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# THE SUN AND SPIRIT IN BALANCE

We rise with the sun at dawn; we rest with it at dusk. All through the day, it illuminates Istanbul like nowhere else on Earth, pushing our bodies to play, urging us to explore the streets, trails and beaches.

At Fairmont Spa, we channel this fundamental energy to you through treatments designed to enliven your skin, restore your muscles and soothe your spirit. Here, we unite ancient modalities of movement with sophisticated technologies to transform our awareness of what our bodies can achieve.

We invite you to share this space with us and begin your own story of connection to the glamour of the city and the elemental brilliance of the sun, but most of all, to yourself.

## FAIRMONT SPA, PRODUCT PHILOSOPHY

Fairmont Spa, places emphasis on many aspects when choosing spa products for each of our spas around the world. With luxury in mind, each brand selected demands quality and result-driven treatments, which are personalised to suit the needs of our valued guests. Environmental sustainability is considered whenever and wherever possible, which reflects our social responsibility. Our relationships with the product houses are important to ensure that we have premium spa products and training available for every encounter with our guests.

### **Guinot**

Guinot is a French facial and body treatment care brand that is focused on visible and long-lasting results. The primary goal is to repair and rejuvenate damaged cells. As a result of this renewal, the products create an anti-aging barrier and revitalizes the skin's texture, thus allowing your skin to be healthier and to be glowing.

Guinot's plant based products that are grown within their high-tech laboratories in France will help you feel better once applied with the correct massage techniques.

### **Qaratau**

Qaratau uses ingredients with customized active agents based on finest organic and natural plant extracts created through years of scientific research. The powerful sensations of gentle aromas and luxurious textures will pamper your skin and enhance your well-being offering tangible benefits.

All of the Qaratau treatments included in the highly concentrated therapy range deliver instantly visible and long-lasting results, and include a thorough homecare regime to ensure that you continue to look and feel your best.

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## LIFESTYLE MEMBERSHIPS

Fairmont Lifestyle Memberships encompass a selection of lifestyle choices for the Fairmont guests to suit the needs of their everyday lives. The lifestyle membership invites you to be a member of Fairmont Quasar Istanbul and focuses on all elements of well-being including state of the art fitness facilities with the latest equipment and a nurturing spa environment to escape and pamper yourself as well as a selection of food and beverage venues to fulfill all your needs.

At Fairmont, we understand the importance of exercise in our daily life. Our fitness center is built to ensure our guests have a comfortable space to use the best fitness equipment. Our dedicated personal trainers are available to assist with all your fitness goals, catering to your fitness level, ability and age.

The fitness centre is open daily from 7:00 AM until 10:00 PM and is located on S floor.

As a valued member you will enjoy the following benefits:

- Introductory personal training sessions
- Use of facilities including fitness and wet areas
- Use of the indoor pool
- Relaxation areas
- Privileged pricing on our lifestyle offers include spas, retail and restaurants

We offer the following private classes;

- Personal training
- Kickbox

## FAIRMONT SPA FACILITIES

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. Technogym® provides spacious customized wellness areas and supply 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.

Fairmont Quasar Istanbul is the perfect environment to restore your energy with access available to hotel guests as well as local guests, offering the following facilities and services:

- Personal training
- Private classes
- Indoor swimming pool
- Wet areas, complete with sauna and steam room
- Ice fountains
- Relaxation areas
- Experience showers
- Locker area
- Outdoor pool

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# HYDROTHERAPY EXPERIENCES

## Steam Room Wellness

Maintained at 42-45°C, this 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 heat is especially beneficial before or after a massage treatment to increase circulation.

## Sauna Wellness

Maintained between 80-85°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.

## Ice Fountains

Ice Fountains' temperatures range from 4-15 degree Celsius. After exposure to a hot environment, crushed ice can be applied to limbs gently to selectively cool the body, speed up the body cool down process and dilate the blood vessels to decrease blood pressure.

## Experience Showers

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

## Indoor Swimming Pool

Located on Spa (S) floor and bathed in natural light, the indoor pool is the ideal spot for rest and relaxation.



## OUR SIGNATURE TREATMENTS

### TURKISH COFFEE AND COCONUT SENSORY OASIS - 120 MINUTES

Combining the newest innovations in skincare with local authentic touches this treatment provides the ultimate sensory journey from head to toe. Begin your signature expression with a full body coffee grain exfoliation working to remove dry skin also benefiting cellulite by increasing the circulation. Next, melt into the table with a full body massage using the nurturing coconut oil and the heated herbal poultice filled with local inspirations of cinnamon and cardamom. Your body is cocooned in a wrap and you relish in a refreshing facial and a hydrating hair mask. This treatment features a creamy coffee and cookies.

