



SPA

INTERCONTINENTAL

ENGLISH

TRADITIONAL HAMMAM RITUALS

Traditional Turkish Foam Massage

Relax and cleanse your body with a foam massage in the traditional Turkish bath.

Duration: 30 min

Traditional Turkish Scrub

This treatment allows your skin to refresh through removal of dead cells from the skin's surface.

Duration: 30 min

Traditional Turkish Hammam

An ancient Ottoman body treatment including removal of dead cells from the skin's surface with a specific glove called 'kese' and a relaxing cleansing soap massage.

Duration: 50 min

Traditional Moroccan Hammam

The natural Moroccan black soap with olive extract helps nourish and clarify your skin. This ancient bath indulges you with a deep hydrating Shea butter.

Duration: 60 min

Private Hammam Rental

If you wish, you can pre-arrange private rental of Turkish Bath and experience and enjoy full relaxation in solitude.

CHARME D'ORIENT HAMMAM RITUALS

Nourishing Organic Cereal & Honey

This nomadic beauty treatment combines the benefits of cereal, honey & royal jelly and perfumed oil to reinvigorate, clarify and nourish the skin.

Duration: 60 min

Firming Dead Sea Salt

It is a regenerating, relaxing, purifying, firming and stimulating treatment thanks to the richness in minerals of Dead Sea Salt.

Duration: 60 min

Purifying Organic Chickpea

A blend of chickpeas, semolina and sugar, mixed with cupuaçu butter and coconut oil, gently exfoliates whilst purifying the skin.

Duration: 60 min



Pampering Alum Crystals

Alum powder with astringent and purifying virtues, combined with the softness of honey and royal jelly, leaves the skin silky and scented for a real delight.

Duration: 60 min

Relieving Argan Crystals

This Argan based scrub combined with a soap massage is a deep cleansing treatment that purifies and relieves muscle tension.

Duration: 60 min



CLASSICS

Customized Spa Massage

This most widely known form of massage uses a combination of gentle and medium pressures of Swedish massages to ease tension and stress .

Duration: 50 or 90 min

Therapeutic Massage

A deep tissue massage technique using firm and deep pressures to relieve muscle and encourages the healing process of tendon and spinal injuries.

Duration: 60 or 90 min

Zonal Massage

Using precise massage techniques to focus on specific zones of the body such as head, neck, shoulders and back.

Duration: 30 min

JOURNEYS

Traditional Thai Massage

Thai massage uses passive stretching and gentle pressure along the body's energy lines to increase flexibility, relieve muscle and joint tension.

Duration: 60 or 90 min

Traditional Bali Massage

Balinese massage combines the techniques of acupressure, skin rolling and relaxing strokes for a restoring and calming effect.

Duration: 60 or 90 min

Hawaiian Lomi Lomi

This massage involves flowing strokes using connective movements of the lower arm and elbow, to induce a sense of deep relaxation.

Duration: 90 min

Hot Stone

A massage therapy which melts away tension, eases muscle stiffness and increases circulation and metabolism using volcanic heated stones.

Duration: 90 min

Ayurvedic Inspiration

Provides total relaxation and balance of the body, mind and soul with the benefits of sesame inspired by the ancient and holistic 'Ayurvedic' treatments.

Duration: 90 min

SPA SIGNATURES

Welcome Massage

This is a special welcome ritual for our guests. A treatment using a combination of different massage techniques with nutritious massage oils.

Duration: 30 min

Aromassage by Charme d'Orient

Aromassage uses fragrant oils extracted from herbs, flowers and fruits to naturally enhance the benefits of massage.

Duration: 60 or 90 min

Myotherapy - The Pain Killer

This invigorating massage engages the deep issue with sports massage technique that applies strong pressure to knead and wring tension away.

Duration: 60 or 90 min

Stress Relief

The manipulation techniques of drainage and curative massage will stimulate circulation and further assist you to optimal health and wellbeing.

