

WORKING
HOURS

EVERYDAY
12PM-8PM

MENU

THERA
RELAX


REGNUM

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Dear Guest,

Where tranquility meets timeless wellness.

We are delighted to welcome you to Thera SPA by Regnum. A sanctuary inspired by the ancient principle of Sanus Per Aquam, meaning "health through water."

Here, modern luxury blends with nature's healing touch to offer a curated experience of rest, renewal and inner balance.

Let your wellness journey begin..



SPA RULES & POLICY

Dear Guests,

To preserve the calm and relaxing atmosphere of Thera SPA by Regnum, we kindly ask you to keep your voice low and respect the peaceful environment our guests cherish.

For your comfort and the comfort of others, the use of mobile phones is not permitted within the spa area.

In harmony with our wellness philosophy, we welcome guests aged 14 and above.

Thank you for your understanding and cooperation.

We wish you a serene and rejuvenating experience.

SPA GUIDE

Before Your Visit to Thera SPA

Valuables & Personal Belongings

We kindly recommend that you do not bring valuable items such as jewelry or mobile phones to the spa. For your comfort and security, please store them in your in-room safe before arriving.

Health & Safety

The temperature of our saunas and steam rooms ranges between 40°C and 100°C. These facilities are not suitable for guests with high blood pressure, heart conditions or for pregnant guests. Use of these areas in such cases is at your own risk.

What to Wear in Wet Areas

Please wear swimsuits, bikinis or swim shorts while using the wet areas. For your convenience, spa robes, slippers and a spa bag are provided in your room. Towels are available within the spa.

Spa Pools

As part of our hygiene policy, we kindly ask you to shower and wear a swim cap before entering the pools. For your safety, jumping or diving into the pools is not permitted.

During Your Treatment

What to Wear During Massages & Treatments

To achieve full physical and mental relaxation during body massages, we recommend minimal clothing. You may choose to wear a bikini, swim shorts or the disposable undergarments provided at Thera SPA by Regnum.

Therapists

We have both male and female therapists available. The name of your therapist will be listed on your reservation form. If you have a preference, please inform our spa reception at least 48 hours before your appointment and we will do our best to accommodate your request.

Product Boutique

All natural oils, essences and skincare products used during your treatment are available for purchase at the Thera SPA Boutique. Take the experience home and continue your wellness journey beyond your visit.

Enjoy Yourself

Every detail of our treatments is carefully designed to help you unwind, recharge, and feel your best. If you have any questions or special requests, our experienced team will be delighted to assist you.

A Gentle Reminder for Your Comfort

As Thera SPA by Regnum is dedicated to providing a peaceful and balanced environment, entry under the influence of alcohol is not permitted. We appreciate your understanding and consideration.

Reservation Guidelines

To ensure your preferred time and treatment are available, we kindly recommend that all spa appointments be reserved in advance. You may book directly at our spa reception, by phone, or via email.

Please plan to arrive at least 5 to 10 minutes prior to your scheduled appointment to allow time for check-in and to begin your treatment in a relaxed state of mind. Arriving late will unfortunately result in reduced treatment time, as we must respect the time slots of subsequent guests to maintain the spa's serene flow.

For your comfort and optimal experience, we advise wearing comfortable attire. Robes, slippers, and towels will be provided. All treatments are conducted in private, tranquil settings to ensure your full relaxation and discretion.

Cancellations

We understand that plans can change. In order to accommodate all our guests in the best possible way, we kindly ask that any cancellations or changes be made within the following timeframes:

- Individual treatments: Please notify us at least 8 hours in advance.
- Spa package programs: Notice must be given at least 48 hours in advance.

Cancellations or changes made outside of these timeframes or failure to attend without notice — will incur a 100% charge of the scheduled service.

We look forward to welcoming you into our world of serenity, care, and personalized wellness.

