

SPA CARESSE

THE PERFECT PLACE TO
UNWIND AND RELAX

Escape Into An Oasis Of Peace And Relaxation



WORLD
LUXURY
SPA
AWARDS
NOMINEE
2017



CARESSE
RESORT & SPA
BODRUM

THE
LUXURY
COLLECTION





SPA CARESSE SERVICES

SPA CARESSE	2
TREATMENTS	3
PRODUCTS	3
SIGNATURE SPA TREATMENTS	8
MASSAGE	9
ESPA BODY TREATMENTS	11
HAMMAM RITUALS	12
ESPA FACIALS	13
ESPA FOR MEN	14
SPA CARESSE DAY PACKAGES	15
FITNESS AND WELLNESS	19
HOW TO SPA	23

SPA CARE





SPA CARESSE

Welcome to a tranquil oasis of serenity. At Spa Caresse, we have created a space to renew your strength and inner sense of wellbeing. Using a selection of the finest natural, sustainable and ethically sourced ingredients let us care for your- Mind, Body and Spirit.

The essence of the serene Bodrum bay, pure white sands and shimmering turquoise sea sets the scene for treatments using local ingredients and the prestigious ESPA skincare range,. All treatments include a journey through the Spa Caresse "Degrees" heat experiences, spa consultation and signature welcome drink.

TREATMENTS

ESPA has created a collection of result-oriented treatments that are unique to Spa Caresse. ESPA therapists are hand selected and trained extensively to ensure their skills and knowledge base is second to none. This rigorous training elevates the treatment experience to new heights due to ESPA's technically advanced, holistic and personalized approach.

PRODUCTS

As global leaders in spa, ESPA are to be found in prestigious spas across five continents and are dedicated to producing results-driven, natural skincare that is a pleasure to use, ensuring skin looks - its best. ESPA's award winning products are as unique as they are effective, they are tested each and every day by a highly trained and extremely professional global network of therapists, and are loved by men and women alike.











SIGNATURE SPA TREATMENTS

Unique to Hotel Caresse, three treatments have been inspired allowing guests to completely escape, restoring the body's wellbeing and vitality, using indigenous herbs.

Each therapy begins with a revitalizing mint foot ritual to awaken the senses, preparing you for ESPA's sensory journey and enabling the therapist to personalise your Spa experience.

THE CARESSE RETREAT

120 minutes

Inspired by the use of local Turkish herbs this treatment will soothe the mind and cocoon the body in pure relaxation. The treatment begins with a natural salt scrub infused with spearmint and menthol to invigorate the senses, finishing with our signature poultice massage to relax and ease muscle tension and tightness.

Includes: Welcome foot ritual- salt scrub- poultice massage- scalp massage

DRIFT AWAY

40 minutes

Drift away in the comfort of your own room to the sound of the Aegean Sea and majestic views.

A deeply, therapeutic four handed massage focuses on the scalp, neck and feet which achieves a feeling of total relaxation and wellbeing. Massage techniques alleviate tension and stress stored in the scalp and neck followed by foot massage using pressure point techniques. The ritual is completed with a sleep inducing tea infused with indigenous herbs from the region and a soothing lavender eye pillow.

Advance reservation is required for this ritual subject to availability from 20.00 pm to 22.00 pm only. In order to gain maximum benefit from this ritual guests are advised to have an early dinner (Minimum 2 hours before the ritual)

Includes: Welcome foot ritual- Scalp- neck/shoulder massage- foot massage

COUPLE TIME

150 minutes

Our Couple suite allows you complete privacy to enjoy the ultimate spa experience. This private suite is perfect for sharing indulgent relaxation time with a friend or loved one and will provide the perfect escape.

Includes: Welcome foot ritual- bath ritual- body exfoliation- aromatherapy massage- scalp massage

MASSAGE

These massages are performed using ESPA's therapeutic blend of 100% natural massage oils.

AROMATHERAPY MASSAGE

60 / 90 minutes

ESPA aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils. A personal consultation will ensure that you receive a unique treatment to suit your specific needs. Choose from the following:

Detoxifier, De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser, Body Toner

Includes: Aromatherapy massage to back, legs, arms, abdomen, neck/shoulder massage

HOT STONE MASSAGE

60 / 90 minutes

A therapeutic full body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains; helping you to unwind and your body to feel rejuvenated.

