



DOOR'Λ

BODRUM

Serenity Spa



**DOOR'A**  
BODRUM

serenity spa

**Door'a Bodrum** offers you world-famous massage and therapy techniques with its experienced staff. You will feel relaxed while getting rid of all your mental and physical fatigue in the company of expert therapists



## MASSAGES

Intensive Back & Neck Medical	30 min
Reflexology Massage	30 min
Indian Head Massage	30 min
Anti Cellute massage	40 min
Classic Massage	60 min
Aroma Therapy massage	60 min
Antistress Massage	60 min
Bronze-Tanning Massage	60 min
Sports Massage	60 min
Intensive Full Body Medical	60 min
Lenf Drenaj Massage	90 min
Mix Massage	90 min
Sport Massage	90 min
Medical Massage	90 min



## CUPPING THERAPY

Dry Cupping /Fire Cupping	60 min
Moving Cupping	60 min
Wet Cupping /Bleeding Cupping	60 min
Extra 1 cup ( for wet cupping )	

## LUXURY ASIAN MASSAGE

King and Queen Massage	60 min
Traditional Ballinese Massage	90min
Traditional Thai Massage	60 min
Shiatsu Massage	60 min
Lomi-Lomi Massage	60 min
Hot Stone Massage	60 min



## TURKISH BATH PROGRAMES

Peeling&Foam Massage	30 min
Ottoman foam massage	30 min

## FACE MASK & FACE CARE

Mini Face Care	30 min
Bio Optic Collagen Eye Care (Perfect Solition for Under Eye Wrinkles)	50 min
Deep Cleaning and Moistening	50 min
Energy Lift Face Forming Care (Reducing Built-in Fat Cells ,Face Shaping Care)	70 min
For Man Classic Skin Care	50 min
For Man Essential Skin Care	70 min



## PHYSICAL AND MENTAL WELLNESS

	Group/Personal
Pilates Seans1/ Pilates Session	<b>60 min</b>
Pilates Reformer Seansı (Pilates Reformer Sension)	<b>60 min</b>
Yoga Seans1 /Yoga Session	<b>60 min</b>
Ozel Fitness Seansı (Personal Fitness sension)	<b>60 min</b>
Crossfit/Crossfit	<b>60 min</b>
Nefes Terapi/Breating Therapy	<b>60 min</b>



## FULL PACKET PROGRAMME

### 1-LUXURY PROGRAMME 90 MIN

Body Scrub

Foam Massage

Aroma Therapy Massage

Face Clay Mask

### 2-BRONZE-TANNING PROGRAMME 130 MIN

Coffee Peeling

Full body mud mask

Foam Massage

Bronze Massage

Gold Face Mask



### 3-HAWAI DREAM PROGRAMME 130 MIN

Coconut Peeling

Milk and Honey Body Mask

Foam Massage

Asian Massage

Aleo Vera Face Mask

### 4-DELUX PROGRAMME 190 MIN

Body scrub

Full Body Aloa Vera Mud Mask

Foam Massage

Mini Facial

FullBody Mix Massage  
(head massage)

(reflexology massage)





## 5- KING & QUEEN PROGRAMME FOR 1 WEEK

1st day	Hawai dream program
2nd day	Medikal massage
3rd day	Aroma massage
4th day	Dry cupping therapy
5th day	Intensive facia care

