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Beauty secrets from citrus

Vitamin, mineral, and water filled citrus are with us in all areas of life. If you want to protect and reinforce your beauty, you can receive help from Mediterranean citrus fruits.

TURKEY

Discover
the potential

Nobody dislikes citrus, Mediterranean fruits that attract attention with their bright colours and fragrance are with us for all four seasons.

Moreover, their benefits for health and skin beauty are countless. People of all ages and genders should consume plenty of oranges, lemons, grapefruits, and mandarins, which we know as the citrus family. Regular consumption of these healthy fruits are very important, particularly for enabling renewal of the collagen structures of the skin. Therefore, experts suggest people who are worried about wrinkles or wear on their skin due to external factors to consume lots of citrus fruits. Daily amount can vary according to age or gender. It is certain that an average of two oranges, four mandarins, or one grape fruit per day will ensure a smoother skin. Citrus fruits have a high ratio of vitamin C, one of the essential elements of anti-aging, and they might be your saviour especially during the fall-winter months.

Vitamin C fights against free radicals, and they help visibly reducing those thin lines and wrinkles you complain about. Since they make the skin appear brighter, they are ideal from women who don't like putting on makeup. You can make your skin appear brighter, even out your skin tone, and have a smoother skin by including these miraculous citrus fruits in your daily nutrition intake. On top of that, there are lots of things you can do using Mediterranean fruits; you can even make use of their peels. For example, with a simple mask prepared from the citrus fruits and their peels, you can provide necessary water and minerals for your skin. We don't even mention the nice smell that will stay on your body.

Besides, citrus fruits burn fat and help you lose weight with their high vitamin C content. So much so that experts suggest consuming plenty of citrus fruits as a prescription against obesity. The reason for this is that these fruits are rich in antioxidants and flavonoids; therefore, citrus fruits also support and strengthen your immune system, while helping you lose weight. These healthy fruits, which are also known to be affective against inflammation, accelerate burning of fat and help you control your weight. Adding citrus to our breakfast, the most important meal of the day, or starting the day by drinking citrus juice that have sufficient amounts of vitamin C might be a good idea to regain your energy as well as control your weight.



Turkey for the highest quality citrus

Turkish citrus are superior in terms of taste and quality, therefore draw considerable interest both domestically and internationally. In Turkey, where around 4 million tons of citrus fruits are produced each year, each citrus fruit is individually checked to ensure it satisfies hygiene, health, and quality conditions. Producers, public authorities, research institutions and universities, exporters and logisticians are all working in collaboration for providing highest quality fruits overseas under best conditions. They work hand in hand, with their heart and soul, to make increase production. No chemicals that are known to be harmful for human health are used. As a result, every year, almost a third of that high volume production is exported to various countries. Therefore, choose Turkey for quality citrus..



YOU CAN MAKE YOUR SKIN SMOOTHER BY CONSUMING TWO ORANGES, FOUR MANDARINS, OR ONE GRAPEFRUIT PER DAY, AND ALSO PROTECT YOURSELF AGAINST DISEASES BY PROVIDING NECESSARY VITAMIN C FOR YOUR BODY



A citrus breeze on the catwalk

Vivid and warm colours of citrus bring the Mediterranean winds to the catwalk. Clothes and accessories inspired by the colours of unrivalled Turkish citrus are dazzling.

Citrus colours; yellows, oranges, and of course coral tones, overshadow the sun itself and create a different atmosphere. Designs inspired by orange, lemon, and grapefruit-red make you feel the freshness and warmth of summer everywhere. You can bring these rich and vibrant citrus colours to your shoes and bags. You can create a warm and natural effect by using these sun-inspired yellow tones on your coats, jackets, and hats. You can bring an energetic and lively air to your beauty by using active and energetic colours such as grapefruit red on your lips, eyes, or nail polish. Don't forget to use these energetic, pure, and natural citrus colours on your jewellery and accessories! These warm sun tones are indispensable selections of many world-famous stars for their clothes, shoes, bags, even makeup.



MAGIC OF CITRUS

It is impossible to not be enchanted by that rich source of vitamins and fibre, that is the Turkish citrus. These natural sources of energy, grown in the most suitable climate, are among the most valuable treasures provided to us by the nature, in terms of both physical and mental health. For centuries, people have made lots of cosmetics and medicines from peels, leaves, and flowers

of citrus. In fact, people who were impressed by the energy and warmth of these miraculous fruits took inspiration from these fruits in fashion, makeup, and accessories. Turkey shows its passion and love for the citrus that were carefully grown in the warm and soft climate of the Mediterranean by bringing these fruits to people in its healthiest form.



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Intense stress of a hectic business life wears us all out. Resting the mind and the body is everybody's dream... Nowadays, as we collapse from the exhaustion of our day-to-day life, protecting our health and caring for the nature become more and more important. Who wouldn't want to spend their holiday being one with the nature, calmly, as well as full of pleasure and health? It is not as hard as you would think to find a place that has all these characteristics. You don't have to go to anywhere other than Turkey's Antalya, which makes an impression with its unique sun, blue sea, and clean air, for a unique rejuvenation experience.

With its more than 100 Spa and wellness centres, Turkey is Europe's number 6 in terms of the number of such centres; therefore, she is highly experienced in this matter. The most well-equipped centres in the country are in Antalya.

Spa & Wellness

It is no more a matter of debate that water therapies, which are today known as Spas and date back to Romans, have hundreds of beneficial effects on the body. This 3000-year-old culture of various massage methods and oils will fill refresh our body and mind, as well as filling our spirit with the breath of life, we will be able to get away from the busy schedule, and rest and strengthen our body. Choose Antalya to come to life with a serene Spa holiday that will make you forget the crowdedness and commotion of the city.

Hundreds of Spa centres with superior service quality and meticulous practice are waiting their visitors in this paradise of tourism. From classical massage to Ayurveda, from Turkish baths to sand therapy, from Thai massage to bio-sauna and aromatherapy, you can have all the relaxing experiences you can think of. You will be fascinated with high-tech methods that contrast authentic looking saunas. We guarantee that you will leave these centres that decorate Antalya with their elegantly and traditionally decorated, dim, serene, and hygienic environments, relaxed and calm.



A unique rejuvenation experience

Did you know that Antalya, which is famous for a lot of things, is also a Spa paradise? You will find all the peace you have been looking for.



CHOOSE ANTALYA TO COME TO LIFE WITH A SERENE SPA HOLIDAY THAT WILL MAKE YOU FORGET THE CROWDEDNESS AND COMMOTION OF THE CITY. HUNDREDS OF SPA CENTRES WITH SUPERIOR SERVICE QUALITY AND METICULOUS PRACTICE ARE WAITING THEIR VISITORS IN THIS PARADISE OF TOURISM.