Includes: Hot Stone Aromatherapy massage to back, legs, arms, abdomen, neck/shoulder massage

SWEDISH MASSAGE

60 / 90 minutes

A traditional full body massage using firm pressure to promote relaxation and ease muscle tension. This treatment is ideal as an introduction to massage; stimulating movements help soothe tired aching muscles to leave you relaxed and revived.

Includes: Swedish massage to back, legs, arms, abdomen, neck/shoulder massage.

DEEP MUSCLE MASSAGE

60 / 90 minutes

A powerful massage designed to alleviate deep-seated tension and muscular stress. Specialised techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck, painful back and sore, tight shoulders.

Includes: Specialised massage to specific areas of concern.

BALINESE MASSAGE

60 / 90 minutes

This massage uses long, warming strokes to encourage complete calm and wellbeing.

Gently heated aromatherapy oils are poured onto the centre of the body and massaged into the skin using stretching and sweeping movements for deep relaxation. This soothing and indulgent massage leaves your mind, body and spirit soothed and relaxed.

Includes: Balinese massage to back, legs, arms, abdomen, neck/shoulder massage

THAI MASSAGE

60 / 90 minutes

Hands, elbows and feet are used to massage pressure points to open the flow of energy, elongate the muscles and release deep-seated tension. Following ancient traditions, unusual movements stretch and fold the body, resulting in improved wellness and flexibility. (Loose garments are provided as oil is not used for this massage.)

Includes : Thai Massage Stretches and Acupressure Points to back, legs, arms, abdomen, neck and shoulder.

FOOT ACUPRESSURE

30 minutes

Concentrating solely on the feet, this treatment helps to relax the entire body and mind, ground energy and regulate the movement of Qi through the body. Foot massage is an essential element of Chinese culture and tradition and is an ancient form of therapy. Many cultures believe that the foot mirrors the body's systems. By massaging specific reflex points and meridians on the feet, balance can be achieved in the functions of the body, creating an overall sense of well-being.

Includes: Hot Compress and foot Massage.

ESPA BODY TREATMENTS

We offer a huge range of solution led ESPA body treatments and massages, each one designed and tailored specifically to ensure you experience the best physical and emotional therapeutic benefits depending on your needs.

HIP & THIGH TREATMENT

60 minutes

A highly effective, stimulating treatment to target cellulite, fluid retention and uneven skin texture. Using potent marine extracts, iced mitts, a deep detoxifying massage and specialised stomach massage techniques to help cleanse and purify the colon, giving excellent results. Ideal for people concerned by the appearance of cellulite. A course of 6 treatments is recommended.

Includes: Skin brush – detoxifying Salt and Oil Scrub – detoxifying massage to specific area – specialised colonic massage techniques

PRE & POST NATAL TREATMENT

60 / 90 minutes

A deeply nourishing body massage designed to target areas prone to stress and tension during or after pregnancy. Gentle back exfoliation, if required, is followed by a soothing body massage specifically designed to suit your individual concerns, focusing on the areas needed to alleviate muscular aches, whilst helping to relax, restore and revitalise. A course of 6 treatments is recommended following the first trimester of pregnancy.

Includes: Back exfoliation (if required) – body/scalp massage – this treatment is tailored to your specific needs.

SALT & OIL SCRUB

30 minutes

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment, or in preparation for an ESPA Massage. For a lighter application Exfoliating Body Polish is applied instead of Salt & Oil Scrub.

Includes : Salt and oil scrub or Exfoliating Body Polish.



HAMMAM RITUALS

CARESSE ROSE HAMMAM INDULGENCE

60 minutes

A total body experience that caresses your skin, revitalises your body and calms your mind. This traditional experience starts by deeply cleansing the skin with a traditional Kese scrub, followed by a Rose soap foam massage, a nourishing marine mud body mask, refreshing rose hair cleanse and finishes with a cool soothing rose ice ritual.