SPA GUIDE



Jacuzzi

Indulge in the ultimate relaxation at Thera SPA by Regnum, where warm water, gentle bubbles, and soothing hydrotherapy come together in perfect harmony. Feel your muscles ease and your mind unwind in this serene escape.

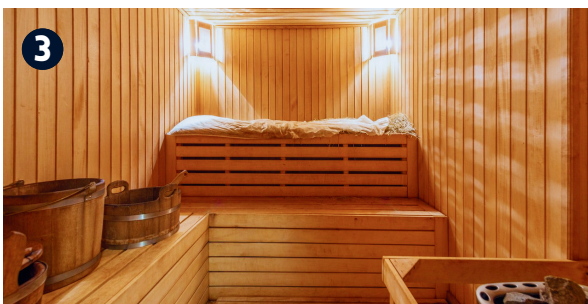
This rejuvenating experience improves circulation, reduces stress, and restores your inner balance, leaving you refreshed and revitalized.



Day Dream

Escape to the tranquil sanctuary of the Day Dream Relaxing Room at Thera SPA by Regnum. Here, soft lighting and calming aromas create the perfect environment to soothe your senses and quiet your mind.

Allow yourself to drift into peaceful relaxation as gentle melodies and cozy surroundings invite you to recharge. This serene retreat helps reduce stress, calm the nervous system and restore your inner harmony.



Sauna

Immerse yourself in the calming heat of the sauna at Thera SPA by Regnum, where warmth and gentle steam work together to cleanse and rejuvenate your body. Feel your muscles relax as toxins are released in this tranquil environment.

This soothing ritual promotes better circulation, relieves stress, and restores your inner balance, leaving you refreshed, renewed and deeply relaxed.



Steam Bath

Immerse yourself in the soothing warmth of the steam bath at Thera SPA by Regnum, where gentle steam purifies your skin and relaxes your entire body. Feel tension dissolve as the calming heat rejuvenates both mind and muscles.

This restorative experience enhances circulation, alleviates stress and renews your inner balance, leaving you feeling refreshed and revitalized.



Traditional Turkish Bath

Rediscover the timeless essence of Ottoman bathing culture with a modern touch at Thera SPA by Regnum. Relax on a heated marble platform as your body is revitalized with an invigorating kese (exfoliation) and luxurious foam massage.

This authentic experience boosts circulation, promotes skin renewal and offers deep physical and mental relaxation.

IMPORTANT NOTES

- We kindly recommend drinking water after heat-based therapies to help restore lost body fluids.
- After each session in the steam room, please take 10–15 minutes to rest and let your body stabilize.
- Any emergency while using steam rooms or saunas, you may press the emergency button located near the door.

THERA SPECIALS

Bulgarian Rose Radiance Ritual

Experience the delicate luxury of Bulgarian rose extracts combined with soothing massage techniques to revitalize your skin and calm your mind. This ritual deeply hydrates and softens the skin, reduces signs of fatigue, and promotes a radiant, youthful glow. The enchanting aroma of roses uplifts your spirit, offering a truly elegant and refreshing escape.

90 Minutes | 79.25 €

Amber Glow Rejuvenation

Indulge in the warm and comforting essence of amber, paired with deeply relaxing massage techniques that nurture your skin and ease muscular tension. This therapy improves circulation, restores vitality and leaves you feeling renewed, balanced, and glowing with natural radiance. A perfect choice to revitalize both body and mind.

90 Minutes | 79.25 €

Chocolate Velvet Indulgence

Immerse yourself in a decadent chocolate-infused treatment that nourishes and softens the skin while awakening your senses. Rich in powerful antioxidants and essential nutrients, this indulgent therapy improves skin elasticity, smoothness, and hydration. Experience pure bliss and a moment of luxurious self-care that pampers your body and soothes your soul.

90 Minutes | 79.25 €

Indian Ocean Vitality Escape

Discover the exotic scents and restorative properties inspired by the Indian Ocean in this invigorating therapy. Designed to detoxify and deeply hydrate, it revitalizes tired, stressed skin while boosting circulation and energy flow. The uplifting blend of natural ingredients transports you on a refreshing journey that renews both body and spirit.

