



WILLOW STREAM  
A FAIRMONT SPA

# Spa Menu

AT FAIRMONT QUASAR ISTANBUL



## Willow Stream Spa, Fairmont Quasar Istanbul

Willow Stream Spa at Fairmont Quasar Istanbul captures the energy and vibrance of its surroundings, from Istanbul's non-stop spectacle and the mystery and allure of its centuries of history, to the sapphire blue waters of the Bosphorus Strait. Offering the most luxurious spa experiences in Istanbul, we strive to find innovative ways to help you find your energy.

Offering an array of lifestyle choices and encompassing total well-being, Willow Stream Spa at Fairmont Quasar Istanbul combines an exclusive facility focusing on fitness and movement, and beauty and aesthetics. Our treatment menu includes a selection of authentic body treatments using locally inspired hammam products along with a collection of massage and facial treatments from Kerstin Florian products which combines the four cornerstones of well-being for outer beauty and inner health. Treatments will delight and surprise you as we lead you down a sensory journey bringing overall balance and a sense of calm to your spa experience.

This unique 2,000 square meter urban retreat provides to a quieter place to recover from this modern fast paced world, a place where you will discover nine tranquil spa suites, which include two couples VIP suites and calming relaxation lounges with courtyard views, steam rooms and saunas. Our nurturing environment and detailed approach to service is the perfect social hub for family and friends.

## About Willow Stream Spa

Willow Stream Spas are acclaimed around the world for our focus on finding innovative ways to help guests discover their own energy. Energy makes the difference between living and living well; recharging our energy allows us to flow, rather than fight, through life. That is why energy renewal is our mission.

Each of our spas is designed to reflect the beauty and ambience of its location and of the hotel in which it is located, so no two are alike. But all of our spas have this in common: they deliver an outstanding experience. Simply being here—away from the chaos of everyday life—relaxes our guests and starts them on their energy journey.

Our spa experiences combine authentic and effective treatments with a place for you to spend time alone or with your friends. Social spaces by the pool, relaxation lounges and steam rooms, yoga and fitness areas— all are designed to stir our passion for living with abundant energy.

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## Our name: Willow Stream



We believe these two words reflect our philosophy and our connection to nature's elements.

**Willow:** The willow represents our deep-rooted authenticity, strong centre and flexible spirit.

**Stream:** The stream represents our energizing journey through life— bending and changing in a peaceful, purposeful manner as it finds its way around obstacles.

**Our logo:** Our logo is composed of ancient symbols for the world's essential elements: earth, air, fire and water. The willow—wood—is the fifth element. Balancing these elements puts us in sync with nature's equilibrium.

## Willow Stream Spa Product Philosophy

Willow Stream Spa places emphasis on many aspects when choosing spa products for each of our Spas around the world. With luxury in mind, each brand selected demands quality and result-driven treatments, which are personalised to suit the needs of our valued guests. Environmental sustainability is considered whenever and wherever possible, which reflects our social responsibility. Our relationships with the product houses are important to ensure that we have premium spa products and training available for every encounter with our guests.

### Kerstin Florian

Kerstin Florian is a luxury skin-care company that focuses on results. Guided by a philosophy of “outer beauty, inner health”, Kerstin Florian inspires a sense of well-being through powerful plant, marine and technically advanced ingredients, as well as professionally designed spa services.

To support a wellness-based lifestyle and to achieve healthy-looking vibrant skin Kerstin Florian encourages four core lifestyle practices people can incorporate into their daily lives which are Proper Nutrition, Regular Exercise , Peace of Mind and Care of the Face & Body.



## Willow Stream Wellness Facilities

We know that exercise is a vital component to daily life, especially for travellers on the go, and appreciate the desire for high-quality, well-equipped fitness facilities. Technogym® provides spacious customized wellness areas and supply fitness facilities to meet all your needs. Catering to your own fitness level, ability, or age, our dedicated wellness professionals are here to assist you in achieving your personal health and fitness goals, supporting you every step of the way.