Includes: Scrub – foam massage – mud body mask – hair wash treatment – rose ice ritual

TRADITIONAL TURKISH HAMMAM

40 minutes

A nurturing full body treatment combining a traditional Hammam exfoliation and full body foam massage with the natural goodness of pure olive oil soap to purify and soften the skin followed by a divine scalp massage using an ESPA nourishing hair and scalp treatment, the treatment finishes with a hair cleanse and conditioning
Scrub – foam massage – hair cleanse and conditioning treatment.

Includes: Scrub – Foam Massage – Hair Cleanse and Conditioning Treatment.

ESPA FACIALS

Our facials begin with a detailed consultation and in-depth skin analysis using SkinVision™ technology to identify skin conditions not visible to the naked eye. Your facial is specifically tailored to you, to include cleansing, exfoliation, steam and extraction where necessary, and a treatment specific massage, mask and intensive serum. Finally, skincare products are chosen for your individual needs to achieve the best possible results. To maintain the ultimate in healthy radiant skin we recommend a facial once a month.

SKIN SOLUTIONS

ESPA ADVANCED SKIN RADIANCE FACIAL

90 minutes

Restore skin's vitality and reveal a bright, smooth and radiantly youthful-looking complexion with our advanced new facial treatment.

Suitable for all skin types and ages, this treatment combines our unique Optimal Skin ProCleanser, which gently exfoliates as it melts into the skin, with a deep brush cleanse and brightening mask to remove dead skin cells. An age-defying and sublimely relaxing massage using rose quartz crystals follows, finishing with a Lifting and Smoothing Mask and our revolutionary new Skin Radiance Intensive Serum – to powerfully brighten, firm and even skin tone, leaving your complexion smooth, supple and looking radiantly healthy.

Includes: Deep brush cleanse- unique ProCleanser- Age-defying rose quartz crystal massage- professional Lifting & Smoothing Mask- revolutionary Radiance Serum

AGE-DEFYER FACIAL

60 minutes

A luxurious and regenerating facial for maturing skin to help minimise lines and wrinkles around the eyes, neck, lips and jawline to help combat the signs of ageing.

This treatment visibly improves the appearance of the skin by using special age-defying massage techniques and a selection of age-defying products to replenish and revitalise the skin, leaving your complexion toned, radiant and rejuvenated.

Includes: Deep cleanse, steam & extraction- age defying massage- mask- scalp massage

ESPA PERSONALISED FACIAL

60 minutes

This expert facial is specifically tailored to you, and will include deep cleansing, exfoliation, steam and gentle extraction where needed, and a treatment specific massage and mask.

Finally, ESPA skincare products including an intensive booster serum are chosen to suit your individual needs to achieve maximum results.

Includes : Deep Cleanse-Exfoliation-Steam- Massage - Mask



LIFT & FIRM EYE TREATMENT

30 minutes

Perfect for those who are concerned with the first signs of ageing around the eyes. An effective firming and hydrating treatment, helping to reduce the appearance of fine lines and relieve tension from eye-strain and computer headaches. Incorporating a cleanse, exfoliation, massage and application of our Lift & Firm Intensive Eye Serum.

Includes: Cleanse- eye massage- eye mask- eye serum

ESPA FOR MEN

Our ESPA face and body treatments for men are specifically tailored to you.

BACK, FACE & SCALP TREATMENT with hot stones

120 minutes

Renowned as our 'Hero' treatment and loved by all; this ESPA experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment for anyone.

Includes: Back exfoliation and hot stone back massage – personalised facial – scalp massage.

DEEP CLEANSING FACIAL

60 minutes

Whether your skin needs a deep cleanse, a healthy glow, soothing or hydrating, we encourage our male guests to experience this personalized treatment that combines a relaxing shoulder, neck, face and scalp massage with a tailored solution to your skin's needs.

Includes: Double cleanse – exfoliation – steam and extraction – face massage – mask – scalp massage

DEEP MUSCLE MASSAGE

60/90 minutes

A powerful massage designed to alleviate deep-seated tension and muscular stress. Specialized techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck, painful lower back pain and sore, tight shoulders.

Includes: Specialized massage to specific areas of concern

SPA CARESSE DAY PACKAGES

Escape from it all with our selection of carefully crafted Day Spa treatments. Our Day Spa Packages have been created for our guests to experience luxury and effective treatments amidst tranquil surroundings.

