



PREFACE ABSTRACT

Our precious guests,

To Sandıklı Thermal Park Resort SPA & Convention Center

WELCOME.

We are happy to welcome you in our hotel.

We are at your service with our entire team to ensure you
have a nice holiday.

This information booklet will guide you to have a
comfortable and peaceful time during your holiday.

Thank you for filling out the survey forms left in
your rooms before leaving our hotel.

This will help us to serve you better.

We thank you in advance for your kindness and wish
you a nice holiday.

Sandıklı Thermal Park Resort SPA & Convention Center

Family.

HOTEL MANAGEMENT





Message from the General Manager

Dear Guest,

Our hotel; It offers you the developments and service concept of the age in a world that is changing, renewing and becoming more globalized day by day.

Thanks to our trained, talented management staff and experienced employees, we combine our "**guest satisfaction**" focused service approach with sectoral knowledge and experience.

By representing the corporate identity of our company in the best way, we manage to reflect it as a service to you.

Our hotel; Since the day it was opened, it has been constantly updating its vision of investing in the future.

With correct strategic evaluations and effective management; It has continuously increased its service quality and therefore its efficiency and profitability.

With this awareness, we aim to add maximum value to our country's thermal tourism economy with the service and financial investments we will make in the coming periods.

As a strong pioneer of the sector, we will continue to fulfill our responsibilities in the best possible way not only at home but also abroad.

We owe a debt of gratitude to our staff who make us stronger and to you, our guests, who always choose us.



CHECKING IN AND LEAVING THE

HOTEL As in every international hotel, **our check-in time is 14:00**. In order to prepare the rooms of our new guests on time, **we kindly ask you to vacate your room by 11:00 on the day of departure, and** thank you for your understanding. If you want to vacate your room late on the day of check-out, you can get information from the reception.

Reception No: 20

For our guests who want to benefit from our facility after check-out time, 50% of the 1 (one) night accommodation fee will be charged between 11:00-17:00, and a full-day fee will be charged between 11:00-17:00 and you can benefit from the facility services.

GUEST VISITORS Rooms

are for accommodation purposes. Reception records must be created for each guest staying in the rooms. Unregistered visitors are prohibited from entering the room or other areas within the hotel. During the day that unregistered guests stay, the accommodation price will be reflected in the account of the guest staying in the room.

ELECTRICITY AND VOLTAGE

220 volt electricity is used in our hotel. Your room card is used to open your room and also operate the entire electrical system when you are in the room. **In order for the electrical system in your room to work, insert the card into the slot next to the room door.** (ENERGY SAVER) Do not lose this card. **When you leave your room, remove the card and take it with you.** Otherwise, the housekeeper will take your card and deliver it to the reception.

ROOM CARD

Our rooms have a card door system. **We kindly ask you to keep your card away from magnetic fields and your mobile phone to prevent it from being damaged.** These cards also operate the electrical system of the room. If your card is lost, the card fee will be transferred to your account. **If you lose your card, please contact the reception for your safety.**

ROOM CLEANING

In our hotel, room cleaning is done every day, and linen changes are made every two days (every other day).

If you want your towels or bathrobes in your rooms to be changed, **please leave the towel or bathrobe to be changed on the floor.**

Hanging products means that they will continue to be used. The housekeeper will be happy to replace the product you left on the floor.

TOWEL

Your white hand and body towels are left for your use only in your room.

Please do not use **the white towels** in your room bathrooms in the pools.

Your bathrobes in the hotel rooms are available for your use between the room and the SPA Center. **Brown towels** are used only in the pool and SPA Center.



EXCHANGE OF TOWEL CARD AND BROWN TOWELS Dear

Guests, you can change **your towel cards given by the reception upon check-in; You can get your brown SPA towels by handing them to the SPA Reception.** You can change the towels you have purchased at the SPA Reception during the change hours specified below.

SPA SECTION TOWEL CHANGE HOURS

-10:00-10:30

-14:00-14:30

-17:00-17:30

-19:30-20:00

Please deliver the towel cards **to the RECEPTION** upon departure from the hotel. If you do not return or lose your towel cards on the day of departure, the card fee (\$10) will be charged to your account.

TOWEL AND BATHROBE RULES IN AREAS

Lobby floor, restaurant floor, bar etc. It is not appropriate to use bathrobes in these places. We would like you to know that if you are seen wearing a bathrobe or towel in these places, you will have to be warned by the staff on duty.

TURN DOWN SERVICE

Dear Guests, if you would like your bed to be opened and your room ready for rest before going to bed, please contact the reception. **Reception:20**

WAKE-UP CALL

Dear Guest, if you would like to be woken up at a time you want, simply call the reception during the day and inform the staff when they should call you.

Reception:20

PLEASE, DO NOT DISTURB

If you do not want to be disturbed in your room, please **hang your "Do Not Disturb" card on the door of your room.** Your room will not be entered while your card is at the door, and if the card is still hanging on the door for 24 hours, your room will be checked by the Security Manager and the Housekeeper for your security. If you do not want to be disturbed by phone calls from outside, please contact the reception. **Reception: 20 The room will not be cleaned as long as your card remains hanging on the door.**

If your card is not hanging on your door, we would like you to know that the Housekeeping Staff will visit your room every day to clean it, even if you are not around.



OUR TREATS IN THE ROOMS

Dear Guests, the teas in front of the mirror in your rooms are our "**WELCOME**" treats left in your rooms only on the day of arrival. If you want again, you can call the room service for an extra fee.

Room Service: 33

The 1.5 liters of water that our hotel left for you as a daily treat is in your minibar cabinet. If you need extra water, you can request it by calling room service for a fee. **Room**

Service: 33

ROOM SERVICE

We provide service 24 hours a day. Please call room service for your orders. **Room**

Service: 33

MINIBAR FILLING:

The minibars in the rooms are additionally filled by the room service upon your request. Please call room service if you need to refill the minibar. **Room Service: 33**

BETWEEN ROOM SEARCH

If you want to search for another room in our hotel, just dial the four-digit room number.

EMERGENCY

Dear guest, please call the Reception so that we can assist you in case of emergency.

Reception: 20

SAFETY DIRECTIVE

Dear Guests, for your safety and security, we kindly ask you to keep the room door closed and keep your room card with you. We kindly request that you do not operate the lighting and air conditioning systems when you are not in the room. It is not appropriate to throw any items or garbage from the hotel's window or balcony. It is the sole responsibility of our guests to take care of their personal belongings left in their rooms and vehicles, and the hotel management does not accept any responsibility in case their personal belongings are lost or stolen. The hotel management does not accept responsibility for any damage to parked guest vehicles. Guests who damage hotel and room fixtures will be charged the fee for the damaged items.

NOISE IN ROOMS

Please do not create noise by exceeding a certain volume. Please respect the silence that every guest has the right to.



Sandıklı Thermal ★★★★★
Park resort
SPA & CONVENTION CENTER

SAFETY SECURITY

Dear Guests, when going down to the Thermal SPA floor and when necessary, please leave your jewelry, phone and other valuables in the safety deposit box in your room. Deposits are not accepted in the SPA centre.

The safe usage procedure is as follows; After leaving your belongings in the safe, close the door, enter the 4-digit password you have determined and then press the # key, your safe will be locked automatically. (To make it easy to remember, you can save your password somewhere on your phone, etc.) All you need to do is enter your 4-digit password to open it. Our hotel is not responsible for lost items.

At the end of your stay, please do not lock the safe when leaving the room. If you have problems with the safe, call the Reception.

Reception: 20

AIR CONDITIONING SYSTEMS

You can operate your air conditioner with the air conditioner control screen in your room. Our hotel's air conditioners do not work if the window is open. If there is a problem, please contact the reception. **Reception: 20**

COOKING, HEATING DEVICES, IRON, HOOKAH, etc. IN THE ROOMS. USE OF

Dear Guests, fire etc. in the rooms to avoid causing any problems; The use of items such as cooking, heating, ironing and hookah is prohibited.

If the products in the rooms are damaged by such products, the price of the damaged product will be charged to your room account. Please follow the rules for your safety.

SMOKING, TOBACCO ETC. IN THE ROOMS. DRINKING

Dear guests, in accordance with Law No. 4207, smoking tobacco and tobacco products in closed areas **is PROHIBITED**. The punishment belongs to the person who smokes.

"IF IT IS DETECTED THAT YOU ARE SMOKING IN YOUR ROOM, IF THE PRODUCTS IN THE ROOM ARE DAMAGED CAUSED BY SMOKING, A CLEANING FEE FOR THE PRODUCTS WILL BE PAID TO YOUR ROOM ACCOUNT DUE TO THE CLEANING COSTS OF THESE PRODUCTS."

INTERNET SERVICE

Dear guests, Wi-Fi service is provided in all areas of our hotel. After connecting to the "thermalpark" network in accordance with KVKK rules, you can use the wi-fi service by typing your TR ID Number or Passport Number in the USER NO section on your phone screen, your room number in the PASSWORD NO section, read the KVKK text, confirm it and benefit from the wi-fi service.

LAUNDRY SERVICE

Dear guests, if you want to have your laundry washed or ironed, you can benefit from this service for an extra fee by calling the reception.

Reception:20



LIFT

In our hotel, from your room without visiting the Lobby and other floors; **There are THERMAL ELEVATORS leading directly to the Thermal SPA Center.**

Please use these elevators if you are wearing a bathrobe or swimsuit.

DOCTOR AND NURSE

In terms of health services, our hotel has medical personnel between 08:00 and 00:00 for emergencies.

There is also a doctor in our hotel on certain days of the week. You can call the reception for necessary information. **Reception:20**

PHARMACY

The sale of all kinds of medicines without a prescription is prohibited by the MEDICAL PREPARATIONS LAW 1262, dated 26/5/1928, except in pharmacies. For this reason it is necessary. THERE IS NO PHARMACY IN OUR HOTEL. You can get the name and address information of the nearest pharmacy and the pharmacy on duty from the reception.

TAXI AND SHARED

You can contact the reception when you request a taxi. Please inform the receptionist about what time the taxi will be at the hotel.

Minibus service is carried out by our district municipality.

Please contact the reception to get information about minibus hours.

QUESTIONNAIRE

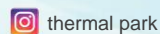
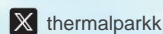
We care about your stay experience at our hotel as much as you do.

In order for us to serve you better, we kindly ask you to fill out the "survey form" in your room and give it to guest relations or leave it in your room. In addition, we want to be the first to hear about and compensate for any undesirable situation that may occur during your stay. You can share your valuable thoughts and experiences with us 24/7. **Guest Relations:727**

SOCIAL MEDIA

We would be pleased if you follow our hotel on social media.

How about sharing your beautiful holiday and following us?



THE QURAN AND PRAYER CARE

The Quran and prayer rug in your room have been left for the benefit of our guests who will stay after you. If you want to purchase, you can ask for help from the reception. **Reception: 20**



OTHER HOLY BOOKS: If you want to read holy books such as Torah, Psalms, Bible, you can ask for help from the reception. **Reception: 20**

MASCID AND FOUNTAIN: We have prayer rooms and fountains for men and women on the restaurant floor (-1st floor) of our hotel.

QIBLA: There is a Qibla sign on the ceiling of your rooms.

SHOPPING: In our hotel during your holiday; Market, hairdresser, photographer, boutique and SPA reception offer their services for a fee.

DISABLED ROOMS: We have 2 rooms for our disabled guests in our facility. You can contact the reception for detailed information.

Reception: 20

WHEELCHAIR, CRUTHS: If you need, we provide wheelchair and crutches services for you. Please inform the reception of your request. **Reception: 20**

BABY STROLLER: Please contact the reception so that we can assist you if you need it. **Reception: 20**

BABY BED: If you need a baby bed, please call the reception. If necessary, you can also ask the reception for help in opening the sofabed (extra bed) in our rooms. **Reception:20**

PILLOW SELECTION: For your comfort in our hotel; Pillow service (thick/thin, soft/hard) is provided according to your preferences. Please contact the reception if you would like to replace the pillow left to you. **Reception:20**

DISTANCE TO CENTER: The distance of our hotel to Sandıklı center is 9 km. To benefit from minibus and taxi services, please contact the reception.

Reception: 20

DRESS CODE: We kindly ask you to come to the restaurant with appropriate clothing during meal times. We kindly request that you do not wear clothes such as short shorts, swimsuits, slippers or bikinis, and that you do not use the restaurant with wet clothes.

FAILURES: Please contact the reception so that any faults that may occur in your room can be repaired as quickly as possible. **Reception:20**

SUITCASE CARRYING SERVICE: If you would like your luggage to be carried on the day you leave our hotel, please inform the reception. **Reception:20**



WASTES

There are trash cans inside and outside the hotel for paper, aluminum cans, glass and plastic. Please use these bins for garbage.

LOST AND FOUND ITEM

If you lose any of your belongings or find another guest's belongings, please contact the reception.

Reception: 20

PETS

As a hotel management, we love animals very much. However, for hygiene reasons, pets cannot be accepted in our hotel.

DISINFESTATION Due to the location of our hotel; It is located within agriculture, animal husbandry and agricultural areas. Disinfestations are routinely carried out by the company our hotel has a contract with, which has standards and competent certificates. Extra pesticides are also used, taking into account seasonal conditions. In addition to all these pesticides, if you have a request for pest control that may be seen in your room, please notify the reception. All pesticides are applied by taking precautions that comply with the pesticide procedure and do not threaten human health.

FOREIGN EXCHANGE

You can exchange your Euro and US dollars at the reception at the daily hotel rate.

VISITOR

Please notify Guest Relations or Reception about any visitors who may come to visit you from outside the hotel. You can only meet with your visitors in the Lobby area. We would like you to know that all products and services your visitors will purchase will be added to your account as an extra.

BABY CARE

Our baby care service is extra charged and you need to contact the reception if you need it.

PARENTAL RESPONSIBILITY

Parents are obliged to pay attention to their children at all times within the hotel grounds. Children should not be left alone in rooms and on balconies and should not be allowed to climb both on the furniture in the room and on the tables and chairs on the balcony. Parents can use stairs, elevators, pools, etc. Must accompany children in places.



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Park resort
SPA & CONVENTION CENTER

MINI CLUB

In order for our guests to have a comfortable holiday with their children in a peaceful environment, we serve our child guests between the ages of 04 and 12 between 12:00 and 20:00 (except Sundays).

We have summer and winter mini club areas depending on weather conditions. If you would like to receive mini club service, please contact the reception.

