Hôtel Les Ottomans
ISTANBUL
VINOTHÉRAPIE SPA
BY
CAUDALÍE
PARIS

"I CREATED CAUDALÍE BECAUSE
I BELIEVE IN BEAUTY PRODUCTS
THAT ARE NOT ONLY EFFECTIVE,
BUT ALSO NATURAL AND
LUXURIOUS. THIS IS THE ESSENCE OF
THE BRAND WHICH I AM
COMMITTED TO EACH
AND EVERY DAY."
Mathilde Thomas

THE HISTORY OF CAUDALİE JOINS YOUR JOURNEY AT HOTEL LES OTTOMANS…

The first Vinothérapie® Spa was born out of the vineyards of Château Smith Haut Lafitte in Bordeaux, France. It was there in 1993 that Mathilde and Bertrand Thomas began to daydream of a tranquil oasis nestled amongst the vines, where beauty, luxury and pleasure would prevail. Their original dream to create places to pamper the senses delightfully in a moment of pure pleasure, has been realized and has spread today to several other extraordinary locations around the world.

The vision for Hotel Les Ottomans began with Ahu Kerimoglu Aysal in 1999, who sought to restore grandeur and luxury to a 19th century Ottoman mansion located on the magnificent shores of the Bosphorus. She sought to create a daily retreat for visitors and locals alike who would appreciate history, tradition, and pampering in the spirit of a modern-day fairytale.

These mutual visions came together in 2006, when the Caudalie Vinothérapie® Spa opened its doors in Hotel Les Ottomans. Here you can experience a glimpse of paradise: the unique scents of precious oils, relaxing music and the art of massage to immerse you in an exceptional moment. For you, we offer an array of intoxicating body treatments unique to the world: the famous Barrel Bath and the Crushed Cabernet Scrub, the unmatched cult favorite exfoliating treatment based on grape-seeds... The Pulp Friction Sculpting Treatment, made with fresh grapes. Additionally, you may enjoy traditional massages and body treatments from all corners of the globe including European, Far Eastern and Turkish Hammam treatments.

All of Caudalie's active ingredients come from the heart of the grapevine. The most natural formulas possible are used to ensure the products are the most pleasurable, their texture the most sensual and their fragrance the most subtle. Caudalie is a natural brand because it owes the product's genius to the Earth and the grapevine that it grows from.

Caudalie Vinothérapie® Spa at Les Ottomans is the perfect destination for friends, for daily and hotel guests and for Spa members to get together and be immersed in sensory delight. Begin your experience lounging in our relaxation room on heated ceramic benches beneath a sparkling dome, and unwind with a cup of detoxifying herbal tea before you enjoy your Spa retreats or unique Vinothérapie® treatments.

PRIVATE SPA RETREATS

Spa Retreats take place in the richly appointed Private Spa Suite; a luxurious ambience of east meets west. We will take care of your comfort and every need, whilst you can switch off from the outside world. Below are the many ways you may enjoy the Private Spa Suite, as a group, a couple, or as a special treat for yourself.

Private Spa Suite Experience

1 hour

Relax in the privacy of the Spa Suite and enjoy the heat experiences including Jacuzzi, Aroma Steam Bath, Finnish Sauna, and refresh with the ice fountain and showers.

Les Ottomans' Twin Tulips Retreat for two

3 hours 10 min

The perfect combination of precious time together, whilst benefiting from some of our most popular Spa treatments. A welcoming foot ritual is followed by your private use of the heat experiences. A Slimming Concentrate Treatment and Asian Dry Massage with Hot Herbal Poultices is then performed before the finale of our ever popular Les Ottoman Signature Massage, easing away any tension whilst you drift into blissful relaxation together.