Day Spa Packages allow you full use of the spa facilities, including access to the fitness center, indoor Pool, steam, sauna and relaxation areas.

ESPA COUPLE SUITE SPECIAL

120 minutes

Our ESPA Couple Suite allows you complete privacy to enjoy the ultimate spa experience. This special suite is perfect for sharing indulgent relaxation time with a friend or loved one. The Couple Suite will be your haven of tranquility for two hours which includes a couple's aromatherapy Jacuzzi bath soak with sea view, private shower, side-by-side massage, sparkling wine and chocolate.

Includes : Aromatherapy Jacuzzi Bath Soak- Asian Blend Massage- Leisure Time with sparkling wine and chocolate.

TOTAL BLISS

180 minutes

Begin this day of decadence with a full-body exfoliation followed by a 90 minute massage of your choice to carry you to a state of bliss and relaxation. A quiet lunch and a bit of leisure time in the spa are followed with a Skin Radiance Facial to help refresh and brighten tired skin delivering instant results. Emerge glowing and rested!

Includes: Body exfoliation- Massage – lunch and leisure time- Skin Radiance Facial

ENERGY BALANCING

165 minutes

Energize your body and calm your mind with a meditation and yoga class, before relaxing in the spa and indulging in a totally rebalancing body treatment. Combining body exfoliation, a Hot Stone Massage and Shirodhara head treatment to soothe stress and melt away tension, this is the perfect grounding experience.

Includes: Meditation/ breathing techniques- Yoga- Exfoliation- Hot Stone Massage- Shirodhara

DETOX & RENEW

120 minutes

The ultimate mind and body experience to detox and restore wellbeing.

Begin your journey with a yoga class and welcome cleansing smoothie followed by a deep stimulating massage. Ideal for people who are looking for a total detox

Includes: Stretches- Yoga- cleansing juice- detoxifying aromatherapy massage

BRIDAL / GROOM HAMMAM PARTY (4 HOURS PRIVATE HAMMAM RENTAL, MAXIMUM 8 PAX)

The perfect celebration to your bridal party. Our spa reception will be happy to arrange the Bride or Groom Hammam Party Package for you.

Includes: 25 minutes hammam per pax - spa refreshments- complimentary access to open air Jacuzzi area.

ULTIMATE BRIDAL PACKAGE

250 minutes

Spa Caresse welcomes brides to indulge in a memorable spa experience, our expert therapists will help you achieve total beauty and wellness so you look radiant on one of the most exciting event of your life. The package starts with a refreshing rose hammam followed by a relaxing aromatherapy massage to ease your stress. Our ESPA bridal facial is recommended one week before the wedding for that extra special glow. The package completes with a moisturizing pampered manicure and pedicure .

Includes: Rose Hammam-Aromatherapy Massage-ESPA Facial- Manicure- Pedicure

ESSENTIAL GROOM PACKAGE

250 minutes

The Essential Grooming Package for all grooms knowing that all eyes will be on him as his beautiful bride. The Package kicks off with a turkish hammam for that smooth body glow followed by a deep muscle massage . A deep cleansing facial is recommended one week prior to the wedding and a look and feel good perfect gentleman's manicure and pedicure .

Includes: Turkish Hammam-Deep Muscle Massage- Deep Cleansing Facial- Manicure- Pedicure





FITNESS AND WELLNESS

Spa Caresse brings together the ultimate health and wellness experience in the most luxurious surroundings. Whether you are looking for an energizing cardio blitz, peaceful pilates class or yoga, our personal trainers provide versatile one-to-one training sessions and classes, tailor-made to whatever your aim is and guaranteed to have you embark for your day feeling revitalised, relaxed and ready for your day.









FITNESS CENTER

A state of the art fitness centre with a Pilates studio equipped with Technogym machines and free weights area. Expert personal trainers are available to assist you throughout your workout. Our fitness center is open 24 hours for hotel guests.

PERSONAL TRAINING

60 minutes

If you are looking for specific improvements or as a part of weight management programme there is no more effective way to improve your level of fitness than Individual Training. Allow our personal trainers to review your routine and help you achieve new goals!

