



## **ADESSO SPA** IS A TERMAL WATER MEDICAL BALNEOLOGICAL FACILITY

**Our hyperthermal water with a total mineralization of 1015.252 mg/l, containing sodium bicarbonate, provides healing effects for the following conditions:**

Inflammatory rheumatic diseases (rheumatoid arthritis, ankylosing spondylitis) During chronic periods, mobilization exercises are beneficial for non-inflammatory joint conditions such as chronic low back pain, osteoarthritis, soft tissue issues like myositis, tendinitis, trauma, fibromyalgia syndrome, prolonged immobility after orthopedic and neurosurgical procedures. They are also effective in selected neurological disorders during chronic phases, for the treatment of conditions like cerebral palsy, as part of rehabilitation programs, for stress disorders, neurovegetative dystonias, and general stress-related conditions, as well as for sports injuries.



Classic Massage	50 min	1.100€
Deep Tissue Massage	40 min	1.150€
Aromatherapy Massage	50 min	1.200€
Traditional Balinese Massage	50 min	1.350€
Traditional Balinese Massage	80 min	1.700€
Adesso Signature Couples Massage	80 min	3.500€
Therapeutic Massage	30 min	1.000€
Anti-Stress Massage	25 min	750€
Back Massage	25 min	700€
Indian Head and Back Massage	45 min	1.000€
Hand and Foot Reflexology	45 min	1.000€
Turkish Bath and Foam Scrub	30 min	750€
Foam Scrub + Classic Massage	90 min	1.650€
Foam Scrub + Aromatherapy Massage	90 min	1.750€
Foam Scrub + Balinese Massage	90 min	1.850€

**Adesso Spa Special Package**  
**30 Min Jacuzzi + 50 Min Balinese Massage**

**2.000€**



**Questa**  
Thermal & SPA Hotel  
☆☆☆☆☆

**Q**  
**Adesso Spa**  
by Questa



## Misafirlerimize Sözüümüz Var

We Have A Promise To Our Guests



Questa Thermal & SPA Hotel

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