Feet Ritual 10 min; Refreshing Shower-Jacuzzi-Finnish Sauna-Ice Fountain-Aroma Steam Bath 30 min; Slimming Concentrate Treatment / Asian Dry Massage with Hot Herbal Poultice 70 min; Relaxation & Refreshment 10 min; Les Ottomans Signature Massage (for two) 70 min

Relaxation Retreat

2 hours 20 min for one or two

Escape the stress and strain of daily life in our Spa Suite. A cleansing foot ritual will start your journey, followed by your private use of the heat experiences. Your therapist will then melt away any tension with our Personalized Massage to bring stress relief and balance to your body whilst a Hot and Cold Stone Face Massage will calm and soothe your complexion. The ultimate well-being enhancer, to be enjoyed on your own or with someone special.

Feet Ritual 10 min; Refreshing Shower-Jacuzzi-Finnish Sauna-Ice Fountain-Aroma Steam Bath 30 min; Personalized Massage 60 min; Hot & Cold Stone Face Massage 30 min; Relaxation & Refreshment 10 min

Divine Love Retreat for two

2 hours

Following your welcoming foot ritual, use of our Jacuzzi and refreshing shower you will drift away during the relaxing Divine Duo Massage and balancing head and neck Cranial Massage. A wonderful combination of massage techniques, and specialized products to soften, hydrate and glow your skin.

Feet Ritual 10 min; Refreshing Shower & Jacuzzi 20 min; Divine Duo Massage for two 60 min; Cranial Massage for two 20 min; Relaxation & Refreshment 10 min

SPA RITUALS

Our Spa Rituals are a chosen combination of treatments for the ultimate escape. Each of the following packages can be accommodated as a full day experience or if time is of the essence, we can happily schedule the same treatments into a half day for you.

Vinothérapie® Ritual

1 day

Bath or Wrap of your choice *15 min*
Wine Maker's Massage *60 min*
Caudalie Grand Facial or any other *60-minute* facial treatment
Plantar Reflexology *35 min*

Les Ottomans Ritual

1 day

Les Ottomans' Signature Hammam Remedy of your choice *60 min*
Les Ottomans' Signature Massage *70 min*
Collagen Facial Treatment *75 min*

100% Grape Ritual

1 day

Vinosource Facial Treatment *60 min*
Crushed Cabernet Scrub or Divine Scrub *45 min*
Pulp Friction Treatment with Fresh Grapes *60 min*

Mother to Be Ritual

1 day

Divine Scrub *45 min*
Pregnancy Massage *60 min*
Caudalie Vinoperfect Facial *60 min*

Men's Ritual

1 day

Traditional Hammam Treatment *45 min*
Personalized Massage *60 min*
Hot & Cold Stone Face Massage *30 min*

All Rituals are subject to availability and cannot be modified; we therefore recommend advance booking to avoid disappointment.

BATHS, WRAPS AND SCRUBS

These emblematic treatments with grape, red vine and essential oil extracts help reduce tissue swelling by draining and boosting circulation for an exceptional moment of relaxation.

Bath

Relaxing 15 min

Enriched with grape marc and red vine extracts; this hydro-massage bath will offer you all the benefits of the vine.

Choice of: Red vine bath (draining) or Grape marc bath (exfoliating).

Wrap

Relaxing 15 min

A warm application of active ingredients derived from the vine with purifying and hydrating properties; this very enveloping treatment provides comfort and relaxation for the entire body.

