





## 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.



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FACE TREATMENTS

*By Swiss Perfection*

SWISS  
PERFECTION  
MONTREUX

RS-28

6

RS-28 REJUVENATION SERUM  
RS-28 SÉRUM

## ULTIMATE LIFT

Experience the pinnacle of cellular renewal with our advanced lifting and firming facial. This treatment is meticulously crafted to deliver visible results, leaving your skin feeling tightened, toned, and completely revitalized.

Your journey to luminous skin begins with a thorough cleanse and exfoliation, followed by our signature massage and an intensive booster rich in Collagen, Hyaluronic Acid, and Cellular Active IRISA®. The experience culminates with a sculpting massage and a firming mask infused with marine algae and Vitamin C. You will emerge with skin that is visibly smoother, beautifully redefined, and profoundly radiant.

90 min | 650.00 €

## MARINE LIFT

Reinvigorate your skin with our Marine Lift facial. This intensely hydrating treatment is expertly designed for dry or mature skin, using powerful marine and botanical actives to sculpt and revitalize your complexion.

The experience begins with a thorough cleanse, exfoliation, and our signature massage, followed by a specialized lifting massage that contours and firms. The journey culminates with a Marine Caviar Booster and a Pure Collagen Mask with Cellular Active IRISA®, working together to boost regeneration and elasticity. The result is a visibly smoother, more luminous, and radiant complexion that feels deeply nourished and renewed.

90 min | 550.00 €

## REJUVENATION TREATMENT

Discover a facial inspired by the most advanced anti-aging protocols. This luxurious treatment is expertly designed to combat dehydration, fine lines, and uneven skin texture, leaving you with a refreshed, youthful glow.

Following a thorough cleanse, exfoliation, and our exclusive Signature Massage, a powerful booster and collagen mask are chosen just for you. As wrinkles are smoothed from within, your skin is deeply nourished and plumped. You'll emerge with a visibly firmer, radiant, and beautifully re-energized complexion.

75 min | 500.00 €

## **BLOOMING GLOW**

Unveil a fresh, radiant complexion with the Blooming Glow facial, an expertly crafted treatment designed to erase signs of fatigue and restore your natural brilliance.

Your experience begins with a deep cleanse and exfoliation, followed by our signature Blooming Signature Massage to stimulate vitality. A tailored cream mask, either the Exclusive Cream or Vitalizing Mask, is then applied to deeply hydrate and revive your skin. This powerful formula boosts cellular renewal, leaving your complexion visibly energized, unified, and glowing with a restored, luminous radiance.

55 min | 220.00 ₺

## **COLLAGEN & IRISA® SECOND SKIN**

Treat your skin to the ultimate 30-minute revival with our Collagen & IRISA® Second Skin treatment. This powerful, plumping facial provides deep hydration and soothing relief, leaving your complexion visibly firmer and replenished.

Infused with Cellular Active IRISA®, the mask smooths fine lines, calms redness, and restores comfort to even the most sensitive skin. Ideal as a quick, targeted boost or as an enhancement to any body massage, this treatment delivers an immediate dose of renewed vitality and a radiant glow.

30 min | 350.00 ₺

## **SWISS EYE LISSANT & GLOW**

Treat your eyes to a 30-minute revival with our Collagen Eye Contour treatment. This targeted session is expertly designed to refresh and brighten the delicate eye area.

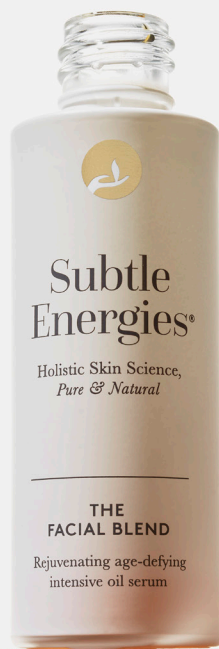
Using collagen-infused patches and a precise contour massage, this treatment visibly reduces fine lines, puffiness, and signs of fatigue. You'll leave with a smoother, firmer eye area and a rejuvenated, illuminated gaze. It's the perfect add-on to any facial or body massage.

