

The magnificence and beauty of the lotus is admired by cultures across the world. Elegantly delicate at first glance, the flower's daily transformation is an inspiring symbol of revitalisation and raw natural strength. It begins as a bud of pure vitality beneath the water's surface. At sunrise, it breaks through into the fresh air, radiant in full bloom, then retires once more to the calm stillness of the water when night falls. It is this regenerative rise and retreat following the natural rhythm of the day that influences our vision for a Raffles Spa. We believe that a balance between exertion and relaxation is the key to achieving a feeling of inner tranquillity and rejuvenation.

Raffles Spa Journeys are a considered mix between traditional and local methods, each ready to be expertly personalised to ensure that your sensory escape is everything you hoped for and more. Our thoughtful and knowledgeable therapists will guide you on a journey to rediscover mental, physical and spiritual harmony, leaving you feeling enlivened and transformed.

Escape. Indulge. Transform.

This is Raffles Spa.

## OUR SPA

Imagine a revitalising oasis, right in the heart of Istanbul. Contemporary, luxurious, diverse, connected to Turkey and to the world. Where carefully selected authentic treatments are offered with charming and graceful finishing touches.

Experience local traditional treatments in our 3 Turkish Hamams, enjoy the privacy of one of our 2 Couples Suites, or retreat to one of our 7 luxuriously appointed treatment rooms. With 3000 square metres of spa and wellness facilities, there is plenty of space to indulge.

Our Spa features male and female relaxation areas with saunas, steam rooms, jacuzzis, experience showers and ice fountains. Our outdoor pool offers stunning panoramic views of the city and both indoor and outdoor pools are bathed in natural light. Completing our suite of facilities are a yoga and pilates studio, personal training, Technogym® equipment, and 2 hair and nail salons.









## OUR PRODUCT PHILOSOPHY

When choosing products for each of the Raffles Spas around the world, we place careful emphasis on many aspects. With luxury in mind, each chosen brand is proven in delivering results-driven treatments which are tailor-made to suit the needs of our valued travellers. Environmental sustainability is considered whenever and wherever possible, reflecting our social responsibilities as a brand. Our relationships with the product houses are important in ensuring we have the finest spa products and training available for each and every encounter with our guests.

### BIOLOGIQUE RECHERCHE

40 years of Passion...

When the company was founded, forty 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.

The brand is provided a personal dermocosmetic diagnosis suitable for both men and women.

### THE ORGANIC PHARMACY

The Organic Pharmacy products infuse your skin with carefully formulated organic skin care, packed with potent organic plant extracts, vitamins and cosmeceuticals to transform your skin and deliver outstanding results, for healthy, radiant, glowing skin. The Organic Pharmacy is free of any artificial colourants, fragrances, petrochemicals or preservatives. Based on homeopathy, founder Margo Marrone believes in finding solutions to health and beauty concerns through honesty, expertise and solutions-driven results. The Organic Pharmacy is made and manufactured in the UK and distributes to high-end spas worldwide.





**L'EAUXYGÉNANTE**  
PHASE D'INITIALISATION  
Brume de soin multi-actifs pour le visage  
Multi-actives treatment mist for the face  
BIOLOGIQUE RECHERCHE PARIS

**L'EAUXYGÉNANTE**  
PHASE D'INITIALISATION  
Brume de soin multi-actifs pour le visage  
Multi-actives treatment mist for the face  
BIOLOGIQUE RECHERCHE PARIS

**L'EAUXYGÉNANTE**  
PHASE D'INITIALISATION  
Brume de soin multifonction pour le visage  
Multifunctional treatment mist for face  
BIOLOGIQUE RECHERCHE  
1.7 FL.OZ

**L'EAUXYGÉNANTE**  
PHASE D'INITIALISATION  
Brume de soin multifonction pour le visage  
Multifunctional treatment mist for face  
BIOLOGIQUE RECHERCHE  
50 ml

## RAFFLES WELLNESS

We know that exercise is a vital component to daily life, especially for travellers on the go, and we appreciate the desire for high-quality, well-equipped fitness facilities. Our Technogym® provides spacious, customised, wellness areas and supplies fitness facilities to meet all your needs. Catering to your own fitness level, ability or age, our dedicated wellness professionals are here to assist you in achieving your personal health and fitness goals, supporting you every step of the way.

Raffles Spa is the perfect environment for living well, with access available exclusively to hotel guests and private members, offering the following facilities and services:

- Personal training
- Group and private yoga classes in our private studio
- Indoor and outdoor swimming pools
- Wet areas, complete with sauna, steam room and jacuzzi
- Relaxation areas
- Shower and locker area
- Wellness cuisine inspired by healthy living

### **PERSONAL TRAINING, NUTRITION & LIFESTYLE**

Attain peak performances whilst achieving your desired fitness results. Combine workouts with one-to-one strength training, fitness coaching and lifestyle sessions, including a BMI (body mass index) assessment, offered by our dedicated personal trainers and nutritionists. We would be delighted to help you create a customised programme, aimed at balancing physical activity with relaxation.

### **YOGA**

The word “yoga” translates as the “union” or “discipline” of breath control, simple meditation, and the adoption of specific bodily postures, widely performed for a greater sense of well-being. The practice of yoga has been known to increase flexibility, decrease stress levels and energise and restore the mind. Our certified instructors at Raffles Spa offer a variety of different yoga techniques, available in personal or group classes at our private studio.