Fairmont Quasar Istanbul is the perfect environment to restore your energy with access available to hotel guests as well as local guests, offering the following facilities and services:

- Personal training
- Group and private classes
- Indoor swimming pool
- Wet areas, complete with sauna and steam room
- Ice fountains
- Relaxation areas
- Experience showers
- Locker area
- Hair and beauty salon

## Hydrotherapy Experiences

### Steam Room Wellness

Maintained at 42-45°C, this humid, aromatic heat experience is highly beneficial for those that suffer from asthma and bronchitis, as it opens up the breathing passages and alleviates congestion. We recommend that a session last 10-15 minutes and that you keep your body well hydrated afterwards. Humid heat is especially beneficial before or after a massage treatment to increase circulation.

### Sauna Wellness

Maintained between 80-85°C, this dry heat soothes and warms the muscles, relieving tension from your body and minimising joint pain. This is especially beneficial for those who suffer from illnesses such as arthritis, painful migraines, and headaches, or as a way of warming the body after an intense workout or treating the common cold. Dry heat is recommended for 10-15 minutes daily and it is important to ensure that your body is kept well hydrated afterwards.

### Ice Fountains

Ice Fountains temperatures range from 4-15 degree Celsius. After exposure to a hot environment, crushed ice can be applied to limbs gently to selectively cool the body, speed up the body cool down process, and dilate the blood vessels to decrease blood pressure.

### Experience Showers

Experience showers have a unique variety of multi temperature water sequences, combined with soothing warm and cold jets to relax the body.

### Indoor Swimming Pool

Located on S floor and bathed in natural light, the indoor pool is the ideal spot for rest and relaxation.



## Lifestyle Memberships

Fairmont Lifestyle Memberships encompasses a selection of lifestyle choices for the Fairmont guest to suit the needs of their everyday lives. The Lifestyle membership invites you to be a member of The Fairmont Quasar Istanbul and focuses on all elements of well-being including state of the art fitness facilities with the latest equipment and gadgets, a nurturing spa environment to escape and pamper yourself as well as a selection of food and beverage venues to suit all your needs.

At Fairmont we understand the importance of exercise in our daily life. Our gym & fitness center is built to ensure our guests have a comfortable space to use the best fitness equipment. Our dedicated personal trainers are available to assist with all your fitness goals, catering to your fitness level, ability and age.

As a valued member you will enjoy the following benefits:

- Introductory personal training sessions
- Priority to all group classes- booking in advance is required
- Use of facilities including fitness and wet areas
- Use of the indoor pool
- Relaxation areas
- Privileged pricing on our lifestyle offers include spas, retail and restaurants
- Automatic enrolment into Le Club AccorHotels loyalty program

The fitness centre is open daily from 6:30 AM until 10:00 PM and is located on S floor. We offer the following private and group classes.

- Personal training
- PAVIGYM®
- Pilates
- Bosu workouts
- Killer abs
- Yoga
- Meditation

