



ÇÖSMÖPÖTÖGY

Seventh Sense

Welcome to our  
Hammam

HAMMAM  
TURKISH BATH & SPA



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# Spa Amenities Include:



- ❖ Spa Reception
- ❖ Spa Retail Centre
- ❖ 2 Separate Change Rooms and Lockers (*Male/Female*)
- ❖ 1 Yoga Lounge
- ❖ 4 Showers
- ❖ 3 Couples Treatment Rooms
- ❖ 3 Single Treatment Rooms
- ❖ 5 Aesthetic Treatments Available
- ❖ Chai Lounge
- ❖ Relaxation Lounge
- ❖ Breathe Garden
- ❖ Cocktail Bar & Sun Deck
- ❖ Turkish Restaurant / Meze Bar
- ❖ 1 Vicky Shower/Private
- ❖ 1 Egyptian Copper Bath
- ❖ 1 Roman Pool
- ❖ 8 Berth Pedi Throne Room
- ❖ 2 Outdoor Jacuzzi's
- ❖ 1 Sauna
- ❖ 1 Rain Shower
- ❖ 1 Shock Shower
- ❖ 1 Rasul Chamber
- ❖ 1 Turkish Hammam
- ❖ Hair Salon & Nail Bar
- ❖ Gypsy Boutique
- ❖ Turqaz Silver Jewelry Shop



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# A Discerning Journey

Our fusion of luxury spa blends from around the world, will allow you to enjoy intoxicating treatments from the most discerning global brands and standards combining superbly beneficial elements from our earth. We bring old world traditions and blend it with new world technique.

Liberate your mind & indulge your senses.

Your journey to a luxurious experience begins here!!

The Hammam, also known as the Turkish Hammam or Turkish bath, is the Middle Eastern variant of a steam bath, which can be categorised as a wet relative of the sauna. Although the first Hammams originated in Arabia, and bath culture was a central part of Roman life, Turkey popularised the tradition

*(and is most often associated with it)*

by making Hammams available to people of all statuses and centuries the Hammam was known as the silent doctor.

Indulge in our traditional Middle Eastern Hammam and Gommage treatments while your imagination takes you on a mystical journey into the past.

**Be transported to another world without  
having to leave the city.**

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# Our Vision & Mission

Our vision is to truly transport our guests and take them on a journey without leaving town.

We have launched our long awaited Turkish Hammam & Spa, a very well located wellness retreat, in the Urban Jungle that we live in.

A great treatment is not just about the therapies and oils, it is an emotional experience, and we try our best to create an extraordinary ambiance that will transport our guests to an exotic foreign land.

A great experience is not one that fills you up, it is a journey that returns you to a source of pleasure you may have forgotten whilst exciting all of your senses.

From the warm welcome you receive upon arrival; candles are lit and the sound of beautiful music surrounds you. The contrasting colors and aromas will send your emotional palette of sensation on a separate journey. The beautiful lighting, priceless antiques and art adorning our walls are a feast for your eyes. Our Persian carpets and comfortable pillows, scattered across our relaxation lounges, Breath garden and Sun deck are for you to relax on and unwind from all the tensions of the outside world.

All of our skilled therapists with their talented hands and skills will take you on an enchanted escape...

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# Extraordinary Signature Spa Journeys

Thoughtfully designed to enhance your wellness and truly rejuvenate your soul. Healing and tranquility, taste, smell, feel, sound, touch and sight are an explosion for all the senses. We combine essential oils and restorative rituals together to create a mesmerizing wellness journey in our Luxury Hammam Turkish Bath & Spa.

Each signature package represents a distinct Oriental, Continental or Asian heritage, curated by years of cultural traditions and healing rituals ensuring a truly holistic wellness experience. Each Journey has been individually designed and lended, all having a foundation of pure organic Grapeseed and Pure Silk.

