



Detox Programs 365 days a year

Being the first and only destination SPA of Turkey, Richmond Nua is the address for peace and cleansing providing "Detox" opportunity 365 days a year. You may supplement your physical cleansing with emotional cleansing with massage & therapy programs as well as the unparalleled spa area at Nua.

In addition to the permanent "Detox" opportunity, Richmond Nua also provides expert programs by launching 3-, 5- and 7-day detox camps during certain seasons of the year for individuals who desire to achieve cleansing within a specific time period with a different motivation

3 Night Detox Program

1st Day

- ✓ Use of Nua Spa jacuzzi, steam rooms, sauna, and relaxation rooms
- ✓ Dinner (A light salad is recommended)

2nd Day

- ✓ Lemon juice- For the acid-base balance in the body.
- ✓ Detox breakfast, juice, herbal tea served
- ✓ **Ayurvedic sea salt treatment – 25 minutes**
Applied by a male or female esthetician or a therapist. Rich in minerals and vitamins, this regeneration treatment has a deep peeling effect accompanied by the soothing and refreshing smell of the ocean.
- ✓ Electrolyte lemonade
- ✓ **Meditation session – 30 minute**
- ✓ Detox lunch, juice, herbal tea served
- ✓ **Detox lymphatic treatment – 50 minutes**
Applied by a male or female therapist. A gentle and soft massage applied by moving the skin in the direction of the lymph nodes and the lymphatic flow. Clears lymphatic obstructions, helps eliminate metabolic waste products, toxins, and excess fluid from the body.
- ✓ Electrolyte lemonade
- ✓ Use of Nua Spa jacuzzi, steam rooms, sauna, and relaxation rooms
- ✓ Detox dinner, juice, herbal tea served

3rd Day

- ✓ Lemon juice- For the acid-base balance in the body.
- ✓ Detox breakfast, juice, herbal tea served
- ✓ **Thalasso bath – 20 minutes**
Applied by a male or female esthetician or a therapist. A purifying and detoxifying bath that revitalizes and helps eliminate water retention.
- ✓ Electrolyte lemonade
- ✓ **Meditation session – 30 minute**
- ✓ Detox lunch, juice, herbal tea served
- ✓ **Nuvola algae treatment – 50 minutes**
Applied by a male or female esthetician or a therapist. The aquatic power of pure microalgae slims the body, stimulates the metabolism, and helps purge the body of toxins. Hydrates and relaxes the skin.

- ✓ Electrolyte lemonade
- ✓ Use of Nua Spa jacuzzi, steam rooms, sauna, and relaxation rooms
- ✓ Detoks dinner, juice, herbal tea served

4th Day

- ✓ Lemon juice- For the acid-base balance in the body.
- ✓ Detox breakfast, juice, herbal tea served

- ✓ **Detox lymphatic treatment – 50 minutes**

Applied by a male or female therapist. A gentle and soft massage applied by moving the skin in the direction of the lymph nodes and the lymphatic flow. Clears lymphatic obstructions, helps eliminate metabolic waste products, toxins, and excess fluid from the body.

- ✓ Electrolyte lemonade
- ✓ Detox lunch, juice, herbal tea served
- ✓ Departure from hotel

Prices

Accommodated Program	Weekends		Weekdays	
	Single	Double	Single	Double
Superior Room	850 €	1.480 €	750 €	1.320 €
Corner & Junior Suite Room	1.300 €	1.930 €	1.200 €	1.770 €
Senior Suite Room	1.600 €	2.230 €	1.500 €	2.065 €

Our prices excluding %8 VAT.

On account of our Wellness-SPA concept, only guests aged 14 and over can be admitted.

5 Night Detox Program

1st Day

- ✓ Use of Nua Spa jacuzzi, steam rooms, sauna, and relaxation rooms
- ✓ Dinner (A light salad is recommended)

2nd Day

- ✓ Lemon juice- For the acid-base balance in the body.
- ✓ Walking by the lake
- ✓ Detox breakfast, juice, herbal tea served
- ✓ Electrolyte lemonade
- ✓ **Meditation session – 30 minute**
- ✓ Detox lunch, juice, herbal tea served
- ✓ **Ayurvedic sea salt treatment – 25 minutes**
Applied by a male or female esthetician or a therapist. Rich in minerals and vitamins, this regeneration treatment has a deep peeling effect accompanied by the soothing and refreshing smell of the ocean.
- ✓ Electrolyte lemonade
- ✓ Use of Nua Spa jacuzzi, steam rooms, sauna, and relaxation rooms
- ✓ Detoks dinner, juice, herbal tea served

