



MaxxWellbeing
MAXXROYAL

Wellbeing Menu

Maxx Wellbeing Menu

Our inner state of Being reflects the whole of our thoughts & feelings.

Wellbeing is not just health of the physical body. It is the absence of the need to cure the body & silence the mind. It is the absence of disease in your life.

Wellbeing is experiencing balance between health of body, consciousness of mind & deep connection with the authentic self.

Every being needs time and space to reconnect with ones' self...

Time to move beyond the confines of our conditioned ways of existing, & find ways to allow the natural flow of one's own pure subtle energy opening the gateway to Being & living life fully.

Bring back reverence for all of life.

Experience more vitality and open the path to longevity.

Indulge in the present moment.

Navigate through your creativity and discover your expression of self.

Ground yourself, balance your thoughts & emotions & heal the body.

Come and discover our world... Come and discover yours...

*Our purpose is to bring awareness & consciousness into your life.
Our intention is to inspire you to want to take better care of yourself.*

As you embark on the journey towards life-enhancement, we are here as your guide, as your conduits, providing you with the tools you need to reach your highest state of Well-Being of Body; Mind, and Spirit.

Maxx Royal *Well-Being Philosophy*

Our focus is based on the integration of preventive methods in holistic healing with modern medicine practices aimed to avoid illness and disease of the physical body.

We strongly believe Prevention is the path to longevity.

Our process combines our Signature 7 Elements of Well-Being to achieve longevity. Unique cocktail blends of Vitamins and Anti-aging IVs to revitalize the cells, innovation and technology in skin and body anti-aging, physical re-alignment, and fitness, experienced therapists for relaxation, holistic healers guiding you through the perceptual concept of self, and a balanced method of nourishing the body.

Each program is individualized and meticulously thought out to offer your body exactly what it needs. We ensure every guest that we have the pleasure of caring for, achieves effective life changing results.

Maxx Royal Bodrum Wellbeing Centre General Overview

Although our SPA has been an integral part of Maxx Royal Resorts since our beginning, this year we pride ourselves with the launch of our renewed Wellbeing philosophy.

Our founded expression encompasses our 7 Elements of Wellbeing, each vital to a balanced approach for your overall health and vitality.

Our Wellbeing Centre is located on two floors.

First floor hosts recreation area, Hammam and indoor pool dedicated to pure relaxation. Experience ultimate relaxation and rejuvenation with our 6 detoxifying recreation rooms and unique hammam rituals, designed to offer you the best service for your well-being.

Our upper floor, featuring our Ayurveda doctor & nurse and Clinic, is home to highly experienced therapists and beauty and body rehabilitation specialists. We provide a comprehensive Longevity and Treatment area designed to meet the needs of your skin and body, ensuring you receive the best possible care. Our clinic offers unique therapies, including ozone, oxygen, collagen, PRP treatments, mesotherapy, Ayurveda rituals and much more!

Across from the Medi-Spa, you'll find our Fitness Centre led by our team of accredited Fitness trainers each certified with the latest body transformative and functional training methods to guide and assist you. We have a fully equipped Reformer Pilates Studio to help you gain strength, promote mobility and re-align your posture with the aim of increasing your performance in your fitness training program or other sports you partake in. Just a few steps away is our Restaurant. Its menu is based on balanced protein-rich as well as vegan meals complimented with a wide selection of energizing and nourishing freshly squeezed fruit and vegetable juices.

Our Bodrum Facility offers:

- Dorn Therapy Studio Osteopathy Studio
- Chiropractic & Graston Studio
- 21 Therapy Rooms
- Double Massage Rooms with Jacuzzi
- 2 SPA Suite with Jacuzzi and Sauna
- 5 Aesthetics Rooms
- 2 Thai Massage Rooms
- 1 Ayurveda Treatment Room
- 2 Steam Rooms
- Mixed-used Hammam
- Private Hammam & Massage Room
- 1 Ozone Therapy Room
- The I-Sopod Float Sleep Therapy Bed
- Floating Bed
- Caci Synergy Device
- G5 Body Contour Device
- iCoone Face & Body Device
- Japanese Hair and Scalp
- Zerobody Cryo Bed
- Yoga & Meditation Studio (Indoor) Adults & Kids
- Private hammam and Vichy Hammam
- Recreation Areas
- WELLBEING Boutique
- Wellbeing Restaurant & Detox and Vitamin Bar Assorted Beverages
- Changing Rooms with Lockers

Welcome to Maxx Wellbeing Centre at Maxx Royal Resorts... Guidelines

It is our hope that your stay with us will be unforgettable. Here are our simple guidelines.