Reception:20

MINI CLUB WEEKLY EVENT PROGRAM IS AS BELOW

	PAZARTESİ	SALI	ÇARŞAMBA	PERŞEMBE	CUMA	CUMARTESİ	PAZAR
12:00-12:15	TANIŞMA	TANIŞMA	TANIŞMA	TANIŞMA	TANIŞMA	TANIŞMA	K
12:15-13:00	BOYAMA ETKİNLİĞİ	BOYAMA ETKİNLİĞİ	BOYAMA ETKİNLİĞİ	BOYAMA ETKİNLİĞİ	BOYAMA ETKİNLİĞİ	BOYAMA ETKİNLİĞİ	A
13:00-15:00	SANAT ETKİNLİĞİ	SANAT ETKİNLİĞİ	SANAT ETKİNLİĞİ	SANAT ETKİNLİĞİ	SANAT ETKİNLİĞİ	SANAT ETKİNLİĞİ	
15:00-16:00	PUZZLE SAATİ	PUZZLE SAATİ	PUZZLE SAATİ	PUZZLE SAATİ	PUZZLE SAATİ	PUZZLE SAATİ	P
16:00-17:30	SİNEMA SAATİ	SİNEMA SAATİ	SİNEMA SAATİ	SİNEMA SAATİ	SİNEMA SAATİ	SİNEMA SAATİ	A
17:30-18:00	AİLEYE TESLİM	AİLEYE TESLİM	AİLEYE TESLİM	AİLEYE TESLİM	AİLEYE TESLİM	AİLEYE TESLİM	
18:00-19:00	MÜZİKLİ DANS, YARIŞMA	MÜZİKLİ DANS, YARIŞMA	MÜZİKLİ DANS, YARIŞMA	MÜZİKLİ DANS, YARIŞMA	MÜZİKLİ DANS, YARIŞMA	MÜZİKLİ DANS, YARIŞMA	L
19:00-20:00	AKŞAM ETKİNLİĞİ	AKŞAM ETKİNLİĞİ	AKŞAM ETKİNLİĞİ	AKŞAM ETKİNLİĞİ	AKŞAM ETKİNLİĞİ	AKŞAM ETKİNLİĞİ	I
20:00	AİLEYE TESLİM	AİLEYE TESLİM	AİLEYE TESLİM	AİLEYE TESLİM	AİLEYE TESLİM	AİLEYE TESLİM	

BARS

BARS	OPENING TIME	CLOSING TIME	FOUND AREA	FREE SERVICES
Pleasure Bar	10:00	23:45	Lobby Floor	(SELF-SERVICE) *Tea, *Nescafe, *Glass of water, *Glass of concentrated fruit juice
People of Joy Pleasure Bar	21:00	00:00	Lobby Floor	All products and services in this area are paid.
garden Pool Bar	11:00	18:00	-2. Floor	(SELF-SERVICE) *11:00-18:00 Tea, glass of concentrated fruit juice, glass of water, herbal tea of the day *13:00-14:00 Soup served *14:30-15:30 Snack food served, 16:30-17:30 Pancake service

*It is not appropriate for children under the age of 12 to receive service in bar areas without their parents.

Please abide by this rule to prevent burns, slips/falls, glass cuts, etc. that may occur as a result of spilling hot soup or drink. Parents are responsible for children. Our hotel cannot be held responsible for these situations. * In accordance with Law No. 4207, we do not serve

alcoholic beverages in any of our bars to our guests under the age of 18.

*Opening and closing hours of bars can be changed by the management according to the season and weather conditions.



DRINKING WATER

We do not recommend using the water flowing from the tap in your room as drinking water. Consume the water in your room minibar. If you want a new one, you can call room service for a paid replacement. **Room Service: 33**

RESTAURANTS

*Our hotel concept serves the HALF BOARD PLUS concept.

The food services listed below are prepared and offered for consumption only in the specified areas. The extraction and consumption of products outside these areas is not allowed.

	TYPE OF SERVICE	HOURS	PLACE	PLACE
MORNING BREAKFAST	OPEN BUFFET	07:00 - 10:00	-one. KAT RESTAURANT	
SOUP RESERVE	SELF SERVICE	13:00 - 14:00	-2. KAT GARDEN POOL BAR	
APPETIZER OFFER (Salad buffet, pastry, pita, ravioli, pasta, etc.)	SELF SERVICE	14:30 - 15:30	-2. KAT GARDEN POOL BAR	
COFFE BREAK	SELF SERVICE	16:00 - 17:00	LOBBY PLEASURE BAR	
WAKEFLABS OFFER	SELF SERVICE	16:30 - 17:30	-2. KAT GARDEN POOL BAR	
EVENING MEAL	OPEN BUFFET	18:45 - 20:30	-one. KAT RESTAURANT	

*If requested, ALACARTE SERVICE is provided as an extra.

If you would like to purchase a service, please contact the reception.

Reception:20

***Our guests can visit Aspendos, Side, Perge, Teras Restaurant, Alacarte Restaurants, Lobby Bars and Live Music areas; swimsuit, bikini, bathrobe etc. We kindly ask you not to enter with your clothes on and to wear clothes that are not wet. Otherwise, we would like you to know that you will have to be warned by the relevant personnel.**

*If you are allergic to any food, please inform the Guest Relations or Reception staff at check-in.

*Opening and closing hours of restaurants may be changed by the management according to seasonal conditions.

*We have separate sections for our guests who want to drink alcohol in restaurants.

*In self-service services in our food and beverage areas, it is not appropriate for children under the age of 12 to receive service from these areas alone, and our hotel is not responsible for any accidents that may occur. (Loss/fall, glass cut, burn, etc.)

HIGHCHAIRS

Our baby high chairs are available in the Restaurant and Garden Pool Bar areas, and the Restaurant staff will be happy to assist you if you request.



NOT USING GLASS PRODUCTS

Glass service products offered to you in certain areas of our hotel, Thermal SPA Center, Pool, Turkish Bath etc. where there are wet areas such as "-2. It is prohibited to use it in floor areas, green areas and garden areas. If you want to consume food and beverages in these areas, ask the Bar or Restaurant staff for polycarbonate cups and plates - due to the risk of breakage.

SWIMMING POOL

The pool, Turkish bath, steam rooms, sauna and Turkish Bath areas are open between 08:00 in the morning and 22:00 in the evening.

Since chemical cleaning and control procedures are carried out after 22:00 in the evening, entering the pool after this time is dangerous for your health.

POOL WATER TEMPERATURE

Based on the approval of the Ministry of Health, the temperature of our fresh water pools is between 26-28 degrees. Open and closed fresh water pool temperatures are kept at the same temperature at all times.

THERMAL POOL

Our thermal water temperature comes from its source as 68 degrees. It is rested in our special relaxation pools and allowed to reach a sufficient temperature. Our hotel is -2. We have thermal pools in every area of the floor.

Thermal water temperatures are measured hourly and kept between 38-42 degrees.

*It is dangerous for health and prohibited for children under the age of 10 to enter the Thermal Pools.

*Since thermal water contains arsenic and fluoride, IT IS DANGEROUS AND PROHIBITED TO USE IT AS DRINKING WATER.

STEAM ROOMS AND SAUNAS

Our hotel has steam rooms and saunas for male, female and shared use.

POOL DEPTH

Adult swimming pools are 140 cm, slide pools are 110 cm and children's pools are 40 cm. The depth of the thermal pools is 140 cm.

AQUA- SLIDES	OPENING TIME	CLOSING TIME
MEN-WOMEN SHARED CLOSED AREA	10:00	12:00
MEN-WOMEN SHARED OPEN AREA	12:00	14:00
MEN-WOMEN SHARED CLOSED AREA	14:00	16:00
WOMEN'S INDOOR SWIMMING POOL	17:00	18:00



CHILDREN'S POOLS

In order for your children to enjoy the pool, we have children's pools in the women's swimming pool section, in the common indoor area section, and in the common outdoor area section. Pool depths are 40 cm.

*Your children under the age of 3 must use pool diapers.
(Normal diapers are not accepted.) If you want to purchase, you can apply to the SPA Reception. *Children under the age of 4 should not use the adult pool. It is appropriate for them to use only the children's pool. Otherwise, we would like you to know that you will be warned by the officers.

THANK YOU FOR FOLLOWING THE POOL RULES. IN CASE OF UNDESIRABLE SITUATIONS, POOLS ARE AT LEAST IT WILL BE CLOSED FOR USE FOR 2 HOURS.

1-As the pool will be cleaned and will be closed for 2 hours, a safety strip will be placed around the pool.

2- Foreign matter in the polluted pool is removed from the pool,

3- If the pool is a small children's pool, it is drained. If this situation is encountered in a large swimming pool, that pool is closed for use. 4-To increase the amount of chlorine in the pool where there is pollution; The pool operator shocks the pool with the amount of chlorine in accordance with the regulation, and the pool is not made available to guests until the time required to wait after the shock shock (2 hours).

5-In case of this action, the polluted pool; The values are monitored carefully and then, before opening, the pH values of the pool are measured to see if it is ready for use. If the values are normal, the pool is opened for use.

POOL RULES

*In accordance with hygiene rules, you must take a shower, wear a swim cap and swimsuit before entering the pools. *It is forbidden to enter the pool with underwear or to make soap or scrubs in the pool.

*Taking photographs in the pools is prohibited in the name of the "Personal Data Protection Law" and for privacy reasons.

*For hygiene reasons, do not use your pool slippers in other areas and do not put the slippers into the pool.

*It is dangerous and prohibited for children under the age of 4 to enter the adult pool.

* It is dangerous and prohibited for children under the age of 10 to enter the thermal pool.

*To avoid dangerous situations for your health, please do not run around the pool or jump into the pool.



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* Since almost all sections of the Thermal SPA Center are wet areas, activities such as walking around without slippers or running can increase the possibility of slipping and cause distressing situations such as falling and injury. Therefore, please do not walk around the pool without slippers.

*Do not enter the pool with slippers or swim in slippers.

*We recommend not to step on the white and brown grates on the water drains around the pool as it may cause injuries.

*Parents are responsible for children. Please do not leave your children alone in the pools.

*Do not stay in thermal pools for more than 5 minutes. Do not jump into the thermal pools or swim in thermal pools.

*Before using all pools and other areas, if you have any health problems, please consult your doctor whether you can use these areas. If you have a health problem that you think may cause problems in the pool, you must inform us of your condition before using the thermal areas.

* Do not use the pools if you have a skin infection, open wound or cuts on your body.

*Please take off your jewelry before entering the pools. Leave them in your encrypted safes in your rooms. Personal valuables and phones etc. It is not possible for the items to be deposited at the SPA CENTER.

*Hotel management is not responsible for items lost in the pools.

*Please take a shower before and after using saunas and steam rooms.

*Do not stay in saunas and steam rooms for more than 10 minutes.

*It is dangerous and prohibited to use glass service products around the pool, thermal, sauna and Turkish bath areas. Please ask the staff for polycarbonate plates and glasses.

*Do not put children under 10 years old in steam rooms and saunas.

*Please do not use Turkish Baths without clothing.

*Do not leave bath basins open.

*Do not make noise in the pools.

*Boys over the age of 4 are prohibited from entering the Women's Thermal section.

*Please do not scrub in Thermal Pools.

*When using the slide pools, please follow the slide rules.

*Please comply with the pool rules posted in the pool areas.

FEATURES OF THERMAL WATER AND POINTS TO BE CONSIDERED WHEN USING

The use of thermal water in our country is generally misunderstood. Just as excess of anything brings more harm than good, the same applies to the use of thermal pools. It must be limited in time and used within the program. Thermal pools are pools for therapy and treatment purposes. Thermal pools are applied 2 times a day, in periods of 15-20 minutes. The antioxidant rate of thermal waters is very high. It ensures the removal of toxins from the body. The immune system of the body, which is cleared of toxins, increases. As the immune system increases, the body's fight against many diseases is accelerated.

You should not swim in thermal waters, the sweat glands of the moving body work and block the pores in the skin, so before entering the thermal pools, the body is cleaned and the cure is completed by waiting in the pools. The temperature of the human body is between 36.5-37 degrees. In spa treatment, the temperature of the water should be close to body temperature. Generally, the appropriate temperature ranges between 37 degrees and 40 degrees.

There is a common and false belief among the public that "The warmer the water I get into, the better" and this is definitely dangerous. For conscious thermal use, be sure to get help from experts within the facility. Before using a thermal pool, the person should be informed about his or her health status, and after determining the person's health problems, if any, the thermal use should be started within personalized programs.

*Thermal spring treatment can be given for almost all chronic diseases. *Especially in movement system diseases, *In joint calcification,

*In soft tissue rheumatism,

*In chronic periods of inflammatory rheumatic diseases such as ankylosing spondylitis and rheumatoid arthritis,

*It is applied as a bath after traumas and orthopedic interventions.

*In skin diseases,

*Thermomineral bath applications in diseases such as eczema, acne and psoriasis,

*In case of stomach, intestine, liver and biliary tract disorders,

*It is mainly applied in metabolic diseases such as gout and diabetes and mud treatments.

*Mud and thermal water cure is performed for chronic infections of the kidney and urinary tract and kidney stones.

*Thermal spring cure purifies the patient from physical and spiritual problems. The person gets away from the effects of many factors in the environment in which he lives that adversely affect the course of the disease. The naturalness and climate of the spa environment affects the person positively.



WHO CANNOT ENTER THE THERMAL WATER?

- *Febrile diseases,
- *All system infections,
- *Inflammatory rheumatic diseases in the inflammatory phase,
- *Severe anemia,
- *Cancer and similar diseases,
- *Hemorrhagic diseases and tendency to bleeding,
- *Menstrual periods, pregnancy and postpartum periods in women,
- *Those with heart, lung, liver and kidney failure,
- *Those with coronary artery diseases,
- *Those who have had a heart attack,
- *Patients who have recently had a heart spasm,
- *Those with high and low blood pressure,
- *Uncontrolled and insulin-dependent diabetics,
- *Acute or chronic urinary, biliary and intestinal obstructions,
- *Those with open wounds,
- *Those who are new to 6-12 months and using anticoagulants,
- *Patients with hemiplegia due to cerebrovascular disease with high risk factors,

- *Patients with epilepsy and similar seizures,
- *Patients with mental illness and severe psychological problems,
- *Advanced and debilitated patients,
- *Overweight patients

SALT ROOMS

The use of men's and women's salt rooms in our hotel is free of charge. Please wear overshoes when entering the salt rooms. When using salt rooms, make sure your body is dry. Do not apply salt to your body.

SAUNAS

Our hotel has male, female and shared saunas for your use. **Take a shower before and after entering the saunas.** It is dangerous and prohibited for children under the age of 10 to enter these areas. If you have chronic diseases, heart or lung diseases, do not use these areas.

STEAM ROOMS

In our hotel, we have men's, women's and shared steam rooms for your use.

Please take a shower before and after entering these areas. It is dangerous and prohibited for children under the age of 10 to enter these areas. If you have chronic diseases, heart or lung diseases, do not use these areas.



DISABLED POOL

We have a disabled pool within our hotel. If requested, the pool will be filled with thermal water and made available to you for an extra fee. There is also a special disabled elevator in our facility to help our disabled guests get into the pool. If you want to get information, you can contact the SPA Managers.

