

MEMBERSHIP INFORMATION

Excellence is our Heritage



VINOTHERAPIE SPA
BY
CAUDALIE
AT LES OTTOMANS



Excellence is our Heritage

Hôtel Les Ottomans
ISTANBUL **FITNESS**

Muallim Naci Cad. No: 68 Kurugesme 34345 Istanbul

Tel: +90 (212) 3591533-34 Fax: +90 (212) 3591544 E-Mail: spa@lesottomans.com
www.lesottomans.com

CONGRATULATION

You have taken the first step in making the commitment towards an active lifestyle!

We are committed to helping you develop a regular routine so you feel stronger, healthier and more energized.

1 Year Spa & Fitness Membership

- One complimentary 60 min. Massage
- One complimentary 55 min. Fitness Training

6 Months Spa & Fitness Membership

- One complimentary 60 min. Massage
- One complimentary 55 min. Fitness Training

3 Months Spa & Fitness Membership

- One complimentary 60 min. Massage
- One complimentary 55 min. Fitness Training

Spa & Fitness Membership - Points of Common

Allowance to Fitness center, sea water swimming pool and Jacuzzi, Adventure showers, relaxing area with heated ceramic benches, Fin sauna, ice fountain, Hammam (when available), salt inhalation Laconium, Kneipp basins, meditation room and outdoor sea water swimming pool*.

Spa & Fitness Membership Benefits

- %20 discount on Massages, Facial Treatments and Solarium
- Body composition measurement
- Private fitness introduction
- General fitness coaching and fitness program preparation
- Access to outdoor swimming pool
- %50 discount on Spa & Fitness entrance for your guest (accompanied by member)
- %20 discount on Laundry services
- %10 discount at Restaurant outlets
- %5 discount on Hotel accommodation

MEMBERSHIP INFORMATION

The following policies and procedures are designed to assure the quality of our services and facilities to you. Please take the time to read and understand them and we will be happy to discuss them further with you at your convenience.

Putting Your Membership on Hold

The membership can only be put on hold by giving written notice at least 24 hours advance to spa reception. The following are the hold periods allowed for each respective membership:

- Minimum two-week maximum two-month for One Year Spa & Fitness Membership
- Minimum two-week maximum one-month for Six Months Spa & Fitness Membership
- Maximum two-week extension for Three Months Spa & Fitness Membership

Note: Please be informed that no exceptions will be applied if the Membership Hold Form is not submitted in written form in advance.

*Outdoor Swimming Pool Hours of Operation

The outdoor swimming pool is operational from the month of June until September. During this period, the hours of operation are subject to Hotel events. Hotel Les Ottomans reserves the right to adjust hours of operations for such events without advance notice.

Minimum Age Admittance

Children under the age of 14 years old can not be accepted to become a member. Children between 14 and 18 years of age must submit written approval from their parents.

Vehicle Parking

Please be aware that the parking lot where your vehicles are kept does not belong to Hotel Les Ottomans, and has to be paid for each time it is used.

Family Membership

Family membership is an economical way to encourage family fitness. Reduced family rates apply within the same immediate family.

Corporate / Group Membership

Special membership corporate rates are available for groups over 5 people.

Dress Regulation

Proper attire should be worn during workouts, shorts, tracksuits, T-shirts, aerobic wear and running shoes allow you to enjoy your workout and ensure comfort and safety during your exercise.

Be advised that our heated cabins as Finnish sauna, salt inhalation Laconium, Hammam, pools and others are co-gender, please dress accordingly. Swimming attire is available for purchase at the Spa Reception.

MEMBERSHIP INFORMATION

Preparation for your Spa and Gym Visit

Please do not bring any valuable belongings into Spa / Gym. The management of Hotel Les Ottomans will not accept responsibility for lost or stolen items that may have been left in the Spa / Gym.

Hours of Operation

Spa: Monday – Friday from 07:00 to 22:00

Saturday – Sunday from 08:00 to 22:00

Fitness: Monday - Friday from 07:00 to 22:00

Saturday – Sunday from 08:00 to 21:00

Pilates: Monday to Friday from 9:00 to 19:00

Saturday from 09:00 to 13:00

Spa treatments are provided on daily basis from 09:00 to 21:00

During Statutory holidays from 09:00 to 18:00