

SPA TREATMENT MENU

Relaxing Treatments	Duration	Price
<p>Ayurveda – Full A unique Indian treatment uses gently warmed sesame oil to calm the mind and body, including an oil libation on the “third eye” at the center of the forehead, accompanied by a heavenly scalp massage. (During the treatment, the guest is unclothed, with appropriate covering.)</p>	75 min.	505
<p>Abhyanga A deliciously warming sesame oil libation performed in long movements along the entire body, ending in a brief scalp massage. (During the treatment, the guest is unclothed, with appropriate covering.)</p>	50 min.	390
<p>Shirodhara An oil libation on the “third eye” and forehead, accompanied by a scalp and face massage.</p>	25 min.	255
<p>Aromatherapy Gentle massage with a combination of wonderfully beneficial aromatic oils.</p>	50 min.	385
<p>Nova A relaxing cream-based prenatal massage, helping to ease the sense of heaviness. (From week 16.)</p>	50 min.	385
Balancing & Releasing Treatments		
<p>Classic Swedish Massage Classic cream-based European massage to help stimulate the circulation, relieve stress, and release muscle tension.</p>	50/75 min.	375/495
<p>Reflexology A balancing, relaxing treatment involving massaging and applying pressure to the feet in order to release tension.</p>	25/50 min.	255/375
<p>Massology A refreshing blend of a classic Swedish massage and reflexology.</p>	50 min.	375
<p>Combination Combines several massage techniques, as selected by the therapist during the treatment.</p>	50 min.	375
<p>Polarity Massages of the scalp, hands, and feet to generate an incredible sensation of release throughout the body.</p>	50 min.	375
<p>Neck, Back & Shoulder Massage A massage to melt away all the stress and tension that collects in the back area.</p>	25 min.	255
<p>Scalp, Face & Neck Massage A pampering massage of the scalp, face, and neck, focusing on relieving tension and headaches.</p>	25 min.	255

Deep Treatments	Duration	Price
Anti-Stress Massage This massage is intended to relieve physical and mental tension, with the goal of alleviating rheumatic pains throughout the body.	50 min.	375
Medical Massage A treatment that combines different methods and focuses on specific painful “problem areas” in line with the guest’s request.	50 min.	400
Deep Tissue Massage A deep, focused Western massage technique to relieve muscle tension and trigger points in different areas of the body.	50 min.	405
Shiatsu This Japanese treatment method involves gentle pressing along the energy pathways to release physical and mental stress. (The treatment is performed on a mat, with the guest in comfortable clothing.)	50/75 min.	395/525
Thai Massage The therapist uses both hands and feet with pressing and stretching techniques to generate deep release within the body. (The treatment is performed on a mat, with the guest in comfortable clothing.)	50/75 min.	395/525
Peeling & Wrap Treatments		
Youth Revival – Seaweed/Mud This rejuvenating treatment combines a body peel with the guest’s choice of either a mineral-rich mud wrap or seaweed wrap (selected when booking the treatment). The treatment nourishes the skin with essential minerals, supporting regeneration and a smoother, exceptionally healthy appearance.	75 min.	505
Salt & Patchouli Peel Cleanses and exfoliates the skin through a stimulating massage with natural salt crystals, enriched with various minerals and vanilla patchouli extracts. After the peel, your skin is pampered with a body butter featuring a similar fragrance.	40 min.	340
Salt Peel Cleanses and exfoliates the skin through a stimulating massage with natural salt crystals, as well as nourishing sesame oil and soothing lavender. Not recommended for sensitive skin.	40 min.	340
Mud Wrap A warm wrap with mineral-rich mud to alleviate joint pain and offer general relaxation.	50 min.	355
Seaweed Wrap The body is wrapped in seaweed, which is especially rich in minerals, beta carotene, and organic properties. This treatment helps to promote cellular renewal while balancing moisture and enhancing skin elasticity.	50 min.	395
Venus Wrap The body is wrapped in warm natural mud, enriched by a botanical aloe vera extract. Especially recommended for sensitive, delicate skin.	50 min.	355
Lighter Legs A soothing treatment designed for those suffering from varicose veins or sunburn in the leg region.	50 min.	355
Special Scalp Treatment A unique treatment that includes a special antiseptic mask and massage. Suitable for all those experiencing an irritated scalp or similar problems.	40 min.	315

Spa Specials	Duration	Price
The Magic of Hot Stones Combines a gentle, relaxing massage with the touch of hot basalt stones dipped in Biotone cream. Aiming to balance body and mind, the luxurious treatment works along energy channels to impart balance, purification, and emotional release from everyday stresses. A pleasant, unforgettable experience that wraps all the senses in warmth and softness.	50/75 min.	405/525
Massa-ling This gentle exfoliating treatment is rich in vitamins and minerals. The peel removes a layer of dead skin cells and reveals a smooth, refreshed complexion. Then, the body is pampered with a relaxing massage using Biotone cream.	75 min.	515
Lymphatic Massage This especially gentle treatment focuses on the lymphatic system, stimulating the metabolism and improving the flow of lymphatic fluids, helping toxins to drain from the body.	75 min.	515
Namaste A relaxing, exhilarating massage with aromatic oils to enhance the body's natural vitality. Pampering and caressing, this is an energetic medium-strength experience for the whole body, offering perfect pleasure. The ultimate treatment for all those seeking to be liberated from stress and tension.	75 min.	505

