

Treatment Menu Carmel Forest Spa

The Classics	Duration	Price (NIS)
Swedish Massage A classic medium-intensity European massage to relax and release muscular tension.	50 min.	390
Combination Massage Massage combining several techniques chosen by the therapist and client for optimal results.	50 min.	410
Reflexology This massage is combined with pressing the soles of the feet to achieve a sense of release and stress relief. A balancing, relaxing treatment.	50 min.	390
Polarity A tension-relieving massage of the scalp, feet, and hands that offers total relaxation from head to toe.	50 min.	390
The Magic of Hot Stones An original Native American treatment 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.	80 min.	560
Hot Stone Massage for the Back and Shoulders A treatment combining warm basalt and cool marble stones, focusing on imparting relaxation to the back and shoulder areas.	45 min.	420
Short & Sweet		
Neck, Shoulders & Back Massage Targets the neck and back areas to relieve day-to-day stress.	25 min.	255
Head & Neck Massage A relaxing experience that includes a scalp massage to relieve tension in the head and neck.	25 min.	255
Foot Massage 25 minutes of heaven. A refreshing foot massage with shea butter for a lighter feeling.	25 min.	255
Head & Foot Massage (4 hands) A relaxing and balancing massage of the head and feet carried out by 2 therapists simultaneously to create a wonderful balanced sensation.	25 min.	360
Herbal Magic		
Aromatherapy Massage Enhanced with aromatic plant extracts chosen with the client prior to the treatment, this calming massage helps to relieve stress, fatigue and muscle tension while stimulating and strengthening the immune system. A gentle, soothing, and liberating massage.	50 min.	410



Carmel Forest

Isrotel Exclusive Collection

	Duration	Price (NIS)
Wild Rose The soothing qualities of luxurious wild rose oil have been renowned for thousands of years. This massage uses rose oil to relax and release muscular tension, stimulating the senses while benefiting the skin.	50 min.	410

Deep Forest

Deep Tissue Massage Deep and focused massage techniques that relax the body's muscles and tension points. Suitable for those who regularly undergo massage treatments or participate in physical activities.	50 min.	430
Millennium (4 hands) This experiential massage combines a number of techniques for deep muscle relaxation. The treatment is carried out by two therapists simultaneously to enhance the experience.	50/75 min.	495/610
Bakok Targeting the back and neck areas, this treatment aims for a deep release of muscular tension and an overall positive feeling.	50 min.	430
Sports Massage Specially designed for athletes prior to or following sports activities. Before the activity, the massage prepares the muscles through toning and heating for better results. After the activity, it boosts recovery by stretching and draining the muscles of toxins.	50 min.	430

Treatments with BIOTONE Massage Cream

BIOTONE Massage Cream offers a winning combination of massage oil and cream. Rich with essences of healing herbs, fatty acids and vitamins, BIOTONE leaves the skin soft and pleasant to touch.

BIOTONE contains arnica, which improves blood circulation, as well as vitamin and mineral rich aloe vera that together make the skin feeling refreshed.

There is no need to shower after the treatment, BIOTONE moisturizes and then quickly absorbs into the skin.

BIOTONE – Swedish Massage	50 min.	390
BIOTONE – Combination Massage	50 min.	410
BIOTONE – Deep Tissue Massage	50 min.	430
BIOTONE – Short Massage	25 min.	255

Experiences from the Far East

Ayurveda (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. (During the treatment, the recipient is unclothed, with appropriate covering.)	75 min.	520/670
Shirodhara Oil libation in the center of the forehead (the "third eye"), accompanied by a face and scalp massage.	25 min.	255

	Duration	Price (NIS)
Abhyanga (2/4 hands) Oil libation with warm sesame oil over the entire body in long strokes, accompanied by a relaxing scalp and face massage to release tension. (The client is unclothed, with appropriate covering.)	45 min.	410/520
Shiatsu A Japanese treatment philosophy based on Chinese acupuncture, combining stretching and applying pressure along the energy channels. The treatment enhances the body's natural strengths, offering an experience of returning to nature. (Please wear light, flexible clothing.)	50 min.	410
Thai Massage 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. (Please wear light, flexible clothing.)	50/75 min.	410/510
Shi-Thai Massage The ultimate combination of two ancient healing arts – Thai massage and shiatsu – focusing on relieving muscle tension and improving the body's energy flow. (Please wear light, flexible clothing.)	50 min.	410
Tui Na A Chinese massage technique that applies pressure, vibration, and more, restoring the natural energy flow to blocked areas. This is a deep, oil-free massage. (Please wear light, flexible clothing.)	50 min.	410

