

ALATTIA
SPA

an oasis of WELLBEING

Alatia Spa offers an exceptional “hub of feeling good” at Biblos Resort Alaçatı where the understanding of hospitality translates into art and culture. An incomparable architecture, sophisticated service, and re-defined guest indulgence differentiates Alatia Spa from the others.

Through the silky touches of Alatia Spa, inspired by the infusing freshness of the Aegean, its nature, its thousands of years old history and its sapphire blue waters, you will discover a serenity in your soul and a glow on your skin.

Alatia Spa, with its world-class therapists and high-class organic products, perfectly balances your body, mind & soul and takes you to an inner journey by means of its fragrance and atmosphere. It invites you to experience a unique & with its special services before and after therapy.



ALATIA
SPA

PURIFICATION & REVITALIZATION RITUAL

110 Minutes



ALATIA SPA'S HAMAM TREATMENT

50 Minutes

Following a serene hammam experience, relax your body with a 60-minute massage of your choice, including Balinese, Aromatherapy, Swedish, or Deep Tissue massage. The experience is completed with a 20-minute head and neck massage, leaving you deeply relaxed and renewed.

HAMMAM TREATMENTS



ALATIA LONGEVITY HAMMAM TREATMENT

65 Minutes

Following the traditional exfoliating kese ritual, the skin is gently cleansed with an authentic silk glove foam massage, including a full-body foam massage along with a relaxing head and neck massage. Enriched with bergamot and lemongrass extracts, the treatment purifies the body while preserving the skin's natural moisture balance. A pink clay full-body mask is then applied to deeply cleanse and revitalize the skin. The ritual continues with a light-activated hair cleansing ceremony, enriched with sea salt, rosemary, and bay leaf oil.

Providing a detoxifying effect for the body, this treatment also calms and purifies the mind through the serene atmosphere of the hammam, offering a complete sense of renewal.



TURKISH HAMMAM

50 Minutes

Following a traditional full-body exfoliating kese ritual, guests relax on the heated marble stone while enjoying a soothing foam massage, including a full-body foam massage along with a relaxing head and neck massage.

The treatment is completed with a light-activated hair cleansing ritual, enriched with sea salt, rosemary, and bay leaf oil.



KESE EXFOLIATION

30 Minutes

A traditional full-body kese exfoliation gently removes dead skin cells, leaving the skin refreshed and revitalized.

MASSAGES



BALINESE MASSAGE

60 Minutes
90 Minutes

Balinese Massage is a special wellness therapy designed to provide deep relaxation and holistic well-being. Performed with long, flowing movements, rhythmic pressure techniques, and aromatic oils, this massage helps reduce muscle tension, support circulation, and release accumulated stress from the body. Relaxing both body and mind simultaneously, this treatment supports energy balance while creating a deep sense of renewal and inner calm.



AROMATHERAPY SLEEP TREATMENT

60 Minutes
90 Minutes

This special relaxation ritual prepares the body and mind for a deep state of calm. Performed with soothing aromatherapy oils such as lavender, chamomile, and sandalwood, the treatment helps relax the nervous system, reduce muscle tension, and release the stress accumulated throughout the day.

Applied with gentle and rhythmic touches, this massage promotes mental tranquility while helping to restore the body's natural sleep cycle, allowing for a deeper and more restorative sleep experience.



DE-STRESS MASSAGE

60 Minutes
90 Minutes

Inspired by a fusion of Ayurvedic traditions and Western therapeutic techniques, this De-Stress Massage combines ancient and modern methods to help relieve muscle pain and strengthen the joints. Applied with firm and effective pressure, this deep relaxation massage helps reduce tension while supporting the elimination of edema and toxins from the body, leaving you feeling restored and revitalized.

AYURVEDA ABHYANGA MASSAGE

60 Minutes

Abhyanga is one of the most fundamental and valued rituals of Ayurveda. This rhythmic full-body massage, performed with warm herbal oils, aims to support the body's natural energy balance, stimulate blood circulation, and calm the nervous system. While deeply nourishing the skin, it helps relax the muscles and reduces both mental and physical fatigue, promoting a profound sense of relaxation. Abhyanga offers a holistic wellness experience that helps detoxify the body and restore its natural balance.