90 Minutes | 84.36 €

Pacific Island Breeze Therapy

Let the tropical aromas and nourishing botanicals from the Pacific Islands envelop you in deep relaxation and wellness. This therapy enhances circulation, replenishes moisture, and softens the skin, leaving you feeling refreshed, rejuvenated and deeply calm. Perfect for those seeking to escape into a tranquil island-inspired sanctuary.

90 Minutes | 84.36 €

Gentleman's Renewal Journey

Discover a restorative escape that begins with a full-body scrub, followed by a deep muscle detox and a rejuvenating facial therapy. Carefully designed to relieve muscle tension and improve circulation, this ritual immerses you in soothing aromas and calming sounds. Enjoy an experience that recharges your energy, sharpens the mind, and restores inner balance for lasting relaxation.

120 Minutes | 138.05 €

Radiant Goddess Experience

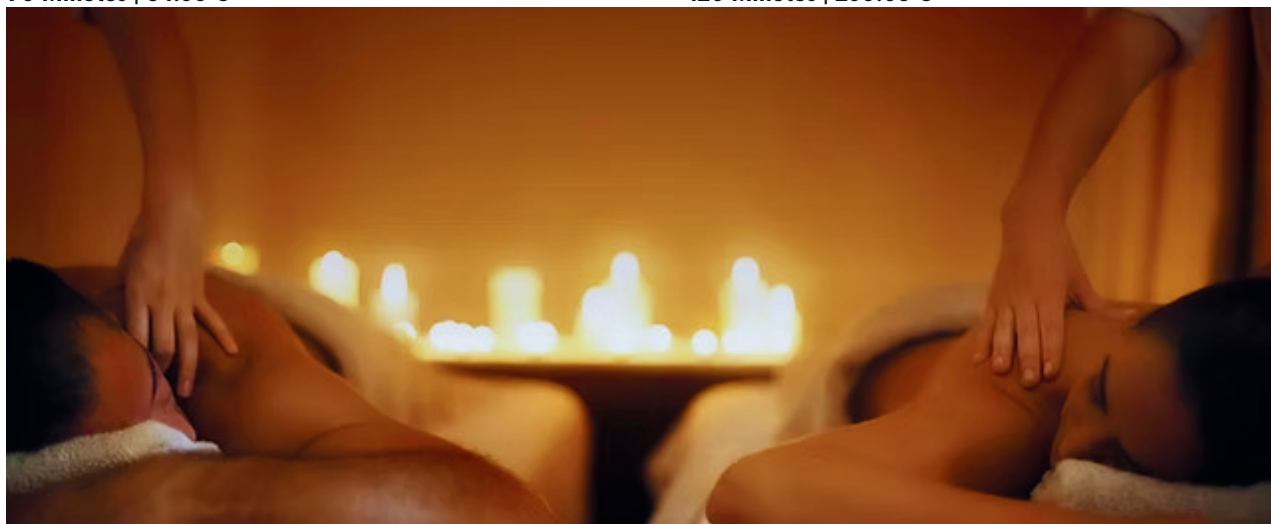
Designed especially for women's well-being, this exquisite ritual begins with a full-body scrub, followed by a body mask and a massage with an aromatic candle. A nurturing and nourishing facial therapy completes the journey, leaving the skin radiant, the mind calm, and the spirit renewed.

160 Minutes | 163.61 €

Couples Harmony Ritual

Share a romantic escape that begins with a simultaneous body scrub and massage using carefully selected relaxing essential oils. Soft lighting, gentle music, and soothing aromas create the perfect setting for intimacy and tranquility. The experience concludes with a hydrating facial mask and a bottle of champagne served in a private jacuzzi for two. This blissful journey will leave you refreshed, recharged and more connected than ever.

