

information

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THE SPA AT MANDARIN ORIENTAL, BODRUM UNVEILED AS HAVEN OF WELLBEING FOR MIND, BODY & SPIRIT

Set over three floors and covering 2,700 sq m, The Spa at Mandarin Oriental, Bodrum is the centrepiece of the guest experience in this luxurious hideaway. Arguably the most extensive spa on the Bodrum Peninsula, it features a comprehensive range of wellness, beauty and massage programmes. While introducing Mandarin Oriental's award-winning spa concepts and holistic signature treatments to Turkey for the first time, it also offers one-of-a-kind local treatments incorporating natural handmade ingredients from the resort's own gardens. Guests can also discover the riches of Turkey's centuries-old tradition of water therapy in authentic hammams.

The spa complex, stylishly created by designer Antonio Citterio, is a stunning vision of free-flowing space and elegant, contemporary design, offering a blend of smooth lines and a natural colour palette, further soothed by organic textures. The key design elements of teak and dark wood, natural stones from a local quarry and custom-detailed sleek furnishings complement the natural beauty the resort enjoys and create a feeling of being absolutely at one with nature. Fine architectural features, including stone walls, wooden panel ceilings, mood lighting, a stunning relaxation lounge surrounded by water components and the tranquil outdoor sauna, all serve to enhance the revitalising experience.

The Spa at Mandarin Oriental, Bodrum boasts a total of 12 treatment rooms. In addition to the five individual cabins and three beauty rooms, the 132 sq m VIP Suite "Orkide" features a beautiful fireplace, an expansive shower, and a relaxation lounge along with steam room, sauna, hammam and vitality pool. The 60 sq m Couple's Spa Suite is designed for couples looking to enjoy the ultimate private healing experience, while two luxurious outdoor cabanas capture the essence of the resort's beautiful coastal setting, promising every imaginable amenity and

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indulgence; their retractable shutters allow for complete privacy. Private showers and changing areas are complemented by such facilities as built-in sound docking systems and foot ritual areas. Two rooms are also equipped for Thai massage, a particularly important element in the summer of 2014 when five Thai Spa therapists from Mandarin Oriental, Bangkok has joined the team at Mandarin Oriental, Bodrum.

Skincare products used in the spa treatments are formulated with the highest quality organically grown plants known for their purity, potency and therapeutic qualities. Taken from Mandarin Oriental's signature product line, they are developed specifically for the group by London-based award-winning company Aromatherapy Associates.

Private consultations are available for guests prior to commencing any treatment, with the focus on individual needs and expectations. Guests are first taken through their personal aims to help achieve the desired inner and outer wellbeing; the treatment and custom-blended essential oils, created uniquely for Mandarin Oriental, are then tailored to each guest in order to leave the body, mind and spirit in perfect harmony. Guests are also provided with customised programmes incorporating treatments, fitness classes and more. Guests are encouraged to arrive 60 minutes ahead of their actual treatment so that they can enjoy the spa's heat and water facilities, including indoor and outdoor vitality pools, dry saunas, steam rooms, ice experiences, experience showers, hammams with private scrub rooms as well as a dedicated relation lounge.

The menu of The Spa at Mandarin Oriental, Bodrum is comprehensive, from personalized journeys (known as Time Rituals™), booked in blocks of time and tailor-made to individual needs, to signature treatments such as Oriental Harmony, where four hands work in perfect synchronization for an outstanding experience that inspires a harmony of the senses. A selection

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of ultimate body treatments, massages, scrubs and wraps, as well as specialized facials, are all available.

Turkey, with its renowned hammam culture, has a long history of spa indulgence. At The Spa at Mandarin Oriental, Bodrum, diligently created hammam experiences are offered in domed ceiling havens of tile and marble modelled on the authentic Turkish baths. There is also a unique Asian twist incorporated into some of the offerings. The *Oriental Hammam Ritual*, for instance, begins with a clay mask while the feet are exfoliated with local pumice stone. Feet and head are massaged using a personalised oil, then a hydrating, aromatic rose essence foam is massaged onto the body on a large, heated stone table. The experience concludes with a refreshing hair wash and combing, before guests unwind in the relaxation lounge with light refreshments.

Inspiration taken from local tradition is not limited to the hammam; there are also our signature spa journeys which pay tribute to the region's rich flora. *The Olive Branch Journey*, for instance, incorporates an authentic body scrub combining olive tree leaves handpicked from the resort's spa garden ground together with sea salt, buckwheat, honey and olive oil. The *Aegean Mix Journey* sees a warm herbal cushion filled with rose, juniper, rosemary, orange and sea salt placed on the guest's back, allowing these natural ingredients to be infused and to transmit all their goodness and healing powers.

Complementing the wide range of treatment rooms, water and heat experiences, a 26m indoor pool and 570 sq m fitness centre create an extraordinary space dedicated to total wellness. The fitness centre offers a full range of state-of-the-art equipment including cardio and weights machines, free weights, a Kinesis wall, in-body analysis equipment and pilates reformers in addition to a dedicated studio where guests can undertake a wide range of exercise classes ranging from yoga and pilates for all levels and abilities to circuit training and fitness work in

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group sessions. Swimmers can take to the heated indoor pool, while for those who prefer a one-on-one experience, customised training sessions and classes are conducted by highly qualified personal trainers and instructors. Comprehensive wellness programmes are put in place for the winter season, conducted by in-house specialists alongside internationally renowned spa gurus, with the ultimate goal of providing a holistic experience allowing guests to improve their lifestyle and continue their practices beyond the resort and in their daily lives.

The Spa at Mandarin Oriental, Bodrum also serves a selection of natural healthy, organic and fresh tea, juices, smoothies and assorted beverages, along with light meals and snacks, providing the ideal complement to the wellness journey. There is also a comprehensive spa retail boutique.

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