



3 Night Accommodated Program

These programs appealing to your spirit and body, with a promise of a mystical journey to the past, prepared for you so that you can spend your time enjoying yourself at Nua, will make you find the best alternatives.

How about being alone with nature, freshening up and making a new beginning with the overnight programs available for couples or single persons without caring for any detail?

Nua Relaxing Days

A relaxing journey for ladies and gentleman. Created mostly with massages to heal body, mind, soul and senses.

1st Day

- ✓ Use of Nua Wellness-Spa jacuzzi, steam baths, sauna relaxation rooms
- ✓ **Traditional Turkish bath massage – 30 minute**
Applied by male/female therapist. The Turkish bath that is composed of a traditional body scrub and foam massage applied by experienced therapists on the heated marble platform, purifies, softens, and refreshes the skin.
- ✓ Dinner

2nd Day

- ✓ Breakfast
- ✓ **Nuvola algae treatment -50 minute without peeling**
Applied by male/female esthetician or therapist. The aquatic power of pure microalgae derived from the sea slims the body, stimulates the metabolism, and helps purge the body of toxins. Relaxes and rehydrates the skin.
- ✓ **Aromatherapy massage - 50 minute**
Applied by male/female therapist. A light pressure massage applied on the entire body with various essential oils. Relaxes the body and relieves it from stress.
- ✓ Dinner

3rd Day

- ✓ Breakfast
- ✓ **Energizing bath – 20 minute**
Applied by male/female esthetician or therapist. Aromatic essence bath that invigorates your sense. Energizes and revitalizes.
- ✓ **Hot stone therapy - 65 minute**
Applied by a male therapist. A combination of full body massage and energy work that offers a deep relaxation.
- ✓ Dinner

4th Day

- ✓ **Oxygen facial - 75 minute**
Applied by a female esthetician. The process where milk toner, scrub, and mask best suited to your skin's type and needs are applied on your skin, ends with the oxygenation treatment. Moisturizes your skin and gives it a fresh breath of oxygen.

✓ **Hand & feet paraffin treatment– 45 minute**

Applied by a female esthetician. The softening thermal properties improve cell regeneration.

✓ Departure from hotel

Prices

Accommodated Program	Weekends		Weekdays	
	Single	Double	Single	Double
Superior Room	970 €	1.540 €	845 €	1.350 €
Corner & Junior Suite Room	1.420 €	1.990 €	1.295 €	1.800 €
Senior Suite Room	1.720 €	2.290 €	1.590 €	2.100 €

Our prices excluding %8 VAT.

On account of our Wellness-SPA concept, only guests aged 14 and over can be admitted.

Bikini Camp Thong

At the one of a kind atmosphere of Nua, equipped with cellulite treatments, pilates sessions, Hypoxi equipments and the special Hypoxi nutrition program, your "Bikini Camp Thong" package will help you enjoy your bikinis to the maximum.

1st Day

- ✓ **Pilates session – 60 minutes**
Mat work exercises are at beginner level.
- ✓ Tanning bed – 15 minutes
- ✓ Dinner - Hypoxi menu, ideally between 7.30 pm – 8.30 pm

2nd Day

- ✓ Breakfast– Hypoxi menu, ideally at 9.00 am
- ✓ **Pilates session – 60 minutes**
Mat work exercises are at beginner level.
- ✓ **Hypoxi – 30 minute**
S120, L250, or Vacunaut program depending on your body type.
- ✓ Lunch - Hypoxi menu, ideally between 12.30 pm -1.00 pm
- ✓ **Hypoxi – 30 minute**
S120, L250, or Vacunaut program depending on your body type.
- ✓ Snack – ideally at 4.00 pm
- ✓ **Hypoxi – 30 minute**
S120, L250, or Vacunaut program depending on your body type.
- ✓ **Ericson Laboratoire cryo drainage localized body treatment – 60 minutes**
Created especially for heavy legs, this treatment is performed on the entire leg, from toes up to the hips. While the sudden feeling of cold makes your tired legs feel like they are on top of "icebergs", it also activates the micro-circulation, causes vaso-constriction, and drives out toxins and fat.
- ✓ Dinner - Hypoxi menu, ideally between 7.30 pm – 8.30 pm
- ✓ Snack – ideally at 9.00 pm

