

# LUX\*

BODRUM, TURKEY  
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## 1 Medical examination and consultations

•Wellness consultation (30 minutes)	Free
•Doctor's examination	100 Euro
•Doctor's consultation for intensive detox	100 Euro
•Doctor's consultation for anti-aging	100 Euro
•Laboratory tests and evaluation	Determined by content
•Live blood analysis with electron microscopes	50 Euro
•Doctor's consultation for spiritual and emotional health	100 Euro
•Full-body measurement	25 Euro

## 2 Holistic clinical treatments

### •Special detox support treatment protocol administered intravenously

These I.V. infusion treatments are the fastest way to give the body the nutritional elements it needs. These processes allow the vitamins, minerals and antioxidants to join right into the bloodstream.

•Liver detox treatment protocol (40 minutes)	65 Euro
•Anti-fatigue treatment protocol (40 minutes)	65 Euro
•Anti-aging treatment protocol (40 minutes)	65 Euro
•Immune strengthening treatment protocol (40 minutes)	65 Euro

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## 2 Holistic clinical treatments

### •Lymphatic treatment

Ensures that toxins are removed via the lymphatic system by activating it

50 Euro

### •Hyperbaric chamber treatment

A treatment which ensures 100% oxygen intake in a pressure cabin

50 Euro

### •Cupping treatment for powerful detox (35 minutes)

Blood flow to the region where vacuums are created around the skin is increased. Nutrients, oxygen and blood levels are increased in the tissue; the removal of carbondioxide and toxins via the lymphatic system is quickened

30 Euro

### •Cupping treatment increasing immunity and providing a lifting effect (35 minutes)

Blood flow to the region where vacuums are created around the skin is increased. Increases the nutrients, oxygen and blood levels in the tissue and provides a clear lifting effect

30 Euro

### •Intravenously administered laser treatment (35 minutes)

Supports the immune system, increases general performance, and improves sleep and alertness by stimulating white blood cells in particular. Has a proven effect on liver diseases, diabetes and high levels of blood fat (lipids)

40 Euro

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## 2 Holistic clinical treatments

### •Ozone therapy (45 minutes)

50 Euro

Ozone is the most intense form of oxygen that contains 3 molecules instead of 2. "Ozone therapy" refers to treatments where the most active and effective form of oxygen is used. In major ozone therapy which is commonly performed throughout the world, 50-200 ml of blood is taken from the person and injected back after ozone is added

### •Phytotherapy (45 minutes)

60 Euro

Is a branch of pharmacology. This treatment ensures detoxification by using both herbal remedies and tea varieties especially prepared for you on your doctor's recommendation and meets your other treatment needs

### •Personal physiotherapy

50 Euro

Treatments given by our physiotherapists according to your needs quicken the revitalization process

### •Spirometer analysis

50 Euro

Measures exercise and respiratory capacity

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## 2 Holistic clinical treatments

### •Herbal/coffee/wheatgrass/ozone intestinal enema (30 minutes)

35 Euro

These herbal enemas ensure that toxins are removed from the intestines which are also known as the body's second brain

### •Angel of water (Bowel cleansing) (35 minutes)

35 Euro

It is applied with a device that washes and cleans the bowel. This self-directed device supports the emptying of the bowel by allowing water to reach the deep curls of the bowel

### •Sodium lung cleansing (20 minutes)

10 Euro

The respiratory system is cleansed with salt particles and its functionality is increased

### •Ozone sauna (30 minutes)

25 Euro

Ozone is the most intense form of oxygen that contains 3 molecules instead of 2. The ozone sauna strengthens your immune system, removes mental tiredness, gives energy to your body, and lowers stress and depression. It also relaxes the muscles, improves your skin, tightens your body, helps treat cellulite and varicose veins, and causes weight-loss

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## 2 Holistic clinical treatments

### •Magnetotherapy (45 minutes)

50 Euro

Magnetotherapy, also known as “magnetic resonance stimulation therapy” is a treatment that strengthens the body’s immune system, slows down cell destruction, accelerates cell regeneration, and thus enables the body to heal itself

### •Phototherapy

50 Euro

It is a method used in the treatment of skin diseases through the ultraviolet rays that it emits

### •Hot and cold herbal liver compress (45 minutes)

45 Euro

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

### •Cryotherapy

40 Euro

It is a therapy used in the treatment of benign and malign lesions in the body. It enables the freezing of the lesion due to liquid nitrogen