Our Spa & Wellness areas are non-smoking environments. For your health and safety, please refrain from consuming alcohol at least one hour prior to your treatment and prior to using the Hammam, Jacuzzi, Steam room, Sauna and swimming pools.

For the safety of your children, we have adopted the policy of restricting the use of un-accompanied minors to our Hydro/Thermal areas and pool to guests 16 years of age and older. Younger guests must be accompanied by their parents.

We created a serene environment for your rest and relaxation and kindly ask that your cellular phones and other communication devices be set to silent mode.

We would like to remind you to keep all your valuables stored in your room safety box. The Centre and the Hotel will not be held responsible for lost, stolen or misplaced items.

We thank you for your understanding and cooperation.

Reservation

Maxx Assistant or Maxx Wellbeing Centre Concierge or dial 6333, 6334 from your room.

We encourage you to schedule your appointments in advance to ensure that your preferred treatment, time & therapist are available. Same day bookings and walk-in appointments are always welcome, based on our availability.

Cancellation Policy

We value your choice to spend some time with us and appreciate your attention to our cancellation policy here below.

For cancellation or rescheduling requests, please advise the Spa Reception or your Maxx Assistant a minimum of 6 hours prior to your appointment.

Omitting to advise us as indicated here, you will be charged 50% of your treatment fee to your room account.

No-show guests will be subject to 100% fee charged to their room.

Check-In Procedure

Wellbeing prepping is an important part of your experience. We recommend that you arrive at least 30 minutes prior to your scheduled appointment time to relax and to allow yourself ample time to enjoy our eucalyptus steam rooms and sauna or simply enjoy a moment of rest in the warmth of our Hammam. This also to prepare your body to receive the therapeutic benefits of your ritual

Shower

A quick shower just before your treatment ritual is recommended. This will ensure your skin is fresh and ready to absorb the nourishing ingredients of the products that will be used.

What to Wear?

Our Centre offers mixed-use spaces, and it is required for all guests to wear a swimsuit while using the Hammam, Steam room and Sauna. We will provide a towel for your use while in the Hydro/Thermal areas, as well as a robe for you to wear if you have an appointment for a treatment. During your treatment ritual, a disposable undergarment will be provided for your use. It is mandatory for you to wear it. Throughout the time you are under the care of your therapist, your body will be draped with soft linens for your privacy

Communicate

Thank you for filling out your health questionnaire. Communication is the key to ensuring your experience with us is unforgettable. Please let us know if you have any allergies to any essential oil or similar. Please feel free to discuss with your therapist any areas you would like more focus on, or areas to be avoided. We also invite you to let the therapist know if you feel any discomfort during your treatment

And finally... Relax

Close your eyes, take a deep breath in and exhale... You're ready now!

Maxx Wellbeing Menu

WORLD OF RITUALS

Our team of professional therapists from around the world come highly experienced in their practice of massage therapy bringing you unique techniques and knowledge of the body with their innate ability to care for each guest.

Indonesia

Balinese Massage

50'

Traditional Balinese massage uses a combination of gentle flowing movements, stretches, rolling and kneading with gentle pressure-point, and reflexology combined with aromatherapy to stimulate the flow of blood, oxygen and energy around your body, and to bring a sense of wellbeing, calm and deep relaxation.

