



CARMEL FOREST

Exclusive Spa

SPA TREATMENT MENU

The Classics	Duration	Price
Swedish Massage A classic medium-intensity European massage to relax and release muscular tension.	50 min.	415
Combination Massage Massage combining several techniques chosen by the therapist and client for optimal results.	50 min.	435
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.	415
Polarity A tension-relieving massage of the scalp, feet, and hands that offers total relaxation from head to toe.	50 min.	415
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.	595
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.	50 min.	460
Short & Sweet		
Neck, Shoulders & Back Massage Targets the neck and back areas to relieve day-to-day stress.	25 min.	270
Head & Neck Massage A relaxing experience that includes a scalp massage to relieve tension in the head and neck.	25 min.	270
Foot Massage 25 minutes of heaven. A refreshing foot massage with shea butter for a lighter feeling.	25 min.	270

	Duration	Price
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. A gentle, soothing, and liberating massage.	50 min.	435
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.	435
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.	455
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.	540/650
Bakok Targeting the back and neck areas, this treatment aims for a deep release of muscular tension and an overall positive feeling.	50 min.	455
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.	455
Experiences from the Far East		
Ayurveda 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.)	2/4 hands 75 min.	550/695
Shirodhara Oil libation in the center of the forehead (the "third eye"), accompanied by a face and scalp massage.	25 min.	270
Abhyanga 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.)	2/4 hands 45 min.	450/550
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.	435
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.	435/540

	Duration	Price
<p>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.)</p>	50 min.	435
<p>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.)</p>	50 min.	435
<h3>Natural Energy</h3>		
<p>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.)</p>	50 min.	415
<p>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.)</p>	50 min.	415
<h3>The Turkish Bath</h3>		
<p>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.</p>	25 min.	350
<h3>Body Purification – Exfoliating Treatments</h3>		
<p>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)</p>	45 min.	415
<h3>Body Wraps</h3>		
<p>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.</p>	50 min.	415
<p>Seaweed Wrap A wrap straight from the sea, rich in minerals that nourish and moisturize the skin.</p>	50 min.	415
<p>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.</p>	45 min.	415

Carmel Forest Treatments	Duration	Price
Carmel Forest Massage A 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.	540
Body & Soul Soothing Cleansing the body and cleansing the soul, a whole-body exfoliation is followed by a massage with a rich massage cream.	75 min.	540
Balancing This unforgettable -75minute 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.	540
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.	540
Treatments for Expectant Mothers – from the 14th Week		
Massage for Expectant Mothers A massage experience to relieve heaviness, fatigue, and stress, as well as tense and aching muscles.	50 min.	415
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.	435
Polarity This massage targets the scalp, hands and feet to help the entire body feel perfectly relaxed.	50 min.	415
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)	45 min.	415
Couples' Experiences		
'together' massage A swedish couple massage helps to relive stress and very relaxing. its a 50 minutes treatment in a special couple room.	50 min.	880
Classic Experience This luxurious experience for two combines a -50minute Swedish massage for each partner and a dip in the pampering Jacuzzi with a cool, refreshing drink and seasonal fruit.	70 min.	940
Romantic Couples' Experience A unique romantic experience in the couples' treatment room, including a -50minute Swedish massage for each partner, a dip in the pampering Jacuzzi, champagne, and seasonal fruit.	70 min.	970
Chocolate Treats for Couples A sweet romantic experience in the exclusive couples' treatment room, including an exfoliation treatment for each person, followed by a -50minute massage with warm shea butter enriched with chocolate ingredients, topped off by a dip in the Jacuzzi with champagne and chocolate.	1 hr. 40 min.	1270
Amber Vanilla for Couples A relaxing couples' massage with aromatic extracts of vanilla and amber. Following the massage Jacuzzi with vanilla and amber scent. 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

	Duration	Price
The Final Touch Pedicure An exfoliating foot bath with nail cleansing and care, as well as the application of nail polish.	45 min.	270
Manicure Hand exfoliation including a massage, full nail care, and applying nail polish.	45 min.	220
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.	375

Dermalogic

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.

Classic Experiential Treatment	50 min.	415
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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.**

Classic Purifying Treatment with Deep Cleansing	50 min.	435
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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.**

Age Smart Treatment	50 min.	450
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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.**

*Not suitable for pregnant women. Does not include deep cleansing.

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

CASMARA	Duration	Price
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Casmara 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.

Eye & Neck Treatment	50 min.	480
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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.**

Anti-Wrinkle Treatment	50 min.	480
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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.**

Combined Treatments: Dermalogica + Casmara

Organic Treatment with a Red Goji Berry & Quinoa Mask	50 min.	450
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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.**

Vegan Anti-Stress Treatment	50 min.	450
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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.**

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

Christina Facial Treatment – It Just Works!

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.

	Duration	Price
<p>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.</p>	50 min.	415
<p>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.</p>	50 min.	415
<p>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.</p>	50 min.	415
<p>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..</p>	50 min.	415
<p>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.</p>	75 min.	540
<p>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.</p>	50 min.	415
<p>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.</p>	50 min.	415
<p>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.</p>	50/75 min.	415/540

*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.

Nutrition

| Duration | Price

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 1/2210.

Personal Consultation Includes computerized Body Composition Test, personalized menu building according to the computerized test results, lifestyle and personal preferences. 50 min. 415

Body Composition Test Computerized test for body fat, lean muscle mass, and water. 25 min. 270

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. 415

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.
- 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.
- Please do not bring any jewelry/valuables into the spa complex. The management will not be held responsible for any loss or damage.
- No more than one discount may be applied to any treatment, including special packages.