120 Minutes | 230.08 €



FACIAL TREATMENTS

Deep Hydration Face Mask

A deeply nourishing face mask designed to replenish and lock in lasting moisture for dehydrated and dull skin. This treatment gently and effectively soothes dryness, improves skin texture, and enhances natural radiance, leaving your complexion feeling deeply refreshed, supple, hydrated, smooth, soft, and beautifully glowing with vitality.

20 Minutes | 20.45 €



Energizing Detox Facial

Revitalize and purify your skin with this powerful detox treatment featuring Spirulina, a nutrient-rich marine algae known for its exceptional cleansing and energizing properties. This deeply cleansing therapy helps to eliminate impurities, tone the skin, and boost overall vitality. Experience a refreshed, radiant complexion that feels renewed and full of life.

60 Minutes | 66.47 €

Hyalu-Procollagen Therapy

Experience the advanced anti-aging benefits of the hyalu-procollagen program, designed to deeply hydrate, firm, and revitalize your skin. Combining the power of hyaluronic acid and pro-collagen peptides, this treatment smooths fine lines and wrinkles while restoring youthful elasticity. Enjoy a radiant, plump complexion that glows with renewed vitality.

60 Minutes | 74.14 €

Men's Revitalizing Hydration Therapy

A targeted treatment designed specifically for men's skin, this therapy deeply regenerates and intensely hydrates, revitalizing tired and stressed skin. It effectively soothes irritation, boosts elasticity, and strengthens the skin's natural defenses. Experience a refreshed, balanced, and energized complexion that radiates health and vitality.

50 Minutes | 56.24 €

Silicium Revitalizing Therapy

Harness the powerful benefits of silicon with the Silicium program, expertly designed to strengthen your skin's natural structure and significantly enhance elasticity. This revitalizing treatment stimulates collagen production, improves firmness and smooths the skin's texture for a visibly youthful, luminous complexion with lasting resilience and vitality.

60 Minutes | 79.25 €

Intensive Moisturizing Facial

Experience deep and lasting hydration with this intensive facial treatment, expertly designed to replenish moisture and restore your skin's natural radiance. Utilizing advanced Thalgo formulas rich in marine nutrients, this therapy nourishes and revitalizes dry, tired skin, leaving it soft, smooth, and glowing with renewed vitality.

60 Minutes | 61.36 €

Premium Marine Luxury Facial

Indulge in the ultimate marine luxury with the Exception Marine program, featuring rare and precious oceanic ingredients that deeply nourish and rejuvenate your skin. This exclusive treatment restores intense hydration, enhances natural radiance, and smooths fine lines, leaving your complexion refreshed, glowing, and visibly revitalized with lasting effects.

60 Minutes | 81.81 €



BODY WELLNESS

Coconut Body Scrub

Experience the gentle yet effective exfoliating power of natural coconut, which delicately removes dead skin cells while deeply nourishing and softening your skin. Rich in antioxidants and essential fatty acids, this scrub revitalizes your body, leaving it smooth, radiant, and delicately scented with tropical freshness. Perfect for all skin types, it restores vitality and a healthy glow.

20 Minutes | 30.68 €

Chocolate Body Scrub

Indulge in a decadent and luxurious chocolate exfoliation that detoxifies, hydrates and softens your skin. Packed with antioxidants and nourishing ingredients, this scrub helps improve skin texture and elasticity, enveloping your body in a sensuous and uplifting experience. A true treat for both body and mind.

20 Minutes | 30.68 €

Rose Body Scrub

Delight in the delicate and soothing aroma of rose petals combined with gentle exfoliating ingredients. This scrub not only removes impurities but also calms and nourishes your skin, uplifting your spirit and leaving your body feeling beautifully refreshed, smooth, and radiant. Perfect for sensitive skin needing gentle care, it promotes a soft and balanced complexion.

20 Minutes | 30.68 €

Ginger Body Scrub

Awaken your senses with the warming and invigorating effects of ginger. This scrub boosts circulation, detoxifies the skin, and promotes a natural glow while gently exfoliating. Enriched with antioxidants, it helps reduce fatigue and inflammation, leaving your skin energized, renewed, and refreshed. Ideal for revitalizing dull, tired skin.

