



WELLBEING EKOSYSTEM

Sarnıç Spa • AkraFit • Akra Rackets Club

A Healthy Living Experience Designed with Simplicity



A Life of Simplicity on the Aegean...



Inspired by the natural rhythm of the Aegean, Akra Didim is a next-generation resort designed around the philosophy of simplicity, balance, and wellbeing.

With its year-round lifestyle concept, Akra Didim offers guests more than just a holiday. It creates a place where they can:

- reconnect with nature,
- slow down mentally,
- and renew themselves physically.

Through contemporary architecture, natural materials, generous open spaces, and a tranquil atmosphere, Akra Didim embraces a clear philosophy:

SIMPLICITY

Simpler... More balanced... More authentic...



Wellbeing Philosophy

A Journey Back to Yourself

At Akra Didim, wellbeing goes beyond spa treatments and fitness. It is a holistic lifestyle philosophy designed to restore balance to the body, mind, and energy.



This integrated approach brings together:

- Relaxation
- Longevity
- Active Living
- Mindfulness
- Performance
- Social Wellbeing

Working in harmony, Sarnıç Spa, AkraFit, and Akra Rackets Club create a seamless ecosystem that offers guests a truly comprehensive:

360° WELLBEING EXPERIENCE.

SARNIÇ SPA

Simplicity, Serenity & Deep Renewal

Sarniç Spa is the heart of Akra Didim's wellbeing vision—an exclusive sanctuary dedicated to rest, restoration, and renewal.

Blending advanced spa technologies with timeless wellness rituals, Sarniç Spa is thoughtfully designed to restore harmony to the body, calm the mind, and awaken the senses, offering a truly holistic journey of wellbeing.



SARNIÇ SPA

Sarniç Spa Facilities



- 5 Single Treatment Rooms
- 2 Couple Treatment Rooms (with 1 VIP Suite)
- 2 Traditional Turkish Hammams & Scrub Rooms
- Thalasso Therapy Pool
- Sauna, Steam Room, Bio Sauna & Ice Room
- Salt Room & Himalayan Salt Bed
- Quartz Sand Therapy Room
- Rasul Clay Therapy Room
- Vichy Shower Suites
- MLX iDome Longevity Therapy Suite
- Beauty Centre & Pedi Spa
- Experience Showers & Cold Showers
- Relaxation & Quiet Lounges

SARNIÇ SPA

Signature Experiences

Exclusive Rituals & Premium Wellbeing Journeys

At Sarnıç Spa, every experience is more than a treatment—it is a thoughtfully curated journey designed to restore physical vitality, mental clarity, and emotional balance.

By blending advanced wellbeing technologies with timeless wellness rituals and the philosophy of simplicity, Sarnıç Spa creates a collection of signature experiences that are uniquely crafted for Akra Didim.





VIP Sarniç Ritual

SARNIÇ SPA

A Private Escape for Two

Created exclusively for couples, this premium ritual is designed to inspire deep relaxation and meaningful reconnection. Set within a private VIP treatment suite, the experience unfolds through a seamless flow of warmth, water, therapeutic touch, and tranquil silence. The journey begins with a sauna and steam ritual, followed by a deeply restorative session on the Gharieni Welnamis beds, where gentle vibrations and immersive sound frequencies guide the body into profound relaxation. The experience continues with the Sarniç Spa Signature Massage and concludes with an indulgent Caviar Bath in a private whirlpool. A private relaxation experience, accompanied by fresh seasonal fruit and a glass of champagne, provides the perfect finale to this unforgettable wellness journey.

Experience Includes

- Sauna & Steam Ritual
- Gharieni Welnamis Therapy Beds
- Signature Full-Body Massage
- Private Caviar Whirlpool Ritual for Two
- Fresh Seasonal Fruit & Champagne
- Exclusive Relaxation Experience

Duration

90 minutes of treatment followed by 30 minutes of private relaxation.



Sarnıç Royal Suite

SARNIÇ SPA

A Bespoke Wellness Experience

Sarnıç Royal Suite is an exclusive wellness sanctuary available for private reservation, offering a truly personalized journey of wellbeing. Here, the spa experience extends beyond a treatment, becoming an entirely private retreat tailored to each guest's individual needs. A curated collection of wellness experiences—including quartz sand therapy, hydrotherapy, salt rituals, Rasul treatments, and bio sauna—comes together within one secluded and luxurious setting. Defined by privacy, tranquility, and personalized service, the Sarnıç Royal Suite is thoughtfully designed for couples, families, and discerning guests seeking an elevated wellness experience.

