

nua

# SPA MENU

Richmondnua  
wellness-spa

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## Distinguished Guests,

Welcome to Turkey's first and only destination Spa. We are delighted to have you here with us at Nua Wellness-Spa. The word Spa is an acronym of the Latin phrase "SANUS PER AQUA" meaning "health through water". The Spa's unique concept brings together various methods of wellness from different regions in the world.



# SPA RULES AND POLICY

We ask you to respect the relaxation of other guests, avoiding speaking out loud. No mobile phones allowed. Due to Wellness and Spa concept, Richmond Nua Wellness-Spa accepts guests 14 years old and above.

## Spa Guide

### What do I need to do prior to my visit to Nua Wellness-Spa?

Please do not bring any valuable belongings with you when you come to Nua Spa. You can leave your valuable belongings (such as jewelry, mobile phone, etc.) in the safety-deposit in your room.

### About your health

At Richmond Nua Wellness-Spa, the temperature of the saunas and steam baths varies between 40°C and 100°C. We do not recommend our guests with high blood pressure problem, cardiovascular disorders and the pregnant guests to use the saunas and steam baths. In case of use, they will be responsible for the consequences of any health risks.

### What should I wear at the wet areas of Nua Wellness-Spa?

We request you to wear swimsuits, bikinis or shorts. For your comfort, you can find robes and slippers along with a Nua Spa bag in your room. Towels are available in the spa area.

### Spa Pools

Due to our hygiene policy, please take a shower and wear your swim cap before entering the pools. Jumping into the pools is dangerous and forbidden.

### Reservation Rules and Policies

Due to the high demand for our services at Nua Wellness-Spa, we recommend that you make reservations for all treatments in advance. Please arrive at the spa reception at least 5 minutes before your scheduled therapy session. Please note that if you arrive late for your appointment, your therapy time will be shortened accordingly. Your therapy session must be finished on due time so as not to delay the starting time of the following session. Thank you in advance for your understanding.

If you need to cancel your appointment for any reason, we kindly request you to inform Nua Spa reception at least 3 hours before your massage or treatment appointment, and at least 48 hours before the package program reservations. If you fail to inform the spa reception about your cancellation 3 hours earlier, your account will be charged with the 100% of the total cost.

### What should I wear during my massage and treatment?

In order to get maximum benefit from the treatment by establishing physical and spiritual balance, we recommend that you do not wear any clothes during body massages. Preferably, you may choose to wear a bikini, shorts, or the disposable slippers provided by Nua during your massage.

### Can I purchase the products used during the massages and treatments?

The natural oils and beauty products used during your massage or treatment can be purchased from the Nua Shop, located in Nua Spa, allowing you to continue your Nua Spa enjoyment at home.

### About the therapists

Both male and female therapists are available. You can find the name of your therapist on your reservation form. If you wish to request a specific therapist, please inform the Nua Spa reception at least 48 hours prior to your appointment.

### Enjoy yourself

Our treatments are particularly designed to make you relax and rejuvenate and to enrich your life. Our experienced staff will be happy to answer any questions you may have.

**We will be delighted to accommodate you.**

### Opening-Closing Hours (Every Day)

10:00-22:00 Wet Areas and Relaxation Rooms  
10:00-22:00 Massages and Treatments  
08:00-22:00 Fitness Center

**T: 0264 582 21 00 Info: 2210-2211**

# SPA GUIDE



To prepare your body for spa activities, we first recommend you to use the **Traditional Turkish Bath** for **15 minutes**.



Use the **Salt Jacuzzi** enriched by seawater minerals for **10 minutes**.



Use the **Jet Pool 117** containing fresh water for **10 minutes**.



Use the dry bath **Laconium** with a humidity rate of **20%** and **40°C** temperature for **15-20 minutes**.

While you use this area, you can freshen up with cold water by using the hoses inside.



Rest on **Tepidarium** (heated ceramics beds) with a temperature of **37°C** for **15-20 minutes**.



Use the **Herbal Steam Bath** the temperature of which is a bit higher than Laconium, for **20 minutes**.



Rest on the heated **Water Beds** with a temperature of **32°C** for **30 minutes**.



**Osman Steam Bath** with a humidity rate of **100%** and a temperature of **40°C** for **10-15 minutes**.

While you use this area, you can freshen up with cold water by using the hoses inside.



To balance your body temperature, we recommend you to have a cold shower by using the **rain** or **splash** functions in the **Snail Showers** first.

