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.

TECHNOGYM ADVANCED CHECK UP, 45 MINUTES
An advanced fitness and wellness assessment powered by Technogym, designed to evaluate your body composition, mobility, balance, strength and cognitive performance. Using innovative technology and data-driven insights, our experts analyze your results to create a fully personalized training and wellness program. This comprehensive check-up helps identify imbalances, improve performance and support your long-term health and wellbeing journey.

BODY COMPOSITION TEST, 15 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.

MAX VO2 ASSESSMENT, 30 MINUTES
Max VO2 is an advanced fitness assessment used by professional sports organizations worldwide to measure cardiovascular endurance and maximum oxygen uptake. After a brief test, our expert reviews and explains the results, providing recommendations for a personalized fitness program.

BIOHACKING
Biohacking sounds futuristic, but it's simply a way to quickly recover from travel or exercise and get the most out of your stay.

CELLGYM, 30 MINUTES
Cellgym IHHT is an advanced system for Intermittent Hypoxia-Hyperoxia Training (IHHT) which is based on over decade of rigorious research and practical experience. By alternating between periods of inhaling low-oxygen and high-oxygen air. IHHT initiates similar effects as traditional altitude training, utilizing our body natural adaptability.

NORMATEC ACUPRESSURE BOOTS, 30 MINUTES
A next generation recovery system that fits an electric pulse to the legs via a pair of compression boots. Benefits include decreased muscle tension and inflammation, increased range of motion and flexibility, and increased circulation. Particularly effective for improving muscle recovery post exercise, decreasing any swelling in the legs post flights, and treating lower leg pain.

SLEEP TRACKING
Wear our sleep tracking ring overnight to get handy intel on your current sleeping patterns. Talk to our sleep expert the following day to discuss your results and what to do next.

HYPERVOLT 2 PRO, 30 MINUTES
A professional percussion therapy device that releases deep muscle tension. Powerful pulses help improve mobility, ease stiffness, and support circulation. Perfect for relaxing tight muscles after a workout, long travel, or periods of inactivity.

HYPERICE VYPER GO, 30 MINUTES
A compact vibrating foam roller that targets key muscles to release tension and increase flexibility. Vyper Go warms up muscles, supports recovery, and eases tightness in the back, legs, and hips.

HYPERICE HYPERSPHERE, 30 MINUTES
A vibrating massage ball designed for precise muscle relief. Its round shape reaches hard-to-access areas to reduce tightness, improve movement, and stimulate circulation. Ideal for trigger-point release and deep tissue recovery.

COMPEX COREBELT 3.0, 30 MINUTES
An advanced system that uses electrical muscle stimulation to strengthen your core. The Corebelt 3.0 tones abdominal and lower-back muscles, supports posture, and helps build a stable core with minimal effort.

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.

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

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.

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.

WELLNESS DAYS

LOVE YOUR HEART

This transformative experience allows you to release old burdens, set fresh intentions, and reconnect with your heart's true desires. A journey that guides you to align with your authentic purpose, reigniting your zest for life while uncovering deeper meaning and fulfillment.

MIND YOUR BRAIN

This one-day program helps you care for and improve the state of your brain and how it works through ancient practices from Aerial Yoga and Sound Journey, combining movement, breath, and immersive sound experiences to enhance mental clarity, reduce stress, and promote overall well-being.

BOOST YOUR IMMUNITY

Our one-day wellness experience is the perfect immunity reboot if you're feeling sluggish, run-down, or fatigued from stress or long journeys. Take a break from the outside world and dedicate a day to relaxation, focusing entirely on your well-being and recharging your body, mind, and soul for greater vitality and overall balance.

THERMAL JOURNEY

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.

For pregnant guests, we kindly ask that you consult with your doctor before visiting facilities

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.