SPA CENTER

The SPA Center opens at 08:00 and closes at 20:00 in the evening. SPA Center treatments are extra charged. Make an appointment at the SPA Reception for the treatment you want to receive from the SPA center. SPA Reception:777

Applications in the Spa Center; It is applied by male staff to our male guests, and by female staff to our female guests.

SPA CENTER PAID APPLICATIONS

EVERY APPLICATION YOU RECEIVE FROM THE THERMAL SPA CENTER AS AN INDIVIDUAL OR AS A FAMILY IS EXTRA CHARGED.

WE WANT TO NOTE THAT IF YOU ARE LATE TO THE THERMAL SPA CENTER, THE APPOINTMENTS OF OUR GUESTS AFTER YOU WILL BE DISRUPTED AND IN THIS CASE, YOUR APPOINTMENT WILL BE CANCELED BECAUSE YOU ARE LATE, AND ALSO 50% OF THE APPLICATION FEE YOU RECEIVED WILL BE PROCESSED TO YOUR ACCOUNT. .

IT IS REQUIRED TO INFORM THE SPA RECEPTION OF ANY CHANGES IN APPOINTMENT TIMES AT LEAST 2 HOURS IN ADVANCE.

MASSAGES

GOLD MESSAGE

The massage method applied with gold by the wives of Chinese rulers in the 14th century has become the focus of attention of today's women.

*Golden massage helps rejuvenate the skin by 5 years.

*Session duration of this massage performed with massage oil enriched with 24 carat pure gold powder; It is 30 minutes.

* With this massage performed by expert hands without using harsh massage techniques, the skin is purified from free radicals and your skin gains radiance and youth.

* With the gold massage applied to the whole body, starting from the sole of the feet and ending with the scalp, the skin is renewed and the loss of elasticity is eliminated.

It strengthens the immune system and also increases the secretion of the happiness hormone. The skin gets an energetic appearance.

PEARL POWDER MASSAGE

Pearl powder contains various bioactive molecules in its mineral-based organic structure, like human skin tissue. It has been proven by scientific research that pearl powder, which contains more than twenty amino acids and over a dozen minerals, including vital building blocks and proteins for human skin, accelerates the skin's metabolism and contributes to the rejuvenation of the skin with its cell regenerating, firming, revitalizing and anti-wrinkle effects.

*Pearl powder provides many benefits such as preventing wrinkles, brightening the skin, creating a smooth skin, protecting the skin from sunlight, protecting skin color, balancing pores, shrinking acne, removing dead cells and reducing skin spots.

*The duration of this massage performed with massage oil enriched with pearl powder; 30 minutes.

* With this massage performed by expert hands without using harsh massage techniques, skin metabolism accelerates and initiates renewal and change.

* We want all our guests to experience the Pearl Powder Massage, which is applied to the whole body, starting from the sole of the feet and ending with the scalp.

LOCAL MASSAGE

It is a type of massage called "regional" that is applied partially to the desired area of the body.

*Alone; It can be done on the legs, shoulders, back, head or face.

*Local massages are mostly performed regionally, partially targeting the problematic area.

*Local Massage session duration; It is 15 minutes.

PREGNANT MASSAGE

The load on the spine increases during pregnancy. As the baby grows and develops, the mother's center of gravity changes and tension occurs in the muscles around the spine. Pregnancy massage is very effective in relieving tension, especially in the head, neck and back area.

*Circulation problems caused by changing blood pressure during pregnancy can also be resolved with a pregnancy massage. Pregnant massage applied correctly and regularly stimulates the circulatory system.

*It helps reduce edema in the body, which is one of the problems encountered during pregnancy.

*It reduces sciatica pain that develops due to pregnancy.

*It reduces pain due to posture disorders, especially for expectant mothers who work at a desk.

*Relieves pain in legs and feet due to weight gain.

*Session duration of this massage, which can be performed sideways or sitting, depending on your pregnancy month and body condition; It is 30 minutes.

*Taking time for yourself and getting a pregnancy massage will positively affect your psychology during pregnancy.



CLASSIC MASSAGE

It is a type of massage that results from the partial or complete application of strokes, rubbing and circular movements to the body.

* Classic massage, session duration of this type of massage applied starting from the sole of the feet to the beginning of the scalp; It is 30 minutes.

*Classical massage regulates blood pressure, helps soften aching muscles, accelerates blood circulation and creates a feeling of relaxation in the body.

*Classical massage helps the person get rid of fatigue and stress by revitalizing the tissues and cells in the body.

INDIAN HEAD MASSAGE

As the name suggests, this is a massage therapy that developed in India thousands of years ago. It is also believed in India that this massage brings deep relaxation to the individual and helps relieve all stress and fatigue.

*Session duration of this massage applied to the head area only; It is 15 minutes.

*Indian head massage not only affects your body, but also your mind when done properly.

*Removing toxins from the body and accelerating blood circulation in the individual's brain; causes healing.

*It also helps reduce headaches, sleep disorders, shoulder and neck pain, anxiety and depression, and eye fatigue by getting away from the stress of working life.

MEDICAL MASSAGE

It is a type of massage applied for waist, neck, back, headaches, hip-leg pain, joint and rheumatism pain. The oils used in this massage are mixtures with pain relieving and warming properties.

*Some pains in the body can be relieved with conscious medical massage without the need for medication.

*Medical message session; Depending on your wishes, medical back massage can be 30 minutes and full body massage can be 45 or 60 minutes.

*Medical massage relaxes the nervous system by directly affecting the nerves starting from the spine and spreading throughout the body.

*Massage alone does not cure a disease. However, it can eliminate and reduce muscle cramps, muscle spasms, joint pain, arthritis, rheumatic pain, hand and foot numbness, cramps, muscle knots, tension and body deformations (cellulite, sagging, edema, loose skin tissue, etc.) and many other problems.

* Medical massages provide extreme relief for slipped disc, spinal curvatures, herniated disc, sciatica, hip pain problems, foot and leg pain, rheumatism and joint pain.



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SWEDISH MASSAGE

It is a type of massage performed by applying it directly to the muscles with the palms.

*It can also be described as a mixture or basis of different massage techniques.

*The session duration of this type of massage, which is performed by applying stroking, kneading and pressure movements from the side of the spinal muscle, is 60 minutes.

*Stiffness in the shoulders resulting from the working pace during the day can be felt manually. These are distributed by stroking and pressing movements. In this way, pain in the body is relieved.

*This massage, which is performed with Western technique, is recommended for people who do sports intensively at certain intervals.

*Lactic acid formed in the body after exercise is eliminated with this massage.

AROMATHERAPY MASSAGE

Plants' roots, flowers, leaves, etc. It is a type of massage applied using oils prepared from mixtures obtained from parts of the body.

*The feature of this massage is that the tempo is low and the intensity of the movements is light.

*Session duration of this type of massage, which has relaxing, soothing and relaxing properties; It is 45 minutes.

*The effect of aromatherapy massage is caused by both the contact and the chemical properties of the oil applied.

*Aromatherapy is a method of applying therapy with herbal aroma oils. It makes you feel relaxed, stress-free and fit.

VOLCANIC HOT STONE MASSAGE

It is a method applied by placing heated volcanic stones on certain parts of the body and rubbing them for a certain period of time before the massage.

*Volcanic stones, which create a hot and slippery feeling, also have the ability to absorb the stress accumulated in the body.

*Session duration of this therapy, in which oils specific to this massage are used; It is 60 minutes.

*Volcanic Hot Stone Massage is good for stress and back pain.

*When you choose this massage applied to areas such as back, neck, waist and abdomen with volcanic stones, all your chakras will be opened by purifying your body from negative energy with the warmth of the stones. You will relax spiritually, mentally and physically.

ANTI STRESS MASSAGE

Anti-stress massage is a type of massage performed slowly and rhythmically.

*It has a relaxing and relaxing effect on muscles.

*Anti-stress massage covers the face, head, neck, back, hands, arms and soles of the feet, where pressure points are intense.

*Provides therapy for the whole body. Massage duration is 45 minutes.

*Anti-stress massage relaxes and relaxes the muscles and tissues in the body.

*It is a massage applied to relieve fatigue, insomnia, stress, to treat painful areas and to help treat migraine disease.



FACE MASSAGE

Relaxing facial muscles; It can be expressed as massage movements applied to some points of the face to prevent the formation of wrinkles and lines.

*The session duration of this massage applied only to the face area is 15 minutes.

*It is very effective for your face to gain a healthy and vibrant appearance.

*When you do a facial massage, you accelerate the blood circulation of your skin and your skin becomes more vibrant.

*Prevents wrinkles on the skin and slows down the rate of aging.

*It reduces swelling on your skin and helps you gain a smooth appearance.

*Helps the skin get a much younger and brighter appearance. *Discolorations, redness and swelling, especially those caused by stress effective in certain situations.

*It prevents your skin from sagging.

REFLEXOLOGY MASSAGE

The basis of reflexology lies in the thesis that disorders are caused by energy being blocked in a certain place. Reflexology enables the body to activate its self-healing power by solving blocked energy in certain parts of the body through special rubbing movements applied to the feet.

*Session duration of Reflexology massage, also called balancing therapy; It is 30 minutes.

*Reflexology therapy affects the person himself; It makes you feel good physically, emotionally and spiritually.

*Accelerates blood circulation.

*Cleans the body from toxins and waste materials.

*Reflexology can be applied both for preventive health (from disease) and for alleviating certain problems.

*Around 7200 nerves are stimulated during the session.

LYMPH DRAINAGE MASSAGE

Lymphatic drainage system; It is the system that performs the functions of immunity, defense and lymph fluid in the body.

*Lymph Drainage Massage session duration, which is an effective method for overweight situations, edema and swelling in the body before special periods in women, and cellulite problems; It is 60 minutes.

*It is also an effective type of massage in relieving edema in the arms after breast cancer.

*Lymphatic drainage ensures that free fatty acids circulating in the blood can be easily burned. In this way, it provides improvement in skin quality, environmental thinning, and skin and subcutaneous tightening in the area where it is applied.

CELLULITE MASSAGE

The most important part of cellulite treatment is massage. The main reason for the formation of cellulite, circulatory disorders. Disturbance in blood and lymph circulation and increase in fat tissue lead to accumulation of toxic substances.

*Cellulite massage activates blood and lymph circulation and ensures that the tissues are filled with fresh oxygen.

*Session duration of cellulite massage; It is 30 minutes.

*Movements commonly used in cellulite massage are stroking to accelerate circulation; These are kneading and hitting movements to help break the fat in the body.

CUP MASSAGE

Cupping massage is one of the oldest massage methods known as cupping or vacuum massage.

Cupping massage is often applied to the back and shoulder areas. Disposable sterile cups are effective in eliminating all back and shoulder pain by vacuuming the skin.

*Session duration of cupping massage, which is one of the most popular massage methods of today and includes acupuncture feature; It is 15 minutes.

*It is good for fatigue and sleep disorders.

*Gives dynamism to the body and activates body functions

*Relieves pain and provides relief from back and neck stiffness.

*Combats muscle and joint pain and chronic pain

*Regulates nerve and soft tissue channels.

FAT BREAKING MASSAGE (G5)

The procedure performed with the G5 device for cellulite treatment and regional slimming is called G5 massage. Thanks to the application with special rhythmic massage movements, blood circulation accelerates and the skin becomes more flexible.

*With the massage, which also reduces the signs of aging on the skin, the veins open and the body recovers.

*Session duration; It is 30 minutes.

*G5 massage performed with the help of vibrating and pushing movements activates the cells. It helps to tighten the body thanks to its pushing force.

G5 massage also accelerates fat burning by helping to open the regional connective tissue.

*G5 massage effectively eliminates cellulite, which cannot be eliminated with a balanced diet and exercise, from the first application. It is also preferred because it is a method performed without surgical intervention. G5 massage, which is preferred for cellulite, can be applied to the whole body. It is generally preferred around the waist, hips, thighs and shoulders.



*YOU CAN GET INFORMATION ABOUT MESSAGES FROM THE SPA CENTER RECEPTION AND THERAPISTS. EVERY MESSAGE HAS PERIODIC TIMES TO GIVE EFFECTIVE RESULTS. PLEASE DISCUSS WITH THE THERAPISTS HOW MANY TIMES AND HOW OFTEN THE APPLICATION SHOULD BE TAKEN IN ORDER TO HAVE A MORE EFFICIENT EFFECT.

2. BATH THERAPIES

*HAMAM THERAPIES WILL BE DONE IN THE HAMAM ENVIRONMENT. PLEASE BE READY FIVE MINUTES BEFORE YOUR APPOINTMENT.

*PLEASE ASK THE STAFF WHEN MAKING AN APPOINTMENT WHAT ARE THE PRODUCTS USED IN THE APPLICATION YOU CHOOSE IN HAMAM THERAPIES. IF YOU ARE ALLERGY TO ANY OF THESE PRODUCTS, PLEASE INFORM THE RECEPTION STAFF AND THE THERAPIST PERFORMING THE APPLICATION ABOUT YOUR ALLERGY.

HOT CLAY MASSAGE

There is nothing more beneficial than a hot clay massage to reawaken the glow on the skin. Hair; It is an antiseptic that has been scientifically proven to be active against a wide range of microorganisms.

*Session duration of hot clay massage, which helps regulate the fluid mechanism in the skin; It is 20 minutes. It is performed in a bath environment.

* Purifies dirt, oil and dust accumulated in skin pores.

* Clay alone not only cleanses the skin, but also nourishes it, tightens it and purifies the skin from toxins.

*After the scrub and foam application, you should definitely try the purifying clay massage in the Turkish bath environment.

SCUB & FOAM APPLICATIONS

Before starting thermal use, we recommend that you first start with a scrub & foam application. When the whole body is scrubbed in the Turkish bath, dead skin on the body is cleaned.

*Following, a short massage is given to your body in the form of stroking with natural soap foam. The sweat secreted by the body contains high amounts of toxic substances. Body odor and sticky sweat are signs of concentrated toxins in the body.

*With scrub & foam application, harmful toxins are removed from the body.

*As a result of the removal of dead skin on the skin, all clogged pores are opened, the skin begins to breathe, your skin gains shine and the body revitalizes.

*At the end of this application, your skin will become soft as cotton and have a renewed appearance.

*Session duration of scrub application; It is 15 minutes.

*Session duration of foam application; It is 15 minutes.



COFFEE POUCH

As it is known, coffee has many positive effects on our body. There is a fact that coffee is of great importance in skin care. Since coffee has a great effect on removing toxic substances from the body, it is used for skin tightening, relaxation and cellulite treatment.

* Thanks to the stimulating substances in coffee, skin tightening and blood circulation are accelerated.

*The scrub is dipped in coffee and applied to your body.

