



*THE SPA AT VILLA AUGUSTO embraces a holistic to physical and spiritual well-being. Inspired by traditional healing philosophies, our treatments are based upon the principles of restoring balance and harmony to mind and body.*

*Featuring one of the most-luxurious private Spa suites in Antalya region, complete with memorable bathing and herbal steam facilities, Villa Augusto Spa gives you a luxury of personal space and timeliness to indulge your senses, sooth your body and revitalize your spirit.*

*Let yourself be swept away in Villa Augusto Spa signature treatments, the intuitive touch of our Therapists and the restorative powers of our fragrant oils, aromatic herbs and native berries.*

## **SPA RITUALS**

*“You will achieve calmness and profundity, ripeness and wisdom. And the clear enchantment of memory. And most of all, you will have Time....”*

*Lost Horizon, by James Hilton*

## **AB-I HAYAT HAMAM RITUAL**

Lose yourself in an indulging experience that includes Traditional Turkish Hamam Rub followed by Aroma Foam Massage, Revitalizing Essential Body Wrap and Face Treatment to make your skin feel satiny and silky whilst refreshing the mind and body.

*1 hour 30 minutes*

## ***AUGUSTO HOLISTIC RITUAL (for couples)***

Immerse yourself into an experience that includes Relaxation Sea Pearl Bath Therapy, Hydrating Algae Body Wrap and Soothing Aromatherapy Massage (also can be changed to Revitalizing Bali massage).

*2 hours*

## ***HAMAM***

### ***PASHA EXPRESS***

Peeling is considered to be the initial phase of Turkish Hamam tradition, which leaves the skin exfoliated and fresh. This mild scrub stimulates the lymphatic system, removes dry skin cells and encourages skin rejuvenation.

*30 minutes*

### ***AB-I HAYAT HAMAM***

In the beginning, your body is scrubbed with special sea salt that tenderly cleans your skin to make it more satiny and silky. It helps to remove toxins and excessive fat. The final stage is foam massage which elevates you to the peak of aromatic pleasure.

*1 hour*

## ***RASUL SAUNA PROCEDURE***

The Rasul is a treatment of oriental origin that combines the benefits of different applications.

The temperature is kept stable at 40 °C approx. While muds are applied to the skin after sweating that help our body to eliminate toxins and absorb the healing.

The use of essential oils and steam help to stimulate the metabolism and cleanse the body.

The Rasul differs from the traditional Turkish bath for less excessive heat, which makes treatment more gradual and pleasant, relaxing and leaving the skin soft and smooth.

## **CLASSICAL MASSAGES**

### **CLASSICAL MASSAGE**

An in-depth, sensitive, muscle relaxing and stress removing. A massage meant for muscles. By soft and strong strokes blood circulation can be quickened or slowed down, therefore the massage is suited to individual needs. Additionally, it is aimed at relaxing tissues, cells, and, as a result, the whole organism. Massage is conducted on legs, arms, and back by applying individually chosen massaging oils.

*30 minutes, 50 minutes*

### **SPORTS MASSAGE**

A manner of massage that is creative and at the same time relaxing. The primary aim of this massage is to quicken blood circulation. Muscle, nerve and vertebrae aches are treated with ice compresses and supporting bandages. Depending on individual needs, special sports techniques can be applied, muscles enlivened, muscle functions measured, tennis arms treated, etc.

*30 minutes, 50 minutes*

### **AROMATHERAPY MASSAGE**

A gentle and soothing full body massage using a variety of aromatic oils extracted from Mediterranean plants leading to both spiritual and physical relaxation. Designed to strengthen body's vital energy and restore peace and harmony.

*50 minutes*

### **FOOT REFLEX MASSAGE**

A concentrated foot massage applied with special massaging techniques. Through the reflex points in the feet, all body and organs are affected. The energy blockages are removed, the strength of the body is activated, contributing to self-healing phase.

*30 minutes, 50 minutes*

### **ANTI – CELLULITE MASSAGE**

The main reason of cellulite is circulatory malfunction. Hematic and lymphatic deficiencies and extension of the fat tissue result in intense accumulation of toxic agents in the body. Cellulite massage arouses the lymph and blood stream and fills up the tissues with fresh oxygen.

