



CORE
SPA

CORE WELLNES

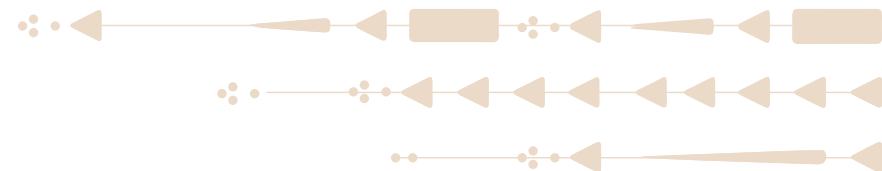
From the moment you walk through our doors, you will feel something extraordinary. Each of our CORE spas has a unique personality, inspired by the most serene corners of the world, blending timeless elegance and recognizable tradition, unique only to the kingdom.

This space is where elegance, innovation, and a holistic approach to your wellbeing come together to create an atmosphere unlike any other.

From signature CORE treatments, and carefully chosen massages, to luxury facial and body treatments, we promise to elevate your mind, body, and soul.

Whether you enjoy the traditional spa techniques or our science and technology-based treatments, our team will guide you through every moment of your journey with us. CORE wellness isn't just the spa — it's a community, a lifestyle, and a commitment to those who seek the very best, to those who seek the soulful experience.

Welcome to CORE Wellness!



Every treatment is thoughtfully tailored to your goals and aspirations. Look for these icons next to each of our services to help you choose which one complements and enhances your personal wellness needs.



WEIGHT MANAGEMENT

If you are looking to either lose weight, gain weight or maintain your optimal weight.



PEAK PERFORMANCE

If you are wishing to enhance your training and have your body perform at its optimal level.



REGENERATION

If you are wishing to destress, realign and let your inner body rejuvenate & grow.



APPEARANCE

To enhance your natural beauty.

SPA FEATURES

- Finnish sauna
- Herbal Steam Room
- Ice Fountain Room
- Experience Shower
- Vitality Pool
- Cold Plunge Pool
- Treatment Rooms
- Cryotherapy Chamber
- Oxygen Therapy – AirPod
- Caracalla
- Dressing Room
- Relaxation Suite
- Skin & Hair Care Boutique
- Hair & Nail Salon
- Barber Salon

SPA FACILITIES

Between our luxurious treatment rooms, vitality areas, and relaxation spaces, you will find the peacefulness you are looking for to unwind, recover, and revitalize. To further enhance your spa experience, we recommend that you begin with a traditional spa journey in our vitality area. Expel toxins from your body, by spending time in our sauna, steam and hydrotherapy pool, this will open your airways and skin pores whilst warming up your muscles. Follow this with our cold plunge and ice fountain room for a refreshing experience leaving you feeling rejuvenated. The perfect way to prepare or relax your body as part of the ultimate CORE wellness experience.

MASSAGE

SWEDISH MASSAGE

The Swedish body massage is a combination of many different techniques rolled into one session. Your therapist will utilise smooth long strokes, with light to moderate pressure, helping to reduce stress, relax muscles, improve circulation, and stimulate the skin and nervous system.

60 min | ₺700 - 90 min | ₺920

DEEP TISSUE MASSAGE

Designed to target deep-seated muscle tension, this therapeutic massage technique uses firm pressure and slow strokes to alleviate stress and release chronic knots. Your therapist will customize the massage to your specific needs, focusing on areas of tension and restoring your body's balance and vitality.

60 min | ₺750 - 90 min | ₺975

HEAD, NECK & BACK MASSAGE

Let yourself melt away with this deeply relaxing head, neck, and back massage targeting stress relief and key areas of muscle tension. Feel renewed and refreshed

30 min | ₺400

FOOT MASSAGE

Sit back and relax as you enjoy a decadent foot massage, designed to release tension in the lower legs and feet. A perfect treatment to help the body unwind, improve blood circulation, lower blood pressure, and rejuvenate tired feet. Excellent for after work or post travel.

30 min | ₺400

ADVANCED MASSAGE

CORE SIGNATURE MASSAGE



A fusion massage that seamlessly blends together various massage techniques custom-designed and adapted to meet your physical needs and preferences. Our most popular service. Only available at CORE Spas.

