RAFFLES SPA
TREATMENT MENU

WE ARE COMMITTED TO
PROVIDING DEDICATED
PERSONAL SERVICE IN AN OASIS
OF REFINED LUXURY.

Raffles Spa offers a layered approach that unites a pioneering spirit with treatments that go beyond the ordinary.
At Raffles Spa, you will find an intuitive mix of science and human awareness, where our high-tech and high-touch approach defines a service that is crafted around the individual.

Delivered through our facilities and specialised expertise, we will take you as deep as you would like to go, from core beauty that transforms the way you look, to specialised treatments that may transform your life.

RAFFLES SPA TREATMENT MENU

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OUR SPA

Imagine a revitalising oasis, right in the heart of İstanbul. Contemporary, luxurious, diverse, connected to Türkiye and to the world. Where carefully selected authentic treatments are offered with charming and graceful finishing touches.

Experience local traditional treatments in Turkish Hammams, enjoy the privacy of our unique Couple Suites, or retreat to one of our luxuriously appointed treatment rooms. With our magnificent spa and wellness facilities, there is plenty of space to indulge.

Our spa features male and female relaxation areas with saunas, steam rooms, jacuzzis, experience showers and ice fountains. Our outdoor pool offers stunning panoramic views of the city and our indoor pool is bathed in natural light. Completing our suite of facilities are a Yoga and Pilates studio, personal training, Technogym® equipment, and two hair salons.

OUR PRODUCT PHILOSOPHY

When selecting products for each of the Raffles Spas around the world, we place careful emphasis on many aspects. With luxury in mind, each chosen brand is proven in delivering results-oriented treatments tailor-made to suit the needs of our valued guests. Environmental sustainability is prioritised whenever and wherever possible, aligning with our social responsibilities as a brand. Our relationships with the product suppliers are important in ensuring we have the finest spa products and training available for each and every interaction with our guests.

BIOLOGIQUE RECHERCHE

When the company was founded in the late 1970s, Biologique Recherche functioned as a research and development laboratory whose sole vocation was to develop formulations for professionals dissatisfied with existing products. Today, Biologique Recherche Methodology has a reputation for astounding effectiveness based on a clinical approach to beauty care using intentionally pure, concentrated, raw ingredients, as well as innovative and meticulous protocols and procedures. The brand provides a personalised dermocosmetic diagnosis suitable for both men and women.

THE ORGANIC PHARMACY

The Organic Pharmacy products infuse your skin with carefully formulated organic skin care, packed with potent organic plant extracts, vitamins and cosmeceuticals to transform your skin and deliver outstanding results for healthy, radiant, glowing skin. The Organic Pharmacy is free of any artificial colourants, fragrances, petrochemicals or preservatives. Based on homeopathy, founder Margo Marrone believes in finding solutions to health and beauty concerns through honesty, expertise and solutions-driven results. The Organic Pharmacy is made and manufactured in the UK and distributes to high-end spas worldwide.

HYDROTHERAPY WELLNESS EXPERIENCES

STEAM ROOM WELLNESS

The humid aromatic heat experience is highly beneficial for those with respiratory sensitivities such as asthma or bronchitis, as it opens up the breathing passages and alleviates congestion. We recommend that a session lasts 5-10 minutes and that you keep your body well hydrated afterwards. Humid heat are especially beneficial before or after a massage treatment to increase circulation.

SAUNA WELLNESS

Dry heat soothes and warms the muscles, relieving tension from your body and minimising joint discomfort. This is especially beneficial for those experiencing conditions such as arthritis, migraines, or headaches, or as a way of warming the body after an intense workout or treating the common cold. Dry heat is recommended for 10-15 minutes daily and it is important to ensure that your body is kept well hydrated afterwards.

EXPERIENCE SHOWERS

Experience showers have a unique variety of multi-temperature water sequences, combined with soothing warm and cold jets to relax the body.

VITALITY POOL

This luxurious bespoke pool is equipped with air and water jet features, such as a hydro back bench, air tubs, and body massage functions. Vitality pools help to increase circulation and alleviate joint discomfort.

ICE FOUNTAINS

The ice fountains offer a rapid cooling option which is recommended after all heat experiences. Benefits of the ice fountain also include enhancing the wellness of the skin, tissue and muscles, as well as stimulating blood circulation and strengthening the immune system.

INDOOR SWIMMING POOL

Bathed in natural light, the indoor pool is a private sanctuary for rest and relaxation.

SPA ETIQUETTE

Raffles Spa aims to assist each of our guests to achieve the highest level of relaxation during their time with us. Our services have been designed to ease what ails you, guiding you to a state of wellbeing.

