



PROGRAMS & THERAPIES

estethica
healthy beauty

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Le **MERIDIEN**
BODRUM BEACH RESORT

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Vitalica Wellness Programs



WELL AGING PROGRAM

In the Well Aging Program, we aimed to regulate the biological events that cause aging, to reduce the mental problems that occur in this process, to protect it from possible diseases and to eliminate the deformations caused by aging in our body. In addition to our approach to lifestyle change in our Well Aging Program; In this program, where we bring together modern and complementary medicine methods, Interval sports activities, mental therapies, Wellness therapies and beauty-related practices with a multidisciplinary approach; While we provide physical, mental and spiritual purification, we also share the secret of youth with you. By limiting calorie intake in the peaceful, stress-free and healing atmosphere of Vitalica Wellness, by consuming foods containing SIRT proteins beneficial for health; You can start to renew and revitalize your body by strengthening the immune, hormonal and digestive systems.

INTERVAL AUTOPHAGIC PROGRAM

For thousands of years, human beings have been in a never-ending quest to find ways to live longer and healthier. From the search for the "fountain of youth" to innovative senolytic; He tried different ways to prolong human life, from alchemical recipes to current diets. Therapeutic interval fasting is the order in which the body is fully fed with fat reserves, in a gradual transition from a 1100 kcal diet to a 250 kcal diet for a certain period of time. As a result of the 10-day program, autophagy and detox enzymes are increased and cell and tissue regeneration is ensured. Interval Autophagic Program cancer, alzheimer's, obesity, hypertension, type 2 diabetes. It is used in the treatment of diseases such as cardiovascular problems, joint problems, rheumatism, permanent digestive problems, migraine; It is also used to reduce the negative effects of risk factors such as smoking, alcohol, malnutrition and stress on the body. It is recommended to apply this program once a year as a preventive strategy in case of ideal weight and health. It consists of 4 stages.

- Intensive Program – 2 days
- Master Program – 2 days
- Therapeutic Fasting – 3 days
- Regenerative Program - 3 days

POST COVID PROGRAM

The Post Covid Program focuses on immunity boosting, lung cleansing and memory restoration. This program is designed to minimize the damage caused by the infection on the organism, especially respiratory system, cardiovascular system functions, neurological and psychological complications, in people who have had covid-19 infection, and to strengthen the body's defense against the virus by strengthening the immunity in people who have not had covid-19 infection. While purifying your

body from the covid effect, it brings the soul-body-mind balance, which is inevitable for a healthy life. It prevents complications such as shortness of breath, decrease in oxygen saturation, low or high blood pressure, palpitations, fever, fatigue, chest pain, severe cough, blurred vision, dizziness, sweating, balance disorder, headache, which are observed in 80% of those who have Covid infection. It restores general health by bringing the body, tissues, organs and systems to the healthy state before covid infection.

AYURVEDIC DETOX PROGRAM

Ayurveda, meaning "science of life", is a 5000-year-old medical system still practiced in India. The Traditional Ayurvedic Detox Program (Panchakarma) provides you with the most natural and complete purification. It is an ideal method to detoxify your body and mind, rejuvenate and heal from within. The focus of this program is to improve digestion at the cellular level by stimulating the digestive system and removing toxic substances from the body. In the program; There are 5 stages of purification: sinus and nose detox, lung detox, liver detox, digestive system and intestinal detox. Panchakarma (Ayurvedic detox) is a healing process that leads to restoration and rejuvenation of the body. According to Ayurveda, most diseases can be prevented long before they occur in one's body or mind, allowing the body to be cleansed and detoxified. Lifestyle disorders can be cured with the help of Panchakarma.

INTENSIVE DETOX PROGRAM

Our body has the potential to regenerate itself through skin, lymph, lung, liver and intestinal activities. As time passes, we lose this potential due to accumulated toxins, heavy metals, illnesses and environmental factors. The goal of the Intensive Detox Program is to maximize the body's regeneration potential by cleansing the skin, lymph, lungs, liver and intestines. By initiating the natural detoxification process with superfoods, herbal nutritional supplements and wellness treatments, it allows you to maintain your ideal weight in the long term. In addition, with a tailor-made nutrition program and intensive exercise program; it helps you adopt and maintain a healthy lifestyle that creates spiritual, emotional and physical balance. With doctor's advice, we have diabetic intensive and light intensive options for transition from liquid programs.