You may adjust the water temperature for the side and head functions by using the adjusting handle in the shower.



Relax in the **Day Dream** resting area for **15-20 minutes**.



Use the **Salt Inhalation Steam Bath** with a humidity rate of **100%** and a temperature of **40°C** for **10-15 minutes**.

While you use this area, you can freshen up with cold water by using the hoses inside.



Use the **Aqua Cave** first to balance your body temperature. By using the buttons on the left side of **Aqua Cave** entrance, you can have a cold shower in rain, waterfall or splash functions.



Use the **Loft Sauna** with a temperature of **60°C - 80°C** downstairs and **80°C - 100°C** upstairs for **10-15 minutes**.



To balance the body temperature, we suggest you to apply the ice coming down from the ice fountain in the **Ice Grotto** on your body towards your heart.

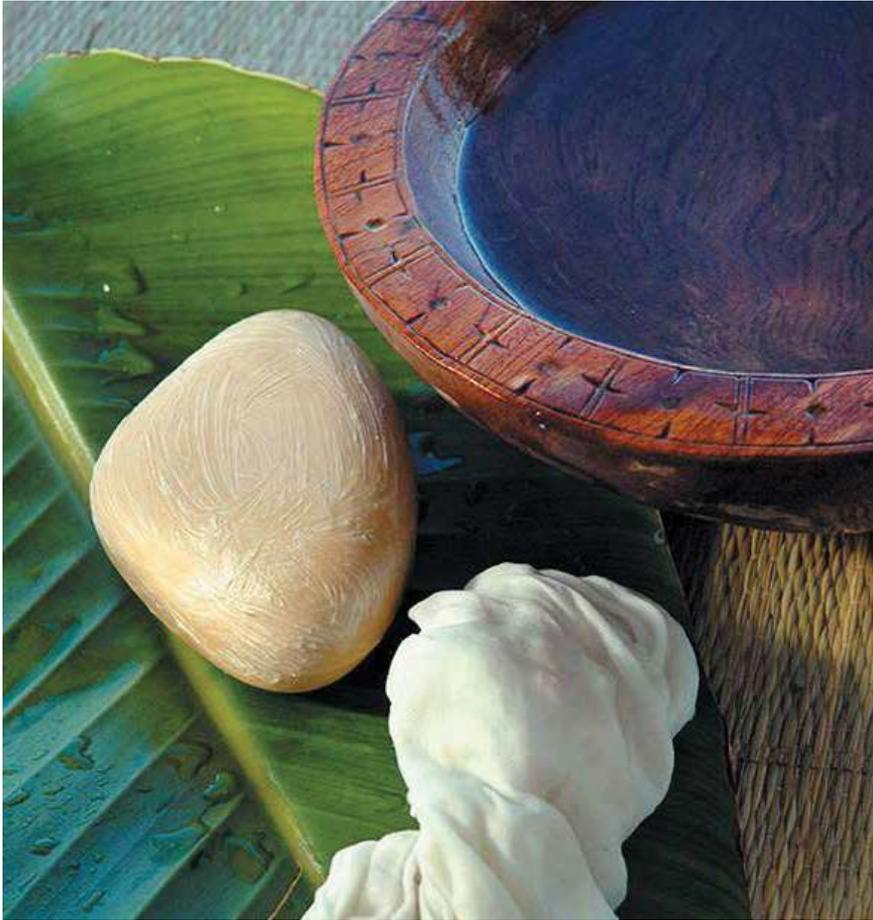
If you have time, you can redo the sequence.

## Important Notes

1. We highly recommend you to drink water after the hot practices to stabilize the lost body fluid.
2. We recommend you to rest for 10-15 minutes after every steam room.
3. For emergency cases that might take place in steam rooms or saunas, you can press the emergency buttons that are near the doors.

We wish you a pleasant time.

# NUA SPECIALS



Nua specials are the treatments exclusively designed for Richmond Nua Wellness-Spa. These are balancing, relaxing and anti-stress cares. We recommend you to benefit from the following treatment options for the serenity of your body, mind and soul.

## Nua Private Couple

Particularly designed for our guests, Nua Private offers a privileged experience with an Aromatic Steam Bath, Bio Sauna and the two-person Nua Signature Massage (50 minutes) applied by our experienced therapists. We kindly request you to make your reservation 3 days earlier.

**120 minutes (Couple) - 8400 ₺**

## Nua Private VIP Lounge

Enjoy the Aromatic Steam Bath and Bio Sauna in Nua Private VIP room to be specially prepared for you.

