYGENATING FACIAL

50 minutes

Crackling micro-massage skincare that re-oxygenates the skin tissue detoxifies the epidermis by eliminating polluting particles, stimulates the skin, and restores the skin's radiance. A wonderful moment of well-being and relaxation, features that leave you glowing with health.

BIOLOGIQUE RECHERCHE «ONLY FOR YOU» WITH SECOND SKIN – SECONDE PEAU

1 hour 10 minutes

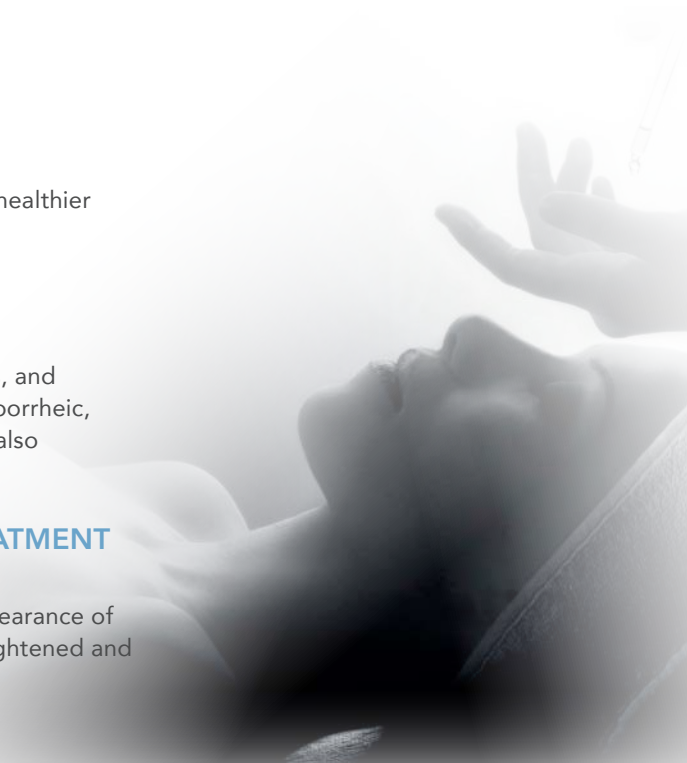
A world first in professional cosmetics, Second Skin is a lifting and regenerating electrospon mask with 80% hyaluronic acid that targets damaged skin. A genuine alternative to fillers, this exceptional anti-aging treatment will visibly lift and correct signs of aging.

Extend your 70 min. treatment with...

CO - FACTEURS BIOLOGIQUE RECHERCHE

+ 20 minutes

For even more visible results, we can enhance the personalized treatment by applying a preformed mask (Biologique Féérie, Collagène Caviar, Eye Mask, Pigmentation Mask, Décolleté Mask Treatment) which adapts to the shape of the face to create a specific and intensive treatment.



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 STURMGLOW

1 hour

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

1 hour 15 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 TREATMENTS

SLIMMING ALGAE ANTI-CELLULITE TREATMENT

1 hour 30 minutes

This treatment features an energizing massage that creates a drainage effect on concentrated cellulites, followed by a wrap. Its thermal effect releases marine active ingredients that remineralize and purify the body and fill you with a wonderful sense of wellbeing and comfort.

DETOX WRAP TREATMENT

1 hour

A treatment that begins with a soft exfoliation to purify the epidermis and an Algae-Wrap in order to detoxify the body. Combined with active ingredients and hydrating products, this treatment restores the natural regeneration functions while purifying the body.

MLX I³DOME

The MLX i³Dome“ is the new generation of detox treatments. Combining Far Infrared technology with Plasma and Light, 3 ultra-effective treatment methods in one.

GHARIENI MLX DOME – BODY

20 minutes / 40 minutes

When combined with special treatment options prepared by The Spa, the effect of the device multiplies. Integration of massage applied by expert therapists provides extra relaxation by regulating blood circulation.

GHARIENI MLX DOME – FACE

20 minutes / 40 minutes

MLX i³Dome provides skin rejuvenating benefits, especially through cellular regeneration by improving blood circulation. Meanwhile, light therapy reduces the appearance of wrinkles, promotes skin health, and increases vitality and suppleness. In addition to providing deep relaxation, the therapy also stimulates the release of endorphins in the body.



GENTLEMEN ESSENTIALS

REFINERY FACIAL FOR GENTLEMEN

50 minutes / 1 hour 20 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.

DE-STRESS MASSAGE

50 minutes

Increase your energy with a reviving upper body massage which focuses on common chronic patterns of tension such as stiff back, neck and tight shoulder muscles.

MAN SPACE

1 hour 50 minutes

A Traditional Turkish Hammam “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. A facial treatment following the massage allows you to indulge yourself.

30 minute “kese” exfoliation, 50 minute massage, 30 minute facial treatment.



TERMS & CONDITIONS

OPENING HOURS

Fitness Center and Pool : Mon – Sun 7am – 10pm

Spa Treatments : Mon – Sun 10am – 10pm

CANCELLATION POLICY

Please allow 12 hours' notice of cancellation to avoid charges. Cancellations within 6 hours will incur 50% charge. A credit card number is required at the time of booking.

DIGITAL DISCONNECTION

Our spa environment is one of tranquility and we would appreciate it if you can turn off your mobile devices and secure them in your locker to respect all spa guests' right to privacy and serenity.

SPA ARRIVAL

We recommend that you check in at Spa Reception at least 30 minutes prior to your first scheduled appointment. This allows us to have a brief discussion with you about your treatment expectations and 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 and fitness center is 16 years of age.

HOMECARE

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

GIFT CARDS

Our gift cards make ideal gifts and are available online at mandarinoriental.com/gift-cards and at The Spa Concierge desk.