

## Spa Treatment Price List

## **Body Treatments**

# Short Massages:

<b>Back &amp; Shoulder Massage</b> Focusing on the upper body, this massage Relieves stress and muscular aches in the back, shoulder and neck areas. Ideal for immediately alleviating day-to-day strains.	25 MIN	245 NIS
<b>Shirodhara</b> An Indian scalp massage, including the pouring of warm sesame oil onto the forehead (the third eye), followed by a scalp massage To purify your energy and relieve stress.	25 MIN	245 NIS
<b>Reflexology</b> A foot massage technique, based on massaging and applying Pressure to the soles of the feet in order to release energy blockages and inspire a feeling of lightness and energy.	25 MIN	245 NIS
Head & Neck A massage to relieve daily stress, as well as tension in the head and ne	ck areas. 25MIN	245 NIS
Relaxing Massage:		
<b>Aromatic Massage</b> A relaxing treatment carried out using long, gentle Movements with an aromatic oil blend that is absorbed by the skin and Influences body and mind throughout the treatment.	50 MIN	365 NIS
<b>Lymphatic Massage</b> Influencing the lymphatic system, this treatment helps to release fluids and clear toxins from the body. Recommended after long journeys to relieve swelling and tiredness.	50 MIN	365 NIS
Massage for Expectant Mothers A relaxing almond oil massage to Relieve stress and feelings of heaviness for pregnant women. * Suitable for women after the 16 <sup>th</sup> week of pregnancy only.	50 MIN	355 NIS
Ayurveda (2 or 4 hands) A gentle and caressing Indian treatment that begins with the therapist massaging Warm sesame oil into the body, using long, circular strokes. The second part of the massage involves a warm sesame oil libation on the forehead, accompanied by a scalp massage intended to balance your natural energy. *During the treatment, the recipient is unclothed, with appropriate covering.	75 MIN	480 / 635 NIS
<b>Stone Therapy</b> A treatment featuring warm basalt and cold marble stones. The treatment helps to balance the body and soul, and induce a feeling of warmness. An unforgettable experience.	75 MIN	545 NIS
<b>Extremity Massage</b> A massage focusing on the scalp, soles of the feet and legs to provide a feeling of release throughout the body.	50 MIN	355 NIS
Abhyanga (2 or 4 hands) A gentle and caressing Indian treatment that begins with the therapist massaging Warm sesame oil into the body, using long, circular strokes.	e 45 MIN	375/490 NIS

therapist massaging Warm sesame oil into the body, using long, circular strokes. \*During the treatment, the recipient is unclothed, with appropriate covering.



# Balancing & Releasing Massages:

Hot Stone Massages By placing hot basalt stones along the body's energy pathways, this massage helps to relax the body and relieve deep muscular tension, offering a sense of release from day-to-day stress. A warm purifying experience.	50 / 75 MIN	395 / 545 NIS
<b>Combination Massage</b> A massage including several techniques of the therapist's specialist areas. This treatment is adapted to each individual's needs.	50 / 75 MIN	365 / 490 NIS
<b>Reflexology</b> A massage technique for the soles of your feet, based on Pressure points to release energy blockages. Inspires a feeling of lightness.	50 MIN	355 NIS
<b>Swedish massage</b> Massage to alleviate stress and muscle aches. Almond oil is worked into the muscles to provide a feeling of calmness and relief.	50 / 75 MIN	355 / 490 NIS
Massage to Relieve Muscle Tension		
<b>Deep Tissue Massage</b> A deep, slow and strong massage focused on speciareas of extreme muscle tension. Stress is relieved by applying deep pressure.	fic 50 MIN	395 NIS
<b>Beresheet Balancing Massage</b> A deep, slow and strong massage focused On specific areas of extreme muscle tension. Stress is relieved by applying Deep pressure combined with A massage focusing on the scalp, soles of the feet And legs to provide a feeling of release throughout the body.	75 MIN	650 NIS
Massages from the East		
Thai Massage A Thai treatment technique based on working on the body's energy pathways, pressing with the thumbs and a lot of stretching. Leaves you with a feeling of vitality and energy. * Carried out on a mattress on the ground in comfortable attire.	50 / 75 MIN	365 / 480 NIS
Shiatsu A Japanese treatment technique, focusing on working on the body's energy channels (meridians), while using pressure from the full palm of the hand and stretching. Leaves you with a felling of calmness. * Carried out on a mattress on the ground in comfortable attire.	50 / 75 MIN	365 / 480 NIS
Treatments in the Turkish Bath		
<b>Kese – Body Peel</b> The traditional Turkish treatment for massaging, cleansing, and purifying the skin – all in an authentic Turkish bath. The results are newly-relaxed muscles and skin that feels wonderfully soft and clean to the touch.	25 MIN	295 NIS
<b>Turkish Massage</b> A strong and invigorating massage for improved blood circulation and release of muscular tension.	25 MIN	295 NIS

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### Dermalogica

Dermalogica is the number one choice of skin care professionals, as well as health and spa centers worldwide. It was developed with one overriding concern: your skin's health. All Dermalogica skin treatment products are based on innovative ingredients, including vitamins and minerals, and do not contain any artificial colors or fragrances or fragrances.