### PEACE OF MIND - 150 MINUTES

Beginning with the calm mind ritual, your head and neck are brought through a series of gentle stretches to release tension with peppermint and lavender to support your breaths. Benefit from the therapeutic effects of magnesium with a full body muscular release massage known for its detoxifying muscle relief properties which are best absorbed through the skin. Finish with a soothing foot massage.

\*Your therapist will advise on the facial treatment you should receive based on your skin type.



# SKIN CARE

The sun shines on us, charging us up with the energy we need to get the most out of our days. Your skin deserves to shine too, no matter where you're headed or what you're doing. That's why our skin care treatments feature performance-driven botanical products from Guinot and Qaratau.

## REVEAL SKIN ANALYSIS

15 min

A true facial assessment using the Reveal Analysis Machine. Using the Reveal complexion analysis system, your expert spa therapist will provide a personalised skin analysis detailing your unique skin profile. Areas of focus include wrinkles, UV spots, brown spots and skin texture not visible to the naked eye. Once your skin is compared to that of your age group, a personalized report will outline the recommended treatment programme to work on concerned areas.

## LIFTING AND FIRMING FACIAL

90 min

This advanced facial treatment helps enhance collagen production by toning the skin and improving its firmness. The facial is performed by incorporating lifting and firming products with the most advanced facial massage techniques. The aim is to deliver a treatment with intensive results that can be seen immediately.

## CUSTOMIZED CORRECTIVE FACIAL

60 / 90 min

A deep cleansing and skin-refining facial specifically designed for congested, oily and problematic, sensitive or dull looking skin. After a full consultation your therapist will create a targeted treatment plan for your specific skin conditions to provide immediate and lasting results. A result orientated facial perfect for all skin types leaving a radiant glow.

## GENTLEMAN'S FACIAL

60 min

A deep-cleansing, therapeutic facial designed for a man's specific skin care needs. Relaxes the skin as it refines pores. Includes a muscle-easing massage and purifying masque. Specifically addresses sensitivity and razor burn.

## REGENERATING FACIAL

60 min

This regenerating facial has been especially designed to help combat the signs of aging and sun damage on the skin. Special facial massage techniques using products rich in antioxidants help hydrate and protect your skin with particular focus on the delicate areas that are prone to fine lines. The anti-aging benefits of this treatment visibly improve the appearance of your skin, helping to minimize lines and wrinkles leaving skin fresh, replenished and nourished.



## AUTHENTIC EXPERIENCES: THE HISTORY OF HAMMAM IN TURKEY

The Ottoman Empire, now the Republic of Turkey, has inspired the world throughout history and one of its legacies that we have embraced here at Fairmont Spa, Fairmont Quasar Istanbul, is the essence of “The Turkish Bath House” better known as “The Hammam”, an integral part of Ottoman culture and society for centuries. The main reason hammams became a fundamental part of Ottoman culture was the faith itself. However, these marble “temples” also helped create a social atmosphere, consisting of bathing, massage and chatting. Enjoying the company of friends and making business contacts were important reasons for hammams’ popularity. They were also places where Ottoman women could socialise outside their homes, participate in a wedding hammam, an engagement hammam and many other special occasions that brought friends together.

### TURKISH COFFEE AND BODY CREAM

60 min

A popular Turkish hammam ritual that begins with a light “kese” scrub followed by a fresh concoction of Turkish coffee scrub, which has the ability to extract excess fluid in the body, making it an unrivaled tool against the fight with the cellulite. The treatment follows with a refreshing hair wash, hair cream and application of body cream leaving you feeling soft and silky.

### TURKISH HAMMAM

45 min

A unique hammam treatment with roots in ancient Turkish traditions offers a cleansing, detoxifying journey with an ultimate sensory experience. A short body massage featuring warming water, full body “kese” scrub and unique clouds of cleansing bubbles is performed. Later, your hair is cleansed with shampoo and conditioner. To complete your experience we will be rehydrating your body with freshly brewed herbal tea.



# MASSAGE

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Originating with ancient practitioners in cultures all around the world, and perfected over the centuries, massage has become an essential modality of today's well-being to promote relaxation, improve circulation, aid in muscle recovery and boost immunity. It's also the key to getting the most out of Istanbul, from preparing for a day on the trails to taking in the glamour of the neighbourhood to simply unwinding with a loved one. Our experiences target specific moods and muscles, leading to results that linger long after you've left our spa.

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**FAIRMONT SPA SIGNATURE MASSAGE**  
90 min

Fairmont Spa offers a 90 minute signature massage which is exclusively offered here in Istanbul. Decadent scents of ginger, cardamom and plai organic essential oils are applied to the body using heated bamboo massage sticks. Long gentle strokes soothe muscles and the essential oils nourish and moisturize the skin for a uniquely relaxing experience.