20 Minutes | 35.79 €

Strawberry & Champagne Body Mask

Treat your skin to a luxurious and rejuvenating blend of strawberry antioxidants and champagne extracts. This hydrating mask deeply nourishes and revitalizes dull, tired skin, leaving your body soft, radiant, and delicately fragranced with a refreshing fruity aroma. Ideal for restoring brightness and softness, it also helps to balance and smooth your skin's texture.

20 Minutes | 28.12 €

Chocolate Body Mask

Immerse yourself in the richness of a chocolate-infused mask that provides intense nourishment and hydration. Rich in antioxidants and essential nutrients, this mask improves skin elasticity and texture, leaving your body feeling velvety smooth, supple and deeply refreshed. Perfect for a moment of pure indulgence, it also soothes and revitalizes stressed skin.

20 Minutes | 28.12 €

Rose Body Mask

Harness the calming and hydrating benefits of rose in this soothing mask, perfect for sensitive or dry skin types. It replenishes moisture, reduces redness, and promotes a radiant, healthy glow while enveloping you in a relaxing and aromatic spa experience. A gentle touch of luxury for your skin that also helps restore balance and softness.

20 Minutes | 28.12 €

Nourishing Body Mask

This deeply moisturizing and restorative mask is specially formulated to replenish dry, tired, or stressed skin. Enriched with nourishing ingredients, it restores hydration, improves skin softness and elasticity, and leaves your body feeling rejuvenated, silky smooth, and refreshed. Ideal for renewing your skin's natural barrier and glow while providing lasting comfort.

20 Minutes | 33.23 €



MASSAGES

Stress Release Escape

Experience a deeply calming treatment designed to ease mental fatigue and release emotional tension. Through gentle pressure and soothing movements, it fosters tranquility, enhances restful sleep, and restores your inner balance. Perfect for today's fast-paced and stressful lifestyles, it helps you reconnect with peace and relaxation.

50 Minutes | 53.69 €

Swedish Revival Massage

Experience a classic full-body massage featuring long, flowing strokes and gentle kneading. This timeless treatment enhances blood circulation, relaxes muscle stiffness, and revitalizes your natural energy flow. Ideal for first-time spa guests or those who prefer a soothing, light-to-medium pressure massage. It leaves your body feeling deeply relaxed, refreshed, and harmonized.

50 Minutes | 53.69 €

Essential Aroma Journey

Experience the healing blend of essential oils with gentle massage techniques. Each scent supports your mood—uplifting, calming, or energizing—leaving your body relaxed, your skin soft, and your mind at ease. Ideal for recharging your energy and restoring emotional balance. A truly uplifting and sensory-rich escape.

50 Minutes | 58.80 €

Aloe Vera Cooling Comfort

Ideal after sun exposure or for sensitive skin, this refreshing treatment uses pure aloe vera gel to cool, heal, and hydrate. It calms inflammation, relieves heat-stressed skin, and leaves your body feeling soothed, fresh, and naturally radiant. Perfect for restoring balance and softness. A gentle touch of nature to revive your skin and senses.

50 Minutes | 58.80 €

Aromatic Candle Glow

Experience the soothing warmth of aromatic candle oil as it melts into your skin, turning into a deeply hydrating balm. This gentle massage relaxes muscles, nourishes the body, and delights the senses. A perfect choice for those seeking comfort, serenity, and soft, radiant skin. Let yourself unwind as the subtle fragrance lifts your mood and calms your thoughts.

55 Minutes | 61.35 €

Ancient Cupping Ritual

Inspired by traditional Eastern techniques, this cupping therapy boosts blood flow, eases tension, and helps detoxify the body. It supports deep tissue healing while leaving you feeling light, renewed, and rebalanced. A perfect choice for those seeking natural pain relief and energetic balance. Experience profound relaxation and revitalization with every session.