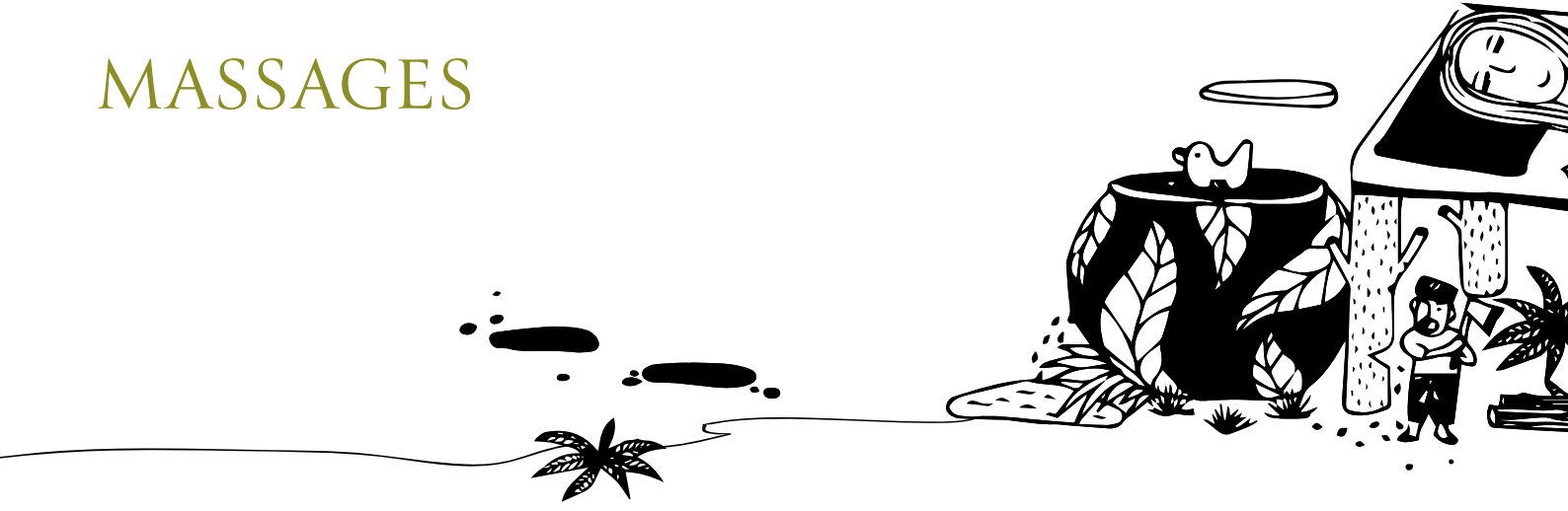
For pregnant guests, we kindly ask that you consult with your doctor before visiting facilities

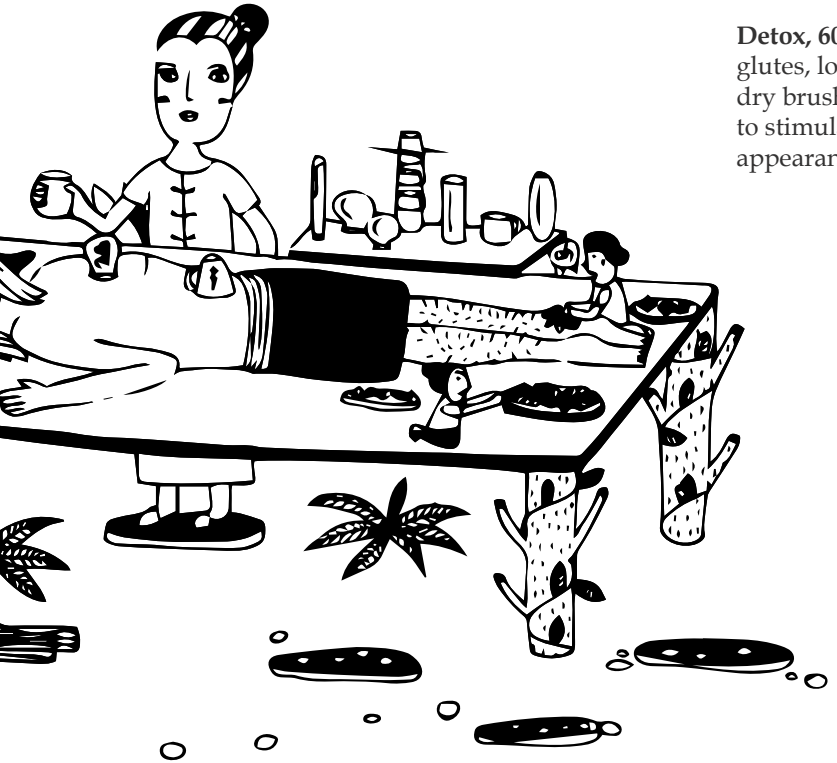
Cold Plunge
Step into icy water to invigorate the body and awaken the senses. Alternating between warm and cold therapies enhances circulation, boosts the immune system, and reduces muscle tension. This refreshing plunge stimulates energy, supports recovery, and leaves you feeling revitalized and renewed.

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 MASSAGES:

Deep Tissue, 60/90 minutes - release stress, ease muscle tension and improve mobility. Trigger points, hot stones or warm compresses may be used to enhance this treatment.

Detox, 60/90 minutes - focused on the upper legs, glutes, lower back, hips, and abdomen. We use dry brushing, a bamboo hitter and silicone cups to stimulate, improve skin tone and reduce the appearance of cellulite.

Holistic, 60/90 minutes - combining flowing, soothing, rhythmical, and medium pressure movements on specified areas of concern to bring about a balance.

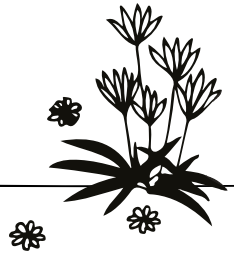
Movement Restoration, 90 minutes - improve mobility and flexibility with a full body massage combining pressure point techniques with gentle stretching to increase the range of motion and allow the body to release built-up tension.