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## 3 Wellness treatments

### •EWOT (50 minutes)

40 Euro

Is an oxygen-supported exercise program. Supports nutrients to reach tissues by increasing the amount of blood oxygen, increases your exercising capacity and makes it easier for your body to remove toxins

### •Ionic foot detox

20 Euro

Ensures that toxins are removed from the feet where toxins i up the most due to gravity

### •Salt room (30 minutes)

15 Euro

Being in a room prepared with salt obtained from natural salt quarries causes even very small grains of salt enter your body via your respiratory system. Relieves respiratory disorders such as asthma, lack of breath, COPD, and sinusitis. Is also effective for sleep disorders caused by uneasy breathing

### •Turkish bath (including pouch and foam massage)

50 Euro

Is one of the most effective ways of removing dead cells from your skin. It cleans the skin, opens the pores, and ensures the growth of new skin cells, warranting that the skin remains fresh and young. Strengthens the immune system and has a detox effect

### •Personal herbal steam room (30 minutes)

30 Euro

Helps you to maintain your youthfulness based on Ayurvedic teachings. Reduces wrinkles and ensures a fresher, brighter and livelier appearance

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## 3 Wellness treatments

### •Infrared sauna (30 minutes)

Removes 7-times more toxins than classical saunas. Is the most prevalent method used to remove heavy metals from the body. Ensures high activity for joint and muscle pain and decreases rheumatic pain

20 Euro

### •Medical hydrotherapy

Increases joint and muscle functionality. Is a safe and effective method to decrease joint and muscle pain

30 Euro

### •Personal yoga session (50 minutes)

Boosts your energy, strength, stamina, and resilience. Increases your body flexibility, mental strength, adaptation skills, and self-confidence

60 Euro

### •Bioenergy session

Bioenergy, meaning “universal life energy”, is the very energy that we live in. Brings out the power of the body and the mind. Fosters the resources that we are endowed with from birth such as happiness, peace, love, trust, creativity, and success

100 Euro

### •Brainwave meditation (50 minutes)

A meditation that aims to regulate five different brainwaves to support mental, spiritual and physical health

60 Euro

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## 3 Wellness treatments

### •Sleep therapy

Eases sleeping problems arising from stress, past illnesses or surgical interventions, and changes sleeping habits

80 Euro

### •Shirodhara (50 minutes)

Is performed by allowing traditional and natural oils to flow across the forehead. Intensely stimulates the nervous system and ensures that hormones effective on the nervous system and psychological wellbeing are excreted. Relaxes and exhilarates

60 Euro

### •Mindfulness therapy (50 minutes)

Is an effective treatment used for reducing stress, increasing self-awareness, developing emotional intelligence, and diminishing destructive emotional, cognitive and behavioral processes

60 Euro

### •Addiction therapy

Reduces vulnerability to alcohol, toxic substances and other addictive substances

60 Euro

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## 3 Wellness treatments

### •Chakra cleaning session (50 minutes)

60 Euro

It is a mental health therapy that aims to open and clean the chakras which are the main doors of the energy entering the body

### •Personal pilates session (50 minutes)

60 Euro

It offers a personal physiotherapy effect that improves the musculoskeletal system. It corrects the posture, increases concentration, gives flexibility to the body, and reduces chronic pain and stress

### •Power plate (50 minutes)

60 Euro

It is applied with a vibrating Power Plate device. It allows the muscles to stretch and relax 40 times per second. It increases body resistance and the release of happiness hormones, regulates blood circulation, and reduces pain

### •Kinesis (50 minutes)

60 Euro

It consists of four different working methods and each method activates a different muscle group. It supports the spine by allowing arms, legs, chest, abdomen and back to work simultaneously

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## 4 Beauty and aesthetic clinic treatments

### •PRP (can be applied to face, hair and body)

**85 Euro**

A treatment conducted by separating thrombosis cells from blood at high speed and by releasing their growth factors. Is especially beneficial for the treatment of scars, wrinkles, skin renewal, and hair loss

### •Mesotherapy (can be applied to face and hair)

**105 Euro**

Vitamins, minerals, homeopathic medicines, enzymes or amino acids are injected into the middle layer of the skin with very fine needles. Is widely preferred for anti-aging, cellulite treatment, regional weight loss and hair loss prevention treatment

### •Light filler

**260 Euro**

An innovative treatment which combines mesotherapy and filler techniques. Aims to restore and increase the skin's ability to reflect light. Contains amino acids, antioxidants, vitamins and minerals found in the structure of collagen

### •Botox

**man: 180 Euro**

An impactful treatment most commonly used in the world to gain an anti-aging effect and remove wrinkles caused by facial gestures.