3rd Day

- ✓ Breakfast– Hypoxi menu, ideally at 9.00 am
- ✓ **Pilates session – 60 minutes**
Mat work exercises are at beginner level.
- ✓ **Hypoxi – 30 minute**
S120, L250, or Vacunaut program depending on your body type.
- ✓ Lunch - Hypoxi menu, ideally between 12.30 pm -1.00 pm

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- ✓ Dinner - Hypoxi menu, ideally between 7.30 pm – 8.30 pm
- ✓ Snack – ideally at 9.00 pm

4th Day

- ✓ Breakfast– Hypoxi menu, ideally at 9.00 am
- ✓ **Pilates session – 60 minutes**
Mat work exercises are at beginner level.
- ✓ Tanning bed – 15 minutes
- ✓ Lunch - Hypoxi menu, ideally between 12.30 pm -1.00 pm
- ✓ Departure from hotel

Prices

Accommodated Program	Weekends		Weekdays	
	Single	Double	Single	Double
Superior Room	915 €	1.555 €	785 €	1.330 €
Corner & Junior Suite Room	1.365 €	1.995 €	1.240 €	1.785 €
Senior Suite Room	1.660 €	2.300 €	1.535 €	2.080 €

Our prices excluding %8 VAT.

On account of our Wellness-SPA concept, only guests aged 14 and over can be admitted.

Bikini Camp Slim

At the unique atmosphere of Nua, equipped with toxin flush treatments, exercises, and special detox nutrition programs, your "Bikini Camp Slim" program will help you enjoy your bikinis to the maximum.

1st Day

✓ **Nuvola algae treatment -60 minute with peeling**

Applied by male/female esthetician or therapist. The aquatic power of pure microalgae derived from the sea slims the body, stimulates the metabolism, and helps purge the body of toxins. Relaxes and rehydrates the skin.

✓ Detox dinner, juice, herbal tea service

2nd Day

✓ Lemon juice - For the acid-base balance in the body.

✓ Detox breakfast, juice, herbal tea service

✓ **Pilates session – 60 minutes**

Mat work exercises are at beginner level.

✓ **Detoks lymphatic drainage – 50 minute**

Applied by a male/female therapist. A gentle and soft massage applied by moving the skin in the direction of the lymph nodes and the lymphatic flow. By stimulating the lymphatic system, clears lymphatic obstructions, helps eliminate metabolic waste products, toxins, and excess fluid from the body.

✓ Electrolyte lemonade

✓ Use of Nua Wellness-Spa jacuzzi, steam baths, sauna relaxation rooms

✓ Detox lunch, juice, herbal tea service

✓ **Anti-cellulite massage – 45 minutes**

Applied by a female therapist. This localized massage is applied with a special technique directed at destroying excess fat in problem areas.

✓ Electrolyte lemonade

✓ Detox dinner, juice, herbal tea service

3rd Day

✓ Lemon juice - For the acid-base balance in the body.

✓ Detox breakfast, juice, herbal tea service

✓ **Pilates session – 60 minutes**

Mat work exercises are at beginner level.

✓ **Thalasso bath– 20 minutes**

Applied by a male/female esthetician or therapist. A purifying and detoxifying bath that revitalizes and helps eliminate water retention.

✓ Electrolyte lemonade

✓ Detox lunch, juice, herbal tea service

✓ **Free time to rest or use of Nua Wellness-Spa**

✓ Electrolyte lemonade

✓ Detox dinner, juice, herbal tea service

4th Day

✓ Lemon juice - For the acid-base balance in the body.

✓ Detox breakfast, juice, herbal tea service

✓ **Pilates session – 60 minutes**

Mat work exercises are at beginner level.

✓ **Detoks lymphatic drainage – 50 minute**

Applied by a male/female therapist. A gentle and soft massage applied by moving the skin in the direction of the lymph nodes and the lymphatic flow. By stimulating the lymphatic system, clears lymphatic obstructions, helps eliminate metabolic waste products, toxins, and excess fluid from the body.

✓ Detox lunch, juice, herbal tea service

✓ Departure from hotel

Prices

Accommodated Program	Weekends		Weekdays	
	Single	Double	Single	Double
Superior Room	930 €	1.595 €	805 €	1.370 €
Corner & Junior Suite Room	1.380 €	2.040 €	1.255 €	1.815 €
Senior Suite Room	1.680 €	2.340 €	1.555 €	2.115 €

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Bikini Camp Beauty

At the unique atmosphere of Nua, equipped with treatments and exercises, your "Bikini Camp Beauty" program will help you enjoy your bikinis to the maximum.

