



## MITZPE HAYAMIM

### Exclusive Spa

## SPA TREATMENT MENU

### Mitzpe Hayamim

The series of Mitzpe Hayamim treatments has been exclusively developed at Mitzpe Hayamim. This unique line of Galilee Harmony treatments, using many natural and organic ingredients produced by the hotel's own farm, perfectly reflects the hotel's special character.

\* Unless otherwise stated, all treatments are performed in underwear and the guest is requested to arrive for treatment in a robe and underwear.

	Duration	Price
<b>Galilee Magic</b> A cosmetic treatment that purifies and soothes the body. This signature Mitzpe Hayamim treatment begins with a unique exfoliating blend of therapeutic herbs and oil enriched with flower extracts to nourish the skin and stimulate circulation. The treatment is completed by a massage using oil with a blend of flower extracts. A harmonious, refreshing treatment that contributes to restoring natural balance between body and soul.	75 min.	540
<b>Galilee Body Mask Skin Renewal Treatment</b> begins by cleansing the body with a loofah glove moistened in scented soapy water to optimally prepare the body for a unique herbal wrap formulated with locally grown herbs. The mask penetrates oils and minerals to nourish and enrich the skin providing a refreshing sense of renewal and rejuvenation.	75 min.	540
<b>Therapeutic Herb Massage</b> A massage with aromatherapy oils combined with warm cloth bags filled with herbs from the hotel's garden. This special treatment is intended to nourish the skin whilst relieving muscle and joint pain. It is especially recommended for all those seeking relaxation and stress-relief and assists in improving circulation and strengthening the Chi.	75 min.	540
<b>Aromatherapy Massage</b> A gentle massage with a unique blend of aromatic oils created at the Mizpe Hayamim Hotel. This treatment is especially recommended to relieve tension and provide a sense of release and relaxation.	75/50 min.	540/435

### Body Treatments & Massages

\* Please arrive for the treatment in a robe and underwear, unless stated otherwise. The treatment is performed in underwear. \*\* There is no need to shower after the treatment.

<b>Mitzpe Hayamim Massage</b> Our classic and relaxing house treatment combining various massage techniques, in accordance with the therapist's specialties.	75/50 min.	540/415
<b>Swedish Massage</b> A classic European massage that helps relieve muscle tension and provide a sense of renewal.	75/50 min.	540/415
<b>Deep Tissue Massage</b> Deep, focused massage techniques suitable for people who regularly receive massages. Releases muscle tension and stress points throughout the body. Recommended for those who are physically active.	50 min.	455

	Duration	Price
<b>Hot Stone Massage</b> An original Native American treatment combining warm basalt stones. The heat penetrates to the depths of the muscle, relaxing and releasing muscular tension, stimulating blood circulation in addition to purifying and releasing toxins from the body.	75/50 min.	595/460
<b>Swedish Tui Na</b> A unique combination of Chinese Tui Na and Swedish massage techniques. The treatment is simultaneously invigorating and indulgent.	75/50 min.	540/415
<b>Scalp, Hands &amp; Feet</b> This massage focuses on the body's feet, hands, and scalp. The treatment works on the ends of energy channels and the nervous system, helping to relax and release the entire body.	75/50 min.	540/415
<b>Reflexology</b> A Western healing method that treats the body by applying pressure on reflex points in the feet. The treatment reduces stress and helps to restore balance between body and soul.	75/50 min.	540/415

## Short & Sweet

<b>Scalp &amp; Face Massage</b> A delightful treatment intended to soothe, and release stress and tension accumulated in the head area. Relieves tension in the facial muscles and helps to lessen headaches.	25 min.	270
<b>Back, Head &amp; Neck Massage</b> A massage focusing on the back, head, neck, and shoulders, helping to relieve fatigue and tension.	25 min.	270
<b>Foot Massage</b> A massage that focuses on the feet to relieve swelling and pressure, helping to relax the entire body.	25 min.	270