Thailand

Traditional Thai Massage (No Oil)

50'

Thai massage rituals are rich in tradition as they go back as far as the 13th century practiced by a select few as Thai Traditional Medicine. While most massages focus on treating the muscular discomforts of the body, Thai traditions are dedicated to unblocking the energy meridians of the body that cause imbalance in health. Body stretching techniques are used to gently unlock the body and stimulate the detoxification process, increase blood circulation and add flexibility to the tight muscles bringing back balance to one's health, much similar to the practice of Yoga. Pressure point, pulling and stretching are some of what you will experience while in the care of our Thai specialists.

Four-Hand Ritual Massage

50'

Four-hand ritual massage is a luxurious and pampering massage therapy where two massage therapists work in perfect rhythm and synchrony simultaneously.

Thai Hot Herbal Pack Oil Massage

50'

Thai Oil Massage uses warm herbal packs sooth the body and relax the muscles. Deep, even pressure is applied on the different areas of the body using firm gliding and light pounding techniques. Gentle movements using the palms, thumbs, elbows are used in combination with the application of warm herbal oil.

70'

Foot Reflexology

50'

Foot reflexology provides an experience that balances the body and mind. The techniques used detoxify and purify the body, helping relieve stress and tension, decrease fatigue, and instill overall good health while restoring balance. Pressure is applied to specific energy points with a wooden instrument or with the therapists' hands, and the manipulation stimulates a specific part of the body correlated to that energy meridian. In turn, relieving tension, and discomfort from not only your feet but also your body and mind.

Polynesia

Lomi Lomi Massage

70'

Exhale to the loving traditions of this Hawaiian Lomi Lomi Ritual massage. Based on the 7 Huna philosophies of life and how they relate the work of our bodies and our healing process. Here we treat one side of the body at once using forearms and hands in a rhythmic motion along the length of the body moving smoothly to also include a massage of the abdominal to help stimulate the digestive system and detoxify the body, brining you a deep sense of calm and connection within.

Maxx Wellbeing Menu

BODY MESSAGES & BODY CARE

At Maxx Wellbeing, we use only 100% natural oils for our massage rituals, each with its distinct aromatic blend. Select the one preferred for your massage. Rumi's Rose with a hint of Black Rose essential oil or the Mystic scent of Istanbul emanating luxury and elegance or perhaps try our special Fig Tree essence that whispers a delicate hint of natural freshness. If you prefer a neutral scent, request our base oil.

Swedish Massage

50'

This technique is performed with gentle yet firm rolling, petrissage and tension releasing techniques. Specific natural essential oils and blends are used to the different areas of the body to release blocked energy that is in the form of pain and tension allowing not only a better blood circulation but also an open flow of internal energies which induces a healthy mind and body.

Hot Stone Therapy

50'

Activate your Chakras with the help of warm Basalt stones. Your therapist opens the energy channel of each Chakra gently depositing a Basalt River Stone heated and charged with energy onto the specific area of the body. The stone transfers its heat and energy into the Chakra allowing a more open transfer of energy as you re-connect with your inner balance. This ritual is soothing for your tired body and restless mind.

Asian Deep Tissue Massage

50'

After a strenuous workout, the feeling of pain or tension in your muscles is normal. We recommend this deep tissue massage for those who prefer a stronger, deep pressure massage to relieve severe tension and stimulate proper blood flow to your muscle. This massage is perfect for the sports addict to release accumulated lactic acid and can be used as a form of recuperation for sore muscles allowing you to get back to your training quickly and painlessly. Also highly recommended to assist in reducing the adipose tissue that creates the orange peel effect on the body.

70'

Maxx Wellbeing Menu

Santa Maria Novella Four Seasons Massage

50'

Four Seasons Massage is a luxurious and customised SPA treatment designed to provide relaxation, rejuvenation, and holistic well-being.

Santa Maria Novella Body Scrub And Bath Ritual

50'

Maxx Wellbeing Menu

FLOATATION POOL

Floatation therapy is designed to treat physical discomforts and aid your body's recovery from injuries and pain-related conditions. Immerse yourself in a gravity-free, water-filled pool where you'll feel as light as a feather.

Sleep therapy applied on a zero-gravity (floating) bed helps reduce muscle pain by boosting blood circulation.

