

# Mizpe Hayamim Spa Treatment Menu

## Mitzpe Hayamim

The series of Mitzpe Hayamim treatments has been exclusively developed at Mizpe Hayamim. This unique line of Galilee Harmony treatments, using many natural and organic ingredients produced by the hotel's own farm, perfectly reflects the hotel's special character.

\* Unless otherwise stated, all treatments are performed in underwear and the guest is requested to arrive for treatment in a robe and underwear.

	Duration (min.)	Price (NIS)
<b>Galilee Magic</b> A cosmetic treatment that purifies and soothes the body. This signature Mitzpe Hayamaim treatment begins with a unique exfoliating blend of therapeutic herbs and oil enriched with flower extracts to nourish the skin and stimulate circulation. The treatment is completed by a massage using oil with a blend of flower extracts. A harmonious, refreshing treatment that contributes to restoring natural balance between body and soul.	75	510
<b>Galilee Body Mask Skin Renewal</b> Treatment begins by cleansing the body with a loofah glove moistened in scented soapy water to optimally prepare the body for a unique herbal wrap formulated with locally grown herbs. The mask penetrates oils and minerals to nourish and enrich the skin providing a refreshing sense of renewal and rejuvenation.	75	510
<b>Therapeutic Herb Massage</b> A massage with aromatherapy oils combined with warm cloth bags filled with herbs from the hotel's garden. This special treatment is intended to nourish the skin whilst relieving muscle and joint pain. It is especially recommended for all those seeking relaxation and stress-relief and assists in improving circulation and strengthening the Chi.	75	510
<b>Aromatherapy Massage</b> A gentle massage with a unique blend of aromatic oils created at the Mizpe Hayamim Hotel. This treatment is especially recommended to relieve tension and provide a sense of release and relaxation.	50/75	410/510



## Body Treatments & Massages

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### 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 enhance a luxurious touch to the skin.

\* Please arrive for the treatment in a robe and underwear, unless stated otherwise. The treatment is performed in underwear. \*\* There is no need to shower after the treatment.

**Mitzpe Hayamim Massage** Our classic and relaxing house treatment combining various massage techniques, in accordance with the therapist's specialties. 50/75 390/510

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**Swedish Massage** A classic European massage that helps relieve muscle tension and provide a sense of renewal. 50/75 390/510

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**Deep Tissue Massage** Deep, focused massage techniques suitable for people who regularly receive massages. Releases muscle tension and stress points throughout the body. Recommended for those who are physically active. 50 430

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**Hot Stone Massage** An original Native American treatment combining warm basalt stones. The heat penetrates to the depths of the muscle, relaxing and releasing muscular tension, stimulating blood circulation in addition to purifying and releasing toxins from the body. 50/75 410/550

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**Swedish Tui Na** A unique combination of Chinese Tui Na and Swedish massage techniques. The treatment is simultaneously invigorating and indulgent. 50/75 390/510

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**Scalp, Hands & Feet** This massage focuses on the body's feet, hands, and scalp. The treatment works on the ends of energy channels and the nervous system, helping to relax and release the entire body. 50/75 390/510

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**Reflexology** A Western healing method that treats the body by applying pressure on reflex points in the feet. The treatment reduces stress and helps to restore balance between body and soul. 50/75 390/510

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## Short & Sweet

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**Scalp & Face Massage** A delightful treatment intended to soothe, and release stress and tension accumulated in the head area. Relieves tension in the facial muscles and helps to lessen headaches. 25 255

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**Back, Head & Neck Massage** A massage focusing on the back, head, neck, and shoulders, helping to relieve fatigue and tension. 25 255

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**Foot Massage** A massage that focuses on the feet to relieve swelling and pressure, helping to relax the entire body. 25 255

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## Experiences from the Far East