## Experiences from the Far East

<b>Ayurveda</b> (2/4 hands) A traditional Indian treatment that includes a warm sesame oil libation over the entire body and, at the end of the treatment, Shirodhara on the "third eye" in the center of the forehead, accompanied by a scalp massage to balance body energies. (During the treatment, the recipient is unclothed, with appropriate covering.)	75 min.	695/550
<b>Abhyanga</b> Oil libation with warm sesame oil over the entire body in long strokes, accompanied by a relaxing scalp and face massage to release tension. (During the treatment, the recipient is unclothed, with appropriate covering.)	50 min.	450
<b>Thai Massage</b> An ancient healing art combining pressure and stretching that improves the body's flexibility and focuses on relaxation, removing blockages, and balancing the body's energy by pressing specific areas with the thumb, leaving a sense of vitality. (Please wear light, comfortable clothing.)	75/50 min.	540/435
<b>Shiatsu</b> Based on the principles of Japanese medicine, the treatment involves pressing energy pathways along the meridians to balance the body and mind. (Please wear light, comfortable clothing.)	50 min.	435
<b>Chinese Massage (Tui Na)</b> A Chinese massage technique which works on blocked areas through pressing motions, and more. (Please wear light, comfortable clothing.)	50 min.	435

## Treatment for Expectant Mothers - from 14 weeks onwards

<b>Nova</b> A holistic massage treatment exclusively designed for pregnant women from week 14 onwards. A gentle massage with pure almond oil helps to relieve tiredness, tension and sore muscles.	50 min.	415
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		Duration	Price
<b>Shiatsu</b>	This treatment provides a refreshing and special experience during pregnancy, that will accompany you even after the treatment. A relaxing and strengthening treatment to relieve tension whilst improving flexibility and ability of movement. (Please wear light, comfortable clothing.)	50 min.	435
<b>Scalp, Hands &amp; Feet</b>	This massage focuses on the body's feet, hands, and scalp to provide a feeling of release over the entire body.	50 min.	415
<b>Luxurious Couple Packages – The perfect massage and Jacuzzi package</b>			
<b>TOGETHER</b>	A classic Swedish massage in a romantic treatment room for two people. A moderate level massage to relieve muscle pain, leaving a sense of relaxation.	50 min.	865
<b>Classic Experience</b>	A unique romantic experience in the couples' treatment room, including a 50-minute Swedish massage for each partner, followed by a 25-minute dip in the Jacuzzi, completed with a refreshing beverage and seasonal fruit.	70 min.	940
<b>Romantic Experience</b>	An exclusive and romantic package in a treatment for two people combining a Swedish massage for each partner, followed by a dip in the Jacuzzi, completed with sparkling wine and seasonal fruit.	70 min.	970
<b>Chocolate Treats for Two</b>	An exceptionally sweet and romantic experience combining exfoliation followed by a 50 minute massage for each partner with luxurious warm shea butter, followed by a dip in the Jacuzzi, completed with sparkling wine, pralines and seasonal fruit.	100 min.	1270

## The Final Touch

<b>Pedicure</b>	A pampering, comprehensive foot treatment that includes exfoliation, massage, toenail care and nail varnish to complete the experience.	45 min.	270
<b>Manicure</b>	Comprehensive hand care, including a massage, nail shaping and design, followed by nail varnish to complete the experience.	45 min.	220

## Japanese Kobido Face Massage

<b>Kobido</b>	This massage treats external and deep tissues with a soft, rhythmic touch. It stimulates the facial nerves, improves circulation, drains toxins, and removes dead cells, which helps the skin to regenerate itself. At the end of the treatment, there is an overall improvement in the skin's complexion and a noticeable reduction of tension in the face. The treatment completely relaxes the entire body.	50 min.	415
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## Dermalogica

**Dermalogica** is the skincare brand most in demand by cosmeticians around the world. Its vegan products are gluten-free and based on skin-friendly ingredients. They have not been tested on animals and do not contain any animal-derived ingredients. All treatments are suitable for both men and women.