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

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

Relaxed Feet, 30/60 minutes - release aches and pains after walking around the city. Treat yourself with the extended version, which includes a warm, soothing foot ritual prior to a deep massage.

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.



Suitable for pregnancy

KUNDALINI BALANCING BODY TREATMENT, 90 MINUTES

Revitalize your skin with our invigorating body scrub for a refreshing and renewed experience. Enhance your relaxation journey with this deeply soothing massage, which harnesses the power to increase your energy and spiritual enlightenment. It awakens dormant energy at the base of your spine, allowing the Kundalini energy to ascend, releasing tension and negativity, and restoring your body to a state of awareness and balance. *Using La Sultane de Saba.*

MANIPURA BODY TREATMENT, 90 MINUTES

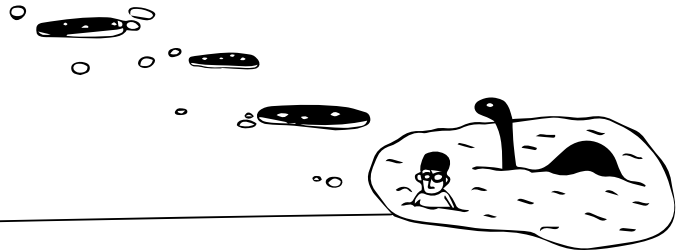
This treatment, beginning with our invigorating body scrub, emphasizes the abdominal area, which is our center of health and vitality. It combines marma lymphatic drainage and warm herbal poultices to effectively relieve digestive blockages, promote increased blood and lymph flow, and stimulate inner vibrancy. *Using La Sultane de Saba.*

DREAM CATCHER, 90 MINUTES

Evoke a deep sense of relaxation with our spa journey, starting with the Body Balancing Ritual. This is followed by a therapeutic full body massage with Shea butter candle. Your journey is completed with aura spray protection.

THAI MASSAGE, 60/90 MINUTES

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



Suitable for pregnancy

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, 75 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.*

SOIN RESTRUCTURANT ET LISSANT, 60 MINUTES

For plumped skin

An epidermal repair and replumping treatment, suitable for all Skin Instants. The skin of your face, neck and décolleté is hydrated, smoothed and plumped.
Using Biologique Recherche.

SOIN LIFT C.V.S, 60 MINUTES

For a firming lift

An exfoliating and firming treatment combined with a unique manual technique designed to treat skin that needs to purify and/or firm.
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.

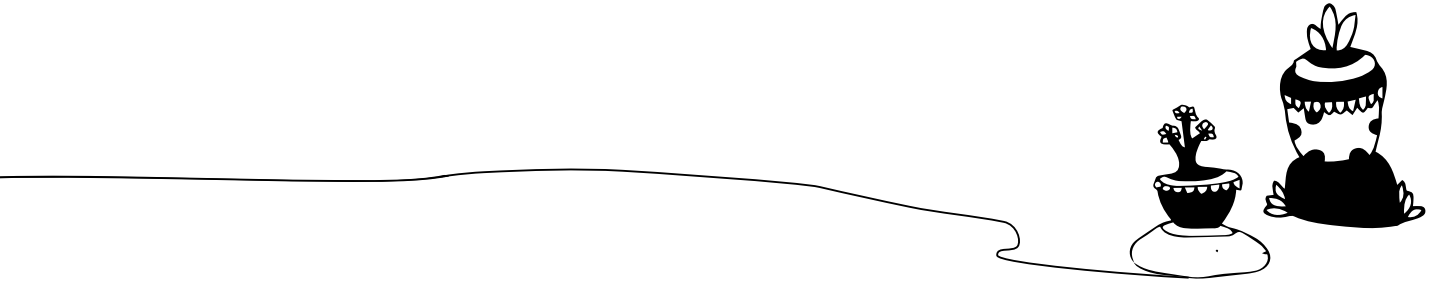
ADD ON TO ANY FACIAL

Complete your facial treatment by using exclusive products or machines.

Masque It Up, 30 Minutes
We can enhance the personalized treatment with the application of a mask pre-infused, which molds itself to the shape of your face for a customized intensive treatment result. Using Biologique Recherche.

Lift It Up With Remodeling Face, 30 Minutes
Wider-looking eyes, more pronounced cheekbones, less marked wrinkles and a more clearly defined facial contour. A state-of-art of bio-electro stimulation for immediate and long lasting results.
Using Biologique Recherche.

The following services may be included with any facials and are not offered as individual treatments



BODY TREATMENTS AND RITUALS

Are you sure?

