



**estethica**  
healthy beauty

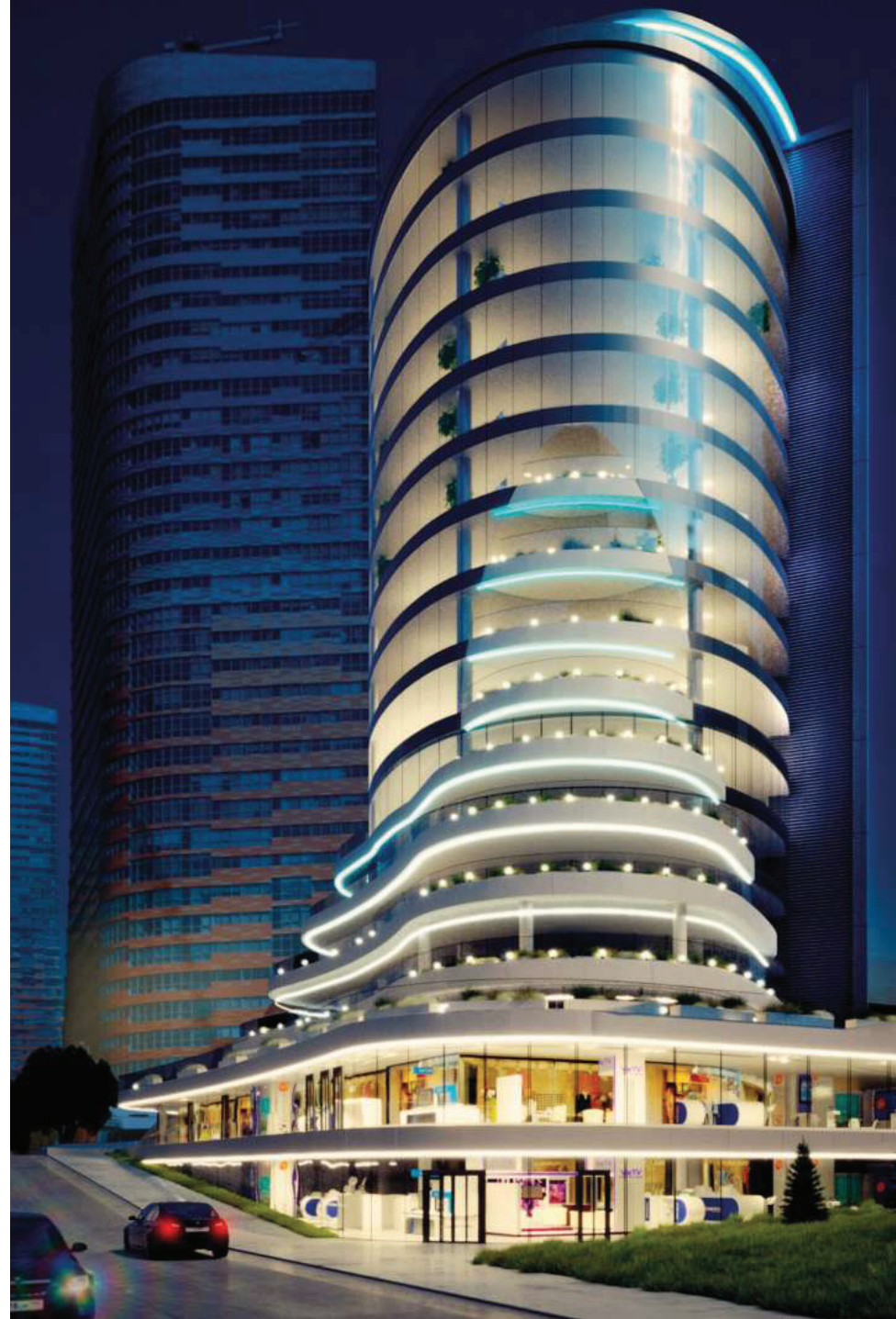


# MYC Construction

As MYC Construction, we aim to create added value in the construction and building industry with unique and meticulous projects, driven by our respect for people and the environment.

