



Spa Soul at
AHĀMA

At Ahāma, wellness is not a routine; it's a return. A quiet, grounding path back to balance, shaped by nature, sound, and the slow rhythms of the body. Drawing from ancient rituals and thoughtful practices, each experience is crafted to restore not just energy, but clarity. We aim to provide you not just an escape, but a lasting experience of well-being and inner peace at Spa Soul at Ahāma. Surrender yourself to the caring hands of our expert therapists and discover our exclusive treatments that will delight your senses. Every moment spent at the spa will be a precious gift to yourself.

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Signatures

Ahama Signature Hamam Ritual

A 20-minute kese exfoliation and foam massage with honey and argan oil renew the skin and restore softness.

The ritual ends with Orange Blossom or Rose floral water and matching shea butter for deep hydration.

Solar Flow

Solar Flow is a dynamic massage inspired by sun salutation. Rhythmic, stretch-based movements enhance flexibility, release tension, and stimulate circulation. It ends with a fluid massage, leaving the body relaxed, balanced, and renewed.

Stress Relief with Herbal Compress

Stress Relief is a calming massage with gentle movements to support circulation and ease fluid retention. Warm herbal compresses with frankincense release tension.

Leaves the body light, balanced, and deeply relaxed.

The Detox

The ritual begins with a Dead Sea salt peeling, gently exfoliating the skin while stimulating circulation. A purifying clay mask follows, helping to cleanse, nourish, and rebalance.

The experience is completed with an aromatic oil massage, easing tension and supporting deep relaxation.

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Traditional

An ancient Ottoman body treatment including removal of dead cells from the skin's surface with a specific glove called "kassa" and a relaxing, cleansing soap massage.

Add-ons

Scrub with Kassa

This treatment allows your skin to refresh through removal of dead cells from the skin's surface.

Foam Massage

Relax and cleanse your body with a foam massage in the traditional Turkish bath.

Classic

Aromassage

Aromassage uses fragrant oils extracted from herbs, flowers, and fruits to naturally enhance the benefits of a soft massage.

Myotherapy

This invigorating massage engages the deep tissue with sports massage technique that applies strong pressure to knead and wring tension away.

Stockholm

This most widely known form of massage uses a combination of gentle and medium pressures of Swedish massages to ease tension and stress.

Add-ons

Focus

Using precise massage techniques to focus on specific zones of the body such as head, neck, shoulder and back.

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Journey

Bali

Traditional Balinese massage is an ancient healing therapy from Bali, combining gentle stretches, acupressure, and aromatherapy to stimulate circulation and energy flow.

It promotes well-being, calm, and deep relaxation.

Hawaiian Lomi Lomi

Rooted in Hawaiian Huna philosophy, Lomi Lomi is believed to awaken the body's positive energies. Traditionally used before important decisions, it promotes deep relaxation and mental clarity.

Its effects build gradually, becoming more noticeable over the following days.

Hot Stone

Used for over 5,000 years, hot stone massage stimulates energy flow through the placement of heated stones. Combined with gentle massage, it helps release stress, support healing, and improve circulation.

It also aids in toxin release and pain relief.

Thai Fusion

Thai Fusion Massage is a re-energizing treatment using vigorous forearm strokes and acupressure to release deep tension. Focusing on the shoulders, hips, and neck, it helps restore mobility and ease stress.

Enriched with almond oil, it leaves the body revitalized.

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Rituals

Argan Release

A getaway into the heart of Morocco this treatment combines pink crystals & argan shell scrub, a mineral clay mask, and a massage with argan butter that will leave the skin soft with subtle scents.

Full Moon

Moon ceremonies are about you taking the time to unwind, relax and invest in your personal growth. Taking time to pause, reflect and express not only keeps you focused and feeling aligned but also sets the tone for the month ahead.

Seasons by Santa Maria Novella

A luxurious treatment inspired by the seasons, featuring curated preparation rituals and massage oils. It begins with a refreshing preparation, followed by a soothing massage using Santa Maria Novella Four Seasons oils.

Upgrades

Seasons by Santa Maria Novella

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Aromatic Spell

Upgrade your massage with fabulous fragrances of Charme D'orient.

Argan & Shea

Enhance your massage with Argan Based Shea upgrade for more hydration and regenerative effects.

Add-ons

Four Hands Synchronized

Enjoy your treatment with the privilege of 4-hands...

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Be Well

Longevity

Root & Restore

combines gentle exfoliation, a nourishing mineral clay cocoon, and weightless Nuvola Bed therapy in a deeply restorative ritual designed to soften the body, calm the mind, and restore a natural sense of balance and wellbeing.

Earth Sync

combines I-Dome heat therapy, a mineral clay cocoon, weightless Nuvola Bed relaxation, and a 30-minute massage in a deeply restorative ritual designed to encourage detoxification, release tension, and restore a lasting sense of balance and wellbeing.

Radiance Reset

combines red light therapy, a 30-minute massage, and the Glow Manifesto icing ritual in an energising treatment designed to revive the skin, boost circulation, and leave both body and mind feeling refreshed, radiant, and renewed.

Recovery Reset

combines compression therapy, red light therapy, and massage in a restorative treatment designed to relieve tension, support recovery, and promote overall balance, leaving the body refreshed, energised, and renewed.

Add - ons

Compression Boots Session

A targeted compression therapy designed to stimulate circulation, reduce fatigue, and support muscle recovery, leaving the body feeling lighter and refreshed.

Ozon Sauna Session

A deeply restorative thermal ritual designed to cleanse, relax, and revitalise the body.