1st Day

- ✓ Use of Nua Wellness-Spa jacuzzi, steam baths, sauna relaxation rooms
- ✓ Fitness with coach – 40 minute
- ✓ Tanning bed – 15 minutes
- ✓ Dinner - Beautyfood Menu

2nd Day

- ✓ Breakfast
- ✓ Fitness with coach – 40 minute
- ✓ **Thalgo LC24 – 75 minute with peeling**
Applied by female esthetician. An intensive treatment for localized cellulite that helps alleviate general cellulite problems. This treatment begins with its distinctive scrub, followed by an anti-cellulite massage and the utilization of a mask
- ✓ Lunch - Beautyfood Menu
- ✓ **Bust and décolleté modeling treatment – 65 minute**
Applied by female esthetician. An exquisite thermal treatment that combines high-concentration liposomes with plant and marine proteins. Enhances skin elasticity and maintains bust firmness.
- ✓ Tanning bed – 15 minutes
- ✓ Dinner - Beautyfood Menu

3rd Day

- ✓ Breakfast
- ✓ Fitness with coach – 40 minute
- ✓ Use of Nua Wellness-Spa jacuzzi, steam baths, sauna relaxation rooms
- ✓ Lunch - Beautyfood Menu
- ✓ **Thalgo LC24 – 60 minute without peeling**
Applied by female esthetician. An intensive treatment for localized cellulite that helps alleviate general cellulite problems. This treatment begins with an anti-cellulite massage, followed by the utilization of a mask
- ✓ Tanning bed – 15 minutes
- ✓ Dinner - Beautyfood Menu

4th Day

- ✓ Breakfast
- ✓ **Nua petite facial – 45 minutes**
Applied by a female esthetician. Moisturizes, revitalizes, and deep cleans the skin providing an effective solution for the skin's needs.
- ✓ Lunch - Beautyfood Menu
- ✓ Departure from hotel

Prices

Accommodated Program	Weekends		Weekdays	
	Single	Double	Single	Double
Superior Room	950 €	1.630 €	815 €	1.395 €
Corner & Junior Suite Room	1.400 €	2.075 €	1.270 €	1.845 €
Senior Suite Room	1.695 €	2.380 €	1.565 €	2.140 €

Our prices excluding %8 VAT.

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My Daughter and Me

Through this special program prepared for mothers and daughters you can physically and mentally renew by passing a pleasant time with magnificent nature of Sapanca.

1st Day

- ✓ Use of Nua Wellness-Spa jacuzzi, steam baths, sauna relaxation rooms
- ✓ Dinner

2nd Day

- ✓ Breakfast
- ✓ **Nuvola cocoa body treatment - 60 minute**
Applied by a male/female therapist. This exotic pampering begins with honey brown sugar peeling and continues with a relaxing coca treatment. Regenerates and moisturizes the skin, alleviates stress.
- ✓ Dinner

3rd Day

- ✓ Breakfast
- ✓ **Cleopatra bath – 20 minute**
Applied by a male/female therapist. Recommended for pampering your dry and dehydrated skin. Softens, moisturizes, and smooths dry and dehydrated skin.
- ✓ **Chocolate message – 50 minute**
Applied by a male/female therapist. Full body massage with warm chocolate oil that contains ginseng and vitamin E. Softens and rejuvenates your skin with the anti aging effect of cacao.
- ✓ Dinner

4th Day

- ✓ Breakfast
- ✓ **Oxygen facial for women - 75 minute**
Applied by a female esthetician. The process where milk toner, scrub, and mask best suited to your skin's type and needs are applied on your skin, ends with the oxygenation treatment. Moisturizes your skin and gives it a fresh breath of oxygen.
- ✓ Departure from hotel

Prices

Accommodated Program	Weekends	Weekdays
Superior Room	875 €	1.395 €
Corner & Junior Suite Room	1.335 €	1.875 €
Senior Suite Room	1.630 €	2.170 €

Our prices excluding %8 VAT.

On account of our Wellness-SPA concept, only guests aged 14 and over can be admitted.

My Son and Me

Through this special program prepared for fathers and sons you can physically and mentally renew by passing a pleasant time with magnificent nature of Sapanca.

