

A close-up photograph of several overlapping, translucent petals. The petals are in various shades of pink, purple, and green, with a delicate, veined texture. The lighting is soft, creating a dreamy and ethereal atmosphere. The petals are layered, with some in the foreground and others receding into the background, creating a sense of depth and movement.

R A F F L E S S P A

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



The magnificence and beauty of the lotus is admired by cultures across the world. Elegantly delicate at first glance, the flower's daily transformation is an inspiring symbol of revitalisation and raw natural strength. It begins as a bud of pure vitality beneath the water's surface. At sunrise, it breaks through into the fresh air, radiant in full bloom, then retires once more to the calm stillness of the water when night falls. It is this regenerative rise and retreat following the natural rhythm of the day that influences our vision for a Raffles Spa. We believe that a balance between exertion and relaxation is the key to achieving a feeling of inner tranquillity and rejuvenation.

Raffles Spa Journeys are a considered mix between traditional and local methods, each ready to be expertly personalised to ensure that your sensory escape is everything you hoped for and more. Our thoughtful and knowledgeable therapists will guide you on a journey to rediscover mental, physical and spiritual harmony, leaving you feeling enlivened and transformed.

Escape. Indulge. Transform.

This is Raffles Spa.

OUR SPA

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

Experience local traditional treatments in our 3 Turkish Hamams, enjoy the privacy of one of our 2 Couples Suites, or retreat to one of our 7 luxuriously appointed treatment rooms. With 3000 square metres of 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 both indoor and outdoor pools are bathed in natural light. Completing our suite of facilities are a yoga and pilates studio, personal training, Technogym® equipment, and 2 hair and nail salons.





OUR PRODUCT PHILOSOPHY

When choosing 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-driven treatments which are tailor-made to suit the needs of our valued travellers. Environmental sustainability is considered whenever and wherever possible, reflecting our social responsibilities as a brand. Our relationships with the product houses are important in ensuring we have the finest spa products and training available for each and every encounter with our guests.

BIOLOGIQUE RECHERCHE

40 years of Passion...

When the company was founded, forty years ago, Biologique Recherche functioned like 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 is provided a personal 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.



RAFFLES WELLNESS

We know that exercise is a vital component to daily life, especially for travellers on the go, and we appreciate the desire for high-quality, well-equipped fitness facilities. Our Technogym® provides spacious, customised, wellness areas and supplies fitness facilities to meet all your needs. Catering to your own fitness level, ability or age, our dedicated wellness professionals are here to assist you in achieving your personal health and fitness goals, supporting you every step of the way.

Raffles Spa is the perfect environment for living well, with access available exclusively to hotel guests and private members, offering the following facilities and services:

- Personal training
- Group and private yoga classes in our private studio
- Indoor and outdoor swimming pools
- Wet areas, complete with sauna, steam room and jacuzzi
- Relaxation areas
- Shower and locker area
- Wellness cuisine inspired by healthy living

PERSONAL TRAINING, NUTRITION & LIFESTYLE

Attain peak performances whilst achieving your desired fitness results. Combine workouts with one-to-one strength training, fitness coaching and lifestyle sessions, including a BMI (body mass index) assessment, offered by our dedicated personal trainers and nutritionists. We would be delighted to help you create a customised programme, aimed at balancing physical activity with relaxation.

YOGA

The word "yoga" translates as the "union" or "discipline" of breath control, simple meditation, and the adoption of specific bodily postures, widely performed for a greater sense of well-being. The practice of yoga has been known to increase flexibility, decrease stress levels and energise and restore the mind. Our certified instructors at Raffles Spa offer a variety of different yoga techniques, available in personal or group classes at our private studio.

PILATES

Pilates is famous for developing strength, flexibility and core stability, boosting the mind-body connection. Originally developed in Germany, this popular exercise is a series of movements, placing emphasis on breathing, alignment and improving balance. Our certified instructors offer Pilates classes for beginners and for those of a more advanced level. These classes are available in private or group sessions.

EATING WELL

Raffles Spa offers an irresistible menu with an authentic approach to balanced nutrition, because we believe that true luxury is not about what you do, it's about how you feel. Wellness begins from within.