Established in 2011 and commencing commercial activities, MYC Construction Contract Health Services Tourism Industry and Trade Inc. is a rapidly advancing brand in the sector with its distinctive mission and vision.

**MYC** | İnşaat &  
Gayrimenkul





# Le Meridien Bodrum Beach Resort

*Le* **MERIDIEN**  
BODRUM BEACH RESORT

Le Meridien Bodrum Beach Resort, situated on a lush peninsula just 15 minutes from the airport, offers an endless horizon of deep blue on its 650-meter private white sandy beach. It provides unique experiences, a refreshing sense of freedom, and universal elegance, pushing the boundaries of your dreams, making you feel better than ever.

In 2017, Le Meridien Bodrum was awarded "**Eastern Europe's Best Luxury Beach Hotel**" in 2018, "**Europe's Best Luxury Villa Resort**" and in 2023, it has been selected as "**Europe's Best Luxury Wellness Facility**" "**World's Best Luxury Wellness Retreat**" and "**Turkey's Best Luxury Wellness Hotel**" in three different categories across continents, inviting you to the intersection of luxury and a healthy lifestyle.

A' DESIGN AWARD  
WINNER 2015 SILVER

DÜNYA 2015 GÜMÜŞ ÖDÜLÜ





# Le Meridien Residences Bodrum

*Le* **MERIDIEN** | THE RESIDENCES  
BODRUM

Le Meridien Residences Bodrum brings the turquoise tones of the Aegean Sea to your home, thanks to its panoramic sea view living rooms and rooms. With a location only 15 minutes from the airport, residences and villa options offer you a privileged life in a peaceful bay. If you wish, you can integrate your title-deed residence at Le Meridien Residences Bodrum into the hotel during the periods you do not use it and benefit from the advantageous income system.