1st Day

- ✓ Use of Nua Wellness-Spa jacuzzi, steam baths, sauna relaxation rooms
- ✓ Dinner

2nd Day

- ✓ Breakfast
- ✓ Nature walk – 60 minute
- ✓ **Traditional Balinese massage– 50 minute**
Applied by a female Balinese massage therapist. Full body massage that utilizes acupressure and reflexology techniques. Stimulates the body's flow of oxygen, blood, and chi energy. Provides deep relaxation and vitality.
- ✓ Dinner

3rd Day

- ✓ Breakfast
- ✓ Nature walk – 60 minute
- ✓ **Thai Massage– 60 minute**
Applied by male/female therapist. Thai massage technique that incorporates meridian compression with yoga-like stretching on a firm futon mat in a private single room. Accelerates circulation, stretches the body and the muscles, strengthens the joints, energizes and reduces stress and anxiety.
- ✓ **Oxygen facial for men - 75 minute**
Applied by a female esthetician. The process where milk toner, scrub, and mask best suited to your skin's type and needs are applied on your skin, ends with the oxygenation treatment. Moisturizes your skin and gives it a fresh breath of oxygen.
- ✓ Dinner

4th Day

- ✓ Breakfast
- ✓ Bicycle Tour – 30 minute
- ✓ Departure from hotel

Prices

Accommodated Program	Weekends	Weekdays
Superior Room	825 €	1.295 €
Corner & Junior Suite Room	1.360 €	1.775 €
Senior Suite Room	1.580 €	2.070 €

Our prices excluding %8 VAT.

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Yoga Days

Putting aside the stress of everyday life, you can renew yourself in the magical atmosphere of Sapanca.

1st Day

- ✓ Use of Nua Wellness-Spa jacuzzi, steam baths, sauna relaxation rooms
- ✓ Dinner

2nd Day

- ✓ Breakfast
- ✓ Yoga Session – 45 minute (beginners level)
- ✓ **Aromatherapy massage - 50 minute**
Applied by male/female therapist. A light pressure massage applied on the entire body with various essential oils. Relaxes the body and relieves it from stress.
- ✓ **Shiradora therapy – 65 minute**
Applied by male/female therapist. This therapy is based on the ancient principles of Ayurvedic medicine. The warm sesame oil flowing from a copper pot down onto the “third eye” restores health and provides a deep relaxation. The therapy is concluded with a light body massage and an intense head massage.
- ✓ Use of Nua Wellness-Spa relaxation rooms
(The use of Spa jacuzzi, steam rooms, or the sauna is not recommended after receiving skin treatments.)
Dinner

3rd Day

- ✓ Breakfast
- ✓ Yoga Session – 45 minute (beginners level)
- ✓ **Hot stone therapy - 65 minute**
Applied by a male therapist. A combination of full body massage and energy work that offers a deep relaxation.
- ✓ **Nua signature massage - 50 minutes**
Applied by male/female therapist. A Nua Spa exclusive, this unique massage utilizes aromatherapy and deep tissue massage techniques. Provides balance and harmony for your body and soul, helps relax your muscles.
- ✓ Dinner

4th Day

- ✓ Breakfast
- ✓ Departure from hotel

Prices

Accommodated Program	Weekends		Weekdays	
	Single	Double	Single	Double
Superior Room	735 €	1.270 €	640 €	1.115 €
Corner & Junior Suite Room	1.185 €	1.720 €	1.090 €	1.565 €
Senior Suite Room	1.485 €	2.020 €	1.390 €	1.860 €

Our prices excluding %8 VAT.

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Anti-Aging

1st Day

- ✓ Use of Nua Wellness-Spa jacuzzi, steam baths, sauna relaxation rooms
- ✓ Dinner

2nd Day

- ✓ Breakfast
- ✓ **Face yoga – 30 minute**
We carry our tension of daily lives on our face. With Face Yoga exercises you can release your face muscles. If practice regularly lessens wrinkles.
- ✓ **Nua petite facial – 45 minutes**
Applied by a female esthetician. Moisturizes, revitalizes, and deep cleans the skin providing an effective solution for the skin's needs.
- ✓ Dinner