### ***All Seven Signature Spa Journey's include:***

- ❖ A welcome drink
- ❖ Fresh seasonal fruit plate
- ❖ Lunch
- ❖ Fresh Turkish meze platter or wrap
- ❖ Glass of fresh juice / wine / bubbly

*\* Please note that all treatment journeys include your consultation time and welcome drink*

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# Arabian Oud Renewal Journey

**R1 650**

Ultra-hydrating and full of nourishing essential minerals and antioxidants, the extraordinary Arabian Body Oil used in our Oud Renewal Therapy spa treatment delivers benefits that are more than skin deep. The rarest and most sacred oil on the planet, oud has a profound ability to release stored emotions. It deeply calms and soothes the nervous system, making it the perfect tonic for tiredness and stress, bringing about a deep sense of renewal. For centuries it has been used to bring stillness, focus and clarity to the mind, and invokes a sense of strength and peace.

A hidden treasure, oud is also an extremely rare resin that takes up to a century to form inside the heartwood of ancient aquilaria tree; it is part of the tree's natural defense mechanism when infected by a certain fungus that is carefully harvested over time.

It is one of the most expensive oils in the world.

## *This journey includes:*

- ❖ Welcome drink
- ❖ Fresh Fruits and refreshments
- ❖ Arabian Hammam Scrub
- ❖ Arabian Oud Face Masque
- ❖ Arabian Oud Desert Body Balm
- ❖ Steam Rinse
- ❖ Arabian Oud Body Renewal Massage
- ❖ Arabian Beef Salad or Wrap

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# The Sultans Escape Hamman Ritual

**R1 850**

Enjoy a private moment in the unique ambience of our customized Hamman. Holistic Hamman therapies using olive oil soap and silk, is a mineral journey.

A deeply meditative therapy, ideal for the integration of your body and mind.

This experience brings the body's six senses into alignment through a fluid combination of massage, specific essential oil blends and a healing mineral bath ritual.

*This journey includes:*

- ❖ Foot ritual and gommage - 30 min
- ❖ A traditional ultra luxury Hamman ritual - 30 min
  - ❖ A special silk moisture wrap
- ❖ Energizing Spa facial - 30 min
  - ❖ 60-minute massage
- ❖ Lunch

*( a glass of fresh juice / wine / bubbly, meze platter or wrap )*

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# The Oriental Spice Journey

**R1 850**

Inspired by the ancient Hammam bathing rituals the Oriental spice journey is warm and exotic, reminiscent of the early days of the perfumed oil and spice trade when oil, herbs and spices were more precious than jewels.

This blend is infused with the following ancient Biblical essential oils, Frankinsense, Myrrh, Cedarwood, Cinnamon, Aloe and Silk. The Oriental spice journey utilizes a combination of natural body purification treatment cleanses and exfoliates the skin.

A rich body clay mask and wrap will deeply detoxify, revitalize and restore radiance.

### *This journey includes:*

- ❖ Welcome drink and fruit
- ❖ Aromatic foot bath and foot scrub - 30 min
- ❖ Oriental Hammam ritual and oriental silk body wrap - 30 min
  - ❖ Oriental detoxifying facial - 30min
- ❖ A full body Aromatherapy Massage - 60 min
  - ❖ Lunch

*( a glass of fresh juice / wine / bubbly, meze platter or wrap )*

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# Turkish Delight Rose Ritual

**R2 200**

The Rose possesses potent anti-oxidants and anti-aging properties.

The Turkish delight rose range is a Pure Silk based blend with Rose essential oil, rosehip which maintains skin elasticity extracts which revitalizes the skin and Fynbos extract.

*This journey includes:*

- ❖ Welcome drink and fruit
- ❖ Aromatic foot bath and foot ritual - 30 min
  - ❖ Turkish Hammam Ritual - 30 min
- ❖ Turkish rose aromatic massage - 60 min
  - ❖ Uplifting hydrating facial - 60 min
- ❖ Lunch

*( a glass of fresh juice / wine / bubbly, meze platter or wrap )*



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# Persian Jasmine Journey

**R2 200**

Jasmine takes on the heritage of age old hanging gardens of Babylon, using traditional Roman Jasmine.

The package is a complete spa experience invigorating all your senses with the exotic, sensual scent Aloe, Pure Silk and Jasmine essential oil.

