




**RAMADA®**  
PLAZA BY WYNDHAM  
ISTANBUL CITY CENTER





*Indulge  
Your Spirit  
and Restore  
Balance to  
Your Mind,  
Body and  
Soul.*



# Spa<sup>\*</sup> Classics

## BEATUS SIGNATURE MASSAGE<sup>\*</sup>

This is a muscle-relaxing and stress-relieving massage, incorporating both soft and strong techniques; the goal is to relax the tissues by massaging them with your choice of aromatic oils.

**Duration & Price:** 55 min 60 €  
80 min 80 €

## REFLEXOLOGY<sup>\*</sup>

A concentrated foot massage, performed using a special technique. By focusing on specific points on your feet, any tension that you have can be relieved.

**Duration & Price:** 40 min 45 €



### **RELAXATION MASSAGE\***

This careful but intensive massage helps to relieve tension and restore your feeling of wellbeing.

**Duration & Price:** 40 min 45 €

### **ANTICELLULITE MASSAGE\***

This is an intensive massage for the stomach, thighs and legs. It slims down the body, eliminates excess adipose deposits, stimulates circulation, reduces water retention and relieves muscle fatigue

**Duration & Price:** 40 min 55 €

# Spa\* Classics

## MANUAL DRAINAGE MASSAGE\*

is a technique designed to stimulate the flow of manual (a fluid that transports white blood cells, oxygen, and nutrients to tissues throughout the body). Also referred to as "manual drainage" or "manual massage", manual drainage typically involves gentle, circular movements.

**Duration & Price:** 30 min 50 €

## DEEP TISSUE MASSAGE\*

A type of massage therapy, deep tissue massage uses firm pressure and slow strokes to reach deeper layers of muscle and fascia (the connective tissue surrounding muscles). It's used for chronic aches and pain and contracted areas such as a stiff neck and upper back, low back pain, leg muscle tightness, and sore shoulders. While some of the strokes may feel the same as those used in Swedish massage therapy, deep tissue massage isn't the same as having a regular massage with deep pressure.

**Duration & Price:** 55 min 65 €

## LOCAL MASSAGE\*

Usually focuses on a specific problem, such as chronic muscle pain, injury rehabilitation, and the following conditions:

- Low back pain
- Limited mobility
- Recovery from injuries (e.g. whiplash, falls)
- Repetitive strain injury, such as carpal tunnel syndrome
- Postural problems

**Duration & Price:** 30 min 35 €









# Turkish\* *Bath*

A popular pastime among the upper-class and the commoners alike, hammams have been culturally significant places during the Ottoman period. They not only served the purpose of cleansing and relaxing the body but were also venues for socializing and celebrating, especially among women, who would chat, feast on home-made foods and sing or dance during their hammam outings. At beatus, the Turkish-bath session comforts and nourishes the body in the traditional oriental manner. Its soothing warmth and exotic aromas recreate the authentic, luxurious atmosphere of Turkish baths enjoyed by the sultans themselves.

## **PASHA HAMMAM PEELING**

The body is carefully rubbed with a textured mitt and covered with the fragrant froth of soap, which cleanses and revitalises the skin, creating a feeling of relaxation and well-being.

**Duration & Price:** 40 min 55 €

## **SHEHRAZAD TREATMENT**

In addition to the Pasha Hammam Peeling, special aromatic oils and circular massage movements in typical hammam fashion are used to revitalise the muscles while particular attention is paid to the scalp.

**Duration & Price:** 55 min 75 €

## **SULTAN TREATMENT**

This is a deluxe treatment for a special occasion. Your ritual begins with a body-peeling scrub of your choice, coffee, brown sugar, or honey crystals are applied to your body. As you lie enveloped in the froth of aromatic soaps, your scalp massaged by a therapist using special oils and circular movements. The ritual ends with a traditional service.

**Duration & Price:** 70 min 105 €



# Spa Journeys

## ASIAN SPELL

A deep-pressure massage originating from Bali, which uses medium-depth strokes and focuses on the body's pressure points to reach sub-surface layers of muscle. This massage helps to relieve muscle tension and subtly balances the body's energies, for a heightened sense of wellbeing.