*If your skin is lifeless, flaky and dry, we invite you to apply a coffee scrub in a Turkish bath to relax with natural methods.

*Session duration; It is 15 minutes.

COFFEE PEELING

Peeling is a process performed to clean dead cells that accumulate over time on the upper layer of the skin and to make the skin healthy and bright again.

*There are numerous benefits of using coffee for peeling. The stimulating effect of coffee is not only a food, but also a significant positive effect on the skin.

*Thanks to the polyphenols it contains, coffee is also very effective in treating problems such as blemishes on the skin.

*Before the application, therapists prepare for the application by mixing olive oil and Turkish Coffee. Afterwards, they aim to absorb the coffee into your body by massaging your entire body in the bath environment, which is the application area.

*Processing time; It is 15 minutes.

*It is an ideal application for dry skin. One of the best choices to balance the body's lost moisture during the winter months would be coffee peeling.

SEA SALT BODY CARE

It is a wonderful therapy performed in a Turkish bath environment to cleanse your body of dead skin. Sea salt has a strong anti-aging effect as well as

*Accelerates blood circulation,

*Prevents loss of elasticity of tissues,

*Activates the lymph system.

*The vitamins and minerals in sea salt nourish and tighten the skin. For this reason, it is very effective in stretch marks and cellulite problems.

*Before this application, which is carried out in the Turkish bath environment, therapists prepare a mixture of sea salt and olive oil and apply it to your whole body by massaging it with patting movements.

*Session duration; It is 15 minutes.

*Cleans dead skin that clogs pores and purifies the skin.

*Gives a wonderful feeling of freshness and relaxation along with baby-like skin.



CHOCOLATE BODY CARE This

body care works wonders especially on dry skin that has lost its shine and moisture content. Cocoa butter is a really good moisturizer.

*The most obvious effect on the skin is that it softens it and smoothes fine wrinkles.

*Rich antioxidants in cocoa nourish skin problems.

*Soothes your skin and caresses your soul.

*Session duration of this care containing brown sugar, cocoa butter and chocolate; It is 20 minutes.

*Chocolate care, which helps you secrete the happiness hormone endorphins, is one of our very special bath therapies.

*It is applied in the bath environment.

HONEY-MILK BODY CARE (CLEOPATRA CARE)

It takes its name from the legendary skin beauty of Cleopatra in ancient Egypt.

*This type of care, which can be used even on sensitive skin, is used to renew the skin and increase moisture balance.

*Nourishes and moisturizes the skin.

*accelerates blood circulation,

*Gives a silky body feeling.

*Session duration of this application performed in the Turkish bath environment; It is 20 minutes.

REVIVAL BODY CARE WITH HERBAL EXTRACT

It is a type of care performed by preparing herbs that have regenerative properties on the body and applying them to the whole body with patting and massaging movements.

*Herbal-based revitalizing body care, which is an ideal care to rest the bodies tired with intense work tempo, is performed in a Turkish bath environment with expert therapists.

*Session duration; It is 20 minutes.

* Provides skin renewal and moisture balance,

*Accelerates blood circulation,

*It accelerates lymph circulation and helps remove toxins from your body.

FIRMING BODY CARE WITH ORANGE EXTRACT

Everyone knows that orange has toning/coloring and firming properties and is a very useful fruit in improving skin structure and complexion.

*Apart from these benefits, it helps prevent skin aging.

*Orange is indispensable, especially in cellulite care.

*It also helps tighten the skin.

*High vitamin C energizes your skin.

*For a bright, taut, smooth, lively and radiant skin, we recommend you to purchase Orange Essence Firming Care.

*Session duration of this application; It is 20 minutes.



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3.TREATMENTS

*BEFORE ENTERING THE MUD TREATMENT APPLICATION, PLEASE DO NOT COME TOO STARVING OR TOO FULL.

*DO NOT USE APPLICATIONS IN HOT ENVIRONMENTS AT LEAST HALF AN HOUR BEFORE THE MUD APPLICATION. OTHERWISE, BECAUSE BOTH ENVIRONMENTS ARE HOT, THERE MAY BE A DROP OR INCREASE IN BP DURING OR AFTER APPLICATION.

*IF YOU HAVE A BP PROBLEM, YOU CAN HAVE YOUR BLOOD PRESSURE TESTED BY A HEALTHCARE PERSON BEFORE ENTERING THE MUD.

*IF YOU HAVE DISPOSABLE SWIMSUIT OR UNDERWEAR WHEN COMING TO THE MUD APPLICATION, WE RECOMMEND YOU TO COME WITH THEM.

*AFTER THE MUD TREATMENT APPLICATION, DO NOT USE SOAP-SHAMPOO FOR AT LEAST ONE HOUR. TAKE THE SWIMMING HAV UZLAR AND OTHER APPLICATIONS AFTER ONE HOUR. THIS IS BECAUSE; IT IS WANTED THAT THE MINERALS OF THE MUD REMAIN IN YOUR BODY FOR AT LEAST ONE HOUR AND THAT THESE MINERALS ARE TAKEN INTO THE BODY THROUGH THE SKIN.

*YOU MUST BE IN THE SPA SECTION 5 MINUTES BEFORE THE APPLICATION.

*IF YOU WANT YOUR MUD TO BE WARM OR COLD, PLEASE INFORM THE PERSONNEL ABOUT THIS BEFORE ENTERING THE APPLICATION.

*THE TIME TO STAY IN THE MUD IS 10 MINUTES MAXIMUM. PLEASE DO NOT WANT TO STAY IN THE MUD AREA FOR MORE THAN THIS TIME.

*DEPENDING ON YOUR BODY AND SKIN STRUCTURE, REDNESS OR A PAINFUL FEELING MAY OCCUR AFTER MUD APPLICATION. IF THE TEMPERATURE OF THE MUD IS HIGH DURING THE APPLICATION, PLEASE INFORM THE PERSONNEL ABOUT THIS AND RECOMMEND THE MUD TUB TO WARM UP A LITTLE MORE.

MUD TUB APPLICATION

*The most important feature that distinguishes Sandıklı Thermal Springs from other thermal springs is the "Mud Application", which is famous all over the world.

These miraculous mud applications are applied to a geological crack that continues for 500 meters; It consists of a mixture of healing water that boils in different parts and reaches a temperature of 68 degrees, and specially prepared soil. Mud baths, which have no side effects, have both beautifying and curative effects on many diseases.

*Thermal water at 68-70 degrees constantly flows over the mud tubs. This water has the feature of fermenting the soil and allowing the minerals of thermal water to completely pass into the soil, as well as cleaning the mud tub.

*When our guests come to the mud tub application, the therapist on duty; The thermal water flowing over the mud is turned off and the mud is opened with the help of a shovel.

*The opened mud is left to wait for a while to reach a temperature close to body temperature.

*Our guest is taken into the cooling tub.

*His whole body is covered with the help of the therapist. Just do not put too much mud on the ribcage. *Stay in the mud tub for 7 to 10 minutes.

*Session duration maximum; It is 10 minutes.

*Musculoskeletal, bone and joint diseases,

*In skin diseases,

*Rheumatism,

*It is the most important treatment method in the treatment of nervous system diseases.

*It also strengthens the immune system, reduces stress and relieves depression.

*Accelerates blood circulation, relaxes muscles, slows down the aging process by renewing cells with its antioxidant properties.

* It tightens the skin and relieves pain caused by gynecological diseases with its hormone balancing effects.

In a sense, mud application is one of the most effective thermal treatments. Mud provides deep, effective and powerful heating without disturbing people. Medical muds have very high heat retention capacity. In this sense, they are much more effective than classical water treatments. Especially;

*Rheumatism,

*Rheumatoid Arthritis (joint inflammation)

*Neuralgia (inflammation spread along the nerve)

*Neuritis (nerve end inflammation)

*Polyneuritis (inflammation of more than one nerve)

*Tendinitis (inflammation of the tendon)

*Periarthritis (joint capsule inflammation)

*Arthrosis (joint calcifications)

*Cellulite,

*It is used as an effective treatment method for skin diseases.

*Sciatic nerve compression,

*Spondylitis (calcification of the spine),

*Myalgia,

* In chronic pain of gynecological diseases,

*Polio sequelae,

*Fracture-dislocation sequelae,

*Sequelae after accident and surgery,

*When the mind is tired,

* Removing kidney stones and sand,



MUD WRAPPING

It is for our guests who cannot use the mud bath. Those who have heart diseases and cannot go out in the heat, COPD, Asthma, etc. This method is used for our guests who have respiratory diseases and cannot get into the bathtub; It is a treatment applied by applying mud to the guest in special heated blankets and keeping them in this blanket area for 20 minutes.

MUD MASSAGE

It is for our guests who do not prefer mud bathtub application.

In this application, after our guest is taken to the massage bed, mud is applied to the whole body and a massage is performed in the form of stroking. Session duration; It is 20 minutes.

LOCAL MUD

In this form of treatment applied to a single part of the body; arms only, legs only, shoulders only, etc. It is the process of applying mud to a single specific area. Session duration is 15 minutes.

WHO SHOULD NOT APPLY MUD?

- *Febrile diseases,
- *Whole system infections,
- *Inflammatory rheumatic diseases in the inflammatory phase,
- * Severe anemia,
- *Cancer and similar malignant diseases,
- *Hemorrhagic diseases and tendency to bleeding,
- *Menstrual periods, pregnancy and postpartum periods in women,
- *Those with heart, lung, liver and kidney failure,
- *Those with coronary artery diseases,
- *Those who have had a heart attack,
- *Patients who have recently had a heart spasm,
- *Those with high and low blood pressure,
- *Uncontrolled and insulin-dependent diabetics,
- *Acute or chronic urinary, biliary and intestinal obstructions,
- *Those with open wounds,
- *Those who are new to 6-12 months and using anticoagulants,
- *Patients with hemiplegia due to high-risk cerebrovascular disease,
- *Patients with epilepsy and similar seizures,
- *Patients with mental illness and severe psychological problems,
- *Advanced and debilitated patients,
- *Overweight patients



OZONE THERAPY

*WE RECOMMEND YOU TO COMPLETE ALL YOUR APPLICATIONS AND BE RESTED ONE HOUR BEFORE OZONE TREATMENT.

*WE WANT YOU TO KNOW THAT A THERAPIST WILL BE PRESENT WITH YOU DURING OZONE APPLICATION.

*IF ANY NEGATIVE SITUATION OCCURS DURING OZONE APPLICATION (SHORTNESS OF BREATH, INABILITY TO TOLERATE THE HEAT), PLEASE TELL THE PERSON ON DUTY AND FINISH THE APPLICATION.

*AFTER OZONE APPLICATION, YOU ARE ADVISED TO DRINK PLENTY OF WATER, DO NOT TAKE A SHOWER FOR 1 HOUR, DO NOT ENTER THE SWIMMING OR THERMAL POOL, APPLY WITH BOBBLES, FOAM ETC. WE RECOMMEND YOU NOT TO USE APPLICATIONS. YOU MUST STAY AWAY FROM SUCH APPLICATIONS SO THAT OZONE GAS CAN BE ABSORBED FROM YOUR BODY.

Ozone is healing from the skies. It is a burning gas. It is very effective in losing weight. *It is especially used for stretch marks and cellulite problems.

*It has a soothing effect in cases of depression, nervousness and irritability.

* Provides general calmness by oxidizing adrenaline.

* By increasing blood circulation in the skin, it provides skin renewal and a tight and smooth appearance,

*Cleans the veins, blood and lymph system,

*By strengthening the immune system, the pores are opened by sweating in the heat, and ozone gas is allowed to penetrate into the body during the treatment through these opened pores.

*By oxidizing the lactic acid accumulated in the muscles, it relaxes and softens the muscles and increases their flexibility.

*Heals joint pain and muscle disorders.

*Returns hormone and enzyme production to normal.

*You will feel relaxed and relaxed in the very first session.

WHO CANNOT USE OZONE THERAPY?

*Pregnant women, those with blood diseases such as coagulation disorders,

*Advanced anemia,

*Those receiving ACE Inhibitor treatment for high blood pressure

*Those with hyperthyroidism

*Chronic or recurrent pancreatitis,

*Frequent recurring muscle cramps,

*Asthma patients who are allergic to ozone,

*Those who have glucose 6 phosphate dehydrogenase (G6PD) enzyme deficiency (it is a hereditary disease),

*Those who have recently had a heart attack (myocardial infarction) cannot enter ozone.



FOOT DETOX

It is the process of toxins and viruses produced by our body organism and taken from outside, accumulating in certain organs and then being eliminated from our body without causing a permanent disease.

Toxins are substances produced by our body or constantly ingested from outside that have harmful effects, reduce our quality of life, and impair our health.

Foot detox application; It is the process of removing toxins from the person's feet by attaching a belt made of bamboo wood to the person's waist, applying 16 watts of electricity to the arm, placing the feet in a water-filled detox bathtub, and using positive and negative direction current.

Session duration; It is 30 minutes.

*Regulates the secretory system, reduces fatigue and gives a feeling of well-being.

*Adjusts the pH value and ensures the regular functioning of the body.

*Makes the metabolism work, strengthens the immune system,

*Helps the lymphatic system work more actively,

WHO CANNOT ENTER DETOX APPLICATION?

*People with pacemakers, heart transplants, people using blood thinning medications,

*Epilepsy, hemophilia patients, people with blood cancer,

*Women who are suspected of pregnancy, pregnant and breastfeeding,

*People with fever, people receiving psychological treatment and using medication,

*Those who use insulin, those with congenital diabetes,

*Children under 7 years of age, those with open wounds on their feet,

***If you have the diseases mentioned above, please notify the staff on duty immediately and stop the application immediately.**

***There are no precautions to be taken before and after the detox application. You can use other applications before and after.**

PARAFFIN

It helps the body image look smoother, brighter and more vibrant.

It opens skin pores and increases oxygen exchange. Moisturizes and nourishes the skin.

*In hand and foot care, in the decollete area of the back, in areas with cellulite on the legs.

* Protects and revitalizes the skin's texture, provides a soft and smooth appearance,

*Increases the moisture content of the skin by deeply adapting to the skin,

*It is used in subacute or chronic rheumatic involvement of the hands and feet, and joint stiffness due to various reasons.

*After returning from holiday, skin exposed to the sun decreases the moisture content, causing excessive drying. In this sense, paraffin gives the skin a beautiful appearance and a smooth, healthy appearance.

*Paraffin can be applied locally (just to an area (hand/foot/face)) or to the whole body.

Local Paraffin Session duration; Duration of 30 Whole Body Paraffin sessions; It is 60 minutes.

***FOLLOWING THE PARAFFIN APPLICATION, A DIFFERENT APPLICATION OR SHOWER SHOULD NOT BE MADE FOR 1 HOUR.**



SALT ROOMS

Technically salt therapy; It is the name given to inhaling and exhaling salt particles twice a day for 20 minutes in a room made of natural rock salt. It is beneficial for respiratory disorders.