SOIN LIFT CORPS BODY TREATMENT, 60 MINUTES

Sculpted and Lifted Body Shape
This lifting treatment concentrates on your body zones where you want to see visible results e.g. inner legs, thighs, belly or upper arms. Your skin texture is smoothened, and your body is redefined.
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.*

RASUL COUPLES JOURNEY, 90 MINUTES

Experience a journey beginning with a purifying exfoliating scrub, followed by a soothing body mask application in our Rasul steam room. Allow the detoxifying and rejuvenating benefits to work their magic as your skin is nourished. Conclude this serene ritual with a personalized body massage, tailored to meet your specific needs, leaving you feeling thoroughly refreshed and revitalized.
Using La Sultane de Saba.

NOURISHING COCOON FLOATATION AND MASSAGE, 90 MINUTES

Embark on your spa journey with an invigorating body brush, preparing your skin for the indulgent Rasul and Shea butter body wrap. Experience the detoxifying and nourishing effects as you're cocooned in a floating bed. Then, unwind with a personalized massage, leaving you profoundly relaxed and revitalized, ready to embrace renewed energy.
Using La Sultane de Saba.

THE ALCHEMIST'S BODY SCRUB, 60 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.

DETOXIFYING SEA SALT HYDROTHERAPY, 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.

ADD ON TO ANY BODY TREATMENT

Gua Sha Face Lifting Massage, 30 Minutes

A Gua Sha will be gently applied to your face during the body treatment, helping to stimulate circulation, release tension, and promote detoxification for a more balanced and refreshed feel.

Chromozen Steam Therapy, 90 Minutes

Immerse yourself in our ChromoZen Steam Therapy, a rejuvenating journey crafted for ultimate relaxation. Start by indulging in a gentle body exfoliation, preparing your skin for the comforting embrace of a soothing body wrap, combined with a face cleansing enhancement for added rejuvenation. Drift away as you experience a personalized body massage, providing soothing relief for both body and mind.

Herbal Quartz Poultice Journey, 90 Minutes ❊

Founded on the ancient practice of earthing, this treatment reconnects the body with Earth's natural essence. Begin by blending your selected ingredients into herbal poultices. These are incorporated into a personalized massage on a heated quartz bed, gently tilted to a zero-gravity position, providing deep relaxation and decompressing the spine to alleviate pressure and aches. The experience concludes with a soothing head massage while enveloped in the bed's comforting warmth.

❊ Locally-inspired

WELLNESS THERAPIES

TRADITIONAL TURKISH HAMMAM, 60 MINUTES ❊

Begin your timeless journey with a rejuvenating Mist for renewal. Follow with the invigorating kese ritual to refresh your skin. Immerse in a revitalizing full-body foam wash, awakening your senses. Conclude with the body lotion application, offering a choice of fragrances to nourish and rejuvenate your skin, tailored to your preference.
Please note, Contraindication applies.

MOROCCAN HAMMAM EXPERIENCE, 60 MINUTES

Experience our Moroccan Hammam, beginning with a velvety black soap application in our Crystal steam room, followed by a revitalizing salt scrub and a nourishing Rasul mask for body and hair. Delight in the richness of Shea butter, cocooning your skin in profound hydration for a silky-smooth and radiant glow. This ritual rejuvenates your body, soothes your skin, and uplifts your spirit, honoring the timeless traditions of Morocco. *Using La Sultane de Saba. Please note, Contraindication applies.*

WATSU, 60/90 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.*

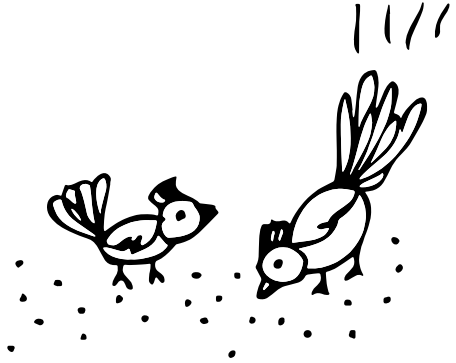
YOGIC INTESTINAL CLEANSE, 60 MINUTES

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.*

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.

AYURVEDA



ABHYANGA, 60 MINUTES
This popular Ayurvedic body 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.

FITNESS AND WELLNESS ACTIVITIES

FITNESS AND WELLNESS ACTIVITIES

TENNIS, 60 MINUTES

Play tennis with a coach who will assess your goals and skill level, while helping you refine technique, improve agility, and elevate your overall game through guided practice and personalized feedback.
Tennis & Padel Courts: Rackets and balls are available for self-use at EUR 10 per hour

PADEL, 60 MINUTES

Enjoy a session of padel with a coach who will guide you through game strategies, refine your technique, and improve your court movements, ensuring a dynamic and engaging experience tailored to your skill level.