PILATES

60 Minutes / 12 Sessions / 24 Sessions

Enjoy controlled exercises that engage the mind and condition the whole body. The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles. Pilates takes a balanced approach so that no muscle group is overworked and the body moves as an efficient, holistic system . Our Pilates Studio Classes are dedicated to mind body exercise and enjoyment, tone and increase body awareness, improve alignment & flexibility.

YOGA

60 minutes

Find your inner bliss with the guidance of our certified yoga instructors. Choose from array of empowering, strengthening, private classes that will leave you feeling energized and relaxed throughout the day. Classes are conducted on the beautiful open air sea view jacuzzi tranquil area of our spa.

HOW TO SPA

SPA ETIQUETTE

Our spa environment is one of relaxation and tranquillity. Please respect all spa guest's right to privacy and serenity by refraining from bringing mobile phones and other electronic devices to the spa.

SPA ARRIVAL

Please allow sufficient time before your treatment to complete a Spa Health Consultation Form. We recommend you arrive 20 minutes in advance of your treatment so that you can change, relax and enjoy the spa facilities. Please be advised, late arrival will result in a reduction of treatment time.

SPA FACILITIES AND ACCESS

We encourage guests to take advantage of the following spa facilities that are available at Spa Caresse: Separate Lockers, Steam and Sauna for men and women, relaxation lounge, indoor pool and state of the art fitness centre. Guests who book spa treatments only over 16 years of age will get complimentary access to our exclusive open air sea view jacuzzi. Please note that guests can access the Hammam area only when booking a Hammam treatment. We also have a glamorous Hair and Beauty Salon, please contact our spa reception for further details and reservation.

WHAT TO BRING

Spa Caresse will provide towels, robes and slippers and a wide range of amenities required for use during your spa visit. In the mixed areas and all other wet areas we ask that you wear a swimming costume at all times. For body treatments we will supply disposable underwear. For other treatments you may keep your own underwear on or dry swimwear if you prefer.

HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation.

PREGNANCY

We have specially designed treatments for expectant women or nursing mothers. Please allow our spa team to guide you in selecting which treatments are most suitable during this special time.

HOMECARE

To continue your spa experience at home, most ESPA products used in our treatments are available for purchase at our spa reception.

LOSS OR DAMAGE

We regret that we cannot be held responsible for any loss or damage of your personal possessions. When you visit, please remember to keep all valuables locked in your locker.

CANCELLATION POLICY

Spa Services are reserved especially for you. Please notify us four hours advance notice should you need to reschedule or cancel your treatment appointment. No shows or cancellations made less than four hours before the treatment time will be billed at the full treatment rate. Cancellations of group bookings require 48 hours notice. Late arrival will shorten your treatment time.

GIFT VOUCHERS

An ideal gift for someone special to experience a day of indulgence at Spa Caresse. The Gift Voucher must be presented upon arrival when redeeming the experience.

SPA OPENING HOURS

08.00 am to 22.00 pm (Summer Season) - 08.00 am to 21.00 pm (Winter Season)
(Fitness Centre 24 hours open for hotel guests)

TREATMENT TIME

10.00 am to 21.00 pm

CHILDREN'S POLICY

As Spa Caresse is a peaceful tranquil area, access to the rest of the spa including the Changing rooms, Heat Experiences, Indoor Pool and Fitness Centre are restricted to over 16 years of age. Children below 16 years of age can use the indoor pool only from 08.00 am to 13.00 pm accompanied by their parents.

RESERVATIONS

Telephone: 0 252 311 36 36

09.00 am – 21.00 pm Monday – Sunday

To schedule an appointment for your perfect treatment, please contact our spa reception who will be able to guide you to the right choice. To ensure your preferred time and service is available we recommend to book in advance.

PRICES

All prices are subject to change according to promotional offers, seasonal period and summer time. Gratuities are not included and are welcomed at your discretion.



CARESSE
RESORT & SPA
BODRUM

THE
LUXURY
COLLECTION



CARESSE
RESORT & SPA
BODRUM

THE
LUXURY
COLLECTION

CARESSE
A LUXURY COLLECTION RESORT & SPA, BODRUM
ADNAN MENDERES CADDESİ NO. 89 ASARLIK MEVKİİ 48400 BODRUM TURKEY
www.caresse.com.tr