MEMBERSHIP

Raffles Spa offers exclusive 6 months and one year memberships giving you access to our comprehensive spa and wellness facilities at our properties around the world. As a valued member, you will enjoy the following benefits:

- Use of fitness locker areas including sauna and steam-room facilities, indoor & outdoor swimming pools
- Invitations and advance booking privileges to selected events at Raffles Istanbul
- One complimentary 90 minute Raffles Signature Massage
- One complimentary 45 minute Aegean Purity Hammam treatment
- 30% discount on all Spa treatments
- 20% discount in Raffles Istanbul restaurants and bars
- BMI Assessment and access to group classes
- 30% discount on all personal training classes
- 50% discount on one daily entrance fee per month; for friends and immediate family members

The fitness centre is open exclusively for members at the following times:

Pool: 7.00am - 10.00pm, open daily

Fitness Centre: 7.00am - 10.00pm, open daily



HYDROTHERAPY WELLNESS EXPERIENCES

Steam Room Wellness

Maintained at 42-45°C, the humid aromatic heat experience is highly beneficial for those that suffer from asthma and bronchitis, as it opens up the breathing passages and alleviates congestion. We recommend that a session last 10-15 minutes and that you keep your body well hydrated afterwards. Humid heats are especially beneficial before or after a massage treatment to increase circulation.

Sauna Wellness

Maintained between 85-110°C, this dry heat soothes and warms the muscles, relieving tension from your body and minimising joint pain. This is especially beneficial for those who suffer from illnesses such as arthritis, painful migraines, and 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 Pools

Maintained at a temperature of 38°C, this luxurious bespoke pool is equipped with air and water jet features, such as a hydro back bench, air tubs, body massage. Vitality pools help to increase circulation and alleviate joint pain.

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 18 metre indoor pool is a private sanctuary for rest and relaxation.

SPA ETIQUETTE

SPA EXPERIENCE

Raffles Spa offers a variety of luxury experiences using only the very best in spa products. Choose from a variety of massages, body treatments, facials and Spa day packages.

SPA ENVIRONMENT

Raffles Spa is a quiet sanctuary. For your peace and privacy, phones and other electronic devices are not permitted. If you wish to receive messages during your time with us, please let our staff know.

MAKING SPA APPOINTMENTS

T +90 212 924 0320

E spa.istanbul@raffles.com

The Spa is located on the 2nd floor of Raffles Istanbul.

Advanced reservations are recommended to ensure availability.

Our Spa Hosts will be delighted to guide you to select your spa experience.

FEES AND SERVICE CHARGE

Local VAT is included in all treatment prices.

SPA CANCELLATION POLICY

If you must reschedule or cancel any spa appointments or packages, please notify the Spa 4 hours in advance. Missed appointments without proper notices are subject to a 100% charge for reserved services. The same applies for no shows.

SPA ARRIVAL AND ETIQUETTE

We recommend you arrive 30 minutes prior to your appointment time to enjoy the facilities and ensure your treatment starts on time. Late arrivals may result in a reduction of your treatment experience.

To make any changes to your booking, please contact Spa reception at T +90 212 924 0320

PERSONAL MATTERS

Please inform us of any health conditions at the time of booking. You will also be asked to complete a medical history form upon arrival, so we may better customise your experience to your needs.

SPA ATTIRE

You will receive a robe and sandals to wear between treatments and a locker for your personal belongings. We request that you please leave jewellery and valuables in your hotel room or the safe provided for you.

GIFT CARDS

Gift cards for all spa services and packages are available for purchase. Please contact our Spa Reception Hosts for further information.

TO BOOK YOUR SPA JOURNEY

T +90 212 924 0320

E spa.istanbul@raffles.com

OPENING HOURS

Pool: 7.00am - 10.00pm, open daily

Spa Treatments: 10.00am - 10.00pm, open daily

Spa Facility & Fitness Centre: 7.00am - 10.00pm, open daily

Fitness Centre: 24 hours (only for hotel guests)

RAFFLES SPA

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TREATMENT MENU

RAFFLES SPA JOURNEY

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 on your journey to living well.

ANATOLIAN GRACE HAMAM JOURNEY

120 mins299 Euro

A traditional Hamam with essences of lavender or rose. Experience the splendour of the Ancient Turkish Hamam, incorporating locally inspired ingredients of organic lavender, infused honey and milk. 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 body mask, leaving the body radiantly refreshed and smooth. This authentic Hamam treatment continues with a relaxing 15 minute tea ceremony and with a full body massage using warmed nourishing oils.

THE PERSONALIZED BIOLOGIQUE RECHERCHE INTEGRAL FACE and BODY MODULE

150 mins350 Euro

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 on each treatment stage to a highly intensive product range that is adapted only on YOU...

Raffles Spa can also recommend personalised day packages which include healthy meal options and time in private suites, offering a variety of different spa treatments to complete your wellness experience.