PERSONAL TRAINING, 60 MINUTES

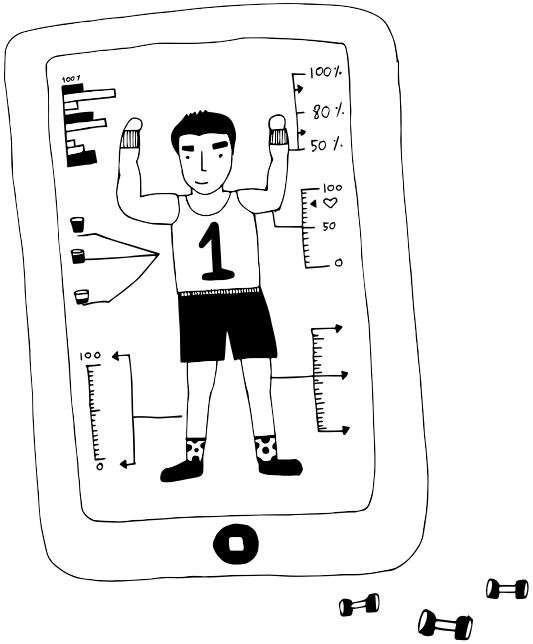
Meet a personal trainer to discuss your goals and limitations and explore how to improve your cardio, strength and mobility.

MAT/REFORMER 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.

AERIAL YOGA, 60 MINUTES

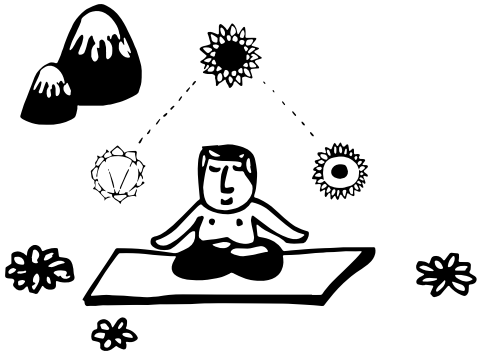
Aerial Yoga invites you to experience weightless movement and deep relaxation through suspended hammocks that gently support and elevate your body. This mindful practice enhances flexibility, builds core strength, and promotes a profound sense of release and alignment. Flow effortlessly between ground and aerial postures, fostering inner balance and tranquility in a soothing, uplifting environment. Suitable for all levels, Aerial Yoga offers a restorative journey that rejuvenates both body and mind.

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.

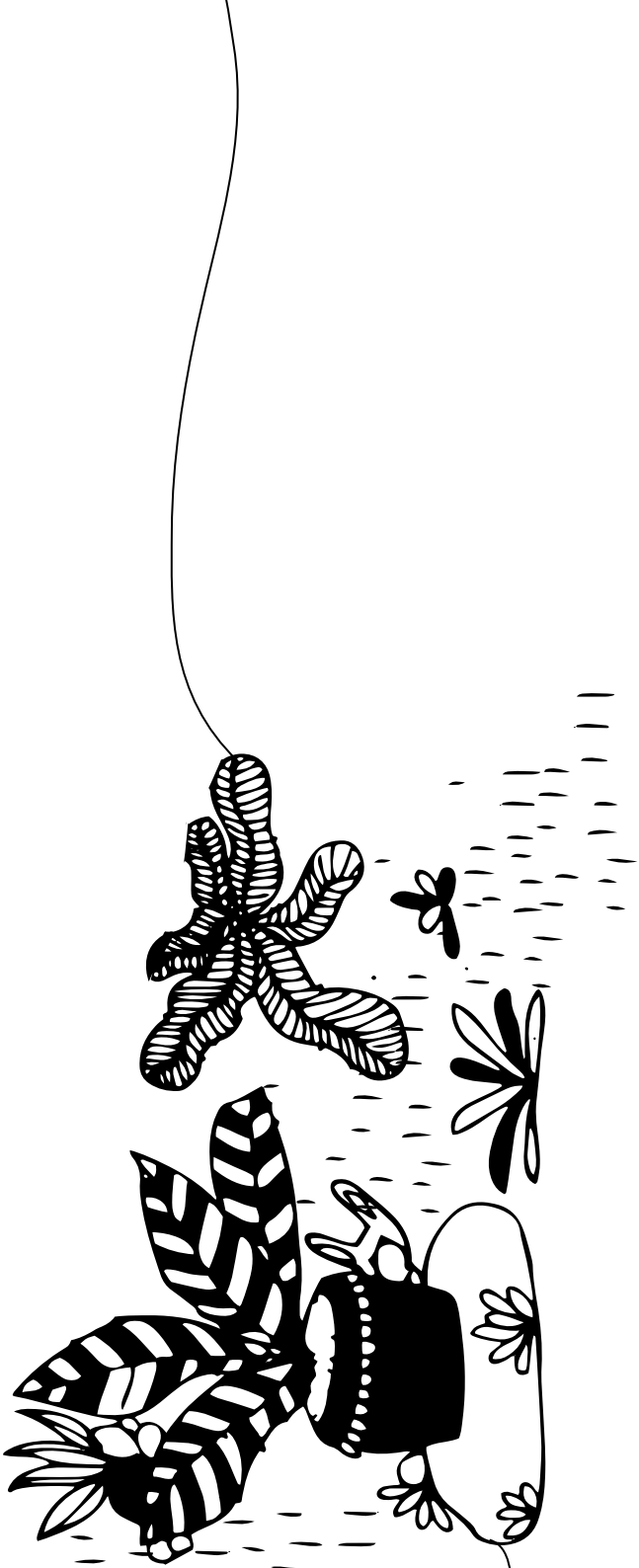
TRATAKA, 60 MINUTES

A calming practice of gentle gaze and mindful attention that strengthens focus, clears the mind, and promotes inner stillness. Perfect for enhancing concentration and mental clarity.