MASTER DETOX PROGRAM

If you need increased energy level, maximum weight loss, glowing healthy skin, better quality sleep, improved digestive function, mental calmness and better focus, this program is the optimum program to meet all your needs.

The Master Detox Program is an ancient purification method that relaxes your entire digestive system with liquid fasting and effectively removes toxins from your body. The entire program is based on resting your digestive system completely, reducing stomach, liver, pancreas and intestinal functions. During the detox program, your body needs very little energy for the digestive function and any chewing function is completely prohibited. This whole program helps to remove toxins, heavy metals, parasites and bodily wastes from the body in a short period of time.

Consultations

Wellness Consultation

It is a sustainable holistic health consultation aimed at reaching your physical, spiritual and mental balance, where you will get to know yourself better in order to protect and improve your health.

Anti-Aging Consultation

We offer solutions with our specialist doctors to increase your health status to the optimum level, delay the signs of aging and increase the quality of life.

Stress and Lifestyle Consultation

Our expert counselor will ask you in-depth questions about your current lifestyle and stressors during your appointment. The counselor seeks a more comprehensive understanding of your psyche to ensure you receive the most appropriate treatment support. With this consultation, we aim to provide our guests with health problems as a result of stress to receive the support and therapy they need.

Cardiology Consultation

In addition to the current medical information received by our specialist doctor at the Vitalica Wellness cardiology consultation; A detailed analysis is carried out by questioning the medical history and family disease history of the guest. The most common complaints in heart diseases; chest pain, shortness of breath, fatigue and palpitations. According to the symptoms and frequency seen in the person, if our doctor deems it necessary, an extra 'Cardiology Package' to be applied for 3 days, cardiovascular diseases and heart-lung performance are evaluated. In addition, in this package, heart health is increased with herbal supplements that support heart health and vitamins, minerals and antioxidants applied intravenously. In order to reduce the stress in the body, we aim to increase the quality of life of the person with a special cardiac meditation session.

Holistic Clinical Treatments

Hyperbaric Oxygen Therapy

It is a method in which 100% oxygen is breathed by putting the person in a special cabin under pressure higher than the sea level. It increases the production of substances that provide wound healing, increases immunity, reduces edema, and supports the development of new vessels.

Lymph Drainage Pressotherapy

It is a method of accelerating the lymphatic and venous circulation in the body with pressure and heat. With this method, an environment is created to drain the fluid accumulated between the veins. It is used in the elimination of edema in the body due to various diseases, in the treatment of cellulite, in regional slimming and body tightening.

Heartmath

It helps to reduce stress and anxiety by increasing inner balance and self-confidence. With the formation of bodily calm, problems such as anxiety, fatigue and depression are eliminated. Thus, it supports the increase of mental activities, focusing ability and sleep quality.

Luminette Treatment

It is ensured that the body activates the energizing and metabolism-regulating properties of the sun's rays. It helps to regulate problems such as chronic fatigue, seasonal depression, negative effects of problematic sleep cycles, working at night and jet lag.

Muse Brain Session

Thanks to the electroencephalography (EEG) method, which measures brain waves electrically, it predicts what kind of psychology the person has at that moment. Thus, by creating a virtual meditation environment suitable for the person, the mind is rested. It can make more than 500 meditations for sleep, performance and stress management.

Wellness Treatments

Angel Of Water

The safe, simple and effective way of bowel cleansing, angel of water is the highest performance colon hydrotherapy medical system in the international market, FDA approved. Approved as Class 1 medical equipment for colon cleansing. Angel of water is a safe therapy that removes toxins while activating the digestive system. During this procedure, water is introduced into the colon, slightly increasing natural muscle contractions and eliminating accumulated waste. Since it contains only sterile warm water, it does not harm the beneficial bacteria in the intestine.

Vasti Herbal/Coffee/Grass Water/Ozone Intestinal Enema

It is the process of delivering nutritious ingredients to the gut for beneficial bacteria in the gut. This process cleans the intestine while feeding it.

Ozone Sauna

The ozone sauna, where the body is exposed to the most intense form of oxygen, which is trivalent, strengthens the immune system, relieves mental fatigue, energizes the body, reduces depression and stress. It also relaxes the muscles, beautifies the skin, tightens the body, helps to heal cellulite and varicose veins, and loses excess weight.

Hot and Cold Herbal Liver Compress

It is a hot and cold compress treatment applied to provide liver detox and improve liver functions.