*50 minutes*

## ***LYMPH DRAINAGE MASSAGE***

The purpose of the lymph drainage is to reactivate body's lymph system. The lymph does not only have the effect of discharging water in the body, softening it and removing toxins, but it is also the carrier of the organism's entire defense system.

*50 minutes*

## ***HOLISTIC MASSAGES***

### ***HEALING HOT STONE THERAPY***

Hot stone therapy is a pretentious massage type based on ancient Indian healing methods. The hot basalt and cold marble stones are placed upon energy points of the body. With intense massage and the heat of the stones, the blood circulation in the tissues heightens and stubborn tensions are relieved. This ancient massage technique grounds the body, restores its vitality and balances stress.

*1 hour 15 minutes*

### ***LOMI LOMI NUI***

The queen of the Hawaiian temple massages, a spiritual section of the Hawaiian culture. Massage movements are performed with changeable and connected movements of the lower arm and elbow, allowing for the joints to relax, the soul to be freed and deep relaxation feeling to be stimulated. These touches, which are full of love, embrace the body and immerse it in nice smelling body oils.

*1 hour 15 minutes*

### ***THAI MASSAGE***

This means the traditional treatment massage of Thailand. The technique uses pressure from hands to stimulate the flow of the body fluids, the internal workings and the natural energy in the body. This vigor balances the body, keeps it healthy, and helps it breath and work more efficiently. With simple pressure techniques the body is balanced and a stronger flow of energy is achieved.

*1 hour 15 minutes*

## **BALI BREEZE**

Vigorous pressing activities, soft bumps and necessary pandiculation movements have the ability to affect the interior parts under surface muscles. This sort of massage contributes to the integration of all internal systems and stabilization of all energy points of the human body. By using special natural oils muscles are relieved and energy level increases. An incredible feeling of being relaxed covers the whole body and mind after the massage is complete.

*50 minutes*

## **AYURVEDA SHIRODHARA MASSAGE**

Unique Ayurveda massage that positively affects central nerve system and removes symptoms due to the stress, insomnia and head ache. Hot Ayurveda oil is poured slowly and under control over the “Ajna” (the temple chakra) and afterwards over the “Sahasrara” (the crown chakra) and it leaves a relaxing and calming effect.

*50 minutes*

## **AYURVEDA ABHYANGA MASSAGE**

It exceptionally relaxes body, soul and mind. This sort of massage is applied to the whole body according to one’s own physical conditions with special Ayurvedic oils (Prakriti). By stimulating energy channels in the organism, this traditional massage activates blood circulation and energy flow, strengthens defense mechanisms of the body and helps remove toxins.

*50 minutes*

## **AYURVEDA SHIROABHYANGA**

A combination of Abhyanga and Shirodhara for relaxation. A massage that, with the application of hot, spicy oils, relaxes and revitalizes your body, mind and soul. It soothes the nerve system, resurrects feelings and cleans energy channels by making them work again.

*75 minutes*

## **SOTHYS SIGNATURE BODY TREATMENTS**

*An ode to wellbeing, relaxation and beauty of the body... Exceptional treatments inspired from the Orient and Japan, Sothys signature treatments invite you on a journey with the fragrances from far-away lands...*

## ***HANAKASUMI BODY RITUAL***

Experience the ancient art of beauty with this relaxing body ritual inspired by Japanese traditions. Your journey begins with the application of a warmed exfoliating cream with cherry blossom and rice powder followed by an exfoliating towel massage to soften the skin and invigorate the body. A unique foot massage based on reflexology revives vital energy and relaxes mind. Complete the ritual with a full body massage of melted aromatic shea butter to bring blissful relaxation and melt away stress.

The treatment lasts one hour and fifteen minutes and combines exfoliation, reflexology and massage in one treatment.

1 hour 10 minutes

## ***VELVET SKIN MIRACLE***

Experience the marvel of the thermal waters from the Belgian city of Spa – the origin of Spa rituals. A warm hydrating mist cascades on the body to prepare the skin for the aqua exfoliating scrub. A warmed velvety gel envelopes the body to provide wellness and quench thirsty skin. This relaxing body treatment leaves the skin soothed and radiant, inducing total body harmony.

1 hour

## ***FIRMING BODY TREATMENT***

A specific body ritual focused on slimming and firming the abdomen and thigh area by improving skin elasticity and body contour. An algae peel effectively prepares the skin to receive custom-prepared wraps to the targeted areas. A stimulating massage with essential oils brings well-being and energizes the body.

