



CORNELIA

De Luxe Resort

Golf & Spa

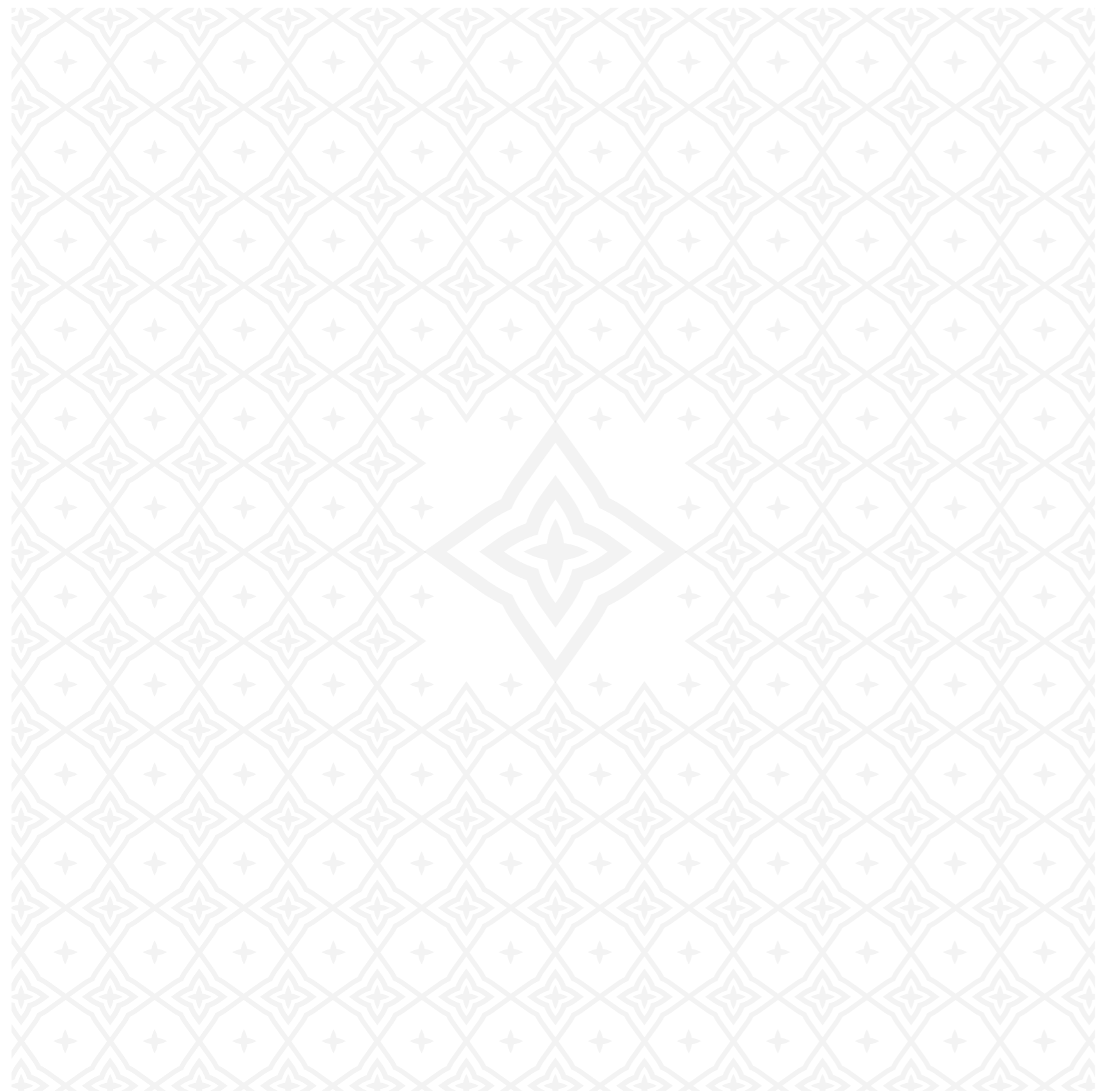
Belek • Antalya • Turkey



Crassulaceo

TR | EN | DE | RU

 3670



Our philosophy

CrassulaECO believes our health and the health of our environment are inherently connected. Thus we offer only 100% organic and non-toxic products and services while insisting upon the highest standards of quality. Treat yourself knowing that from our products to our services, your health and the health of the environment are our top priorities.