60 min | ₺1050 - 90 min | ₺1375

LYMPHATIC DRAINAGE



Using gentle, repetitive strokes to facilitate the movement of fluids around the body, helping to remove toxins from the body's tissues. This massage can also aid in the prevention of swelling after injury or surgery and is known to provide a major boost to the health of your immune system. Lymphatic drainage is very effective for cases of oedema and reduces cellulite. It is highly recommended as a treatment after flying, following illness and post pregnancy.

60 min | ₺750

SPORTS MASSAGE



The application of sports massage prior to and after exercise is shown to enhance performance, aid recovery and prevent injury. Your therapist will provide a personalised massage designed to assist in correcting issues and imbalances in the soft tissue that are caused from repetitive and strenuous physical activity and trauma.

60 min | ₺800

THAI MASSAGE



The dynamic technique of traditional Thai massage adopts full body manipulation that focuses on deep tissue pressure, muscle and joint stretching, body alignment and adjustment. Known to lower stress, boost energy and improve athletic performance

60 min | ₺800

ADVANCED MASSAGE

WARM BAMBOO MASSAGE

Utilising heated bamboo tools of various shapes and sizes, this holistic therapy will achieve deep tissue manipulation without causing discomfort, providing deep relaxation and releasing muscle tension. Proven to relieve migraines, alleviate joint and arthritic pain and stimulate cellular activity to repair and intensely nourish the skin.

60 min | ₺800

ANTI-CELLULITE MASSAGE

This specially designed massage will eliminate cellulite over a period of continued therapy. It affects the breaking down of fat build-up and strengthens connective tissue at the affected areas, whilst increasing oxygenated blood circulation.

45 min | ₺625

HOT STONE MASSAGE

A restorative massage performed with smooth, warmed mineralised stones. You will achieve deep muscle relaxation through the placement of soothing, heated aromatic stones along pressure points on the body, whilst your therapist performs muscle manipulations that will melt away all tension and stress.

60 min | ₺800 - 90 min | ₺920

REFLEXOLOGY

This ancient methodical practice stimulates the reflex points of the feet, relaxing and rejuvenating each and every part of the body. Using kneading and activating techniques which metabolises and eliminates toxins, improves circulation, raises energy levels and calms the nervous system. It will help reduce anxiety and stress and dissipate tension throughout your entire body

60 min | ₺800

ADVANCED MASSAGE

MADEROTHERAPY



This invigorating, holistic massage technique uses a variety of wooden tools and rolling pins designed to provide more intense pressure on fibrous cellulite and improve the appearance of cellulite and stimulate collagen production. Fat deposits and toxins are removed and regular treatments will tone the body and give a lift-up effect

45 min | ₺700

AROMATHERAPY MASSAGE



Combining the power of essential oils with massage therapy to de-stress and recharge. Using rhythmic strokes, the oils are absorbed through the skin, Your therapist will choose a personalised blend of oils to impart benefits to both your body and mind. These include improving your mood, soothing sore muscles and detoxifying the body

60 min | ₺800

INDIAN HEAD MASSAGE



This ancient methodical practice stimulates the reflex points of the feet, relaxing and rejuvenating each and every part of the body. Using kneading and activating techniques which metabolises and eliminates toxins, improves circulation, raises energy levels and calms the nervous system. It will help reduce anxiety and stress and dissipate tension throughout your entire body.

60 min | ₺750

BIOLOGIQUE RECHERCHE



"A personalised vision of skincare."

Founded in Paris, this ultra-luxury skincare line is renowned for its innovative natural products, science-based formulations, personalised regimes and individualised treatment protocols.



FACIAL TREATMENT

SOIN BOOSTER VIP

Ideal for all skin types, especially dull and devitalised skin. This innovative treatment helps to brighten, detoxify and lift the skin by stimulating the epidermis and re-oxygenating the skin tissues. Your complexion will gain an incredible and lasting glow and your skin is instantly more luminous and bursting with radiance.

60 min | ~~£~~750

SOIN RESTRUCTURANT ET LISSANT

This rejuvenating and firming procedure is the perfect anti-stress, anti-aging procedure, reducing signs of aging, restoring moisture, stimulating the skin's natural functions and firming the skin. It is also recommended after medical procedures such as plastic surgery, laser or chemical peel treatments as it promotes regeneration, helping the skin recover faster.

