



SIX SENSES SPA
KOCATAŞ MANSIONS, ISTANBUL

WELLNESS AND SPA MENU

Tucked away from it all above the resort and blending into the natural green and blue hues of the Bosphorus, our Six Senses Spa is located on three levels in a 100-year-old stone house. Using natural materials from the original setting, it is constructed in an eco-friendly manner and incorporates local cultural touches. There are five treatment rooms and a private suite, hammams, sauna, and steam rooms.

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.



WELLNESS



WELLNESS CHECK-IN 15 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.

Our named programs give a guide of what we cover while our wellness screening allows us to totally personalize the program to your needs and goals. Whatever wellness journey you take, we follow the guiding principles of Eat With Six Senses: where food is as nutritious as it is delicious, and you will leave feeling better than when you arrived. Our programs can be tailored for in-house guests staying for 3/5/7 days.

SLEEP

This multi-day journey is designed to improve your sleep. Working one-on-one with a trained wellness expert, you will create a personal schedule. This combines concrete data captured by our sleep tracker with a plan for your stay that includes dietary recommendations for sleep-promoting foods, the Ayurvedic sleep science of yoga nidra, meditation, and spa treatments to retrain your body to fall asleep easily and stay asleep soundly so you wake up full of energy and raring to go.



DETOX

Cleanse mind and body to promote mental clarity, boost immunity, and improve digestive function, all with a slice of fun and color on your plate! We combine techniques of yogic cleanse to help your body detox safely with low intensity training, signature detox massages, stimulating scrubs and detoxifying body wraps, as well as personalized wellness activities. A top to toe cleanse.

This program is most effective when followed over 7 consecutive days.

YOGA

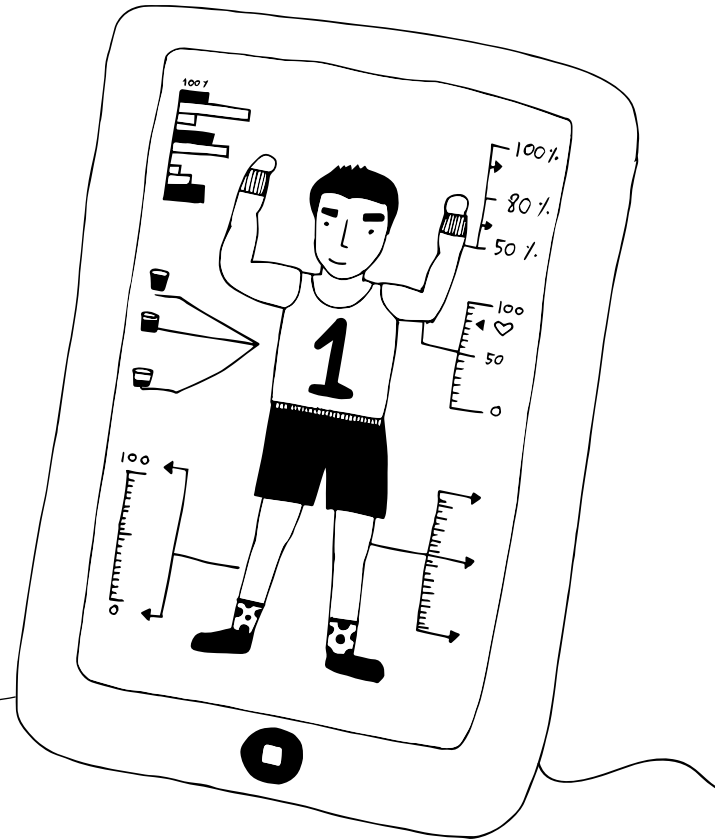
For beginners and improvers, as there is a yogi in us all! Experience a new form of mind and body movement to release stress, improve flexibility, handle uncertainty, and build a stronger you. Guided by our expert yogi, we combine private sessions of yoga, guided meditation, and breathing exercises with signature massages and energy treatments.

FITNESS

Our expert personal trainers will assess your fitness level and blend high and low intensity training with soothing treatments, as fitness is all about balance! Recover with deep tension release massage and stretching to improve range of motion. Learn new workouts to take home and input into your routine to achieve your goals. A fitness journey never ends. We can discover new ways of getting results at each stage of our lives.