Natural Energy

Reiki A relaxing and energy balancing treatment including the placing of hands and balancing the body's energy centers (chakras). (Please wear light, flexible clothing.)	50 min.	350
Healing An energetic healing and balancing treatment that uses the placing of hands over the body to balance the aura. (Please wear light, flexible clothing.)	50 min.	350

The Turkish Bath

Kese – Body Exfoliation A traditional Turkish experience including massaging, cleansing, and exfoliating the body in an authentic Turkish bath for the wonderful sensation of soft, clean skin and relaxed muscles.	25 min.	330
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Body Purification – Exfoliating Treatments

An experiential treatment for skin cleansing and renewal, carried out with oils and salts, or a gentle exfoliating cream to smooth the skin, stimulate the circulation, and offer a lasting feeling of freshness. The perfect way to exfoliate the body at the beginning of your stay or before a massage treatment. Refreshing Melon Exfoliation (Exfoliating Cream) Vanilla, Lavender & Patchouli Exfoliation (Salts) Orange & Vanilla Exfoliation (Salts) Exfoliation for Men (Salts) Grapefruit Exfoliation – Anti-Cellulite (Salts)	45 min.	390
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Body Wraps

Duration Price (NIS)

Mud Wrap A wrap filled with mineral-rich mud from the Dead Sea that helps relieve muscle tension and stimulate the metabolism. This natural exfoliator cleanses and smoothes the skin. Recommended for people with joint pain or muscular pain, as well as for general relaxation.

50 min. 390

Seaweed Wrap A wrap straight from the sea, rich in minerals that nourish and moisturize the skin.

50 min. 390

Salt Exfoliation + Honey & Cinnamon Wrap Cleansing and purifying, the exfoliation gently removes dead cells while softening and nourishing the skin. The wrap uses natural honey, known for its antibacterial and skin-supporting properties, combined with pure cinnamon powder for complete pleasure and relaxation.

45 min. 390

Carmel Forest Treatments

Carmel Forest Massage An almond oil massage designed to eliminate stress and muscle tension while boosting vitality. The length of the treatment lets the therapist focus on particularly tense areas.

75 min. 510

Body & Soul Soothing Cleansing the body and cleansing the soul, a whole-body exfoliation is followed by a massage with pure almond oil enriched with plant extracts and the unique Resort fragrance.

75 min. 510

Balancing This unforgettable 75-minute experience begins with a deep tissue massage of the back to relieve muscular tension, followed by a foot massage for balance and even deeper release, an arm and hand massage, and the perfect finishing touch – a face and neck massage.

75 min. 510

Cleansing & Experiential Indian Journey Your Indian journey begins by cleansing your physical body with a rich shea butter exfoliation treatment, immediately followed by abhyanga – anointing the body with warm sesame oil, using long strokes to calm body and soul. (The client is unclothed, with appropriate covering)

75 min. 510

Treatments for Expectant Mothers from the 14th Week

Massage for Expectant Mothers A massage experience with pure almond oil to relieve heaviness, fatigue, and stress, as well as tense and aching muscles.

50 min. 390

Shiatsu for Expectant Mothers A special, refreshing experience for expectant mothers. The experience will continue even after the treatment, which calms and strengthens the body, diminishes stress, improves flexibility, and eases movement. (Please wear light, flexible clothing.)

50 min. 410

Polarity This massage targets the scalp, hands and feet to help the entire body feel perfectly relaxed.

50 min. 390

	Duration	Price (NIS)
Gentle Cream Exfoliation A cream-based exfoliation treatment to cleanse the body and remove dead cells, stimulate the circulation, and leave the skin feeling clean and smooth, with a pleasant sensation of freshness. Choose from: Refreshing Melon Exfoliation (Exfoliating Cream) Vanilla & Mint Exfoliation (Exfoliating Cream)	45 min.	390

