

DISCOVER

ISTANBUL

WITH ESVITA




esvita
CLINIC



WELCOME TO ISTANBUL

At Esvita Clinic, your well-being is our priority. While you're here to feel better, we invite you to explore a city that heals the soul too.

Istanbul isn't just a destination — it's an experience. Where East meets West, history meets modern life, and every street corner holds a story. As you prepare for your treatment, let this vibrant city accompany your journey to health and renewal.



THE SOUL OF THE CITY

A Glimpse into History

HAGIA SOPHIA

A marvel of architecture and faith, once a cathedral, now a mosque, it will make you feel the weight of empires beneath its soaring dome.



BLUE MOSQUE

Still active today, this masterpiece dazzles with its blue tiles and serene ambiance. A must-see landmark across from Hagia Sophia.



TOPKAPI PALACE

Walk through the lavish courts of the Ottoman sultans. Jewels, relics, and stories await behind its gates.



BASILICA CISTERN

An underground wonder filled with ancient columns and the mysterious Medusa heads.



GRAND BAZAAR

Lose yourself in one of the world's oldest covered markets, filled with treasures, textiles, and the hum of Turkish commerce.



NEIGHBORHOOD VIBES

Where to Wander



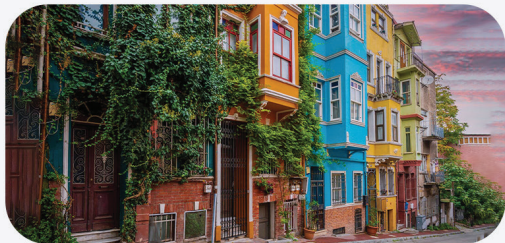
SULTANAHMET

Home to Istanbul's most iconic sights. Perfect for first-time visitors and history lovers.



KARAKÖY

Trendy, artsy, and full of surprises. Find cafes, galleries, and waterfront views.



BALAT

Step back in time in this colorful, cobbled neighborhood. Great for photos and nostalgia.



NİŞANTAŞI

Chic and modern, this area offers luxury shopping, elegant boutiques, and stylish cafes.



KADIKÖY

Cross the Bosphorus for a more local experience. Street food, street art, and a bohemian vibe await.

Local Experiences You Shouldn't Miss



Enjoy a traditional Turkish breakfast (serpme kahvalti) with endless plates.

Take a Bosphorus cruise at sunset and watch two continents glow.



Refresh in a Turkish bath (hamam) — centuries-old wellness at its finest.

Witness the mystical whirling dervish show.





Rumeli Fortress

RUMELI FORTRESS

A historical gem with Bosphorus views and fewer crowds.

ORTAKÖY MOSQUE

A postcard-perfect scene paired with stuffed baked potatoes.



Ortaköy Mosque



Pierre Loti Hill

PIERRE LOTI HILL

Take a cable car for panoramic views and traditional tea.

PRINCES' ISLANDS

No cars, just bikes and charm. Ideal for a peaceful escape.



Princes' Islands

A BITE OF ISTANBUL

What to Taste?



Simit

The Turkish bagel, perfect with tea.

Meze Platters

Small dishes, big flavors. Great for sharing.

Kebab Varieties

Each region offers its twist. Don't miss Adana or Şişh kebab.

Fish Sandwich

Simple, fresh, and iconic by the water.

Künefe or Baklava

End on a sweet note with these decadent desserts.



TIP BOX

Where Locals Eat



Namli Gurme
Karaköy



Ciya Sofrasi
Kadıköy



Ficcini
Beyoğlu



Dolmabahçe Palace



Fatih



Grand Bazaar



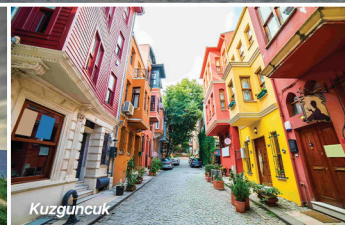
Eminönü



Polonezköy



Yoros Castle



Kuzguncuk



Atatürk Arboretum



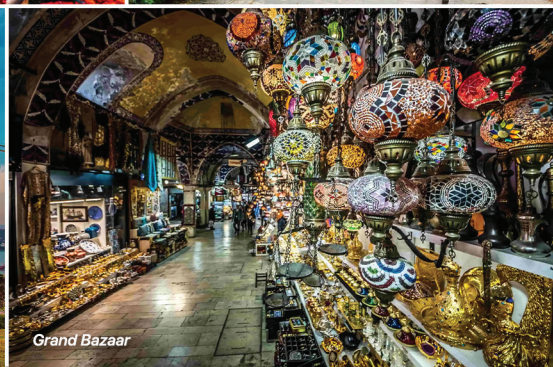
Egyptian Bazaar



Belgrad Forest



Ortagözü Park



Grand Bazaar

SHOPPING & ETIQUETTE

In Istanbul

- ✓ Spices at the Egyptian Bazaar
- ✓ Handmade Ceramics from local artisans
- ✓ Gold Jewelry (Tip: Bargaining is expected!)
- ✓ Turkish Delight & Tea Sets — sweet, fragrant gifts

Tipping: 5-10% is appreciated in cafes, restaurants.

Hospitality: Accepting tea is a gesture of friendship

Key Phrases

"Merhaba" (Hello)

"Teşekkür ederim" (Thank you)

"Lütfen" (Please)

"Afedersiniz" (Excuse me)



UBER or TAXI?

Use apps like BiTaksi for safety and ease.



Safe Areas



Sultanahmet, Taksim, Nişantaşı are tourist-friendly. Avoid isolated areas at night.

REST & RECOVERY

Ideas



Moda Coast (Kadıköy)

*Relax by the sea with
a book*

Gülhane Park

*Tranquil gardens in the
city center*

Rooftop Cafes

*Sip coffee with a skyline
view post-treatment*

**We at *Esvita Clinic* are here for your
health — and your journey. May your time
in Istanbul be healing, heartening,
and unforgettable.**

Love
Yourself
Forever

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