60 min | ~~£~~850

TOLESKIN

Formulated for sensitive and reactive skin, this facial is extremely soothing and helps reduce skin sensitivity, itching and discomfort. Regular use helps skin become more tolerant and less irritated, with the skin's texture becoming smoother and redness reduced. It is perfect if your skin is in a state of crisis, needs calming or intense moisturising.

60 min | ~~£~~975

FACIAL TREATMENT

LIFT CVS

An exfoliating and lifting treatment that is combined with shaping techniques. The treatment uses highly concentrated active ingredients to purify and restore volume, even out tone and create a firm, flawless skin surface. The results are akin to a manual facelift.

60 min | ₺1100

TRIPLE LIFT FACE TREATMENT

An exceptional re-sculpting, rejuvenating and anti-wrinkle treatment. Combining face-lifting boosters to activate your skin's cellular metabolism this treatment will restore facial volume and diminish facial hollows, improve elasticity and highlight contours around the cheeks and jawline. This is a complete redefining treatment which offers immediate results from the signs of aging.

120 min | ₺1375

SOIN MASQUE EXFOLIANT P50 VISAGE

An exfoliating and revitalizing treatment for wrinkled, dull and irregular skin. This treatment will reduce pigmentation imperfections and purify the epidermis, resulting in optimal cellular regeneration. Leaves the face smoothed, refined and radiant and your complexion unified and brightened.

60 min | ₺750

FACIAL TREATMENT

SOIN MC110

This repairing and plumping procedure is particularly beneficial for anyone noticing a loss of volume and elasticity in the face or those seeking smoother, brighter skin. You will notice marks and irregular skin are smoothed out, while fine lines and wrinkles fade away. The facial contour appears redefined and the skin is toned and moisturised.

60 min | ₺750

CORE SIGNATURE FACIAL

Proven to detoxify the skin, stimulate cells responsible for collagen production, soften wrinkles and reduce fine lines, whilst also relieving facial muscle tension and promotes oxygen- rich blood circulation. Facial cupping offers an all in one complexion refresh and renewal.

90 min | ₺1025

SOIN SECONDE PEAU TREATMENT

A pioneering renewing and lifting treatment which is created using an electrospun mask with 80% pharmaceutical grade hyaluronic acid. It increases cohesion, firmness and density of the skin. Recommended to compliment anti-wrinkle or filler injections and invasive skin treatments to promote healing and reduce downtime post-surgical or resurfacing procedures.

60 min | ₺1375

BODY TREATMENTS

TIRED LEGS

Alleviate tired, heavy legs with a rejuvenating and replenishing treatment that has been crafted to improve circulation, reduce inflammation and bring much needed relief to fatigued or swollen legs. Perfect before or after travel and to deliver a re-energising and immediate feeling of lightness.

30 min | ₺400

BODY LIFT TREATMENT

A full body anti-aging treatment for tightening, toning, sculpting and defining the silhouette of the body. The multi-layered process accelerates the renewal of the epidermal structure, whilst the skin-tightening effect assists with reversing skin laxity and encourages the production of collagen and elastin proteins that help your skin stay firm and smooth.

60 min | ₺750

SCULPTURE WOOD SLIMMING TREATMENT

Proven an effective slimming treatment, the wooden sculpture tools are used to break down fat and reduced cellulites. Regular treatments will create a significant toning and sculpting effect, specially at the midriff, thigh and gluts. On request, measurement can be taken to monitor the fat loss and change in body shape and contour.

60 min | ₺850

BODY TREATMENTS

SOIN GOMMAGE P50 CORPS

Transform the appearance of your skin with this opulent exfoliating and regenerating treatment which leaves the skin softer, evenly toned and fully hydrated. This treatment consists of deeply cleansing and purifying the skin, then applying an oxygenating technique which stimulates cell renewal and improves elasticity.

60 min | ₺750

ALGAE DETOX SLIMMING BODY TREATMENT

This relaxing slimming treatment will smooth, firm, tone and decongest your body, leaving you looking and feeling wonderful. The thermal effect of the algae purifies toxins, whilst the marine active ingredients promote skin resurfacing and stimulates cell renewal. Using a heated blanket body wrap helps improve microcirculation and dissolve unwanted adipose fat.