3rd Day

- ✓ Lemon juice- For the acid-base balance in the body.
- ✓ Walking by the lake.
- ✓ Detox breakfast, juice, herbal tea served
- ✓ Electrolyte lemonade
- ✓ Detox lunch, juice, herbal tea served
- ✓ **Thalasso bath – 20 minutes**
Applied by a male or female esthetician or a therapist. A purifying and detoxifying bath that revitalizes and helps eliminate water retention.
- ✓ **Detox lymphatic treatment – 50 minutes**
Applied by a male or female therapist. A gentle and soft massage applied by moving the skin in the direction of the lymph nodes and the lymphatic flow. Clears lymphatic obstructions, helps eliminate metabolic waste products, toxins, and excess fluid from the body.
- ✓ Electrolyte lemonade
- ✓ Use of Nua Spa jacuzzi, steam rooms, sauna, and relaxation rooms
- ✓ Detoks dinner, juice, herbal tea served

4th Day

- ✓ Lemon juice- For the acid-base balance in the body.
- ✓ Walking by the lake.
- ✓ Detox breakfast, juice, herbal tea served
- ✓ Electrolyte lemonade
- ✓ **Meditation session – 30 minute**
- ✓ Detox lunch, juice, herbal tea served
- ✓ **Nuvola algae treatment – 50 minutes**
Applied by a male or female esthetician or a therapist. The aquatic power of pure microalgae slims the body, stimulates the metabolism, and helps purge the body of toxins. Hydrates and relaxes the skin.
- ✓ Electrolyte lemonade
- ✓ Use of Nua Spa jacuzzi, steam rooms, sauna, and relaxation rooms
- ✓ Detoks dinner, juice, herbal tea served

5th Day

- ✓ Lemon juice- For the acid-base balance in the body.
- ✓ Walking by the lake.
- ✓ Detox breakfast, juice, herbal tea served
- ✓ Electrolyte lemonade
- ✓ Detox lunch, juice, herbal tea served
- ✓ **Detox lymphatic treatment – 50 minutes**
Applied by a male or female therapist. A gentle and soft massage applied by moving the skin in the direction of the lymph nodes and the lymphatic flow. Clears lymphatic obstructions, helps eliminate metabolic waste products, toxins, and excess fluid from the body.
- ✓ Electrolyte lemonade
- ✓ Use of Nua Spa jacuzzi, steam rooms, sauna, and relaxation rooms
- ✓ Detoks dinner, juice, herbal tea served

6th Day

- ✓ Lemon juice- For the acid-base balance in the body.
- ✓ Walking by the lake.
- ✓ Detox breakfast, juice, herbal tea served
- ✓ Electrolyte lemonade
- ✓ **Meditation session – 30 minute**
- ✓ Detox lunch, juice, herbal tea served
- ✓ Departure from hotel.

Prices

Accommodated Program	Weekends		Weekdays	
	Single	Double	Single	Double
Superior Room	1.250 €	1.995 €	1.250 €	1.995 €
Corner & Junior Suite Room	1.750 €	2.495 €	1.750 €	2.495 €
Senior Suite Room	2.250 €	2.995 €	2.250 €	2.995 €

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7 Night Detox Program

1st Day

- ✓ Use of Nua Spa jacuzzi, steam rooms, sauna, and relaxation rooms
- ✓ Dinner (A light salad is recommended)

2nd Day

- ✓ Lemon juice- For the acid-base balance in the body.
- ✓ Walking by the lake
- ✓ Detox breakfast, juice, herbal tea served
- ✓ Electrolyte lemonade
- ✓ **Meditation session – 30 minute**
- ✓ Detox lunch, juice, herbal tea served
- ✓ **Ayurvedic sea salt treatment – 25 minutes**
Applied by a male or female esthetician or a therapist. Rich in minerals and vitamins, this regeneration treatment has a deep peeling effect accompanied by the soothing and refreshing smell of the ocean.
- ✓ Electrolyte lemonade
- ✓ Use of Nua Spa jacuzzi, steam rooms, sauna, and relaxation rooms
- ✓ Detoks dinner, juice, herbal tea served