**Duration & Price:** 55 min 65 € / 80 min 95 €

## THAI MASSAGE

This means the traditional treatment massage of Thailand. This technique uses pressure from the hands to stimulate the flow of body fluids, the internal workings, and the natural energy in the body. This vigour balances the body, keeps it healthy, and helps it to breath and work more efficiently. With simple pressure techniques the body is balanced and a stronger flow of energy is achieved. Thai is applied with comfortable clothing along with stretching movements.

**Duration & Price:** 55 min 65 € / 80 min 95 €

## THAI FOOT MASSAGE

An energising foot and leg treatment inspired by traditional Thai massage techniques. The treatment begins with an exfoliation and indulgent soak of the feet to leave them feeling fresh and soft. Gentle stretching of the legs and hips helps to relax the muscles prior to massage of the feet and lower legs. This traditional massage includes the use of an authentic wooden stick from Thailand, used to apply stroking, draining and pressure techniques to the feet. A soothing application of body cream to the feet and lower leg concludes this wonderful treatment.

**Duration & Price:** 55 min 65 €



# Spa\*Journeys

## SHIATSU

The name of this traditional Japanese treatment means “finger pressure”. Shiatsu is performed as the guest lies on the floor in comfortable attire. The expert therapist relaxes the stressed areas of the body with his or her hands, knees and feet, removing aches and discomfort.

**Duration & Price:** 55 min 65 €

## CAPRICE GOLD MASSAGE

Consisting of a unique combination of sweet almond oil, palm oil and 24 carat gold particles, the massage oil protects the skin from free radicals and gives an amazing sparkle and youth. The massage removes negative energy and regulates the flow of energy by opening up blocked energy points in the body. It stabilizes the cell renewal and cell functions by increasing the production of oxygen. Gold therapy is one of the most effective and natural anti-aging methods.

**Duration & Price:** 55 min 75 €

## MANDARA MASSAGE (4 HANDS)

The Mandara Spa Signature treatment is performed by two therapists working together in rhythmic harmony. This massage combines five traditional styles - Japanese Shiatsu, Thai, Lomi Lomi, Swedish and Balinese massage - or can be provided in the style of massage you prefer to promote pure spiritual pleasure.

**Duration & Price:** 55 min 105 €

## LOMI LOMI NUI

This is the queen of the temple massages that are a spiritual heritage of Hawaiian culture. The massage is performed with a variety of synchronised movements of the lower arm and the elbow, to stimulate a feeling of deep relaxation.

**Duration & Price:** 80 min 95 €

## JET-LAG PACKAGE

It is often difficult for the human body to adjust to a new time zone. The process usually gives way to exhaustion, stress, water loss and muscle cramps. Now, you can easily free yourself from the unpleasant effects of jet lag. Our package consisting of a 40-minute Turkish Bath, a 40-minute Classic Massage, and an Express Face Treatment will leave you relaxed and revitalised.

**Duration & Price:** 120 min 135 €





# Spa\* *Additions*

## **BROWN SUGAR PEELING**

This classical Mediterranean treatment supported with brown sugar, salts and aromatic oils cleanses the dead cells in the body while making your skin soft and smooth as much as possible thanks to its rich moisturizing effect.

**Duration & Price:** 25 min 40 €

## **COFFEE PEELING**

External factors may affect skin in different ways such as changing pigmentations, or loss in vibrance and resilience. Applying a blend of aromatic oils and coffee granules on the skin removes dead cells on the surface, which deeply cleanses and nourishes the skin. Caffeine has the power to burn fat. It also speeds up metabolism and regulates micro-blood circulation. It will leave your skin feeling smooth and velvety.

**Duration & Price:** 25 min 40 €



# Couple<sup>\*</sup>Rituals

## **BEATUS COUPLE MASSAGE**

Enjoy the romantic ambience in our special couples' massage room. Your unforgettable spa ritual begins with a foot massage to ease any tension in your body, and concludes with a scalp and face massage.

**Duration & Price:** 55 min 105 €

## **BEATUS ROMANTIC COUPLE MASSAGE**

As with the standard Beatus Couple Massage, your spa ritual benefits from the romantic ambience of our special couples' massage room. It begins with body peeling and continues with a foot massage to ease any tension in your body, and concludes with a scalp and face massage.