3rd Day

- ✓ Breakfast
- ✓ **Face yoga – 30 minute**
We carry our tension of daily lives on our face. With Face Yoga exercises you can release your face muscles. If practice regularly lessens wrinkles.
- ✓ **Descomask body scrub – 25 minute**
Applied by male/female esthetician or therapist. The intensive body scrub containing hibiscus, ruscus extracts, and chondrus crispus extracts gently removes superficial dead skin cells. The treatment is completed with a moisturizing cream or lotion.
- ✓ **Nua caviar massage– 50 minute**
Applied by male/female esthetician or therapist. Nourishes and moisturizes your skin, erasing the signs of aging and fatigue.
- ✓ Dinner

4th Day

- ✓ Breakfast
- ✓ **Face yoga – 30 minute**
We carry our tension of daily lives on our face. With Face Yoga exercises you can release your face muscles. If practice regularly lessens wrinkles.
- ✓ **Supreme DHE. Age facial – 65 minute**
Applied by female esthetician The exceptional anti-ageing effect of DHE accelerates the cell renewal rhythm of your skin.
- ✓ Departure from hotel

Prices

Accommodated Program	Weekends		Weekdays	
	Single	Double	Single	Double
Superior Room	945 €	1.490 €	825 €	1.310 €
Corner & Junior Suite Room	1.395 €	1.940 €	1.270 €	1.760 €
Senior Suite Room	1.695 €	2.235 €	1.575 €	2.055 €

Our prices excluding %8 VAT.

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Mother Nature

The couples want to have a baby by natural means or are prepared for a medical treatment that need for believing and morale more than everything. It is time to meet a very special program that taking inspiration from "Mother Nature" to support these couples dream of having a baby... This program away from city stress is customized for couples that combine the positive energy of nature with the natural flavors of therapies and flavor ritual "Beautyfood Menu" prepared by experts.

1st Day

- ✓ **Meditation session– 30 minute**

It is a relaxing séance takes the future mothers away stress and worry.

- ✓ Nua Wellness-Spa time
- ✓ Dinner

2nd Day

- ✓ Breakfast

- ✓ **Nature walk -30 minute**

- ✓ Sapanca's natural environment and fresh air is ideal for the future mothers that should stay away from the negativity of city life.

- ✓ **Meditation session – 30 minute**

It is a relaxing séance takes the future mothers away stress and worry

- ✓ **Lomi lomi nui massage for couple – 75 minute**

Spiritual Hawaiian culture believes that the back of the body represents the past and the front represents the future. With this massage you can leave your past behind and relax in to the future. This special massage harmonizes the deeply relaxing techniques of stretching and touching.

- ✓ Dinner

- ✓ **Chakra balancing – 30 minute**

It is a regenerating séance that provides spiritual purification by equilibrating the energy between chakras and strengthening these special points.

- ✓ Dinner

3rd Day

- ✓ Breakfast

- ✓ **Nature walk -30 minute**

- ✓ Sapanca's natural environment and fresh air is ideal for the future mothers that should stay away from the negativity of city life.

✓ **Meditation session– 30 minute**

It is a relaxing séance takes the future mothers away stress and worry.

✓ **Nua signature massage for men - 50 minutes**

Applied by male/female therapist. A Nua Spa exclusive, this unique massage utilizes aromatherapy and deep tissue massage techniques. Provides balance and harmony for your body and soul, helps relax your muscles.

✓ **Shiradora therapy – 65 minute**

Applied by male/female therapist. This therapy is based on the ancient principles of Ayurvedic medicine. The warm sesame oil flowing from a copper pot down onto the “third eye” restores health and provides a deep relaxation. The therapy is concluded with a light body massage and an intense head massage

✓ Use of Nua Wellness-Spa relaxation rooms

(The use of Spa jacuzzi, steam rooms, or the sauna is not recommended after receiving skin treatments.)

Dinner

✓ **Reiki session– 50 minute**

Reiki, is a spiritual living energy existing everywhere. It is an energy therapy that helps balancing the energy in the body and energy blocks by dissolving them.

✓ Dinner

4th Day

✓ Breakfast

✓ **Nature walk -30 minute**

Sapanca’s natural environment and fresh air is ideal for the future mothers that should stay away from the negativity of city life.

✓ **Meditation – 30 minute**

It is a relaxing séance takes the future mothers away stress and worry.

✓ Lunch

✓ Departure from hotel

Prices

Accommodated Program	Weekends	Weekdays
Q Floor, Double Suite Room	1.580 €	1.580 €

Our prices excluding %8 VAT.

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