

Treatment Menu

Carmel Forest Spa

Body Treatments

Short Massages	Duration (minutes)	Price (NIS)
Back & Shoulder Massage Focusing on the upper body, the massage relieves stress and muscular aches in the back, shoulder and neck areas. This massage is ideal for immediately alleviating day-to-day strains.	25	255
Shirodhara 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	255
Foot Massage 25 minutes of heaven. A refreshing foot massage with shea butter for a lighter feeling.	25	255
Head & Neck Massage The massage focuses on the head and neck in order to relieve daily stress.	25	255

Relaxing Treatments

Aromatic Massage 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	410
Lymphatic Massage 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	410
Massage for Expectant Mothers A relaxing almond oil massage to Relieve stress and feelings of heaviness for pregnant women. Suitable for women after the 14th week of pregnancy only.	50	390
Ayurveda (2 or 4 hands) A very gentle and caressing Indian massage (2 hands), Including the pouring of hot sesame oil over the entire body, Concluding with the oil being poured on the forehead. Accompanied by a scalp massage to balance the energy flow. * This massage is carried out fully nude, with appropriate coverage.	75	520 / 670
Stone Therapie Combining warm basalt stones with cool marble. The heat penetrates to the depths of the muscle, relaxing and releasing muscular tension, while the cool marble opens blockages and enhances the metabolism. Together, they help to eradicate toxins and restore the body's natural balance. An unforgettable experience.	75	550
Polarity A tension-relieving massage of the scalp, feet, and hands that offers total relaxation from head to toe.	50	390
Abhyanga (2/4 hands) Oil libation with warm sesame oil over the entire body in long strokes. (The client is unclothed, with appropriate covering.)	50	410/520



Beresheet
Isrotel Exclusive Collection



Carmel Forest
Spa

Balancing & Releasing	Duration (minutes)	Price (NIS)
Hot Stone Massage Using warm basalt stones, this treatment uses massage and the placing of stones to release muscular tension, enhance the metabolism, improve blood and lymph circulation, eradicate toxins and restore the body's natural balance.	50/75	430/560
Combination Massage A massage including several techniques of the therapist's specialist areas. This treatment is adapted to each individual's needs.	50/75	410/510
Reflexology 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.	50	390
Swedish Massage Massage to alleviate stress and muscle aches. Almond oil is worked into the muscles to provide a feeling of calmness and relief.	50/75	390/510

Massage to Relieve Muscle Tension

Deep Tissue Massage A deep, strong massage focused on specific areas of extreme muscle tension. Stress is relieved by applying deep pressure with the elbows.	50	430
Beresheet Balancing Massage A deep and special massage including a deep tissue massages in the upper body and for balance, Polarity Massage that focuses on the hands, feet and head to complete the treatment in a relaxing and peaceful feeling.	75	650

From the Far East

Thai Oriental 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.	50/75	410/510
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 feeling of calmness.* Carried out on a mattress on the ground in comfortable attire.	50/75	410/510

Hamam (Turkish Bath)

Kese-Turkish Body Peel The traditional Turkish treatment for softening and purifying the skin and releasing the muscles.	25	330
Turkish Massage Strong and stimulating massage for improved blood circulation and release of muscular tension	25	330