SPA TO SPAAAHH

Make the most of your spa time



OPENING HOURS
Spa: Daily 9:00 am to 9:00 pm
Salon: Daily apart from Tuesday 9:00 am to 6:00 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 highly recommend that you leave all jewelry and valuables in your room before arriving. While we strive to provide a secure environment, our management cannot be held liable for any potential loss of valuables.

Prior to using our facilities and services please consult your doctor in case of any medical concerns.

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 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 to other guests' scheduled reservations, please note that arriving late may result in a shortened treatment time. We are unable to extend the duration of the treatment in case of late arrivals.

CANCELLATIONS
Please allow 5 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. For your comfort and safety, kindly refrain using our facilities and services if you are intoxicated.

AFTER YOUR TREATMENT

We recommend that you do not sunbathe after any massage, facial, 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 aged 7 to 14 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. Prior to the treatment, we require a waiver signed by a parent or guardian.

We welcome accompanied children, aged 12 and above, 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 and above are also welcome to use spa facilities between 09:00 am and 11:00 am only. Sauna and steam room are exclusively for guests aged 16 and above.

Children aged 12 to 16 years can access the gym facilities when accompanied by a parent or guardian only. Prior to their GYM usage, we require a waiver signed by a parent or guardian.

GIFT VOUCHERS

Vouchers are available to purchase from the Spa Reception.

SIX SENSES SPA

KAPLANKAYA

FACIALS AND BODY TREATMENTS ADD-IN ENHANCE YOUR SPA EXPERIENCE

TREATMENTS	PRICE/EUR
FACIALS	
Mask Caviar Vert	110
Ferrier for your face & neck	210
Steam and Deep Pore Cleansing	65
Mask PIGM 400	110
BODY TREATMENTS	
Subtle Energies Muscle Ease Massage Oil for Targeted Recovery	75
CBD Massage Oil for Deep Relaxation	75
Organic Herbal Poultice	55
Revitalizing Foot Treatment	45
Hot Stones	30
Organic Coffee, Thyme and Rosemary Body Scrub	50
Lymphatic Body Brush	30
Consultation with our integrative wellness expert	Complimentary

The following services may be included with any facial or body treatment and are not offered as individual treatments.

Prices are quoted in Euro (EUR), inclusive of 20 percent government taxes.
Limited availability and prices vary if treatments are booked separately.

SIX SENSES SPA

KAPLANKAYA

WELLNESS AND SPA MENU
PRICELIST

PERFORMANCE ASSESSMENTS AND BIOHACKING	DURATION/MINUTES	PRICE/EUR
Wellness Screening 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.	45	135
Technogym Advanced Check Up An advanced fitness and wellness assessment powered by Technogym, designed to evaluate your body composition, mobility, balance, strength and cognitive performance. Using innovative technology and data-driven insights, our experts analyze your results to create a fully personalized training and wellness program. This comprehensive check up helps identify imbalances, improve performance and support your long term health and wellbeing journey.	45	150
Body Composition Test 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.***	15	135
Baseline Fitness Assessment Our personal trainers assess your current fitness level and design a workout plan to help you achieve your goals.	60	200

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PERFORMANCE ASSESSMENTS AND BIOHACKING	DURATION/MINUTES	PRICE/EUR
Max VO2 Assessment	30	135
Max VO2 is an advanced fitness assessment used by professional sports organizations worldwide to measure cardiovascular endurance and maximum oxygen uptake. After a brief test, our expert reviews and explains the results, providing recommendations for a personalized fitness program.		
Cellgym	30	95
Cellgym IHHT is an advanced system for Intermittent Hypoxia-Hyperoxia Training (IHHT) which is based on over decade of rigorious research and practical experience. By alternating between periods of inhaling low-oxygen and high-oxygen air. IHHT initiates similar effects as traditional altitude training, utilizing our body natural adaptability.		
Package of 3 sessions		255
Package of 5 sessions		400
Package of 10 sessions		760
Normatec Acupressure Boots	30	70
A next generation recovery system that fits an electric pulse to the legs via a pair of compression boots. Benefits include decreased muscle tension and inflammation, increased range of motion and flexibility, and increased circulation. Particularly effective for improving muscle recovery post exercise, decreasing any swelling in the legs post flights, and treating lower leg pain.		
Sleep Tracking	per night	50
Hypervolt 2 Pro	30	45
Hyperice Vyper Go	30	45
Hyperice Hypersphere	30	45
Compex Corebelt 3.0	30	85

Prices are quoted in Euro (EUR), inclusive of 20 percent government taxes.