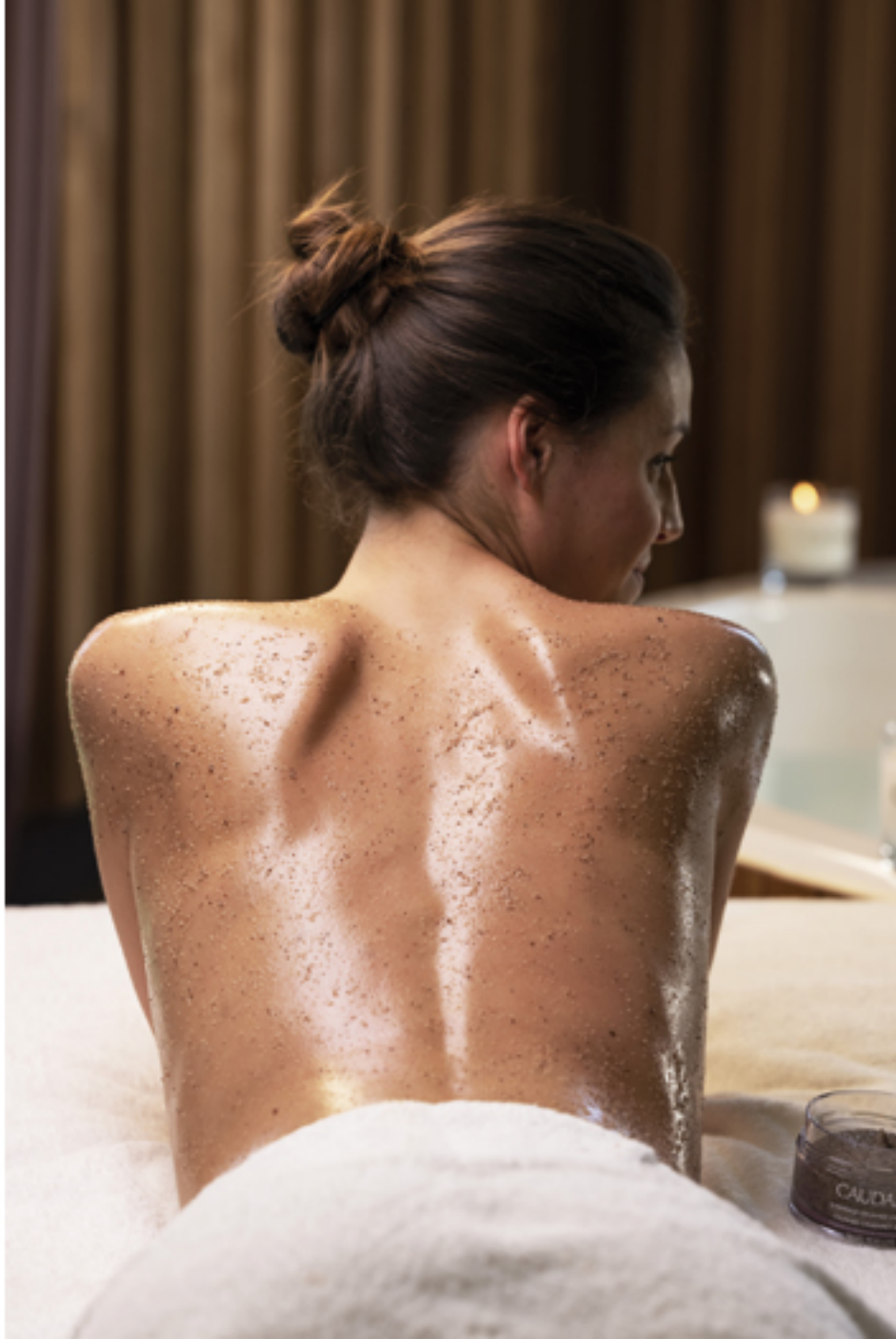
Choice of: Honey & Wine wrap (hydrating) or Merlot wrap (purifying).

Scrub

Exfoliating 45 min

The cult scrub from the Vinothérapie® Spa; ideal before your other treatments. To restore radiance and softness to your skin, Caudalie has developed two exclusive recipes, a fresh blend of grape oil and brown sugar with grape seeds, honey and 6 slimming essential oils or Caudalie Divine oil. The skin is clear, refined and perfectly smooth.

Choice of: Crushed Cabernet Scrub (slimming) or Divine Scrub (moisturizing).



HAMMAM TREATMENTS

These cleansing rituals will thoroughly purify your skin and restore vitality as you are pampered beneath the sparkling dome of our luxurious Hammam.

Les Ottomans' Signature Rose Remedy

Rejuvenating 60 min / also available as couple treatment

Our most luxurious Hammam treatment, using the benefits of Otto Rose, the most traditional hydrating ingredient to be used in Turkish Hammam. During the Ottoman times no other perfume besides the rose was considered proper for the newly washed woman's body. Ideal for thirsty, tired skin this treatment will take you on a sensory journey not to be forgotten. Enjoy the beautiful Rose hair washing and hair mask, full body kese exfoliation and uplifting ice ritual followed by a relaxing Rose soap foam massage and body moisturizing.