**120 minutes (Couple) - 6500 ₺**

## Nua Spirit Couple

It is a luxurious wellness suit with a magical atmosphere. It offers special couple treatments making you relax by harmonizing the body, mind, and soul. The ritual includes Cleopatra Bath and 50-minutes Traditional Balinese Massage for ladies and body treatment and 50-minutes Deep Asian Massage for gentlemen accompanied by special complimentaries. We kindly request you to make your reservation at least 3 days earlier.

**120 minutes (Couple) - 11900 ₺**



# FACIAL TREATMENTS

## Active Purness Facial

Deep cleansing treatment with a special mask with Spirulina Algae. It gives a fresh, bright and uniform appearance to the skin. Purifying and rebalancing effect with Vitamin C, Gluconolactone and Spiruline Algae.

**60 minutes - 2400 ₺**

## Hydramemory Facial

Intensive hydrating treatment for face, neck and decollete with Biomimetic fragments Hyaluronic Acid and macro hyaluronic Acid, for a bright and silky skin aspect. The exclusive application of the mask with brushes offers a unique experience. Intensive hydration effect with Moringa Oil, Macro and Biomimetic fragments of Hyaluronic acid.

**60 minutes - 2400 ₺**

## Recover Touch Facial

Intensive antioxidant vitamin treatment with Goji Berries. It revitalizes and nourishes the skin. Anti-oxidant effect with Organic certificated Goji Berry, Licopene, Macademia Oil.

**30 minutes- 1750 ₺**

## Sublime Skin Double Peel Facial

Ideal for all skin types, with formulations of different intensity, it makes it suitable to more delicate as well as resistant skins. It smoothes, illuminates and uniformes the skintone, stimulates the epidermal cells renewal and improves the appearance of soft and premature wrinkles. Luminosity action with Lactic Acid, Alpha Hydroxy Acid, Poli Hydroxy Acid and Vitamin C.

**45 minutes - 1900 ₺**

## Sublime Skin Active Lift Facial

The exclusive waterless bi-phasic mask with Vitamin PP and hexapeptide-8 helps to cosmetically oxygenate skin tissues and to give an instant firming effect. Circulation and plumping action with Vitamin PP and Hexa Peptide-8.

**60 minutes - 3750 ₺**

## Sublime Skin Deluxe Lift Facial

It combines the renewing efficacy of the double peel with the innovative firming biphasic mask. Particularly recommended for mature skins, with visible signs of aging. Luminosity action with Lactic Acid, Alpha Hydroxy Acid, Poli Hydroxy Acid and Vitamin C. Circulation and plumping action with Vitamin PP and Hexa Peptide-8.

**90 minutes - 4700 ₺**

## Sublime Skin Eye

Thanks to a fresh and innovative Hydrogel Peptide Mask, it visibly reduces the signs of time and tiredness of the eye contour. It improves the aspect of wrinkles, blue signs and signs of tiredness.

**30 minutes - 2600 ₺**

**Upgrade - 2200 ₺**

## Perfect Glow Facial

Thoroughly hydrates the skin, while light-reflecting luminizing pigments create a youthful looking glow and help to even out skin tone. With regular use, PerfectionPeptide P3 helps promote natural skin rejuvenation. Helps to even out irregularities in skin tone, provide intensive moisture, and give the complexion a luminous, smooth, youthful and radiant glow.

**60 minutes - 3150 ₺**

## Collagen Boost

Reduces the appearance of wrinkles and helps improve skin elasticity lending it a more youthful, lifted appearance.

**90 minutes - 4650 ₺**

## HSR Lifting

HSR Lifting Integral Complexes reduce wrinkles visibly and continuously. Multitendyn stimulates the formation of new collagen and elastin fibers, thus firming supportive tissue. The multi-active ingredients protect your skin elastic fibers. It helps to refine the skin contours.

**90 minutes - 4650 ₺**

## Oxygen Facial

It moisturizes the skin, facilitates the oxygen intake, slows down the process of aging, rejuvenates and energizes the skin.

**75 minutes - 3100 ₺**

## Facial Upgrade

While your skin being treated, you can also enjoy hand and foot therapy with a 20-minute mask for the hands and feet. Special moisturizing cream enhances the effect of softness and suppleness.