*Asthma, Bronchitis, Shortness of Breath, COPD,

* Provides serious relief to Sinusitis Patients.

*Again, it is a method that is highly beneficial in cases of sleep irregularities and disorders due to inability to breathe comfortably related to the respiratory system, and in cases of waking up tired in the morning.

***We do not recommend using salt rooms for blood pressure patients.**

***You must enter the salt rooms with a dry body and shoe covers.**

***We kindly request that you do not apply the salt in the salt rooms to your body.**

4.SKIN CARE

At the SPA Center, our Expert Esthetician analyzes your skin type.

Afterwards, your skin care will be done on the day of departure or the day before your departure, whichever skin care is suitable for your skin type.

This is because; During skin care, all pores are opened, cleaned and toned with the help of steam. If you enter places such as thermal pools or saunas after skin care, the cleaned pores will reopen due to the heat and cause the pores to become clogged.

Sometimes the following situations may occur: The skin care product used may cause allergies or rashes due to the effect of heat. For this reason, we recommend that you do your skin care applications as much as possible after your thermal cures are completed. The purpose of skin care is to cleanse the skin, accelerate blood circulation, renew the skin and regain its elasticity according to the appropriate skin type.

Skin treatments applied in our SPA Center are as follows:

1- Intensive Anti Aging Skin Care,

2- Mixed Skin Care,

3- Sensitive Skin Care,

4- Oily Skin Care,

5- Mature Skin Care,

6- Back Skin Care,

7- Daily, Weekly Skin Care,

8- It is in the form of Special Eye Care.

For skin care that suits you, please contact our Esthetician before making an appointment.

You can have mask applications done at the Thermal Spa Center.

1- Mud Face Mask,

2- Cleopatra Face Mask,

3- Chocolate Face Mask,

4- Clay Face Mask,

5- Cocoa Face Mask, 6-

Yeşilçay Face Mask,

7- Japanese peeling.



5. MEN - WOMEN HAIRDRESSER SERVICES

Hairdresser services for men and women are provided at the Thermal Spa Center on the -2nd Floor of our hotel. If you would like to benefit from these areas, make an appointment at the SPA Reception. **SPA Reception:777**

HAIRDRESSER SERVICES

*Manicure

*Pedicure

*Table

*Fund

*Hair Cut (adult, child)

*Bottom Dyeing

*Highlights

*Make-up

*Nail Polish Application

*Eyebrow, upper lip and face removal

*Wax types

*Nail Cutting (hand/foot)

*Braid

*Bun Making etc.

MEN'S HAIRDRESSER SERVICES

*Hair cut

*Beard Cut

*Nape Shaving

6. FAMILY BATHROOMS AND HERBAL BATHROOMS

How about enjoying the pool and Turkish bath in a comfortable environment with your family? Baths, which have been places of purification for thousands of years, started with the Romans but reached their peak with the Turks. Functioning as a detox center with the effect of steam, scrub, foam and various peelings, the baths allow the body to rest and relax with the art and culture of Anatolian culture. In addition to the baths for men and women in our thermal sections, the Private Family Baths we have designed for you, the healing thermal pools prepared for you. In it, you will relieve your tiredness and enjoy the bath with your family to the fullest. We have Suite and Standard Family bathrooms. Our standard family bathrooms only have a pool area and a relaxation area. Additionally, you will use in this area; Shampoo, hair conditioner and shower gel curls are available for your use in the pool. In the suite family bathroom, there is a pool (with jacuzzi), sauna, relaxation room, massage room and WC.

Family bathrooms are filled with thermal water specifically for you, and the pools are emptied after your use. Please make an appointment at the spa reception at least two hours before your intended use. If you have a special situation (you want the temperature of the pool water to be low), please inform the attendant during the appointment. If you want to cancel or postpone your family bath appointment, you must give at least two hours' notice. Otherwise, the family bathroom will be prepared without notice, and even if you do not enter, the fee will be transferred to your account because it has been prepared.



Every treatment you receive from the Thermal Spa Center is extra charged.

We would like to point out that if you are late to the Thermal Spa Center, the appointment of our next guests will be disrupted and in this case, your appointment will be canceled because you are late, and 50% of the treatment fee you have received will be transferred to your account.

It is mandatory to inform the spa reception about changes in appointment hours at least 2 hours in advance.

HERBAL BATHS

Our herbal baths are in the form of jacuzzi tubs. Herbal baths are a personal practice. It is not appropriate to take another person with you during the session.

We generally recommend that you apply your herbal bath at a time when you can rest after the herbal bath. In order to get the effect of the application; You should not shower, swim, or apply cream, lotion, soap, shampoo, etc. to your skin surface for an hour. You should not drive.

ALSO, IF YOU ARE ALLERGY TO ANY PLANT OR IF YOUR SKIN IS EXTREMELY SENSITIVE, YOU SHOULD CONTACT THE SPA RECEPTION ABOUT THE HERBAL BATH.

LAVENDER BATH

Lavender is a plant rich in minerals and vitamins.

*Lavender; It has an antibacterial effect on the skin. It balances lipid production, thus giving the face a better appearance. It cleans, revitalizes, cares and purifies the skin. It eliminates oil, toxins and dead cells that clog pores. It is a good antiseptic, is effective in reducing anxiety and restlessness, is good for insomnia problems, reduces swelling in the body, relieves spasmodic, neuralgic and rheumatic pains and beautifies the skin.

Lavender bath session duration; It is 20 minutes. An appointment must be made at least two hours in advance.

CHAMOMILE BATH

Chamomile bath is ideal for those who want to get rid of bad energy and feel sad and discouraged for any reason. Chamomile helps with anxiety, stress and insomnia thanks to its various properties. After taking this bath, you will feel more relaxed and sleepy. Chamomile bath reduces stress, clears negative energies, emotional balance, helps clear bad thoughts, feelings of anger and revenge, relieves pain. Chamomile bath is extremely beneficial to relieve muscle pain after a busy day or to heal muscle tension caused by daily stress. It also reduces intestinal and menstrual pain in adults. Chamomile bath session duration; It is 20 minutes. An appointment must be made two hours in advance.

AROMATHERAPY BATH

It is a type of bath in which various herbs are mixed (thyme, lavender, chamomile, rose, etc.).

- *Sleeping disorders,
- *Irritability, irritability,
- *Rheumatic diseases,
- *In colds,
- *In skin diseases, its skin renewal and moisturizing properties are among its benefits.

Session duration of aromatherapy bath; It is 20 minutes. An appointment must be made at least two hours in advance.

CLEOPATRA BATH (HONEY & MILK)

It is known that Cleopatra took milk baths to preserve her beauty.

The substance that Cleopatra used and claimed to preserve her youth was the lactic acid contained in milk.

- *Smoothing the skin, providing vitality and brightness,
- *Wrinkles and other signs of aging,
- *Acne and acne scar treatments,
- *For sun, pregnancy and age spots,
- *It has benefits in the treatment of superficial scars on the skin.

Session duration of Cleopatra bath; It is 20 minutes. An appointment must be made at least two hours in advance.

MILK BATH

A miraculous anti-aging treatment for many people, milk bath contains lactic acid, a natural exfoliant, vitamins, minerals, proteins, as well as oils that can help soothe and soften the skin.

- * It prevents dryness problems by moisturizing your skin.
- * It softens your skin and makes it flexible.
- *It cleanses the skin from toxins with its peeling effect.
- *Relieves skin irritations.
- *Creates a smooth appearance on the skin.
- *Relaxes your mind and body.
- *Helps you relieve the stress of the day

Session duration of milk bath; It is 20 minutes.

An appointment must be made at least two hours in advance.



BUBBLE BATH

Quality time spent alone with yourself nourishes your body and soul. If you want to add a little care, we can't think of a better activity than a bubble bath! That's why we recommend that you spend a session of bubble bath at least once during your holiday.

*Rests your mind,

* It helps you relax and clears your mind of stress,

*It relaxes your body, *It

is good for your pore problems,

Session duration of bubble bath; It is 20 minutes. An appointment must be made at least two hours in advance.

THYME BATH

The benefits of thyme plant are countless. Antiseptic, antispasmodic, anticarcinogenic, thyme has more benefits for the human body than synthetic drugs.

*We should never forget the antimicrobial properties of thyme, it prevents infectious diseases,

*It is good for cramps and muscle aches,

*Improves cell protection systems in the body. Strengthens the immune system,

* Regulates blood circulation disorders.

* Allows you to sleep comfortably,

*It has a calming feature,

If you have low blood pressure problems, thyme baths are not recommended.

Session duration of thyme bath; It is 20 minutes. An appointment must be made at least two hours in advance.

OUR FREE ACTIVITIES

PLAYGROUNDS FOR CHILDREN

There are areas inside and outside our hotel that will allow your children to spend time without getting bored during the holiday.

*Inside the hotel, -1. Mini Club service is offered for children between the ages of 4-12 in the Floor Mini Club area between 12:00 and 20:00, except Sundays.

*Also-2. In a certain area of Floor Akdeniz Game Hall, there is a trampoline and mini playground for your children to have fun, again -2. Floor animation area,

*In the lower garden area of the hotel, next to the summer mini club, in the lower garden area, There are playgrounds in the pond area. These areas were built entirely for the purpose of our children having fun. Parents are responsible for the safety of children. Information about which age group the park areas are suitable for and what needs to be taken into consideration has been shared.



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Park resort
SPA & CONVENTION CENTER

BACKGAMMON, CARD GAMES, OKEY, CHESS

You can get Backgammon, Card Games, Okey and Chess game materials free of charge from our hotel's Joy Bar area, which will allow you to both relax and have fun.

LIBRARY

You can buy and read any book you want free of charge from our Mini Library area located in the Keyif Bar area of our hotel. You just need to register the book you bought with the Keyif Bar staff and return it before the end of the holiday period.

FITNESS CENTER

Dear guests, we care about your health during your stay at our hotel and we want to ensure the continuity of your routine activities.

Within our hotel-2. On the floor where the Floor Spa Center is located, there is a "Fitnees Hall" that you can use free of charge between 08:00 and 20:00. The use of the fitness center is suitable for people over the age of 15, and sports shoes and sports clothing are required. For a fitness appointment, please contact the SPA Reception.

CONDITIONING PARK

There are sports equipment in our fitness park area. In this area, you can walk and exercise peacefully in nature.

WALKING TRAILS

We have the opportunity to take nature walks around the main building of our hotel, around the pond, and in the Lavender Garden area.

Football-Basketball-Volleyball and Tennis Fields There is a football field (illuminated), a volleyball field, a basketball court and a tennis field in the garden of our hotel. If you want to use these areas, you must get the balls you can use for these areas from the SPA Reception. Please do not forget to give this information to our staff as our staff will take note of your name and surname, your room numbers, and pick-up and drop-off times when picking up the balls. (Our balls are available for you to use and return free of charge)

LAVENDER GARDEN

We have a lavender garden in the side area of our hotel.

CAR PARK

For the safety of your vehicles, we have open and closed parking spaces within our hotel.



CINEMA

Within the scope of our hotel's concept, children's cinema at 16:00 and adult cinema at 21:30 are broadcast in the Mediterranean Game Hall Cinema area every day.

MATCH BROADCASTS

In our hotel, league matches are played in the Lobby terrace area on the Lobby floor. If there are two matches at the same time, the hotel management has the authority to choose whichever match is in demand.

*It is not possible to broadcast the match in a different area.

LIVE MUSIC

Live music is available in the Ehl-i Keyif Bar area every evening between 21:00 and 00:00, except Sundays. All food and drinks in the Ehl-i Joy Area are charged extra. It is forbidden to bring food and drinks from outside into this area.

PAID ACTIVITIES

MEDITERRANEAN GAME AREA

Our hotel-2. You can have a fun time in the Mediterranean Game Room located on the first floor.

*Bowling,

*Ping pong,

*Billiards,

*Playstation,

*Pinball,

*Musical toys are available for children.

Table tennis, billiards and Playstation services are charged by time, and other toys operate with a coin system. You must contact the Akdeniz Gaming Hall staff for the coins and other services you want to purchase.

In addition, products such as popcorn, milk corn, barbecued chestnuts (depending on the season) and cotton candy are also sold in this area.

BIKE RENTAL

In our hotel, we have both adult bicycles and children's bicycles, as well as rentable bicycles that you can use as a pair.

If you want to use it, you can rent a bicycle for a fee by contacting the reception and with the help of the friends in the security unit.

The user is responsible for all dangers that may occur while using the bicycle. If the bike is damaged while using it, the bike repair fee will be charged to your account.



SELF CATERING

If you request, we can help you enjoy a barbecue in the pond area of our hotel, for an extra fee. We have meat, chicken, mixed and sausage menu options. If you want to receive this service, you can get information from the Reception and Food and Beverage staff.

*It is forbidden to bring or consume anything from outside to the barbecue area.

If a product is brought from outside, the service fee will be added to your account.

*Please do not throw your garbage on the ground. We kindly ask you to put your garbage waste in the garbage bags provided by the staff and leave them tied up.

*Bread etc. You can offer your remains to the animals around the pond.

AFYON AND SURROUNDINGS CULTURAL TOURS

Accompanied by our TÜRSAB approved agency within our hotel, we offer you excursion opportunities while you are in Sandıklı, aiming to show you the cultural heritage of this region, have fun and learn. The minimum number of people for these tours must be 20. Tours with insufficient number of people will not be held.

Please contact the reception to get information about tours.

The Tour Choices you can make are as follows:

Afyonkarahisar, Sandıklı Akdağ Nature Park, Taşoluk Mahmari Obası,
Afyon Struggle for Independence, Sandıklı Culture, Afyon Phrygian Valley Tour

FOREWORD FROM OUR GENERAL MANAGER ABOUT SUSTAINABILITY

We know that we obtain almost all of our needs throughout our lives, directly or indirectly, from nature. Considering our interaction with nature, it is of great importance to pay attention to sustainability in protecting the environment and using natural resources. Unfortunately, we often do not remember or ignore the environmental dimension in our consumption habits that we acquire to meet our needs. In order to eliminate this deficiency and think a little more environmentally-centered, we need to be knowledgeable about environmental protection. It is of great importance that we reflect the environmental awareness we have gained through this knowledge into our behaviors. Becoming a brand with its unique structure and ensuring continuity with quality service is possible with respect for nature. We know that you, our valued, conscious guests, will always prefer such businesses. Our hotel; It attaches importance to instilling environmentally friendly behavior and respecting the balance of nature. We have an understanding that sees itself as a part of nature, not as its ruler. Guided by the principle of leaving a livable nature to future generations, our hotel adopts the principle of supporting all kinds of aid related to nature. Our booklet of our facility; To share important information on subjects such as vision, mission, values, targets, environmental policy, food policy, garbage waste, recycling, water, forest, renewable energy. I hope that our booklet will be beneficial primarily to our guests staying at our facility, all our employees and our entire environment, and I offer my respects with the hope of leaving a cleaner and greener environment to future generations.