FACIALS BY BIOLOGIQUE RECHERCHE

THE EXCEPTIONAL BIOLOGIQUE RECHERCHE CUSTOM MADE SKIN CARE TREATMENT

70 / 90 mins 155 / 185 Euro

The artificial categorization of skin as normal, dry or oily provides a poor physiological definition of a skin's condition and paints a static image of the epidermal cosmetic imbalances. The same epidermis can present both balanced and dehydrated areas as well as hyper-secretion of sebum simultaneously. Inappropriate treatment can easily lead to new imbalances or reactivate old ones. Lastly, multiple factors such as climate, temperature, pollution, stress, hormones and age also have an effect on skin. The Biologique Recherche Methodology treats the epidermis according to each of these factors and their evolution. The Raffles SPA experts are trained to advise both men and women on the treatment that is best suited to their particular.

EYE CONTOUR AREA TREATMENT

30 mins 75 Euro

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

CO-FACTOR BOOSTER FACE MASKS

20 mins 50 Euro

Achieve more visible results in your face treatment with an addition of the Biologique Féérie, Mask Pigmentation400. Your professional Raffles SPA esthetician will provide the most appropriate mask for you.

FACIALS BY THE ORGANIC PHARMACY

VITAMIN C BRIGHTENING FACIAL

60 mins 145 Euro

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 mins 145 Euro

A remarkable facial designed for problematic skin using the techniques and products customised to your own 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 mins 185 Euro

This regenerating facial begins with antioxidant rich Carrot Butter Cleanser to soften and decongest the skin, followed by complexion brightening Flower Petal exfoliation. Three the rapeutic 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 mins 145 Euro

This facial is designed especially for men using the Organic Pharmacy men's range. A deep cleansing and revitalising facial to ease away stress and tension and help revitalise both the mind and the skin.

SKIN GLOW TEEN FACIAL

45 mins 105 Euro

Teen skin for boys and girls needs delicate care to look its best. This facial cleanses and calms the skin using products that will not overstimulate, and teaches teens to look after their skin at home, for beautiful clear skin that they can be confident of.

This facial is suitable for ages 12-18 years.

DETOX AND POLISH SCRUB AND WRAP

90 mins..... 155 Euro

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 metabolism, and a full body massage. Leave feeling peace and purity.

JASMINE AND ROSE RENEWING WRAP

60 mins..... 115 Euro

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.

RELAX AND RESTORE VICHY TREATMENT

60 mins..... 100 Euro

Allow the heated rain shower of the Vichy treatment, combined with the refreshing scents of lavender, chamomile, and vetiver, to enrich the senses. This purifying body scrub deeply exfoliates the skin. Its blend of pure organic oils leaves the skin nourished and smooth. Complete the exfoliation with the healing properties of shea butter to soothe dry skin.

INVIGORATING SEAWEED AND EUCALYPTUS WRAP

60 mins..... 115 Euro

Your journey begins when 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

120 mins 195 Euro

A highly effective stimulating treatment to target cellulite, fluid retention and uneven skin texture. Using potent extracts, iced mitts and a deep detoxifying massage to achieve great results.

A course of 6 treatments is recommended.

Includes: Skin brush - detoxifying salt and oil scrub - detoxifying massage with iced mitts to specific area - reflex zone pressure points of the feet.

THE BIOLOGIQUE RECHERCHE HYDRATING BODY WRAP FOR SENSITIVE SKIN

90 mins..... 160 Euro

An intensive treatment that helps stabilize particularly sensitive skin that are deficient in lipids and very dry. A treatment that begins with a soft exfoliation to purify the epidermis and an Algae-Wrap in order to detoxify the body. Combined with active ingredients and hydrating products and procedures this treatment restores the natural regeneration functions. A wonderful moment of well-being and relaxation that hydrates and relaxes the epidermis and leaves you glowing with health.

THE BIOLOGIQUE RECHERCHE HYDRATING BODY WRAP FOR NORMAL & KERATINIZED SKIN

90 mins..... 160 Euro

An intensive treatment that helps stabilize particularly normal and keratinized skin that is dehydrated. Enhances the epidermis' natural exfoliation process with a Gel - Granule Texture while providing the double benefits of deeply purifying and detoxifying the skin with an Algae-Wrap. Combined with active ingredients and products this treatment restores the epidermal hydrolipid film and boosts the action of the cutaneous barrier. The skin is perfectly hydrated, regaining its smoothness, softness and radiance.

RAFFLES ISTANBUL SIGNATURE MASSAGE

90 mins..... 185 Euro

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

THE TRAVELLER'S PALM

90 mins..... 185 Euro

The perfect treatment to give your travel-weary body a boost. Beginning with a foot ritual, the treatment continues with a full body massage that will soothe and release tension. A scalp massage calms the mind, leaving you feeling completely rested. Raffles Spa is your compass to living well - let us provide you with comfort, serenity and sustenance after your long journey.

RHYTHM OF LIFE

90 mins..... 185 Euro

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 grounded and energised.

