



INTERCONTINENTAL®  
ISTANBUL

# SPA MENU

DIFFERENCE OF TOUCH

RESERVATION

+90 212 368 45 58 / 5526-5527

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SANITAS®  
SPA & WELLNESS



# SPA *Classic*

## Sanitas Signature Massage

30 Min €120 | 55 Min €170 | 70 Min €200 | 80 Min €220

## Sports Massage

55 Min €200 | 80 Min €230

## Deep Tissue Massage

55 Min €200 | 80 Min €215

## Aromatherapy

55 Min €180

## Reflexology

30 Min €120 | 55 Min €135

## Neck or Shoulder or Foot Massage

40 Min €140

ROOM SERVICE  
50€

10% service charge  
will be added to your bill.

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# Turkish *Bath rituals*

## Purification Ritual

40 Min €130

## Healing Purification

55 Min €180

## Healing Turkish Bath (With Organic Lotion)

55 Min €200

## Reborn Ceremony

70 Min €230

## Foam Massage (Hamam)

20 Min €120

## Hamam Mask Face or Body (Pampering Offer)

€150

## Hamam Peeling Face or Body (Pampering Offer)

€150

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# Ayurvedic *Treatments*

## Abhyanga

55 Min €200

## Shirodhara

45 Min €180

## Shiroabhyanga

70 Min €215

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## World massages

# *Journeys*

### Shiatsu

55 Min €215

### Gold Massage (Dry / Oil)

55 Min €250

### Lomi Lomi Nui

55 Min €215

### Asian Spell

55 Min €210

### La Stone Therapy

55 Min €210

### Thai Massage

55 Min €210 | 70 Min €230

### Thai Blend Massage

55 Min €210 | 70 Min €230

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## Silent & Peace *Time for us*

### Sanitas Romantic VIP Couple

85 Min €490

\*SANITAS Special Treatment (2 Person)

\*Jacuzi with Lavender or Milk Bath

For 2 Person Special Thai Drinks

### VIP Jacuzi

30 Min €200

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*Beauty*

Comes from wellbeing rituals

**Aquapeel Treatment**

40 Min €190

Special Face Mask €200

**I Beauty Purity**

30 Min €190

Special Face Mask €200

**I Beauty Lifting**

30 Min €190

Special Face Mask €200

**I Beauty Full Anti Wrinkler**

60 Min €250

**Collagen Face Care**

55 Min €250

**Vitamin C Face Care**

60 Min €250



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*Beauty*

Comes from wellbeing rituals

Exclusive Hyarolonic Face Care

60 Min €260

Antiage Face Care

60 Min €260

Eye Care

30 Min €150

3D Moisturizing Face Care

60 Min €260

Gold 24K Anti-Aging Face Care

60 Min €280

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You should take very good care

# Body treatments

## Gold Body Care

55 Min €195

## Seaweed Body Care

40 Min €180

## Body Peeling (Massage Room or Hammam)

30 Min €150

## Slimming Body Care Mask (Massage Room or Hammam)

40 Min €180

## Anticellulite Massage

40 Min €190

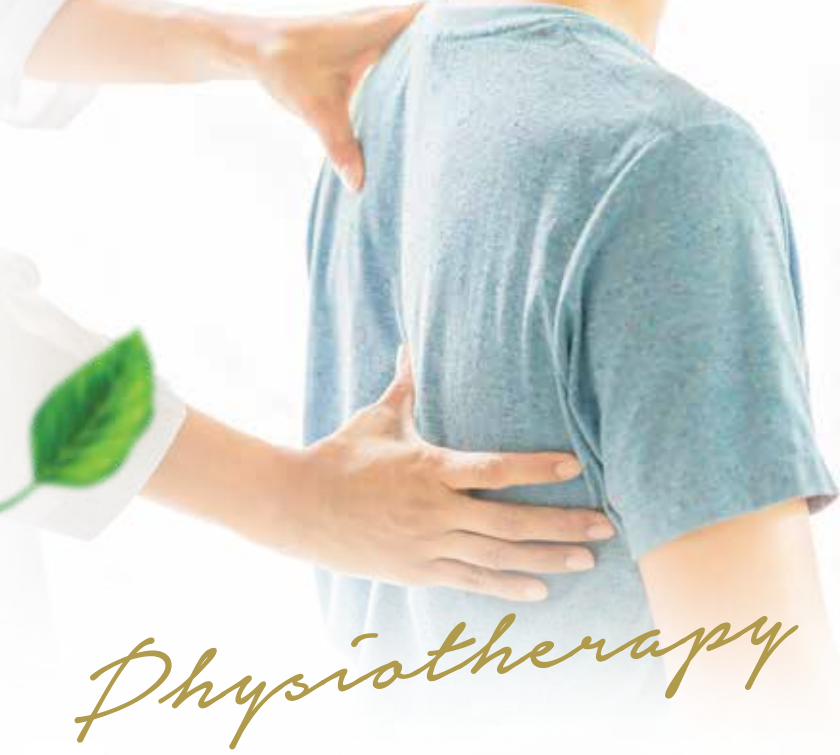
ROOM SERVICE  
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# Physiotherapy

## Physiotherapy

30 Min €150 | 50 Min €200

## Manual Therapy

30 Min €150 | 50 Min €200

## Myofacial Release

30 Min €150 | 50 Min €200

## Graston Techniques

30 Min €150 | 50 Min €200

## Neck Pain

30 Min €150 | 50 Min €200

## Recovery Sessions

30 Min €150 | 50 Min €200

## Kinesio Taping

30 Min €150 | 50 Min €200



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# Physiotherapy

## Orthopedic Injuries Treatment

30 Min €150 | 50 Min €200

## Posture Deformities

30 Min €150 | 50 Min €200

## Low Back Pain

30 Min €150 | 50 Min €200

## Lymphedema

30 Min €150 | 50 Min €200

## Special Injury Exercises

30 Min €150 | 50 Min €200



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Products for your  
*Beauty & Health*

- Bronzing Oil
- St. Barth Oils
- Sun Protected Cream
- Anti Age Creams
- BB or CC Creams
- Anti Bacterial Cologne
- Swimming Suits and Pool Accessories
- SPA Wellbeing Drinks



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# *Dietary support*

## Diet Consultation

40 Min €150

## Online Diet Consultation

40 Min €120

## Tanita Consultation

20 Min €100

## Diet Program

2 Week €1500

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