ALATIA HARMONY MASSAGE

60 Minutes

90 Minutes

A holistic relaxation ritual designed to restore balance between body and mind. Applied with long, flowing massage techniques, rhythmic touches, and the harmonious blend of aromatic oils, this therapy helps relieve the stress and tension created by daily life. Supporting the balance of the body's energy centers, this special treatment stimulates circulation while promoting a deep sense of relaxation. With soothing aromatic touches that aim to restore the body's natural harmony, the Harmony Massage offers a unique spa experience that enhances mental calmness and physical renewal.

MANUAL LYMPHATIC DRAINAGE MASSAGE

50 Minutes

A gentle and rhythmic therapeutic massage designed to support lymphatic circulation and help the body naturally eliminate excess fluids and toxins. Performed with light and controlled movements, this treatment helps reduce edema, support the immune system, and accelerate the body's detoxification process. At the same time, it promotes deep relaxation while supporting the body's natural renewal process.



HOT STONE MASSAGE

75 Minutes

A deeply relaxing treatment that helps relieve muscle stiffness and tension through the soothing warmth of volcanic stones. Used together with aromatic oils, the heated stones act as an extension of the therapist's hands, enhancing the depth and effectiveness of the massage. This experience helps release tension in both the body and mind, promoting profound relaxation and a sense of overall well-being.



ABDOMINAL (CHI NEI TSANG) MASSAGE

20 Minutes

A specialized abdominal massage technique rooted in Taoist traditions. This treatment aims to release physical and emotional tension stored in the abdominal area, support the digestive system, and balance the body's energy flow.

Applied with gentle and rhythmic movements, it helps relax the internal organs, stimulate circulation, and encourage the body's natural detoxification process, leaving a feeling of lightness, balance, and overall well-being.

THERAPEUTIC REFLEXOLOGY MASSAGE

30 Minutess

50 Minutess

A specialized therapy applied to reflex points on the soles of the feet that are connected to the body's organs and energy pathways. This treatment aims to support the body's natural balance, stimulate circulation, and regulate the flow of energy. Performed with therapeutic touch, reflexology helps reduce stress, promote deep relaxation, and support the body's natural healing and renewal process.



INDIAN HEAD & SHOULDER MASSAGE

30 Minutess

Inspired by traditional Ayurvedic practices from India, this relaxing therapy is designed to release tension accumulated in the head, neck, and shoulder areas.

Applied with gentle and rhythmic movements, the massage helps stimulate circulation, relieve mental fatigue, and promote a deep sense of relaxation. It is particularly beneficial for reducing stress, headaches, and muscle tension caused by the demands of daily life, while supporting mental clarity and inner balance.



SCULPTING BUCCAL FACIAL MASSAGE

60 Minutess

The Buccal Facial Massage is a specialized facial treatment that works the facial muscles both externally and intra-orally using gentle techniques. This method deeply stimulates the facial muscles, enhances circulation, and helps support a firmer and more vibrant appearance of the face. While helping to release muscle tension, it promotes the skin's natural lifting effect and contributes to more defined facial contours. This natural facial rejuvenation treatment helps the skin appear rested, fresh, and healthy. Please consult your massage therapist regarding the preferred pressure intensity.

BIOLOGIQUE RECHERCHE
FACIAL TREATMENTS



HYDRAFACIAL TREATMENT

45 Minutes



SOIN RESTRUCTURANT LISSANT

60 Minutes

For a fuller and more radiant-looking skin. This treatment helps repair the epidermis and re plump the skin, making it suitable for all Skin Instant® types. It is especially ideal for dehydrated skin in need of deep hydration and revitalization.



SOIN LIFT C.V.S

60 Minutes

A lifting effect for the face. A peeling and firming treatment combined with specialized manual techniques designed to purify the skin, redefine facial contours, and restore tone and vitality.