Les Ottomans' Signature Citrus Remedy

Uplifting 60 min / also available as couple treatment

A wonderfully zesty treatment ideal for boosting vitality to mind and body. Enjoy an awakening full body kese scrub, foam massage, an uplifting ice ritual, organic honey and citrus body mask, gentle facial peeling; before ending an awakening hair washing and conditioning ritual and application of energizing body balm.

Traditional Hammam Treatments

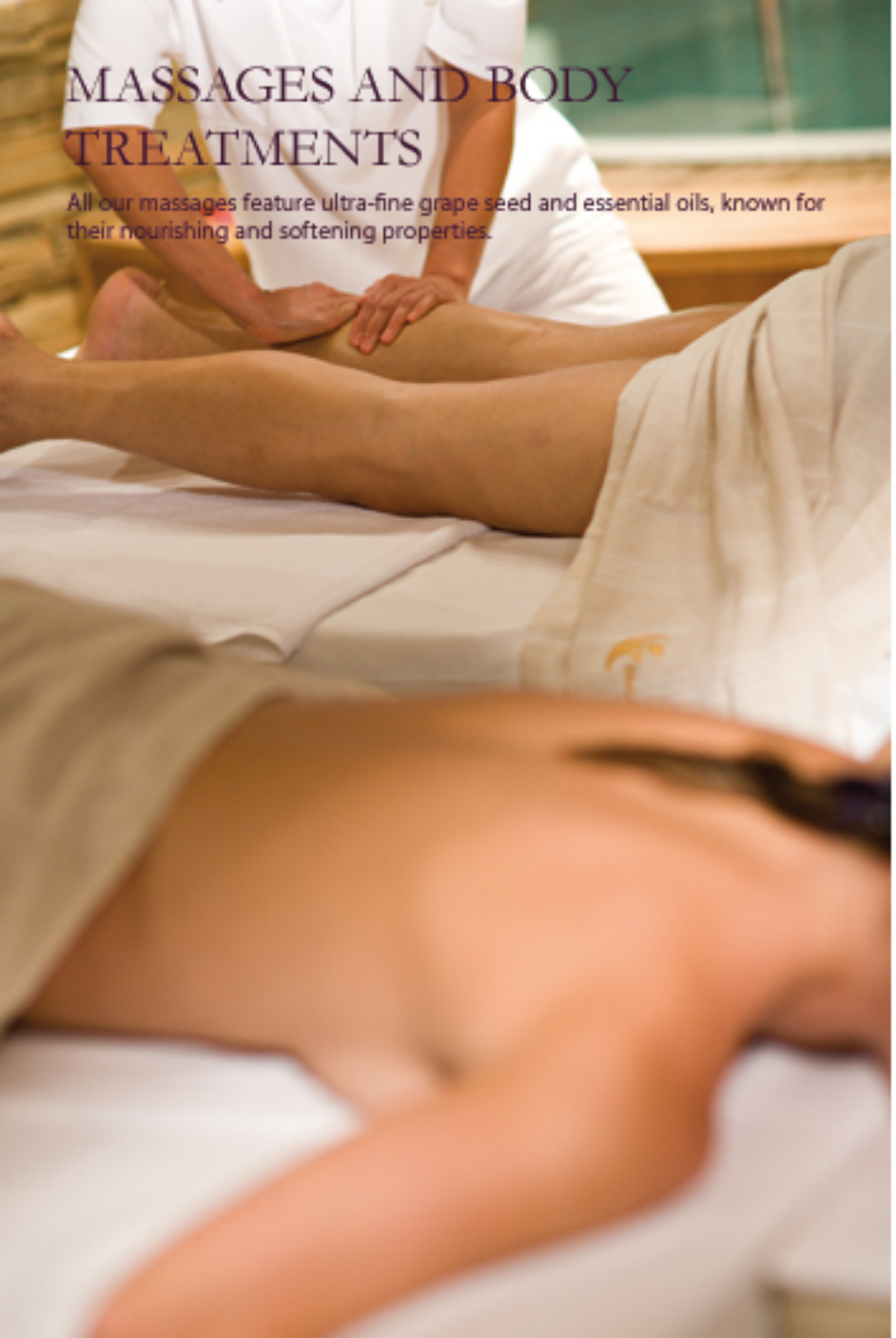
30 min treatment includes scrub with special exfoliating glow, foam ritual, hair-wash & conditioning.
45 min treatment includes scrub with special exfoliating glow, foam massage, hair-wash & conditioning.