60 min | ₺900

CORE SIGNATURE BODY TREATMENT

A fully personalized Oriental bathing ritual to stimulate your senses, with nourishing treatments, unique strokes and soothing aromas. You may choose from any of our natural bathing products. Your therapist will create a bespoke bathing and massage ritual designed just for you. This treatment includes shampoo and a premium hair mask from our Kerastase range.

60 min | ₺1020

BODY TREATMENTS

BODY CUPPING



This powerful technique is based on myofascial decompression and works by drawing blood to or away from specific parts of the body. It can be used on any part of the body to relieve pain, aid in muscle recovery, lower blood pressure, reduced stress, treat migraines and soften scar tissue. It is also an effective tool to release stored up toxins from body tissue or organ.

60 min | £975

DRAINAGE LYMPHATIC WOOD



Targeting specific lymphatic points in the body, using a variety of special wooden tools. This targeted technique draws out up to 80% of toxins from the body, whilst cellulite and fat deposits are dissolved. The deep internal cleansing effect helps to relieve and heal the symptoms associated with stomach digestion and colon issues.

60 min | £925

HERBAL BATH



Applying ancient healing and herbal medicine principles, your therapist will specially prepare mix of herb and products for relief from specific ailment, pain, injuries and to aid recovery. Those with acne and skin issues will see results after just few sessions, whilst those who have joint issues internal complaints or are highly active in training will find the deep penetration of the herb during the bathing ritual instantly beneficial.

75 min | £925

BODY TREATMENTS

MOROCCAN BATH



Enjoy a moroccan Bath Ritual in our specially designed suite, encompassing a marble heated bed and personal steam and shower room. Adopting the ancient principles, your body will be deeply purified and detoxified, focusing on cleansing the body, revitalizing the skin and promoting relaxation. Your skin will feel incredibly healthy and moisturized.

75 min | ~~£~~925

TURKISH BATH



Using traditional natural products infused with Green Tea, this gentle and luxurious bathing ritual will have you feeling completely pampered and spoilt. Using softer movement and pressure, dead skin is removed, the skin tone becomes unified and the whole body and hair is deeply moisturized, using a specialized foam massage technique. A perfect choice for head to toe pampering session, to relieve stress or if you have sensitive skin.

75 min | ~~£~~975

CORE SIGNATURE BATH



A fully personalized oriental bathing ritual to stimulate your senses with nourishing treatment, unique strokes, and soothing aromas. You may choose any of our natural bathing products. Your therapist will create a bespoke bathing and massage ritual designed just for you. This treatment includes shampoo and premium hair mask from our Kerastase range.

90 min | ~~£~~1100

INDIBA FACIAL

This exclusive and patented technology is used for full facial rejuvenation. It helps to regenerate collagen and elastin fibres, plump the skin, reduce wrinkles and improve the signs of aging. It combines hydro-dermabrasion, electroporation, and low frequency electrotherapy to elevate the skin to a new level.

45 min | ₺750

INDIBA RECOVERY

Advanced tissue repair for accelerated healing. A personalised manual technique where the therapist focuses action on specific soft and hard tissue types for a bespoke treatment programme. Highly effective for rehabilitation and recovery after surgery, for chronic conditions, acute injuries and pain reduction.

60 min | ₺875

TRUSCULPT

The latest in non – invasive muscle sculpting technology that is truly revolutionary. This painless, non-surgical body contouring technique helps you to sculpt your muscle to get a fit and toned appearance. The treatment is fully customised to treat one or more areas simultaneously to quickly see results.

TruSculpt Flex 1 Muscle Group

60 min | ₺925

TruSculpt Flex 2 Muscle Groups

60 min | ₺1250

LINFOPRESS

The latest in pressotherapy which uses a combination of eight differentiated-sector pressure elements and advanced compression that activates the circulatory and lymphatic system in a simple, quick and effective way. Recommended for cellulite reduction, weight loss, slimming and detoxifying.

30 min | ₺350

REMODELING FACE - TECH ADD-ON

To optimized the result of our treatment, an advanced bioelectric treatment that combines the power of the three currents (Galvanic, medium and high frequency) for immediate and long – lasting results.