**Hand Treatment: 20 minutes - 900 ₺**

**Foot Treatment: 20 minutes - 1050 ₺**



# BODY WELLNESS

## Foam Massage

You can complement the pleasure of Spa with traditional foam massage in the Turkish bath.

**30 minutes - 1300 ₺**

## Sultan Hammam Pleasure

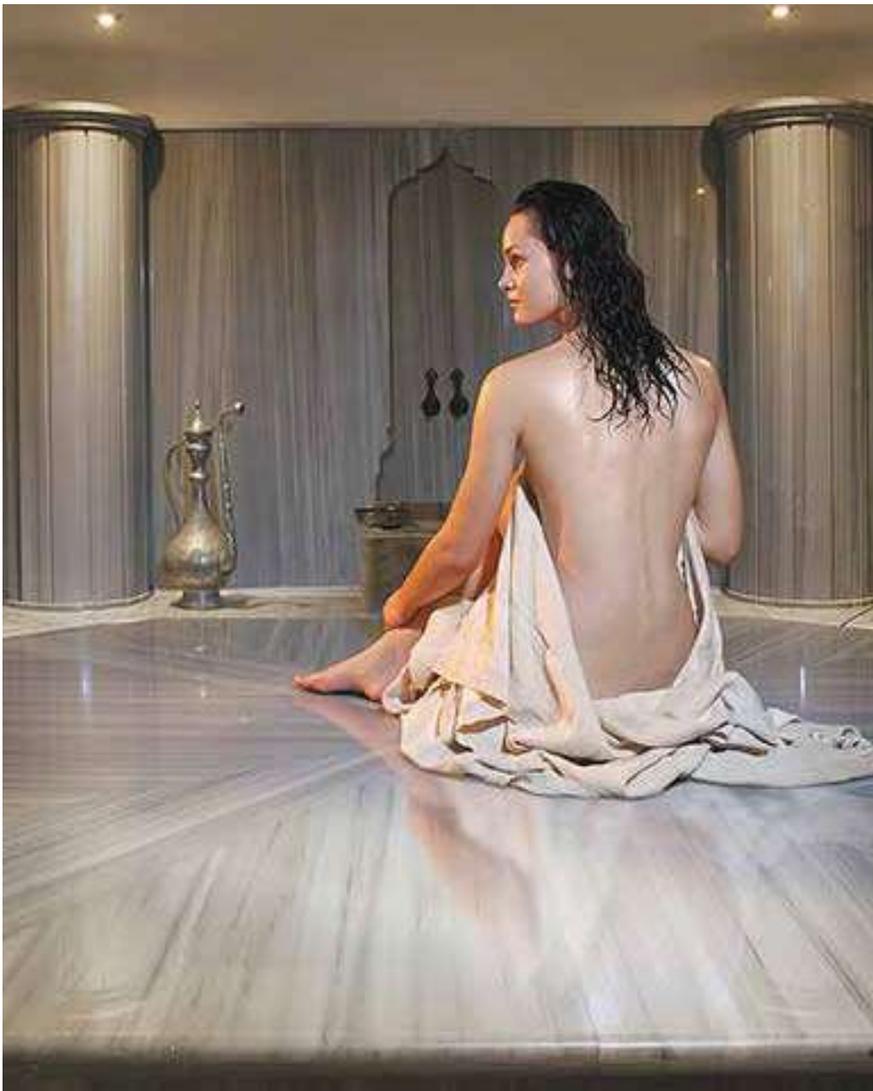
The skin breathes more easily when it is purified from the dead cells after being rubbed with bath gloves. And the foam massage relaxes both your soul and body. Then, your skin is nourished and moisturized with a moisturizing body lotion.

**45 minutes - 1700 ₺**

## Traditional Turkish Bath

It is method of care including traditional practices, body scrub and foam massage. Freed from the dead cells, your skin can breathe more freely. The foam massage is relaxing for both your body and soul.

**30 minutes - 1500 ₺**



## Ayurvedic Brown Sugar Treatment

It is a renewal care with peeling effect created by a natural mixture of honey, aromatic oils and brown sugar.

**20 minutes - 1450 ₺**

## Frigi Soothing Local Body Treatment

Specific to the weary legs, this care is applied to the whole leg from tiptoes to the hips. It removes tiredness, reduces swellings and eliminates the feeling of heaviness.

**50 minutes - 2500 ₺**

## Back Treatment

This deeply relaxing treatment cleanses, heals and nourishes your back. It is ideal for both women and men.