## *This journey includes:*

- ❖ Welcome drink and fruit
- ❖ Aromatic foot bath and foot scrub - 30 min
- ❖ Jasmine Hammam body exfoliation - 30 min
- ❖ Persian aromatic body therapy - 60 min
- ❖ Silk and aloe nourish facial - 60 min
- ❖ Lunch

*( a glass of fresh juice / wine / bubbly, meze platter or wrap )*

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# Egyptian Lemongrass Ritual

**R2 200**

Specifically tailored to suit the contemporary urban male taste, the journey of the Eurasians merges two popular scents, zesty Lemongrass and soothing Lavender, organic Ricebran and Pure Silk and Aloe. This fusion of Asia and Africa created the Egyptian Lemongrass journey, an invigorating experience which reduces stress, relieves muscle tension.

A deeply cleansing, purifying, nourishing zesty journey.

*This journey includes:*

- ❖ Welcome drink and fruit
- ❖ Aromatic foot bath and foot scrub - 30 min
- ❖ Embalming clay body mask and Egyptian Lemongrass steam Hammam - 30 min
- ❖ Silk, Lemongrass & lavender hot stone massage - 60 min
- ❖ Purifying aromatic facial - 60 minutes
- ❖ Lunch

*( a glass of fresh juice / wine / bubbly, meze platter or wrap )*

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# Royal Ottoman Hamмам Indulgence

**Couples Journey (Half Day) - R6 500**

Blending a time-honored Turkish bathing ritual with a 21<sup>st</sup> Century twist come and enjoy our Turkish Hammam with an inclusion of our Turkish inspired food and beverage component to enhance the overall experience and provide a gourmet Spa journey. This cleansing ritual stimulates your senses with different temperatures, aromas and now tastes.

*This journey includes:*

- ❖ Foot Spa cleansing and Gommage ritual - 30 min
- ❖ Full Turkish Hammam Experience, with aromatic clay body wrap - 60 min
  - ❖ Aromatherapy massage - 60 min
  - ❖ Aromatherapy facial - 60 min
  - ❖ Indian head massage - 30 min

*Followed by a romantic lunch or dinner on a day bed in our restaurant  
(Traditional Ottoman Turkish set menu with a bottle of red /  
white or bubbly included)*

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# Hamмам Heat Sessions

## - Private sessions in the Hammam -

The relaxing humidity of the Hammam and cooling rain shower are a treatment in themselves. Book for pre-massage relaxation

**TURKISH HAMMAM WITH MOISTURE MASQUE**

**R750**



**PERSIAN JASMINE HAMMAM AND SILK WRAP**

**R750**



**MORROCAN HAMMAM WITH BLACK SILT BODY WRAP**

**R850**



**EGYPTIAN HAMMAM WITH EMBALMING LEMONGRASS CLAY WRAP**

**R850**



**OTTOMAN STEAM CLAY MASQUE**

**R750**

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# Organic Silk Facials

Experience the smoothing and polishing qualities of Pure Silk. Silk helps naturally restore elasticity, the natural proteins of silk will feed and rejuvenate your skin and give it a radiant glow.

**FOR MEN MOISTURIZING DETOX FACIAL - R550**



**ALL AGES / TEENS ANTI-BLEMISH FACIAL - R550**



**NOURISH HYDRO-MOISTURIZING FACIAL - R650**



**FEED & REJUVENATE ANTI-AGING FACIAL - R650**

The organic silk & Aloe properties used in this treatment is rich in antioxidants, the treatment is a powerful moisturizer that contains vitamin E and C. It feeds and restores the skin in a natural but effective way. The aloe Vera essences will naturally calm and soothe, rehydrate and restore the pH balance to your skin. Hypoallergenic and a natural anti-oxidant these essences assist in the formation of collagen, elastin and will fight tissue damage and anti-aging while supporting cell stabilization and in the healing of eczema.

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# Hammam Spa Massage

## PURE SILK HOT STONE MASSAGE

60 min - R750 ❖ 90 min - R950

This hot stone massage is a unique connection with nature, it's a deep healing and sacred moment that enhances our awareness and brings us closer to our true essence creating sensations of comfort and warmth.

The direct heat of the stones relaxes muscles allowing manipulation of a greater intensity than with regular massage.

## PURE SILK MASSAGE

60 min - R650 ❖ 90 min - R850

## COMBO

30 min Massage and 30 min Spa Facial  
R700

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# Combos Taster Menu

R700

Enjoy a combo introduction to our Spa. Choose two of the following mini treatments.

