



The Wellness Edit  
*Complete Care*



## WELCOME TO PARAGRAPH SPA

Paragraph SPA is a place to immerse yourself in a unique and truly individual experience. Your time here is an opportunity to relax, explore, and focus on yourself.

This is the place where you will be able to indulge in the well-appointed spa facilities. The extensive retail products and variety of treatments will increase the quality of your life and restore your natural vitality. Distinctive holistic rituals embody the very essence of well being. Iconic local therapeutics and indigenous influences are masterfully woven into indulgent, sensorial treatment journeys that soothe, revitalize, and harmonize the mind and body.

# FACE TREATMENTS

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### **Active Nutrients Glow**

This invigorating nutrient-rich treatment embraces ESPA's holistic approach to restoring radiance, feeding your skin and your mood so your face glows with vitality.

Dull, lethargic complexions are brightened and refreshed with the power of a sweeping Gua Sha massage which stimulates the lymphatic and circulatory systems, helping boost the flow of blood and nutrients to the skin.

55 min | 210.00 €

### **Inner Beauty Facial**

Deeply cleanse, hydrate and renew with this instant-results facial. Tailored to your skin's precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind.

55 min | 210.00 €

### **Express Facial**

Reveal a clear, refreshed, naturally beautiful complexion with this express facial. Personalised to your needs, natural active formulas cleanse, rebalance and hydrate your skin.

30 min | 150.00 €

### **Eye Lift**

Smooth, firm and hydrate with this instantly revitalising eye treatment. Targeted massage with proven Tri-Active™ formulas relaxes the mind while smoothing fine lines, quenching delicate skin and diminishing puffiness and dark shadows.

30 min | 135.00 €

### **Instant Radiance Facial**

Brighten and revitalise with this intense, instantly effective facial. Innovative formulas unlock nature's power to transform a fatigued or lacklustre complexion.

85 min | 265.00 €

ESPA MESSAGES

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## **Strength and Resilience Massage**

Transform mind & body, release muscular tension and rediscover a sense of wellbeing with this resilience boosting massage. Inspired by the arduous migration of the painted lady butterfly, this revitalising massage uses aromatherapeutic oils, yogic stretches and deep muscle massage to boost your energy levels and support your immune system. You emerge stronger and more resilient, ready to face life's unexpected journeys.

85 min | 310.00 ₺

## **Deep Muscle Massage**

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energised.

85 min | 330.00 ₺

## **Hot Stone Massage**

Discover lasting relaxation for mind and body with this aromatherapeutic treatment. Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress.

85 min | 295.00 ₺

## **ESPA Inner Calm Massage**

Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

55 min | 250.00 ₺

85 min | 310.00 ₺



### **Swedish Massage**

Revive your body and enliven your spirits with this invigorating massage. Working swiftly and deeply where you need it most, traditional Swedish massage with pure, nourishing oils boosts circulation, alleviates tight, aching muscles and awakens the body from top to toe.

55 min | 275.00 ₺

### **Couples Massage**

The ultimate Spa indulgence. Enjoy a personalised Inner Calm body and scalp massage side-by-side with your loved one in our private couples suite treatment room.

55 min | 425.00 ₺    85 min | 510.00 ₺

### **Balinese Massage**

Calm an active mind as long, sweeping, stretching massage techniques combine with powerful essential oils to release tension and restore comfort to the skin. This soothing and indulgent massage leaves your mind, body and spirit calm and relaxed.

55 min | 250.00 ₺    85 min | 310.00 ₺

### **Back, Neck & Shoulder Massage**

Ease tension where you need it most with this fast-acting de-stressing treatment. Personalised to your unique needs, targeted massage with pure aromatherapy blends relaxes tense muscles, re-energises your body and calms your mind.

30 min | 195.00 ₺

## SEASONAL WRAPS

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### **Spring Forward**

Stimulating, renewing, unveiling – this ritual treatment repairs skin after the chill of winter, renewing your physical and mindful state.

75 min | 250.00 ₺

### **Summer Ready**

Buffing, moisturising, glowing - perfect summer preparation, unveil smooth radiant skin and a sunny mood.