HOT STONE MASSAGE

90 mins..... 175 Euro

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

BALINESE MASSAGE

60/90 mins..... 125 Euro/165 Euro

As Indonesia embraced various traditions throughout the centuries; Balinese Massage originated from a fusion of different techniques such as gentle and relaxing strokes and vigorous pressure-point stimulations, a treatment to regain the harmony between body and mind.

PURE AROMATHERAPY INDULGENCE

60/90 mins..... 125 Euro/165 Euro

This light to medium pressure full body massage is designed to suit your personal needs. Choose from a selection of aromatherapy oils which stimulate your senses and relax the mind. Discover the aroma which is just right for you.

RESCUE AND RELEASE DEEP TISSUE

60/90 mins..... 125 Euro/165 Euro

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.

ORIENTAL SOUL

60 mins..... 125 Euro

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.

Note* this is not a reflexology treatment

COUPLES HAMAM

90 mins.....250 Euro

Relax in the splendour of the ancient Turkish Hamam, with an original kese mitt body scrub, traditional foam massage and pressure point head massage, which includes hair cleansing and conditioning. This is done in the privacy of your own personal Hamam area, including finishing touches such as a fresh fruit platter and fresh fruit juices, as well as time to relax in our Couples Suite.

RAFFLES COUPLES ROMANCE

90 mins.....305 Euro

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

TOGETHERNESS

60/90 mins.....215 Euro/295 Euro

Relax together with our Raffles Signature Massage, which uses a blend of essential oils and purpose-designed movements to stimulate the circulation, promote deep relaxation and restore the flow of energy throughout the body.

THE HISTORY OF THE TURKISH HAMAM

The Ottoman Empire has inspired the world throughout history and it, like many Ancient cultures, considered bathing to be an important ritual. As far back as the 5th century BC, men would wash in streams and lakes, the first examples being in the Aegean, Egypt, India and Greece.

According to Islam, Hamams are particularly significant because of the importance the religion places on hygiene and cleanliness. Hamams, also known as “marble temples”, were destinations for bathing rituals and for enjoying the company of friends, as well as making business contacts. Hamams were also the only places where Ottoman women could socialise outside their homes and mothers would often gather here to find potential wives for their sons.

Over the centuries and across the world, the Turkish Hamam has evolved from a social ritual into a transformational 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.

TURKISH BODY SCRUB

Basic Scrub 30 mins.....90 Euro

This is the basic Hamam treatment using traditional olive oil soap and kese mitt for a full body exfoliation.

AEGEAN PURITY

Traditional Hamam 45 / 60 mins..... 125 Euro/145 Euro

Performed in our private Hamam facilities, the gentle heat from the stone prepares the body for the ultimate kese exfoliation, complete with foam massage. The olive oil soap nourishes and stimulates the skin. Experience authentically Turkish traditions such as an Ayran drink and Turkish sweets after your treatment and rest and restore in one of our relaxation lounges.

HAMAMS BY THE ORGANIC PHARMACY

MODERN HAMAM

60 mins..... 175 Euro

The perfect harmony between tradition and modern, this exquisite treatment takes you through a journey of an age-old ritual. Nourish and condition the skin using salt, sugar and rose petals infused with rose oil to create a feeling of luxury and nurturing. Follow with a beautiful rose and jasmine infused massage and, of course, the Hamam.

SOCIAL HAMAM

90 mins..... 235 Euro

Dating back to the 14th century, the Turkish Hamam has been a place for social gatherings, along with other health benefits restoring the mind and body. Experience the art of local traditions in one of our private Hamams, perfect for weddings, birthdays or just simply socialising with close friends and family. Please speak to one of our Spa Hosts who will be able to assist you with your bookings. A private relaxation area and spa compliments of fresh fruit and juices will be provided.

EXTRA TIME

For those of you who wish to upgrade any of our present treatment list with additional time and services, or for those who don't have the time to stay and indulge, we have created mini treatments to suit all your skin care needs, ensuring complete relaxation and rejuvenation. Choose from a variety of 30 minute mini treatments including:

| | |
|---------------------------------------|---------|
| REVIVING HAND TREATMENT | 90 Euro |
| REVIVING FOOT TREATMENT | 90 Euro |
| BACK, NECK AND SHOULDER MASSAGE | 90 Euro |
| EXPRESS BODY SCRUB | 90 Euro |
| HEAD AND SCALP MASSAGE | 90 Euro |
| EXPRESS FACIAL | 90 Euro |
| AUTHENTIC TURKISH BODY SCRUB | 90 Euro |
| | |
| DAILY USE..... | 75 Euro |
| 60 MINUTES PERSONAL TRAINING | 65 Euro |
| 30 MINUTES PERSONAL TRAINING | 45 Euro |
| 20 MINUTES POWERPLATE..... | 30 Euro |