MISSION

With our environmentally friendly and friendly hospitable service that preserves natural historical and cultural values, without ever giving up on our quality service principles for a high level of guest satisfaction; We are proud to be a facility that is constantly recommended and preferred by our customers.

VISION;

It is an exemplary facility that is always preferred by the guests with its unique service approach in the service sector, with its team spirit trained with environmental awareness, creating a brand with all its employees, without compromising superior service quality, in line with the principle of "protecting and using nature, not consuming it", with its understanding of environmental awareness. is to be.

VALUES

Giving importance to the continuous training of its employees and self-improvement,
always smiling,

Believing in guest satisfaction,

Taking the necessary precautions to protect the environment and attaching importance to environmental awareness,

Developing environmental awareness and ensuring that individuals adopt permanent behaviors,

Taking the necessary measures for all kinds of savings in the business,

Providing necessary training on energy efficiency and energy and water saving,

Providing the necessary training on recycling / recovery and reuse,

Being at peace with his/her environment and attaching importance to friendly relations with his/her neighbors,

Establishing good relations with all official and unofficial institutions and organizations,

Applying the conditions required by law,

Believes in the efficiency of existing management systems and uses them effectively

GOALS

Making quality service your road map,

Creating a unique brand and ensuring its continuity within the industry,

To ensure a high level of guest satisfaction and to continuously improve it,

Increasing the operational profitability and efficiency of the business,

To ensure personnel satisfaction through continuous training and other practices,

To ensure and implement work, food safety and hygiene standards,

Ensuring that the business is constantly maintained and functional in structural terms,

To develop and maintain quality and environmental management systems

To inform our guests and the public about Environmental and Social Responsibility Activities.



SANDIKLI THERMAL PARK SPA & CONVENTION CENTER HOTEL OUR SUSTAINABILITY POLICY

As Sandıklı Thermal Park SPA & Convention Center Hotel, which is involved in accommodation activities in world and Turkish tourism, we aim to integrate the concept of sustainability into our current activities, future investments and value chain by evaluating environmental, social and corporate governance practices.

Neglecting future generations in line with the increasing world population and demands. We adopt a sustainable development approach that explores conscious consumption methods and alternative resources in order to sustain the existence of natural resources that meet today's needs.

Our sustainability policy, Sandıklı Thermal Park SPA & Convection Center Hotel's activities and is included in our business model that will be applied to all our departments, starting from our board of directors.

We recognize our responsibility to the UN Sustainable Development Goals to tackle global challenges such as climate change, poverty, hunger, inequalities, water scarcity and loss of biodiversity.

To increase living standards and welfare by expanding our investments We aim to prioritize sustainable development while carrying out our work and decision-making processes.

Aware of our impact on ecological, economic and social dimensions, we are determined to develop the following SDGs as our primary focus and shape our activities accordingly by 2030.

Being aware of the need for technologies that consume less energy, people Production and services that respect health, biodiversity and environmental resources are carried out, and we continue to research and integrate into our projects the best innovative technologies that offer ways to transition to a low carbon economy by reducing greenhouse gas emissions and carbon footprint according to the scientific-based targets initiative. In this direction, within the scope of the European Green Deal, studies on reducing waste, efficient use of resources, and recycling chemicals and energy are carried out in our investments.

Our Sustainability Committee, with the active participation of our board of directors raises awareness about sustainable practices, issues that conflict with our sustainability policies are examined and reported, and short, medium and long-term sustainability targets are determined and improved.

In our reports, we list the activities for which we are responsible in our area of influence. It evaluates the positive and negative trends of the results it creates through internal and external audits and takes remedial actions; We develop studies that will improve social, environmental and economic and we apply national and international standards to offer the best quality in line with the needs of our stakeholders.



In order to carry out business activities efficiently in environmental, social and managerial

aspects: Human and labor rights, social justice, business ethics, workforce diversity, gender and equality of opportunity, risk management, commitment and cooperation with stakeholders, legal compliance; to take into account preventive measures against corruption, bribery, mobbing, discrimination and child labor;

To create the necessary resources to integrate sustainability values, which have a low ecological footprint for the planet, combat climate change, use resources efficiently, save water, prioritize efficient and reliable energy technologies, support the circular economy, both in our own work and with our suppliers in our value chain. ;

In this regard, we review our sustainability policy at regular intervals. We are committed to keeping it updated in consultation with relevant departments. All our employees are obliged to implement and adopt our sustainability commitments in cooperation.

During the implementation of our activities, in accordance with international and local legislation, our Biodiversity Management Plan, Waste and Wastewater, Air Quality, Community Health and Safety, Cultural Heritage, Environmental and Social, Environmental Emergency, Internal and External Complaint, Health and Safety, Human Resources, Stakeholder Participation. Actions are taken in line with our Education and Water Resources Management

Plans. Within the scope of environmental management systems, EIA and third party independent It is our principle to set new targets for the evaluation and continuous improvement of direct and indirect carbon emissions, energy and water consumption through environmental audits and exercises.

In accordance with the waste management hierarchy and the Zero Waste Project, our primary goal is to reduce the amount of waste at its source. In cases where it is not possible to reduce the amount of waste produced to zero, all wastes are separated according to their types.

Our stakeholders include local governments, ministries, NGOs, media, The local community, universities, suppliers, consumers and our staff are included. We attach importance to conducting interviews (surveys, etc.) among our stakeholders in order to provide official communication channels that use transparent, sincere and clear language. Consumer satisfaction and loyalty are monitored to improve our competence.

The aim is to monitor the OHS performance based on zero accidents and zero occupational diseases in the facility and to get to the root cause of the events that threaten the health and safety of those in the work area, and to carry out proactive, corrective and preventive activities (CAPA) for a sustainable working environment is adopted as a principle. The training and development of our employees is a critical point for us, and we encourage our employees to realize their competence and potential by investing in training on sustainability.



We conduct fair, equal opportunity, non-discriminatory, responsible and human relations, and we take care to establish contact with the local people in the area of influence of our facility. Our employees and local communities actively notify us through complaint and suggestion mechanisms, so that possible risky situations and demands (education, employment, food supply, etc.) are evaluated and action is taken before they become critical.

Our Sustainability Policy is integrated with our other environmental, social and corporate policies of our company.

The Board of Directors is committed to fulfilling the requirements specified in this policy and expects the employees of Sandıklı Thermal Park SPA & Convention Center Hotel to fulfill the same commitments.

SANDIKLI THERMAL PARK SPA & CONVENTION CENTER HOTEL

DIVERSITY POLICY

Throughout its history, our Sandıklı Thermal Park Resort SPA & Convention Center Hotel has shown a strong commitment to people and our values.

We believe that by leveraging the creativity and innovation of people with different experiences, perspectives and cultures, a diverse workforce helps our company and our employees realize their true potential. It also allows us to better understand and respond to our diverse and changing guest base around the world and respond to societal changes.

PURPOSE The purpose of this policy is to create and maintain a working environment where employees are treated with dignity and respect and where there is no discrimination.

At our Sandıklı Thermal Park Resort SPA & Convention Center Hotel, no employee or employment applicant is discriminated against on the basis of gender, age, race, ethnicity, religion, marital status, sexual orientation, socioeconomic status, physical abilities or political beliefs.

In addition, Sandıklı Thermal Park Resort SPA & Convention Center observes the principles of non-discrimination and equal opportunity in every environment where our hotel operates.

Sandıklı Thermal Park Resort SPA & Convention Center Hotel supports talents with different knowledge, skills and training equipment in accordance with the requirements of the job in the working environment. In this direction, our Sandıklı Thermal Park Resort SPA & Convention Center Hotel plans the necessary road maps to attract, develop and retain talents.



SCOPE

This policy aims to be binding on behalf of all Sandıklı Thermal Park Resort SPA & Convention Center Hotel employees, as well as all stakeholders and local people who have any commercial and/or sectoral ties with our Sandıklı Thermal Park Resort SPA & Convention Center Hotel.

Within the above Purpose and Scope, studies are carried out to train and guide people within the framework of diversity and equality of opportunity, which are among the values of Sandıklı Thermal Park Resort SPA & Convention Center Hotel. The Board of Directors is committed to fulfilling the requirements specified in this policy and expects its employees to fulfill the same commitments.

DIVERSITY AND INCLUSIVITY IN PRACTICE

In accordance with the values of our Sandıklı Thermal Park Resort SPA & Convention Center Hotel, every employee and leader is expected to:

- To encourage and create a participatory environment, • To treat all employees fairly, equitably and respectfully, • To attract, develop and retain a variety of people with different abilities within our Sandıklı Thermal Park Resort SPA & Convention Center Hotel.
- This enriches our company and culture by: • Creating a highly productive, diverse and inclusive work environment, enhancing our reputation as the employer of choice for top talent. • Deepening customer and market understanding to deliver superior products and services to a rapidly changing market.
- Maximizing innovation opportunities by using many different perspectives, skills and experiences from our employees and stakeholders. • Adapt with agility to a global society fueled by constant change provide and respond.
- To create sustainable growth and value for our shareholders.

KEY FOCUS POINTS

- Recruitment: Focuses on different talents in job applicants. We encourage and facilitate the recruitment of a diverse workforce.
- Compensation: We provide gender pay equity and inclusive benefits policies that ensure fairness and respect for each individual.
- Performance Management and Development: We ensure that all employees have equal opportunities within their career, personal and professional development.
- Policies, processes, talent and rewards strategy: Our diversity policy We adapt and update when necessary.
- Training: We raise awareness by providing training on the importance of diversity and inclusion to avoid unconscious bias in our organization and business relationships.



OWNERSHIP

The Accounting Manager is responsible for implementing the principles and practices of this policy.

COMPLAINT POLICY

Our employees who think that the commitments in this policy have not been fulfilled, who want to ask a question regarding this policy or discuss a possible violation, can contact our Hotel's mailing address info@sandikliparkhotel.com.

SANDIKLI THERMAL PARK SPA & CONVENTION CENTER HOTEL ENVIRONMENT POLICY

AIM

As Sandıklı Thermal Park Resort SPA & Convention Center Hotel and its employees, we aim to be a leader in the environment on a national and international scale and to continuously improve our environmental performance, based on sustainable development strategies in the sector in which we operate as an integrated polyester and chemicals producer in line with the United Nations sustainable development goals and circular economy principles. and we aim to raise it to the highest level.

SCOPE

This policy covers our Sandıklı Thermal Park Resort SPA & Convention Center Hotel and all its employees, personnel involved in contracts made with suppliers, contractors, subcontractors and other organizations. The Board of Directors is committed to fulfilling the requirements specified in this policy and expects its employees to fulfill the same commitments.

To achieve our goals; To comply with other relevant national and international requirements beyond the applicable legal environmental legislation, to constantly review and improve our environmental management, to report our environmental impacts annually in our sustainability reports, to define all environmental dimensions with a life cycle approach and evaluate their impacts, to eliminate and improve environmental risks, to reduce them to acceptable levels, To prevent pollution, to protect the environment and natural resources in order to achieve the goals and objectives, to carry out the necessary studies on the efficient use of natural resources, to reduce the amount and intensity of carbon dioxide emissions within the scope of combating climate change, to determine and follow up the goals and targets for this purpose, to review the changes and to implement renewable energy resources accordingly. to increase studies on the use of energy resources and energy efficiency



During our activities, we use water, energy, raw materials, chemicals, etc. To reduce consumption by adopting sustainable, efficient and economical use of resource consumption, and to use clean production technologies and the best available techniques to prevent and reduce waste generation resulting from our activities within the framework of a circular economy, and to minimize all kinds of emissions, greenhouse gas emissions and their effects on the environment. To adopt, in all our processes, to ensure the purchase of products and services that are highly energy efficient, have minimal impact on the environment and are sustainable, to support designs for energy performance and to ensure continuous improvement, by approaching our employees, guests, government institutions, suppliers, shareholders, stakeholders and society with respect and respect for the protection of the environment. and to fulfill our environmental responsibilities within the framework of the needs and expectations of our stakeholders, for this purpose; To prepare our environmental reports regularly and share them transparently, to monitor and continuously improve our environmental performance, to increase their awareness of the environment and to improve the level of awareness by providing all kinds of communication and cooperation with the relevant parties, providing necessary information, training, etc. We are committed to carrying out its activities.

SANDIKLI THERMAL PARK SPA & CONVENTION CENTER HOTEL CHILDREN'S RIGHTS POLICY

Sandıklı Thermal Park Resort SPA & Convention Center Hotel employees recognize children as individuals, respect their rights, and protect all kinds of psychological, physical, commercial, etc. They are aware of their responsibility to protect against exploitation and prioritize protection. Being aware that the protection of children against all kinds of violence is a fundamental right guaranteed by international human rights agreements and standards, we respect all aspects of "Child Rights" and, including but not limited to, the European Convention on the Protection of Children against Sexual Abuse and Sexual Exploitation, one of the international agreements to which we are a party. In accordance with the Council Convention (Lanzarote Convention), we accept and undertake all articles of the confidentiality principles of children who are victims of violence.



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Park resort
SPA & CONVENTION CENTER

PURPOSE Our aim is to ensure that Children's Rights are adopted by all our employees and stakeholders.

For this;

We provide environments/opportunities within the facility that will contribute to the development of children, where they can easily express their thoughts, wishes and feelings, and where they feel free and comfortable,

We teach our entire team the types of child abuse (physical, sexual, emotional abuse and neglect), and provide training on child abuse reporting practices and our social responsibilities in this context.

We try to be aware of parents' attitudes and behaviors towards their children, signs of physical-verbal-psychological violence or neglect, and to be alert to such cases.

We make sure that our child guests are under adult supervision in the activities they participate in.

We organize trainings and support relevant projects to raise awareness about the protection of children's rights,

When we witness suspicious actions regarding children, we first inform the hotel management and, when necessary, ask for help from the Social Support Line.

SANDIKLI THERMAL PARK SPA & CONVENTION CENTER HOTEL FOOD _____

SAFETY POLICY Sandÿklÿ

Thermal Park SPA & Convention Center Hotel is a boutique accommodation facility operating in the tourism sector. Our priority is to ensure safe food production and consumption in accordance with food safety conditions.

PURPOSE Sandÿklÿ Thermal Park SPA & Convection Center Hotel aims to carry out activities that meet guest requests and establish guest satisfaction within the framework of compliance with the legislative requirements regarding national and international food safety standards through business unit processes related to food production.

SCOPE

This policy

covers the F&B unit and its auxiliary departments that produce food and beverages, all employees of the said departments, all employees involved in supplier and other third party company contracts, and temporary Sandÿklÿ Thermal Park SPA & Convection Center Hotel staff.