**woman: 160 Euro**

Is used to treat excessive sweating as well as facial wrinkles

**excessive sweating: 290 Euro**

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## 4 Beauty and aesthetic clinic treatments

### •Fillers

270 Euro

Aging reduces the fat layers under the skin as well as the skin's structural components such as hyaluronic acid, elastin and collagen. These, in turn, cause wrinkles and sagging. Fillers are materials injected under the skin to remove wrinkles, sagging and marks and to give shape or volume to the tissues. With fillers, cheek bones can be made more defined, the lines descending from the sides of the nose to the corners of the mouth can be corrected, and under-eye sagging and bruising can be removed. Furthermore, the sagging lines around the mouth can be reduced, the lips can be shaped and filled, the chin and the chin-line can be made more defined, the wrinkles around the lips can be removed, the eyebrows can be shaped, small nose deformities can be corrected and the nose can be lifted, lines between the eyebrows can be reduced, and acne and other scars can be removed

### •Salmon DNA

260 Euro

An innovative treatment clinically shown to be effective in skin renewal. Supports, strengthens, and deeply moisturizes the skin structure. Increases the skin's tightness, elasticity and brightness with collagen and elastin stimulation. Reduces the radiation damage caused by UVB. Brings about effective skin rejuvenation and restructuring. Helps gain a new glow thanks to a smoother, healthier and clearer skin

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## 4 Beauty and aesthetic clinic treatments

### •H-100 Biorevitalisation injection

160 Euro

A powerful mesotherapy treatment containing a large amount of hyaluronic acids as well as peptides, amino acids and antioxidants that increase the production of collagen. Is used to increase the skin's moisture capacity intensely, to tighten sagging and deformities, to remove wrinkles, to reduce the signs of aging and to give the skin a brighter, clearer, refreshed and rejuvenated appearance

### •Cosmetic acupuncture

55 Euro

An acupuncture treatment which removes fine lines on the face, reduces deep wrinkles and sagging, and provides a younger and healthier appearance. The main advantage of cosmetic acupuncture is that it helps maintain natural gestures and facial expressions

### •Aptos face lift

1.200 Euro

Is a face lift technique that has become globally popular. Is performed under local anesthesia and does not require stitches. Aptos treatment is a non-surgical face lift treatment that increases the skin quality of the face, the neck, the cheeks and the eyebrow area

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## 4 Beauty and aesthetic clinic treatments

### •Spring thread face lift

The spring thread face lift technique is a revolution in non-surgical face lifts and yields an effective face and neck lift with results closest to surgical operations. This thread lift technique makes use of flexible, non-breaking and non-dissolving threads and reveals pleasing results. This treatment, which is harmonious with facial gestures and does not cause any facial expression problems, makes the outline of the face more defined, raises the eyebrows, treats sagging on the chin-line and the neck and yields results closest to surgical options. Developed in France using biomechanics, this technique utilizes strong and dynamic threads which are produced using advanced technology and therefore do not bear any risk of breaking

**1 couple 630 Euro**

**2 couples 1.130 Euro**

**3 couples 1.595 Euro**

**4 couples 2.020 Euro**

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## 5 Facial masks & care

### •Vitalica golden mask

50 Euro

This gold-containing mask tightens the skin, removes fine lines and wrinkles, lightens skin color, and removes dead skin cells causing marks

### •Collagen & lifting facial mask

40 Euro

Collagen is the basic protein which gives the skin its flexibility and prevents the development of wrinkles. This mask supports the production of collagen and reduces the appearance of wrinkles by increasing the skin's flexibility. Creates the effect of a face lift

### •Hyaluronic facial mask

40 Euro

Found in many body tissues, hyaluronic acid is one of the most essential substances that repairs tissues and maintains their elasticity. Its most important benefits are reducing the aging of the skin and strengthening the immune system. The hyaluronic mask keeps your skin young and wrinkle-free while moisturizing it, giving it a smooth appearance and increasing its elasticity)