3rd Day

- ✓ Lemon juice- For the acid-base balance in the body.
- ✓ Walking by the lake.
- ✓ Detox breakfast, juice, herbal tea served
- ✓ Electrolyte lemonade
- ✓ Detox lunch, juice, herbal tea served
- ✓ **Thalasso bath – 20 minutes**
Applied by a male or female esthetician or a therapist. A purifying and detoxifying bath that revitalizes and helps eliminate water retention.
- ✓ **Detox lymphatic treatment – 50 minutes**
Applied by a male or female therapist. A gentle and soft massage applied by moving the skin in the direction of the lymph nodes and the lymphatic flow. Clears lymphatic obstructions, helps eliminate metabolic waste products, toxins, and excess fluid from the body.
- ✓ Electrolyte lemonade
- ✓ Use of Nua Spa jacuzzi, steam rooms, sauna, and relaxation rooms
- ✓ Detoks dinner, juice, herbal tea served

4th Day

- ✓ Lemon juice- For the acid-base balance in the body.
- ✓ Walking by the lake.
- ✓ Detox breakfast, juice, herbal tea served
- ✓ Electrolyte lemonade
- ✓ **Meditation session – 30 minute**
- ✓ Detox lunch, juice, herbal tea served
- ✓ **Nuvola algae treatment – 50 minutes**
Applied by a male or female esthetician or a therapist. The aquatic power of pure microalgae slims the body, stimulates the metabolism, and helps purge the body of toxins. Hydrates and relaxes the skin.
- ✓ Electrolyte lemonade
- ✓ Use of Nua Spa jacuzzi, steam rooms, sauna, and relaxation rooms
- ✓ Detoks dinner, juice, herbal tea served

5th Day

- ✓ Lemon juice- For the acid-base balance in the body.
- ✓ Walking by the lake.
- ✓ Detox breakfast, juice, herbal tea served
- ✓ Electrolyte lemonade
- ✓ Detox lunch, juice, herbal tea served
- ✓ **Detox lymphatic treatment – 50 minutes**
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- ✓ Electrolyte lemonade
- ✓ Use of Nua Spa jacuzzi, steam rooms, sauna, and relaxation rooms
- ✓ Detoks dinner, juice, herbal tea served

6th Day

- ✓ Lemon juice- For the acid-base balance in the body.
- ✓ Walking by the lake.
- ✓ Detox breakfast, juice, herbal tea served
- ✓ Electrolyte lemonade
- ✓ **Meditation session – 30 minute**
- ✓ Detox lunch, juice, herbal tea served

✓ **Nua petite facial – 45 minutes**

Applied by a female esthetician. Moisturizes, revitalizes, and deep cleans the skin providing an effective solution for the skin's needs.

- ✓ Electrolyte lemonade
- ✓ Use of Nua Spa jacuzzi, steam rooms, sauna, and relaxation rooms
- ✓ Detoks dinner, juice, herbal tea served

7th Day

- ✓ Lemon juice- For the acid-base balance in the body.
- ✓ Walking by the lake.
- ✓ Detox breakfast, juice, herbal tea served
- ✓ Electrolyte lemonade
- ✓ Detox lunch, juice, herbal tea served
- ✓ **Thalasso bath – 20 minutes**
Applied by a male or female esthetician or a therapist. A purifying and detoxifying bath that revitalizes and helps eliminate water retention.
- ✓ Electrolyte lemonade
- ✓ Use of Nua Spa jacuzzi, steam rooms, sauna, and relaxation rooms
- ✓ Detoks dinner, juice, herbal tea served

8th Day

- ✓ Lemon juice- For the acid-base balance in the body.
- ✓ Walking by the lake.
- ✓ Detox breakfast, juice, herbal tea served
- ✓ Electrolyte lemonade
- ✓ **Meditation session – 30 minute**
- ✓ Detox lunch, juice, herbal tea served
- ✓ Departure from hotel.

Prices

Accommodated Program	Single	Double
Superior Room	1.650 €	2.650 €
Corner & Junior Suite Room	2.350 €	3.350 €
Senior Suite Room	3.050 €	4.050 €

Our prices excluding %8 VAT.

On account of our Wellness-SPA concept, only guests aged 14 and over can be admitted.