BIOHACKING



Recovery for muscles and minds

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

**FAST RECOVERY WITH COMPRESSION THERAPY,
15 MINUTES**

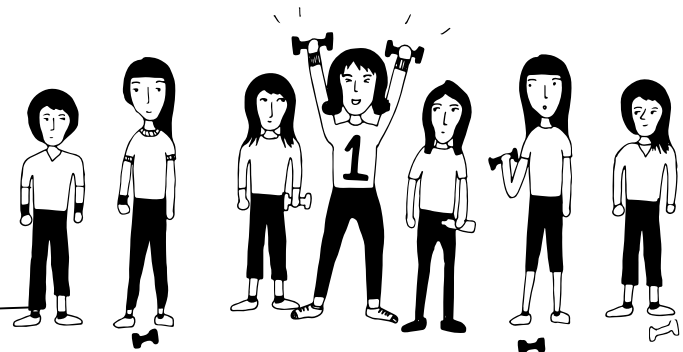
This compression therapy takes compression to the next level. These boots deliver sequential and pulsating compression to a particular area, systematically enhancing blood flow and lymphatic fluid removal.

**QUICK & EASY MUSCLE RELIEF WITH
HYPERVOLT, 15 MINUTES**

Increases circulation and reduces muscle soreness and stiffness. This percussion massage device is a fantastic way to increase blood flow, thereby increasing mobility, range of motion and flexibility, awesome for recovery.

**EASE TENSION WITH VENOM BACK WRAP,
15 MINUTES**

Digitally controlled heat and vibration to soothe sore muscles and relax stiff joints. The most advanced heat and massage wearables available at the spa.



LOCALLY INSPIRED
SIGNATURE TREATMENTS





BODY SCRUB, 30 MINUTES

Traditional techniques with kese and foam wash to deeply cleanse the body, leaving you feeling invigorated.

TRADITIONAL TURKISH HAMMAM, 60 MINUTES

This traditional experience starts with a deeply cleansing and revitalizing body scrub, followed by a full body foam wash. The treatment completes with the application of a moisturizing body mask.

ROYAL HAMMAM, 75 MINUTES

The ultimate body experience, that soothes your skin, revitalizes the body, and calms your mind. You will love being covered in bubbles with this treatment performed in our private hammam.

Using Gulsha



MASSAGES





SIX SENSES SIGNATURE MESSAGES:

Deep Tissue, 60/90 minutes - focusing on the deepest layers of muscle tissue, your therapist applies suitable pressure and trigger point techniques to release stress, ease muscle tension, and improve mobility.

Hot stones or warm compresses may further enhance these benefits.

Detox, 60/90 minutes - a full body treatment focused on the upper legs, glutes, lower back, hips, and abdomen. We use dry brushing, 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 acupressure points and gentle stretching. Increase your range of motion and allow the body to release built-up tension.

Pregnancy, 90 minutes - a full body, advanced massage tailored to the needs of the future mom and baby. Combining Eastern and Western techniques, including very gentle stretching and nurturing strokes to promote relaxation and ease discomfort in the body.

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 - restore the body's balance and release aches and pains with a fusion of massage techniques on the meridian lines of the legs and reflex zones of the feet.

HOT & COLD STONE THERAPY, 90 MINUTES

Induce deep relaxation with hot stones while cold stones stimulate, increasing the body's metabolism, muscle tone and ability to flush out toxins. Healing crystals are placed on the body to bring about balance and harmony.

BALINESE MASSAGE, 60/90 MINUTES

This traditional Balinese massage reawakens the senses and induces a complete state of calm, combining acupressure and skin rolling with firm but smooth massage strokes.