### •Miracle grape body care

40 Euro

With its grape content rich in anti-oxidants, the miracle grape body care provides protection against harmful sun rays, lightens skin marks, and demonstrates anti-aging effect

### •Pomegranate-essence facial care

40 Euro

Prevents acne and skin infections with its antibacterial properties, increases the skin's elasticity, and yields a bright and even appearance

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## 5 Facial masks & care

### •Green tea-essence facial care

40 Euro

Renews the skin and yields a young and healthy appearance with its antioxidant and detoxifying properties

### •Medical face care

65 Euro

A professional skin care performed to increase skin health and quality

### •Fresh face care

50 Euro

A professional skin care which yields smoother skin by refreshing it

### •Soothing face care for sensitive skin

40 Euro

Contains aloe vera that is known as one of the most useful herbs for the skin. Its main effect is to renew the skin cells and to soothen the skin. Reduces sun spots, postpones aging, remoisturizes the skin and cleans it with its antibacterial properties

### •Anti-mark facial care

40 Euro

Fights ageing with its anti-oxidant and vitamin C content. Helps the skin renew itself and remove marks with its Coenzyme Q10 content

### •Anti-mark eye and lip area care

40 Euro

Contains arbutin which is defined as a herbal mark remover. Results in a visible reduction in skin marks around the eyes and lips by increasing the energy of skin cells and by regulating the intercellular communication network

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## 6 Body masks & care

### •Full-body detox mask

60 Euro

Used in intensive detox programs, the full-body detox mask helps remove toxins in your skin, lungs, liver and intestines

### •Liver detox body mask

60 Euro

It is very important to cleanse the liver, the organ responsible for removing toxins from your body. This mask helps remove toxins from your body by providing liver detox

### •Caviar-essence body care

60 Euro

This anti-aging care is very rich in fatty acids, amino acids, minerals, vitamins, zinc and iron. It involves peeling, mask application and lotion therapy with a special massage all of which aim to repair the skin, stimulate its revitalization and rejuvenate it

### •Miracle grape body care

60 Euro

This care, made up of peeling, mask application and lotion therapy with a special massage, contains grape extract that is known to be one of the most powerful anti-oxidants in the world. Opens up pores, removes dead cells and rejuvenates the skin

### •Pomegranate-essence body care

60 Euro

This pomegranate-essence body care, made up of peeling, mask application and lotion therapy with a special massage, has a cell-renewal effect and gives intensive vitamin support to the skin

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## 6 Body masks & care

### •Green tea-essence body care

Nurtures your skin cells and postpones aging via green tea's detox and antioxidant effect. Includes peeling, mask application and lotion therapy with a special massage that shape and smoothen the skin

60 Euro

### •Algae body care

Contains brown algae, also known as fucus vesiculosus, that grows on rocky coasts. Dissolves fat, helps weight-loss and shapes the body with its 100% natural content. Renews cells, quickens circulation, strengthens collagen and elastin tissues, tightens the skin, and reveals the body's lines

60 Euro

### •Enchanting Asia body care

This care, made up of peeling, mask application and lotion therapy with a special massage, contains ginkgo and ginseng essences. By stimulating the energy points in the body, this care gives energy, makes the skin feel fuller, tighter and smoother, and increases inner peace

60 Euro

### •24 carat gold body care

This care includes 24 carat gold particles that smoothen and brighten the skin. Argan-based peeling, mask application and lotion therapy with a special massage help remove loose, saggy, pitted and wavy skin. The argan essences moisturize and tighten the skin

60 Euro

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## 6 Body masks & care

### •Vitalica sea salt and algae tightening body care

60 Euro

By removing dead skin cells with sea salt, this care tightens the skin and provide anti-cellulite benefits. Includes peeling, mask application and lotion therapy with a special massage. With the heat that it creates, this care quickens the penetration of active components into the skin, renews the skin and improves health

### •Medical hand and foot care

30 Euro

A process that involves hygienic nail clipping and design, nail surface cleaning and brightening as well as removing hardened skin. Ingrown nail care, diabetic foot care, foot care during pregnancy, foot care for sportsmen and sportswomen, deformed nail care, fungus-infected nail care, orthesis practices, gel system applications, corn care and treatment, skin deformations, hardened and thickened skin care, cracked heel care, as well the application of support materials such as in-soles and silicones are performed as part of the medical hand and foot care