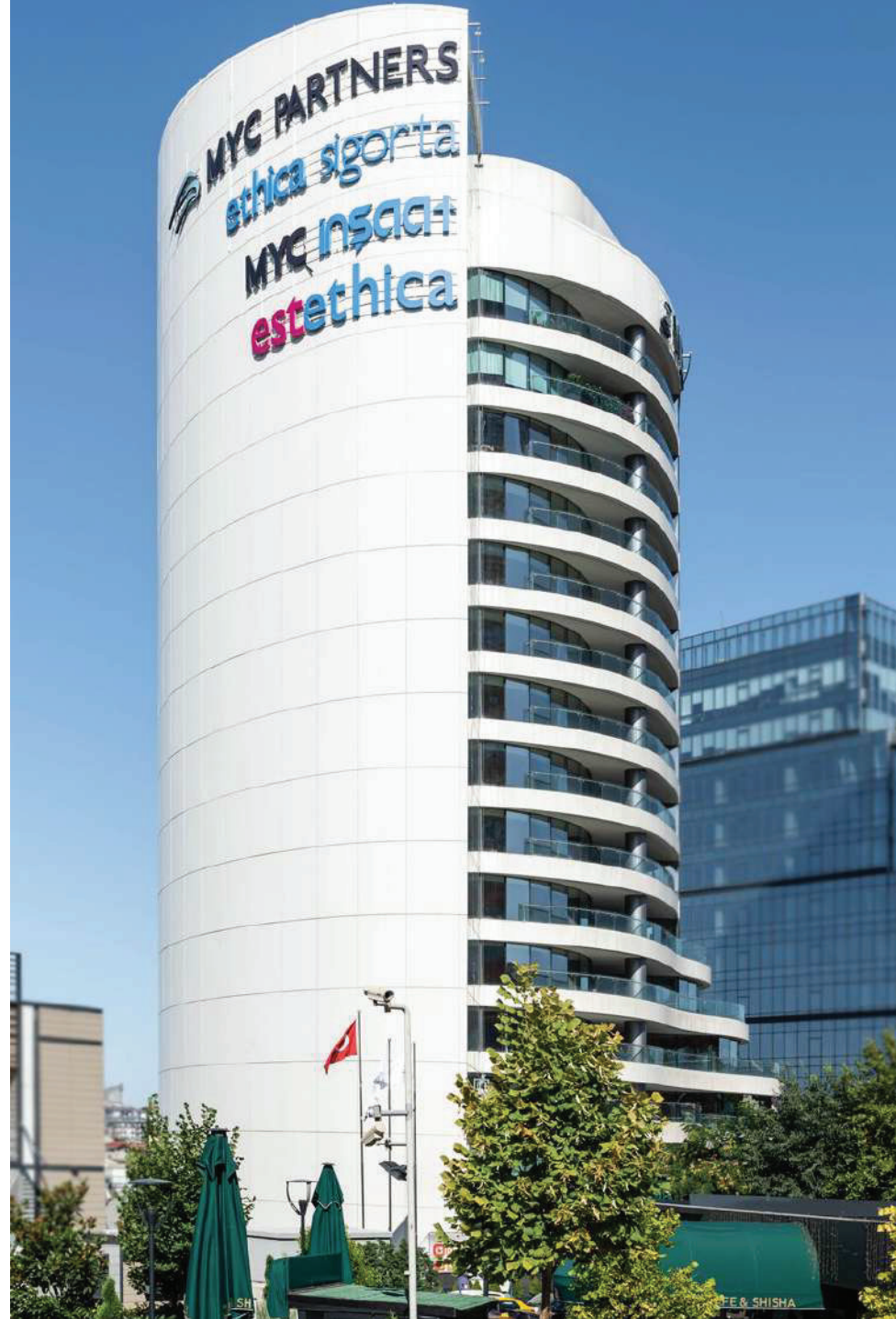


# Ethica Insurance

Established at the end of January 2016, Ethica Insurance enjoys the satisfaction of being in the service of its customers in the insurance sector with an experienced management team, a strong network of agents, and modern software systems required by the digital age.

With a management team that has over 30 years of experience in the insurance industry, Ethica Insurance aims to bring a fresh perspective to the sector with the understanding that "Insurance is our business" and to provide its customers with service that exceeds their expectations.

**ethica sigorta**







# estethica Health Group

Operating under the motto of "Healthy Beauty," estethica is the world's top aesthetic surgery hospital that has garnered awards in the health and beauty sector with the support of state-of-the-art equipment in all its clinics. With a perfectionist perspective based on scientific research, it successfully conducts treatments through expert doctor consultations and specialized surgical procedures.

Located in Istanbul, one of the world's most cosmopolitan cities, estethica aims to be accessible to everyone with its branches in Ataşehir and Levent.

estethica Health Group provides services to its guests in every field of aesthetic surgery with its expert and experienced team of doctors, state-of-the-art technology devices, and well-equipped clinics. "estethica Health Group" which has proven itself in the fields of health and aesthetics in Turkey and Europe, offers international services with its departments in Aesthetic and Plastic Surgery, Hair Transplantation and Hair Health, Cosmetic Dermatology, Oral and Dental Health, Healthy Living and Weight Loss Clinic, and Traditional Chinese Medicine.