Also available as couple treatment

Hammam Treatment Packages

For visitors to our spa wishing to continue the benefits of our treatments on a regular basis, we have a special offer for any of the above hammam treatments. Purchase same 6 treatments and receive 1 complimentary.

For optimum results we recommend you to use the salt inhalation Laconium, Steam and/or Sauna for at least 20 min. prior to your Hammam experience. We also advice you not apply any body lotion/cream on the day of your hammam treatment.
Please note that couple and multiple treatments are provided at the same time and room. We may accommodate groups of maximum 4 people at the same time (same gender only)



MASSAGES AND BODY TREATMENTS

All our massages feature ultra-fine grape seed and essential oils, known for their nourishing and softening properties.

Caudalie Signature Massage

Relaxing or Toning 60 min / 90 min

This is truly our signature body sculpting massage. Your choice of relaxing or toning, this massage relieves tension and livens you up.

Divine Duo Massage for two

Relaxing 60 min / 90 min

The most romantic, relaxing and enveloping massage for two. In the same treatment room as the person of your choice, you will both be simultaneously massaged by individual Vinotherapists. Under the glow of the soft light of a massage candle that melts into a warm, moisturizing oil delicately scented with Grape Blossom.

Wine Maker's Massage

Energizing 60 min

This sculpting massage is Caudalie's signature and recreates the ritualistic steps of the wine-making process on the body. This treatment alternates techniques using bare hands and pressure on the energy paths. No area of the skin is overlooked; your entire body is stimulated, from the tips of your fingers to the bottoms of your feet. This sculpting massage activates blood circulation and muscle tone. You will leave bursting with energy!

Cranial Massage

Relaxing 20 min

Hand placement on the skull is designed to free energy blockages and promote relaxation. This massage simultaneously stimulates reactions in the whole body, helping to rebalance the energies of the nervous system.

Hot Stone Massage

Warming & Restorative 70 min

Hot Stone Therapy is an ancient healing practice found to be most beneficial in providing the body with a natural source of heat and restoring depleted energy. This massage will help to eliminate tension areas and stress by using a combination of manual techniques with hot stones to completely relax and revive.

Pregnancy Massage

Nurturing & Tension Releasing 60 min

This therapeutic bodywork focuses on the special needs of the mother-to-be as her body goes through the pre-natal change. Pregnancy massage can help to reduce swelling, eliminate back and neck pain and improve circulation. We do not recommend any massage during the first trimester; however, in the following trimesters pregnancy massage is highly recommended to improve your comfort during this special time.

Deep Tissue Massage

Tension Releasing & Invigorating 50 min

This firm and intense massage technique focuses on the deeper layers of muscle tissue. It aims to release the chronic patterns of tension in the body through slow strokes and deep finger pressure on the problem areas.

Plantar Reflexology

Anti-stress 35 min

By stimulating certain reflex points on the sole of your foot, this method regulates your body's energy fluxes, improves the lymphatic and circulatory systems and eliminates toxins.

Les Ottomans' Signature Massage

Balancing & Energizing 70 min

Our signature massage has been masterfully devised to blend the most effective aspects of Eastern and Western massage techniques. Warm oils and hot herbal compresses are used in combination with acupressure, with flowing and stretching deep tissue massage to completely unwind the body and revive the mind.