\*The algae masks included in the facial treatments section of the menu do not contain iodine and are suitable for all skin types and conditions.

\*The oatmeal used in various treatments contained in this menu is gluten-free.

<b>Classic Experiential Treatment</b>	50 min.	415
<b>A relaxing and pampering facial treatment for all skin types.</b> This immersive treatment experience includes exfoliation, a relaxing facial message combined with aromatic extracts and the introduction of hyaluronic acid, and the use of a unique therapeutic mask adapted to your specific skin type and condition. <b>The treatment leaves skin radiant and glowing throughout the day.</b>		

	Duration	Price
<b>Classic Purifying Treatment with Deep Cleansing</b> A classic deep cleansing treatment designed to purify the pores. Ideal for all those with oily and combination skin. The treatment includes exfoliation, a facial message combined with aromatic extracts and the introduction of hyaluronic acid, and an active purifying charcoal mask. Fruit acids are also used to smooth and renew the complexion. The treatment concludes with a refreshing cold algae mask to shrink the pores and relax the skin. <b>The treatment leaves skin cleansed and calm, perfectly moisturized and with a matte appearance.</b>	50 min.	435
<b>Age Smart Treatment</b> A regenerating treatment to improve skin tone and texture. This treatment includes an acid peel and the use of an innovative, extremely stable vitamin C serum, as well as the introduction of hyaluronic acid and a professional facial massage combined with aromatic extracts. It concludes with a firming or relaxing mask, according to your skin type and condition. <b>Skin is left with a radiant, healthy appearance.</b> *Not suitable for pregnant women. Does not include deep cleansing. *It is recommended to moisturize for two days following the treatment.	50 min.	450
<b>CASMARA</b> <b>Casmara</b> is an innovative Spanish dermo-cosmetic brand. Its multisensory facial treatments are suitable for all skin types and include the iconic peeling masks designed to introduce active ingredients directly to the skin, improving tone and elasticity.		
<b>Eye &amp; Neck Treatment</b> A cosmetic treatment combined with a relaxing holistic experience. This treatment uses special massage glasses to perform three types of massage, combined with soothing music to relax the muscles around the eyes, as well as a therapeutic mask to tighten up the neck. It helps to reduce aging signs around the eye contour that appear due to daily stress and natural fatigue of the skin. <b>The treatment firms skin, smooths away wrinkles, brightens dark circles, and reduces undereye puffiness.</b>	50 min.	480
<b>Anti-Wrinkle Treatment</b> An anti-aging treatment for firming the skin and reducing wrinkles, suitable for all skin types and conditions. This treatment uses peeling acids and peptides to smooth wrinkles, hyaluronic acid to improve the skin's firmness and elasticity, and a rich vitamin complex. It concludes with an active algae mask that helps to renew, nourish, and revitalize the skin. <b>The treatment reduces the appearance of wrinkles, giving skin a bright, radiant look.</b>	50 min.	480
<b>Combined Treatments: Dermalogica + Casmara</b>		
<b>Organic Treatment with a Red Goji Berry &amp; Quinoa Mask</b> A powerful antioxidant treatment suitable for all skin types. The treatment combines goji berry extract from the Himalayas with other natural ingredients grown through ecological agriculture. It includes a special oxygen peel, followed by a massage, the introduction of hyaluronic acid, and a vitamin C serum. The treatment concludes with a firming and soothing exfoliation mask. It reduces free radical damage and protects the skin from harmful environmental effects. <b>The treatment gives skin a brighter, healthier look.</b>	50 min.	450
<b>Vegan Anti-Stress Treatment</b> A luxurious treatment to deliver intensive moisture and soothe dry and sensitive skin. The treatment includes an innovative oatmeal and vegan coconut milk peel, which is used in combination with a special oxygen mask to boost the skin's cellular energy. A relaxing facial massage is performed, including the introduction of hyaluronic acid, and it concludes with a relaxing, exfoliating oatmeal mask. <b>Restores elasticity and vitality to the skin.</b> *This treatment is suitable and highly recommended for pregnant women.	50 min.	450