Raffles Spa offers a variety of luxury experiences using only the very best in spa products. Choose from a variety of massages, body treatments, hammams, facials, yoga, pilates, fitness, sound therapy, meditation, reiki, swimming, kickboxing, and spa day offerings.

HOURS OF OPERATION

Raffles Spa & Pool is open from 7.00am to 10.00pm
Fitness Centre is available 24 hours for our hotel guests.
Spa Treatments are available from 12.00pm to 10.00pm
You may contact the Spa Team for your early reservation requests.
For reservation inquiries, you may contact us at:
T: +90 212 924 0320
E: spa.istanbul@raffles.com
WhatsApp: +90 530 688 4408

SPA ENVIRONMENT

Raffles Spa is a quiet sanctuary; therefore, in consideration of other guests, smoking and active mobile phones are not permitted in the spa.
To uphold the highest safety standards for all our guests, guests aged 16 and below must be accompanied by an adult when using all Raffles Spa and fitness facilities.

A liability waiver must be signed by the accompanying adult when receiving any treatment or fitness training sessions.

To continue your experience at home, all products used during your treatments are available at the Spa reception, where one of our team members would be delighted to assist you with your selections.

YOUR APPOINTMENT

The spa is located on the second floor of Raffles İstanbul. Reservations in advance are recommended to ensure availability. Our Spa Team will be delighted to guide you to select your spa experience.
For maximum convenience and flexibility, we kindly recommend that you schedule your spa treatments in advance.
All appointments from hotel guests can be guaranteed with a room number. For outside guests, a pre-payment is required to guarantee your booking. In order to cancel or reschedule your booking, please notify the Spa reception four hours in advance. Cancellations without any prior notice are subject to a 100% charge for the reserved services, and the same applies for no shows.
Local VAT is included in all treatment prices.

SPA ARRIVAL

We recommend arriving 30 minutes prior to your appointment time to fill up your consultation form, enjoy the facilities and ensure your treatment starts on time. Late arrivals may result in a reduction of your treatment experience.

SPA ATTIRE

Raffles Spa will provide basic personal care products for your use, where applicable. To ensure your complete privacy and modesty, wearing provided single-use undergarments is required during spa treatments.

GIFT CARDS

A spa gift voucher can be the ideal gift for your loved ones. You may browse through our treatment menu to make your selection and contact our team accordingly.

Our gift cards can be prepared as both digital and physical certificates.
We recommend you to choose the digital version to support environmental awareness.

RAFFLES SPA JOURNEYS

Raffles Spa Journeys assure the act of inner and outer transformation by travelling from one place to another through sensory pleasures, unique surroundings and rejuvenating sensations. Leave feeling well rested and inspired to continue your journey of living well.

A MOMENT FOR YOU

90 Minutes

A spa experience for those with limited time or those who simply desire a more luxurious experience.

- Authentic Turkish Hammam, 30 Minutes
- Reviving Hand Treatment / Reviving Foot Treatment / Back, Neck and Shoulder Massage / Head & Scalp Massage, 30 Minutes
- Express Facial Treatment / Eye Contour Area Treatment, 30 Minutes

PEACEFUL PACE

180 Minutes

Raffles Spa is here when you need to pamper yourself. Our selected spa treatments will revitalise and rejuvenate you.

- The Royal Raffles Hammam, 60 Minutes
- Pure Aromatherapy Indulgence Massage / Balinese Massage / Rescue and Release Deep Tissue Massage, 60 Minutes
- Cryolifting Facial with The Organic Pharmacy, 60 Minutes / Biologique Recherche Facial, 70 Minutes

RAFFLES DEEP REVIVAL

195 Minutes

A luxurious experience of purification, relaxation and sensorial awakening from head to toe.

- Authentic Turkish Hammam, 45 Minutes
- Pure Aromatherapy Indulgence Massage / Balinese Massage / Rescue and Release Deep Tissue Massage, 90 Minutes
- Vitamin C Brightening Facial / Acne Solutions Facial, 60 Minutes
- Raffles Spa Lunch from the Healthy Menu
  (Including one main course & one soft beverage)

ANATOLIAN GRACE HAMMAM JOURNEY

120 Minutes

Experience the splendour of the Ancient Turkish Hammam with the traditional essences of lavender or rose. This authentic cleansing ritual begins with the gentle heat of the steam and stone to soften and prepare the skin for exfoliation, using a scrub and traditional Kese mitt. The face and body are then replenished and restored with a hydrating honey body mask, leaving the body radiantly refreshed and smooth.
This authentic Hammam treatment continues with a 60-minute full body massage using nourishing oils.

THE PERSONALISED BIOLOGIQUE RECHERCHE INTEGRAL FACE & BODY MODULE

130 Minutes

The absolute gold standard of face and body care for a results-driven, luxury experience that is personalised to every unique Skin Instant®.
After a deep cleanse and exfoliation, your skin will be treated at each stage with a highly intensive product range that is tailored only for you.