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## 7 Massages

### •Deep detox massage (50 minutes)

Ensures toxins are removed from the body via sweat and fat glands. Reactivates areas observed to have circulation problems and opens up blockages where toxins have built up. Quickens blood circulation and gives the body liveliness and energy

46 Euro

### •Medical massage (50 minutes)

Is a unique massage that includes mechanical and neural stimulation of the skin, the subcutaneous tissue, the muscles, the internal organs, the cardiovascular and the lymphatic systems

46 Euro

### •Medical stomach massage (30 minutes)

Is advantageous in many situations such as meteorism, constipation, lazy bowel, asthma, irregular periods, chronic tiredness, depression, and backache

35 Euro

### •Thai massage (50 minutes)

Based on Eastern medicine, this “body work treatment” aims to heal the body, the mind and the soul. Thai massage aims to treat electromagnetic fields in the body by applying pressure and/or by manipulation

46 Euro

### •Bali massage (50 minutes)

It is a holistic technique consisting of a mixture of deep tissue, acupressure, reflexology, aromatherapy and stretching movements. It reduces muscle and joint pain by improving blood circulation

46 Euro

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## 7 Massages

### •Ayurveda massage (50 minutes)

50 Euro

This massage, is applied to the kings and queens in antique times, utilizes warm herbal oils. It regulates inner peace, reconstructs communication and balance between the mind, the body and the soul

### •Head and neck massage (30 minutes)

39 Euro

A massage applying finger pressure on reflex points that coincide with nerve endings. Reduces stress, tension, tiredness, sleeplessness, headaches, migraines, and sinus pains. Relaxes neck and shoulder joints, increases blood circulation and lymphatic flow, and reduces muscle strain

### •Special rejuvenating massage (50 minutes)

46 Euro

Reduces negative i-ups in the body resulting from acute illnesses, chronic illnesses or surgical interventions. Helps remove blockages formed in the body due to stress, anxiety and anger and release your life energy

### •Anti-cellulite Massage (50 minutes)

46 Euro

It is a massage method that accelerates blood circulation by using special techniques. It helps slim and shape the waist, the hips and the legs. The lymph drainage technique provides detoxification by accelerating lymph circulation

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## 7 Massages

### •Aromatherapy massage (50 minutes)

This massage is applied with herbal oils obtained from plant extracts, and is very relaxing. Slow and gentle movements relax the body, warms the skin surface and reduces muscle pain

50 Euro

### •Sports massage (50 minutes)

This massage protects the body from the damaging effects of muscle stiffness and cramps, preventing muscle and fiber damage. It activates blood circulation, provides energy to the tissues more quickly, and supports the heart and the circulatory system. Regulates the functional harmony among the organs and calms the person

46 Euro

### •Reflexology massage (50 minutes)

Has a history of about 5.000 years and originates from the Far Eastern medicine. It is applied to specific points on the feet. Relaxes the nervous system, accelerates blood circulation, relieves the body, improves sleep quality, balances energy flow, strengthens the immune system, and detoxifies the body

46 Euro

### •Acupressure (50 minutes)

A treatment method which opens energy channels by applying pressure on special points of the body. Has been used in Chinese medicine for 4000 years

60 Euro

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## 7 Massages

### •Shiatsu massage (50 minutes)

Shiatsu, which is being practiced since the ancient times, means “finger suppression”. With its acupuncture philosophy, Shiatsu massage aims to improve the flow of energy by applying pressure manually to certain points of the body. Calms the nervous system, accelerates blood circulation, relaxes muscles, and reduces stress

**46 Euro**

### •Lymph drainage massage (50 minutes)

It is a massage that activates lymph circulation, helps reduce edema and removes toxins from the body. Accelerates blood circulation, allows more oxygen to be transported to the cells, increases metabolic rate, making it easier to lose weight. Helps tighten the body and reduce cellulite

**46 Euro**

### •Hot stone massage (50 minutes)

Using heated volcanic stones, this massage boosts blood circulation and nourishes the cells. It relieves muscle spasms, stiffness and pain, and efficiently solves chronic muscle and joint problems. Gives physical, emotional and mental energy

**50 Euro**

### •Crystal massage (50 minutes)

This massage, applied with natural crystals that contain universal energy, aims to open blocked energy channels in the body. Enables the transfer of energy to the chakras when necessary. The unique energy of the crystal provides intensive comfort

**46 Euro**

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