90 min | ₺350

CRYOTHERAPY



Art of Cryo : Cryotherapy Chamber

Instantly feel the transformative effect of entering our sub-zero temperature whole-body cryotherapy chamber. This treatment creates full body rejuvenation, endorphin release, calorie burn and weight loss. You will see improvements in skin conditions and find a significantly reduced recovery time after workouts or injury.

15 min | ₺400

OXYGEN THERAPY



AirPod Propel

The AirPod takes the benefits of oxygen therapy to a new level. Oxygen is delivered through increased atmospheric pressure in a personal pod. This cutting-edge wellness technology strengthens the foundation for general health by promoting relaxation, improving sleep quality, reducing stress and boosting energy output. It also provides vital recovery benefits by accelerating repair processes in the body, boosting concentration, circulation and clarity.

30 min | ₺575 - 60 min | ₺745 - 90 min | ₺1150

HYDROTHERAPY



Caracalla

Harnessing the force of water jets into a focused stream creates a deep, wide band of pressure for therapeutic, manipulative penetration and myofascial release. This increases flexibility, improves recovery, strengthens and heals injured tissues through improved circulation.

25 min | ₺450

HYDRACOOOL

The exclusive and patented technology is used for full facial rejuvenation. It helps to regenerate collagen and elastin fibres, plump the skin, reduce wrinkles and improved signs of aging. It combines Hydro-dermabrasion, electroporation, LED and low frequency electrotherapy.

60 min | ₺800

SCOTTISH SHOWER

Scottish shower increase resistance to temperature difference, positively affecting the metabolism and stimulating the immune system. Treatment improves blood circulation and immunity mechanism responses, activates the metabolism ,increase physical and mental resistance and its has a beneficial effect on imbalances of the vegetative nervous system.

30 min | ₺300

NUVOLA DRY FLOATATION

This is a truly unique experience where you lie in a soft, warm membrane, staying completely dry whilst experiencing water therapy, deep relaxation through weightlessness and cacooning. Gentle vibration massage your body, releasing muscle tension and body aches.

30 min | ₺450

ULTIMATE NUVOLA EXPERIENCE

Experience a new dimension in aesthetic beauty and overall wellness with a combination of Body Sculpt, Lymphatic Pumping and Dry Floatation. Ideal to decrease chronic fatigue, irritability, insonmia, muscle weakness and aid recovery.

45 min | ₺700

REVITAL DETOX PROGRAM



This 3-Step therapy offers a tailored plan to help you lose weight and increase your fitness level. Combining a water massage, followed by mud therapy performed on our Nuvola dry floatation bed and ending with an invigorating Scottish Shower. Designed to stimulate fat loss, enhance circulation and boost the immune system. Ideal to reduce volume of thighs, back and abdomen and targets cellulite build-up.

90 min | ₺1200

MLX I3DOME



This triple impact therapy combines long wave infrared rays, plasma and light for the ultimate in detox and weight loss therapy. It is proven to burn fats, accelerate metabolism, remove muscle and joint pain and improve blood circulation.

MLX I3Dome Body

30 min | ₺625

MLX I3Dome Face & Body

30 min | ₺925

SKIN INSTANT MACHINE



Is a unique diagnostic tool that identifies your skin instant. The Skin Instant Lab consists of 5 scientific measurement probes (Hydration, insensible water loss, elasticity, pigmentation, sebumerty) Based on an experts demo cosmetic analysis and taking objective measurements, Skin Instant Lab – drawing on the treatments that permanently match the Skin Instant.

30 min | ₺300

BARBER SERVICES

We have partnered with the Italian Bullfrog range, which is classed as a most advanced men's grooming and barbershop product range with conceptual ideas. It is used by classical and exclusive men's barber establishments around the world. They provide modern male grooming solutions, with an old-school traditional approach.