Couples' Experiences

Including massages and a dip in the Jacuzzi

Classic Experience This luxurious experience for two combines a 50-minute Swedish massage for each partner and a dip in the pampering Jacuzzi with a cool, refreshing drink and seasonal fruit.	70 min.	885
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Romantic Couples' Experience A unique romantic experience in the couples' treatment room, including a 50-minute Swedish massage for each partner, a dip in the pampering Jacuzzi, champagne, and seasonal fruit.	70 min.	915
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Chocolate Treats for Couples A sweet romantic experience in the exclusive couples' treatment room, including an exfoliation treatment for each person, followed by a 50-minute massage with warm shea butter enriched with chocolate ingredients, topped off by a dip in the Jacuzzi with champagne and a chocolate and fruit fondue.	1 hr. 40 min.	1270
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Amber Vanilla for Couples A relaxing couples' massage with aromatic extracts of vanilla and amber. Following the massage vanilla, amber and oatmeal that will soften your skin. During the dip you can enjoy champagne and chocolates, at the end of the session we will present you with a small gift.	70 min.	990
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The Final Touch

Pedicure An exfoliating foot bath with nail cleansing and care, as well as the application of nail polish.	45 min.	255
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Manicure Hand exfoliation including a massage, full nail care, and applying nail polish.	45 min.	210
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Luxurious Pampering Pedicure Complete pampering for your feet, including a massage and exfoliation treatment, nail cleansing and care, a hot paraffin foot bath, and applying nail polish to complete your new look.	70 min.	355
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Dermalogica

Duration

Price (NIS)

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.

Dermalogica Beauty Treatment Adapted to the client's personal skin type and needs, this beauty treatment contains essential vitamins to enhance the skin's flexibility and leave it with a refreshed, vibrant look.	50 min.	390
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Deep Cleansing Treatment A deep facial cleansing treatment that includes 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.	50 min.	410
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Age Smart Treatment A luxurious treatment to prevent premature aging of the facial skin and for general improvement of its appearance. The treatment combines a high concentration of vitamins, fruit acids and peptides to improve skin firmness, smooth out fine lines, and 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.)	50 min.	430
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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.	410
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Holistic Moisturizing Treatment A calming and pampering treatment to restore moisture to dry and dehydrated skin. This treatment uses plant extracts and moisturizing serums and includes exfoliation, a rich aromatherapy massage, and a hydrating mask. This treatment is recommended for all skin types and is appropriate for all ages.	50 min.	390
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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.	390
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Casmara Luxurious Facial Treatment with a 24-Carat Gold Mask This facial treatment for healthy, especially vibrant facial skin contains a potent cocktail of vitamins and minerals essential for good skin health. The treatment includes a unique mask enriched with gold dust to dramatically revive and renew the facial skin while minimizing the signs of aging.	50 min.	450
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Christina Facial Treatment – It Just Works!

Duration

Price (NIS)

Christina-brand treatment products are developed by an international cosmetics company with its roots in Israel, which has been operating domestically and worldwide for more than 30 years. Simply the last word in the cosmetics field, all Christina products are based on cutting-edge scientific research and are manufactured utilizing advanced technology in order to provide uniquely satisfying solutions for a wide range of skin types and conditions. Christina offers protective treatments for both men and women, ensuring optimal results immediately, as well as over the long-term. Christina's scientific team combines traditional botanical ingredients with unique elements exclusively formulated in the company's labs. These precise formulas have been clinically proven as safe for use. Today, Christina products can be found all over the world, generating huge demand and an impressive reputation thanks to their sterling quality.