ANTI-POLLUTION TREATMENT

60 Minutes

Suitable for a wide range of skin types, this treatment combines nature's powerful active ingredients with earthy aromas. It provides purifying, hydrating, and nourishing benefits for dry, sensitive, and oily skin, helping to restore the skin's natural balance.

ADVANCED ANTIOXIDAN TREATMENT

60 Minutes

Suitable for all skin types, this treatment helps protect the skin against damage caused by free radicals and visible signs of aging. Enriched with powerful antioxidant ingredients, it supports skin cells, promotes lasting vitality, and helps maintain a healthier and more radiant complexion.



SOIN MC110

60 Minutes

A treatment designed to reduce the appearance of wrinkles. Specially formulated for dull and lackluster skin, this treatment helps diminish the appearance of fine lines and wrinkles while restoring a brighter, more radiant complexion.



SECOND PEAU

60 Minutes

Filler & Botox Effect Treatment Designed as an alternative to filler treatments, this exceptional anti-aging care helps visibly reduce the signs of aging while providing a noticeable lifting effect for the skin.



EXOSOMES

60 Minutes

The New Era of Skin Longevity. This advanced professional treatment combines the regenerative power of exosome-supported serums with the lifting and volumizing effects of the Lifting Code Diffusion Filler system. Active, customized masks enriched with Vitamin C and Hyaluronic Collagen help restore the skin's elasticity while promoting a fuller, smoother, and more radiant appearance.

AFTER SUN DÉCOLLETÉ TREATMENT

+30 Minutes

Designed to restore the delicate décolleté area that may lose elasticity over time, this treatment deeply nourishes and firms the skin while helping to soothe irritation caused by sun exposure.



EYE CONTOUR TREATMENT

+20 Minutes

An innovative solution targeting puffiness, under-eye bags, and the appearance of wrinkles. Helps achieve a refreshed and well-rested look around the eyes.



BIOLOGIQUE RECHERCHE CO-FACTORS MASKS

+25 Minutes | Biologique Féerie Collagène

+25 Minutes | Caviar Mask

+25 Minutes | Mask Pigmentation

For enhanced and more visible results, your personalized treatment can be intensified with special pre-soaked mask applications.

(Biologique Féerie, Féerie Face & Neck, Masque Caviar Vert, PIGM400)

BODY TREATMENTS



LIFT CORPS FIRING BODY TREATMENT BIOLOGIQUE RECHERCHE

75 Minutes

Designed for a sculpted and firmer body appearance. This treatment smooths the skin, redefines body contours, and helps improve firmness.



ULTIMATE DETOX REVIVER

60 Minutes

This drainage-focused treatment helps reduce the appearance of cellulite while smoothing and refining body contours.



ULTIMATE SCRUB & WRAP

60 Minutes

This treatment helps remove dead skin cells while supporting the elimination of accumulated fat deposits, cellulite, and toxins. Revitalizing and stimulating aromas combined with exfoliation and specialized massage techniques help activate the lymphatic system and promote body contouring.



FOREST THERAPY

60 Minutes

Inspired by the healing power of nature, this holistic body treatment ritual is designed to deeply relax both body and mind. Using natural plant extracts and aromatic oils, the treatment helps relax muscles, support circulation, and reduce the effects of stress on the body. With natural aromas reminiscent of the forest and slow, rhythmic movements, this ritual reconnects guests with nature, creating a deep sense of calm and renewal.

SPA SUITE EXPERIENCE



SUITE ROOM EXPERIENCE

Whether you wish to celebrate a special occasion with your loved ones or spend a few relaxing hours with friends, our Baal and Yamm Suites offer a perfect setting with state-of-the-art facilities, an inspiring atmosphere, and freshly prepared refreshments.



BAAL SUITE

3 Hours

(Steam Room, Sauna, Jacuzzi, Hammam, Relaxation Areas, Massage Room)
Includes a personalized 60-minute massage or hammam/body treatment, along with special refreshments.