Also available as couple massage

Personalized Massage

30 min / 60 min / 90 min

Following consultation with your therapist, the perfect treatment for your tension areas will be designed especially for you. Using a variety of gentle stretching, heating techniques and advanced massage skills this massage will be your ideal remedy, whatever your stress may be.

Exhilarating Massage under Affussion

Reviving 20 min / 45 min

A refreshing and relaxing massage for guests in need of quick rejuvenation. A combination of multi-benefit grape-seed oil and essential oils that are melded into the skin under pulsing jets of warm water.

Massage Extension

10 min

You may pre-arrange 10-minute massage extension for appropriate massages.

Vine Drainage

Detoxifying 50 min

To create a draining effect, this technique uses gentle sculpting massages and pressure on the lymph nodes to promote lymphatic circulation and to decongest the tissues.

Slimming Concentrate Treatment

Slimming 70 min

This treatment is one of the most effective rituals for slimming the silhouette. From your ankles to your stomach, cellulite is smoothed through a lengthy sequence of massages and firm kneading using Caudalie's Contouring Concentrate. To finish this treatment, a slimming mask is applied to the troubled hip and thigh area. At the end of this massage you are left with an incredible sensation of lightness.

Divine Body Treatment

Toning & Relaxing 80 min

This cocooning wrap begins with the Divine Scrub, gently preparing your skin to benefit from the treatment. This is followed by a relaxing massage with Divine Oil, a unique combination of four exceptional oils. Your skin is soft, moisturized and left with a subtle floral fragrance (a mix of rose, grapefruit, pink peppercorns, vanilla, cedar and white musk).

Pulp Friction Treatment with Fresh Grapes

Relaxing & Hydrating 60 min

This relaxing treatment remineralizes and gently exfoliates skin thanks to natural active ingredients contained within the fruit. This massage centered around fresh grapes and essential oils gives your skin lasting softness and moisture.

Asian Dry Massage with Hot Herbal Poultice

Stretching & Tension Releasing 70 min

Inspired by Thai Massage, this treatment is performed over loose comfortable clothing provided by the Spa. Hot herbal poultices, an ancient Thai remedy containing warming and relaxing herbs are used to gently warm and loosen aching joints and muscles before assisted stretching and pressure is applied to the body. An amazingly powerful treatment leaving your mind and body stress free.

Massage Packages

For visitors to our Spa wishing to continue to benefit of our treatments on a regular basis, we have a special offer for any of the above 60 or 90 min massages or combination package of 60 min hammam treatments, personalized massages and facials.

BODY SCULPTING TREATMENTS- STARVAC SP2

Starvac SP2 includes a series of patented treatment-heads with mobile rollers that constantly adapt to the individual's skin surfaces, resulting in greater efficiency.

Starvac Treatment

60 min

Starvac Slimming Package '5

We recommend this 5-session package for light slimming requirements, perhaps before a special event or for muscular tension.

Starvac Slimming Package '10

We recommend this 10-session package for treating early stages of cellulite and for muscular relaxation.

FACIAL TREATMENTS

Our facial treatments were developed from the unique combination of patented grape and grapevine ingredients with the latest skincare techniques. In the hands of our therapists, you'll experience a full regimen of skincare treatments for firmer, healthier more beautiful skin.

Premier Cru Treatment

Anti-ageing 70 min

A supreme beauty ritual for unparalleled results. A long smoothing sculpting massage combined with an innovative derma-roller, will restore youth and radiance to your skin. Before applying Premier Cru The Cream – a distillation of Caudalie's best patented active ingredients – an exclusive mask enriched with Resveratrol is used. The skin is perfectly smooth and toned; wrinkles and fine lines are visibly reduced.

Premier Cru Eye Treatment

Smoothing 25 min

This treatment for the eye contour is perfect for really brightening the delicate area around the eyes. A gentle massage and the application of a mask concentrated in anti-ageing active ingredients smooth the features, help to significantly reduce dark circles and instantly reduce puffiness. The eye contour is lifted and the eyes are enhanced.

