

MASSAGE SELECTION

We are happy to provide Massage Services at Kayakapi Spa plus also at your Room / Suite (except for the Ottoman Massage). Our skillful and educated masseurs / masseuses will be happy to be at your service. Please find explanations of each massage type and the rates



1- OTTOMAN MASSAGE (RECOMMENDED)

The Hamam and Ottoman Massage ceremony is started by wearing "pestemal" which is a traditional waistcloth. Then you lie on the "göbek taşı" which is heated marble slab to sweat. Peeling and massage are applied by our skillful masseurs and masseuses throughout your body.

Benefits:

Dead layer of skin is cleaned by peeling and it will make your skin breath more easily. It fastens blood circulation and relaxes the body.

50 Minutes at Kayakapi Spa :
100,00 EUR / Person / VAT Included



2- AROMATHERAPY MASSAGE

A traditional kind of massage that combines the best massage types of the East and the West. It is applied with different aroma essences you're your preference all over the body.

Benefits:

Eradicates the daily stress and tension and gives mental and physical refreshment.

60 Minutes at Kayakapi Spa :
90,00 EUR / Person / VAT Included
60 Minutes at Your Room / Suite :
135,00 EUR / Person / VAT Included
90 Minutes at Kayakapi Spa :
120,00 EUR / Person / VAT Included
90 Minutes at Your Room / Suite:
180,00 EUR / Person / VAT Included



3- THAI MASSAGE

It is an active massage applied in rough way for tightening and stretching the body.

Benefits:

Makes relief on muscle and opens negative energy blocks.

60 Minutes at Kayakapi Spa :
120,00 EUR / Person / VAT Included
60 Minutes at Your Room / Suite :
180,00 EUR / Person / VAT Included



4- FOOT REFLEXOLOGY MASSAGE

The genuine reflexology is the application of pressure onto particular areas of the soles of the feet. A reflex action in another part of the body is stimulated by the manipulation of each specific area. Unlike other massages that use thumbs, palms, hands, elbow, knee and foot, foot reflexology massage uses hands and It is based on the thought "Feet are the mirror of the body".

Benefits :

It can relieve pain and stiffness caused by too much exercising or using muscle for too long and the blood circulation system will be boosted.

30 Minutes at Kayakapi Spa :
60,00 EUR / Person / VAT Included
30 Minutes at Your Room / Suite :
90,00 EUR / Person / VAT Included



5- SWEDISH MASSAGE

Swedish massage combines various hands-on techniques including gliding, kneading, and cross-fiber friction to break up muscle knots, called adhesions. Swedish massage is based on the Western concepts of anatomy and physiology as opposed to energy work. It can be slow and gentle, or vigorous and bracing, depending on what the therapist wants to achieve.

Benefits:

Swedish Massage calms the nervous system and promotes a sense of relaxation and well being it also reduces tension and anxiety.

60 Minutes at Kayakapi Spa :
100,00 EUR / Person / VAT Included
60 Minutes at Your Room / Suite :
150,00 EUR / Person / VAT Included



6- LOCAL MASSAGE

It is a relieving massage applied to the back and neck parts of the body and maintains eradication of negative energy. It is a kind of smooth and slow massage

Benefits:

Relieves the neck ache, reduces the body tension and tranquillizes the body

30 Minutes at Kayakapi Spa :
60,00 EUR / Person / VAT Included
30 Minutes at Your Room / Suite :
90,00 EUR / Person / VAT Included