Suite Features

- Quartz Sand Therapy Beds
- Salt Room & Himalayan Salt Bed
- Private Hydrotherapy Bath Experience
- Rasul Clay Ritual Room
- Bio Sauna & Steam Room
- Vichy Shower
- Pedi Spa
- Heated Relaxation Lounges

Reservation Options

- Hourly Private Booking
- Half-Day Exclusive Use
- Full-Day Exclusive Use

Signature Experiences

- Family Reset Experience
- Private Escape Experience



Longevity

SARNIÇ SPA

Reset Your Body. Renew Your Life.

Akra Didim's longevity philosophy is designed to counter the effects of modern living by reducing stress, supporting detoxification, and restoring mental balance. At the heart of this experience is the Gharieni MLX iDome—an advanced wellness technology that combines infrared heat, negative ions, and LED light therapy to stimulate the body's natural regenerative processes.

By supporting detoxification, activating metabolism, relieving muscle tension, and calming the nervous system, the treatment delivers a profound sense of physical renewal and mental clarity.

Ultimate Reset Ritual

Combining the MLX iDome with the restorative ambiance of the Silent Room, this signature experience is one of the most powerful renewal rituals at Sarnıç Spa.

Benefits

- Deep Detoxification
- Metabolic Activation
- Muscle Relaxation
- Improved Sleep Quality
- Reduced Stress & Mental Fatigue
- Support for Longevity & Overall Wellbeing

SARNIÇ SPA

Watsu

Deep Relaxation Through Water

Watsu is a unique aquatic therapy that combines the buoyancy of warm water with gentle therapeutic touch to create a deeply restorative experience.

Performed in a private therapy pool, this immersive ritual allows the body to feel weightless while rhythmic movements and breath-focused techniques guide the nervous system into a profound state of relaxation.

More than physical relief, Watsu offers a calming journey that encourages mental stillness, emotional balance, and a deep sense of inner harmony.

Benefits

- Relieves Muscle Tension
- Calms the Nervous System
- Promotes Deep Mental Relaxation
- Supports Restful Sleep
- Enhances Emotional Balance