# Our Services

**estethica**  
healthy beauty



• **Aesthetic and Plastic Surgery**



• **Oral and Dental Health Clinic**



• **Hair Transplantation and Hair Health Clinic**



• **Healthy Living and Weight Loss Clinic**



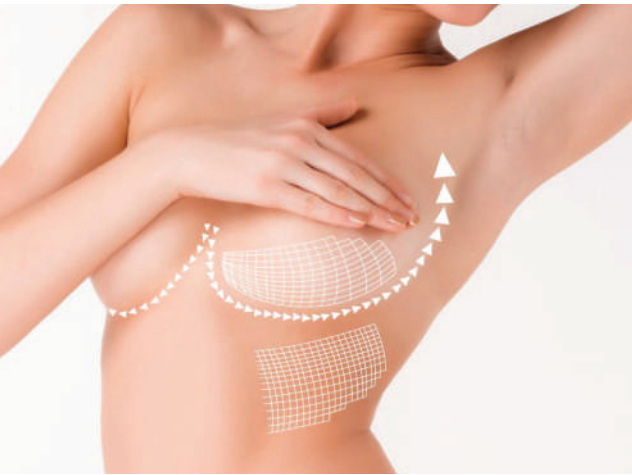
• **Cosmetic Dermatology**



• **Traditional Chinese Medicine**



# Aesthetic and Plastic Surgery



- Rhinoplasty
- Breast Aesthetics
- Gynecomastia
- Buttock Aest. (BBL)
- Liposuction
- Fat Injection
- Abdominoplasty (Tummy Tuck)
- Penis Enlargement
- Blepharoplasty
- Almond Eye Aesthetics
- Facial Aesthetics
- Buccal Fat Removal
- Dimple Aesthetics
- Chin Aesthetics
- Jowl Aesthetics
- Lip Aesthetics
- Ear Aesthetics
- Muscle Aesthetics
- Facelift
- Temporal Lift
- Neck Lift
- Eyebrow Lift
- Leg Aesthetics
- Arm Aesthetics
- Genital Area Aesthetics
- Labiaplasty
- Uvulopalatoplasty (Palatal Uvula Shortening)
- Obesity Surgery
- Gastric Sleeve Surgery
- Gastric Bypass Surgery



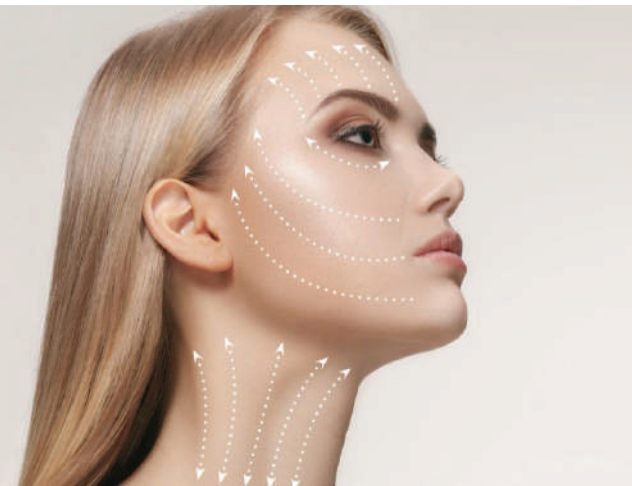
# Hair Transplantation



- Hair Transplantation with the Multi Implanter Method
- Hair Transplantation with the DHI Technique
- Hair Transplantation with the FUE Perkutan Technique
- Hair Transplantation in Women
- Eyebrow Transplantation
- Mustache Transplantation
- Beard Transplantation
- Hair Analysis
- Hair Care
- Hair Mesotherapy
- PRP for Hair Loss
- Stem Cell Therapy
- Ozone Mesotherapy
- Hair Laser Treatment
- Estheticamed Hair Care Products







## Cosmetic Dermatology

- Fillers and Botox Applications
- Non-Surgical Facelift
- Stem Cell Therapy
- Anti-aging
- Laser Treatment for Capillaries
- Laser Skin Rejuvenation
- Laser Treatment for Blemishes
- Laser Treatment for Moles and Freckles
- Laser Wrinkle Treatment
- Laser Tattoo Removal
- Laser Hair Removal
- Needle Epilation
- Radiofrequency
- Mesotherapy
- Hyperhidrosis Treatment
- Jetpeel
- Skin Care
- Golden Needle
- Thermage
- Fractional Laser
- Hifu (High-Intensity Focused Ultrasound)
- Thread Eyebrow Lift
- Thread Facelift