## Willow Stream Signature Expressions

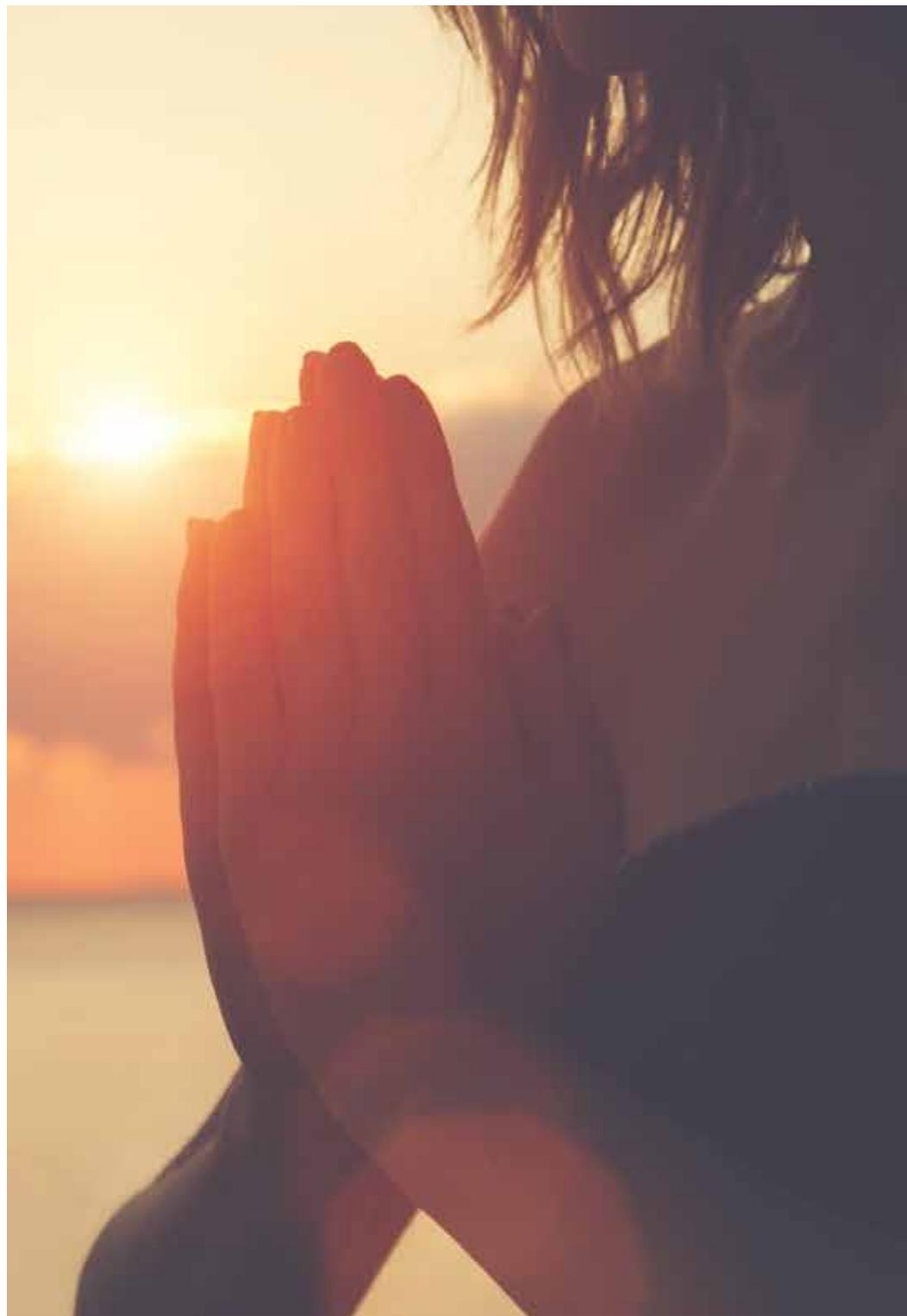
Willow Stream Signature Expressions bring together the key elements of face and body as one. We place a careful emphasis on our guests feeling locally connected while encouraging relaxation to restore their personal energies, resulting in feeling revived.

### Turkish Coffee and Coconut Sensory Oasis - 120 minutes

Combining the newest innovations in skincare with local authentic touches this treatment provides the ultimate sensory journey from head to toe. Begin your signature expression with a full body coffee grain exfoliation working to remove dry skin also benefiting cellulite by increasing the circulation. Next melt into the table with a full body massage using the nurturing coconut oil and the heated herbal poultice filled with local inspirations of cinnamon and cardamom. Cocoon your body in a heated wrap and relish in a refresher facial and a hydrating hair mask. Included in this treatment is a creamy coffee elixir with coconut chocolate cookies.