FACIALS

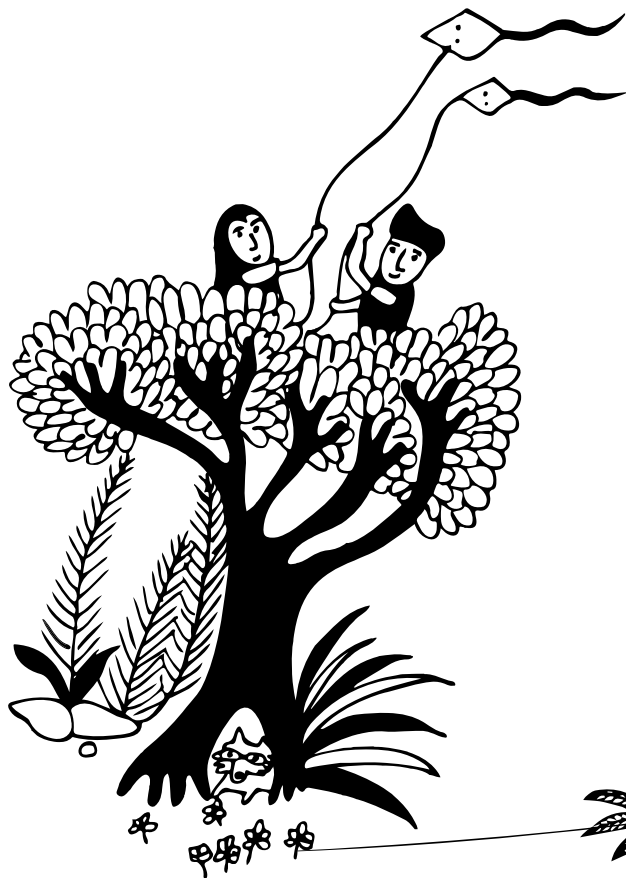


*We have partnered with French skincare brand, **Biologique Recherche**, to deliver results-driven effective facials.*

PERSONALIZED TREATMENT, 60/90 MINUTES

This bespoke facial starts with a thorough skin analysis using both Skin Instant© Lab and VisioLab©. These tools scientifically photograph the face in high resolution and then analyze its components. The facial is then tailored to suit your skin type and address skincare concerns, using a combination of products and techniques to deliver desired results.





SECOND SKIN, 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.

MICRO-PUNCTURE, 60 MINUTES

This is an intensive treatment that activates collagen production through intra-epidermal micro stimulation and helps fight the signs of premature aging. It uses the cocktail of regenerative actives, which is packed with 49 active ingredients.

TRIPLE LIFT FACIAL, 120 MINUTES

Redefine and plump the contours of the face with this personalized resculpting treatment. It combines two exfoliations, reconditioning and face lifting boosters with the use of the Remodeling Face machine.

Add to any facial or body treatment:

SKIN ANALYSIS WITH SKIN INSTANT LAB® AND VISIOLAB®, 30 MINUTES

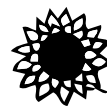
These tools scientifically photograph the face in high resolution and then analyze its components. Based on these measurements and the results of dermo-cosmetic analysis, the Skin Instant Lab recommends a selection of Biologique Recherche products and treatments that are right for you.

CO-FACTEURS BIOLOGIQUE RECHERCHE

For even more visible results, enhance your treatment by applying a preformed mask with unique ingredients such as marine collagen or collagen caviar.

EYE CONTOUR TREATMENT

Recommended to reduce signs of fatigue and aging around the eye area. Immediately reduces puffiness, dark circles, and fine lines. Eyes will appear brighter, fresh, and lifted.



ALCHEMY BAR



INSPIRATIONAL WORKSHOP, 45 MINUTES

Learn how to make clean skincare products to carry on the good work back home. You will be guided by our knowledgeable team on how to create your bespoke product in this interactive workshop. This experience will introduce you to the rich Turkish spices and fragrances. Not to be missed!

THE ALCHEMIST'S TREATMENT

You will be guided by our expert Alchemist who will share their extensive knowledge of the abundant, local herbs and produce. Immerse yourself in the varied textures, extraordinary aromas and create your unique natural products that will be used in your treatment afterwards.

Choose from:

*Personalized Anti-aging Gua Sha Facial,
90 minutes/Balancing, Calming or Nourishing*

Full Body Scrub, 60 minutes

Nourishing Hair Mask, 30 minutes



BODY TREATMENTS



P50 NEW SKIN, 60 MINUTES

A new skin in less than one hour! This full body treatment eliminates dead skin cells and impurities by improving the epidermis' natural exfoliation process. The hydrating effect improves the quality of the epidermis and leaves the skin ready to receive the next Biologique Recherche body care products.

Using Biologique Recherche.