<b>Ayurveda (2/4 hands)</b> 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 to balance body energies. (During the treatment, the recipient is unclothed, with appropriate covering.)	75	520/670
<b>Abhyanga</b> Oil libation with warm sesame oil over the entire body in long strokes, accompanied by a relaxing scalp and face massage to release tension. (During the treatment, the recipient is unclothed, with appropriate covering.)	50	410
<b>Thai Massage</b> 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 by pressing specific areas with the thumb, leaving a sense of vitality. (Please wear light, comfortable clothing.)	50/75	410/510
<b>Shiatsu</b> Based on the principles of Japanese medicine, the treatment involves pressing energy pathways along the meridians to balance the body and mind. (Please wear light, comfortable clothing.)	50	410
<b>Chinese Massage (Tui Na)</b> A Chinese massage technique which works on blocked areas through pressing motions, and more. (Please wear light, comfortable clothing.)	50	410

## Treatment for Expectant Mothers from 14 weeks onwards

<b>Nova</b> A holistic massage treatment exclusively designed for pregnant women from week 14 onwards. A gentle massage with pure almond oil helps to relieve tiredness, tension and sore muscles.	50	390
<b>Shiatsu</b> This treatment provides a refreshing and special experience during pregnancy, that will accompany you even after the treatment. A relaxing and strengthening treatment to relive tension whilst improving flexibility and ability of movement. (Please wear light, comfortable clothing.)	50	410
<b>Scalp, Hands &amp; Feet</b> This massage focuses on the body's feet, hands, and scalp to provide a feeling of release over the entire body.	50	390

## Luxurious Couple Packages

The perfect massage and Jacuzzi package

<b>TOGETHER</b> A classic Swedish massage in a romantic treatment room for two people. A moderate level massage to relieve muscle pain, leaving a sense of relaxation.	50	810
<b>Classic Experience</b> A unique romantic experience in the couples' treatment room, including a 50-minute Swedish massage for each partner, followed by a 25-minute dip in the Jacuzzi, completed with a refreshing beverage and seasonal fruit.	70	885
<b>Romantic Experience</b> An exclusive and romantic package in a treatment for two people combining a Swedish massage for each partner, followed by a dip in the Jacuzzi, completed with sparkling wine and seasonal fruit.	70	915
<b>Chocolate Treats for Two</b> An exceptionally sweet and romantic experience combining exfoliation followed by a 50 minute massage for each partner with luxurious warm shea butter, followed by a dip in the Jacuzzi, completed with sparkling wine, pralines and seasonal fruit.	100	1270

## The Final Touch

<b>Pedicure</b> A pampering, comprehensive foot treatment that includes exfoliation, massage, toenail care and nail varnish to complete the experience.	45	255
<b>Manicure</b> Comprehensive hand care, including a massage, nail shaping and design, followed by nail varnish to complete the experience.	45	210

## Japanese Kobido Face Massage

<b>Kobido</b> This massage treats external and deep tissues with a soft, rhythmic touch. It stimulates the facial nerves, improves circulation, drains toxins, and removes dead cells, which helps the skin to regenerate itself. At the end of the treatment, there is an overall improvement in the skin's complexion and a noticeable reduction of tension in the face. The treatment completely relaxes the entire body.	50	390
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## Dermalogica Facial Treatments

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, vitamins and minerals, and do not contain any artificial colors or fragrances.

**Beauty A** A relaxing and pampering experiential treatment that firms the skin, smoothing wrinkles and fine lines to achieve a perfect, uniform tone. This treatment includes two firming masks that include active ingredients and complexes.

50                      390

**Deep Cleansing** 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                      410

**Age Smart** 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 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.)

50                      430

**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                      410

**Deep Hydration** A calming and pampering facial treatment to restore moisture to dry 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                      390

**Classic Treatment for Men** An exclusive treatment for men, including unique rice bran, plant enzymes and fruit acids exfoliation to thoroughly cleanse and purify of the skin. (This treatment is recommended for every man aware of his skin appearance and interested in maintaining skin health.)

50                      450

### Casmara Prestigious Facial Treatment with a 24 Karat Gold Mask

Facial treatment for a particularly healthy and glowing complexion, containing a powerful cocktail of minerals and vitamins essential for the proper functioning of the skin. This treatment includes a unique mask containing gold powder to revitalize and renew facial skin, and to reduce the signs of premature aging.