30 min | 150.00 ₺



FACE TREATMENTS

*By Subtle Energies*



## 24K GOLD AGE-DEFYING TREATMENT

Experience profound renewal with our age-defying facial. It begins with a double cleanse and exfoliation, preparing your skin for optimal absorption of potent actives. A purifying mud mask detoxifies and revitalizes, while powerful ingredients like Mogra, Queen of Jasmines, and 24k Gold penetrate deeply to renew and regenerate skin cells. This treatment oxygenates at a cellular level, reducing fine lines and wrinkles, and addressing emotional needs like stress and hormonal balance, leaving your skin with a sustained, radiant glow.

The 85 minute treatment includes additional facial techniques, extended mask time, and targeted sculpting methods will leave your skin feeling firmer, more hydrated, and visibly refined, with improved tone, texture, and overall skin resilience.

55 min | 265.00 ₺

85 min | 320.00 ₺

## ADVANCED ANTIOXIDANT FACIAL

Designed for dehydrated, mature, sensitive, or damaged skin, this enriching facial revitalizes tired, aging complexions. A nurturing double cleanse infuses antioxidants and essential fatty acids to combat free radical damage. Gentle jojoba bead exfoliation unveils a smoother complexion. We then use an impressive active serum to boost collagen and hyaluronic acid production, followed by a botanical hydration mask to lock in moisture. You'll leave with smooth, vitamin-enriched skin that's deeply hydrated and restored.

The 85-minute treatment features advanced facial techniques, extended mask time, and targeted sculpting. This will leave your skin feeling firmer, more hydrated, and visibly refined, with improved tone, texture, and overall resilience.

55 min | 465.00 ₺

85 min | 560.00 ₺

## WILD KASHMIR PURIFYING FACIAL

Optimize your well-being and replenish your skin with this powerful, purifying facial. Wild turmeric offers intense detoxification, while exotic Kashmir lavender soothes and restores. This deeply detoxing treatment revitalizes tired, congested, and stressed skin. Toxins are drawn out through a double cleanse, saffron and frankincense exfoliation, and a purification mud mask. A complete indulgence that purifies and tones for renewed freshness.

30 min | 195.00 ₺

55 min | 225.00 ₺

# ADVANCED BIOTCH FACIALS

*By Subtle Energies*



Subtle Energies®  
Holistic Skin Science, Pure & Natural  
POMEGRANATE ENZYME MASK  
With Antioxidant, Natural Enzymes & AHAs

Subtle Energies®  
Holistic Skin Science,  
Pure & Natural  
VEGAN COLLAGEN  
SERUM  
Cutting-edge biotech for  
plumper, smoother skin

Subtle Energies®  
Holistic Skin Science,  
Pure & Natural  
MULTI-MOLECULAR  
HYALURONIC ACID  
Next-generation serum for  
high absorption & elasticity

## VEGAN COLLAGEN FACIAL

Experience the transformative power of vegan collagen, meticulously designed to mimic human collagen for deep hydration and a natural filler effect. This facial begins with a double cleanse and an advanced triple-action exfoliation using pomegranate enzymes and lactic acid, revealing fresh, luminous skin. Potent serums are precisely layered, followed by two targeted masks. Unlock a radiant, age-defying complexion by harnessing the latest in biotechnology with vitamin-rich actives like Kakadu Plum, Ashwagandha, and Bacillus Ferment, known to restore and strengthen skin integrity.

The 85-minute treatment begins with a grounding foot ritual to release tension. Then, enjoy extended mask time followed by advanced lifting and sculpting techniques that redefine facial contours, boost circulation, and enhance your skin's natural firmness and glow.