Ginger Compress

It is a compression therapy that provides regulation of the respiratory system by increasing lung functions.

Ionic Foot Detox

With the effect of gravity, it ensures the removal of toxins accumulated mostly in the feet. By the color of the water in the application container, it is understood from which part of the body the toxins come from, and a therapy plan is created accordingly.

Salt Room

The recommended salt room therapy to improve your breathing is based on the principle of 'breathing with air', which contains microscopic salt particles. It is used to treat asthma, bronchitis, dry cough, lung ailments, chronic obstructive pulmonary disease (COPD), lung infections, throat infections, skin conditions, pharyngitis, and respiratory ailments caused by smoking.

Herbal Steam Room

Steam room is recommended to be used daily as it helps to remove toxins accumulated under the skin, improve circulation, and regulate the cardiovascular system. The humidity and heat in the steam room expand the capillaries, allowing blood to flow more freely. Thus, oxygen is sent to the tissues more efficiently. The secretion of the stress hormone cortisol is reduced by this application. In addition, thanks to the heat of the steam room, sinus channels are opened, allowing you to breathe more comfortably and deeply.

Infrared Sauna

When near infrared light is given to the skin, fibroblast cells absorb the light activity, causing increased collagen and elastin production. Infrared heating technology provides a high level detoxification experience as it is proven to increase body temperature by three degrees. A beneficial perspiration occurs from the pores during the removal of toxins. This sweating promotes skin regeneration, cell health and tissue growth.

Sodium Lung Cleansing – Lung Nebulization

This therapy maintains the alkaline balance of the body. It is an important pH balancer. P is a performance enhancing therapy. It eliminates sleep problems and fatigue. It accelerates fat burning and supports the weight loss process. It reduces fatigue and gives vitality to the body.

Cocktails

Immune Boosting Cocktail

You can maximize your body defense power with this cocktail consisting of immune-boosting vitamins, minerals and antioxidants.

Liver Detox Cocktail

You will feel completely purified with the cocktail made with special detoxifying ingredients.

Anti Fatigue Cocktail

This cocktail was created to combat the feeling of chronic fatigue that has started to take its place in your life.

Serotonin Cocktail

You can turn your mood into positive with the cocktail of happiness.

Metabolism Booster Cocktail

It accelerates the metabolism and supports the weight loss process.

Biotin Cocktail

It provides regeneration of hair, skin and nails with the support of biotin it contains.

Energy Support Cocktail

If you like to feel energetic, this cocktail is prepared for you.

Anti-Aging Cocktail

Thanks to its high antioxidant content, it slows down aging and reduces the effects of aging on the body by renewing cells.

Heavy Metal Detox Cocktail

It cleans the body from heavy metals that accumulate and impair metabolism.

Hangover Cocktail

It accelerates your recovery by providing vitamins and minerals that are lost and absorbed after alcohol.

Myers Cocktail

It is a cocktail that can be used in cases such as depression, pain, chronic fatigue, asthma and migraine.

Beauty Cocktail

You will feel the renewal of all our cells with the beauty cocktail with high antioxidant content.

Healthy Life Tests

Cellular Check Up

Oxidative Stress Panel

The oxidants we are exposed to every day (metals, environmental toxins, substances contained in foods with a long shelf life, etc.) and the products formed during the body's metabolism can cause cell damage and cell aging. It is possible to evaluate the oxidant and antioxidant balance of the body with the oxidative stress panel.

Mineral Metal Panel

Minerals, which are necessary for the functioning of many enzymes in metabolism, have different importance especially for the immune system, endocrine system and nervous system. Toxic metals damage the body by suppressing oxidation, inflammation and minerals. It is very important to evaluate the toxic metals and the minerals most suppressed by these toxic metals together and simultaneously. Intracellular and extracellular measurements are made.

Leaky Intestine Panel

In the case of leaky gut, pathogens leaking through the intestinal wall or undigested nutrients enter the bloodstream. The immune system also attacks against these substances that it does not recognize. If this condition becomes chronic (long-term), the immune system becomes hypersensitive. After a while, it paves the way for allergies, autoimmune diseases (hashimoto, psoriasis, diabetes, rheumatoid arthritis, etc.), even deterioration in the blood-brain barrier and neurodegenerative diseases such as Parkinson's and Alzheimer's.

Homocysteine

It is intermediate for many important metabolisms in the body. It is the determining molecule in events such as the breakdown of fats, the formation of glutathione, and the methylation cycle.