### Peace of Mind - 150 minutes

Inspired by the philosophies of Kerstin Florian of outer beauty inner health this experience inspires wellbeing and allows you to concentrate on yourself for a few hours. Beginning with the calm mind ritual your head and neck are brought through a series of gentle stretches to release tension with peppermint and lavender to support your breaths. Benefit from the therapeutic effects of Magnesium with a full body muscular release massage known for its detoxifying muscle relief properties which are best absorbed through the skin. Finish with a calming detox facial and a soothing foot massage. Included in this treatment the signature Kerstin Florian Berry Smoothie Plus to boost your system and complete your Peace of Mind.



## Classic Facials

### Reveal Skin Analysis - 15 minutes

A true facial assessment using the state of the Reveal Analysis Machine. Using the Reveal complexion analysis system, your expert spa therapist will provide a personalised skin analysis detailing your unique skin profile. Areas of focus include wrinkles, UV spots, brown spots and skin texture not visible to the naked eye. Once your skin is compared to that of your age group, a personalized report will outline the recommended treatment programme to work on concerned areas.

### Caviar AcuLift Facial - 60/90 minutes

A decadent, luxurious facial that firms, tones, refines and deeply hydrates the skin with protein rich Caviar and powerful antioxidants. Beautiful Caviar products infuse skin with age-defying nutrients to smooth fine lines and improve texture. An exclusive AcuLift Massage visibly firms and tones as the Marine Biomatrix Sheet provides intensive hydration to instantly restore radiance. Results are immediate, leaving skin looking supple, healthy and luminescent.

### Customized Corrective Facial - 60/90 minutes

A deep cleansing and skin-refining facial specifically designed for congested, oily and problematic, sensitive or dull looking skin. After a full consultation your therapist will create a targeted treatment plan for your specific skin conditions to provide immediate and lasting results. Includes an exclusive professional Multi-Acid Complex peel followed with a purifying organic masque. A result orientated facial perfect for all skin types leaving a radiant glow.

### Calming Detox - 60 minutes

Deep-cleansing, refining treatment for sensitive or problematic skin, including a nourishing algae masque to improve skin function and calm inflammation.

### Gentlemen's Facial - 60 minutes

A deep-cleansing, therapeutic facial designed for a man's specific skin care needs. Relaxes the skin as it refines pores. Includes a muscle-easing massage and purifying masque. Specifically addresses sensitivity and razor burn.

### Teen Facial - 60 minutes

This specialized treatment focuses on skin issues that teens encounter on a daily basis. We include a gentle cleansing and exfoliation, extractions, and balancing mask. This treatment is perfect for skin that is unbalanced or prone to breakouts. We also educate teens on how they can take preventative care of their skin at home.

## Facial Enhancements

### Eye Rescue

This intensive eye treatment is designed to diminish fine lines and wrinkles up to 27%, improve dark circles, relieve puffy eyes, improve clarity and totally rejuvenate the delicate eye area for a brighter, more luminescent look.

### PRO 30 Multi-Acid Peel

This exclusive 30% multi-acid peel combines glycolic, lactic, phytic and salicylic acids along with naturally-derived botanicals to achieve a safe, yet highly beneficial refining treatment. Effectively reduces the appearance of pigmentation, sun damage, fine lines and problematic skin to promote a brighter, more even skin tone.

Ampoule Therapy- Kerstin Florian has a selection of ampoules to boost your skin including:

### Intensive Repair Ampoule

This highly concentrated cell rejuvenation treatment dramatically improves skin texture, promotes collagen synthesis and elasticity as it provides oxygenating and healing nutrients to the skin

### Vitamin C Ampoule

A highly effective antioxidant treatment that delivers immediate results. Ascorbic Acid (Vitamin C) smoothes the skin as it stimulates collagen production and promotes elasticity

### Co-Enzyme Q10

A concentrated, powerhouse antioxidant that deeply nourishes the skin to help to prevent wrinkles as it reduces oxidative degradation of lipids. Deeply hydrates and instantly illuminates skin.