50 Minutes | 61.35 €

Therapeutic Recovery Massage

Targeting chronic pain and stiffness, this massage uses precise pressure and therapeutic techniques to release muscle knots, improve posture, and support recovery. Ideal for those with sedentary lifestyles or physical strain, it helps restore mobility and leaves you feeling refreshed and balanced. It promotes lasting relief and enhances overall well-being.

50 Minutes | 61.35 €

Mahatma Soul Therapy

Rooted in holistic Eastern practices, this massage gently opens energy pathways and pressure points, releasing emotional tension and restoring harmony. It offers a mindful and soulful journey for those seeking inner peace and renewal. This deeply spiritual treatment nurtures both body and soul, leaving you feeling centered, calm, and revitalized.

55 Minutes | 66.47 €



MASSAGES



Deep Muscle Detox

Experience a deeply effective massage designed for those who require firm pressure and thorough muscle work. This treatment is perfect for athletes and active individuals, targeting and breaking down muscle adhesions while enhancing flexibility. It also relieves tension held in the deeper tissue layers, promoting faster recovery and improved physical performance.

45 Minutes | 66.47 €

Volcanic Stone Therapy

Warm basalt stones are gently placed on key energy points to melt away deep tension and stress. This soothing blend of heat and massage restores physical balance, clears the mind, and brings profound calm. A grounding experience inspired by the Earth's timeless energy. This treatment leaves you feeling deeply relaxed, renewed, and harmonized.

60 Minutes | 71.58 €

Regnum Signature Harmony

Our exclusive signature massage blends Eastern and Western techniques to soothe deep tension and boost lymphatic flow. This treatment offers full-body relaxation and renews your physical and emotional well-being. A royal experience designed just for you. Experience true renewal as every muscle and nerve is gently revitalized, leaving you balanced and refreshed.

70 Minutes | 76.69 €

Atlantic Gemstones

An experience for all the senses! This spa ritual is inspired by the beaches of the Atlantic Ocean and the healing power of precious and semi-precious stones. The skin becomes velvety soft, smooth, and radiant, while the mind and body are infused with positive energy.

90 Minutes | 86.92 €



MASSAGES

Prenatal Serenity Massage

Designed specifically for expectant mothers, this soothing massage gently reduces swelling, relieves lower back discomfort, and promotes deep relaxation while ensuring complete safety. It offers a nurturing and peaceful escape tailored to the unique needs of pregnancy, helping you feel cared for and refreshed throughout this special time.

20 Minutes | 30.68 €

Headspace Ritual – Face & Scalp

Enjoy a deeply relaxing massage that focuses on your facial muscles and scalp, gently stimulating circulation and relieving tension. This soothing treatment helps clear your mind, leaving you refreshed and calm. Ideal as a perfect addition to complete your relaxation experience. It's a gentle escape that refreshes both skin and spirit.

20 Minutes | 30.68 €

Tension Relief Back Massage

Focused on the upper and lower back, this targeted massage relieves built-up tension, improves posture, and restores flexibility. Ideal for desk workers or anyone experiencing stiffness from daily stress. It leaves muscles relaxed and revitalized. This treatment enhances overall well-being by easing discomfort and promoting lasting comfort throughout your day.

25 Minutes | 33.23 €

Reflexology Foot Therapy

Ancient wisdom guides this pressure point massage, focusing on the feet's reflex zones to boost circulation, ease tension, and restore your body's natural balance. It promotes deep relaxation and a renewed sense of harmony from head to toe. This soothing treatment leaves you feeling grounded, refreshed, and completely revitalized.

20 Minutes | 35.79 €

Therapeutic Back Focus

A healing session using deeper pressure on the back area to relieve chronic pain, reduce muscle knots, and support spinal health. Especially effective for persistent discomfort, this therapy enhances mobility and promotes lasting relief. This targeted treatment not only restores comfort but also improves mobility and supports long-term spinal health for enhanced well-being.