1 hour

## ***ALGAE BODY WRAP***

Hydrating algae extract, re-mineralizing marine salts and uplifting orange and grapefruit essential oils are blended to invigorate the skin and boost circulation. The blend is applied over the body to deeply cleanse, exfoliate and promote natural elimination process. Customized lotions restore hydration and long lasting protection.

30 minutes

## **GINGER PURINESS**

Indulgence is now a necessity with this blissful ritual. Soft smooth skin becomes reality following exfoliation with a Ginger infused balm. Aromatic bags – smooth Balinese pebbles in soft gauze soaked in a warmed exotic oils and luxurious spiced Granita – are used to perform a massage that is inspired by Asian and Indian techniques. The body is enveloped in deep relaxation, the spirit soothed and the skin hydrated, soft and luminous.

30 minutes

## **BABOR LOCO BRASIL**

**Beleza do brasil -Samba for your Skin.** The fragrance of this skincare range makes Beleza do brasil a Brazilian dance of the senses. The refreshing scent captures the essence of summer vacations, beaches and palms. The head note of lime, milky coconut essences and fruity-tangy lime, bergamot and mandarin conjures up Copacabana beach, while the heart note of lily-of-the-valley, jasmine and hibiscus has a floral, exotic character. The warm base note with hints of musk and tropical woods rounds off this fresh, sparkling yet exotic fragrance and transports you to the rainforest that is still steaming after a tropical shower.

1 hour 15 minutes

## **BABOR SIGNATURE FACE TREATMENTS**

*Discover your very own and individual secrets of beauty with BABOR, the unique cosmetic brand for special moments... Let yourself be swept away on one of our beauty journeys – to the endless depths and secrets of the ocean; to Asia and its traditional healing treatments; to warm and luxurious worlds of fragrance. Lose yourself in this sensual, relaxing experience...*

## **CLASSICAL SKIN CARE**

Starting with skin cleansing, deep cleansing with vapor and peeling after skin test. The individual care program suitable for every type of skin frees it from toxins, provides moisture and soft, silky appearance. Combined with different care types, BABOR classical care program relieves swellings and wrinkles, and returns skin its lively appearance.

1 hour

### ***CRACH CURE – INTENSE MOISTURIZING***

Experience quick and effective energizer for your skin – moisture, intensive care and soothing that works immediately. It is an excellent care restructuring tired and worn out skin. Death cells are removed with peeling making the skin purely cleaned. After the purification, intense moisturizing ampoules are absorbed to the body until the skin is satisfied. It has firm, shining and alive appearance at the end of the care.

1 hour

### ***FIRMING ALGAE PELL OF MASK***

A pure wave of fresh moisture with the power of the ocean. This mask contains natural plankton algae extracts to assure long-lasting hydration of the skin. With its cooling, refreshing, elasticity increasing feature makes skin look smoother, more radiant and tighter. It also increases the resistance of the skin.

1 hour

### ***SELECTION SHAMPANE CARE***

It is an anti-oxidant special care with pure champagne yeast which provides the touch of youth to the worn skin. Its extraordinary perfume relaxes the body, livens the skin and provides a luminescent look.

1 hour

### ***ACTIVE CONTOUR EYE TREATMENT***

Special softening and refreshing care for sensitive area around eyes. Sensational eyes treatment will help reduce swelling and dark circles around eyes, as well as to make the area smoother and encourage skin regeneration.

25 minutes

### ***AGE STOP PROGRAMS***

#### ***MIMICAL CONTROL Q-10 (BOTOX)***

A special remedial care which decreases mimic wrinkles. Special anti-wrinkle massage for face allows the active substance to reach the depths of skin layers, enhances the texture of the skin, makes it smoother and delays the possible appearance of all mimic creases.

1 hour



## ***ULTRA COMFORT MODELAGE***

It is applied to restore perfect shape of face and to ensure its tightness by applying intense thermo model mask prepared for the deep penetration to the skin of the extract and tightening ampoules and crèmes.

1 hour

## ***COLLAGEN BOOSTER TREATMENT***

The program involves essences that contain collagen, a substance necessary for skin support that increases the generation of anti-aging hormones in the skin. Pure collagen intensely moisturizes and tightens the skin, making wrinkles smoother and clarifying facial features. Collagen Booster Treatment involves the process of giving the skin young appearance with assistance of special serums and 100% pure Collagen mask. The natural aging process of the skin is slowed down.

