

OKU

奥

Noun. [U]. Inner part, interior depth, intimate and sacred. The space hidden within.

SAY HELLO TO A NEW YOU

At OKU Bodrum, wellness is woven into the spirit of the Aegean. Set high above the turquoise bays of Küçükbük, where sea breezes carry whispers of ancient Myndos, OKU Spa invites you into a sanctuary of calm, restoration, and mindful escape. Here, time slows, the senses awaken, and the outside world gently fades away.

Designed as a retreat for body, mind, and soul, OKU Spa offers a holistic approach to wellbeing inspired by both ancient rituals and modern healing practices. From deeply restorative massages to grounding yoga sessions, every experience is thoughtfully curated to bring balance, serenity, and renewed energy. Our treatments combine natural ingredients, aromatherapy oils, and botanical extracts to create nurturing rituals that reconnect you with yourself. For those seeking a more tailored journey, our team will be delighted to create a personalised wellness programme designed around your individual needs and intentions.

Guests are also invited to enjoy our fully equipped fitness studio featuring NOHRD and Technogym equipment, available throughout the day for energising workouts in a beautifully designed setting.

We welcome you to visit our Spa team at any time to arrange treatments, discover our wellness experiences, or reserve your yoga session.

'Your moment of calm, your return to centre.'

TREATMENTS

Our Spa team will happily consult with you to create an individual wellness schedule according to your needs. Please drop by anytime.

Should you wish to extend your treatment, we can offer a 30 minute extension to any treatment. Please let us know in advance.

Treatment extension – 30 min 90

YOGA

Complimentary group yoga sessions take place daily. Check with the Spa or see our weekly timetable in your room. Please sign up in advance at reception or at the Spa to reserve your place. Private sessions are also available, please discuss with the Spa for further details.

Yoga mats are also provided in your room for your own use should you wish to practice.

TURKISH BATH

Rooted in centuries of tradition, the Turkish Hammam is a deeply cleansing ritual designed to relax the body and restore the senses. Your journey begins upon warm stone, allowing heat and steam to gently open the pores and ease tension from the body. A revitalising full-body exfoliation follows, sweeping away dull skin before a rich foam massage envelops you in soft, cloud-like lather. The experience concludes with a refreshing cool rinse, leaving you feeling purified, renewed, and deeply relaxed.

Private sessions – 40 min | 55 min 225 | 255

BODY & HAMMAM TREATMENTS

Rumi's Rose Peeling Body Scrub – 45 min | 55 min 235 | 310

A body peeling ritual in OKU's hammam with Rumi's Rose scented peeling eliminates dead cells, expands blood vessels, and purges skin through exfoliation, removing dead skin cells improves circulation and eliminates dullness. Treat yourself to this indulgent experience, and let your skin shine with renewed vitality.

Rumi's Rose Holistic Touch (Face) – 90 min 270

Hammam with face mask & aromatherapy massage

A deeply nurturing ritual inspired by the calming essence of rose. Your journey begins with a traditional hammam experience, including a revitalising body scrub and nourishing rose-infused face mask to cleanse and soften the skin. The treatment continues with a full-body aromatherapy massage using delicately scented rose oils, designed to relax the senses, ease tension, and restore inner balance.

Rumi's Rose Holistic Touch (Body) – 120 min 290

Hammam with body mask & relaxation massage

An indulgent full-body ritual created to soothe both body and mind. Beginning in the warmth of the hammam, a traditional exfoliation is followed by a luxurious rose body mask to nourish and hydrate the skin. The experience then flows into a deeply calming relaxation massage using aromatic rose oils, leaving you feeling grounded, comforted, and completely restored.

MASSAGES

OKU Signature Holistic Combination Massage – 90 min 330

This integration can include elements from Swedish massage, aromatherapy, reflexology, hot stone massage, and head massage. The primary aim of combination massage is to tailor the treatment to the specific needs of the individual, ensuring a highly personalised and effective therapy.

Classic Swedish Massage – 60 min | 90 min 245 | 285

European medium pressure massage featuring long strokes and kneading techniques. Escape to tranquillity with Istanbul oil designed to relieve stiff, tight and fatigued muscles and joints, improving circulation and lowering stress.

Aromatherapy Massage – 60 min | 90 min 265 | 310

Aromatherapy Massage is a refined wellness treatment that combines professional massage techniques with carefully selected natural essential oils to promote deep relaxation, emotional balance, and overall wellbeing. By engaging both the sense of touch and the sense of smell, this therapy creates a calming, restorative experience that gently reconnects body and mind.

Hot Stone Massage – 85 min | 125 min 335 | 375

A deeply grounding and restorative treatment, the Hot Stone Massage combines flowing massage techniques with the soothing warmth of smooth volcanic stones. Placed gently on key points of the body and used throughout the massage, the heated stones help to ease muscle tension, improve circulation, and promote a profound sense of relaxation. Ideal for relieving stress and restoring balance to both body and mind

Back Revival – 35 min 195

Focusing on the back, neck and shoulder area – customising a stress relieving, muscle easing massage.