Hs-CRP

It measures inflammation in the body and the degree of inflammation. It is used to control cardiovascular diseases and their risks.

Immunity Panel

The delicate balance of the immune system is critical. While this system defends the body against microbial factors coming from outside, it should not attack the flora bacteria that benefit the individual at the same time. With the immune panel, it is possible to individually assess the state of immune cells.

Depression - Chronic Inflammation Panel

Today, the diagnosis of depression largely depends on clinical examination and subjective evaluation of various symptoms. It is known that not only psychological but also biological factors play a role in the development of depression. Laboratory diagnosis of biological factors is now possible and provides a new approach for individualized treatments in depressed patients.

Hormone Metabolism Panel

It is important that our hormones are neutralized and removed from the body by following the right path during the metabolism process. Toxic and metabolite hormones that cannot be eliminated from the body pose a risk for various diseases such as cancer. In the test, it is possible to detect the cortisol response of our body to stress.

Vitamin Panel

One of the most important things that can be done to protect against infections is to keep the immune system strong. A diet deficient in vitamins leads to a decrease in resistance to infections and an increase in the burden of disease.

Alcat 150

Alcat test is a "next generation cellular food sensitivity" test. It detects foods that cause inflammation and provides a personalized solution. It evaluates the body's cellular immune response to gluten, gliadin, milk proteins and candida fungi, as well as foods, food additives and drugs. It aims to positively affect the clinical course of many related diseases by improving the immune system with a personalized approach. It offers a personalized meal plan in addition to a list of foods to avoid.

Methylation Detox Panel

Methylation plays an important role in many chronic diseases. The methylation detox panel provides comprehensive insight into the functional status of the methylation pathway, making this complex process understandable. Based on genetics, the methylation detox panel contributes to many important chronic medical conditions through nutrition and food supplements.

Histamine Intolerance Panel

Histamine intolerance is defined as the level of histamine above the level that a person can tolerate. DAO, copper and zinc are responsible for histamine intolerance. Histamine intolerance can be confused with allergy and can create a serious clinical picture in people.

ColoAlert Test The Kolilert Test

The chances of treatment are very high when colorectal cancer is detected at an early stage. Experts now recommend starting colorectal cancer screening from the age of 45. The ColoAlert test is a very sensitive screening test that is studied with a simple stool sample. The presence of colorectal cancer or precancerous lesions can be screened with high sensitivity and reliability by DNA analysis performed in feces.

Adrenal Stress Profile

The adrenal stress profile test, which shows the body's response to physical and psychological stress factors and coping with stress, can also be illuminating to find the causes of stress.

Physiotherapy Applications

Dry Needling

It is the treatment performed by inserting needles into tight bands, trigger points (cushion) in muscle and connective tissues, which is also used in acupuncture treatment. Dry expression is due to the fact that no medication is given to the body. It relieves pain by increasing circulation.

Acupuncture

These are meridian treatments applied with special needles and electrical stimulation. It is a supportive and complementary therapy. It is applied to help weight loss, smoking and alcohol addiction, migraine, sinusitis, headache, immune strengthening treatments.

Osteopathy

Basically, it is a treatment method that is applied only with the hands, as a result of personalized tests with a holistic view. In musculoskeletal problems, it focuses not only on the painful area, but also on all the visceral connections that may cause it.

Manual Medical Treatment

Manual therapy is a form of physical therapy applied only by hand. Practitioners in manual therapy; It increases the circulation of the area with many techniques to reduce the pain caused by muscle spasm, connective tissue problems and joint dysfunctions and provides support to the healing phases of the person.

Graston Treatment

It is a technical application that is applied with various inclined instruments made of titanium and gives a warning of healing on the entire fascial line. Its effect is seen immediately, as it rapidly increases circulation in the superficial and deep tissue.

Craniosacral Treatment

Personalized craniosacral therapy relaxes the soft tissue and ensures optimal bone movement. It activates the self-healing mechanism. It is a treatment that covers the head, spine and sacrum (coccyx).

Kinesio Tape

Kinesiotape is a latex-free, stretchable thin tape. The physiological mechanism of action is directly on the circulatory and nervous system. When applied to the skin, circulation and mobility increase as it slightly lifts the first skin layer and creates a space between these two layers.

Chiropractic Practices

It is aimed to fulfill and stimulate body biomechanics with chiropractic practices, manipulation and mobilization techniques as 'massage' by everyone. It should be applied after the necessary safety tests have been carried out.