❖ Please note ❖

These can only be an add-on's to other spa treatments

@R350

- |          |   |              |          |   |              |
|----------|---|--------------|----------|---|--------------|
| (30 min) | ❖ | Back & Neck  | (30 min) | ❖ | Leg Massage  |
| (30 min) | ❖ | Indian Scalp | (30 min) | ❖ | Foot & Ankle |
| (30 min) | ❖ | Spa Facial   | (30 min) | ❖ | Hand Massage |



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# Pedicures & Manicures

Pamper your feet with our signature Spa pedicure followed by a foot and ankle massage. Inspired by the ancient art of reflexology, this treatment relieves blocked energy, tension and stress in a natural way, leaving you feeling totally groomed & relaxed.

## **BOSPHORUS LADIES FOOT JOURNEY**

**60 min - R600**

## **MEDI-PEDI** (*Medical foot peel & pedicure*)

**60 min - R750**

## **ISTANBUL FOOT JOURNEY FOR MEN**

**60 min - R500**

## **SILK HAND MANICURE**

Spa Deluxe manicure

**60 min - R500**

Add a healing parafin dip to your manicure **R150**

or a healing parafin dip to your pedicure **R180**

Gel polish with manicure or pedicure **R200**

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# THE HAIR LOUNGE

## Haircuts & Styling

- ❖ Cut and blow dry **R500**
- ❖ Gents **R350**
- ❖ Wash and blow dry **R300**
- ❖ Curls **R400**

## Treatments

- ❖ Renaissance (*repair*) 10ml **R350**
- ❖ Spotlight (*shine*) 10ml **R350**
- ❖ Scalp treatment & Head massage **R450**  
*Every 10ml thereafter* **R50**

## Perms

- ❖ Half head **R800**
- ❖ Full head short **R1200**
- ❖ Full head long **R1600**

## Hair Colouring

- ❖ Root touch-up (25ml) **R700**
- ❖ Full tint short (*up to ear/35ml*) **R800**
- ❖ Full tint medium (*up to shoulder/45ml*) **R950**
- ❖ Full tint long (60ml) **R1200**  
*Every 25ml thereafter* **R200**

## Hair Blonding

- ❖ T-panel highlights **R550**
- ❖ Half head highlights (20g) **R1000**
- ❖ Full head highlights (40g) **R1500**
- ❖ Specialised blondes & balayage (40g) **R1500**
- ❖ Toner/Glossing (15ml) **R450**  
*Every 20g thereafter* **R400**

## Brazilian Blowwave

- ❖ Starts from 10ml **R800**  
*Every 10ml thereafter* **R550**



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# Cancellation Policy

If you wish to change or cancel an appointment, please contact the Spa directly.

Please note that as a courtesy to all our CLIENTS a prompt appointment schedule is adhered to. Late appointments will be completed in the allocated time, and the fee will remain unchanged.

We would be grateful if GUESTS would Please be advised that we have a 24-hour cancellation and rescheduling policy.

We require that you notify us of any changes or cancellations 24 hours prior to your scheduled appointment time to avoid the cancellation charge. For any cancellations with less than 24 hours notice or no-shows, full value of reserved spa service will be applied.

In an effort to make your spa experience as seamless as possible welcome and subject to your discretion.

All prices quoted are subject to change without prior notice.

All treatments and journeys are inclusive of  
consultation time.

Please adhere to time allocated to your treatment & Journey.



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## Banking Details

### Hamмам Turkish Bath and SPA

BANK: Nedbank

ACCOUNT TYPE: Business Payu Account

ACCOUNT NUMBER: 1131447115

BRANCH CODE: 148345

### Contact us:

Spa: 012 670 9041

Email: [spa@yadahcastle.com](mailto:spa@yadahcastle.com)

Fax: 086 2396365

Emergency No: 082 6544377

**PLEASE NOTE THAT A 50% DEPOSIT IS REQUIRED FOR ALL WEEKEND BOOKINGS. PLEASE EMAIL PROOF OF PAYMENT WITH REFERENCE NUMBER. IF YOU DO NOT SHOW UP FOR YOUR APPOINTMENT, YOU WILL FORFEIT YOUR DEPOSIT**