YAMM SUITE

3 Hours

(Hammam, Sauna, Steam Room, Massage Room)
Designed for two-person use.
Includes a personalized 60-minute massage or hammam/body treatment, along with special refreshments.

ARRIVAL TIME

We kindly invite you to arrive at Alatia Spa 30 minutes prior to your scheduled appointment to enjoy our facilities. Please note that late arrivals may result in a shortened treatment time.

For the comfort of all guests, we kindly request that our hotel guests visit the Spa wearing the slippers and bathrobes provided in their rooms. We also recommend leaving valuables in the in-room safety deposit boxes.



SPA FACILITIES

Before your treatment, you are welcome to enjoy our Spa facilities and immerse yourself in the serene atmosphere of Alatia Spa, preparing both body and mind for a truly relaxing experience.

Designed for the comfort of both male and female guests, our Spa area includes a Steam Room, Experience Shower, Ice Room, Sauna, Turkish Hammam, and Relaxation Areas.

Alatia Spa is a sanctuary dedicated to rest and well-being. To preserve the peaceful ambiance for all guests, we kindly request that mobile phones be turned off or put on silent mode within the Spa area. Throughout your visit, all essential amenities, including towels, slippers, and shower caps, will be provided for your convenience.

Please Note: Our Spa facilities and treatments are available exclusively for guests aged 5 and above.

RESERVATIONS

Our Spa Reception team will be delighted to assist you in selecting the most suitable treatment and curating a personalized wellness experience. To ensure availability at your preferred time, we kindly recommend making your reservation in advance.

Hotel guests may contact the Spa by dialing “5060” from their room phones. Guests visiting from outside the hotel may make a reservation by calling +90 232 355 00 11.



HEALTH INFORMATION

For your comfort and safety, we kindly ask that you inform our Spa team of any health conditions or special requirements prior to your treatment.



CANCELLATION POLICY

Reservations not cancelled at least 4 hours prior to the scheduled appointment time will be subject to a cancellation fee of 50% of the total treatment amount.