Caudalie Grand Facial Treatment

Personalized 60 min / with steam and extraction 75 min

This entirely manual treatment is Caudalie's signature treatment and works for all skin types. It relaxes your features, restores your radiant complexion through a long relaxing massage, accelerates cellular renewal and improves your skin's texture. Your complexion looks rested and radiant.

Choice of: Resveratrol Lift (firming); Vine Active (anti-wrinkle); Vinoperfect (radiance&brightening); Vinosource (moisturizing); Vinopure (purifying).

Collagen Facial Treatment

Rejuvenating & Anti-ageing 75 min

This result-driven facial attempts to slow down the aging process by replenishing the skin's natural proteins. Skin will be cleansed, exfoliated, detoxified and a special personalized blend of the finest essential oils will be applied to the face and decollate. Lifting massage techniques paired with the collagen mask will stimulate your skin at the deepest level. As a result, the facial muscles are toned and the skin is boosted and hydrated, fine lines and wrinkles smoothed away.

Oxygenating Facial Treatment

Anti-ageing & Rejuvenating 75 min

This entirely manual, tailored treatment is the pinnacle Les Ottomans treatment. Your experience will include cleansing, exfoliation, extraction if desired, soothing massage of the face, neck, décolleté and hands, and is completed by a 97% plant-based elixir booster and oxygen application. This highly personalized facial creates an instant glow, improves the skin's texture, accelerates cell renewal and regulates the moisture level.

Express Oxygenating Facial Treatment

Anti-ageing & Rejuvenating 35 min

This cleansing and oxygen-balancing express facial treatment will bring a healthy glow and vitality to your skin. It includes cleansing, and application of skin serum which is rapidly absorbed with the support of subsequent oxygen treatment. A program of two sessions per week is recommended for all skin types.

Hot & Cold Stone Face Massage

Refreshing & Calming 30 min

Experience the benefits of hot and cold basalt stones to improve circulation, lymphatic drainage and reduce puffiness. The gentle healing property of the stones will also calm a busy, tired mind. This express treatment includes cleansing of the skin and application of our Caudalie products most suited to your skin. Leaving you feeling totally refreshed and radiant.

Additional Eye Collagen mask Application

An application of highly effective collagen eye patches that firms and tightens the delicate skin around the eyes. It is a great add to any facial.

LAST TOUCHES

Paraffin Hand Care
Available as additional care to any of our facial treatment

Eyebrow and Eyelash Tinting
Available as additional care to any of our facial treatment

DAILY PASSES

Daily Pass of Spa & Fitness Centre
Daily Pass of Outdoor Swimming Pool

SPA ETIQUETTE & POLICIES

BOOKING POLICY

Please kindly note that we require a standing record of your credit card in order to guarantee your Spa treatment / session reservation. For the ambience of our spa and comfort of our guests, children under the age of 14 years old are not allowed to enter the Spa facilities.

CANCELLATION POLICY AND CHARGES

24 hrs. notice of cancellation must be given for entire Spa treatments including Rituals, Retreats and Gift Certificates otherwise a 100% charge will be incurred. Please be aware that late arrivals will not receive an extension to their treatment and full treatment cost will be charged. Group and multiple reservations are fully billed 3 days prior to the scheduled appointment. Gift Certificates are valid for 3 or 12 months. Any expired Treatment Spa Gift Certificate can be extended by a maximum of two months from the expiration date for an additional 60 TL service fee. All Spa, Fitness and Pilates Packages are valid for 6 months from the purchase date.

CHECK IN POLICY

On arrival to our Spa we kindly ask that you bring with you your personal photo identification in order to complete check-in in to Spa (ID; passport or driving license). This is our hotel security policy for outside guests and must be completed.
We kindly advise that you check in to the Spa at least 60 minutes before your treatment time to be able to benefit from our heat experiences including sea water pool & Jacuzzi, Fin sauna, salt inhalation Laconium, ice fountain, Kneipp basins, adventure shower and relaxation area. Please kindly note that late arrivals will not receive an extension or compensation to their treatment(s).