### Chitosan Masque

This super-soothing alginate peel-off masque hydrates, calms and reduces the appearance of redness. Dramatically improves skin texture, tone and color. Excellent for calming and comforting irritated or sensitive skin.

### Brightening Facial Masque

Immediately illuminates skin to provide a fresh, hydrated and brighter appearance. This peel-off masque utilizes a brightening complex of natural Rice and Swiss alpine botanicals.

## Authentic Experiences: The History of Hammam in Turkey

The Ottoman Empire, now the Republic of Turkey, has inspired the world throughout history and one of its legacies that we have embraced here at Willow Stream Spa, Fairmont Quasar Istanbul, is the essence of “The Turkish Bath House” better known as “The Hammam”, an integral part of Ottoman culture and society for centuries. The main reason hammams became a fundamental part of Ottoman culture was the faith itself. However, these marble “temples” also helped create a social atmosphere, consisting of bathing, massage and chatting. Enjoying the company of friends and making business contacts were important reasons for hammams’ popularity. They were also places where Ottoman women could socialise outside their homes, participate in a wedding Hammam, an engagement Hammam and many other special occasions that brought friends together.

### Ultimate Rose Geranium Hammam Dream - 90 mins

Experience our luxurious hammam treatment, using the benefits of rose geranium. Enjoy the traditional “kese” scrub followed by a rose foam bath, next a luxurious hydrating body mask is applied with the unique ingredients and smell of rose geranium, oils of sweet almond, sunflower seed and sweet orange peel extract enveloping your body. The treatment furthers on with a rose hair wash and hair mask. A relaxing body massage with our special hammam relief foot cream of mint, camphor and eucalyptus on your feet culminates the treatment. Wake up feeling energized and uplifted.

### Turkish Coffee and Honey Cream - 60 minutes

A popular Turkish hammam ritual that begins with a light kese scrub followed by a fresh concoction of Turkish coffee scrub, coffee has the ability to extract excess fluid in the body, making it an unrivaled tool against the fight with the cellulite. The treatment follows with a refreshing hair wash, hair cream and application of nourishing goat milk and honey body cream leaving you feeling soft and silky.

### Turkish Hammam - 45 minutes

A unique hammam treatment with roots in ancient Turkish traditions offers a cleansing, detoxifying journey with an ultimate sensory experience. Warming water, full body kese scrub, unique clouds of cleansing bubbles, a signature scalp massage and a hydrating body lotion application all come together to create this beautiful journey. To complete your experience we will be rehydrating your body with the traditional cool sherbet drink.



## Body Treatments

### Lavender Dreams Experience - 90 minutes

Relax. Dreams of lavender fields kissed by the French sun envelop your senses as you drift on waves of blue. Breathe deep. Inhale the calming and balancing benefits of Wild Lavender in this completely uplifting and rejuvenating spa experience. Includes a two-step invigorating full body scrub, a warm wrap with pressure point scalp massage, and a full body massage with warm, healing stones. This treatment is complete with our decadent Lavender truffles.

### Body Slimming Treatment - 60 minutes

Refine and firm body contours with a detoxifying scrub to energize and detox while a cellulite-reducing massage with clinically-proven actives promotes slimming results. The treatment gives you a healthy dose of nutrition by complimenting your slimming treatment with the Spirulina Superfood Smoothie which helps to boost the metabolism through algae rich nutrients.

### Brightening Bamboo Body Scrub - 60 minutes

This multi-active experience incorporates exfoliating bamboo, fruit enzymes and multi-fruit acids along with stimulating body buffing techniques to refine texture and brighten skin. This treatment is complemented with the Kerstin Florian Brightening Up Smoothie to boost your immune system and give your skin a healthy radiant glow.