Body Peeling	Duration (minutes)	Price (NIS)
A variety of body peel treatments for the renewal of skin cells, soften the skin and achieving a glamorous look. Please ask us about more fragrances		
Salt Peeling – Lavender A cleansing and relaxing peeling treatment, concluding with a lavender body butter being applied to the skin.	50	390
Salt Peeling – Lemongrass An anti-cellulite peeling to cleanse the skin and lift your spirit. Concludes by applying a Lemongrass body butter to the skin.	50	390
Body Wraps		
Clay Wrap TA variety of body wraps moisturizing and enriching the skin with minerals.	50	390
Seaweed Wrap Enriched with minerals, for a anti cellulite effect	50	390
Dermalogica		
Dermalogica is a holistic cosmetics company based on Chinese medical traditions. Its products contain high concentration of active para-medical materials (naturally all ingredients are safe). Dermalogica believes that a healthy skin is a beautiful skin and people should treat their skin as with the care they treat any other part of their body. Dermalogica's products are sold only by cosmetics professionals, and they do not contain the standard ingredients used by many cosmetics companies that cause skin irritation such as: mineral oil, SD alcohol, synthetic colors, artificial fragrances, lanolin and formaldehyde. Dermalogica's products contain herbal and natural ingredients and are not tested on animals.		
Age Smart A luxurious treatment to prevent premature aging of the skin and for general improvement of your skin's look: The treatment combines a high concentration of vitamins, fruit acids and peptides to improve skin firmness, to smooth out wrinkles, and to add glamour and glow. The treatment includes a special facial massage and a firming mask. (This treatment is recommended for dry skin, smokers and people with sun damage.)	75	510
A Short Facial A personalized beauty treatment suited to the skin condition, for a refreshed and vital look.	25	290
Anti-Stress Treatment for Sensitive Skin A special harmonious treatment combining a cleansing and aromatherapy massage rich in essences 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 in counteracting environmental damage. This is a warm and cozy treatment, giving you an overall feeling of pampering and relaxation, leaving your skin clear and glowing.	50	410
Classic Facial A relaxing and pampering facial treatment suited for the skin type and its needs. During the treatment we use products containing vital minerals that contribute to the skin's flexibility and give the skin a refreshed and vital look.	50/75	390/485

	Duration (minutes)	Price (NIS)
Deep Cleansing Deep Cleansing facial treatment. A deep cleansing treatment for oily skin including cleansing and draining pores, purifying and absorbing the skin's excess oils: The treatment uses plant enzymes and fruit acids to balance and purify the skin. The treatment suits oily skin.	75	510
Purifying Skin Treatment for Men A special treatment for men, including unique peeling on the basis of rice bran, plant enzymes and fruit acids, as well as the cleansing and purifying of the skin (This treatment is recommended for every man aware of his skin's look and interested in maintaining skin health.	50	410

Treatment Packages

Desert Romance (for Couples) Couple's Swedish massage (50 min), followed by private time in the Jacuzzi, with champagne and a deluxe platter of sweets by candlelight (25 min).		915
Relaxation & Renewal The package includes three Treatments: Your choice of peeling treatment (45 min), Swedish Massage (50 min), Reflexology (50 min).		970
Intensive Energy Three treatments: Your choice of peeling treatment (45 min), Shiatsu (50 min), Reflexology (50 min).		1100
Package for Expectant Mothers Three treatments: Facial Treatment (50 min), Reiki (50 min), Massage for Expectant Mothers (50 min). *Suitable for women after the 16th week of pregnancy only.		970
Natural Beauty Three treatments: Facial Treatment (50 minutes), your choice of body peeling treatment (45 minutes) and a your choice of a wrap treatment (50 minutes)		970
Desert Ambiance Three treatments: Ayurveda (75 min, 2 hands), Reiki (50 min) and Reflexology (50 min).		1100

The Final Touch

Pedicure Removal of dead skin from around the toenails, soaking the toenails, cream peel and applying nail polish of your choice. blockages and inspire a feeling of lightness and energy.	50	255
Manicure Removal of dead skin from around the nails, soaking the nails, cream peel and applying nail polish of your choice. blockages and inspire a feeling of lightness and energy.	50	210
Pedicure & Foot Care Removal of dead skin from around the toenails, soaking the toenails, cream peel, foot massage and applying nail polish of your choice.	75	355
Pedicure Express Styling and applying nail polish.	25	155
Manicure Express Styling and applying nail polish.	25	155

Notes

- > For further details or requests, please contact the spa reception at (972) 08 – 6598041 or ext. 41 from your room.
- > The spa is open between 9am-7pm.
- > You must sign a health declaration before every treatment and use of the spa facilities.
- > Entry to the spa is for guests aged 16 and over.
- > Please arrive in the spa 10 minutes before the start of the treatment.
- > The staff may stop the treatment in case of a guest behaving inappropriately.
- > Any changes or cancellations need to be notified at least 4 hours in advance.
- > A cancellation fee of 50% will be charged on all treatments cancelled without an at least 4 hours' advance notice.
- > Please do not arrive with jewelry or valuables; the spa is not responsible for any loss or damage.
- > No double discounts on treatment packages (up to 10% off for Sun Club members).
- > The prices include VAT.