**Duration & Price:** 90 min 145 €



### **BEATUS ETERNAL DUET FOR CELEBRATIONS**

This journey begins with a steam bath, or sauna, before we welcome you to our traditional Turkish hammam, where your body is exfoliated. You are then covered in the fragrant froth of scented soaps before being massaged. Afterwards, you enjoy the romantic ambience of our couples' massage room, where the spa ritual begins with a foot massage to ease any tension in your body, and concludes with a scalp and face massage.

**Duration & Price:** 120 min 205 €





# Face\*

## Treatments

### SELVERT CLASSIC FACE TREATMENTS

Enjoy a skin cleansing, deep cleansing with vapour and peeling after a skin test. The individual care The Individual Care Programme is suitable for every type of skin, frees the skin from toxins, moisturizes it and gives it a soft and silky appearance. Combined with different care types, Classic Care Programmes relieve swelling and wrinkles and return the skin to its lively appearance. The Classic Skin Care Programmes include the "Men's Care" Programme special for men.

- **Cleansing Treatment**
- **Moustirising Facial Treatment**
- **Treatment For Sensitive Skin**
- **Firming Treatment(Thalgo& Selvert)**
- **Oxygeneting Treatment For Asphyted Skin**
- **Renovating Treatment For Sensitive Skin**
- **Rehydrating Treatment For Dry Skins**
- **Renovating Treatment For Sensitive Skin**

**Duration & Price:** 60 min 105 €

### EXCLUSIVE FACE TREATMENTS

Enjoy a skin cleansing, deep cleansing with vapour and peeling after a skin test. Care programmes covered by Selvert are special care programmes administrated for specific skin requirements. You'll start feeling the effects of the Special Skin Care Programmes as soon as they are administered. The positive effects on your skin, such as intense moisturizing, lifting and wrinkling smoothening, will be maintained for long periods of time.

- **Selvert Aqua 21**
- **Optimale DNA Vital**
- **VitaspharesC Treatment**

**Duration & Price:** 60 min 95 €

### COLLAGEN FACE TREATMENT

These programmes involve essences containing collagen, which increases the generation of anti-ageing hormones in the skin. In this way, the programmes slow down the skin's natural ageing process.

**Duration & Price:** 60 min 90 €



# Face\* *Treatments*

## SELVERT GOLD FACE TREATMENT

Pure gold is a secret used by privileged and wealthy people for centuries in order to have young and beautiful skin. The developments in technology and chemical industry make it possible to use this ancient secret today, too. Moreover, you don't need to be a queen anymore to use to this secret.

\*Provides tightening and firming: Gold prevents the sagging of the skin by slowing down the potent inhibitors of collagen and elastin corruption. Creating a robust and healthy skin cells by triggering cell proliferation in the basal layer provides a tightening effect on the skin.

\*Reduces the appearance of fine lines and wrinkles: The skin with gamma-PGA is removed with the formula of gold superior hydration. While keeping skin smoother and more elastic, the formula moisturizes and gives the skin a glowing appearance. Gold helps to prevent premature aging of the skin by fighting free radicals that can harm skin. Provides gleaming skin and glittering appearance.

**Duration & Price:** 60 min 150 €



*for ladies*

# Body\* Treatments

## **SELVERT GOLD BODY CARE**

This special ritual provides skin rejuvenation and tightening with gold maintenance. The effects will be indispensable with the special oils, minerals and in-depth hydration caused by the products. Intense skin moisturizers increase elasticity to uplift the body. Subsequently, a silky feeling is obtained with aromatic massage oils, leaving a wonderful scent.

**Duration & Price:** 70 min 175 €

## **SEAWEED BODY & SEAWEED BODY GEL TREATMENTS**

By applying seaweed in the microgranular form, the body is purified of toxins and tightens up, and the treatment also stimulates metabolism. It helps diminish water and fat deposits, and at the same time, it has the characteristics of effective moistening. The skin and the tissues are fed with minerals and elements the body is in need of and it effectively increases the feeling.