HEALTH CONSIDERATIONS

Kindly advise us of any health conditions, allergies or injuries that may affect your choice of treatment when making your Spa reservation.

PREPARATION FOR YOUR SPA VISIT

On arrival to the Spa, you will be given your personal locker with luxury robe and non-slip poly-carbon slippers which should be worn at all times throughout the Spa.
We strongly advise that you do not bring any valuable belongings to the Spa.
Hotel Les Ottomans; will not accept responsibility for any lost or stolen items in the Spa.
Our heat experience areas are unisex and therefore swimming attire must be worn by all guests. Swimming attire is available for purchase at the Spa Reception and disposable underwear is supplied before your Spa treatment.

GIFT CERTIFICATE

Gift certificates are available for all Spa services. You have the option to select either a 3-month valid Spa treatment voucher or a 12-month valid special selected value voucher. Our Spa Reception team will be happy to assist you on your choice and preparation of the voucher. Gift Certificates may be mailed or collected at the Spa Reception.

OPENING HOURS

Spa: Mon – Fri , 7am – 10pm
Spa: Sat – Sun , 8am – 10pm
Spa Treatments are available everyday from 9am - 9pm

Fitness: Mon – Fri, 7am – 10pm / Sat – Sun, 8am – 9pm

Pilates Studio

Mon – Fri, 8am – 7pm
Sat - 10am – 2pm
Sun - closed

CAUDALÍE VINOTHÉRAPIE® SPAS
WORLDWIDE

TURKEY

Vinothérapie Spa Les Ottomans Hotel

Muallim Naci Cad. No: 68
34345 Kurucesme, Istanbul Türkiye
+90 212 359 15 00
spa@lesottomans.com

Monday to Friday 7am to 10pm
Saturday to Sunday 8am to 10pm

FRANCE

Vinothérapie Spa Les Sources de Caudalie

Chemin de Smith Haut Lafitte
33650 Bordeaux-Martillac France
+33 5 57 83 82 82 / vino@caudalie.com

Monday 10am to 7pm
Tuesday to Saturday 9am to 7pm
Sunday 9am to 1pm
20 minutes from Bordeaux

FRANCE

Vinothérapie Spa Les Étangs de Corot

53-55, rue de Versailles 92410
Ville d'Avray France
+33 1 41 15 37 70 / spa@etangs-corot.com

Monday to Sunday 10am to 7pm
5 minutes from Versailles
and 20 minutes from Paris

CANADA

Vinothérapie Spa Shangri-La Hotel

Fifth Floor, 188 University Avenue, Toronto
Canada M5H 0A3
+ 1 647 253 5770
info@mirajcaudaliespa.com

Monday to Saturday 9am to 9pm
Sunday 9am to 7pm

UNITED-STATES

L'Appartement Caudalie Spa

819 Madison Avenue, 4th floor Between 68th
and 69th street New York, NY 10065 USA
+1 212 265 3182
caudaliespa@caudalie-usa.com

Monday to Saturday 10am to 7pm
Sunday 11am to 6pm

SPAIN

Vinothérapie Spa Marqués de Riscal Hotel

Calle Torrea, 1 Elciego 01340, España
+34 945 180 888
spa.marquesderiscal@luxurycollection.com

Monday to Thursday 10am to 8pm
Friday to Saturday 10am to 9pm
Sunday 10am to 8pm
90 minutes from Bilbao

PORTUGAL

Vinothérapie Spa The Yeatman Hotel

Rua do Choupelo (Sta. Marinha) 4400-088 Vila
Nova de Gaia, Porto, Portugal
+351 22 013 3118
spa.reception@theyeatman.com

Monday to Wednesday 10am to 8pm
Thursday to Sunday 10am to 9pm

PORTUGAL

Vinothérapie Spa L'AND Vineyards Hotel

Estrada Nacional 4, 7050-031
Montemor-O-Novo, Portugal
+351 266 242 400
reservas@l-and.com

Monday to Sunday 9am to 9pm
60 minutes from Lisbon

Excellence is our Heritage

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ISTANBUL

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