1 hour 10 minutes

## ***HRS POWER LIFTING DELUX***

This luxury lifting treatment provides maximum moisture, cell protection and empowers active agents. BABOR HIGH SKIN REFINER HSR combines the three highly effective active ingredients Multitendyn, Liftolution and Glyco-Stop creating an overall lifting effect: the high performance active substance Multitendyn increases the skin's elasticity by stimulating the regeneration of collagen and elastin fibres thereby tightening supporting tissue. Liftolution, a green micro algae extract, covers the skin like a net, tightening like an instant micro-lift and encouraging the skin's metabolism. Glyco-Stop reduces wrinkles from the inside out by preventing saccharification of collagen fibres. These exquisite ingredients support regeneration of cells and gives a harmonious, vital and juvenescent appearance.

1 hour 10 minutes

## ***HAND & FOOT CARE***

### ***Alessandro Essential SPA Hand Care***

Following a relaxing soak in mineral salts, a Rejuvenating hand Scrub removes dry skin on the hands cuticles. The application of the Alessandro Theemasoft self-heating mask infuses healing oils and leaves skin silky smooth.

## **Alessandro Essential SPA Foot Care**

A foot and lower leg treatment designed to increase the mobility of your ankles and feet whilst stimulating the internal organs, lymphatic flow and the meridians. The Alessandro Theemasoft self-heating mask infuses selected oils to relax, refreshes tired legs and relieves swelling.

### **PRICE LIST**

<b>AB-I HAYAT HAMAM RITUAL</b>	<i>1 hour 30 minutes</i>	<i>100 Euro</i>
<b>AUGUSTO HOLISTIC RITUAL</b>	<i>2 hours</i>	<i>180 Euro</i>
<b>AUGUSTO HOLISTIC RITUAL (for couples)</b>	<i>2 persons/2 hours</i>	<i>350 Euro</i>
<b>HAMAM</b>		
<b>PASHA EXPRESS</b>	<i>30 minutes</i>	<i>35 Euro</i>
<b>AB-I HAYAT HAMAM</b>	<i>1 hour</i>	<i>65 Euro</i>
<b>“RASUL” SAUNA PROCEDURE</b>	<i>20 minutes</i>	<i>30 Euro</i>
<b>SALT ROOM</b>	<i>45 minutes</i>	<i>10 Euro</i>
<b>CLASSICAL MESSAGES</b>		
<b>CLASSICAL MASSAGE</b>	<i>30 minutes</i>	<i>40 Euro</i>
	<i>50 minutes</i>	<i>60 Euro</i>
<b>SPORTS MASSAGE</b>	<i>30 minutes</i>	<i>45 Euro</i>
	<i>50 minutes</i>	<i>65 Euro</i>
<b>AROMATHERAPY MASSAGE</b>	<i>50 minutes</i>	<i>65 Euro</i>
<b>FOOT REFLEX MASSAGE</b>	<i>30 minutes</i>	<i>45 Euro</i>
	<i>50 minutes</i>	<i>65 Euro</i>