Duration: 90 min



RITUALS by CHARME D'ORIENT

At the Doors of the Desert

You will experience a beauty session including scrub made with cereal grains, honey and royal jelly, a body wrap of 100% organic White Mask followed by a relaxation session with Shea butter massage.

Duration: 90 mins.

The Secrets of Argan

A gateway into the heart of Morocco with this treatment combining a mineral clay scrub and a massage with argan butter that will leave the skin soft with subtle scents.

Duration: 90 min

Charm of India

An immersion from India; where the chickpea and sesame are frequently used for their purifying and nourishing virtues.

Duration: 90 min

The Organic Origins

The noble and authentic treatment, with delicate fragrances and organic ingredients which reveals the true beauty of the skin.

Duration: 90 min

On the Banks of the Dead Sea

The Dead Sea products will rebalance moisture levels, regenerate and purify the skin. Treatment is completed with a beneficial mineral wrap.

Duration: 90 min



SUITE RENTAL

Enjoy relaxing moments together with your partner in the privacy of our specially designed Spa Suite along with the fabulous Bosphorus view. For your own personal use, our suite has a sauna, steam bath, relaxation area, two massage tables, shower and a private changing room.

All Inclusive & Exclusive

Our guests may enjoy all treatments with this package, during their stay in Spa Suite.

Duration: 180 min

BODY TREATMENTS by CHARME D'ORIENT

BEL'KIS: The Slimming & Anti-Cellulite

This innovative treatment is the emblem of its range thinness thanks to caffeine, pink pepper, and a complex of essential oils.

Duration: 60 min

Oriental Scrub

Pink Crystals & Argan Shells Scrub (Cleansing) or Alum Stone, Honey & Royal Jelly Scrub (Softening) or Organic Cereal Honey & Royal Jelly (Nourishing) or The Organic Chickpea Scrub (Purifying) or

Duration: 30 min

Oriental Body Wrap

Rassoul Wrap by Charme d'Orient or Dead Sea Mud by Charme d'Orient

Duration: 30 min

Essential Hand Care

Relaxing massage, which improves finger and wrist range of motion and enhanced circulation.

Duration: 30 min

Essential Feet Care

Pressure is applied to points on the feet with specific techniques stimulating reflex points for an overall wellbeing.

Duration: 30 min



FACE TREATMENTS by CHARME D'ORIENT

Radiance

A wonderful radiance treatment that gives an instant boost and brightens the skin leaving an even and pearly complexion.

Duration: 50 min

Purifying

A specific treatment for 'dry skins' that is prone to oiliness; it detoxifies and purifies, giving back a bright and clear complexion.

Duration: 60 min

Sesame

In India, sesame is used to appease the spirit and provides a sense of well-being. Its numerous virtues make this a repairing, nourishing and moisturizing treatment.

Duration: 60 min

Belle Nigelle

An exclusive Charme d'Orient treatment for sensitive skins formulated with Nigella oil.

Duration: 60 min

Natural Beauty

The most precious beauty treatment for women provides a smooth, firm and radiant skin texture.

Duration: 60 min

Oriental Beauty

This treatment unites two precious oils, Argan and Prickly Pear seed oil to create a protective and restructuring coat for the skin.

Duration: 60 min

Secret of Youth

It is an exclusive Charme d'Orient treatment inspired by the authentic Oriental tradition.

Duration: 90 min

Classic Skin Care for Him

An express Charme d'Orient treatment for gentlemen formulated with Argan oil, Aloe Vera and sweet almond.

Duration: 50 min

Essential Skin Care for Him

An exclusive Charme d'Orient treatment for sensitive skins formulated with Nigella oil.