## Body Massages

### Willow Stream Quasar Signature Massage - 90 minutes

Fairmont Quasar Willow Stream Spa offers you a 90 minute signature massage which is exclusively offered here in Istanbul. Decadent scents of ginger, cardamom and plai organic essential oils are applied to the body using heated bamboo massage sticks. Long gentle strokes soothe the muscles and while the essential oils nourish and moisturize the skin for a uniquely relaxing experience.

### Hot Stone Massage - 90 minutes

This tailored massage uses specific stress-relief techniques—such as the use of hot volcanic stones—to release deep-rooted tension, loosen tight muscles and improve muscle mobility

### Traditional Thai Massage - 90 Minutes

This centuries-old therapy, known as passive yoga, is the perfect answer for anyone searching for optimal health, the release of tension and the restoration of vitality

### Magnesium Muscle Release Massage- 60/90 minutes

Magnesium is responsible for promoting healthy energy levels, sleep, muscle function and overall well-being. This nourishing treatment delivers the power of magnesium to promote detoxification and replenish commonly deficient levels. Warm mineral compressions enhance this therapeutic massage.

### Neroli Sensory Relaxation Massage - 60/90 minutes

Renew and refresh body, energy and spirit with this Swedish style therapeutic treatment incorporating tension release, energy and breathing techniques with the uplifting essence of Neroli. This treatment is also safe for our mothers to be or nursing mothers.

## Couple's Treatments

Customise your couple experiences by choosing a selection of treatments from the menu to suit your needs of the day. Whether it is a gathering with friends or you want to impress that certain someone we can cater to all your needs. The VIP suite is an exclusive private environment which includes, steam room or sauna, private Jacuzzi and massage tables with enough space to relax for hours. You can also upgrade your experience with the following upgrades:

- Flowers and candlelight
- Balloons for celebrations
- Lunch or snacks selection from our dining menu
- Alcoholic or non-alcoholic beverages
- Jacuzzi bath

### Couples Wine and Roses - 90 minutes

Soak in a romantic rose bath sprinkled with rose petals, while you toast one another and sip sparkling wine. Your fragrant soak is followed by side-by-side massage using products infused with rose and grape seed oil that are high in natural antioxidants. You will feel rested and relaxed in this romance inspired treatment.

### Treasured Time - 60/90 minutes

Relax together with a full body aromatherapy massage, which uses a blend of essential oils and purpose-designed movements to stimulate circulation, promote deep relaxation, and restore the flow of energy throughout the body. This wonderfully soothing and rejuvenating experience is ideal for togetherness time.

## Spa Essentials Packages

Our experienced coordinators would be happy to recommend any two- three- or five-hour spa packages suited to your specific needs. These can include anything from the menu above, as well as a healthy snack or lunch.

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## Additional Time

To upgrade any of our present treatment list with additional time and services, the below mini treatments will suit your skin care needs, ensuring complete relaxation and rejuvenation. Choose from a variety of 30 minute mini treatments including:

- Herbal bath therapy
- Head and scalp massage
- Body scrub
- Express facial
- Head, neck, and shoulder massage
- Foot treatment
- Hand treatment
- Intense hair mask

## Spa Etiquette

### Spa Environment

Willow Stream Spa is a place to restore your energy and relax. For your peace and privacy we kindly ask you to use portable music players with earphones and keep mobile phones on silent mode. If you would like to receive messages during your time with us, please let one of our colleagues know and we would be happy to assist.

### Spa arrival and etiquette

We recommend you arrive 30 minutes prior to your appointment time to enjoy the facilities and ensure your treatment starts on time. Late arrivals may result in a reduction of your treatment experience. Please come and spend the day with us. To make any changes to your booking, please contact the spa on 0212 403 86 93 or dial extension 8693 from your in room phone.

### Personal matters

Please inform us of any health conditions at the time of booking. You will also be asked to complete a medical history form upon arrival, so we can better customise your experience to your needs.