WELLNESS PROGRAMS

LONGEVITY PROGRAM	3 NIGHTS	5 NIGHTS	7 NIGHTS
Wellness Screening	1	1	1
Technogym Advanced Check Up	1	1	1
Private Activity: *Fitness Training, Pilates or Yoga* (60 mins)	2	3	4
Yoga Nidra/Meditation (60 mins)	1	1	2
Cellgym (30 mins)	2	3	4
Longevity Breathwork: *Pranayama* (60 mins)	1	2	2
Herbal Quartz Poultice Journey (90 mins)	1	1	2
Holistic Massage (60 mins)	1	1	1
Traditional Turkish Hammam, or Moroccan Hammam (60 mins)	1	1	1
Personalized Facial (75 mins)	1	1	1
Watsu (60 mins)	1	1	1
Skin analysis with Skin Instant Lab (30 mins)	1	1	1
Full Board Wellness Cuisine	✓	✓	✓
Price per person	**EUR 2,610**	**EUR 3,195**	**EUR 4,055**
Price per couple	**EUR 4,945**	**EUR 6,030**	**EUR 7,650**

Price excludes accommodation.
Prices are quoted in Euro (EUR), inclusive of 20 percent government taxes.

WELLNESS PROGRAMS

DETOX	3 NIGHTS	5 NIGHTS	7 NIGHTS
Wellness Screening	1	1	1
Private Activity: *Fitness Training, Pilates or Yoga* (60 mins)	2	3	5
Private Activity: *Meditation or Pranayama* (60 mins)	1	2	2
Detox Massage (90 mins)	1	2	3
Traditional Turkish Hammam or Moroccan hammam Treatment (60 mins)	1	1	1
Yogic Intestinal Cleanse (60 mins)	1	1	1
Watsu (60 mins)	1	1	1
Detoxifying Algae Treatment (90 mins)	1	1	1
Cellgym (30 mins)	2	3	4
Full Board Wellness Cuisine	✓	✓	✓
Price per person	**EUR 2,245**	**EUR 3,070**	**EUR 3,895**
Price per couple	**EUR 4,325**	**EUR 6,375**	**EUR 7,510**

Price excludes accommodation.
Prices are quoted in Euro (EUR), inclusive of 20 percent government taxes.

WELLNESS PROGRAMS

FITNESS	5 NIGHTS	7 NIGHTS	14 NIGHTS
Wellness Screening	1	1	1
Baseline Fitness Assessment	1	1	1
Max VO2 Assessment	1	1	1
Private Activity: *Fitness Training, Pilates or Yoga* (60 mins)	4	6	12
Thai Massage (90 mins)	1	1	2
Movement Restoration (90 mins)	2	3	4
Traditional Turkish Hammam or Moroccan Hammam (60 mins)	1	1	1
Cellgym (30 mins)	3	4	8
Normatec Recovery Boots (30 mins)	2	3	6
Compex Corebelt	2	3	6
Full Board Wellness Cuisine	✓	✓	✓
Price per person	**EUR 2,900**	**EUR 3,830**	**EUR 6,595**
Price per couple	**EUR 5,575**	**EUR 7,375**	**EUR 12,690**

Price excludes accommodation.
Prices are quoted in Euro (EUR), inclusive of 20 percent government taxes.

WELLNESS PROGRAMS

WEIGHT MANAGEMENT	5 NIGHTS	7 NIGHTS	14 NIGHTS
Wellness Screening	1	1	1
Baseline Fitness Assessment	1	1	1
Max VO2 Assessment	1	1	1
Private Activity: *Fitness Training, Pilates or Yoga* (60 mins)	4	6	12
Private Activity: *Meditation or Pranayama* (60 mins)	1	2	3
Yogic Intestinal Cleanse (60 mins)	1	1	2
Detoxifying Algae Treatment (90 mins)	1	1	2
Soin Lift Corps (60 mins)	1	1	1
Traditional Turkish Hammam or Moroccan Hammam (60 mins)	1	1	2
Deep Tissue (90 min)	1	2	3
Cellgym (30 mins)	3	4	8
Full Board Wellness Cuisine	✓	✓	✓
Price per person	**EUR 3,095**	**EUR 4,035**	**EUR 7,310**
Price per couple	**EUR 5,960**	**EUR 7,790**	**EUR 14,110**

Price excludes accommodation.
Prices are quoted in Euro (EUR), inclusive of 20 percent government taxes.