Please note that the selected treatments in each journey need to be completed on the same day and cannot be divided across separate days.

OUR TREATMENTS

FACIAL GLOW AND HAIR THERAPIES

HYDRAFACIAL TREATMENT

SIGNATURE HYDRAFACIAL TREATMENT

60 Minutes

Renew your skin to its natural perfection:
HydraFacial targets all skin types including those with hyperpigmentation, fine lines and wrinkles, oily and acne-prone skin, and rosacea. It is a non-invasive treatment that delivers immediate results. The Signature HydraFacial is the most comprehensive option with the added benefit of a lymphatic drainage massage.
This treatment is ideal for those looking for a highly targeted solution to address all skin concerns. HydraFacial employs no harsh chemicals and helps to heal existing sun damage, enhances skin tone and texture, and minimises the appearance of pores with nourishing ingredients.

HAIR THERAPY BY BIOLOGIQUE RECHERCHE

STRENGTHEN YOUR HAIR AND SCALP WITH THE MICROPUNCTURE DEVICE

30 Minutes

This hair treatment will stimulate and revitalise hair growth by using the Micropuncture Device combined with the exceptional Cocktail d'Actifs Régénérants Serum.

FACIAL TREATMENTS BY BIOLOGIQUE RECHERCHE

YOUR BIOLOGIQUE RECHERCHE CUSTOM MADE SKIN CARE TREATMENT

70 / 90 Minutes

The Biologique Recherche Skincare Methodology treats the epidermis according to each factor and their evolution. This bespoke facial is designed to suit your skin type and skincare concerns, using a combination of products, boosters and techniques to deliver the desired results.

SOIN RESTRUCTURANT & LISSANT: LIFTING AND SMOOTHING TREATMENT

60 Minutes

An anti-aging beauty care treatment comprised of a lotion and a powder, which are mixed in doses that vary according to skin type. Rich in Omega 3, Hyaluronic Acid and silk proteins, this treatment provides an immediate restructuring effect.

Recommended for dehydrated, sensitive skin and/or skin that is marked by time.

LIFT C.V.S EXFOLIATING ANTI-AGING TREATMENT

60 Minutes

A manual facelift massage technique and highly concentrated ingredients such as Diatomaceous Powder, Hyaluronic Acid, Arnica and Silk Extract provide a complete skin care to remove dead cells gently, accelerate cell renewal hydrate, lift and renew the complexion.

Recommended for normal, thick skin and/or skins showing signs of laxity.

BOOSTER VIP O2 DETOXIFYING OXYGEN TREATMENT

60 Minutes

A crackling micro-massage skincare that re-oxygenates the skin tissue, detoxifies theepidermis by eliminating polluting particles and restores the skin for a bright and energised appearance.

Recommended for all Skin Instants, especially tired and dull.

SOIN TEACHES PIGMENTAIRES PIGMENTATION AND BRIGHTENING TREATMENT

60 Minutes

An exfoliating, smoothing and unifying mask treatment formulated to brighten the complexion.

Recommended for keratinised, dull and pigmented Skin Instants.

WRINKLE DOWN WITH MICROPUNCTURE DEVICE

45 Minutes

An intensive treatment that activates collagen production through intra-epidermal micro-stimulation and helps combat premature signs of skin aging. It is also very suitable for scars and pigmentation marks.

EYE CONTOUR AREA TREATMENT

30 Minutes

This intensive eye treatment focuses on diminishing fine lines, puffiness and dark circles in the delicate eye area. It uses a combination of natural biocellulose medium, a personalised eye mask and active ingredients to treat the fragile eye contour.

FACIAL TREATMENTS BY THE ORGANIC PHARMACY

VITAMIN C BRIGHTENING FACIAL

60 Minutes

Renew your skin to its natural perfection with our radiance boosting and skin regenerating treatment using the latest high potency mask. Targeting age spots, pigmentation and uneven skin tone on the face, neck and décolleté, this facial reduces the appearance of fine lines and dramatically improves skin tone. Using natural active ingredients of hibiscus, Vitamin C, Papaya and plant acids, this results-driven peel reveals brighter, re-oxygenated, more nourished skin.

ACNE SOLUTIONS FACIAL

60 Minutes

A remarkable facial designed for problematic skin using the techniques and products customised to your individual needs. The facial includes a double cleanse, exfoliation, steam and an extraction specialised mask. Concentrated serums and complexes are used to achieve optimal results while massage techniques assist to decongest the skin and reduce inflammation. Your skin will appear more balanced and refreshed.