**TRADITIONAL THAI MASSAGE**  
90 min

This centuries-old therapy, also known as passive yoga, is the perfect answer for anyone searching for optimal health, the release of tension and the restoration of vitality.

**NEROLI SENSORY RELAXATION MASSAGE**  
60 / 90 min

Renew and refresh your body, energy and spirit with this Swedish style therapeutic treatment incorporating tension release, energy and breathing techniques with the uplifting essence of Neroli.

**MAGNESIUM MUSCLE RELEASE MASSAGE**  
60 / 90 min

Magnesium is responsible for promoting healthy energy levels, sleep, muscle function and overall well-being. This nourishing treatment delivers the power of magnesium to promote detoxification and replenish commonly deficient levels. Warm mineral compressions enhance this therapeutic massage.

**HOT STONE MASSAGE**  
90 min

This tailored massage uses specific stress-relief techniques such as the use of hot volcanic stones to release deep-rooted tension, loosen tight muscles and improve muscle mobility.

**FOUR HANDS MASSAGE**  
60 / 90 min

A massage that is applied by two expert therapists working in a synchronized and harmonious manner. While increasing the blood, oxygen and energy flow, it allows you to relax with pressure points and stretching movements on certain parts of the body.



# BODY TREATMENTS

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Make time for your body, and it will return the favor. These treatments bring together sensation and scent to heighten your perception of your physical self and your environment, leaving the mind at peace and the body restored. Re-enter the world feeling truly at home in your skin and spirit.

## LAVENDER DREAMS EXPERIENCE

90 min

Relax. Dreams of lavender fields kissed by the French sun envelop your senses as you drift on waves of blue. Breathe deep. Inhale the calming and balancing benefits of wild lavender in this completely uplifting and rejuvenating spa experience. Includes a two-step invigorating full body scrub, a warm wrap with pressure point scalp massage and a full body massage with warm, healing stones.

## BODY CONTOURING TREATMENT

50 min

An uplifting and skin firming massage that promotes feelings of vitality and visibly improves the appearance of the skin. Lymphatic drainage massage uses very light pressure, long, gentle, rhythmic strokes and deep massage movements where necessary to stimulate the circulatory and lymphatic systems and improve the appearance of cellulite.

## STRESS BUSTER

90 min

This full body treatment is ideal for those suffering with stress related tension. The invigorating salt and oil scrub helps to revive tired skin and prepare your body prior to a deeply therapeutic aromatherapy massage. As a result, your mind and body will feel refreshed, revitalized and focused for the day ahead, or relaxed and ready for a peaceful night's sleep.

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## COUPLE'S TREATMENTS

Customise your couple experiences by choosing a selection of treatments from the menu to suit your needs of the day. Whether it is a gathering with friends or you want to impress that certain someone we can cater to all your needs. The VIP suite is an exclusive private environment which includes a steam room or sauna, a private jacuzzi and massage beds with enough space to relax for hours. You can also upgrade your experience with the following services:

\*Additional charges apply.

- Flowers
- Balloons for celebrations
- Lunch or snack selections from our dining menu
- Alcoholic or non-alcoholic beverages
- Jacuzzi bath

### COPLES WINE AND ROSES

90 min

Soak in a romantic rose bath sprinkled with rose petals, while you toast one another and sip sparkling wine. Your fragrant soak is followed a side-by-side massage using products infused with rose and grape seed oil that are high in natural antioxidants. You will feel rested and relaxed in this romance inspired treatment.

### TREASURED TIME

60 / 90 min

Relax together with a full body aromatherapy 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 wonderfully soothing and rejuvenating experience is ideal for couples.

## SPA ESSENTIALS PACKAGES

Our experienced coordinators would be happy to recommend any two- three- or five-hour spa packages suited to your specific needs. These can include anything from the menu above, as well as a healthy snack or lunch.

## ADDITIONAL TIME

To upgrade any of our present treatment list with additional time and services, the below mini treatments will suit your needs, ensuring complete relaxation and rejuvenation. Choose from a variety of 30 minute mini treatments including:

- Herbal bath therapy
- Head and scalp massage
- Body scrub
- Express facial
- Head, neck and shoulder massage
- Foot treatment
- Hand treatment



# ABOUT



## FAIRMONT QUASAR ISTANBUL

Whether you're visiting from the other side of the world or taking some time for yourself out of your busy schedule in Istanbul, we wholeheartedly welcome you to Fairmont Spa. Please take a moment to read more about our space and our services, and feel free to reach out to us with any questions you may have about our treatments and facilities.

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# SPA ETIQUETTE

## SPA ENVIRONMENT

Fairmont Spa is a place to restore your energy and relax. For your peace and privacy, we kindly ask you to use portable music players with earphones and keep mobile phones on silent mode. If you would like to receive messages during your time with us, please let one of our colleagues know and we would be happy to assist you.