DETOXIFYING ALGAE TREATMENT, 60/90 MINUTES

A slimming and oxygenating body treatment that detoxifies and revives. It features an energizing massage and wrap, the thermal effect releases marine active ingredients that remineralize and purify the body, leaving a wonderful sense of well-being and comfort. *Using Biologique Recherche.*

UPPER ARMS & BUST TREATMENT, 60/90 MINUTES

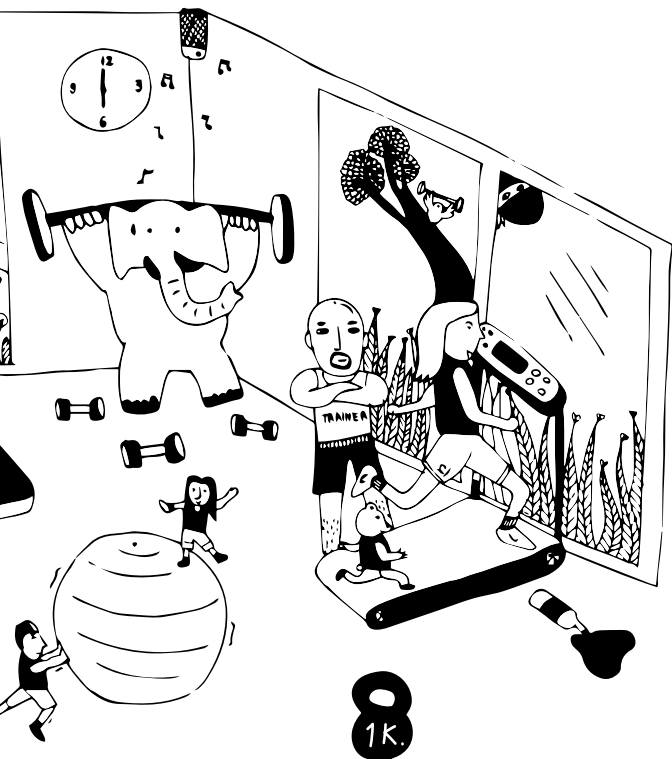
This toning treatment delivers a firmer appearance of the arm and décolleté area. It is recommended for firming up the arms and neckline while reducing any sign of pigmentation or stretch marks.

Using Biologique Recherche.



WELLNESS & FITNESS





SOUND JOURNEY, 60 MINUTES

A transcendent experience not to be missed. Let the sound and vibration of the oceanic drum, gong and singing bowls give you the opportunity to experience your true, limitless nature.

BREATHWORK, 60 MINUTES

Breathing techniques to remove blockages in energy channels, strengthen the respiratory system and calm the mind by minimizing thought process.

MEDITATION, 60 MINUTES

We will guide you through the meditation that you need on the day. This could include chakra balancing, yoga nidra or loving kindness.

PERSONAL TRAINING, 60 MINUTES

YOGA, 60 MINUTES

PILATES, 60 MINUTES

BEAUTY



MANICURE, 30 / 60 MINUTES

PEDICURE, 30 / 60 MINUTES

**INTENSIVE HAIR LOSS PREVENTION SCALP
TREATMENT, 60 MINUTES**

Using the Micro-Puncture Lab© for optimal results, this hair loss prevention treatment improves hair attachment to the scalp. It stimulates the roots and slows hair loss over time. Excellent for treating androgenetic alopecia. *Using Biologique Recherche.*



SPA TO SPAAHH

Make the most of your spa time





SPA OPENING HOURS

Daily 9:00 am to 9:30 pm

SPA RESERVATIONS

For spa inquiries 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 recommend that you leave all jewelry and valuables in your room before coming to the spa. Male guests are advised to shave prior to all facial treatments to ensure that maximum results are achieved. Male guests are advised to shave prior to all facial treatments to ensure that maximum results are achieved.

ARRIVAL

Please arrive 30 minutes prior to your treatment to complete your lifestyle consultation form and take time to relax in the tranquil surroundings of our spa before your treatment.

LATE ARRIVALS

Out of respect for other guests' reservations, please be aware that we are unable to extend your treatment time in case of late arrivals.

CANCELLATIONS

Please allow 24 hours' notice when canceling wellness programs and packages and three hours' notice for spa treatments. Failure to notify or keep an appointment will result in a 100 percent 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.