## PILATES

Pilates is famous for developing strength, flexibility and core stability, boosting the mind-body connection. Originally developed in Germany, this popular exercise is a series of movements, placing emphasis on breathing, alignment and improving balance. Our certified instructors offer Pilates classes for beginners and for those of a more advanced level. These classes are available in private or group sessions.

## EATING WELL

Raffles Spa offers an irresistible menu with an authentic approach to balanced nutrition, because we believe that true luxury is not about what you do, it's about how you feel. Wellness begins from within.

## MEMBERSHIP

Raffles Spa offers exclusive 6 months and one year memberships giving you access to our comprehensive spa and wellness facilities at our properties around the world. As a valued member, you will enjoy the following benefits:

- Use of fitness locker areas including sauna and steam-room facilities, indoor & outdoor swimming pools
- Invitations and advance booking privileges to selected events at Raffles Istanbul
- One complimentary 90 minute Raffles Signature Massage
- One complimentary 45 minute Aegean Purity Hammam treatment
- 30% discount on all Spa treatments
- 20% discount in Raffles Istanbul restaurants and bars
- BMI Assessment and access to group classes
- 30% discount on all personal training classes
- 50% discount on one daily entrance fee per month; for friends and immediate family members

The fitness centre is open exclusively for members at the following times:

Pool: 7.00am - 10.00pm, open daily

Fitness Centre: 7.00am - 10.00pm, open daily



## HYDROTHERAPY WELLNESS EXPERIENCES

### Steam Room Wellness

Maintained at 42-45°C, the humid aromatic heat experience is highly beneficial for those that suffer from asthma and bronchitis, as it opens up the breathing passages and alleviates congestion. We recommend that a session last 10-15 minutes and that you keep your body well hydrated afterwards. Humid heats are especially beneficial before or after a massage treatment to increase circulation.

### Sauna Wellness

Maintained between 85-110°C, this dry heat soothes and warms the muscles, relieving tension from your body and minimising joint pain. This is especially beneficial for those who suffer from illnesses such as arthritis, painful migraines, and headaches, or as a way of warming the body after an intense workout or treating the common cold. Dry heat is recommended for 10-15 minutes daily and it is important to ensure that your body is kept well hydrated afterwards.

### Experience Showers

Experience showers have a unique variety of multi-temperature water sequences, combined with soothing warm and cold jets to relax the body.

### Vitality Pools

Maintained at a temperature of 38°C, this luxurious bespoke pool is equipped with air and water jet features, such as a hydro back bench, air tubs, body massage. Vitality pools help to increase circulation and alleviate joint pain.

### Ice Fountains

The ice fountains offer a rapid cooling option which is recommended after all heat experiences. Benefits of the ice fountain also include enhancing the wellness of the skin, tissue and muscles, as well as stimulating blood circulation and strengthening the immune system.

### Indoor Swimming Pool

Bathed in natural light, the 18 metre indoor pool is a private sanctuary for rest and relaxation.

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## SPA ETIQUETTE

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### SPA EXPERIENCE

Raffles Spa offers a variety of luxury experiences using only the very best in spa products. Choose from a variety of massages, body treatments, facials and Spa day packages.

### SPA ENVIRONMENT

Raffles Spa is a quiet sanctuary. For your peace and privacy, phones and other electronic devices are not permitted. If you wish to receive messages during your time with us, please let our staff know.

### MAKING SPA APPOINTMENTS

T +90 212 924 0320

E spa.istanbul@raffles.com

The Spa is located on the 2nd floor of Raffles Istanbul.

Advanced reservations are recommended to ensure availability.

Our Spa Hosts will be delighted to guide you to select your spa experience.

### FEES AND SERVICE CHARGE

Local VAT is included in all treatment prices.

### SPA CANCELLATION POLICY

If you must reschedule or cancel any spa appointments or packages, please notify the Spa 4 hours in advance. Missed appointments without proper notices are subject to a 100% charge for reserved services. The same applies for no shows.

### SPA ARRIVAL AND ETIQUETTE

We recommend you arrive 30 minutes prior to your appointment time to enjoy the facilities and ensure your treatment starts on time. Late arrivals may result in a reduction of your treatment experience.

To make any changes to your booking, please contact Spa reception at  
T +90 212 924 0320

### PERSONAL MATTERS

Please inform us of any health conditions at the time of booking. You will also be asked to complete a medical history form upon arrival, so we may better customise your experience to your needs.

### SPA ATTIRE

You will receive a robe and sandals to wear between treatments and a locker for your personal belongings. We request that you please leave jewellery and valuables in your hotel room or the safe provided for you.

### GIFT CARDS

Gift cards for all spa services and packages are available for purchase. Please contact our Spa Reception Hosts for further information.

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## TO BOOK YOUR SPA JOURNEY

T +90 212 924 0320

E [spa.istanbul@raffles.com](mailto:spa.istanbul@raffles.com)

## OPENING HOURS

Pool: 7.00am - 10.00pm, open daily

Spa Treatments: 10.00am - 10.00pm, open daily

Spa Facility & Fitness Centre: 7.00am - 10.00pm, open daily

Fitness Centre: 24 hours (only for hotel guests)

## RAFFLES SPA

Raffles Istanbul, Zorlu Center

34340 Beşiktaş, Istanbul, Turkey

T +90 212 924 0320

F +90 212 924 0201

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