POLICY

STATEMENT As Sandıklı Thermal Park SPA & Convetion Center Hotel, we are aware that achieving the expected targets in food safety practices requires determination, continuous improvement and investment in resources. Consequently; To fulfill national and international food safety legislation obligations, to meet the food safety demands of our guests as an accommodation facility and to ensure continuous guest satisfaction, to invest in human, technology and other necessary resources to ensure continuity of food safety compliance, to create food safety awareness in all relevant units and suppliers, and To determine, monitor and periodically review food safety goals and objectives, and to implement HACCP, GMP and other relevant process control management programs.

SANDIKLI THERMAL PARK SPA & CONVENTION CENTER HOTEL HUMAN RIGHTS POLICY

Sandıklı Thermal Park SPA & Convetion Center Hotel, together with its employees and all stakeholders, respects all aspects of Human Rights and, including but not limited to, the United Nations Global Compact and the European Convention on Human Rights. , the Universal Declaration of Human Rights, the OECD General Principles on Multinational Enterprises and the International Labor Organization (ILO). It accepts and undertakes all articles of the Declaration of Social Justice for Globalization.

PURPOSE Our aim is to ensure that Human Rights and fundamental freedoms are embraced by all our employees and stakeholders, and to prevent poverty, hunger, gender inequality, climate crisis and discrimination within the framework of the United Nations Sustainable Development Goals (SDG), but not limited to these.

SCOPE

This policy aims to be binding for all Sandıklı Thermal Park SPA & Convetion Center Hotel employees, supplier companies, contractor companies, customers, as well as third party stakeholders and the public who have any commercial or industrial ties with Sandıklı Thermal Park SPA & Convetion Center Hotel .

Within the framework of respect and compliance with Human Rights, the Board of Directors undertakes to fulfill the requirements specified in this policy and expects the employees of Sandıklı Thermal Park SPA & Convetion Center Hotel to fulfill the same commitments.



CHILD LABOR:

For the healthy development of children and within the framework of respect for the right to education, not to employ employees under the age of 18, to act in accordance with the procedures and principles of employing young workers, to ensure that people are not forced to work against their will at any stage of product production,

RECRUITMENT:

In order to ensure the continuity of ethical criteria, accepting the technical and professional knowledge of personnel selection as well as compliance with company rules and social compliance conditions as necessary and important criteria in recruitment, and validating policies to prevent discrimination and harassment-mistreatment starting from the recruitment stage,

WORKING HOURS:

To comply with applicable laws and regulations during working hours and overtime due to efficient working and respect for human rights,

FEES AND PAYMENTS:

Based on the minimum wage as the minimum wage that employees can cover their living expenses; To ensure that there is no wage below the minimum wage and that overtime wages are paid by making additions as required by law,

DISCRIMINATION:

Based on the fact that all employees have equal rights; To undertake that there will be no discrimination in recruitment, compensation, access to training, promotion, or termination or retirement based on race, social class, religion, national origin, gender or political affiliation, and that employees and job applicants will not be subject to race, color, under any circumstances. Not to discriminate on the basis of belief, ethnic and national origin, religion, gender, marital status, age, physical disability and similar reasons,

FREEDOM OF ASSOCIATION AND COLLECTIVE BARGAINING:

Respecting the right of employees to join unions and bargain collectively, and the right to represent freely and democratically through employee representatives,

PREVENTION OF HARASSMENT AND MAL-

TREATMENT: To ensure that there is no verbal, physical, psychological harassment or coercion in order to ensure the peace of the working environment and the happy working of employees,



BRIBERY AND CORRUPTION:

Not to accept under any circumstances the giving, receiving or offering of bribery, corruption and/or kickbacks, created and published Sandıklı Thermal

To act within the framework of Park SPA & Convetion Center Hotel Business Ethics Rules Regulation,

FORCED AND COMPULSORY LABOR:

To ensure that there cannot be work that is obligatory by contract or in return for debt and that the work is on a voluntary basis,

EDUCATION: The education level of employees determines the general level of the company. With this logic, to increase the occupational health and safety awareness of employees, to organize in-company or external trainings to support their professional and personal development, to ensure the continuous development of the company due to the development of employees through the trainings organized,

**SANDIKLI THERMAL PARK SPA & CONVENTION CENTER HOTEL
OCCUPATIONAL HEALTH AND SAFETY POLICY**

AIM

As Sandıklı Thermal Park SPA & Convetion Center Hotel and its employees, we aim to be a leader in occupational health and safety on a national and international scale, based on sustainable development strategies in the sector in which we operate as an integrated polyester and chemicals producer in line with the United Nations sustainable development goals and circular economy principles. We aim to continuously improve and maximize our safety and security performance.

SCOPE

This policy covers the employees of Sandıklı Thermal Park SPA & Convetion Center Hotel and the personnel involved in contracts made with suppliers, contractors, subcontractors and other organizations. The Board of Directors undertakes to fulfill the requirements specified in this policy and expects its employees to fulfill the same commitments.



TO ACHIEVE OUR GOALS;

To comply with other relevant national and international requirements beyond the applicable legal occupational health and safety legislation, to constantly review and improve our occupational health and safety management, to eliminate all risks and near misses related to occupational health and safety in our workplace, arising from our activities and that may harm the health of our employees or demoralize them. to identify and constantly carry out and update risk assessments with a proactive approach, to prevent work accidents and occupational diseases, to eliminate hazards and minimize OHS risks, to be prepared for emergencies (e.g. fire, flood, earthquake, explosion, etc.), to work To provide the necessary resources in line with good practice techniques to ensure safety, protection, development, raising awareness, to be quickly alerted in emergency situations, to ensure that continuous development is supported through training, to plan, implement, evaluate and increase the performance of our Occupational Health and Safety Management System in line with sustainability principles, We are committed to ensuring the participation, communication and consultation of employees, employee representatives and all our stakeholders in continuous improvement and development activities.

**SANDIKLI THERMAL PARK SPA & CONVENTION CENTER HOTEL
SOCIAL RESPONSIBILITY POLICY**

CHILD LABOR:

For the healthy development of children and within the framework of respect for the right to education, not to employ employees under the age of 18, and to act in accordance with the procedures and principles of employing young workers,

RECRUITMENT:

In order to ensure the continuity of the company's ethical criteria, in the selection of personnel, technical and professional knowledge as well as compliance with company rules and social compliance conditions will be considered as necessary and important criteria, and the following policies for preventing discrimination and harassment-mistreatment are valid starting from the recruitment stage,

RAISING AWARENESS OF EMPLOYEES:

Believing that the basis of social compliance lies in conscious employees, increasing the awareness of employees by informing them about their personal rights, company rules and working conditions during the recruitment phase and at certain periods during the employment,



WORKING HOURS:

To comply with applicable laws and regulations regarding working hours and overtime due to efficient working and respect for human rights,

FEES AND PAYMENTS:

Based on the minimum wage as the minimum wage that employees can cover their living expenses;
No wages below the minimum wage, overtime wages must be paid with additions as required by law,

COMPLIANCE WITH LAWS AND OTHER OBLIGATIONS:

By adhering to the applicable laws and regulations, our customers' business partnership rules as well as international social responsibility formations
To follow (ILO) rules,

DISCRIMINATION:

Based on the fact that all employees have equal rights; There can be no discrimination in hiring, compensation, access to education, promotion, or termination or retirement based on race, social class, religion, national origin, gender or political affiliation,

FREEDOM OF ASSOCIATION AND COLLECTIVE BARGAINING:

To respect the right of employees to join a union and collective bargaining, and their right to represent freely and democratically through employee representatives,

COMMUNICATION:

With the belief that success depends on healthy communication, to carry out practices aimed at keeping the connections between employees and managers alive, creating good relationships between employees and managers and ensuring the continuity of these relationships,

SUBMITTING WISHES AND COMPLAINTS:

To create alternative methods through which every employee can convey their wishes and complaints, to establish a suitable working environment by providing timely and effective evaluation and feedback, and that no retaliation will be made against the employee in response to his/her wishes and complaints,

PREVENTION OF HARASSMENT AND MAL-TREATMENT:

To ensure that the working environment is peaceful and that employees work happily, there is no verbal, physical, psychological harassment or coercion,



BRIBERY AND CORRUPTION:

Bribery and/or giving, receiving or offering kickbacks cannot be accepted under any circumstances.

Sandıklı Thermal Park SPA & Convection Center Hotel Business Ethics Rules
Will be treated within the framework of the regulations,

FORCED AND COMPULSORY LABOR:

There can be no work that is obligatory by contract or in return for debt, and the work must be on a voluntary basis,

SUPPLIER MANAGEMENT:

With the belief that all suppliers have equal responsibility; Evaluating the social compliance activities of supplier companies, following the results with action plans, controlling social compliance activities with management systems,

OCCUPATIONAL HEALTH AND SAFETY:

Accepting people as the most valuable asset in all its activities and minimizing any losses that may occur by creating a safer and healthier working environment is the primary goal, organizing training to ensure that all employees are aware of their individual responsibilities on the subject, and providing the necessary equipment in terms of Occupational Health and Safety. local laws and regulations regarding Occupational Health and Safety and Sandıklı Thermal Park

To comply with the procedures of the SPA & Convection Center Hotel by taking them into account, to create a communication environment where all employees can work in accordance with the procedures and regulations and to raise awareness about the work done in this regard, to identify the risks related to occupational health and safety hazards that may arise from the activities of our institution and to control these risks by reducing them to acceptable levels. to keep under

EDUCATION:

The education level of employees determines the general level of the company. With this logic, we are committed to increasing employees' awareness of occupational health and safety, organizing in-company or external trainings to support their professional and personal development, and ensuring the continuous development of the company due to the development of employees through the trainings organized.

ZERO WASTE

WHAT IS WASTE?

ENTRANCE

Throughout our lives, we obtain almost all of our needs from nature, directly or indirectly. Considering our interaction with nature, it is of great importance to pay attention to sustainability in protecting the environment and using natural resources. Unfortunately, in our consumption habits that we acquire to meet our needs, we often do not remember the environmental dimension, or even if we do, we ignore it by thinking anthropocentrically. In order to eliminate this deficiency and think a little more ecocentrically, it is of great importance that we are knowledgeable about environmental protection, gain environmental awareness within this knowledge and reflect this awareness in our behaviors.

For this purpose, the booklet contains general information on garbage-waste, recycling, water, forest and environment-related issues.

"The garbage thrown into the environment threatens the lives of living things."

WHAT IS GARBAGE AND WASTE?

There are various sources and many types of garbage that we constantly hear about in our daily lives and that is produced as a result of our consumption. We encounter garbage on the roadsides and sidewalks in the area we live in. This behavior, which is quite wrong, poses a great danger to both environmental health and the creatures living in that area, including humans. Rapidly increasing population, urbanization and industrialization pave the way for rapid depletion of resources and also increase the amount of waste produced. Garbage and

waste thrown into the environment;

It causes odor while spoiling the appearance of cities and their surroundings, causes an increase in animals such as flies and mice that carry infectious diseases, and poses a health threat by creating a home for germs and harmful bacteria. For this reason, everyone should act consciously;

Garbage in the trash bin,

Throwing waste into waste bins,

Officials must regularly collect this garbage and waste and ensure that it is disposed of in an appropriate manner.

Generally speaking, when we look at the literature, substances that are formed after production and consumption activities and whose release into nature will harm human and environmental health are called "waste". Some of these wastes can be reused and recycled into the system as raw materials, but some cannot be used at all. Those that cannot be reintroduced into the system and used in any way are described as "garbage".

Wastes within themselves;

- Domestic,
- Medical,
- Industrial,
- Agricultural and
- Can be classified as garden waste.



Among these wastes, those that will harm human and environmental health from industrial and other production facilities are called "hazardous wastes" (for example, various chemicals). One of the wastes that we frequently encounter in our lives and that take up a large amount of space in our daily use is packaging. The products are packaged in accordance with their structure and shape to keep them clean and make them easier to transport.



Sandıklı Thermal ★★★★★
Park resort
SPA & CONVENTION CENTER



FLAMMABLE

It ignites and burns easily in fire.



EXPLOSIVE / REAGENT

It may react or explode under heat or pressure or with other substances.



RADTOACTIVE

It damages the cell and genetic structure.



CORROSIVE / CASTIC

Burns and irritates living tissue



TOXIC / TOXIC

If inhaled, swallowed or absorbed, it causes serious harm that can lead to death.

Every year, we throw away tons of hazardous waste along with household waste, causing groundwater pollution as a result.

RECYCLING PROCESS

Pollutions described as environmental pollution are interconnected within the natural cycle. For this reason, recycling will reduce the amount of garbage and is also important to prevent air and water pollution and save energy. By recycling 1 ton of used paper and reusing it in paper production; Cutting down of 16 mature trees that meet the oxygen needs of 34 people is prevented. Photosynthesis enables the use of 12,400 cubic meters of carbon dioxide and the production of 12,400 cubic meters of oxygen. 2.4 m of landfill space is saved. On average, 323 m of water consumed by 3 families in a month is saved. 1,750 liters of fuel oil, which would be consumed by two families for heating purposes during the winter months, is saved. 4100 kw/h of electrical energy, which would be consumed by 20 families on average in a month, is saved. By recycling 1 kg of used aluminum cans and reusing them in aluminum production; 8 kg of bauxite material is preserved. Harm is prevented by not using 4 kg of chemicals. The use of 1 kW/hour of electrical energy is preserved.

Compared to producing new aluminum, air pollution is reduced by 90%, water pollution by 97%, energy consumption by 95% and flue gas pollutant emissions by 99%.

RECYCLE

Many of the materials we see around us and describe as garbage can actually be reused as raw materials. For this reason, it is necessary to consider the appropriate method when disposing of waste generated as a result of our consumption or when it comes to disposal of these wastes. Recovery of waste through recycling is of great importance in terms of both the economic and environmental dimensions of sustainability. Because with recycling;

Raw materials are provided to the economy,
Consumption of natural resources is reduced,
Space is saved in garbage storage areas.

By not disposing of these wastes into nature, it is prevented from creating pollution in our environment and endangering the lives of other living things. It is called **RECYCLING** when it is converted into secondary raw material by going through various physical and/or chemical processes that allow it to be re-evaluated and then included in the production process again .

The purpose of recycling is; It can be summarized as preventing unnecessary use of natural resources and reducing the amount of garbage.



WHY IS RECYCLING IMPORTANT?

- * Ensures the protection of Natural Resources.
- * It helps us save energy.
- * It provides convenience in garbage operations by reducing the amount of waste.
- * It helps us invest in the future and the economy.
- * Solid waste storage areas can be used for a longer period of time,
- * It prevents environmental pollution.

STEPS OF THE RECYCLING SYSTEM

1. Separate collection at the source
2. Classification
3. Evaluation
4. Bringing new products into the economy



WHAT CAN BE RECYCLED?