Vitalica Osteopathic Ritual

It is a maximum effective treatment that takes place by examining the whole body in detail and combining all physical therapy techniques. Cupping therapy, chiropractic applications, dry needling, kinesiotape, graston, manual therapy and osteopathic techniques are all selected and applied as a result of the evaluations. It is applied by 2 physiotherapists.

Cupping Treatment

Cupping massage is applied by the physiotherapist by applying the cup to the area to be treated with the help of vacuum or by moving it with the help of oil on the area. With the effect of negative pressure, it increases circulation and provides relaxation of tissues. It also reduces pain by relaxing the fascia.

Pain Treatment (Ultrasound & Infrared)

Body Shaping - with Tens

Clinical Lymph Massage

Mental Wellness

Mindfulness Therapy

Chakra Balancing Session

Yogic Sleep Therapy

Trataka Focusing Therapy

Pranamaya Yogic Breathing Therapy

Reiki Therapy

Yin Yoga

Pyramid Energy

"The latest research on the construction purposes of the Pyramids, which are believed to have been originally designed as tombs; shows that the real purpose of construction is to generate energy by using them as substations.

Research has proven that all pyramids built throughout the history were built with mathematical precision and aligned to the North Pole.

The Vitalica pyramid is also scaled with the dimensions of the Giza pyramid and aligned to North to provide maximum energy.

The pyramid shape is the receiver of various energy fields (electromagnetic waves, cosmic rays, gravitational force, etc.) surrounding the earth. It is the interaction with energy forms that constitutes the therapeutic effect of the pyramid.

Due to its shape, the pyramid creates a spherical harmonic vibration field around itself. Everything in this area begins to move towards harmony.

Any substance (solid, liquid, or gas) placed in the pyramid energy influence area receives a "charge" of that energy, or in other words, a "pressure" of the pyramid energy.

Pyramid energy produces negative ions, these ions increase the body's oxygen capacity and oxygen uptake. Thus, it helps to strengthen the person physically and mentally.

The endocrine glands in the body are activated by the action of the electrical fields of the pyramid. With this activation, the primary energy field around the endocrine glands is balanced.

Pyramid energy helps to regulate organic substances in the body's structure by destroying harmful microorganisms.

Research results have shown that the energy field inside the pyramid can protect hippocampal neurons from stress-induced atrophy, as well as reduce neuroendocrine stress, oxidative stress, and increase antioxidant defense. (M. Surekha Bhat , Guruprasad Rao , K. Dilip Murthy , and P. Gopalakrishna Bhat) "

Physical Wellness

Private Pilates Session

Private Fitness Session

Private Yoga Session

Hammock Yoga

Red & Near Infrared Light Sport Therapy

TRX

Crossfit

Group Lessons (Aqua-Gym, Fat-Burn, Yagalates, Functional Training, Kangoojump)

EMS

Face Masks and Care

At the end of the skin consultation made by our experts, the facial care that is suitable for you is determined.

Natural Face Mask

Vitalica Gold Mask

Collagen and Lifting Face Mask

Hyaluronic Face Mask

Impressive Facial for Sensitive Skin

Blemish Removal Face Mask

Blemish Remover Eye and Neck Area Care

Body Masks and Care

At the end of the skin consultation made by our experts, the facial care that is suitable for you is determined.

Detox Mineral Bath (Jacuzzi)

Aromatherapy Flower Bath

Animal Extract Body Care

Miraculous Grape Extract Body Care

Green Tea Extract Body Care

Seaweed Body Care

24 Karat Gold Essence Body Care

Vitalica Sea Salt And Algae Firming Body Treatment

**Anti-Aging Clay Body Care + Pressurized Water
Therapy**

Vitalica Rituals

Cleopatra Ritual

Foot Bath

Body Peeling

Body Mask

Mineral Bath in Jacuzzi

Face and Hair Mask

Massage

Vitalica rituals encompass ancient beauty secrets for head-to-toe treatment, youthful, glowing skin and inner well-being. It starts with a foot bath ritual, followed by a thorough exfoliation to brighten the skin. After the application of a personalized body mask applied to the whole body, a light head and scalp massage is performed with a moisture-rich hair oil that nourishes and relaxes the scalp. A rejuvenating treatment is then applied to the face. This ritual is concluded with a pampering bath filled with delicious, scented organic bubbles to purify and pamper the skin.