Foot Reflexology – 35 min 195

This treatment helps to create physical and mental balance by applying pressure to specific meridian points on the feet that are reflected to the primary organs and systems of the body. Reflexology allows blocked energy to once again flow freely, releasing accumulated tension.

Mother To Be – 50 min 230

The ultra-pampering treatment for all mothers-to-be, adapted to your particular needs and wishes by your therapist. Using specially selected basic oil and an expert touch involving enveloping and relaxing movements, it soothes away tension, lightens legs and improves skin elasticity.



OKU RITUALS

Myndos Journey – 140 min, 3 days

665

Inspired by the ancient spirit of Bodrum's Myndos peninsula, this three-day wellness journey is thoughtfully designed to restore balance, calm the mind, and reconnect body and soul. Each day introduces a carefully selected treatment that builds gently upon the last - beginning with the nurturing touch of our Rumi's Rose Holistic Ritual and body mask in the Turkish Bath on the first day, followed by a deeply restorative aromatherapy massage on day two, and concluding on the third day with a grounding foot massage combined with a refreshing tea tree exfoliation. A holistic experience created to leave you feeling renewed, rebalanced, and deeply restored.

Couple's Journey – 140 min, 3 days

1220 (per couple)

Created for shared moments of relaxation and reconnection, The Couple's Journey invites you to unwind side by side through a curated three-day spa experience. Beginning with the soothing Rumi's Rose Holistic Touch and nourishing face mask, the journey continues with your choice of a relaxation or deep tissue massage tailored to your individual needs. Your final day concludes with a refreshing mini facial designed to restore glow and radiance. A tranquil wellness escape to enjoy together, leaving both body and mind feeling harmonised and renewed.

FACIALS

Discover the art of radiance at the heart of Bodrum with OKU Spa. We take a holistic approach to the face, creating a luminous glow that shines from within.

Balancing Purifying Facial – 50 min

265

An advanced results-driven facial created to brighten, purify, and restore radiance to the skin. Ideal for those concerned with blemishes, uneven texture, or early signs of ageing, this treatment combines deep cleansing with revitalising actives to promote a clearer, smoother, and more luminous complexion.

Soothing Ritual Facial – 45 min

235

A calming and restorative facial designed especially for sensitive and delicate skin. Using gentle techniques and nourishing ingredients, this treatment helps to reduce redness, soothe irritation, and deeply hydrate the skin, leaving the complexion soft, balanced, and comforted. An experience that calms the soul and nourishes both your skin and your spirit.

Mini Facial – 30 min

185

This express 30-minute treatment is ideal for busy guests who need an effective yet relaxing skincare pick-me-up. The skin is gently cleansed followed by a light exfoliation. Toner balances the skin's pH before bespoke serums and moisturisers are applied with a massaging technique to nourish the skin and sculpt the face. A perfect add-on to any massage or body treatment.

SPA ETIQUETTE

Opening hours

Spa: Daily, 11am - 8pm

Gym: Daily, 7/24hr

Hamмам & Sauna

Use of Hammam and sauna is based on the availability please check with the Spa reception before you would like to use.

Spa Reservations

For spa enquiries or reservations, please contact the spa reception directly.

Valuables

We have lockers in the spa, but recommend that you leave all jewellery and valuables in your room before visiting us for a treatment.

Prior to arrival

When booking, please advise us of any health conditions and medication you are taking. Before your treatment, our therapists will ask you to complete a health questionnaire to ensure we provide the very best service and safeguard your wellbeing. Please note that for certain medical conditions we will require written permission from your doctor to proceed. If you require any further information, our spa team will be happy to help.

Arrival

Please arrive 20 minutes prior to your appointment in order to register.

Late arrivals

Out of respect for other guests reservations, please be aware that we are unable to extend your treatment time in case of late arrivals.

Cancellations

If you wish to change or cancel an appointment, we kindly request 24 hours notice. Kindly note that the 50% cost of your treatment will be charged, if we receive a cancellation later than this.

During your stay

While we want you to feel at home, we request that you refrain from using your mobile phone and smoking in the spa, in line with the hotel's non-smoking policy.

Couple's treatments

Couples looking for a spa experience together can enjoy our Couple's Journey ritual, or selected treatments may be arranged as a couple's treatment. These are charged as two individual treatments, and subject to the availability of the couple's treatment room.

After your treatment

We recommend that you do not sunbathe after any massage or body treatment for at least six hours. To extend your spa experience at home, a variety of spa products are available for purchase at the spa retail store.

Payment

Spa treatments can be charged to your room and will appear on your account at check out from the hotel.

Age

We offer treatments to guests aged 16 and over.

Accessibility

We are currently trying to improve access to all our sites and services, so everyone can enjoy them. While improvements are being made, we apologise for any inconvenience caused.

If you have any questions about access, please come and visit the spa team, or email any suggestions and comments to spa.bodrum@okuhotels.com.

Prices

All prices listed are in Euros and include VAT.