AFTER YOUR TREATMENT

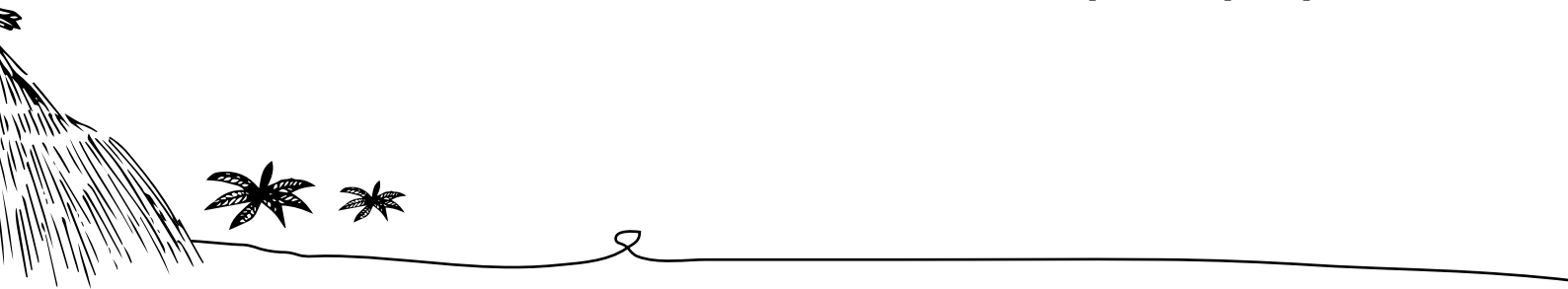
We recommend that you do not sunbathe after any massage, body treatment or depilatory waxing for at least six hours. To extend your spa experience at home, a variety of spa products are available for purchase at the spa retail store.

CHILDREN

At Six Senses, we believe that everyone can benefit from receiving spa treatments, including children. Our services are adapted to a child's needs, and we offer treatments with children below 14 years (7-14 years), we recommend that the 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.

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 spa reception.





SIX SENSES SPA KOCATAS MANSIONS

T +90 531 266 13 54

Merkez Mahallesi Meserburnu Caddesi, No: 5 Sanyer, Istanbul, 34450 Turkey





SIX SENSES SPA
KOCATAŞ MANSIONS, ISTANBUL

WELLNESS AND SPA MENU PRICELIST



WELLNESS PROGRAMS

PRICE/EUR

Wellness Screening (45 mins)

150

SLEEP

3 NIGHTS

5 NIGHTS

7 NIGHTS

Wellness Check-in

1

1

1

Yoga Nidra/Pranayama/Meditation (60 mins)

1

3

4

Personalized Yoga/Fitness (60 mins)

1

2

3

Signature Massage (60 mins)

1

2

3

Head Massage/Relaxed feet (60 mins)

1

1

1

Traditional Turkish Hammam

1

1

1

Body Balance (30 mins)

1

1

1

Biohack (30 mins)

1

2

3

A welcome bag with sleep amenities

1

1

1

Sleep Tracking each night

3

5

7

Program wrap-up

1

1

1

Price per person

EUR 978

EUR 1,539

EUR 1,972

Price per couple

EUR 1,955

EUR 3,077

EUR 3,984

*Prices include 20 percent local tax. 10 percent service charge will be added to the bill.
Accommodation and food are not included.*

WELLNESS PROGRAMS

DETOX

	3 NIGHTS	5 NIGHTS	7 NIGHTS
Wellness Check-in	1	1	1
Personalized Fitness activity (60 mins)	2	2	4
Private Meditation (60 mins)	1	2	2
Detox Massage (60 mins)	1	2	3
Biohack (30 mins)	2	3	4
Yogic Intestinal Cleanse (60 mins)	-	1	1
Detoxifying Algae Treatment (60 mins)	1	1	1
Royal Hammam (75 mins)	1	1	1
Program wrap-up	1	1	1
Price per person	EUR 1,033	EUR 1,488	EUR 1,900
Price per couple	EUR 2,066	EUR 2,975	EUR 3,800

*Prices include 20 percent local tax. 10 percent service charge will be added to the bill.
Accommodation and food are not included.*