**50 minutes - 2000 ₺**

## Nua Signature Body Treatment

Featuring a combination of both peeling and massage, this treatment which is exclusively created for Richmond Nua Wellness-Spa will revive and relax your body.

**75 minutes - 2700 ₺**

## Body Shaping Treatment

This treatment has an impact on the superficial and deep fat cells causing cellulite. It reduces the appearance of cellulite through active oxygen body wrap.

**50 minutes - 3700 ₺**

## Sacred Nature Body

Thanks to biocertified Ecocert™ formulas, rich of Buriti Oil and Butterfly Bush Extract, it has an intensive cosmetic antioxidant and protective action of the external skin barrier. It includes Buriti Balm, Jojoba Oil and Butterfly Bush extracts. It has antioxidant features and it protects cell DNA.

**50 minutes - 2400 ₺**



# BODY WELLNESS

## Balneotherapy

### Cleopatra Bath

It revitalizes the dry and low-moisturized skin.

**20 minutes - 1150 ₺**

### Mineralized Revitalizing Bath

A unique salt bath consisting of strong minerals and rarely found elements of nature.

**20 minutes - 1150 ₺**

## Dry Floatation

With Nuvola Floating Bed, the hot water envelops the body uniformly, supporting it in a dry embrace. Freed from its own weight, the body can rest to the full: every muscle and the entire spine are at a complete and utter ease.

Equal to 6 hours of sleep, the 50-minute Nuvola experience is applied together with one of the three varieties of hydromassage you choose from.

### Nuvola - Mud Body Treatment

Rich in minerals, this mud treatment relieves muscle tension and purifies and softens the skin.

**50 minutes - 2200 ₺**

### Nuvola - Milk and Honey Treatment

A luxurious body wrap treatment moisturizing your skin by effectively softening it for a long time.

**50 minutes - 1850 ₺**

### Nuvola - Algae Body Treatment

An effective body wrap treatment that firms the skin and helps the body to detoxify and get rid of water retention.

**50 minutes - 2150 ₺**



## Body Peeling and Massage

### Chi-Yang Massage

Chi-Yang is a body-care method preceded by peeling. "Golden Body Oil" containing 4-carat gold particles is used for a light and relaxing massage. It converts the negative energy in the body into positive.

**75 minutes - 3000 ₺**

### Lavender Dreams Experience

Inhale the calming and balancing benefits of wild Lavender in this completely uplifting and rejuvenating spa experience which includes a invigorating full body scrub and a full body massage including stones.

**75 minutes - 3000 ₺**

### Algae Peel Off Mask

Marine treatment based on alginates and laminaria algae. Stimulates lipolysis, remineralizes and moisturizes the tissues, leaving the body remodelled and toned. Marine polysaccharides provide a moisturizing and soothing action. Laminaria rich in iodine to stimulate the metabolism.

**60 minutes - 4150 ₺**

# MASSAGES

## Organic Aromatherapy Massage

A relaxing massage applied through a very light pressure technique using special organic aromatherapy oils.

**50 minutes - 1950 ₺**

**75 minutes - 3300 ₺**

## Nua Signature Massage

Using deep pressure and hot towel techniques, this exceptional massage was created exclusively for Richmond Nua Wellness-Spa using the finest aromatherapy.

**50 minutes - 2250 ₺**

**90 minutes - 3600 ₺**

## Magnesium Massage

Magnesium is responsible for promoting muscle functions and overall well-being of the body. This nourishing massage detoxifies your body and increases the level of magnesium.

**75 minutes - 3000 ₺**

## Nua First Touch Massage

A tension-relieving, muscle-relaxing massage specifically designed for pregnant women. Nua First Touch Massage can be reserved at any time after the first 3 months of your pregnancy with the approval of your doctor.

**50 minutes - 2150 ₺**

## Lomi Lomi Nui

This is a spiritual Hawaiian massage smartly harmonizing extremely relaxing stretching and touching techniques. It relaxes the body, mind and the spirit, and purifies you from stress and tension.