Sleep Therapy (Single) 30'

Sleep Therapy (Couple) 50'

NUVOLA FLOATING BED

Nuvola Floating Bed combines innovative design with luxurious comfort to create a unique sleeping experience that is both visually stunning and supremely comfortable

Sleep Therapy 50'

Zerobody Cryo Therapy Bed 10'

Maxx Wellbeing Menu

RELAXING WATER RITUALS

Enhance your relaxation experience by adding any one of our luxurious water rituals before Therapy.

Hamмам Traditional Ritual

50'

Dry skin is easily removed with the use of our silk exfoliating pouch followed by a gentle foam wash enveloping you with our luxuriant signature scent hammam soap. This ritual also includes a gentle hair wash with our signature hair care products.

Morjona Hammam Ritual

50'

Our refined sea-salt essential oil exfoliating scrub works wonders to nourish your skin with the warmth of the Hammam and mystical Istanbul scent. Your body will feel cleansed invigorated and moisturized.

(Hair wash is not included in this ritual)

Hamмам (Scrub & Foam)

30'

Experience the luxuriant pleasures of our exclusive natural ingredient essential oil Hammam Ritual. We begin with a delicate silk pouch body rub to remove surface dry skin followed by a rich lather delicately fluffed across your body and the final compliment is our delicate sea-salt exfoliant to leave your skin replenished moisturized and your body completely relaxed. Our hair care products are used in this ritual.

RECREATION AREA

Enjoy your time in our six different relaxing and detoxifying recreation room and taste our house blend tea mixtures.

Recreation Daily Use

2 hours

10-package

Recreation Fitness (Add-on)

2 hours

Vichy Hammam Detox

50'

Experience rejuvenating rituals on a marble bed, enriched with masks and peels, as we pamper your body with a soothing rain effect.

Kids Hammam (Up to 10 years old)

30'

REHABILITATION PROGRAM (Infrared)

The stresses of life when not reduced often manifest in physical discomforts and pain. Our specialists can help unblock these pains through manual manipulation. We recommend a quick consultation prior to booking your first session and recommend a minimum of 3 sessions for your well-being. Ask us about our available personalised programs.

Osteopathy Sessions 20'
40'
60'

Consultation Included

Manual Therapy – Body Manipulation

Manual therapy, or manipulative therapy, is a physical treatment to treat musculoskeletal pain and discomfort. The technique used mostly includes kneading of muscles and joint mobilization to bring back mobility and proper movement to the area.

20'

40'

60'

Graston Therapy

The Graston Technique is a manual therapy that uses stainless steel tools to find and release adhesions, tight knots and scar tissue in the muscles. It works on the soft tissue, separates, and breaks down hardened tissues stretching connective tissue while lactic acid is released. Our skilled technician certified in this technique uses such specially designed tools to locate these areas and alleviate knots by running the tools over the skin. Your body will feel rejuvenated and limber after this session.

20'

Dorn Therapy

Dorn Therapy is a gentle manual therapy designed to relieve joint and muscle pains associated with tissue structure and posture misalignment. This gentle process of oscillating the body realigns the vertebrae and brings joints back to their proper functioning and giving your body free movement. Techniques use subtle joint manipulation, stretching of the limbs, and deep pressure point massage techniques.

60'

Pain Management Session (Infrared)

The pain management session is a structured healthcare consultation focused on addressing and managing an individual's pain, whether it's acute or chronic.

20/40/60'

Physiotherapy

Administered by a specialised physiotherapist, it's aimed at preserving, enhancing, and treating physical health. It's a preferred choice for sports injuries, physical dysfunctions, and maintaining overall physical wellbeing.

20/40/60'

Lymphatic Drainage Massage

Your body's toxins are flushed out through your lymphatic channels. The movement of lymph is facilitated primarily by physical activity and, most effectively, through targeted massage. This massage with gentle yet effective touches aims to help your body eliminate excess toxins.