Anatolian Beauty Ritual

Steam Room – Infrared Sauna

Turkish bath

Lymphatic massage

Facial Massage

The balancing, slimming and detoxifying body ritual begins with a traditional Turkish bath ritual in which a scrub is made on heated marble to exfoliate all dead skin. After the hammam, you enter a peaceful area in the private spa room. With lymphatic drainage massage, your senses are stimulated and circulation is provided throughout the body. Then a deep cleansing body mask is applied to purify the skin and stimulate blood flow. It ends with a nourishing facial massage.

Detox Ritual

Detox Massage

Detox Body Peeling

Detox Body Mask

Detox Aromatherapy Bath

Allow your body and senses to be completely cleansed with a detox experience. It starts with a detox peeling of the feet and body to open the energy flow. Afterwards, a warm full body massage and detox body treatment with specially blended aromatherapy content that relaxes and cleanses the body. The personalized body massage provides a deep cleansing of your body with a hand-selected blend of stimulating plant oils to heal and rejuvenate. A beautiful detox bath is then taken, designed with organic essential oils and sea salts.

Cellulite Ritual

lymph drainage pressotherapy

Seaweed Body Care

Cellulite Care

Massages

Deep Detox Massage

It ensures the removal of toxins from the body through sweat and sebaceous glands. It removes congestion by removing toxin accumulation in areas with circulation problems. It accelerates blood circulation and gives vitality and energy to the body.

Manipura Abdominal Massage

It is a massage that is performed for therapeutic purposes in many cases, such as constipation, lazy bowel, asthma, irregular menstrual cycle, chronic fatigue, depression, back pain. To facilitate the Angel of water and Vasti, it is given before these procedures.

Thai Massage

It consists of passive yoga movements that provide flexibility and mobility of the joints, pressure on the points located on the energy channels, to regulate the balance of energy flow in the body.

Balinese Massage

It is a holistic technique that combines deep tissue, acupression, reflexology, aromatherapy and stretching movements. It improves blood circulation and reduces muscle and joint pain.

Ayurvedic Detox Massage – Abhyanga

Abhyanga is the primary healing tool of Ayurveda and the mother of all massages. It is a full body massage with herbal oils specific to your body type to detoxify, nourish and revitalize body tissues. Abhyanga has a deeper and more comprehensive effect than ordinary massages. It achieves the deepest healing effect by naturally harmonizing the mind, body and spirit. It is also one of Ayurveda's most rejuvenating treatments.

Ayurvedic Marma Joint Massage

This massage prevents muscle and fiber damage by protecting the body from the harmful effects of muscle stiffness and cramps. It activates blood circulation, provides energy to tissues, supports the heart and circulatory system. It regulates the functional harmony between the joints and calms the person.

Ayurvedic Nasayam Massage

This treatment cleans the channels in the head and neck area. It is useful in the treatment of headaches, migraine, cervical spondylosis and facial paralysis. It is very effective in diseases such as sinusitis, chronic colds and chest congestion. From the shoulders up, the guest's body is massaged to make him sweat.

The prepared medicinal mixture is poured into the nostrils while the patient is breathing in sufficient doses. During the procedure, a special massage is applied to the nose, neck, shoulders, palms and surrounding areas.

Head and Neck Massage

It is a massage performed by applying finger pressure to the reflex points corresponding to the nerve endings. It reduces stress, tension, fatigue, insomnia, headache, migraine and sinus pain. It relaxes the neck and shoulder joints, increases blood circulation and lymph flow, reduces muscle tension.

Anti Cellulite Massage

It is a massage method that accelerates blood circulation using special techniques. It helps to slim and shape the waist, hips and legs. It accelerates lymph circulation and provides detoxification. It helps to reduce the appearance of cellulite with the technique used.

Aromatherapy Massage

This massage, which is applied with aromatic herbal oils obtained from plant extracts, is relaxing. Slow and gentle movements relax the body, warm the skin surface and reduce muscle soreness.

Reflexology Massage

Based on Far Eastern medicine, this massage is applied to certain points on the hands and feet. It relaxes the nervous system, accelerates blood circulation, improves sleep quality, balances energy flow, strengthens the immune system, and purifies the body from toxins.

Shiatsu Massage

With the philosophy of acupuncture, Shiatsu massage aims to improve energy flow by manually applying pressure to certain points of the body. It calms the nervous system, accelerates blood circulation, relaxes muscles and reduces stress.