## 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. Please come and spend the day with us. To make any changes to your booking, please contact the spa on 0212 403 86 93 or dial extension 8693 from your in room phone.

## 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 can better customise your experience to your needs.

## SPA ATTIRE

You will receive a robe and slippers to wear between treatments and a locker for your personal belongings. For your comfort, undergarments must be worn during treatments. We ask that you kindly leave jewellery and valuables in your locker or hotel room.

## GIFT VOUCHERS

Gift vouchers for all Fairmont Spa services and packages are available for purchase. Please contact our spa experience coordinators for further information.

## MAKING SPA APPOINTMENTS

Consult our spa experience coordinators to select treatments that fulfil your personal requirements. The spa is located on S floor of Fairmont Quasar Istanbul. Advanced reservations are recommended to ensure availability.

T 0212 403 86 93 | [fairmontspa@fairmont.com](mailto:fairmontspa@fairmont.com)

## SPA CANCELLATION POLICY

If you wish to reschedule or cancel any spa appointments, please notify the spa four hours in advance. Cancellation or rescheduling of a package requires 24 hours' notice. Missed appointments without proper notices are subject to a 100% charge for reserved services.

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## FAIRMONT SPA, FAIRMONT QUASAR ISTANBUL



Fairmont Spa at Fairmont Quasar Istanbul captures the energy and vibrance of its surroundings, from Istanbul's non-stop spectacle and the mystery and allure of its centuries of history, to the sapphire blue waters of the Bosphorus Strait. Offering the most luxurious spa experiences in Istanbul, we strive to find innovative ways to help you find your energy.

Offering an array of lifestyle choices and encompassing total well-being, Fairmont Spa at Fairmont Quasar Istanbul combines an exclusive facility focusing on fitness and movement, beauty and aesthetics. Our treatment menu includes a selection of authentic body treatments using locally inspired hammam products along with a collection of massage and facial treatments which combines the four cornerstones of well-being for outer beauty and inner health. Treatments will delight and surprise you as we lead you down a sensory journey bringing overall balance and a sense of calm to your spa experience.

This unique 2,000 square meter urban retreat provides to a quieter place to recover from this modern fast paced world, a place where you will discover nine tranquil spa suites, which include two couples VIP suites and calming relaxation lounges with courtyard views, steam rooms and saunas. Our nurturing environment and detailed approach to service is the perfect social hub for family and friends.



# Price List

2024

Fairmont Quasar Istanbul

**EURO**

## Fairmont Spa Signature Expressions

Turkish Coffee and Coconut Sensory Oasis	120 minutes	306
Peace of Mind	150 minutes	425

## Classic Facials

Reveal Skin Analysis	15 minutes	34
Customized Corrective Facial	60/90 minutes	180/215
Gentleman's Facial	60 minutes	145
Lifting and Firming Facial	90 minutes	215
Regenerating Facial	60 minutes	180

## Authentic Experiences

Luxury Hammam by Gulsha	90 minutes	180
Turkish Coffee and Body Cream	60 minutes	145
Turkish Hammam	45 minutes	115

## Body Treatments

Lavender Dreams Experience	90 minutes	240
Body Contouring Treatment	50 minutes	145
Stress Buster	90 minutes	240

## Body Massages

Fairmont Spa Signature Massage	90 minutes	250
Hot Stone Massage	90 minutes	240
Traditional Thai Massage	90 minutes	240
Magnesium Muscle Release Massage	60/90 minutes	165/200
Neroli Sensory Relaxation Massage	60/90 minutes	145/190
Four Hands Massage	60/90 minutes	265/315

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## Couple's Treatments

Customise your couple experiences by choosing a selection of treatments from the menu to suit your needs of the day. Whether it is a gathering with friends or you want to impress that certain someone we can cater to all your needs. The VIP suite is an exclusive private environment which includes a steam room or sauna, a private jacuzzi and massage beds with enough space to relax for hours. You can also upgrade your experience with the following services:

\*Additional charges apply.

- Flowers
- Balloons for celebrations
- Lunch or snack selections from our dining menu
- Alcoholic or non-alcoholic beverages
- Jacuzzi bath

Couples Wine and Roses	90 minutes	510
Treasured Time	60/90 minutes	285/360

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## Additional Time

To upgrade any of our present treatment list with additional time and services, the below mini treatments will suit your needs, ensuring complete relaxation and rejuvenation. Choose from a variety of 30 minute mini treatments including:

• Herbal Bath Therapy	30 minutes	80
• Head and Scalp Massage	30 minutes	80
• Body Scrub	30 minutes	80
• Express Facial	30 minutes	80
• Head, Neck and Shoulder Massage	30 minutes	80
• Foot Treatment	30 minutes	80
• Hand Treatment	30 minutes	80

