

THE PENINSULA

SPA & WELLNESS CENTRE

THE PENINSULA ISTANBUL



The Peninsula Journeys

SLEEP WELL, AWAKEN WELL

100 MINS



SubtleEnergies®

Holistic Skin Science, Pure & Natural

Realign the body's natural balance, restore a healthy sleeping pattern, and boost energy levels with this customisable treatment. It begins with a full-body therapeutic massage to decrease fluid retention and strengthen the immune system, followed by an energy-balancing ritual using a bronze kasa bowl. An additional facial marma massage is also delivered to beneficially affect the sleep hormones. This combination of therapies has been specifically designed to relax the mind and prepare the body for a deeply restful slumber.

DETOX AND ADRENAL BOOST JOURNEY

120 MINS



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This powerful therapeutic treatment begins with an aromatic foot soak followed by a full-body exfoliation, a toning detox wrap, and a signature massage to release tension, balance the lymphatic system, and work the Ayurvedic marma points. Throughout, the treatment uses purifying, highly potent active ingredients such as tulasi, wild turmeric, and Indian lime to promote stimulation on a cellular level and reduce adrenal fatigue.



Couples

COUPLE'S RETREAT

120 MINS

30" Jacuzzi usage
+ 90" massage



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Relax and recharge together with our pampering Couple's Retreat, offered in an exclusive couple's spa suite with its own Jacuzzi. You and your spa partner are invited to enjoy the Jacuzzi in privacy, then indulge in 90-minute personalised massages on side-by-side massage tables. In all, you'll savour two hours of pure tranquillity and bliss.



Hamмам Treatments

TURKISH HAMMAM

45 MINS

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This time-honoured Turkish treatment begins with an invigorating full-body exfoliation with the help of a Kese mitt, which boosts energy and stimulates circulation. A gentle soap-bubble massage follows, to encourage both deep cleansing and a soothing sense of renewal.

SERENE HAMMAM

60 MINS



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Featuring a combination of traditional Turkish exfoliation rituals and personalised Ayurvedic Aromatherapy, this treatment delivers glowing, radiantly moisturised skin as well as a serene and peaceful state of mind.

ORIENTAL ENCOUNTER

120 MINS



60" Serene hammam
+ 60" massage

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Combining the traditional Turkish hammam experience with a customised therapeutic massage, this treatment offers both energizing stimulation and deeply nourishing relaxation for mind, body, and spirit.



Massages

ISTANBUL ESSENCE MASSAGE

60 MINS / 90 MINS

THE PENINSULA
SPA & WELLNESS CENTRE

A Bespoke Aromatic Journey Rooted in Local Heritage

Inspired by the verdant flora and timeless rituals of Istanbul, Istanbul Essence is a personalised wellness experience crafted to optimize your emotional and physical state in the present moment. The journey begins with a guided selection from our signature oil blends – all made from locally sourced botanicals such as lavender, mint, geranium, and citrus.

Your chosen essence is then incorporated into your treatment, along with many other customisations, to ensure your massage most effectively supports your individual comfort and wellbeing.

This is more than a massage; it is a deeply intuitive ritual that connects body, mind, and soul, offering a sense of harmony inspired by the spirit of Istanbul.



HOT STONE THERAPY

90 MINS

THE PENINSULA
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This profoundly relaxing treatment releases muscle tension and strain with the support of soothing volcanic stones.

The stones, combined with aromatic oils, are used as an extension of your therapist's hands to melt away tension and soothe the mind.

MARGY'S SIGNATURE MASSAGE

60 MINS / 90 MINS

MARGY'S
MONTE CARLO

This results-driven, full-body massage uses Margy's signature movement techniques to deeply stimulate circulation and promote drainage and detoxification. The luxurious experience not only helps balance your mind and body, but also increases skin tone and firmness.