Shirodhara Massage

Shirodhara is a unique form of ayurvedic head massage with herbal oils. The special herbal oil is gently and steadily poured over the forehead in a continuous flow with rhythmic rocking motion, resulting in a feeling of deep relaxation and inner peace. It works on the cerebral system, helps the nervous system to relax. It improves the function of the five senses, helps to relieve insomnia, stress, anxiety, depression, hair loss, fatigue, Vata (wind element of the body) imbalance.

Manual Lymphatic Massage

It is a unique massage that includes mechanical and neural stimulations of the skin, subcutaneous tissue, muscles, internal organs, cardiovascular and lymphatic systems. It activates lymph circulation, helps reduce edema, removes toxins from the body, accelerates blood circulation. It also provides more oxygen to the cells, increases the metabolic rate, facilitates weight loss and helps tighten the body.

Hot Stone Massage

Using heated volcanic stones, this massage accelerates blood circulation and nourishes cells, relieves muscle spasms, stiffness and pain, and effectively solves chronic muscle and joint problems. It gives physical, emotional and mental energy, reduces the negative effects in the body as a result of acute diseases, chronic diseases or surgical interventions. It helps to remove blockages in the body due to stress, anxiety and anger and to throw your life energy away.

Turkish Bath - Scrub Foam Massage

Pouch application opens the pores and removes the roughness on your skin. Foam application is the process applied with dense foam produced from pure and natural soaps right after the scrub. A foam massage is applied to get rid of the oil and dirt on the skin surface that come out of the pores with the scrub application. Thanks to the softness and slipperiness provided by the soap, it keeps the body fit without the need for any massage oil.

Elixir

Intestinal Elixir

Vitalica Wellness intestinal elixir supports the intestinal system and health and helps the digestive system to work. This elixir contains 7 carefully selected herbs known to optimize digestive health. It supports the breakdown of nutrients in the body, increases absorption, reduces gas and bloating, supports the liver and balances the body the day after alcohol intake. It can be used in cases of food intolerance, reflux, constipation, diarrhea, sugar cravings, vitamin-mineral deficiencies, bad breath, digestive system inflammation.

Lung Elixir

Vitalica Wellness lung elixir is designed to cleanse and strengthen the lung, one of the most vital organs in the body. This elixir contains 6 carefully selected herbs known to optimize lung health. It can be used in cases of chronic cough, sinus congestion, lung infections, antibiotic use, breathing problems, slow metabolism, excessive consumption of animal food and smoking.

Liver Elixir

Vitalica Wellness liver elixir is designed to cleanse the liver, which has over 500 vital functions in the body, and to increase its functions. This elixir contains 6 carefully selected herbs known to optimize liver health. It is recommended to be used in fatty liver, alcoholic liver damage, viral infections such as hepatitis, frequent antibiotic use, liver enlargement, constipation, unhealthy eating habits, biliary tract diseases. It plays a role in detoxification and balancing the hormonal system, prevents skin disorders.

Brain Elixir

Vitalica Wellness brain elixir is designed to increase mental performance. Contains 6 carefully selected herbs known to optimize brain health. These nootropic brain-boosting plants strengthen focus and memory, increase your energy, relieve sleep problems, and regulate your blood circulation. It also strengthens your nervous and immune systems, makes it easier to deal with biological and emotional stress, and removes brain fog.

Anti-Aging Elixir

Vitalica Wellness anti-aging elixir is designed to eliminate the negativities that come with aging. It consists of three separate parts that prevent cellular aging, regenerate skin, hair and nails, and increase performance. With the complementary elixir, the hormone balance is provided, the metabolisms that deteriorate with aging are regulated, the metabolism is accelerated, and the tissues are renewed.

Medical Aesthetic Applications

Hair and Face PRP

Platelets are blood components that contain the “growth factors” necessary for the repair and healing of damaged tissues in our body. It is made by injection of platelets obtained by the separation of our own blood into the scalp and face.

Dermapen

Dermapen needles are used to open micro-level holes in the superficial layer of the skin and initiate the natural healing process of the skin. To close the holes in the skin, the skin tissue produces proteins such as collagen and elastin. As a result, healthy tissue organization occurs in the skin.

Youth Vaccine

It is the injection method of vitamins required for skin regeneration as mixed cocktails.

Hair and Face Mesotherapy

It is the injection of special cocktails prepared according to the needs of the scalp and skin into the middle skin.







www.vitalicawellness.com