All our treatments are chosen for their holistic qualities and are carried out by our highly-skilled therapists who are passionate in their commitment to chemical-free treatments. . Environmental toxins are a challenge enough to keep at bay without actively massaging them into our faces and bodies. Yet this is what individuals do to themselves every day.

Here at the CrassulaECO Spa, we use only certified organic products in our treatments and offer a wide range of organic and natural products in our SPAShop. As we always recommend our clients to use organic products which minimise their daily intake of harmful chemicals, we have carefully selected ranges that offer a genuine organic alternative to mainstream brands. You experience all the usual feel-good effects of a spa but also have the peace of mind of knowing that all products are organic so are providing the best care for your skin and the planet.

There are not only certified organic products as pure as possible produced without the aid of chemical fertilisers or pesticides, but you can also be assured that they are ethical as regards product testing and fair trade.

CrassulaECO Spa uses only professional certified organic ranges, five star ranges for five star clients.

Save The Nature,
Save Your Soul,

CrassulaECO Team

MASSAGES

Foam Massage

Turkish Peeling

Turkish Peeling & Foam Massage

Classic Local Massage

Deep Tissue Massage

Anti Cellulite Massage

Therapy Massage

A technique whose purpose is to encourage the natural circulation of the lymph fluids by manual manipulations. This massage is applied with very light pumping pressure movements to stimulate lymph flow and eliminate oedema.

Golf Massage

Sports Massage

Classic Full Body Massage

Reiki Chakra Control

Reiki Energy Transfer

Foot Reflexology

A natural healing art based on the principle that there are reflexes in the feet and their referral areas within zone related areas which correspond to every part, gland and organ of the body. Through application of pressure on these reflexes the feet being the primary area of application, reflexology relieves tension, improves circulation and helps promote the natural function of the related areas of the body. Stress is obviously the main problem of society. Lately it has been proven by scientists that much of our daily discomfort is due to the effects on our nervous system by stress. As stress is slowing down the blood circulation, reflexology enhances it and allows nutrition and the elimination of toxins. The immune system of reflexology patients shows a better performance; especially in winter time they are resistant to illnesses like the flu or catching a cold.

Aromatherapy Massage

Thai Foot Massage

Deluxe 4 Hand Massage

Hot Stone Massage

Indian Head Massage

Full Body Balinese Massage

MASSAGES

Thai Massage

The main structure of Thai massage is Indian and Chinese traditional medicine, involving mainly stretching and pressure. This form of bodywork is usually performed on the floor, without oil and the client wears comfortable clothes that allow for movement during the application of approximately 60 different pulling and pushing movements. This technique is applied with passive stretching and soft pressure on the energy lines of the body. Coming from ancient times as Buddha, it is a mixture of Shiatsu, Acupressure and Yoga. Therapists will use their fingers, hands and feet to apply pressure on certain points in order to promote blood circulation and they will have the guests do some stretching movements. Thai massage will enhance flexibility, diminishes stress, stimulates inner organs and balances the energy system of the body.

Shiatsu

Japanese from shi, meaning finger, and atsu, meaning pressure it is a traditional hands-on therapy technique that refers to the use of fingers and the palm of one's hand to apply pressure to particular sections on the surface of the body for the purpose of correcting imbalances of the body, and for maintaining and promoting health. It is also a method contributing to the healing of specific illnesses. The theory is based on the Life energy, called Chi, which is following an energy flow along Meridians situated precisely all around the body. There are 14 main meridians which are each connected directly or indirectly with inner organs and may affect them or their functions. Along each meridian there are energy points, which are placed on specific areas or channels to achieve an undisturbed and balanced energy flow. Shiatsu is a healing method on which there is pressure applied on these points. It may help eliminate several complaints, regulate the energy balance in the body so that the self-healing power of the body is triggered.

Abhianga

Shiroabhianga

BODY TREATMENTS

Marine Salt Peeling

Special Peeling

After Sun Soothing Treatment

Pregnancy Treatment (Stretch Marks Prevention)

Marine Body Wraps

Organic Intensive Hydration for Body

Cleopatra Body Treatment

Body Sculpting & Slimming

Zero Cellulite

Deluxe Therapy

FACIAL TREATMENTS

Mini Face Treatment

Basic Face Treatment

Eye care

Organic Treatment for Men

Organic Intensive Hydration

Organic For Sensitive Skin

Organic For Combination Skin

Pure Treatment For Oily Skin

Organic Renewing

Organic Collagen

Organic Stretching & Lifting

Organic Anti-Aging

Natural Caviar Treatment



“Extraordinary achievements are always based on simple ideas.”