Massages

BLISSFUL MARMA

60 MINS / 90 MINS



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Experience immediate and long-lasting relaxation with this treatment, which features firm, flowing massage techniques to relieve body tension and gentle manipulation of Ayurvedic marma points to balance chakras and align vital energy centres. Aromatherapeutic oil blends enhance the experience, and deliver powerful active benefits.

The 90-minute treatment includes a relaxing aromatic soak and signature Facial Marma Massage with potent botanical actives that further encourage tranquil balance.

DEEP RELIEF MASSAGE

60 MINS / 90 MINS



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Ancient Ayurvedic and modern Western techniques come together in this deeply penetrating stress-relieving massage. Firm pressure and expert tension-relieving techniques ease muscle discomfort and allow joints to regain freedom of motion. The treatment incorporates the benefits of aromatherapeutic analgesics that help alleviate tension eliminate toxins.

ESSENTIAL MASSAGES

60 MINS / 90 MINS



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This custom option allows your massage therapist to create a rejuvenating body treatment specifically tailored to your physical and emotional requirements.

Facials

HOLISTIC CUSTOMISABLE FACIAL



This personalised treatment harnesses ancient cellular wisdom and modern science to brighten your complexion and balance emotional energy. Employing potent botanical essences and cutting-edge bioactive products from Subtle Energies, your therapist will determine, with your help, which of the following options will best suit your skin type and desired results.

ESSENTIAL DAILY HYDRATION

60 MINS



Ideal for most skin types, this facial uses naturally hydrating active botanicals to gently and effectively moisturise even sensitive and oily skin complexions.

ADVANCED ANTIOXIDANT FACIAL

60 MINS
90 MINS



Extra dry and sensitive skin types are nourished and protected with this facial, which uses soothing botanical essences to fight free radical damage and reduce the visible signs of ageing.

AGE-DEFYING 24K GOLD-INFUSED FACIAL

60 MINS
90 MINS



Mature skin is revived by this facial, which incorporates collagen- and elastin-boosting ingredients like Arabian jasmine and 24k gold to penetrate and help regenerate skin at the cellular level. You'll emerge with a radiant glow, visibly reduced fine lines and wrinkles, and renewed peace of mind.



Subtle Energies®

Holistic Skin Science,
Pure & Natural

VEGAN COLLAGEN SERUM

Cutting-edge biotech for
plumper, smoother skin



Facials

MBR AGE-DEFYING CUSTOMISED FACIAL

60 MINS



This tailored facial is grounded in patented technology from MBR (Medical Beauty Research) that extracts higher concentrations of medical-grade active ingredients to treat skin on a cellular level – and restore youthful firmness, hydration, and elasticity. The facial uses MBR's three-step process on the face, neck and décolleté

to Prepare (cleanse and enzyme peel), Treat (stimulate the dermis and epidermis for increased collagen production) and Seal (close ingredients in the skin to maximize resiliency). The results: significant reduction in the appearance of wrinkles, sun damage and sagging skin; and a revitalised and radiant complexion.

ANTI-POLLUTION FACIAL

60 MINS



Cutting-edge, results-driven products and proprietary facial techniques characterise this exclusive facial from Margy's Monte Carlo. Designed to brighten and refresh all complexion types, the treatment includes deep cleansing and highly concentrated active ingredients to hydrate and restore your skin.

BESPOKE SUPER-LIFT FACIAL

90 MINS



This powerful, customised facial visibly reduces fine lines to promote a smooth and radiant appearance after a single treatment. Highly active, personalized face masks featuring Botolift, vitamin C or hyaluron collagen help restore elasticity and leave the skin plumped and luminous.