**Duration & Price:** 55 min 110 €

## **ANTI-CELLULITE BODY WRAP**

This special treatment has been designed to provide a highly efficient solution to localised weight problems. It eliminates excess adipose deposits, stimulates circulation, reduces water retention and relieves muscle fatigue.

**Duration & Price:** 55 min 110 €

## **BLOOD CIRCULATION BODY TREATMENTS**

For intensive silhouette refining, this gel wrap is rich in marine minerals and vitamins and detoxifies the body. It is ideal for firming slack muscle tone and relieving tired and heavy legs.

**Duration & Price:** 60 min 120 €



*for ladies*

# Body\* Treatments

## **DELICATESSEN BODY TREATMENTS**

Feel the power of nature on your body. You will almost notice the energy right from your kitchen to your body. Your whole body will experience pampering, intense moisture and minerals with the delicious scents of the delicatessen series.

- **Delicatessen Selection Wrapped in Yoghurt Mousse**
- **Thermal Combination Of Citric Fruit In Red Wine**
- **Chocolate Fondue Souffle With Coffee Aroma**
- **Mixture Served With Vanilla And Coconut**

**Duration & Price:** 70 min 120 €

## **REMODELLING & SLIMMING BODY TREATMENT**

Coloured mud masks made using red and grey mud are used on the area according to the regional needs of the body. Body building is a way of activating the region in line with your needs. Your body will be tightened and feel thinner. Starting with a peeling and continuing with an active fitness massage, the mask is applied to the activated regions. The mask is applied to the activated regions. Active intense massage movements create slimming and firming effects in the regional areas of your body.

**Duration & Price:** 70 min 135 €

## **FIRMING BODY TREATMENT (LOCAL)**

This treatment protects against the loss of skin elasticity and can return the body to its original form for professional women wanting to maintain epidermis tissue isometrically. It protects binding proteins, determines the contours of the skin and prevents the loss of elasticity.

**Duration & Price:** 60 min 120 €





# Face\* *Treatment*

## COMPLETE & FACE TREATMENT

This is a gentle quick fix facial that can be tailored to suit all skin types if you are "tight for time" or as an "introduction facial". A combination of our professional cosmeceutical facial products will be selected in order to combat and target your specific skin concerns and needs.

- **Deep Cleansing Skin Treatment**
- **Anti-aging Skin Treatment**
- **Complete & Fast Hydrating**

**Duration & Price:** 40 min 75 €

## SELVERT FACE MASK

These masks remove all impurities, oil, dirt leaving your skin feeling fresh and smooth. These masks are great for all skin types, even for sensitive skin. From gently peeling away impurities to revealing revitalized, cleaner, younger looking skin, facial masks have become an essential part of skincare routine.

- **Peel Of Mask Soothing**
- **Peel Of Mask Hydrating**
- **Peel Of Mask Firming**
- **Peel Of Mask Antioxidant**

**Duration & Price:** 25 min 75 €

## BODY TREATMENT

Selvert body mask, which hydrates, softens and rejuvenates the skin, gives it a glow and smoothness. This tasty procedure improves the mood and reduces irritability and stress levels, calms, creates an internal feeling of harmony and comfort. A body mask that saturates the skin with minerals, softens, gives a glow and improves the production of serotonin— natural hormones of happiness.

- **Selvert Yogurt Mousse Body Mask**
- **Selvert Gel Jam Body Mask**
- **Selvert Gel For Rice Body Mask**

**Duration & Price:** 25 min 75 €

# RAMADA®

PLAZA BY WYNDHAM  
ISTANBUL CITY CENTER

Ramada Plaza By Wyndham Istanbul City Center

Halaskargazi Cad.  
No: 63  
Şişli / İstanbul/ Turkey

T: +90 212 315 44 57  
Extension: 4457

[spa@ramadaplazaistanbul.com](mailto:spa@ramadaplazaistanbul.com)  
[ramadaspa@beatusspa.com.tr](mailto:ramadaspa@beatusspa.com.tr)  
[www.beatusspa.com.tr](http://www.beatusspa.com.tr)

#### CANCELLATION POLICY:

Less than 24 hour notice will result in a charge equal to 50% of the reserved service amount  
• NO SHOWS will be charged 100% of the reserved service amount