HAIR & BEARD

Sharp Shaved Duo

Wash, razor head shave, lotion or balm, hot towel with essential oil, foam, razor beard shave, lotion or balm, hot towel, finishing cologne. 50 min | £250

Classic Duo

Wash, classic cut, lotion or balm, hot towel with essential oil, beard shape or shave, second wash, finishing cologne. 50 min | £325

Tailored Fade Duo

Wash, fade haircut, balm, hot towel with essential oil, fade beard, second wash, dry, finishing cologne. 50 min | £325

Keep Them Short Duo

Wash, clippers only cut, balm, hot towel with essential oil, foam, shape or shave beard, dry, finishing cologne. 50 min | £250

HAIR

Sharp Shave Haircut

Wash, razor head shave, lotion or balm, hot towel with essential oil, finishing cologne. 30 min | £175

Classic Haircut

Wash, classic cut, lotion or balm, hot towel with essential oil, wash, dry, finishing cologne. 30 min | £200

BARBER SERVICES

Tailored Fade Haircut

Wash, fade haircut, balm, hot towel with essential oil, wash, dry, finishing cologne.

30 min | ₺250

Keep It Short Haircut

Wash, clippers only cut, balm, hot towel with essential oil, dry, finishing cologne.

30 min | ₺175

BEARD

Sharp Shave Beard

Foam, razor beard shave, lotion or balm, oil, hot towel with essential oil, finishing cologne.

20 min | ₺125

Classic Beard Trim

Beard shape, lotion or balm, oil, hot towel with essential oil, wash, dry, finishing cologne.

20 min | ₺150

Tailored Fade Beard

Beard Shape, balm, hot towel with essential oil, wash, dry, finishing cologne.

20 min | ₺175

MALE GROOMING

Eyebrow Grooming

15 min | ₺125

Hair Dye

60 min | ₺400

Beard Dye

45 min | ₺250

Waxing Ears & Nose

20 min | ₺150

Back Shave

30 min | ₺285

Scalp Analysis

10 min | Complementary

NAIL SERVICES

MANICURE

File & Polish Mani	30 min ฿ 125
Classic Manicure	60 min ฿ 250
CORE Signature Manicure	75 min ฿ 400

PEDICURE

File & Polish Pedi	30 min ฿ 150
Classic Pedicure	60 min ฿ 250
CORE Signature Pedicure	75 min ฿ 350

OTHER

Callus Removal	45 min ฿ 300
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SPA ETIQUETTE

ARRIVALS

- Please arrive at the Spa Reception 10 minutes before your scheduled treatment time and ensure you have completed the consultation form provided. Your therapist will meet you in the Spa Reception and take you through to the treatment room.
- To accommodate all our guests , each treatment will conclude at the scheduled time, regardless of start time.
- For your convenience, the spa will provide towels, slippers, shower caps and all amenities you may need to enjoy your visit.
- Swimsuits are required in some areas of the spa.
- Jewellery and valuables should be left in your designated locker. CORE Beach Resort and Spa do not assume liability for any valuables.
- The spa and wellness environment is one of tranquility and relaxation. Please respect the quiet and privacy of other guests. We kindly request that you refrain from smoking and using mobile phones and cameras.

BOOKINGS

Advanced 24 hour's booking is highly recommended for preferred times and services. The Spa provides walk-in bookings based on availability.

LATENESS AND CANCELLATION POLICY

Please be aware that your late arrival may result in a reduction of treatment time as a courtesy to our next guest. We kindly ask you to give a minimum of 12 hours notice for cancellations. Less than twelve hours' notice will result in a charge of the full price.

SPA ETIQUETTE

HEALTH CONSIDERATIONS

Please advise us of any health conditions, allergies or injuries that could affect your experience or use of the spa facilities. For first time visitors you'll be asked to complete a consultation form prior or upon arrival at the Spa Reception. This will allow your wellness professional to offer a better, customized experience to meet your needs.

MINIMUM AGE

- Only persons aged 18 years and above are to be granted access to the Vitality Area and Spa Services.
- Minors may access the Hair Salon, Barber, and Nail services. Under 12 years, must be accompanied by an adult.

OPERATION HOURS

Weekends: 12 PM to 9 PM

Weekdays: 11 AM to 10 PM

WELLNESS CONSULTATION

CORE Wellness also provides direct wellness consulting, available prior to reservation to customize your treatment selection based on your specific needs.

CONTACT DETAILS

To reserve and book a session or treatment at CORE Spa please contact Guest Relations on **+966 55 300 5582**.



CORE
SPA