



## Massage

- Classic massage
- Back massage
- Foot massage
- Head massage
- Aroma therapy massage
- Hot stone massage
- Shiatsu massage
- Cellulite massage
- Lymph Drainage Massage
- Medical back massage
- Medical full body massage
- Chocolate massage



## Cosmetics

- Facial Treatment
- Manicure
- Pedicure
- Waxing



### Turkish Bath gives you a good tan & healthy skin

I have red hair and a lot of freckles; I have had a tan for the first time in my life after having a Turkish scrub massage. Although I have been to Turkey many times, never tried a Turkish Bath before. After I saw it worked, I repeated it and my tan improved. I am brown now and I am happy. (Eva from Oslo)

### What is scrub massage and how does it help to have a better and longer lasting tan?

The scrub massage removes the dead skin cells and cleans the pores, therefore improves the skin health. The tanning process happens in lower part of the skin. When the dead skin cells are removed and the pores are cleaned, your skin starts working in a more healthy way, the 'tanning cells' (melanocytes) underneath produce 'melanin' and you will have a better and longer lasting tan.

### Scrub Massage rejuvenates the skin!

Shaving is similar to the **deep scrub** in the Turkish scrub massage, it removes the upper dead layer of the skin and rejuvenates the shaved part of the face. That's why a lot of men has less wrinkles **in this part of the face** than the women of the same age!

### Scrub massage rejuvenates your skin, keeps you healthy and young!

### The benefits of Turkish Bath and Massage

- \*Skin health is improved. Because the skin is cleaned from dead skin cells and dirt that closes the pores, occurrences of acnes and allergies will decrease.
- \*The duration of the suntan will increase.
- \*The quality of the suntan will increase.
- \*A good oil massage will relieve the stress, headaches, depression and insomnia.
- \*Relief of muscle tension, aches and pains.
- \*Immune system is improved.

### Questions & Answers about scrub massage:

**"I have some suntan, will the scrub massage help to have a better tan or will it take my tan off"**

Do you think your suntan is a kind of dyestuff? If you have a natural tan, and scrub massage takes your tan off, then **we will buy you a free holiday in this hotel!** Remember, the Turkish Bath building is a hundreds of thousands of dollar establishment. And they exist in most of the big hotels. **If they did not help to have a good suntan, they would all go bankrupt!**

**"I have a good peeling cream, isn't scrub massage the same as the peeling cream?"**

Neither your peeling cream nor the peeling in most beauty salons is not comparable to **the scrub massage in Turkish Bath**. Because the dead skin cells after the scrub are not only visible, but also touchable. You will be surprised when they pile up nearby you!

# SELJUK

## HAMAM & WELLNESS



SUNPARK  
Hotels

Room:.....  
Date :.....

**Free Check-up Massage & Skin Analysis**  
PS please use this ticket within 24 hours



*"Discover the mystic touches"*



f Seljuk Hamam Spa Wellness Sunparkhotels

## Top 5 Reasons to have a Turkish Bath.

### • Achieve a smooth and dark tan

Turkish Bath is all about peeling of your dead skin cells and cleaning of the clogged skin pores. You will be surprised what "things" come off your skin! When your skin is cleaned from impurities, it will start functioning much better and it will produce more "pigments" which are the tanning stuff in your skin. If you have difficulty getting a good tan, repeat Turkish Bath a few times. Every time your skin will get darker and darker. Turkish Bath will not remove your tan. If it were possible, Michael Jackson would have been our regular customer! ;)

**You get only darker and darker with Turkish Bath!**

### • Prevent rainbow tanning!

Red chest, red shoulders, dark forearms and white belly, apologies if we described you! But you can go nowhere else if you don't listen to the experts. There are 2 reasons for patchy tanning:

- 1-Your skin has different amount of impurities in different areas.
- 2-The areas exposed to sun get sun allergy and go red.

Your skin needs urgent treatment!

Decrease sunburns and sun allergy!

Dry skin covered with dead skin cells and clogged pores stopping your skin from breathing through. Your unprepared and unhealthy skin gets shocked when it sees our scorching Turkish sun.

**Have mercy on your skin, it is trying to tell you it needs urgent treatment!**

### • Follow a Turkish Tradition

After having been to Thailand if I said "I have never had a Thai massage." All my friends would laugh at me. Remember you are in Turkey. Not Greece, not Spain, not Gran Canarias! You are in Turkey.

**Turkish Bath, Turkish Delights, Turkish apple tea. Do all of these before leaving!**

### • Get a healthy skin

Now remember the faces of your old grandma and grandpa. Grandpa shaved every single day of his life and he had less wrinkles in the lower part of his face than grandma. Shaving, like skin peeling, removes the top layer of the facial skin. Removing the outer layer of the skin rejuvenates the skin and keeps it young. **Get peeled, get healthy!**

### • Relax and have fun!

Lie on the warm marble stone and empty your head, you will get rid of all the stress and problems. Remember you are on holiday so do not resist the foam party!

### • Seljuk Hamam & Wellness Professional & Private Service

(No waiting in the queue and being watched by the strangers when you get the service!)

No hidden extras (You like the cheapest price tag, sure... who doesn't? But be careful about the hidden extras. We have no hidden extras.)

Drinks on the house (Before booking a Turkish Bath, calculate how much you are going to pay for the drinks, when you start sweating, the cost of drinks can exceed the cost of service.)

## Sunpark (P3)

### Welcome Programme

- \* Sauna
- \* Skin peeling
- \* Foam Massage
- \* Classic Massage (30min.)
- \* Facial Treatment (Mini)
- \* Hospitality Drinks

Total Time: 120 min.



## Sunpark VIP

- Sauna
- Skin peeling
- Foam Massage
- Mix Therapy Full body (60min.)
- Basic Face Mask
- Hospitality Drinks



## Sunpark RELAX

- \* Sauna
- \* Skin peeling
- \* Foam Massage
- \* Classic Massage (30min.)
- \* Basic Face Mask
- \* Hospitality Drinks

Total Time: 90 min.



## Top 5 reasons to have your Turkish Bath in Seljuk Hamam & Wellness

### Professional Service

Seljuk Hamam & Wellness Center is operated by experienced Spa & Wellness Team for its excellence of service. We employ only professional & certified masseurs.

### A Personal VIP Service

Seljuk Hamam & Wellness Center offers only private service to guarantee the best Turkish Bath experience. You enjoy it with your family or with your friends without the attention of complete strangers.

### Quality of materials

We use the best materials in the Hamam & Wellness. When you have a scrub massage, you know that the scrub glove is always new, because after the service it is given to the guest as a gift. The second hand scrub gloves used in cheaper alternatives are the sources of infection. We use the best quality massage oils.

### Hygiene

We serve you with high standards of hygiene. You are most welcome to see our cleanliness, an important criteria for a place serving treatments for your skin.

### Cost

The cost of Turkish Bath and massages in our Hotel is about the same as in real Turkish cities such as Istanbul, Ankara and Izmir. So you are paying same money as the Turkish people for Turkish Bath and massage.

### Please pay attention to the important points:

- \* Satisfaction guaranteed absolutely.
- \* We don't charge you for the drinks. Hospitality drinks are on the house.
- \* You need swimming costume on you, while coming for your treatment.
- \* Every minute matters. A quick service is not the same thing as a real Turkish Bath. That's why try to come 5 minutes earlier than your appointment time.
- \* We don't try to decrease the costs by using second hand scrub gloves and low quality materials.
- \* If you have any health problems, pls. notify us before your treatment.
- \* If any time before your appointment you would like to reschedule or cancel your booking, we request a minimum of **24 hours** notice.