Dr. Hauschker Facial Treatments	Duration	Price
<b>Dr. Hauschker</b> is the world leader in using nature's many beneficial gifts to develop unique treatments for facial skin. These cosmetic products contain therapeutic plants, oils, spring water, natural fragrance and color extracts. They are suitable for both men and women, as well as all skin types.		
<b>Time for Yourself</b> This facial treatment provides renewed moisture and a sense of freshness. It includes warm and soothing compresses, cleansing and nourishing masks, a neck and décolletage massage, and an invigorating touch of the hands aided by delicate natural brushes. After treatment, the skin feels fresh, velvety-smooth, and full of health.	50 min.	415
<b>Cleansing &amp; Balancing Facial Treatment</b> A facial treatment that combines cleansing and balancing elements. It includes warm and soothing compresses, deep and cleansing masks to revitalize the facial skin, a neck and décolletage massage, an invigorating touch of the hands aided by delicate natural brushes. At the end of the treatment the skin is clean, radiant, and soft.	50 min.	435
<b>Holistic Firming &amp; Renewal Treatment (Anti-Aging)</b> A comprehensive treatment that begins with a foot bath followed by a hand and feet massage. This is followed by a facial treatment using a unique serum and a selection of creams from the renewal product line, as well as cleansing, nourishing, and firming mask. The treatment includes an invigorating touch of the hands on the facial skin, aided by delicate natural brushes. The post-treatment experience is one of relaxation and calmness and a soft, glowing complexion.	75 min.	540
<b>Classic Treatment for Men</b> A cleansing and balancing treatment specially adapted for male facial skin. The process includes warm and soothing compresses, deep cleansing, revitalizing facial masks, a neck massage, and an invigorating touch of the hands aided by delicate natural brushes. The treatment leaves the skin feeling soft, fresh, and well cared for.	50 min.	415

## Treatment Packages

**Tailor Made** We have formulated the perfect package exclusively for you. This package includes 4-5 treatments per person for a special price. (Package treatments include a special 15% discount on the treatments).

## General Information:

In order for us to ensure that you receive the very best treatment, please note:

- Treatments for pregnant women are administered from week 14 to week 37, provided that the pregnancy is not considered high-risk.
- At least 6 months must have passed after surgery before you are able to book a treatment.
- In the event of cardiac problems, high blood pressure, high fever, illness, and so on, please contact the spa office before booking any treatment.
- Body treatments are only available to guests aged 16 and over.
- Cancellations must be notified at least 6 hours in advance. Cancellation without prior notice will entail a 50% charge of the treatment price.

## **Before you arrive**

- For dry treatments such as Shiatsu and Thai massages, please wear light, comfortable and long clothing such as a tracksuit, and shower before the treatment.
- For treatments with oil, please wear a robe and underwear, and ensure you are dry.
- Unless otherwise stated, all treatments are performed in underwear.
- Please refrain from bringing jewelry to your treatment. The hotel management is not responsible for the loss of jewelry or other valuables.
- Please ensure you arrive approximately 5 minutes before the scheduled time and sit in the waiting room next to the spa. Complete a health form and wait for your therapist.
- It is recommended to book treatments approximately two weeks prior to your stay.
- The therapist will accompany you to the treatment room.
- Mitzpe Hayamim spa reserves the right to cancel and / or change the treatment menu and / or prices at any time.

## **For further details:**

**Spa Office: \*6655 or 08-6387755, or ext. 540 / 543 when dialing from the guest rooms.**

**Email: cro-spa01@isrotel.co.il**

Please call the spa office to coordinate, change, or cancel treatments.

The office is open Sunday -Thursday and Saturday 8:30 – 19:00 and on Friday and Holiday Eves, 8:30-18:00.