Nourishing & Refreshing Facial Treatment Suitable for all skin types, this treatment includes an initial cleansing, exfoliation, massage, and mask for general improvement of the skin's texture and flexibility. The treatment is enriched with vitamins and minerals to leave you with refreshed, healthy, glowing skin.	50 min.	390
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Unstress – Relaxing & Pampering Facial Treatment A special relaxing treatment that includes natural ingredients such as green tea, red tea, and white tea to reduce the redness of irritated skin suffering from stress damage. The treatment combines omega 3 and 6 to balance and assist the skin's renewal process, as incorporating these probiotic ingredients contributes to improved skin circulation, balance, and flexibility.	50 min.	390
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Silk – Anti-Aging Beauty facial Treatment A unique anti-aging beauty treatment based on pure biological silk fibers to significantly reduce wrinkles, fine lines, and skin laxity. The treatment includes enzymes to aid the skin cell renewal process, and is rich in vitamins E, A, and C, as well as exotic fruit, to give your skin a smooth, silky feel.	50 min.	390
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Especially for Men A unique facial treatment to slow the effects of the aging process on masculine skin while also thoroughly strengthening and purifying the skin. The treatment includes a wine vinegar exfoliation, as well as a massage using a gel containing vitamins and peptides* that has a fresh mint scent and helps to improve the skin's appearance.	50 min.	390
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Forever Young – Anti-Aging Skin Firming Treatment Rich in proteins and vitamins, this anti-aging facial treatment also includes proteins, vitamins, moisturizing agents, fruit acids, seaweed, and peptides*. During the treatment, two types of alpha hydroxy acid peels are performed, with two vitamin-rich masks and a seaweed mask, an eye treatment that includes a massage with mini crystals, and a pampering seaweed eye mask.	75 min.	470
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Wish – Anti-Aging facial Treatment for Mature Skin A unique treatment that adds immediate vitality and glow to mature skin. Using Wish products in the treatment directly influences all layers of the skin using advanced powerful peptides*, ginseng, pomegranate extract, and more. These ingredients improve the skin's circulation and firmness, enriching the skin with antioxidants to create an even, healthy tone.	50 min.	390
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	Duration	Price (NIS)
Muse – a total beauty complex that combines innovative award winning ingredients together with the unique benefits and the pleasant delights of the rose. Muse addresses all that is vital to the skin, providing it with enriched nourishment and supreme hydration. A delightfully pleasant pampering treatment suitable to all ages, leaving skin looking smoother and youthfully illuminated.	50 min.	390
Green Forest – The Carmel Forest’s BioPhyto** Treatment The treatment is based on extracts from pine and eucalyptus trees, a rare combination that simultaneously heats and cools the skin, increasing its metabolism. During the treatment, the skin is also permeated with B and A vitamins that accelerate cell renewal. The treatment includes a purifying peel, deep cleansing, massage with a cream rich in vitamins and hyaluronic*** acid, and the Green Forest BioPhyto** mask. The treatment enriches the skin with oxygen and improves circulation. The result: a feeling of purification, vitality, and optimally balanced skin. *Peptide – A smaller-scale protein that penetrates to the depths of the skin. **BioPhyto - Botanical agents that restore the skin’s vitality. ***Hyaluronic Acid – Absorbs and improves the skin’s moisture over time.	50/75 min.	390/440

Nutrition

Personalized Nutritional Consultation

The Carmel Forest Spa Resort offers personal nutritional consultations from the Resort's clinical dietician including: Designing a unique, balanced personal menu. Assessing body composition, weight, BMI, and body fat/muscle/water percentages. Improving quality of life, including enhanced alertness and vitality. Attention to medical conditions, including treating high cholesterol, diabetes, digestive problems, and more. Coping with eating outside the home at restaurants or special events. Focused advice for those involved in sports. Diet recommendations for natural changes in the body, such as pregnancy and nursing. Advice about nutritional supplements. To book a consultation, visit the spa reception on level 2, or call extension 2210/1.

Personal Consultation Includes computerized Body Composition Test, personalized menu building according to the computerized test results, lifestyle and personal preferences.	45 min.	285
Personal Consultation for Expectant Mothers Nutritional recommendations for the period of pregnancy and nursing in order to ensure the provision of all the necessary nutritional components for the healthy development of the fetus and to help the mother quickly regain her pre-pregnancy figure.	45 min.	285
Body Composition Test Computerized test for body fat, lean muscle mass, and water.	25 min.	195
Sports Nutrition Nutritional consultation for athletes and people engaged in sports activities, or those who would like to participate in sports activities. The consultation includes nutritional evaluation, body composition test, menu building, and recommendations for nutritional supplements as necessary, according to the type and frequency of physical activity. *It is recommended to bring blood test results.	45 min.	285

Tailor-Made – Especially for You Create your own perfect treatment package at a special price, including 4-5 treatments per person. (This package includes a 15% discount on the treatments.)

Please Note:

- A cancellation fee of 50% will be charged on all treatments cancelled within 6 hours of the reservation time.
- Briefs/panties are required during treatments, unless otherwise specified.
- Notification of any change or postponement of treatment or the moving forward of the treatment time will be made up to three hours before the treatment time.
- In the event that the treatment cannot be given due to health reasons, an alternative treatment will be given instead.
- The Carmel Forest Spa reserves the right to change or modify the above price list and treatment menu at any time.