75 min | 250.00 ₺

### **Autumn Comfort**

Nurturing, soothing, hydrating – when the dry autumn air blows in counteract the effects on your skin with this nurturing body treatment.

75 min | 250.00 ₺

### **Winter Warmer**

Warming, comforting, deeply nourishing – the perfect antidote to the winter chill, deeply nourishing and soothing products combine with hot stone placement to warm and comfort skin, body and mind.

75 min | 250.00 ₺

# BODY SCRUBS



ESPA

FITNESS  
BATH SALTS

Integrating aromatics to exfoliate, soothe and refresh  
Incorporant aromatisés relaxants pour exfolier et rafraîchir

ESPA

NATURAL BEAUTY  
INNER CALM

FITNESS  
BATH & BODY OIL

Integrating aromatherapy oil to help  
soothe and revive body and mind  
Incorporant huile aromathérapie relaxante et  
essence et revivifie le corps et l'esprit

ESPA

NATURAL BEAUTY  
INNER CALM

FITNESS  
SHOWER OIL

Nourishing shower oil to soothe  
the body and refresh the mind  
Huile douché nourrissante pour  
nettoyer le corps et revitaliser l'esprit

CLEANSER

250 ml e 8.4 US fl. oz.

### **Detoxifying Salt & Oil Scrub Spring Forward**

Revive skin's natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest detoxifying essential oils polish away dull, dry cells and infuse skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy.

30 min | 195.00 ₪

### **Relaxing Salt & Oil Scrub**

This exceptional skin softening body exfoliation combines sea salts with soothing essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment, or in preparation for an ESPA Massage.

30 min | 195.00 ₪

### **Exfoliating Body Polish**

Natural cactus skin brush and refreshing body polish combine to stimulate lymphatic circulation, revealing renewed, glowing, smooth skin. The perfect accompaniment to a massage or as a stand-alone skin treat.

30 min | 195.00 ₪

# SIGNATURE RITUALS

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### **Fire and Ice Regenerating Ritual**

This sensorial ritual treatment utilises the therapeutic benefits of heat and cold therapy to stimulate, renew and empower the body's systems. Massage with Volcanic hot stones releases deep seated tension, and contrasts with a Glacier inspired regenerating cryo globe facial to inspire, invigorate and revitalize skin, body and mind.

110 min | 385.00 €

### **Soothing Himalayan Salt Stone Massage Ritual**

Rich in natural minerals and known for their healing properties warm salt stones and ESPA aromatherapy oils combine in this massage ritual to help improve circulation, relieve anxiety, aid restful sleep and bring about a sense of deep inner calm.

80 min | 295.00 €

### **Cleansing Ritual**

Deeply renewing and purifying this traditional Hammam-style experience exfoliates dead cells, revealing bright, smooth skin. The cleansing foam massage that follows targets tension and soothes the senses.

45 min | 220.00 €

# ESPA BODY TREATMENTS

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### **ESPA Back, Face & Scalp Treatment**

Unravel tension, and restore inner calm with our most renowned treatment. Targeted massage techniques combine with the purest aromatherapy oils and a highly - personalised facial helping you to look and feel your very best - restored, de - stressed and beautifully radiant.

80 min | 295.00 ₺

### **Pre - Natal Relax & Restore**

Nurture your changing body and calm your mind with this beautifully comforting treatment. Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin while expert massage soothes tight, tender muscles and invokes a state of blissful relaxation.

80 min | 250.00 ₺

### **Foot Ritual**

Soothe tired, aching or swollen feet and heavy legs with this luxurious and revitalising treatment. Cleanse and smooth hard - working feet and lower legs, then treat them to a rejuvenating and intensely reviving massage - restoring cool comfort and leaving you ready for another active day.

40 min | 195.00 ₺

### **ESPA Targeted Hip and Thigh Treatment**

Transform the appearance of your hips, thighs and legs with this revitalising, results-focused treatment. Working swiftly and effectively, powerfully detoxifying actives combine with targeted massage to instantly diminish cellulite and fluid retention, dispel toxins and boost circulation. Skin looks smooth, supple and beautifully toned.