WELLNESS PROGRAMS

DISCOVER YOGA	3 NIGHTS	5 NIGHTS	7 NIGHTS
Yoga-Lifestyle Consultation	1	1	1
Personalized Yoga (60 mins)	2	4	6
Pranayama (60 mins)	1	2	3
Yoga Nidra (60 mins)	1	2	3
Traditional Turkish Hammam or Moroccan Hammam (60 mins)	1	1	1
Watsu (60 mins)	1	1	1
Ayurvedic Experience (90 mins)	1	1	1
Kundalini Balancing Treatment (90 mins)	1	1	2
Price per person	**EUR 1,895**	**EUR 2,400**	**EUR 3,185**
Price per couple	**EUR 3,620**	**EUR 4,580**	**EUR 6,095**

Price excludes accommodation.
Prices are quoted in Euro (EUR), inclusive of 20 percent government taxes.

WELLNESS PROGRAMS

SLEEP	3 NIGHTS	5 NIGHTS	7 NIGHTS
Wellness Screening & Consultation	1	1	1
Private Activity: *Fitness Training, Yoga or Pilates* (60 mins)	1	2	3
Private Activity: *Meditation or Pranayama* (60 mins)	2	3	4
Nourishing Cocoon Floatation and Massage (90 mins)	1	2	2
Traditional Turkish Hammam or Moroccan Hammam (60 mins)	1	1	1
Watsu (60 mins)	1	1	1
Dream Catcher Massage (90 mins)	1	1	2
Cellgym (30 mins)	2	3	4
Sleep Tracking	✓	✓	✓
Price per person	**EUR 1,815**	**EUR 2,515**	**EUR 3,215**
Price per couple	**EUR 3,465**	**EUR 4,805**	**EUR 6,150**

Price excludes accommodation.
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WELLNESS DAYS

Love Your Heart	
Wellness Screening	1
Watsu (60 mins)	1
Love Kindness, Meditation (60 mins)	1
Dream Catcher Massage (90 mins)	1
Wellness Kit	1
Healthy Smoothie	1
Price per person:	**EUR 870**
Price per couple:	**EUR 1,725**
Mind Your Brain	
Wellness Screening	1
Six Senses Signature Massage (90 mins)	1
Sound Journey (60 mins)	1
Aerial Yoga (60 mins)	1
Wellness Kit	1
Healthy Smoothie	1
Price per person:	**EUR 730**
Price per couple:	**EUR 1,445**
Boost Your Immunity	
Wellness Screening	1
Private Activity: Fitness Training, Yoga or Pilates (60 mins)	1
Cellgym (30 mins)	1
Traditional Turkish Hammam or Moroccan Hammam (60 mins)	1
Detox Massage (90 mins)	1
Wellness Kit	1
Healthy Smoothie	1
Price per person:	**EUR 820**
Price per couple:	**EUR 1,645**

Price excludes accommodation.
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TREATMENTS	DURATION/MINUTES	PRICE/EUR
MASSAGES		
Six Senses Signature Massages:		
Deep Tissue/Detox	60/90	235/300
Holistic	60/90	225/290
Movement Restoration Massage	90	300
Tension Soother/Head Massage/Relaxed Feet	30/60	140/230
Pregnancy Massage	90	300
Kundalini Balancing Treatment	90	345
Manipura Body Treatment	90	345
Dream Catcher	90	345
Thai Massage	60/90	235/300
BODY TREATMENTS AND RITUALS		
Soin Lift Corps	60	320
Detoxifying Algae Treatment	90	420
Rasul Couples Journey	90	595
Nourishing Cocoon Floatation and Massage	90	345
Detoxifying Sea Salt Hydrotherapy	90	310
Herbal Quartz Poultice Journey	90	330
Chromozen Steam Therapy	90	345
The Alchemist's Body Scrub	60	135
Add on to any body treatment		
Gua Sha Face Lifting Massage	30	120

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TREATMENTS	DURATION/MINUTES	PRICE/EUR
FACIALS		
Skin Instant© Lab	30	135
Personalized Facial	75	410
Soin Restructurant Et Lissant	60	380
Soin Lift C.V.S	60	380
Second Skin	60	520
Add on to any facial:		
The following services may be included with any facials and are not offered as individual treatments.		
Masque It Up	30	145
Lift It Up with Remodeling Face	30	145
WELLNESS THERAPIES		
Traditional Turkish Hammam	60	220
Moroccan Hammam Experience	60	230
Yogic Intestinal Cleanse	60	210
Watsu	60/90	330/430
Sound Journey into Space	60	175

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TREATMENTS	DURATION/MINUTES	PRICE/EUR
AYURVEDA		
Abhyanga	60	440
Shirodhara	60	440
Ayurvedic Experience	90	635
FITNESS AND WELLNESS ACTIVITIES		
Tennis	60	150
Padel	60	150
Personal Training	60	150
Mat/Reformer Pilates	60	150
Traditional Yoga	60	150
Aerial Yoga	60	175
Meditation	60	150
Yoga Nidra	60	150
Pranayama	60	150
Trataka	60	150

Tennis & Padel Courts: Rackets and balls are available for self-use at EUR 10 per hour.

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