



# SPA HILL

Cappadocia

Well-Being of Aqua



☎ 552

KAPADOKYA HILL HOTEL & SPA

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## Spa Classics

### CLASSICAL MASSAGE 30 Min. - 60 Min.

This is a depth and sensitive massage that lets your muscle to relax and remove stress. The massage is designed for muscles. With light or strong touches the blood circulation is quickened up and it is conducted to suit varying needs. Additionally, the aim here is to relax the tissues, every single cell and, as a result, the whole organism.

### AROMATHERAPY MASSAGE 50 Min.

This is a slow, gentle full-body massage using a variety of aromatic oils extracted from Mediterranean plants, inducing both spiritual and physical relaxation.

### FOOT REFLEX MASSAGE 30 Min. - 60 Min.

This is a concentrated foot massage performed using special techniques. By focusing on specific points on your feet, the massage can relieve any tension that you have.

### ANTI-STRESS MASSAGE 50 Min.

In this massage are using techniques that relax and refresh your body. The nerves are relaxed and inner peace is maintained. Given from the head to toe this sensitive but also depth massage, tensions are relaxed and you will have a feeling of a new wellbeing.

### HILL SIGNATURE MASSAGE 60 Min.

This massage is performed using combinations of different techniques. It includes special variations from Lomi Lomi Nui massage to La Stone therapy and special techniques of from Shiatsu foot reflex massage. Deep or soft, it is performed with a unique care after taken your request and needs.

### KAPADOKYA HILL (COUPLE'S MASSAGE) 60 Min.

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

## Turkish Bath

### PASHA HAMMAM TREATMENT 30 Min.

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

### SULTAN HAMMAM TREATMENT 30 Min.

Your ritual begins with a body-peeling scrub of your choice, during which either coffee, sea salt or coconut is applied to your body. As you lie enveloped in the froth of aromatic soaps, your body are scrubbed by a natural pumpkin sponge using massage movements.

### SHERAZAD HAMMAM TREATMENT 60 Min.

In addition to the Pasha treatment, special circular massage movements in traditional hammam fashion are used to revitalise the muscles and ease any tension in your body.

## World Treatment

### TRADITIONAL BAU MASSAGE 50 Min. - 75 Min.

Originating from Bali, this is a deep pressure massage using medium-depth strokes and pressure points to reach below the superficial muscle layers. This massage helps to balance the energy centers and improve integration of your internal systems. To complement the massage techniques, the blended oil has properties that help relieve muscular tension, improve and balance subtle energies for a heightened sense of well being.

### LOMI-LOMI-NUI 50 Min.

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

### THAI MASSAGE 50 Min. - 75 Min.

Pressure is applied on specific points in order to jump-start the body's energy flow and reduce the stress on the muscles. The massage concludes with stretching the whole body on a comfortable floor mattress.

### THAI BLEND SPECIAL MASSAGE 60 Min.

The Thai Blend Massage uses medium to strong massage pressure. These techniques are specifically designed to stimulate circulation and improve flexibility. The aroma of ahot oil massage with gentle stretching and the focus on pressure points relieve tired muscles and improves blood circulation for a noticeable sense of calm which is experienced both physically and mentally.

### DEEP ASIAN MASSAGE 50 Min.

This is a full body massage originating from Bali. This massage goes deeper than traditional Bali massage. The massage techniques adds elbows strokes, deep work with body points and strong acupressure.

### SHAITSU 50 Min.

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.

### LA STONE THERAPY 50 Min.

A massage based on ancient Indian healing methods, in which stones of hot basalt and cold marble are placed on the body's energy points. The pressure and temperature of the stones help to improve blood circulation in the tissue and relieve stubborn tension.

### MANDARA MASSAGE 50 Min.

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

### PREGNANT MASSAGE 60 Min.

This massage is performed just with vegetable oils and soft touches to reduce tension in abdomen muscles. It stabilizes the tension, accelerates the circulation and relieve the muscles by taking tiredness of the abdomen.



### *The Best of Asia*

- Sauna & Steam Rest 10 min.
- Sultan Hammam Treatment 25 min.
- Bali Massage 50 min.
- Total 85 min.**

**85 €**

### *After Work*

- Sauna & Steam Rest 10 min.
- Sherazad Hammam Treatment 50 min.
- Hill Signature Massage 60 min.
- Face Mask 10 min.
- Total 130 min.**

**95 €**

### *Love Of Caterina*

- Sauna & Steam Rest 10 min.
- Sherazad Hammam Treatment 50 min.
- Thai Massage 10 min.
- La Stone Therapy 30 min.
- Foot Reflex Massage 20 min.
- Milk Therapy 10 min.
- Face Mask 10 min.
- Total 140 min.**

**175 €**



# Spa

## Rituals

### *Seandos*

- Sauna & Steam Rest 10 min.
- Pasha Hammam Treatment 30 min.
- Anti-Stress Massage 50 min.
- Total 90 min.**

**60 €**

### *Secret of Kapadokya Hill*

- Sauna & Steam Rest 10 min.
- Jembrana Honey Massage 40 min.
- Reflexology Massage 20 min.
- Pasha Hammam Treatment 30 min.
- Total 100 min.**

**80 €**