

serenity spa

Serenity spa offers you world-famous massage and therapy techniques with its experienced staff. You will feel relaxed while getting rid of all your mental and physical fatigue in the company of expert therapists



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MASSAGES

Intensive Back & Neck Medical	30 min
Reflexology Massage	30 min
Indian Head Massage	30 min
Anti Cellute massage	40 min
Classic Massage	60 min
Aroma Therapy massage	60 min
Antistress Massage	60 min
Bronze-Tanning Massage	60 min
Sports Massage	60 min
Intensive Full Body Medical	60 min
Lenf Drenaj Massage	90 min
Mix Massage	90 min
Sport Massage	90 min
Medical Massage	90 min



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CUPPING THERAPY

Dry Cupping /Fire Cupping	60 min
Moving Cupping	60 min
Wet Cupping /Bleeding Cupping	60 min
Extra 1 cup (for wet cupping)	

LUXURY ASIAN MASSAGE

King and Queen Massage	60 min
Traditional Ballinese Massage	90min
Traditional Thai Massage	60 min
Shiatsu Massage	60 min
Lomi-Lomi Massage	60 min
Hot Stone Massage	60 min



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TURKISH BATH PROGRAMES

Peeling&Foam Massage	30 min
Ottoman foam massage	30 min

FACE MASK & FACE CARE

Mini Face Care	30 min
Bio Optic Collagen Eye Care (Perfect Solition for Under Eye Wrinkles)	50 min
Deep Cleaning and Moistening	50 min
Energy Lift Face Forming Care (Reducing Built-in Fat Cells ,Face Shaping Care)	70 min
For Man Classic Skin Care	50 min
For Man Essential Skin Care	70 min



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PHYSICAL AND MENTAL WELLNESS

Pilates Seansı/ Pilates Session	Group/Personal 60 min
Pilates Reformer Seansı (Pilates Reformer Sension)	60 min
Yoga Seansı /Yoga Session	60 min
Ozel Fitness Seansı (Personal Fitness sension)	60 min
Crossfit/Crossfit	60 min
Nefes Terapi/Breathing Therapy	60 min



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FULL PACKET PROGRAMME

1-LUXURY PROGRAMME 90 MİN

Body Scrub
Foam Massage
Aroma Therapy Massage
Face Clay Mask

2-BRONZE-TANNING PROGRAMME 130 MİN

Coffee Peeling
Full body mud mask
Foam Massage
Bronze Massage
Gold Face Mask



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3-HAWAI DREAM PROGRAMME 130 MIN

Coconut Peeling
Milk and Honey Body Mask
Foam Massage
Asian Massage
Aleo Vera Face Mask

4-DELUX PROGRAMME 190 MIN

Body scrab
Full Body Aloa Vera Mud Mask
Foam Massage
Mini Facial
FullBody Mix Massage
(head massage)
(reflexology massage)



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5- KING & QUEEN PROGRAMME FOR 1 WEEK

1st day	Hawai dream program
2nd day	Medikal massage
3rd day	Aroma massage
4th day	Dry cupping therapy
5th day	Intensive facia care