55 min | 465.00 ₺

85 min | 555.00 ₺

## POMEGRANATE ENZYME FACIAL

Reveal brighter, fresher skin with the transformative power of polyphenols, including activated pomegranate enzymes and natural AHAs, which effectively resurface and smooth your complexion. This indulgent facial begins with a purifying double cleanse, followed by a double exfoliation ritual to gently refine texture and boost radiance. A nourishing hydration mask completes the treatment, locking in moisture and leaving skin rejuvenated, balanced, and luminous.

45 min | 225.00 ₺

## ADVANCED HOLISTIC LIFTING BIOTECH FACIAL

Transform your skin with deep hydration and enhanced cellular renewal for a plump, youthful appearance. This high-performing facial begins with a purifying double cleanse and powerful triple-action exfoliation to reveal a fresh, radiant complexion. Experience the rejuvenating benefits of a double mask application, combined with cutting-edge biotech natural actives, vegan collagen, and next-generation hyaluronic acid. Witness remarkable renewal and enjoy a visibly lifted, glowing, and youthful complexion.

Our 85-minute treatment offers a calming foot ritual and extended mask infusion. Plus, advanced facial massage and sculpting visibly lift, contour, and illuminate your skin for a radiant glow.

55 min | 465.00 ₺

85 min | 555.00 ₺



BODY TREATMENTS

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*By Swiss Perfection*

## **FOOT RITUAL**

Revive tired, heavy legs and feet with the Light Legs treatment. This energizing session is expertly designed to refresh and restore, leaving you feeling lighter and fully recharged.

The experience begins with a targeted exfoliation, followed by a draining massage using our exceptional Cryo Gel. This powerful combination stimulates circulation, relieves feelings of heaviness, and helps eliminate toxins. Your legs will instantly feel soothed and refreshed, with restored hydration and renewed comfort.

40 min | 195.00 ₺

## **CELLULAR BODY PEELING**

Prepare your body for the ultimate in skin renewal with our Cellular Body Peeling treatment. This revitalizing ritual uses Swiss Perfection's powerful formula to gently exfoliate and detoxify, leaving your skin incredibly soft, radiant, and renewed.

By removing dead cells and smoothing away impurities, this treatment refines your skin's texture and stimulates circulation. It's the perfect stand-alone ritual or an ideal preparation for any body treatment, as it enhances the absorption and results for optimal skin regeneration

45 min | 250.00 ₺

## **CELLULITE & SCULPTING TREATMENT**

Target stubborn cellulite and redefine your silhouette with our powerful Cellulite & Sculpting treatment. This intensive session is expertly crafted to smooth, firm, and leave you feeling completely revitalized.

The treatment begins with a thermo-activating cream and anti-cellulite massage to stimulate circulation. Next, a heat-boosted body wrap enhances the absorption of powerful actives. After a refreshing shower, a firming massage with seaweed gel deeply hydrates and tones the skin. You will emerge with a visibly smoother, firmer, and more contoured silhouette, along with a lasting sensation of lightness and renewed vitality.

105 min | 520.00 ₺

BODY TREATMENTS

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*By Subtle Energies*



## **RASAYANA DETOX BODY BUFF**

Revitalize your skin with this invigorating light-to-medium exfoliation. Finely ground walnut shells gently buff away dead skin cells, helping to reduce the signs of cellulite, with hot compresses applied throughout. Uplifting aromatics of Tulasi, Wild Turmeric, and Limbu invigorate your senses, making this ideal for jet lag and tired skin. The treatment concludes with a personalized full body hydration to complement the detoxification process, leaving you refreshed and renewed.

55 min | 225.00 ₺

## **HIMALAYAN ENERGISING BODY POLISH**

Feel invigorated with our strong exfoliating body polish, using mineral-rich Himalayan Crystal Salts to release toxins and stimulate circulation. Your skin will be visibly radiant as stress melts away with the active effects of rare Ayurveda Aromatherapy oils. Hot compresses nurture you throughout, and a full body hydration with rich ingredients deeply moistens and balances the skin, leaving you completely renewed.

