



THERAPIA SPA

Your journey to relaxation and rejuvenation begins the moment you step into Therapia Spa, The Grand Tarabya's oasis of wellbeing...

The 4500 square-meter luxury Therapia Spa at The Grand Tarabya which is the biggest and the only Spa center with Bosphorus views in Istanbul is the perfect escape from the hard-earned tensions and stresses. With most exclusive therapies and treatments and encased in floor-to-ceiling windows with spectacular view of the magnificent Bosphorus, the natural daylight of the Therapia Spa will complete your vacation for the body and soul.

Beautifully designed spa and wellness facilities of The Grand Tarabya Hotel offer the ideal space in which to exercise your mind, body and spirit. With spectacular treatment rooms, private spa suites, state of the art fitness center overlooking breathtaking Bosphorus views, this is a place unlike any other.

The outdoor swimming pool with filtered sea water and floor-heating has a comfort you will never want to leave. 4 traditional Turkish hammams and private hammams for couples are just a few of luxury experiences of Therapia Spa. 2 private SPA Suites with Bosphorus views, 2 private locker rooms, saunas, special care rooms for couples, 14 different massage rooms, amphibian and effusion therapy rooms and bridal care rooms have been designed with the purpose of offering guests all manner of luxury. Moreover, underwater therapy bath-tubs which have air recliner and body gels, a modern fitness center, class and pilates studio equipped with high technology cardio and fitness equipments, 3 saunas, 3 steam rooms, 7 changing rooms, 4 lounge areas, a sand therapy room, an ice grotto and 4 rainbow showers have been prepared for pampering yourself.

One of the most popular programs is to enjoy a ladies' day at the spa; a hammam party with fresh fruits and music and a day full of pampering. Brides also prefer this before their big day, to celebrate and prepare for their wedding.

Guests are invited to take a journey of relaxation with an expanded spa menu. Some of the signature treatments include Therapia Massage, De-Stress Massage, Hot Aromatherapy Massage, Four Hand Massage, Hot Stone Massage and Therapia Back Massage as well as Far East Massages such as Shiatsu, Energizing Thai Massage, Bali Massage, Balinese Lulur Ritual, Stress Free Indian Head Massage and Asian Foot Massage. Moreover, while you feel eased with body treatments like Algae Body Treatment, Slimming Ritual, Cellulite Treatment and Body Peeling, you will feel rejuvenated with Therapia Spa's skin care treatments; Classic Facial, Lifting Treatment, Collagen Biomatrix Treatment, Oxygen Energizing Treatment, Eye Treatment, Mini Skin Care and Cooling and Refreshing Mask or with balneo therapies like Volcanic Mud Bath, Algae Bath Aromatic Bath, Underwater Therapy.

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