50'

Remedial Massage

Remedial massage is a therapeutic massage form that focuses on treating specific musculoskeletal issues, injuries, or functional disorders in the body. It's commonly used to address problems such as muscle tension, pain, stiffness, and limited mobility.

75'

Deep Tissue Massage

Experience deep relaxation and unwind as we target the deeper layers of your muscles and connective tissues.

75'

Maxx Wellbeing Menu

Sports Massage

Sports massage is a specialised form of massage therapy that focuses on enhancing athletic performance, preventing and treating sports-related injuries, and providing overall recovery and relaxation for athletes.

50'

Kinesio Tape (Add-On)

A unique taping method used in physiotherapy to relax muscles.

Hypervolt 2 Infrared (Add-On)

Hypervolt is a brand of percussion massage device designed to aid muscle recovery, alleviate pain, and improve mobility.

20'

Maxx Wellbeing Menu

SPA PAMPERING MESSAGES

Aromatherapy Massage

50'

Aromatherapy massage combines the therapeutic advantages of massage with the utilisation of essential oils extracted from plants, flowers, and herbs. These oils are highly concentrated and offer a range of aromatic and therapeutic qualities. They can enhance the massage experience and promote an overall sense of well-being.

Pregnancy Massage

50'

Pregnancy massage aims to provide relief from the pains and discomforts that occur during pregnancy, while also promoting relaxation and well-being for both the mother and the growing baby.

Kids Massage

30'

Kids massage is a specially tailored, gentle, and therapeutic touch therapy designed for children. It offers numerous physical and emotional benefits.

Back Massage

30'

A soothing and relaxing back massage. Enjoy it on its own or add it to your other treatments for maximum benefit.

Maxx Wellbeing Menu

Enjoy the luxury of your treatment in the comfort of your own private Villa or Pavilion.

Enjoy Balinese massage without ever leaving the comfort of your villa or pavilion.

Balinese Massage in Pavilion 50'

Baline Massage

Balinese Massage in Villa 50'

Balinese Massage

EXCLUSIVE SPA SUITES & PRIVATE HAMMAM

Available Between 8.30 – 10.30 or 11.00 – 13.00.

Enjoy your private Spa Suite ceremony that begins with a warm Jacuzzi infused with delicately scented bath salts and essential oils to nourish your skin, followed by one 60 min. body massage per person selected from our Massage menu. Replenish with a freshly squeezed juice of your choice or any of our herbal mixes to enhance your relaxation.

Bespoke SPA Suite A'LLURE 90'

Suite without Hammam 120'

240'

Crown your experience with a Wellbeing Restaurant feast for two.

Maxx Wellbeing *Menu*

Your private Presidential Spa Suite offers you an exclusive space where you can release tension and find serenity. Unwind in your very own Private Finnish Sauna before a nourishing milk bath of essential oils & rose water before you start your rituals. You can enjoy a body program of your preference, perhaps a mix of Hammam Ritual and a signature 60- minute body massage to nourish your skin and relieve tension or perhaps you prefer a 90-minute massage perfect to alleviate stress and fatigue. Once your rituals are complete, enjoy an in-suite dining experience selected from Maxx Wellbeing Restaurant's breakfast, lunch or dinner menu of your choice (meal selection in advance are kindly requested).

Enjoy your private Spa Suite ceremony that begins with a warm Jacuzzi infused with delicately scented bath salts and essential oils to nourish your skin, followed by one 60-minute body massage per person selected from our Massage menu. Replenish with a freshly squeezed juice of your choice or any of our herbal mixes to enhance your relaxation.

Bespoke SPA Suite A'DORE	90'
<i>Suite with Hammam</i>	120'
	240'
Add-on	60'

WELLBEING BESPOKE PACKAGES

WELLBEING PAMPERING PACKAGE

Maxx Wellbeing Centre invites guests to embark on an unparalleled rejuvenation journey in a sanctuary dedicated entirely to renewal. By combining bespoke, sustainable treatments with luxury brands and state-of-the-art rejuvenation devices, our offers an experience like no other.