55 min | 225.00 ₺

## **PEARL INFUSED REMINERALISING BODY MASK**

Experience the power of pearls with this exceptional, multi-sensory treatment. Your ritual begins with a soothing foot ritual and grounding techniques to center mind and body. This is followed by a full body skin-softening exfoliation. The journey continues with a mineral-rich body mask infused with active pearl and conch shell extracts to stimulate and regenerate skin cells. While cocooned, you'll receive a Subtle Energies signature facial marma massage, using potent anti-aging actives of Mogra and Indian Rose to release tension, reduce stress, and restore balance.

85 min | 465.00 ₺

## **RASAYANA DETOX BODY WRAP**

Revitalize, tone, and purify with this active body therapy. Begin with a calming foot ritual before a zesty full-body exfoliation featuring essential oils, cinnamon powder, and finely ground walnut shells to awaken your skin. Next, an exquisite, mineral-rich clay mask infused with powerful herbs like Spiked Ginger Lily, Spirulina, and Green Tea envelops your body for the ultimate detox. While wrapped, enjoy a soothing scalp massage to release tension and calm your mind. The ritual concludes with full body hydration using your choice of aromatic infused body butters, lotions, or blends, leaving your skin soft, smooth, and radiant.

75 min | 310.00 ₺

A close-up photograph of a person's back and shoulder being massaged. The masseuse's hands are visible, resting on the client's skin. The scene is dimly lit, with several lit candles in the background and foreground, creating a warm and relaxing atmosphere. The text 'CORE BODY RITUALS' is overlaid in the top left corner.

CORE BODY RITUALS

*By Subtle Energies*

## RESTORE AROMATIC MASSAGE

Release tension, soothe the mind, and rejuvenate your body with this sensory massage that offers profound relaxation and deep relief from stress and muscle tension. With each stroke, experience the restorative power of therapeutic and rare aromatics, leaving you renewed, refreshed, and ready to embrace life with a newfound sense of vitality and tranquility.

Begin your 85 minute journey with enhanced by warm towel compresses to ease tired feet and prepare the body for complete renewal. The treatment includes a full facial Marma massage, beginning with aromatic compresses to stimulate collagen production and boost circulation. Targeted massage techniques further support nervous system balance, helping to reduce stress and anxiety while promoting restorative sleep.

55 min | 250.00 ₺

85 min | 310.00 ₺

## DEEP RELIEF MASSAGE

Muscle discomfort is eased and joints are strengthened with this deep tissue massage which has been created by bringing together ancient and modern therapies, including Ayurveda and Western techniques. This powerful massage is enhanced by the benefits of Ayurveda Aromatherapy analgesics that will assist in easing tension, fluid retention and eliminate toxins.

The 85 minute treatment begins with a warm foot ritual to relax and prepare for a full body massage experience, enhanced fascia release, targeted deep tissue work, and therapeutic stretching, leaving you feeling rebalanced, more mobile, and physically restored with improved muscle function and flexibility.

55 min | 275.00 ₺

85 min | 330.00 ₺

## BODY MESSAGES

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## BALINESE MASSAGE

Embark on a tranquil escape with our authentic Balinese Massage, expertly delivered by our skilled Bali Therapists. This holistic treatment, deeply rooted in ancient traditions, combines gentle stretches, acupressure, and aromatherapy. Designed to stimulate the flow of energy throughout your body, it brings profound well-being, calm, and deep relaxation. Soothe strained muscles, relieve tension, and enjoy improved circulation for a truly rebalanced and refreshed body and spirit.

55 min | 250.00 ₺

85 min | 310.00 ₺

## HOT STONE THERAPY

Immerse yourself in profound warmth and relaxation with our Hot Stone Therapy. This 75-minute body treatment utilizes smooth, heated volcanic stones expertly placed on key energy points and glided over your muscles. The deep penetrating heat eases muscle tension, melts away stress, and significantly boosts circulation. Experience a profound sense of calm, detoxification, and renewed energy, leaving your body deeply soothed, rebalanced, and wonderfully revitalized.