ROSE CRYSTAL LYMPHATIC FACIAL

90 Minutes

This regenerating facial begins with the antioxidant rich Carrot Butter Cleanser to soften and decongest the skin, followed by a complexion brightening Flower Petal exfoliation. Three therapeutic masks of Seaweed, Honey & Jasmine and collagen boost lift and tone the face, neck and décolleté. The lymphatic system is decongested using rose crystals, while an acupressure massage firms facial muscles. Enjoy a relaxing massage of the hands, arms, feet and scalp. This treatment leaves your skin energised and glowing.

THE EXECUTIVE MEN'S FACIAL

60 Minutes

This special facial, created with products designed specifically for men, provides deep cleansing and revitalisation. It helps refresh the skin, reducing the appearance of tension and fatigue, while also rejuvenating the mind.

CRYOLIFTING FACIAL

60 Minutes

Defy gravity with this expert, specialised cell rejuvenation facial combining high-intensity active ingredients to support reduction of inflammation, lifting of facial tissues, relieving stress and boosting circulation.
This facial incorporates the use of both thermotherapy & cryotherapy with cryo-sticks. With an armoury of supercharged powerful antioxidants to protect the skin and fight against free radicals, this facial will leave the skin visibly smoother and radiant, as well as lifted, tighter and recharged.

SKIN GLOW TEEN FACIAL

45 Minutes

Teens need to take extra care to maintain healthy, glowing skin. This facial cleanses and soothes the skin using gentle, non-irritating products and guides teens in at-home skincare routines to achieve clear, beautiful skin.
This treatment is suitable for teens aged 13 to18 years.

THE ULTIMATE DETOX BOOSTER TREATMENTS

MLX I3 DOME AND PLASMA DETOX WITH LIGHT THERAPY

The Gharieni Triple Detox Therapy "MLX i³Dome" is the new generation of detox treatments, combining Far Infrared technology with Plasma and Oxygen Light Therapy. While the Gharieni FIR-technology stimulates the metabolism and the perspiration of the body with long-wave infrared rays through the "MLX i³Dome", the additional Plasma and Light Therapy device (PLT) at the head section provides visible skin rejuvenation and detoxification even after just a few applications. It improves blood circulation, especially cellular regeneration. Light therapy helps to reduce the appearance of fine lines and wrinkles, improve overall skin health and increase vitality and elasticity.

PLASMA AND LIGHT THERAPY for FACE

20 / 30 / 40 Minutes

Plasma and Light Therapy is an innovative method for cosmetic treatments. During the application, your skin is exposed to the energy of oxygen O_2 in the form of applied negatively charged ions. Thanks to Plasma and Light Therapy; visible skin rejuvenation will be noticeable after just a few applications while it supports the maintenance of skin health. The treatment also increases the vitality & suppleness and gives positive support for the metabolism in the entire organism.

MLX I3 DOME for BODY TREATMENT

30 / 40 Minutes

"MLX i³Dome" is a next generation detoxification treatment that provides one of the most highly effective detox methods in Far Infrared Technology. The Far Infrared (FIR) technology stimulates the metabolism and the perspiration of the body with long-wave infrared rays through the "MLX i³Dome".

Using the two therapies together (Plasma and Light Therapy & Far Infrared Technology) in such a well thought-out combination is much more effective, as both therapies support and multiply the results of all individual treatments.

BODY TREATMENTS

DETOX, POLISH SCRUB AND WRAP, by The Organic Pharmacy

90 Minutes

Benefit from this intensive deep cleansing and purifying treatment to energise the mind and body. This cleansing ritual begins with a seaweed and sugar exfoliation to buff and polish the skin, followed by a deep cleansing seaweed and fucus infused mud wrap to tone and boost the metabolism, and a full body massage. Leave feeling peace and purity.

JASMINE AND ROSE RENEWING WRAP, by The Organic Pharmacy

60 Minutes

Allow the scent of jasmine and rose to transport you back to local Arabia, relaxing your body and mind. A rose infused mud penetrates to deeper levels of the epidermis, nourishing and renewing the skin. Indulge in a deeply relaxing massage, including a hand and foot massage, awakening all your senses.

INVIGORATING SEAWEED AND EUCALYPTUS WRAP, by The Organic Pharmacy

60 Minutes

Your journey begins as you enter your treatment room, where the scent of eucalyptus envelopes you. Your body is wrapped with a deep cleansing seaweed and eucalyptus wrap to stimulate the entire system, whilst spirulina and fucus mud remineralise the skin and help stimulate detoxification. As the wrap penetrates into the skin, your hair, scalp and feet are massaged. Leave feeling well rested and revitalised.

BODY SCULPT, by The Organic Pharmacy

120 Minutes

A highly effective, stimulating treatment designed to target cellulite, fluid retention, and uneven skin texture. Using potent extracts, iced mitts, and a deep detoxifying massage, this treatment is formulated to achieve visible results. A course of six treatments is recommended. Includes: skin brush, detoxifying salt and oil scrub, detoxifying massage with iced mitts on specific areas, and reflex zone pressure points of the feet.