Natura Bissé
Barcelona

SARNIÇ SPA

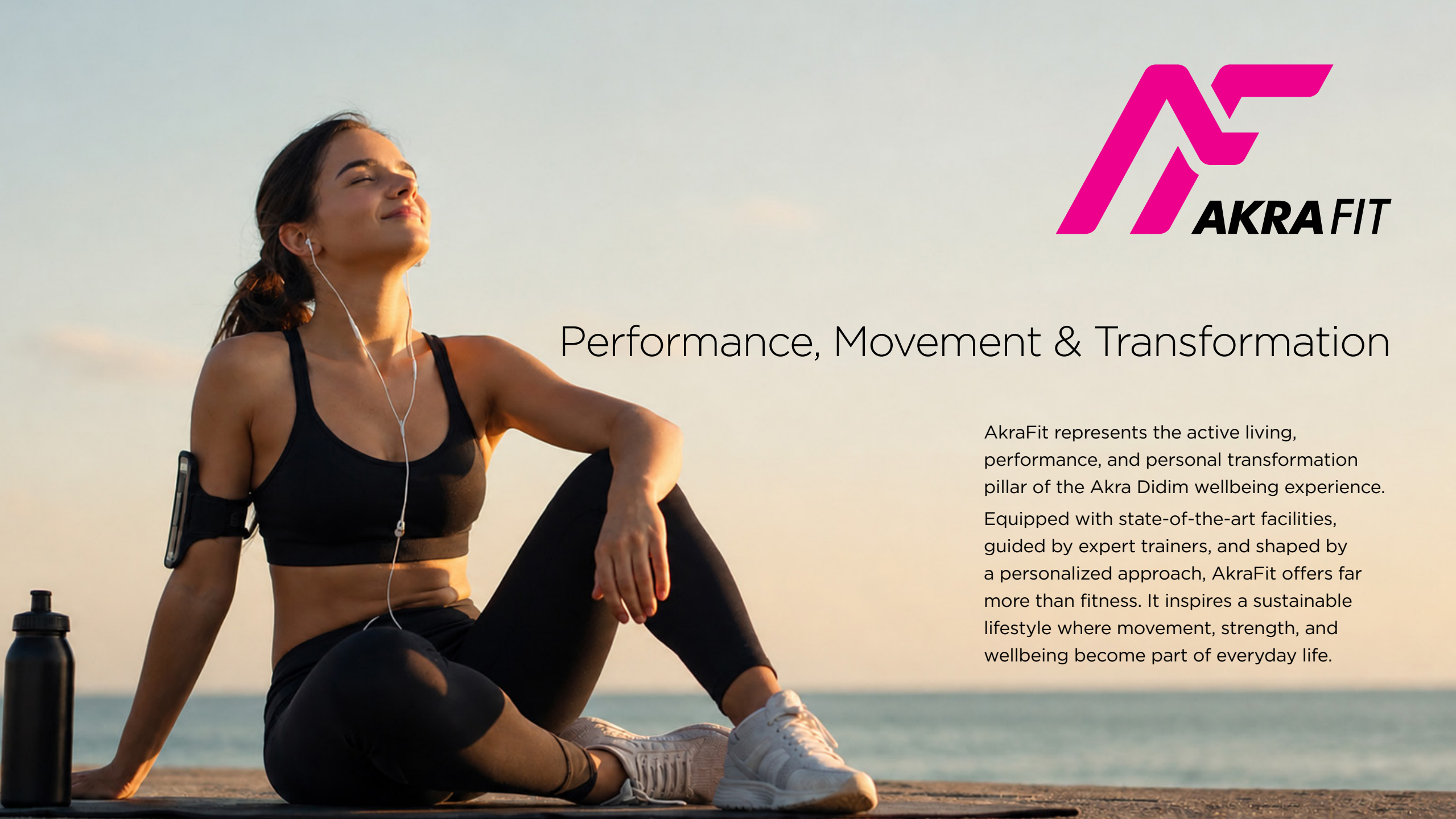
Where Science Meets Skin Perfection

Born in Barcelona, Natura Bissé is one of the world's most prestigious luxury skincare brands. At Sarniç Spa, Natura Bissé facial rituals combine advanced dermatological research with high-performance active ingredients to deliver visible, long-lasting results. Each treatment is designed to restore the skin's natural radiance while enhancing firmness, hydration, and overall skin vitality.

Signature Treatments

- Diamond Energy Experience
- Essential Lift
- O² Relax Facial
- Antiox Glow Facial

Designed to deliver visible results from the very first treatment, these advanced facial rituals help reveal skin that appears brighter, firmer, deeply hydrated, and more radiant.



Performance, Movement & Transformation

AkraFit represents the active living, performance, and personal transformation pillar of the Akra Didim wellbeing experience. Equipped with state-of-the-art facilities, guided by expert trainers, and shaped by a personalized approach, AkraFit offers far more than fitness. It inspires a sustainable lifestyle where movement, strength, and wellbeing become part of everyday life.



Fitness Experience

At AkraFit, every workout is designed to transform even the shortest stay into an opportunity for physical renewal, mental wellbeing, and lasting vitality.



- 500 m² Fully Equipped Fitness Centre
- Premium Technogym Equipment
- Expert Personal Trainers
- Private Training & Group Exercise Studios

FITNESS BODY ANALYSIS

Overall Assessment & Key Insights

POSTURE

Upright and balanced posture with engaged core. Head aligned with spine.

SHOULDERS

Well-defined shoulders with good muscle tone and symmetry.

ARMS

Lean and toned arms with visible muscle definition.

CORE

Strong and tight core with good abdominal definition.

LEGS

Athletic and toned legs with balanced muscle development.

OVERALL SCORE



Fit & Strong

You are in great shape! Keep consistent and keep pushing.

BODY COMPOSITION (EST.)