<i>ANTI – CELLULITE MASSAGE</i>	<i>50 minutes</i>	<i>90 Euro</i>
<i>LYMPH DRAINAGE MASSAGE</i>	<i>50 minutes</i>	<i>100 Euro</i>
<b><i>HOLISTIC MASSAGES</i></b>		
<i>BALI BREEZE</i>	<i>50 minutes</i>	<i>65 Euro</i>
<i>AYURVEDA SHIRODHARA MASSAGE</i>	<i>50 minutes</i>	<i>70 Euro</i>
<i>HEALING HOT STONE THERAPY</i>	<i>1 hour 15 minutes</i>	<i>85 Euro</i>
<i>THAI MASSAGE</i>	<i>1 hour 15 minutes</i>	<i>85 Euro</i>
<i>AYURVEDA ABHYANGA MASSAGE</i>	<i>50 minutes</i>	<i>85 Euro</i>
<i>LOMI LOMI NUI</i>	<i>1 hour 15 minutes</i>	<i>100 Euro</i>
<i>AYURVEDA SHIROABHYANGA</i>	<i>75 minutes</i>	<i>100 Euro</i>
<b><i>SOTHYS SIGNATURE BODY TREATMENTS</i></b>		
<i>GINGER PURINESS</i>	<i>30 minutes</i>	<i>60 Euro</i>
<i>ALGAE BODY WRAP</i>	<i>30 minutes</i>	<i>70 Euro</i>
<i>VELVET SKIN MIRACLE</i>	<i>1 hour</i>	<i>100 Euro</i>
<i>FIRMING BODY TREATMENT</i>	<i>1 hour</i>	<i>110 Euro</i>
<i>BABOR LOKCO BRASIL</i>	<i>1 hour 15 minutes</i>	<i>170 Euro</i>
<i>HANAKASUMI BODY RITUAL</i>	<i>1 hour 10 minutes</i>	<i>190 Euro</i>
<b><i>BABOR SIGNATURE FACE TREATMENTS</i></b>		
<i>ACTIVE CONTOUR EYE TREATMENT</i>	<i>25 minutes</i>	<i>45 Euro</i>
<i>CLASSICAL SKIN CARE</i>	<i>1 hour</i>	<i>65 Euro</i>
<i>CRACH CURE – INTENSE MOISTURIZING</i>	<i>1 hour</i>	<i>80 Euro</i>
<i>FIRMING ALGAE PELL OF MASK</i>	<i>1 hour</i>	<i>80 Euro</i>
<i>SELECTION SHAMPANE CARE</i>	<i>1 hour</i>	<i>100 Euro</i>

## **BABOR AGE STOP PROGRAMS**

<i>MIMICAL CONTROL Q-10 (BOTOX)</i>	<i>1 hour</i>	<i>90 Euro</i>
<i>ULTRA COMFORT MODELAGE</i>	<i>1 hour</i>	<i>150 Euro</i>
<i>COLLAGEN BOOSTER TREATMENT</i>	<i>1 hour 10 minutes</i>	<i>150 Euro</i>
<i>HRS POWER LIFTING DELUX</i>	<i>1 hour 10 minutes</i>	<i>150 Euro</i>

## **HAND&FOOT CARE**

<i>Alessandro Classic Manicure</i>		<i>20 Euro</i>
<i>Alessandro Spa Manicure</i>		<i>40 Euro</i>
<i>Alessandro Essential Spa Hand Care</i>		<i>60 Euro</i>
<i>Alessandro Classic Pedicure</i>		<i>30 Euro</i>
<i>Alessandro Spa Pedicure</i>		<i>50 Euro</i>
<i>Alessandro Essential Spa Foot Care</i>		<i>70 Euro</i>

## **Depilation**

Paraffin wax procedure:

	<b>for full body</b>	<b>120 Euro</b>
	<b>for legs</b>	<b>60 Euro</b>
	<b>for arms</b>	<b>30 Euro</b>
	<b>Various body parts</b>	<b>5-50 Euro</b>
<i>Eye Brow Tweezing</i>		<i>10 Euro</i>
<i>Eye Brow Color</i>		<i>15 Euro</i>

**SPA SERENITY PACKAGE****300 Euro**

1. *AB-I HAYAT HAMAM RITUAL*
2. *Alessandro Spa Manicure and Pedicure*
3. *AROMATERAPY MASSAGE*
4. *BABOR CLASSIC SKIN CARE*

**SPA DETOX PACKAGE****450 Euro**

1. *AB-I HAYAT HAMAM*
2. *LOMI LOMI NUI*
4. *AYURVEDA SHIROABHYANGA*
5. *ALGAE BODY WRAP*
6. *HEALING HOT STONE THERAPY*
7. *LYMPH DRAINAGE MASSAGE*
8. *SEA PEARL (Jacuzzi with sea salt)*

**AUGUSTO PREMIUM PACKAGE****670 Euro**

1. *AB-I HAYAT HAMAM RITUAL*
2. *HEALING HOT STONE THERAPY*
3. *THAI MASSAGE*
4. *BALI BREEZE*
5. *AROMATERAPY MASSAGE*
6. *Alessandro Spa Manicure and Pedicure*
7. *ALGAE BODY WRAP*
8. *PASHA EXPRESS*
9. *LOMI LOMI NUI*
10. *BABOR CLASSIC SKIN CARE*