**50 minutes - 2000 ₺**

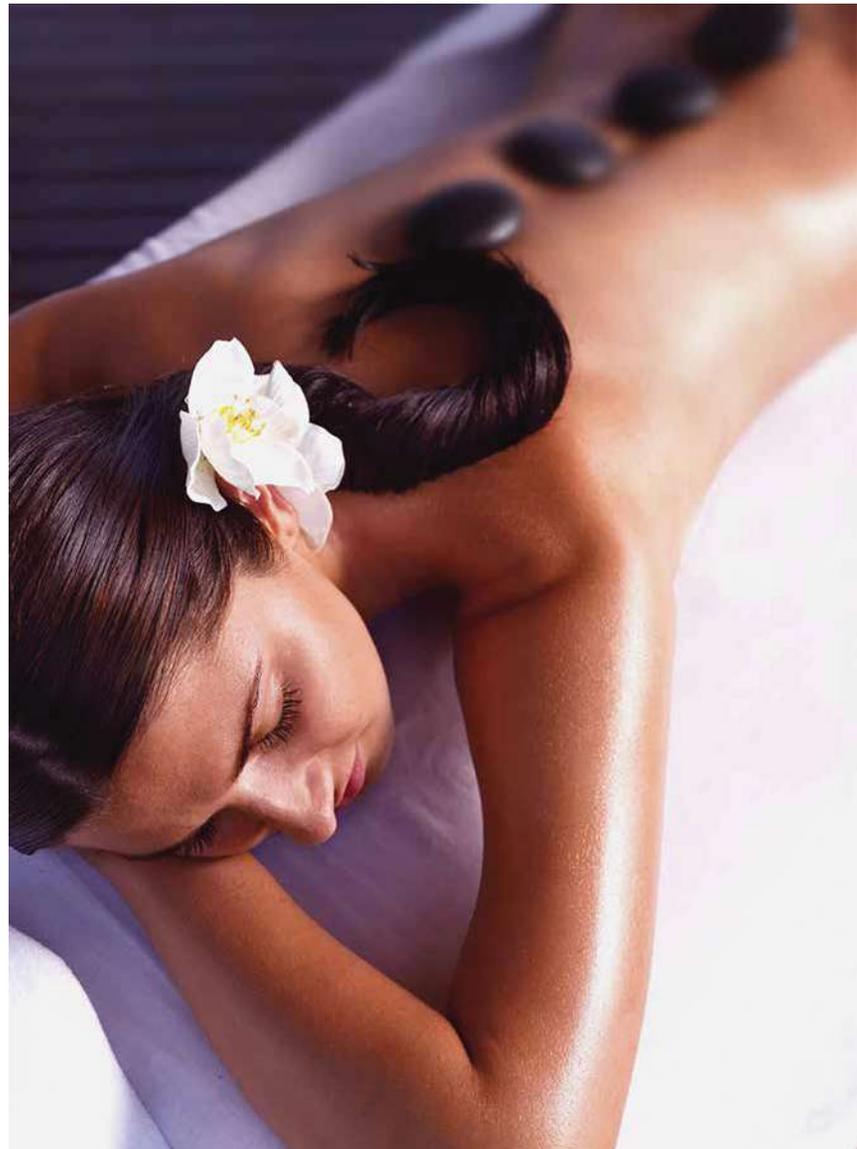
**75 minutes - 3000 ₺**

## Hot Stone Therapy

This therapy is a combination of a full body massage and energy exercises. It dates back to the old Shamans. Warm volcanic stones are placed on the energy points (chakras) on the body and the whole body massage is applied. It accelerates the process of self-healing, provides intense relaxation and stabilizes energy levels.

**75 minutes - 2800 ₺**

**90 minutes - 3600 ₺**



## Traditional Balinese Massage

A whole body massage applied through the acupressure and reflexology techniques.

**50 minutes - 1950 ₺**

**75 minutes - 3300 ₺**

## Deep Asian Massage

Using a deeper pressure than the Traditional Balinese Massage, this massage technique includes the use of the arms and elbows as well.

**50 minutes - 2100 ₺**

## Local Massage

This massage is applied on the area you request.

**30 minutes - 1500 ₺**

## Aromatic Candle Massage

A beautiful gift to yourself, one that warms your skin and your soul while bring you into another world. Applied using fragrant, low-temperature-melting candles infused with intense moisturizing qualities.

**50 minutes - 2150 ₺**

# MASSAGES



## Swedish Massage

Applied through sports massage techniques, this massage includes muscle stimulating techniques and applied in medium pressure level.

**50 minutes - 1900 ₺**

## Anti-Cellulite Massage

A pressure massage intended to remove the problems in the areas with cellulite.

**30 minutes - 1650 ₺**

## Detox Lymphatic Drainage

This is a fairly sensitive and gentle massage which is performed by massaging the skin towards the lymphatic flow and lymph node areas.