Dermalogica - express - cleansing mask , nourishes and moisturizing.	25 MIN	270 NIS
<b>Deep Cleansing Treatment</b> A deep facial cleansing treatment that includes cleansing and draining pores, purifying the skin, and absorbing excess oils. The treatment uses plant enzymes and fruit acids to balance and cleanse the skin. Suitable for oily to combination skin.	75 MIN	470 NIS
Age Smart Treatment - wow A luxurious treatment to prevent premature aging of the skin and for general improvement of its appearance. The treatment combines a high concentration of vitamins, fruit acids and peptides to improve skin firmness, to smooth out fine lines, and to add glamour and glow. The treatment includes a special AHA exfoliation and a firming seaweed mask. (This treatment is recommended for dry skin and skin with sun damage.)	75 MIN	495 NIS
Anti-Stress Treatment for Sensitive Skin A special harmonious treatment combining a cleansing and aromatherapy massage rich in extracts and oils to calm red or irritated skin and any skin suffering from stress. This treatment combines an active oatmeal mask and a calming serum effective at counteracting environmental damage. This is a warm and pleasant treatment, giving you an overall feeling of pampering and relaxation, leaving your skin relaxed and glowing.	50 MIN	395 NIS
<b>Beauty Treatment</b> Treatment Adapted to the client's personal skin type and needs, this beauty treatment contains essential vitamins to enhance the skin's resilience and leave it with a refreshed, vibrant look.	50/75 MIN	355/470 NIS
Men's Purifying Facial Treatment A special treatment for men, including a unique exfoliation based on rice bran, plant enzymes and fruit acids, as well as cleansing and purifying of the skin. (This treatment is recommended for every man aware of the look of his skin and interested in maintaining skin health.)	50 MIN	395 NIS



**Body Peeling** A selection of peeling treatments to enhance the skin's regeneration process, leaving your skin glowing and soft to touch.

Salt Peeling – Lavender Geranium A cleansing and relaxing peeling treatment,	50 MIN	365 NIS
oncluding with a lemon-lavender body butter being applied to the skin.		
Salt Peeling – Grapefruit Lemongrass An anti-cellulite peeling to cleanse the Skin and lift your spirit. Concludes by applying a green tea body butter to the skin.	50 MIN	365 NIS
Body Wraps A selection of moisturizing body wraps to nourish the body with vital minerals.		
Clay Wrap Enriched with vital minerals for the body.	50 MIN	365 NIS
Sea Weed Wrap Enriched with minerals, for a anti cellulite effect.	50 MIN	365 NIS
Freatments Packages :		
Couple's treatment Swedish massage in the same room (50 / 75 min)	50/75 MIN	810/1080 NIS
Desert Romance - Couple's Massage Couple's Massage Swedish massage (50 min), followed by private time in the Jacuzzi, with champagne and a deluxe platter of sweets by candle light (25 min).		875 NIS
Relaxation & Renewal - 3 Treatments: Your choice of peeling treatment (45 min), Swedish massage (50 min), Reflexology (50 min).		895 NIS
ntensive Energy - 3 Treatments: Your choice of peeling treatment (45 min), Shiatsu (50 min), Reflexology (50 min).		900 NIS
Package for Expectant Mothers 3 Treatments:' Anti-stress' -Facial (50 min), Reiki (50 min), Massage for Expectant Mothers (50 min). Suitable for women after the 16 <sup>th</sup> week of pregnancy only.		880 NIS
Beautiful Health-3 Treatments: Facial Classic-Beauty Treatment (50 min), Your choice of peeling treatment (45 min), your choice of Wrap treatment (50 min).		895 NIS
<b>Desert Ambiance</b> - 3 Treatments: Ayurveda (75 min, 2 hands), Reiki (50 min) And Reflexology (50 min).		970 NIS



### The Final Touch:

<b>Pedicure</b> A foot bath that includes exfoliation and massage of the feet, nail cleansing and care, and applying nail polish.	50 MIN	235 NIS
Manicure A hand massage including exfoliation, full nail care, and applying nail polish.	50 MIN	235 NIS
Express Manicure	25 MIN	120 NIS
Express Pedicure	25 MIN	120 NIS
Pampering Pedicure- Pedicure & Pampering Complete pampering for your feet, including an exfoliation treatment, nail cleansing and care, a hot foot	75 MIN	325 NIS

bath, and applying nail polish to complete your new look.

#### **General Information**

- \* Spa opening hours: 9am 7pm
- \* A health declaration must be signed before receiving a treatment or using any of the spa facilities.
- \* Entrance to the spa is limited to those aged 16 or over.
- \* Please arrive at the spa 10 minutes before your treatment is due to begin.
- \* The massage therapist reserves the right to cease the treatment if he/she feels that the costumer's behavior is inappropriate or disrespectful.

\* Treatment changes or cancellations must be made at least 4 hours in advance. Cancellations that do not provide the required notice will <u>entail a 50% charge</u>

- \* For your attention: Please refrain from bringing jewelry/ cell phone to treatment/spa.
- The management is not responsible for any loss of jewelry/ cell phone.
- \* Discounts may not be used on the treatment packages.
- \* All the prices include VAT.