PURE BACK TREATMENT by Biologique Recherche

45 Minutes

Achieving a smooth skin on your back can be challenging. Pure Back provides a complete back treatment to gently exfoliate dead cells and eliminate imperfections, including acne, scars, and pigmentation.

THE PERSONALISED BODY TREATMENT, by Biologique Recherche

90 Minutes

A unique body treatment tailored to your precise needs, delivered by one of our expert beauticians. This methodology is designed to pinpoint the areas of your body where you want to see visible results, such as the inner legs, thighs, belly, or upper arms. Your skin is smoothed, and your body is beautifully redefined.

SOIN LIFT CORPS FIRMING AND SCULPTING BODY TREATMENT by Biologique Recherche

90 Minutes

This lifting treatment includes a peeling session followed by a bioreflection massage using a moisturising and skin-protecting complex. A desired serum or toning oil is then applied to prevent sagging, tighten the epidermis and balance the texture. The Elevator CVS Technique Corps aims to care for areas where the skin tends to lose elasticity, such as the arms and inner thighs. This result-oriented anti-aging treatment helps reduce cellulite and reshape your body.

BODY DETOXIFYING AND HYDRATING ALGAE TREATMENT by Biologique Recherche

60 / 90 Minutes

This treatment features energising massages and a wrap. Its thermal effect releases marine active ingredients that remineralise and purify the body and fill you with a wonderful sense of well-being and comfort.

RELAX & RESTORE RAFFLES VICHY TREATMENT

60 Minutes

Immerse yourself in the refreshing touch of Vichy's rain shower therapy, accompanied by fragrances that awaken your senses. Enriched with organic ingredients, the Detox Peel removes dead cells and flakes, leaving the skin perfectly prepared to absorb the benefits of moisturiser and body oil. Your skin feels refreshed, soft, and smooth.With antioxidant and antimicrobial properties, the mini face treatment and hair mask regenerate your skin and hair, while the minerals help maintain their moisture balance. Choose this indulgent experience to feel revitalised from head to toe.

TRADITIONAL TURKISH HAMMAMS

A TRADITIONAL PURIFICATION

The Ottoman Empire has inspired the world throughout history and, like many ancient cultures, considered bathing an important ritual. Hammams, also known as "marble temples", were destinations for bathing rituals and for enjoying the company of friends, as well as making business contacts.

Over the centuries and across the world, the Turkish Hammam has evolved from a social ritual into a transformative art of cleansing and invigorating the body. Still a local tradition in modern-day society, Raffles Spa offers a truly authentic experience that promises total relaxation and lasting memories for our guests. The warmth of the bath triggers happiness hormones in the body. As these hormones are secreted, the body rests, relaxing your muscles and joints, which helps reduce muscle pain. One of the most important benefits of the Turkish Hammam is that it exfoliates dead skin from the body, allowing the regeneration of fresh, new skin.

One of the triggers of stress is the body's inability to breathe. Hammam allows the pores in the body to open, enabling your skin to breathe. Breathing skin stays young, and in this way, the hammam creates an anti-aging effect. It also accelerates fat burning and supports weight loss. It takes a maximum of 15 days for the skin pores to clog and the skin feels the need for a hammam. Having a regular hammam every 15 days at most improves your quality of life and your skin.

AUTHENTIC TURKISH HAMMAM

30 / 45 Minutes

This is the traditional Turkish Hammam treatment, using authentic white soap and a Kese mitt for a full-body exfoliation.

THE ROYAL RAFFLES HAMMAM

60 / 90 Minutes

This treatment, performed in our private bath area, begins with a scrub application that cleanses the body from dead skin and continues with a rich bath ritual accompanied by unique scents.

BRIDAL HAMMAM

Celebrate the bride-to-be with an unforgettable Turkish Hammam experience. Held in our Hammam Suite, this special ritual creates a serene and joyous atmosphere for cherished moments, while guests savour traditional delights crafted exclusively for the Bridal Hammam. Each guest will enjoy a 30-minute Kese or foam massage, adding a delightful touch to pre-wedding preparations and creating meaningful, lasting memories.

SOCIAL HAMMAM

Add a traditional touch to your group gatherings with a shared Turkish Hammam experience. Held in our Hammam Suite, this ritual is perfect for celebrations or simply enjoying quality time together. Designed to create unforgettable moments, each guest will enjoy a 30-minute Kese or foam massage, complemented by traditional treats crafted exclusively for the Social Hammam.