30 Minutes | 35.79 €

Back & Legs Rebalance

Experience a deeply soothing combination of back and leg massage that effectively boosts circulation, alleviates fatigue, and gently eases muscle soreness. Perfectly suited for those recovering from long journeys or intense physical activity, this treatment revitalizes your body and restores your natural energy flow. With every touch, feel renewed and refreshed.

35 Minutes | 38.35 €

Kese Exfoliation & Foam

Experience the authentic Turkish hammam ritual beginning with thorough exfoliation using the traditional kese glove to remove dead skin cells and impurities. This is followed by a relaxing foam massage that deeply cleanses, soothes, and revitalizes your skin. The treatment improves circulation and leaves your body feeling smooth, rejuvenated, and completely relaxed.

45 Minutes | 61.36 €

Kese Exfoliation, Foam & Body Mask

Enhance your hammam journey with classic kese exfoliation and foam massage, combined with a luxurious body mask designed to nourish and hydrate your skin. This comprehensive ritual purifies and softens while replenishing moisture, leaving your skin silky smooth and radiant. Ideal for restoring balance and promoting profound relaxation and well-being.

60 Minutes | 76.69 €



KIDS MASSAGE



Sweet Cocoa Bliss

Aromatic Chocolate Oil Massage for Kids

Sweet Cocoa Bliss is a specially designed massage experience for children, using warm, aromatic chocolate oil to nourish and soothe their delicate skin. This gentle massage helps to relax muscles, ease minor tensions caused by daily activities and play, and deeply moisturize the skin with the natural richness of cocoa butter. The comforting scent of chocolate creates a calming and joyful atmosphere that children adore.

Beyond physical relaxation, Sweet Cocoa Bliss supports emotional and mental well-being. The gentle, loving touch helps soothe the nervous system, promoting a sense of calm and balance. It's especially beneficial for children who have difficulty settling down before sleep or who experience mild anxiety. The warmth and sweet aroma foster a safe, comforting environment where kids can feel secure and relaxed.

This massage also enhances sensory awareness and helps develop the sense of touch, encouraging healthy growth and self-confidence. By nurturing a loving connection between the therapist and child, Sweet Cocoa Bliss offers holistic care tailored to children's unique needs, supporting both body and mind.

This delightful and restorative treatment not only leaves children feeling pampered and refreshed but also brings peace of mind to parents knowing their little ones are cared for with the utmost attention and warmth. Sweet Cocoa Bliss is a tender, joyful journey that nurtures young spirits and leaves a sweet smile on every child's face.

35 Minutes | 38.35 €

Important Note: This massage, offered in our facility, is specially designed for children between the ages of 6 and 12.



ADDITIONAL SERVICES



The Perfect Gift of Relaxation

Surprise your loved ones with the gift of wellness. Our Gift Cards are redeemable for any spa treatment or experience. For birthdays, anniversaries or just because..

- Customizable amounts
- Valid on all treatments (excluding special packages)
- Available in elegant print or digital format

Purchase at our SPA reception or contact us for details.



THERA SHOP

Step into Thera Shop, the exclusive boutique of Thera SPA by Regnum, where natural beauty and refined wellness meet. Here, you'll find a carefully curated selection of premium spa therapies such as Exception Marine Luxury Therapy, Hyalu Procollagen Treatment, Hydrating Therapy, Silicium Therapy, Detoxifying Therapy and the TalgoMen Cosmetic Duo — all designed to elevate your skincare routine to new heights.

Beyond skincare, Thera Shop offers elegant accessories including Aromatic Candles, Luffa Sets, Pestemal Towels, luxurious Gift Boxes and traditional Nalimi slippers, allowing you to bring the essence of Thera SPA into your daily life with style and comfort.

Our expert therapists are also available to guide you in selecting the perfect products tailored to your skin's unique needs.

Indulge yourself and bring the spirit of Thera home.




REGNUM