**50 minutes - 1850 ₺**

## Chocolate Massage

A body massage applied through the use of a special chocolate oil containing ginseng and vitamin E.

**50 minutes - 2750 ₺**

## Foot Reflexology

It includes applying pressure on the certain reflex points under the feet.

**45 minutes - 1850 ₺**

## Aroma Soul Element Massage

Each journey begins with the selection of an oil blend: Oriental, Mediterranean, Indian or Arabian. This massage experience full of with relaxation, balance and serenity will bring you relief.

**50 minutes - 2150 ₺**

## Thai Massage

A unique combination of the compression and yoga stretching practices applied on the meridian points. It is a dry, pressure massage.

**50 minutes - 2400 ₺**

**75 minutes - 3600 ₺**

## Shiatsu Therapy

A dry, pressure massage applied on the meridian points of the body. Thus, it increases the flow of chi energy in the body and strengthens all the organs.

**50 minutes - 2400 ₺**

## Shiroabhyanga Massage

One of the ancient therapies of the philosophy of Ayurveda. The therapy includes a light body massage and intensive head massage.

**75 minutes - 3400 ₺**

## Shiradora Therapy

The ancient therapy of Ayurveda philosophy applied on the head only. The warm sesame oil (shira) flowing from a copper pot down onto the "Third Eye" (dora) both cures and gives deep relaxation.

**30 minutes - 2400 ₺**



# ADDITIONAL SERVICES

## Spa Membership (1 Person)

3 month - 22500 ￼  
6 month - 38500 ￼  
12 month - 55000 ￼

## Solarium

10 minutes - 400 ￼  
15 minutes - 600 ￼  
20 minutes - 800 ￼

## Personal Training

60 minutes - 950 ￼ (per person)

## Dietitian Consultant Service

1 session - 650 ￼  
1 month - 1500 ￼  
3 month - 4000 ￼  
6 month - 6500 ￼

## Body Fat Analysis

450 ￼



You can visit the Nua Shop - the exclusive boutique at the Richmond Nua Wellness-Spa featuring the world's most prestigious natural products. Consider bringing the pleasures of spa treatments home with you, with luscious products from Comfort Zone, Babor and Ligne St. Barth.

You can consult your therapist to select the treatment and massage products that are most suitable for your skin type.

At Nua Shop, you can also find sportswear and footwear, as well as bathing suits, swimming goggles and more.



Info: 2210-2211

[ **comfort zone** ]  
SKIN SCIENCE SOUL

  
L I G N E<sup>®</sup>  
**ST BARTH**  
*The Spirit of Nature*

**BABOR**

# HYPOXI

Hypoxi is a revolutionary new fitness and vacuum therapy, applied with four distinct devices and special clothes that help you burn stubborn fat quickly. The high and low-pressure concepts of Hypoxi regulates the blood circulation and the metabolic activities in the targeted problematic local areas.