55 min | 250.00 ₺

BEAUTY DEVICES

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## **LPG Endermologie**

Treating the most serious skin conditions (scars, fibrosis, lymphedema, burns, etc.) and studying connective tissue for over 30 years only strengthens our belief in the skin's intrinsic abilities. 0 risk. 0 side effects. Always results.

Intelligently stimulated, the skin is capable of undergoing amazing transformations: boosting the production of rejuvenating substances (collagen, elastin, hyaluronic acid) for firmer skin, activating fat cells' elimination process to reshape your figure, stimulating fluid exchanges for a deep detox effect.

Our endermologie® technique was developed to make the most of this natural potential in a completely non-invasive, non-aggressive, pleasurable, and safe way.

We are convinced that healthy and respected skin is the key to a beautiful figure and radiant, youthful skin.

Face 30 min | 95.00 ₺

Body 40 min | 135.00 ₺

OXYJET THERAPY

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### **Volume Booster**

For skins concerned with the visible signs of aging this treatment targets fine lines and wrinkles around the eyes and mouth. Enzymes peel intensely cleanse and clarify the skin. The depth of facial expression lines are reduced as muscles relax and the supporting structure of the skin is regenerated. Cold therapy and pure Oxygen work in synergy to firm the facial contours and give the skin a youthful volume.

75 min | 250.00 €

### **Energy Reload**

The perfect way to soften and smooth fine lines and refresh the complexion. This reload facial is ideal to restore vitality after sunbathing, illness, stress or intensive peel facials have depleted the skins radiance. Quick and effective, suited for Mens skin the micro-encapsulated oxygen, hyaluronic acid and high-dose of vitamins immediately smooth the skins surface, improve circulation and leave the complexion glowing.

75 min | 250.00 €

### **Brightening Corrector**

Particular beneficial for skin with irregular pigmentation and in the treatment of age spots. Active enzymes gently clear the complexion and remove dead skin cells, leaving the complexion looking brighter and fresher. By stimulating the skin's own collagen synthesis this treatment helps protects against premature aging of the skin and lifts the facial contours.

75 min | 250.00 €

### **Sensitive Balance**

A calming treatment for skin prone to sensivity and irritation. Helping to relieve redness and inflammation, and encouraging an even colour tone and uniform appearance of the skin, while intensively hydrating and smoothing dry lines.

75 min | 250.00 €

### **Purifying Control**

Designed specifically for skin with imperfections, this treatment regulates oil production and relieves inflammation and redness. Resulting in a smoother, clearer and even complexion.

75 min | 250.00 €

# SPA ETIQUETTE

## **Reservations**

For Spa related inquiries please dial ext. # 8188.  
To secure preferred session time please book procedures in advance.

## **Arrival**

Please arrive 15 minutes prior to your treatment in order to enjoy a full - time session as we might not be able to extend your time due to other guest's reservations, in case of your late arrival.

## **Health Conditions**

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation.

## **Pregnancy**

We have specially designed treatments for expectant women past their 1st trimester or nursing mothers. Please allow our spa team to guide you in selecting which treatments are most suitable during this special time.

## **Cancellation policy**

In case of cancellation, kindly notify us at least 2 hours prior to your session, in order to avoid a 50% late cancellation fee

## **Payment**

Payment can be done by credit card, cash, or via room charge which will appear on your room account at the time of departure.

## **Products**

To extend the effects of your spa experience at home, a variety of spa products are available at the spa reception. Your therapist will suggest products that best suit you and your skin.

## **Gentlemen**

Kindly shave at least 2 hours prior to all face treatments to ensure that maximum results are achieved.

## **Valuables**

Paragraph Spa accepts no responsibility for loss of valuables and jewellery at any time on the spa premises.

## **Peace and harmony**

Please be mindful of the level of your voice in order not to disturb fellow spa visitors. Also, note that active mobile phones are not permitted in the spa area.