WELLNESS PROGRAMS

YOGA

	3 NIGHTS	5 NIGHTS	7 NIGHTS
Wellness Check-in	1	1	1
Yoga Consultation (45 mins)	1	1	1
Personalized Yoga (60 mins)	2	3	5
Personalized Fitness session (60 mins)	1	2	2
Breathwork/Meditation (60 mins)	1	2	3
Yogic Intestinal Cleanse (60 mins)	-	1	1
Traditional Royal Hammam (75 mins)	1	1	1
Signature Massage (60 mins)	1	2	3
Body Balance (30 mins)	1	1	1
Program wrap-up	1	1	1
Price per person	EUR 973	EUR 1,611	EUR 2,142
Price per couple	EUR 1,947	EUR 3,222	EUR 4,284

*Prices include 20 percent local tax. 10 percent service charge will be added to the bill.
Accommodation and food are not included.*

WELLNESS PROGRAMS

FITNESS

	3 NIGHTS	5 NIGHTS	7 NIGHTS
Wellness Check-in	1	1	1
Fitness Assessment	1	1	1
Private Fitness Training (60 mins)	2	4	6
Deep Tissue Massage/Movement Restoration (90 mins)	1	2	2
Private Yoga/Meditation (60 mins)	1	2	2
Signature Massage (60 mins)	1	1	2
Hot & Cold Stone Therapy (90 mins)	-	1	1
Biohack (30 mins)	2	4	5
Guided Bosphorus Walk	1	1	1
Program wrap-up	1	1	1
Price per person	EUR 884	EUR 1,658	EUR 2,070
Price per couple	EUR 1,768	EUR 3,315	EUR 4,140

*Prices include 20 percent local tax. 10 percent service charge will be added to the bill.
Accommodation and food are not included.*





TREATMENTS

DURATION/MINUTES

PRICE/EUR

BIOHACK RECOVERY LOUNGE

Fast recovery with Compression Boots	15	50
Fast recovery with Lower Body Compression	15	50
Muscle relief that's quick and easy with Hypervolt	15	30
Ease lower back tension with Venom Back Wrap	15	30

LOCALLY INSPIRED SIGNATURE TREATMENTS

Body Scrub	30	150
Traditional Turkish Hammam	60	175
Royal Hammam by Gulsha	75	195

MASSAGE

Six Senses Signature Massages:

<i>Deep Tissue</i>	60/90	195/220
<i>Holistic</i>	60/90	175/195
<i>Detox</i>	60/90	195/220
<i>Movement Restoration</i>	90	195
<i>Pregnancy</i>	90	195
<i>Tension Soother</i>	30/60	140/175
<i>Head Massage</i>	30/60	140/175
<i>Relaxed Feet</i>	30/60	140/175
Hot & Cold Stone Therapy	90	195
Balinese Massage	60/90	175/195

Prices include 20 percent local tax, 10 percent service charge will be added to the bill.
Accommodation and food are not included.

TREATMENTS

DURATION/MINUTES

PRICE/EUR

FACIALS

Skin Instant© Lab	30	40
VISIO LAB© - in combination with Skin Instant© Lab	30	60
Personalized Facial	60/90	195/220
Second Skin	60	350
Triple Lift Facial	120	400
Micro-Puncture	60	295

Add to any facial or body treatment:

Co-Facteurs Biologique Recherche	20	60
Eye Contour Treatment	20	60

ALCHEMY BAR

Alchemy Bar Workshop	45	100
Body Scrub	60	120
Age-defying Gua Sha Facial	90	150
Nourishing Hair Mask	30	20

BODY TREATMENT

P50 New Skin	60	175
Detoxifying Algae Treatment	60/90	175/195
Upper Arms & Bust Treatment	60	175

*Prices include 20 percent local tax. 10 percent service charge will be added to the bill.
Accommodation and food are not included.*





TREATMENTS

DURATION/MINUTES

PRICE/EUR

WELLNESS AND FITNESS ACTIVITIES

Sound Journey	60	150
Breathwork	60	150
Meditation	60	150
Personal Training	60	125
Pilates	60	125
Yoga	60	150

BEAUTY

Manicure	30/60	40/60
Pedicure	30/60	40/60
Intensive Hair Loss Prevention Scalp Treatment	60	195

*Prices include 20 percent local tax. 10 percent service charge will be added to the bill.
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