Facial Treatments with Christina Cosmetics

Unstress A special relaxing treatment that combines natural ingredients, such as green, red, and white tea, to calm redness and soothe irritated, stressed skin. This treatment includes omega-3 and omega-6 oils to promote skin regeneration processes, with added probiotics help boost circulation, balance the skin, and enhance elasticity.	50 min.	340
Wish This unique renewing treatment for mature skin imparts immediate vitality and radiance, using advanced Wish skincare products to target all skin layers with powerful peptides, ginseng, pomegranate extract, and more. Circulation is rapidly improved, as the treatment firms and fortifies the skin with antioxidants, helping to nurture an even tone and healthy complexion.	50 min.	375
Silk Based on pure raw silk fibers, this outstanding anti-aging beauty treatment harnesses the power of enzymes to smooth away dead skin cells and significantly reduce wrinkles, fine lines, and loose skin. Its formula, enriched with exotic fruit extracts and vitamins E, A & C, leaves skin with a wonderfully silky-smooth feel.	50 min.	375
Forever Young A protein-rich anti-aging treatment, packed with vitamins, moisturizing agents, fruit acids, algae, and peptides. The treatment involves two AHA-based peels, two vitamin-rich masks, an algae mask, an eye treatment with crystal massage, and a pampering algae-based eye mask.	75 min.	415
Bio Phyto A facial treatment that enhances traditional skincare, combining cosmetics with the latest scientific innovations to restore the skin's natural balance and healthy appearance, full of radiance and vitality. The treatment improves skin cell performance by reinforcing essential processes: cleansing and purification, microcirculation and oxygen consumption, and normalization, nourishment, and restoration of the skin barrier.	75 min.	415

	Duration	Price
<p>Toffa Facial Massage This 75-minute facial treatment focuses on massaging, patting, and combing the muscles of the face and neck to promote improved circulation, enhancing the vitality of facial skin and smoothing out wrinkles. It is said that those who experience this massage several times feel as though they have had a face lift!</p>	75 min.	470
<p>Special Treatment for Men A unique treatment for masculine skin, precisely formulated to inhibit the aging process while thoroughly cleansing and strengthening the skin. The treatment combines an exfoliation based on tartaric acid, derived from grapes, and a massage with refreshing mint-scented gel that contains powerful vitamins and peptides (small proteins that can deeply penetrate the skin) to boost the skin's overall appearance.</p>	50 min.	375

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 in this menu do not contain iodine and are suitable for all skin types and conditions.

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

<p>Classic Experiential Treatment A relaxing and pampering facial treatment for all skin types. 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. The treatment leaves skin radiant and glowing throughout the day.</p>	50 min.	350
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<p>Classic Purifying Treatment with Deep Cleanse 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. The treatment leaves skin cleansed and calm, perfectly moisturized and with a matte appearance.</p>	50 min.	390
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<p>Age Smart Treatment 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. Skin is left with a radiant, healthy appearance.</p>	50 min.	400
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*This treatment is not suitable for pregnant women and does not include deep cleansing.

*It is recommended to moisturize for two days following the treatment.

Casmara

Duration

Price

Casmara is a professional Spanish dermo-cosmetic brand. Casmara's 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.

Eye & Neck Treatment 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. The treatment firms skin, smooths away wrinkles, brightens dark circles, and reduces undereye puffiness.

50 min.

480

Anti-Wrinkle Treatment 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. The treatment reduces the appearance of wrinkles, giving skin a bright, radiant look.

50 min.

480

Combined Treatments

Dermalogica + Casmara

Organic Treatment with a Red Goji Berry & Quinoa Mask 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. The treatment gives skin a brighter, healthier look.

50 min.

450

Vegan Anti-Stress Treatment 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. Restores elasticity and vitality to the skin.

50 min.

450

*This treatment is suitable and highly recommended for pregnant women.

Finishing Touches

Manicure Includes full nail treatment.

50 min.

200

Pedicure Includes full nail treatment and foot skincare.

50 min.

290

General Information

- Spa opening hours: 7:00am to 6:45pm.
- Treatment price includes free entry to the spa facilities on the day of treatment.
- It is recommended to come to all treatments in a robe and swimwear, unless otherwise specified.
- A health declaration must be signed prior to the start of any treatment or use of the spa facilities.
- Please arrive 10 minutes before your scheduled treatment time.
- Therapists reserve the right to stop treatments immediately if they feel that the guest's conduct is inappropriate or disrespectful.
- Cancellations must be made at least 4 hours prior to the treatment time. Cancellations made without this advance notice will be charged 50% of the full treatment price.
- The treatment variety and price list are subject to change.
- Entry to the spa jacuzzi complex is reserved for guests ages 16+.
- Additional discounts and special offers may not be applied to treatment packages.

Questions or inquiries? Please contact the spa team directly by calling +972-8-6689071 (ext. 3130/3131 from your room), or emailing gy-spa1@isrotel.co.il