Lev Nikolayevič Tolstoy

About Organic Treatments

LUXURY; ABSOLUTELY NATURAL...

People these days tend to satisfy their requirements more and more in a spiritual way. Their lifestyle leads them to topics as stress prevention, living in a peaceful environment, health and stability. Consumers have founded a group called LOHAS (Lifestyle for Health and it's Sustainability). Members of this group live their lives comfortably. They want to be in harmony with nature without renouncing Luxury. A combination of environmental awareness and Luxury worth living. Inspired of these trends and to satisfy all needs, research laboratories have developed a series of organic skin treatment products. This series, not only respects the environment but also achieves the natural values. It is the newest trend called Green Glamour. While natural cosmetics are free of harmful ingredients, bio products have gone one step further. These products consist of ingredients as pure as possible.

Special formulas developed for organic products:

- without synthetic colorants
- without synthetic perfume substances
- without animal raw materials
- without petroleum-based ingredients
- without paraffins
- without PEGs
- without Paraben
- without irradiated ingredients
- without genetically modified raw materials

For organic face and body treatments, organic active ingredients were Für organische Gesichts-und Körperbehandlungen wurden organische Wirkstoffe formuliert. For all skin types and conditions there is a bright variety of products available.

Product contents:

- Pure, natural, Ecocert-compliant perfume
- Natural extracts of certified organic ingredients cultivated in compliance with strict organic standards of availability and species protection
- Ecocert-compliant raw materials
- Plant-based emulsifiers

FREQUENTLY ASKED QUESTIONS for CRASSULA ECO

How do I make a Spa Appointment?

Reservations for our spa may be made by calling CrassulaECO directly at 3670. Or you may come to CrassulaECO Spa Reception Desks.

How can I pay?

The amount will be charged to your room account so you can pay while you are leaving the Hotel.

What is the Cancellation Policy?

At the time of your reservation we do require your room number, otherwise your appointment cannot be taken. Because CrassulaECO Spa is by appointment only, your appointment is time reserved exclusively for you. We request that you acknowledge and respect our cancellation policy. If you need to reschedule or cancel an appointment, we require a minimum of 5-hours notice. Less than 5 hours notice will result in a charge of 50% of services reserved.

What time should I arrive for my Spa Service(s)?

We ask that you arrive at the spa at least 10-15 minutes prior to the start time of your first scheduled service. This will allow you time to check in at the desk, change into your robe and sandals and complete a Health History Questionnaire.

What if I am late?

Arriving late will limit the time for your spa treatment, lessening its effectiveness and your enjoyment. As your service was reserved at a specific time, your treatment will end at its set time so that the next guest is not inconvenienced and the full treatment price will apply.

What should I wear during my massage?

During your service, you will be professionally draped at all times. You are not obliged to wear anything under your robe or during your service. We can serve you special slips for one use. Some guests prefer to leave their undergarments on or wear a bathing suit during massage services. Please feel free to do what feels most comfortable to you.

Are your massages covered by health insurance?

Most insurance companies cover massage therapy, but please check with your provider to verify since some insurance providers are beginning to cover massage treatments. All of our Massage Therapists are registered and licensed to practice.

What should I wear into the sauna or steam room ?

Because the sauna and steam areas are reserved exclusively for you, many guests choose to wear nothing into the sauna and steam rooms. Some guests wear their robes or wrap up in towels. Please feel free to do what feels most comfortable to you.

If I'm pregnant, what Spa services can I receive?

Expectant guests may enjoy any facial services. Once you are safely into your second trimester, pregnant guests may receive a prenatal massage. We recommend that you check with your physician before booking any Spa services. We will not perform wraps, hot stone services or deep tissue work on expectant guests.

Bringing Kids to the Spa

As the Spa is an adult area, we respectfully request that guests do not bring their children to services with them.

**Prices, services and hours are subject to change.





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Belek • Antalya • Turkey

www.corneliaresort.com