MASSAGES

RAFFLES İSTANBUL SIGNATURE MASSAGE

90 Minutes

Ideal for those who enjoy a warm, stimulating massage to cleanse and revitalise the body and mind. This rhythmic, balancing and rejuvenating full body massage features warm herbal poultices which increase circulation and relieve tension to promote a feeling of well-being.

THE TRAVELLER'S PALM

90 Minutes

The perfect treatment to rejuvenate your travel-weary body. Beginning with a soothing foot ritual, the experience continues with a full-body massage that eases tension and relaxes the muscles. A calming scalp massage soothes the mind, leaving you feeling completely rested. This peaceful, lymphatic full-body massage is your compass to well-being—allow us to provide comfort, serenity, and renewal after your long journey.

RHYTHM OF LIFE

90 Minutes

Designed to relax and open the body's natural energy flow, this full body massage targets pressure points, combined with assisted stretching and compression movements, rhythmic techniques and gentle rocking. Your experienced therapist works to relieve tension, whilst leaving you more balanced and energised.

HOT STONE MASSAGE

90 Minutes

This indulgent body treatment soothes muscle tension and encourages blood circulation. Using nourishing essential oils and warm volcanic stones to penetrate tired muscles combined with gentle stretching techniques, this massage allows you to unwind into a restful state of mind.

BALINESE MASSAGE

60 / 90 Minutes

This balancing massage is designed to soothe your tissues, and relieve strained muscles and joint discomfort. This full body massage boosts your circulation, helping to reduce stress and rebalance your body. It also targets deeper layers of muscle, and boosts circulation to enhance you physically and spiritually.

PURE AROMATHERAPY INDULGENCE

60 / 90 Minutes

This light to medium pressure full body relaxing & harmonising massage is designed to suit your individual needs. It not only stimulates your senses and soothes the mind but also encourages relaxation and promotes physical, emotional and spiritual well-being.

RESCUE AND RELEASE DEEP TISSUE

60 / 90 Minutes

This revitalising and energising full body massage is designed to alleviate deep-seated tension and muscular stress. Specialised techniques concentrate on specific areas of concern and ease common discomforts such as a stiff neck, lower back pain and sore, tight shoulders.

MUSCLE TENSION THERAPEUTIC MASSAGE

60 Minutes

This massage gives your aching muscles the attention they need after exercise or after a long tiring day. Our special chestnut oil, made with organic ingredients instantly cools the tension in the muscles, then gradually warms them to bring relief. Our peppermint oil combines the powers of ginger, pine and peppermint to help soothe and relax aching muscles.

By sending pressure impulses that penetrate deep into the muscle tissue, the massage gun effectively relieves tension, increases freedom of movement, restores flexibility and helps to relax the body, increase blood circulation and tissue metabolism.

This massage is designed for athletes, sedentary office workers, and guests feeling physical fatigue, includes powerful compression techniques.

SERENITY FOOT MASSAGE

60 Minutes

Experience holistic revitalisation and deep relaxation as your therapist applies specific thumb and finger techniques to various reflex points on the feet, which effectively stimulate corresponding organs in the upper body.

- This is not a reflexology treatment.

MOTHER-TO-BE

60 Minutes

Caring for yourself before your new family member arrives is a wonderful idea—and it also makes a thoughtful gift for your beloved ones. Our Mother-to-Be massage is designed to meet the specific needs of pregnant guests, providing gentle, personalised movements to ensure maximum comfort and support.

- All pregnant guests should consult their doctor before receiving this massage.
- The Mother-to-Be massage is not available for guests in their first or final trimesters.
- If you wish to book a massage in your room, please contact our Spa Team.

SPECIAL TREATMENTS FOR COUPLES

ROYAL RAFFLES HAMMAM FOR COUPLES

60 Minutes

Relax in the splendour of the ancient Turkish Bath and experience the Raffles Royal Hammam ritual side by side for an hour. This special experience is crowned with a fresh fruit plate and Raffles Spa's unique teas in our Hammam Suite.

RAFFLES COUPLES ROMANCE

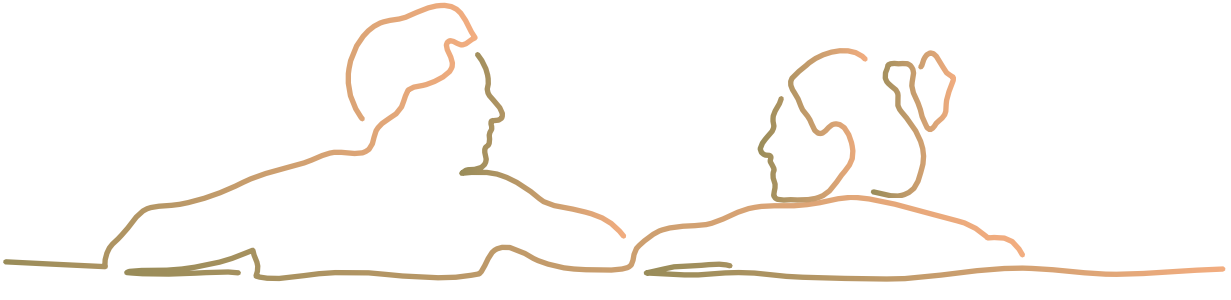
90 Minutes

Our signature couples retreat is offered in our Spa Suite, featuring 30 minutes private jacuzzi area usage for two and side-by-side massages for an hour.
Let the pressure of everyday life melt away as you submerge in a romantic candlelit bath with special Raffles touches.