75 min | 295.00 ₺

## SANCTUARY FOR TWO

Escape to a private haven designed exclusively for you and your loved one. This luxurious experience begins in our Couple's Suite with a soothing full-body massage and a rejuvenating face massage for each of you. Afterward, step out onto your private terrace and immerse yourselves in the serene beauty of the view. Unwind completely in your private Jacuzzi, where you can relax and reconnect in total seclusion. This is more than a treatment; it's a moment of shared bliss and perfect intimacy.

55 min | 620.00 ₺

## BACK, NECK & SHOULDER MASSAGE

Welcome ultimate relief with our focused Deep Release massage. This powerful 30-minute treatment targets tension and knots deep within your back, neck, and shoulders. Our skilled therapists use specialized techniques to release muscle tightness, ease discomfort, and restore flexibility. Experience profound relaxation and leave feeling lighter, revitalized, and completely at ease.

30 min | 195.00 ₺

EQUIPMENTS & DEVICES



## **MLX I3DOME DETOX THERAPY**

Experience the ultimate full-body detox. Combining Far Infrared, Plasma, and Light technologies, this treatment boosts metabolism, promotes deep cleansing, and revitalizes skin from within—leaving you recharged and radiant.

30 min | 195.00 ₺

## **ENDOSPHERES THERAPY**

Experience revolutionary Endosphères Therapy, a non-invasive treatment using patented Compressive Microvibration™. This unique therapy with 55 silicon spheres improves lymphatic drainage and blood circulation, reducing cellulite and “orange peel” skin while toning muscles and remodeling contours. For the face, it enhances tone, elasticity, and boosts collagen, elastin, and hyaluronic acid. This relaxing treatment provides instant lightness, reduces fluid retention, and leaves skin smoother, firmer, and revitalized with visible results and no downtime.

body 75 min | 300.00 ₺      face 40 min | 220.00 ₺

## **THE BODY TRANSFORMATION BY EVOLVEX**

Experience the future of non-invasive contouring with InMode EvolveX. This revolutionary platform uses RF energy for skin tightening (Tite) and EMS for muscle toning (Tone), or combines both for comprehensive transformation (Transform). EvolveX targets fat, tightens skin, and builds muscle on areas like the abdomen, thighs, and arms. Treatments are comfortable with no downtime, offering gradual, natural-looking results for a sculpted, defined, and rejuvenated appearance. Achieve your body and face goals with EvolveX.

30 min | 195.00 ₺

## SIGNATURE TREATMENTS

*By Subtle Energies*



## **AUGMENTED RESONANCE THERAPY**

Immerse yourself in a revolutionary relaxation experience with our Sound Therapy, exclusively on the Gharieni Augmented Massage Bed. For 55 minutes, this state-of-the-art bed combines precise, low-frequency vibrations with harmonious sounds, creating an unparalleled full-body sensory journey. Feel the gentle waves of sound resonate through your muscles, releasing tension and stress. This unique therapy promotes deep relaxation, enhances well-being, and revitalizes your mind and body, leaving you profoundly serene and re-harmonized.

55 min | 330.00 ₪

## **MUSCLE DE STRESS PODI PROGRAM**

Embark on a unique healing experience with our signature Healing Podikhizhi Journey. , a remarkable therapy performed with dried herb powders wrapped in muslin bolus bags, dipped in warm oil and applied over the entire body. Focusing on areas of pain and inflammation, this therapy is effective for water retention, sports injuries, muscular and nerve pain, soft tissue inflammation and joint problems. This program concludes with a tension-relieving Restore Aromatic Massage.

The treatment is performed on a warm quartz bed, designed to extend your sense of relaxation and well being.

120 min | 495.00 ₪

## SPA ETIQUETTE

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### **Reservations**

For Spa related inquiries please dial ext.

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

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### **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.

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**PARAGRAPH**  
Golf & Spa  
**TABORI**

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AUTOGRAPH COLLECTION<sup>®</sup>  
HOTELS

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SPA  
PARAGRAPH TABORI