STRENGTHS

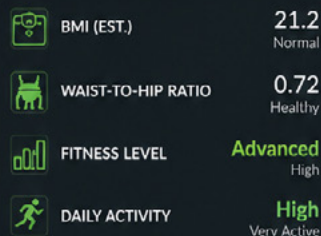
- ✓ Good muscle definition
- ✓ Strong core
- ✓ Balanced physique
- ✓ Low body fat
- ✓ Consistent active lifestyle

MUSCLE GROUP ASSESSMENT



- Strong
Well-developed
- Average
Moderate development
- Needs Focus
Could be improved
- Not Enough Data

KEY METRICS



AREAS TO FOCUS

- ✓ Increase upper body strength (Back, Chest, Shoulders)
- ✓ Build more glute strength and lower body power
- ✓ Improve flexibility and mobility for better performance
- ✓ Maintain nutrition and recovery for progress

RECOMMENDATIONS



STRENGTH TRAINING
3-4x per week



CARDIO
2-3x per week



BALANCED NUTRITION
High protein, whole foods



RECOVERY
7-8 hrs sleep

Note: This analysis is based on visual assessment and estimated metrics. For precise results, use professional body composition testing.



Express Body Check

Performance, Movement & Transformation

With the Tanita Body Composition Analysis, guests can gain valuable insights into their health through a comprehensive 15-minute assessment.

The analysis measures:

- Body Fat Percentage
- Muscle Mass
- Body Mass Index (BMI)
- Metabolic Age

Based on these results, our wellness specialists create a personalized wellbeing and training program tailored to each guest's individual goals, lifestyle, and physical condition.

Private Training Studio

Private Performance Studio



The Private Performance Studio at AkraFit is dedicated to fully personalized training experiences, where every session is tailored to individual goals, fitness levels, and wellbeing needs.



Private Pilates Sessions

Led by internationally certified instructors, our Reformer Pilates sessions focus on:

- Posture Improvement
- Core Strength
- Flexibility
- Body Awareness

Private Boxing Training

Designed for all fitness levels, private boxing sessions provide a dynamic workout that enhances:

- Cardiovascular Endurance
- Coordination
- Reflexes
- Stress Relief

Personal Training (PT)

Tailor-made training programs are created to help guests achieve their personal fitness goals, including:

- Fat Loss
- Muscle Development
- Functional Performance
- Improved Overall Fitness

TRX & Functional Training

These performance-focused sessions emphasize:

- Balance
- Mobility
- Strength
- Core Stability



Group & Mindfulness Experiences

At the Group Exercise Studio, a dynamic selection of internationally inspired classes is led by experienced instructors, offering motivating sessions for every fitness level. Beyond the studio, wellbeing extends into the natural surroundings through immersive outdoor experiences, including:

- Sunrise Yoga
- Sunset Yoga
- Sound Therapy Sessions
- Breathwork & Mindfulness Practices

Guided by the rhythm of nature, these experiences cultivate movement, presence, and inner balance—creating a deeper connection between body, mind, and the serene Aegean environment.

The Social Energy of Active Living

Akra Rackets Club represents the dynamic and social dimension of the Akra Didim wellbeing experience.

AKRA | RACKETS
CLUB





Club Facilities

- 5 Padel Courts
- 8 Pickleball Courts
- 2 Tennis Courts
- Championship Centre Court
- Clubhouse
- Wilson Pro Shop & Retail Boutique



International Standards

Akra Rackets Club has proudly hosted internationally recognized athletes and professional sports groups, including:

- Megan Fudge - World-Class Pickleball Champion
- Alexander Khalanski - International Padel Player
- International Sports Teams & Training Groups

With its world-class facilities and international expertise, Akra Rackets Club positions Akra Didim as one of the Aegean's leading destinations for sports, active living, and holistic wellbeing.

Membership & Year-Round Wellbeing



Through flexible 6- and 12-month membership programs, guests enjoy year-round access to:

- Fitness
- Pilates
- Akra Rackets Club

This approach positions Akra Didim as more than a seasonal resort—it is a **12-MONTH WELLBEING DESTINATION**, where health, movement, and mindful living thrive throughout the year.



Conclusion

Akra Didim is more than a resort—it is an international Wellbeing destination.



Bringing together:

- Spa
- Fitness
- Active living
- Longevity
- Social wellbeing

Akra Didim offers guests far more than a holiday—it offers **A JOURNEY BACK TO YOURSELF.**