### Spa attire

You will receive a robe and slippers to wear between treatments and a locker for your personal belongings. For your comfort, undergarments must be worn during treatments. We ask that you to please leave jewellery and valuables in your locker or hotel room.

### Gift vouchers

Gift vouchers for all Willow Stream Spa services and packages are available for purchase. Please contact our spa experience coordinators for further information.

### Making spa appointments

Consult our spa experience coordinators to select treatments that fulfil your personal requirements. The spa is located on S floor of Fairmont Quasar Istanbul. Advanced reservations are recommended to ensure availability.  
T 0212 403 86 93 | [willowstream.istanbul@fairmont.com](mailto:willowstream.istanbul@fairmont.com).

### Spa cancellation policy

If you wish to reschedule or cancel any spa appointments, please notify the spa four hours in advance. Cancellation or rescheduling of a package requires 24 hours' notice. Missed appointments without proper notices are subject to a 100% charge for reserved services.



# WILLOW STREAM

A FAIRMONT SPA

# Price List

Fairmont Quasar Istanbul

EURO

## Willow Stream Signature Expressions

Turkish Coffee and Coconut Sensory Oasis	120 minutes	180
Peace of Mind	150 minutes	250

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## Classic Facials

Reveal Skin Analysis	15 minutes	20
Caviar AcuLift Facial	60/90 minutes	125/160
Customized Corrective Facial	60/90 minutes	95/115
Calming Detox	60 minutes	80
Gentleman's Facial	60 minutes	85
Teen Facial	60 minutes	80

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## Facial Enhancements

• Eye Rescue	20
• PRO 30 Multi-Acid Peel	20
• Chitosan Masque	20
• Brightening Facial Masque	20

## Ampoule Therapy

Kerstin Florian has a selection of ampoules to boost your skin including:

• Intensive Repair Ampoule	20
• Vitamin C Ampoule	20
• Co-Enzyme Q10	20

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## Authentic Experiences:

Ultimate Rose Geranium Hammam Dream	90 minutes	90
Turkish Coffee and Honey Cream	60 minutes	70
Turkish Hammam	45 minutes	50

### Body Treatments

Lavender Dreams Experience	90 minutes	130
Body Slimming Treatment	60 minutes	90
Brightening Bamboo Body Scrub	60 minutes	80

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### Body Massages

Willow Stream Quasar Signature Massage	90 minutes	135
Hot Stone Massage	90 minutes	130
Traditional Thai Massage	90 minutes	130
Magnesium Muscle Release Massage	60/90 minutes	85/105
Neroli Sensory Relaxation Massage	60/90 minutes	75/100

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### Couple's Treatments

Customize your couple experiences by choosing a selection of treatments from the menu to suit your needs of the day. Whether it is a gathering with friends or you want to impress that certain someone, we can cater to all your needs. The VIP suite is an exclusive private environment which includes steam rooms, private Jacuzzi and massage beds with enough space to relax for hours. You can also upgrade your experience with the following upgrades:

- Flowers and candlelight
- Balloons for celebrations
- Lunch or snacks selection from our dining menu
- Alcoholic or non-alcoholic beverages
- Jacuzzi bath

Couples Wine and Roses	90 minutes	280
Treasured Time	60/90 minutes	150/200

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### Additional Time

To upgrade any of our present treatment list with additional time and services, the below mini treatments will suit your skin care needs, ensuring complete relaxation and rejuvenation. Choose from a variety of 30 minute mini treatments including:

• Herbal Bath Therapy	40
• Head and Scalp Massage	40
• Body Scrub	40
• Express Facial	40
• Head, Neck and Shoulder Massage	40
• Foot Treatment	40
• Hand Treatment	40
• Intense Hair Mask	40

*Fairmont*  
QUASAR ISTANBUL

**Büyükdere Street 76, Mecidiyeköy Istanbul, Turkey 34394**

To book your next spa experience

0212 403 86 93 | [willowstream.istanbul@fairmont.com](mailto:willowstream.istanbul@fairmont.com)