3 days

Remedial Massage

Hammam Scrub

CITYLIFE Anti-Pollution Skin Freshness Treatment

5 days

Swedish Massage

Aromatherapy Massage

Balinese Massage

Hammam Ritual

Marine Body Wrap

BR Soin Restructurant Lissant

7 days

Bespoke Spa Suite 90 min.

**Santa Maria Novella Four Seasons
Massage**

Santa Maria Novella Body Scrub &

Bath Ritual

Aromatherapy Massage

Asian Deep Tissue Massage

icoone Body

Chakra Balancing Meditation

PHYSICAL RENEWAL PACKAGES

Regardless of your age or how active you are, muscles can experience wear and fatigue over time. In our Physical Renewal packages, we've created wonderful packages with our expert team focused on physical recovery for most conditions and maintaining a healthy physical state. With our expert physiotherapists and massage therapists, we aim to provide deep relaxation and rejuvenation for your body diverse package selections.

3 days

Manual Therapy
Physiotherapy Session
Pain Management Session

5 days

Dorn Therapy
Osteopathy Session
Pressotherapy
Sleep Therapy
Remedial Massage

7 days

Manual Therapy
Physiotherapy Session
Pain Management Session
Ozone Sauna
Pranayama
Kinesiotherapy

INNER PEACE PACKAGES

Stress is now widely acknowledged as a primary cause of illness. Maxx Wellbeing's Inner Peace Packages are centred on a simple mantra: 'Heal yourself, free your mind'. The initial step involves learning basic meditation techniques. After a brief period of mindfulness, you'll feel prepared to neutralise the detrimental chemicals produced by stress. Yoga stands out as one of the most potent stress alleviators. Tuning into your own awareness will provide insights into managing stress effectively.

5 days

Thai Massage

Hot Stone Massage

Balinese Massage

Deep Tissue Massage

Aromatherapy Massage

2 Meditations

1 Yoga Class

7 days

Thai Massage

Hot Stone Massage

Balinese Massage

Deep Tissue Massage

Aromatherapy Massage

2 Asian Massages

Floatation Pool

Tibetan Sound Therapy

NATURAL HEALING PACKAGES

Natural Healing Package is your gateway to reclaiming control over your health. This package delves into natural healing pathways tailored specifically for you. In all traditional healing models, digestion is the core of well-being. Hence, we introduce holistic health sessions such as Shiroabhyanga or Reflexology, aimed at fortifying your digestive organs and rejuvenating energy across your entire body. The foundation of enduring health lies in adopting positive measures. Every change and beneficial lifestyle habit will evolve into an investment in your future health and vitality.

3 days

Foot Reflexology
Rejuvenating Scalp Therapy
Asian Deep Tissue Massage
Tibetan Sound Therapy

5 days

Thai Massage
Balinese Massage
Foot Reflexology
Rejuvenating Scalp Therapy
Asian Deep Tissue Massage
Tibet Sound Therapy

7 days

Thai Massage
Balinese Massage
Foot Reflexology
Rejuvenating Scalp Therapy
Asian Deep Tissue Massage
Tibetan Sound Therapy
Scio Quantum
Pranayama

YOGA FOR LIFE

Good yoga practice can rejuvenate the body, calm the mind and help heal the spirit through a greater sense of awareness and self-discovery. We offer personalised, one-on-one yoga classes to introduce you to the practice of yoga. Complementing your yoga journey with breathwork, meditation, Jala neti, and Bach flower therapy will enrich your experience. Whether you're an experienced yogi or new to the practice, our Yoga for Life package guides you towards your goals, encourages learning, and ignites inspiration. As you depart, you'll have established your own daily yoga and breathwork rituals.

3 days

2 Yoga Classes

Inner Peace Meditation

Bach Flower Therapy

Floating Bed

5 days

Access Bars Session

4 Yoga Classes

Bach Flower Therapy

Floatation Pool

Sleep Therapy

Jala Neti Pot

7 days

6 Yoga Classes

Inner peace meditation

Chakra balancing meditation

Bach Flower Therapy

Jala Neti Pot

Abhyanga

Bize Ulařın!

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