Facials

24K KARAT GOLD MASK & E-FINGER FACIAL

90 MINS

MARGY'S
MONTE CARLO

This high-tech anti-ageing treatment from Margy's is designed to slow down the loss of collagen and dramatically reduce the appearance of ageing. A 24K Gold Mask nourishes and stimulates cellular renewal, provides Botox-like effects, and plumps fine lines through the use of microcurrents; the signature Inox e-Finger works to simultaneously provide an electrolift firming effect, particularly areas around the eyes. Both devices work harmoniously together to provide luxurious skin rejuvenation

Body Treatments

DETOXIFYING BODY EXFOLIATION

60 MINS



Subtle Energies®

Holistic Skin Science, Pure & Natural

This revitalising treatment buffs away dead skin cells, reducing the signs of cellulite, releasing toxins, and alleviating adrenal stress. Using uplifting and stimulating aromatics combined with your choice of exfoliant, and concluding with full-body hydration, this ritual will leave your skin – and spirit – invigorated.

Your exfoliant choices include:

Rasayana Detox Scrub

Crushed walnut shell combined with potent detox agents of tulasi, cinnamon, limbu, and wild turmeric provide light- to medium exfoliation.

Energizing Himalayan Salt

Mineral-rich salt combined with an oil base and stimulating essences of juniper and lemon myrtle provide deep exfoliation.

RASAYANA DETOX BODY WRAP

75 MINS



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Revitalise, tone, and purify from head to toe with this activating body therapy. The treatment begins with a zesty exfoliation using essential oils, cinnamon powder, and walnut shells. Then your body is enveloped in mineral-rich clay infused with spiked ginger lily, spirulina, and green tea for the ultimate detox. A full-body hydration with your choice of aromatic body butters completes the journey. This treatment also includes an aromatic foot soak and head massage.

PERSONALIZED AGE DEFYING BODY WRAP

60 MINS

90 MINS

MARGY'S
MONTE CARLO

Highly stimulating, detoxifying, and focusing on reducing cellulite – or intensely hydrating and firming. The choice is up to you. This wrap treatment, which caters to your specific needs and desired results, also includes a Margy's signature massage to help release tension.

Body Treatments

ANTI-CELLULITE TREATMENT

60 MINS



This treatment from MBR has been designed to promote the breakdown of excess fat deposits and prevent the development of further deposits; it also significantly reduces the appearance of cellulite, smoothing and firming body contours for visible results.



Spa For Men

GENTLEMAN'S COLLAGEN FIRMING FACIAL

60 MINS

MARGY'S
MONTE CARLO

Exceptionally pure, active ingredients are used in this treatment from Margy's to transform the appearance of your skin. Through intense hydration, and the incorporation of Margy's cult-favourite Collagen Mask, fine lines are minimized, and skin is left firm, plumped, and radiant.

STRESS RELIEF

60 MINS / 90 MINS



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Targeting areas of tension such as the back, neck, legs and feet, your highly trained therapist will use a combination of massage techniques to release tension, relax and soothe sore muscles.





Additional Information

ARRIVAL TIME

You are encouraged to arrive 30 minutes prior to your appointment in order to change, relax, and enjoy the facilities at the Spa. Please be advised that late arrivals will result in a reduction of treatment time. We invite hotel guests to arrive at the Spa wearing the robe and slippers provided in their hotel rooms, and to leave their valuables in their room safes.

SPA ETIQUETTE

The Peninsula Spa & Wellness Centre is a place of relaxation and tranquillity. Please respect all Spa guests' right to privacy, serenity and comfort. The Spa is a smoke-free zone, and the use of mobile phones, personal digital assistants, and other personal electronic devices is not permitted. The Spa provides towels, slippers, disposable undergarments, and all amenities required for use during your visit. The minimum age is 16 for access to and treatments at The Peninsula Spa & Wellness Centre.

CANCELLATION POLICY

A cancellation within 4 hours or within 24 hours for multiple treatments will incur a 100% charge.

GIFT CARDS

Gift cards are available for purchase at the Spa Reception Desk.

HOMECARE

To continue your Spa regimen and experience at home, all products used in the treatments are available for purchase from the Spa Reception.

PRICES

All prices are quoted in Euros, including VAT and are subject to a 10% service charge. Prices are subject to change at any time.



THE PENINSULA

I S T A N B U L

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