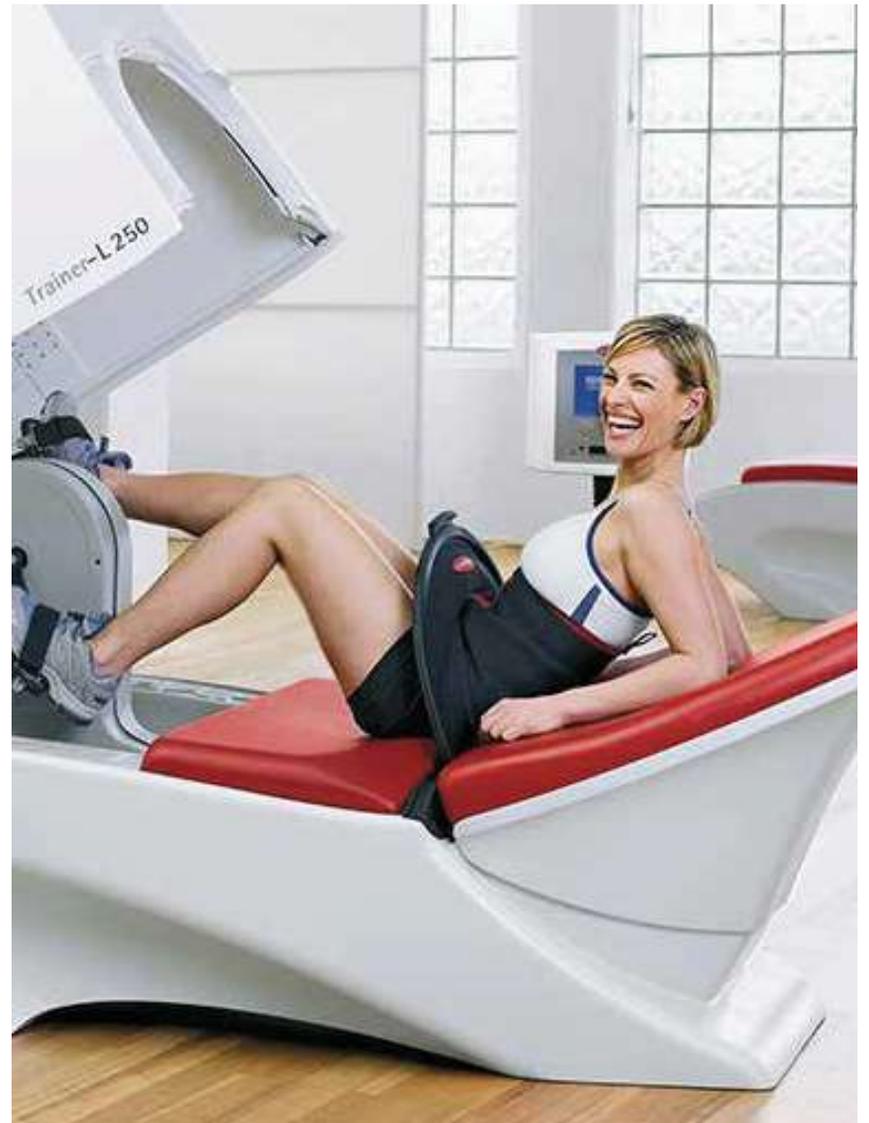
## Hypoxi Marathon Program

In Nua's exclusive atmosphere, you can drop up to 1 size with the 4-day marathon program. You can obtain detailed information from the Nua Spa reception desk about the Hypoxi Marathon Program that includes diet menus created by specialists and a 5-night stay.

## Vacunaut

This treatment consists of compression and vacuum therapy received on a treadmill with special Vacunaut clothing that features integrated pressure chambers in the abdominal and hip regions. Applies pressure and a vacuum effect while walking on the treadmill. Stimulates the problem areas with a complex network of 112 integrated pressure chambers. Gradually activates fatty acids. With the application of dynamic high pressure, it transports the fatty acids to the muscles. It is one of the healthiest forms of cardio exercise supplemented with compression and vacuum therapy.

**30 minutes - 950 ₺**



## Trainer S-120

By applying a combination of high and low pressure on the lower body areas, Trainer S-120 accelerates the blood flow and facilitates the elimination of fatty acids. It is an exercise and therapy equipment with computer software which is complemented with a training bike used in sitting position. It regulates cellular nutrition by soaking fatty tissue and it moves the body fluids to the upper parts.

**30 minutes - 950 ₺**

## Trainer L-250

L250, which is parallel to S120, has been specifically designed for those who want to do exercises in a comfortable position. For the cycling therapy- done in vertical position, the aim is to benefit from both the pressure effect and the gravity. While the muscles are exercised by cycling in a closed cabin, the blood flow is speeded up through the exertion of low and high-pressure. Thus, the removal of fats from problematic areas is facilitated. Low-pressure vacuum with sudden pressure variances support the weak veins. It provides slimming starting from the hips and gets the legs in shape. It also accelerates the removal of the tissue fluids from the body.

**30 minutes - 950 ₺**

# NUA SLIM & NUA FIT

## Nua Slim

Nua Slim, a personalized program, has been developed for those who wish to lose weight. It is based on the principles of losing weight in a healthy, balanced and permanent way. It helps you reach your ideal weight through customized nutrition, activity and conditioning activities.

## Nua Fit

It is a personalized fitness program. It has been developed for those who want to have a fitter and stronger body and it is focused on local weight loss, refinement and gaining strength. Including healthy nutrition, local exercises and fitness activities Nua Fit keeps the body fit.

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# 365 DAYS DETOX



While purifying the body physically and emotionally, detox promotes intuitive skills and awareness. It revitalizes you by renewing your body with a feeling of serenity and purification.

You can start a new life with a customized, unique program at Richmond Nua, which provides 365-day detox opportunity beginning from minimum 3-night detox programs.

Thanks to the detox programs designed by specialists, you can purify yourself with high motivation and get rejuvenated within a certain period.

Info: 2210-2211

**R**  
Richmond  
Hotels

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