TOGETHERNESS

90 Minutes

Relax together with our Raffles Signature Massage, which uses a blend of essential oils and purpose-designed movements to stimulate circulation, promote deep relaxation and restore the flow of energy throughout the body. This treatment takes place in the same room, allowing you to unwind side by side.



RAFFLES SPA KIDS EXPERIENCES

LITTLE HEARTS, BIG SMILES

Indulging in a spa day is a treat, but sharing the experience with your children is even more rewarding. The Raffles Spa for Kids Menu offers engaging and natural treatments designed for play and relaxation. Each treatment is carefully tailored to meet the unique needs of children and adolescents (ages 7 to 12).

Enjoy a luxurious experience that nurtures energy, balance, and pure relaxation.
- All guests under 18 must have a parental consent form signed by a parent or legal guardian.
- Parents are also required to accompany their children in the room during massages.

HAPPY FEET

30 Minutes

Young children can enjoy the calming and grounding effects of a foot massage that promotes healthy foot habits. Only socks and shoes need to be removed to participate in this session.

MUMMY & ME / DADDY & ME

60 Minutes

A relaxing massage with natural coconut oil or olive oil lovingly pressed from Tirilye's thousand-year-old olive trees, or a delightful hammam experience with fun playmates.

HAPPY SHOULDERS

30 Minutes

For those busy with studies, take a moment to relax and unwind with this soothing scalp-to-shoulders massage, designed to release areas of tension. Our nourishing massage oil is specially selected to enhance your experience.

KIDS YOGA

60 Minutes

Children see magic because they look for it! Kids Yoga is a contemporary approach to yoga designed exclusively for children. It includes poses to increase strength, flexibility, and coordination. Classes are designed to be entertaining and may include age-appropriate games, animal sounds, and creative names for poses.

DRESS CODE: Comfortable Sportswear / Barefoot

LOCATION: Spa Terrace / Studio

GROUP CLASS: Yes

- Suitable for children aged four and above.

MINI TREATMENTS

For those wishing to enhance any of our existing treatments with additional time and services, or for those who don't have the time for a full indulgence, we offer mini treatments designed to meet all your skincare needs, ensuring complete relaxation and rejuvenation. Choose from a variety of 30-minute mini treatments, including:

REVIVING HAND TREATMENT

REVIVING FOOT TREATMENT

BACK, NECK AND SHOULDER MASSAGE

HEAD AND SCALP MASSAGE

EXPRESS FACIAL TREATMENT

DAILY ENTRANCE: SPA ACCESS

Transforming your daily routine for ultimate relaxation and wellness.