Paper, plastic, metal, aluminum, glass, batteries, waste oils, electronic waste, organic waste, motor oils, accumulators, vehicle tires, x-ray films, concrete can be recycled. The method used for recycling varies depending on the material to be recycled.

By recycling 1 ton of aluminum;

1300 kg of bauxite mine, 15,000 liters of cooling water will be saved and 2,000 kg of CO and 11 kg of SO will be produced less. When 10 aluminum beverage cans are recycled, the electrical energy consumed by a 100 kW/h lamp in 35 hours or a TV in 30 hours is preserved.

By recycling used glass and reusing it in glass production;

Compared to producing new glass; Air pollution is reduced by 20%, energy consumption by 25%, water consumption by 50% and mining waste by 80%. Sand, soda and lime resources are preserved. For every ton of glass recycled, approximately 100 liters of oil are saved.

The Unknown Side of Recycling

The number of facilities licensed for the recycling of different types of waste is approximately 500. The total capacity of these facilities is approximately 5,500,000 tons/year. The number of employees in these facilities is approximately 7,000 people. Approximately 3 million tons of waste is recycled in these facilities, and its total economic value is approximately 600 million TL.

DO YOU KNOW THESE?

Sustainability;

Sustainability means meeting today's needs without compromising the ability of future generations to meet their own needs. In short, sustainability is the ability to be "permanent". On the one hand, it is to obtain the needs while on the other hand, it is to ensure that the resources used are damaged to the least extent.

Environmental Literacy;

It is having awareness, knowledge and sensitivity about how natural systems in the world work and how human activities affect these systems.

Environmental Education;

It is the training provided to provide information about environmental science while also providing individuals with the aim of developing their attitudes towards the environment, transforming these attitudes into positive and permanent behaviors, ensuring the active participation of individuals in solving environmental problems and gaining environmental literacy.



Handling all services within the framework of a plan, from collection to storage or disposal of garbage, and primarily evaluating or recycling these wastes, is called "environmentally compatible waste management".

leather, metal, wood, glass 68% of domestic solid waste consists of materials such as plastic, and ash. Approximately 15-20% of the garbage amount in Turkey consists of recyclable waste. Approximately 65 thousand tons of garbage are produced per day in our country.

Improperly stored garbage causes underground and surface water pollution, the breeding of pests, the spread of bad odors to the environment, visual pollution and the spread of carrier microbes through various animals. When purchasing any product, care should be taken to ensure that it is recyclable. Instead of bags that we will use once and throw away, cloth bags, baskets and nets that can be used continuously should be preferred. A glass bottle does not disappear in nature for 4,000 years, plastic for 1,000 years, chewing gum for 5 years, a cola can for 10-100 years, and a cigarette filter for 2 years.

WHAT CAN AN ECO-HOTEL DO ABOUT GARBAGE-WASTE?

The first thing that is expected of a hotel that starts working on Garbage-Waste is to form an Eco-Team and to raise awareness of the staff who will take part in the Eco-Team about what garbage and waste are. Staff who have an idea about the subject they are working on can then determine the places where the most garbage and waste are produced in and around the hotel within the scope of "Environmental Review". In this way, they can start to generate ideas about what can be done about recycling and minimizing waste in the hotel.

SAMPLE ACTIVITIES ON WASTE-WASTE

Environmental Review

Creating a garbage map of the hotel while conducting environmental inspection inside and outside the hotel.

Determining what type of waste is produced in the hotel, how much of it is generated, and which can be evaluated.

Providing information about the 3R strategy (Use Less, Reuse, Recycle) by introducing the recycling sign and preparing recycling boards,

Examples of work done with waste materials:

Organizing a fashion show

Making bird nests and placing them in suitable places around the hotel.

Celebrating important days and weeks with waste material studies, etc.

GUMMIES;

Unfortunately, it is a common occurrence to see chewing gum stuck to the ground on the streets. Cleaning the chewing gum on the ground and dissolving it in nature is a long process.

Chewing gum should not be thrown on the ground or in nature.



VARIOUS DAYS AND WEEKS:

- World Forest Day (21 March) •World Environment Day (5 June)
- Environmental Protection Week (2nd Week of June)
- World Savings Day (31 October)
- Erosion Combat Week (3rd Week of November)
- Tutum Investment and Turkish Goods Week (week including December 12)

CIGARETTE BUTTS;

Cigarette butts disappear in nature within 2 to 500 years, depending on their location. Creatures in nature may try to eat cigarette butts, mistaking them for food. Therefore, they may suffocate or be poisoned. Toxins in cigarette butts can leak into waterways and river beds.

Those that are not extinguished carefully may cause fire.

For these reasons, cigarette butts should not be thrown into the streets and nature. (Let's warn our relatives about this!)

FORESTS

The forest prevents erosion and reduces the speed of the wind. It prevents rains and streams from carrying the soil by holding the soil with the roots.

Forests protect wildlife and game resources.

It balances heat and cold. It reduces the temperature in summer and increases the temperature in winter.

It prevents radiation. It condenses water vapor and turns it into rain. Forests provide opportunities for entertainment, rest and leisure. It attracts great attention, especially from people living in cities, with its air, water, natural beauties and tranquil environment. It has positive effects on people's physical and mental health. Forests also extend the economic life of dams and prevent natural disasters. It contributes to the country's tourism with its natural beauties.

USEFUL INFORMATION ABOUT FORESTS

One hectare of spruce forest absorbs 32 tons of dust per year, beech forest absorbs 68 tons, and pine forest absorbs 30 tons of dust. Forests maintain biological balance. 50 bird species can live in an area consisting of leafy trees, and it reduces the noise of a 50 m wide highway by 20-30 decibels. It creates 8 times more humus than a treeless area and allows soil creatures to live. A beech tree that is 25 m tall and has a crown of 15 m produces 1.5 kg of oxygen per hour. Today, approximately 50% of air pollution is cleaned and disinfected by forests. They clean toxic gases such as exhaust and dirty water by disinfecting them. A 100-year-old beech tree consumes 2.35 kg of carbon dioxide per hour, emitted by approximately 40 people. A beech tree, 25 m tall and around 100 years old, located in an area of 10x10 m, produces 30,000 liters of energy per year through its roots and capillaries. It attracts water and prevents soil from draining. Beech tree absorbs and filters 7 kg of dust and 300 kg of poison in a year. It helps us find direction.

THIS IT IS OUR FUTURE

THE IMPORTANCE OF WATER FOR LIVING LIFE

Water is vital for the survival of living things. It is water that sustains all biological life and all human activities, from the smallest living organism to the largest living being. Water is life. Water covers 3/4 of our world. 60% of our body consists of water.

Only 2.5% of the world's water is fresh water. 70% of this is found in glaciers, soil, atmosphere and groundwater and is unusable.

THERE IS NOT ENOUGH WATER IN THE WORLD

The need for water is increasing day by day due to the rapid increase in the population, while water resources remain constant. The average per capita water consumption in the world is around 800 m per year. 1.4 billion people, corresponding to approximately 20% of the world's population, are deprived of adequate drinking water, and 2.3 billion people are longing for healthy water. In addition, by 2050, the number of countries suffering from water shortage will increase to 54 and the number of people forced to live in these conditions will increase to 3.76 billion. This will mean that 40% of the world population, which is expected to be 9.4 billion in 2050, will suffer from water shortage.

Every year, 2 million people, mostly children, die from intestinal infections that occur as a result of inappropriate water use and poor hygienic conditions. In addition, chronic fluoride deficiency and many similar situations become a very serious problem. Hepatitis A and malaria still maintain their importance as serious health problems in many parts of the world. It will be possible to prevent these by increasing the usable water quality and improving health conditions. In order for a country to be considered water rich, the annual water amount per capita must be at least 800-10,000 m and Turkey is not a water-rich country. The 3-year water amount per person in Turkey is 1,430 m.

WATER IS LIFE, DON'T WASTE YOUR LIFE...

WATER USE FACTS / ERÇEKLERİ

55% of all water used in homes is used in bathrooms kullanılmaktadır.
On an average home, toilet water consumption is about 28% kadardır.
An irrigation system operated for two hours consumes 2276 liters of water.
When washing your car with a hose, turning off the water during the rinse saves 680 liters of water. fu sağlar.
If you wash the walkway with a hose, 230 liters of water will be consumed every 5 minutes.

DO YOU KNOW THESE?

Nature cannot produce water again. The recycled water is the same as the water from millions of years ago.
A hole that would fill a coffee cup in 10 minutes would waste 1,100 liters of water per year boş a gitmesine yol açar.
A leaky toilet flush wastes 83,000 liters of water a year suyun boş a gitmesine sebep olur.
You can't take a bath with this amount of water 3 times a day for a year.
When taking a shower, you consume 18 liters of water in one minute, which is equal to 90 glasses of water.
Tooth brushing takes an average of 3 minutes. If the tap is left open, we waste an average of 15 liters of water for each brushing. kıtmış oluruz.
You can save water by watering your garden in the morning and evening hours when evaporation is low. bileceğinizi,
You can save water by watering your garden with a bucket instead of a hose or sprinkler. fu yapabileceğinizi.

**DRIP BY A DRIPE LAYA
IT DOESN'T APPEAR.**



BICYCLE FRIENDLY HOTEL

OUR BICYCLE FRIENDLY HOTEL POLICY

As Sandıklı Thermal Park Hotel, we are proud to be a part of environmental activities such as cycling since 2010.

Explore Afyonkarahisar, the Capital of Thermal and Marble, the City of Gastronomy, Afyonkarahisar, the world-famous Natural Park and Natural Wonder Akdağ Nature Park, the Phrygian Valley, and Afyonkarahisar and Sandıklı, which have been the capitals of many Anatolian Cultures, by bicycle...

BIKE RENTAL

If you are not traveling with your own bike, you can rent one of our hotel bikes to explore Afyonkarahisar and Sandıklı by bike.

Cyclist Menu Planning Services

There are special menu contents for you, valued bicycle users, prepared by our hotel's dietician.

Cycling Routes

Afyonkarahisar and Sandıklı have many things to offer. Nature and nature are intertwined, untouched Anatolian cultures, Taste Stops... You can spend your day exploring and there will still be plenty left to discover.

Are you coming to Sandıklı for the first time and don't want to miss this exciting city and its surrounding attractions?

The routes we will offer you will take you to the most famous and beautiful places of Sandıklı and Afyon. These routes will be your guide while visiting Afyonkarahisar and Sandıklı and you will not miss any place to see during your visit in Afyonkarahisar and Sandıklı.



FOOD-FRIENDLY HOTEL

With the increasing population in the world, food waste is also increasing. Although enough food is produced for everyone on earth, due to unbalanced distribution, waste is encountered in some regions, while hunger and deaths occur in others. Research shows that food production must increase by 60-70 percent to feed the world population, which is expected to reach 10 billion in 2050. This being the case, 1.3 billion tons of the 4.5 billion tons of food produced in the world every year goes to waste before reaching the consumer. It is known that these thrown away foods cause serious harm both environmentally and socially. Today, one of the reasons for the increase in carbon emissions that causes climate change can be shown as the huge amounts of these discarded foods. In addition to the environmental damage of food waste, another important dimension is from a social perspective; worldwide, waste and starvation rates are almost at par. Globally, more than 1/3 of all food produced worldwide is wasted and thrown away. The annual value of this wasted food is 9 trillion dollars and it weighs 1.3 billion tons. While an average of one billion hungry people can be fed with less than a quarter of the food wasted in the USA, UK and Europe, research shows that even if waste is reduced by 1 in 4, food can reach 815' te 1 million people in the world. These serious figures force countries to unite against waste and produce plans and projects. When we look at Turkey, we see that the situation is not encouraging at all! In our country, where food waste has been determined to have reached 2.14 billion TL, a significant amount of the 49 million tons of vegetables and fruits produced every year go to waste! According to TÜBİTAK's calculations, the annual loss amount is approximately 12 million 12 tons. In the light of this information, our hotel has the status of an **ORANGE FLAG, FOOD-FRIENDLY HOTEL** within the scope of the Food Waste Prevention and Awareness Platform (**ORANGE FLAG**), which was established to draw attention to, and prevent the avalanche of waste throughout the country.

AMAÇ

It is a comprehensive system that directly contributes to the efforts to prevent food waste and protect food, to raise awareness in society and produces radical solutions to the problem of food waste. This system covers all kinds of food-related services, from food production to processing, storage, sale and consumption. Her türlü hizmeti kapsamaktadır.

AMİDEF

1. Leaving a livable planet to future generations sağlamak
2. Creating a sustainable life and contributing to the country's economy. sürdürülebilir yaşamı ve katkıda bulunmak.
3. To increase the level of awareness in society by providing information about waste. toplumun bilincini artırarak toplumdaki farkındalık düzeyini artırmak.
4. To ensure that children grow up as aware individuals in the future! sağlamak.
5. Reducing food waste by 70% and protecting natural resources.
6. To create a food-friendly movement around the world by leading the international arena.

OUR SLOGAN; 'ENJOY NO WASTE'İN "



SANDIKLI THERMAL PARK HOTEL KVKK POLICY

Çaydağ Sağılık Hizmetleri San. Tic. Inc.
Sandıklı Thermal Park Resort SPA & Convention Center

INFORMATION TEXT ON THE PROCESSING OF PERSONAL DATA A. PERSONAL DATA PROTECTION AND PROCESSING POLICY

PURPOSE: Çaydağ Sağılık Hizmetleri Sanayi Tic. Inc. As Sandıklı Thermal Park Resort SPA & Conventin Center ("Company"), in accordance with the Personal Data Protection Law No. 6698 ("KVKK"), with this "Information" letter we have prepared as the Data Controller, we hereby inform you about the "Information Obligation of the Data Controller" in the KVKK. Within the framework of Article 10 titled "Rights of the Relevant Person" and Article 11 titled "Rights of the Relevant Person"; We would like to inform you about the purpose for which your personal data will be processed, to whom and for what purpose your processed personal data can be transferred, the method and legal reason for collecting your personal data, and your other rights listed in Article 11 of the KVKK: As the Data Controller, you will process your personal data in the manner and manner explained below. We process, record, transfer, share and store within the limits prescribed by official legislation. Our company reserves the right to update this "Information Text on the Protection of Personal Data" at any time within the framework of changes that may be made in the current official legislation.

B. COLLECTION, PROCESSING AND PROCESSING PURPOSES OF PERSONAL

DATA: By our company, which operates in the areas specified in detail in the Company's Articles of Association, due to the activities in question; Your verbal, written or electronic personal data are collected and processed due to the regulations of the Tourism and Revenue Administration and other relevant institutions and the contracts we have concluded. This personal data of yours is used to provide services related to our company's fields of activity and to improve the quality of these services, to carry out our company's sales, marketing and other activities, to store information, report, inform.