## Oral and Dental Health

- Implant Treatment
- Smile Design
- Zirconium Crown
- Dental Crown
- Composite Laminate Crown
- Porcelain Laminate Crown
- Dental Prosthesis Applications
- Gum Treatment
- Teeth Scaling and Cleaning
- Teeth Whitening
- Root Canal Treatment
- Orthodontic Treatment
- Tooth Extraction







## Healthy Living and Weight Loss



- Dietitian Consultation
- Regional Slimming Treatments
- Weight Loss Program
- Weight Control Program
- Acupuncture Treatments
- IV Therapies
- Ionic Foot Detox
- Ozone Sauna
- Angel of water
- Lymphatic Drainage Pressotherapy
- Sauna
- Turkish Bath
- Massages
- Body Treatments
- Vitalica Rituals





# Traditional Chinese Medicine

- Acupuncture
- Cupping Therapy
- Cup Therapy
- Moxa Therapy
- Nutritional Therapy
- Gua Sha



## Acupuncture Neural Therapy

- Obesity Treatment and Weight Loss
- Pain Treatments
- Psychological Disorders
- Urinary Tract and Genital Diseases
- Respiratory System Diseases
- Gastrointestinal Diseases
- Hormonal Disorders
- Ear, Nose, and Throat Disorders
- Dermatological Diseases
- Cardiovascular System Diseases
- Immune System Enhancement
- Cosmetic Acupuncture
- Facial Paralysis
- Smoking and Alcohol Addiction
- Infertility
- Constipation







# Vitalica Wellness

"A space prepared for your relaxation, unwinding, and self-care..."

Inspired by the enchanting atmosphere of Bodrum, which boasts one of the highest oxygen levels in the world and in Turkey, where health, vitality, peace, and happiness prevail... A world where you discover yourself and encounter tools to manage your health...



At Vitalica Wellness, we only have room for treatments and practices that have scientifically proven benefits! With a profound sense of responsibility in providing healthcare, our group works in the light of 'ethical' values, just as in esthetica hospitals, utilizing the right diagnostic and treatment methods to achieve the best results and ensure your well-being.

We tailor your program 'specifically' for you through doctor evaluation covering laboratory tests and other diagnostic methods, and we implement it in accordance with the principles of science.

We bring our 'pioneering' stance in the healthcare sector and 'healthy beauty' applications utilizing high technology to Vitalica Wellness.







## Detox Programs

Mindfulness Program  
Yoga and Breath  
Well Aging Program  
Interval Autophagic Program  
Master Detox Program  
Intensive Detox Program  
Ayurvedic Detox Program  
Post Covid Program



## Holistic Clinical Treatments

Hyperbaric Oxygen Therapy  
Lymphatic Drainage  
Pressotherapy  
Heartmath  
Luminette Therapy  
Muse Brain Session



## Wellness Treatments

Angel Of Water	Salt Room
Ozone Sauna	Ionic Foot Detox
Vasti Herbal/Coffee/Wheatgrass	Herbal Steam Room
Ozonated Colon Lavage	Infrared Sauna
Hot and Cold Herbal Liver Compress	Sodium Lung Cleanse
Ginger Compress	





## IV Cocktails

Immune Booster Cocktail  
Liver Detox Cocktail  
Fatigue Fighter Cocktail  
Serotonin Cocktail  
Metabolism Booster Cocktail  
Biotin Cocktail  
Energy Support Cocktail  
Anti-Aging Cocktail

Heavy Metal Detox Cocktail  
Hangover Cocktail  
Myers Cocktail  
Beauty Cocktail



## Physiotherapy Applications

Dry Needling  
Acupuncture  
Osteopathy  
Manual Medical Treatment  
Graston Therapy  
Craniosacral Therapy  
Kinesiotaping  
Chiropractic Practices