TREATMENTS PRICE LIST

RAFFLES SPA JOURNEYS

A MOMENT FOR YOU
90 min ..... 400 EUR

PEACEFUL PACE
180 min ..... 550 EUR

RAFFLES DEEP REVIVAL
195 min ..... 580 EUR

ANATOLIAN GRACE HAMMAM JOURNEY
120 min ..... 380 EUR

THE PERSONALISED BIOLOGIQUE RECHERCHE INTEGRAL FACE & BODY MODULE
130 min ..... 400 EUR

HYDRAFACIAL TREATMENT

SIGNATURE HYDRAFACIAL TREATMENT
60 min ..... 350 EUR

HAIR THERAPY BY BIOLOGIQUE RECHERCHE

STRENGTHEN YOUR HAIR AND SCALP WITH THE MICROPUNCTURE DEVICE
30 min ..... 180 EUR

FACIAL TREATMENTS BY BIOLOGIQUE RECHERCHE

YOUR BIOLOGIQUE RECHERCHE CUSTOM MADE SKIN CARE TREATMENT
70 min ..... 250 EUR
90 min ..... 270 EUR

SOIN RESTRUCTURANT & LISSANT LIFTING AND SMOOTHING TREATMENT
60 min ..... 220 EUR

LIFT C.V.S EXFOLIATING ANTI-AGING TREATMENT
60 min ..... 250 EUR

BOOSTER VIP O2 DETOXIFYING OXYGEN TREATMENT
60 min ..... 250 EUR

SOIN TACHES PIGMENTAIRES PIGMENTATION AND BRIGHTENING TREATMENT
60 min ..... 220 EUR

WRINKLE DOWN WITH MICROPUNCTURE DEVICE
45 min ..... 250 EUR

EYE CONTOUR AREA TREATMENT
30 min ..... 150 EUR

FACIALS TREATMENTS BY THE ORGANIC PHARMACY

VITAMIN C BRIGHTENING FACIAL
60 min ..... 200 EUR

ACNE SOLUTIONS FACIAL
60 min ..... 200 EUR

ROSE CRYSTAL LYMPHATIC FACIAL
90 min ..... 250 EUR

THE EXECUTIVE MEN'S FACIAL
60 min ..... 200 EUR

CRYOLIFTING FACIAL
60 min ..... 200 EUR

SKIN GLOW TEEN FACIAL
45 min ..... 180 EUR

THE ULTIMATE DETOX BOOSTER TREATMENTS

PLASMA AND LIGHT THERAPY for FACE
20 min ..... 50 EUR
30 min ..... 70 EUR
40 min ..... 90 EUR

MLX 13 DOME for BODY TREATMENT
30 min ..... 90 EUR
40 min ..... 110 EUR

BODY TREATMENTS

DETOX, POLISH SCRUB AND WRAP by The Organic Pharmacy
90 min ..... 280 EUR

JASMINE AND ROSE RENEWING WRAP by The Organic Pharmacy
60 min ..... 250 EUR

INVIGORATING SEAWEED AND EUCALYPTUS WRAP
60 min ..... 220 EUR

BODY SCULPT by The Organic Pharmacy
120 min ..... 300 EUR

PURE BACK TREATMENT by Biologique Recherche
45 min ..... 180 EUR

THE PERSONALISED BODY TREATMENT by Biologique Recherche
90 min ..... 270 EUR

SOIN LIFT CORPS FIRMING AND SCULPTING BODY TREATMENT
by Biologique Recherche
90 min ..... 270 EUR

BODY DETOXIFYING AND HYDRATING ALGAE TREATMENT
by Biologique Recherche
60 min ..... 250 EUR
90 min ..... 270 EUR

RELAX & RESTORE RAFFLES VICHY TREATMENT
60 min ..... 220 EUR

TRADITIONAL TURKISH HAMMAMS

AUTHENTIC TURKISH HAMMAM
30 min ..... 150 EUR
45 min ..... 190 EUR

ROYAL RAFFLES HAMMAM
60 min ..... 210 EUR
90 min ..... 250 EUR

BRIDAL HAMMAM (4–8 Adults) Per Adult
30 min ..... 160 EUR

SOCIAL HAMMAM (4–8 Adults) Per Adult
30 min ..... 160 EUR

MASSAGES

RAFFLES İSTANBUL SIGNATURE MASSAGE
90 min ..... 250 EUR

THE TRAVELLER'S PALM
90 min ..... 250 EUR

RHYTHM OF LIFE
90 min ..... 250 EUR

HOT STONE MASSAGE
90 min ..... 250 EUR

BALINESE MASSAGE
60 min ..... 200 EUR
90 min ..... 230 EUR

PURE AROMATHERAPY INDULGENCE
60 min ..... 200 EUR
90 min ..... 230 EUR

RESCUE AND RELEASE DEEP TISSUE
60 min ..... 200 EUR
90 min ..... 230 EUR

MUSCLE TENSION THERAPEUTIC MASSAGE
60 min ..... 200 EUR

SERENITY FOOT MASSAGE
60 min ..... 200 EUR

MOTHER-TO-BE
60 min ..... 200 EUR

SPECIAL TREATMENTS FOR COUPLES

ROYAL RAFFLES HAMMAM FOR COUPLES
60 min ..... 400 EUR

RAFFLES COUPLES ROMANCE
90 min ..... 430 EUR

TOGETHERNESS
90 min ..... 450 EUR

RAFFLES SPA KIDS EXPERIENCE

HAPPY FEET
30 min ..... 110 EUR

MUMMY & ME / DADDY & ME
60 min ..... 310 EUR

HAPPY SHOULDERS
30 min ..... 110 EUR

KIDS YOGA
60 min ..... 120 EUR

MINI TREATMENTS

REVIVING HAND TREATMENT
30 min ..... 150 EUR

REVIVING FOOT TREATMENT
30 min ..... 150 EUR

BACK, NECK AND SHOULDER MASSAGE
30 min ..... 150 EUR

HEAD AND SCALP MASSAGE
30 min ..... 150 EUR

EXPRESS FACIAL TREATMENT
30 min ..... 150 EUR

DAILY ENTRANCE: SPA ACCESS ..... 125 EUR

RAFFLES

ISTANBUL