RLT (Red Light Therapy)

A restorative light therapy designed to enhance vitality, balance, and natural radiance.

I-Dome Sauna Session

A warming therapy designed to cleanse, relax, and restore balance.

Nuvola Bed Session

A calming weightless therapy designed to restore body and mind through deep relaxation.

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Be Well

Moments

Before the Night

A restorative ritual combining red and near-infrared light therapy, an express facial, and a refreshing body treatment to awaken radiance and prepare you for the evening ahead.

Includes: Full-Body Red Light • Express Facial • Body Ritual

After a Long Night

A restorative combination of infrared heat, compression therapy, and massage designed to release tension, revive circulation, and prepare you for the day ahead.

Includes: Compression Boots • I-Dome Infrared • Massage

After a Long Flight

A restorative treatment combining compression therapy, Nuvola Bed relaxation, and a grounding foot massage to release tension, reduce fatigue, and help the body recover after travel.

Includes: Compression Boots • Nuvola Bed • Foot Massage

After an Intense Workout

A recovery-focused treatment combining targeted myotherapy and compression therapy to relieve muscle tension, improve circulation, and support post-workout recovery.

Includes: Compression Boots • Myotherapy

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Look Well

Body

Slimming & Anti-Cellulite

This innovative treatment is the emblem of slimming thanks to caffeine, pink pepper, and a complex of essential oils.

Add - ons

Hand Care

Hand care begins with removing dead skin cells with a soft peeling and continues with a relaxing massage, which improves finger and wrist range of motion and enhanced circulation.

Foot Care

Foot Care begins with the removal of dead cells from the skin's surface by scrub and continues with pressure applied to the feet with specific techniques stimulating reflex points for overall wellbeing.

Body Wraps

You can learn about the seasonal mask options from the spa reception.

Body Peelings

Peeling are ancient treatments that smoothen and silken the skin You can learn about the seasonal peeling options from the spa reception.

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Look Well

Face

Lifting and Anti Aging by Forlle'd Redify

Discover Forlle'd's Redify line, a global leader in anti-aging solutions. Infused with biomimetic peptides and potent anti-aging agents, this powerhouse collection delivers immediate results, leaving your skin visibly firmed and youthful. Unlock the secret to timeless beauty with Forlle'd Redify.

Brightening Treatment by Forlle'd Patented Platinum

Low molecular science of Forlle'd Patented Platinum is the most potent antioxidant solution in the industry. This unique treatment offering a transformative journey towards a brighter, firmer, and more radiant complexion. Let your skin to experience uniqueness of platinum molecules. Ideal for uneven tone, dull and pigmented skin.

Purifying Treatment with Japanese Double Cleansing System

This signature treatment is carefully crafted to rejuvenate your skin, drawing upon the ancient wisdom of Japanese skincare rituals and cutting-edge scientific innovation. Experience the unparalleled power of our double cleansing system, expertly designed to purify and detoxify your skin, leaving it refreshed, radiant, and renewed. Suitable for dull, stressed and prone to blemish skin.

Intensive Hydration Treatment by Forlle'd Hyalogy

Forlle'd advanced Hyalogy line delivers unparalleled hydration deep into the skin's layers, restoring moisture balance and promoting a plump, dewy complexion. Feel the luxurious textures of our formulations envelop your skin, quenching its thirst and leaving it irresistibly soft and supple. Perfect fit for dehydrated, tired and dry skin.

Calming and Soothing Treatment by Forlle'd Sensiskin

Experience a lifeline of relief for your skin with Forlle'd's Emergency Aid Treatment, featuring the transformative NeuroCosmetic Solution. Crafted to soften, soothe, and calm even the most distressed skin, this specialized therapy is your go-to remedy for sunburn, irritation, and reactivity.

Ameon Microcurrent Chill & Sculpt

Combining the firming power of cold therapy with microcurrent and LED technology, this innovative treatment sculpts facial contours, lifts the skin, and restores a youthful appearance. It boosts circulation for an instant refresh and lasting vitality.

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Look Well

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Welcometoclub Detox Treatment

Embark on a detoxifying facial experience designed to purify, refresh, and restore radiance. Combining advanced skincare technology with carefully selected detoxifying ingredients, this treatment brings together multiple brands for a complete skin reset.

Porcelain Skin Treatment by K-beauty Collection

Experience the beauty of Korean-perfect skin with our Porcelain Skin Treatment by K-beauty Collection, where every step is meticulously crafted to unveil your skin's natural luminosity and radiance.

Upgrades

Forlle'd Facial Booster

Express face treatment by Forlle 'd

Forlle'd Eye Care Booster

Express eyes treatment by Forlle'd

Supreme Energy Skin Icing Ritual

The invigorating cold therapy, infused with minerals and active ingredients, awakens the skin, improves elasticity, and enhances its healthy glow. Completed with serum and moisturizer to replenish the skin's energy reserves.

Glow Manifesto Skin Icing Ritual

The refreshing effect of cold therapy boosts circulation, tightens pores, and instantly energizes the skin. A nourishing serum and moisturizer follow, leaving your complexion smooth, radiant, and refreshed.

Ameon Ice Ritual For Facials

An invigorating ice therapy added to your facial to refresh, tighten, and revive the skin. This cooling treatment helps boost circulation, refine pores, and enhance product absorption for a fresh, revitalized glow.

Hair Care with Argan

Enhance your treatment by adding argan based hair care by Charme D'orient.

Beard Care with Argan

Enhance your treatment by adding argan based beard care by Charme D'orient.

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