Vitalica Osteopathic Ritual  
Cupping Therapy  
Pain Treatment  
(Ultrasound & Infrared)  
Body Shaping - Tens  
Clinical Lymphatic Massage



## Mental Wellness

Mindfulness Therapy  
Chakra Balancing Session  
Crystal Therapy  
Tibetan Singing Bowls  
Yogic Sleep Therapy  
Trataka Focusing Therapy  
Pranamaya Yogic Breath Therapy

Brain Wave Meditation  
Mandala Drawing and  
Coloring Therapy



## Physical Wellness

Pilates Session  
Fitness Session  
Yoga Session  
Aerial Yoga  
Cross Fit  
Group Classes  
(Aqua-Gym, Fat-Burn, Yogalates,  
Functional Training, Kangoo jump)

Red&near Infrared Light Sport  
Therapy  
TRX



## Facial Masks & Treatments

Natural Facial Mask  
Vitalica Gold Mask  
Collagen and Firming Facial Mask  
Hyaluronic Facial Mask  
Impressive Facial Treatment for Sensitive Skins  
Blemish-Reducing Facial Mask  
Blemish-Reducing Eye and Neck Area Treatment



## Body Masks & Treatments

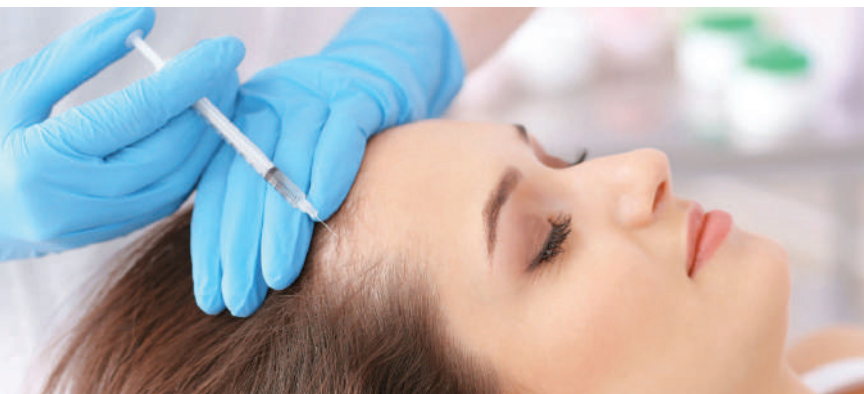
Detox Mineral Bath (Jacuzzi)  
Aromatherapy Flower Bath  
Caviar Body Treatment  
Marvelous Grape Body Treatment  
Green Tea Body Treatment  
Seaweed Body Treatment  
Enchanting Asian Body Treatment  
24KGoldEssenceBodyTreatment

Vitalica Sea Salt and  
Seaweed Firming  
Body Treatment  
Anti-Aging Clay Body  
Treatment  
Pressurized Water Therapy



## Massages

Deep Detox Massage  
Manipura Abdominal Massage  
Thai Massage  
Bali Massage  
Ayurvedic Detox Massage  
Ayurvedic Marma Joint Massage  
Ayurvedic Nasayam  
Head and Neck Massage  
Anti-Cellulite Massage  
Aromatherapy Massage  
Reflexology Massage  
Shiatsu Massage  
Shirodhara Massage  
Manual Lymphatic Massage  
Hot Stone Massage  
Turkish Bath – Exfoliating  
Foam Massage



## Medical Aesthetic Procedures

Hair and Face PRP  
Dermapen  
Pigmentation Peels  
Enzymatic Cellulite Treatment  
Enzymatic Lipolysis  
Enzymatic Rejuvenation  
Youth Injections  
Hair and Face Mesotherapy



## Vitalica Rituals

Cleopatra Ritual  
Anatolian Beauty Ritual  
Detox Ritual  
Cellulite Ritual

## Elixirs

Intestinal Elixir  
Lung Elixir  
Liver Elixir  
Brain Elixir  
Anti-Aging Elixir



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