Duration: 75 min



ANTI - AGING BY FORLLE'D

Intensive Hydration Treatment

In this intensive hydration treatment, Forlle'd helps to prevent dehydration and maintain the optimal moisture balance of the skin. It reduces mild feeling of dryness and tightness, restores the protective layer of the skin and gently biostimulates cell renewal. The course of treatments maintains the hydration level of the skin and prevents the appearance of fine lines and wrinkles. Duration: 60 min

Calming Treatment for Sensitive Skin

This treatment serves as 'first aid' for guests with sensitive skin. It makes up for deficiencies in the intercellular cement and cell membranes. Low molecular weight ingredients in the Forlle'd products are a perfect solution to restore the skin barriers to increase the tolerance level as well as advance beautiful look of the skin. As a result, the skin becomes soothed and healthier, and irritation is eliminated. The intensive hydration of the skin provided also helps control hypersensitivity. The skin acquires a beautiful even complexion and becomes soft and soothed. Duration: 60 min

Platinum Brightening Treatment

Dark spots are one of the signs of ageing, but Forlle'd technology which is based on Nobel Prize Finding combat them effectively. This treatment regulates melanin production to whiten the skin considerably and reduce or eliminate hyperpigmentation. It improves the skin's look dramatically and has a powerful antioxidant effect. At the heart of this treatment is the Hyalogy Platinum Face Mask, which contains low molecular weight hyaluronic acid and ionised low molecular weight platinum-based organic compounds. Even after the first treatment immediate brightening effect will be visible and pigment spots could be removed or lighten after 3-4 treatments. Duration: 60 min

Lifting Collagen Treatment

This unique treatment has excellent lifting action and a pronounced rejuvenating effect on the skin. Since this treatment targets both an instant effect and the stimulation of the skin's own collagen synthesis, a complete course ensures skin lifting effect for a period of up to several months. Hyalogy Lift mask, a unique mask in this treatment, saturates the skin with low -and high- molecular hyaluronic acid and intensively hydrates it. Biomimetic peptides in this mask gently smooth out mimic wrinkles and stimulate collagen and elastin production. Duration: 60 min



ADD-ONS

Express Hammam

This is an ultimate cleansing treatment after your spa treatment.

Duration: 20 min

Express Body or Face Peeling

Enhance your treatment by adding body or face peeling/mask by Charme d'Orient.

Duration: 20 min



Express Hand Care

Massage and peeling for the hands is added to your session.

Duration: 20 min

Express Feet Care

A balancing reflexology massage for the feet is added to your session.

Duration: 20 min

Hair Treatment with Argan

A nutritious and nourishing Argan based hair treatment is added to your session.

Duration: 20 min

UPGRADES

Aromatic Spell

Enhance your massage sessions with aromatic essential oils to make it more sensual.

Argan Based Carite

Enhance your massage with Argan based Shea upgrade for more hydration and regenerative effects.

OPTIONS

In-Room Treatment

Enjoy our treatments in the privacy of your own room.

1. Therapist selection will be made by reception only
2. Same gender only

Tandem (4 Hands)

Enjoy our treatments with 4-hand synchronisation by 2 therapists.

Couple Romanticism

Our treatments can be enjoyed together with your partner in our special couple cabins.

COMBOS

Traditional

'Traditional Turkish Foam Massage' and 'Zonal Massage'

Duration: 60 min

Classic Combo

'Traditional Turkish Hammam' and 'Classical Massage'

Duration: 100 min

Theurepatic Combo

'Traditional Turkish Hammam' and 'Theaurepatic Massage'

Duration: 110 min

Aromatic Spell

'Traditional Turkish Hammam' and 'Aroma Massage by Charme d'Orient'

Duration: 110 min

Ottomasian

'Traditional Turkish Hammam' and 'Traditional Bali'

Duration: 110 min

Egzoticism

'Traditional Turkish Hammam' and 'Hawaiian Lomi Lomi'

Duration: 140 min

Instant Beauty

'Traditional Turkish Hammam' and 'Radiance'

Duration: 100 min

Total Beauty

'Oriental Scrub' & 'Oriental Body Wrap' & 'Radiance'

Duration: 110 min

Body Sculpture

'Oriental Scrub' and 'Oriental Body Wrap'

Duration: 60 min