HOME CARE

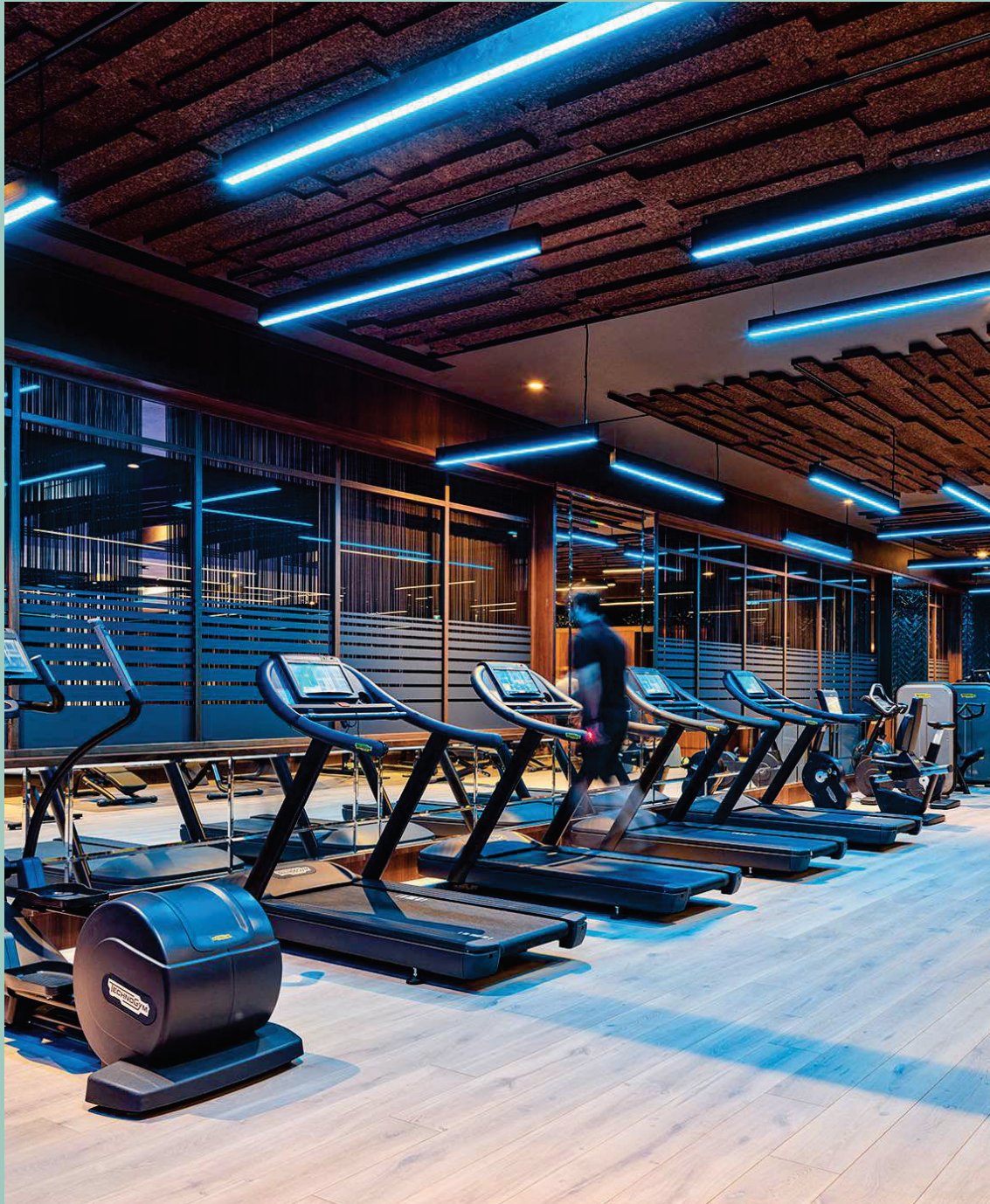
Should you wish to continue your wellness ritual at home or while travelling, the professional products used in our treatments are available for purchase at the Spa Reception.



PRICING

All Spa services are priced in Euro and inclusive of VAT. Alatia Spa reserves the right to amend prices without prior notice.

FITNESS & WELLNESS



PERSONAL TRAINING

60 Minutes

Whether your goal is to improve your physical strength or being guided through a lifestyle change, our specialised instructors will work with you to ensure that you follow the right exercise program and obtain optimum results.

The personal training will be customised to suit your individual needs and the objectives you would like to achieve. This may include weight loss, muscle building, strengthening cardiovascular endurance, amelioration of postural problems or enhancing flexibility.



PILATES

60 Minutes

Pilates is a very effective method to obtain a tight skin and shaped muscles. It involves structured, precise movements to strengthen the weak muscles and achieve a good posture and a flexible body. It reinforces the joint system and can eliminate back or knee pains. Our experienced instructors will customise your training according to your specific needs and expectations.



YOGA

60 Minutes

Awaken your inner senses with this ancient Indian practice of mind, body, and spirit. Our expert yoga instructors will customise your sessions with the utmost care and will show you a series of movements to help you feel energised and toned. Aside from the physical benefits, Yoga has the ability to reduce stress which has devastating effects on the body & mind. It's an amazing way of improving your physical balance and flexibility as well as self-awareness both emotionally and physically.

EMS (ELECTRO MUSCLE STIMULATION)

25 Minutes

EMS Fitness is a training method that enhances muscle activation by sending low-frequency electrical impulses to the muscles.

Compared to traditional workouts, EMS allows for more intensive muscle engagement in a much shorter time. EMS equipment is used via specially designed suits or electrodes placed on the body.



BENEFITS OF EMS FITNESS

- Increases muscle mass
- Accelerates fat burning
- Activates metabolism
- Improves posture and may help relieve back and lower back pain
 - Helps reduce the appearance of cellulite
 - Enhances balance and stability