50                      450

## Dr. Hauschker Facial Treatments

Dr. Hauschker is the world leader in using nature's many beneficial gifts to develop unique treatments for facial skin. These cosmetic products contain therapeutic plants, oils, spring water, natural fragrance and color extracts. They are suitable for both men and women, as well as all skin types.

<b>Time for Yourself</b> This facial treatment provides renewed moisture and a sense of freshness. It includes warm and soothing compresses, cleansing and nourishing masks, a neck and décolletage massage, and an invigorating touch of the hands aided by delicate natural brushes. After treatment, the skin feels fresh, velvety-smooth, and full of health.	50	400
<b>Cleansing &amp; Balancing Facial Treatment</b> A facial treatment that combines cleansing and balancing elements. It includes warm and soothing compresses, deep and cleansing masks to revitalize the facial skin, a neck and décolletage massage, an invigorating touch of the hands aided by delicate natural brushes. At the end of the treatment the skin is clean, radiant, and soft.	50	410
<b>Holistic Firming &amp; Renewal Treatment (Anti-Aging)</b> A comprehensive treatment that begins with a foot bath followed by a hand and feet massage. This is followed by a facial treatment using a unique serum and a selection of creams from the renewal product line, as well as cleansing, nourishing, and firming mask. The treatment includes an invigorating touch of the hands on the facial skin, aided by delicate natural brushes. The post-treatment experience is one of relaxation and calmness and a soft, glowing complexion.	75	510
<b>Touch of Renewal</b> A rejuvenating treatment which includes warm compresses with herbal aromas, thorough cleaning, an invigorating touch of the hands aided by delicate natural brushes, a nourishing mask, and a neck and décolletage massage. The treatment leaves you with a sense of renewal and freshness.	45	375
<b>Classic Treatment for Men</b> A cleansing and balancing treatment specially adapted for male facial skin. The process includes warm and soothing compresses, deep cleansing, revitalizing facial masks, a neck massage, and an invigorating touch of the hands aided by delicate natural brushes. The treatment leaves the skin feeling soft, fresh, and well cared for.	50	390

## Treatment Packages

**Tailor Made** We have formulated the perfect package exclusively for you. This package includes 4-5 treatments per person for a special price. (Package treatments include a special 15% discount on the treatments).

# General Information

In order for us to ensure that you receive the very best treatment, please note:

- Treatments for pregnant women are administered from week 14 to week 37, provided that the pregnancy is not considered high-risk.
- At least 6 months must have passed after surgery before you are able to book a treatment.
- In the event of cardiac problems, high blood pressure, high fever, illness, and so on, please contact the spa office before booking any treatment.
- Body treatments are only available to guests aged 16 and over.
- Cancellations must be notified at least 6 hours in advance. Cancellation without prior notice will entail a 50% charge of the treatment price.

## Before you arrive

- For dry treatments such as Shiatsu and Thai massages, please wear light, comfortable and long clothing such as a tracksuit, and shower before the treatment.
- For treatments with oil, please wear a robe and underwear, and ensure you are dry.
- Unless otherwise stated, all treatments are performed in underwear.
- Please refrain from bringing jewelry to your treatment. The hotel management is not responsible for the loss of jewelry or other valuables.
- Please ensure you arrive approximately 5 minutes before the scheduled time and sit in the waiting room next to the spa. Complete a health form and wait for your therapist.
- It is recommended to book treatments approximately two weeks prior to your stay.
- The therapist will accompany you to the treatment room.
- Mitzpe Hayamim spa reserves the right to cancel and / or change the treatment menu and / or prices at any time.

## For further details:

**Spa Office: 04-6994540, or ext. 540 / 543 when dialing from the guest rooms.**

Please call the spa office to coordinate, change, or cancel treatments.

The office is open Sunday -Thursday and Saturday 8:30 – 19:00 and on Friday and Holiday Eves, 8:30-18:00.



**Mitzpe Hayamim**  
Isrotel Exclusive Collection