

# Treatment Menu

## Carmel Forest Spa

### Body Treatments

Short Massages	Duration (minutes)	Price (NIS)
<b>Back &amp; Shoulder Massage</b> 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
<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	255
<b>Foot Massage</b> 25 minutes of heaven. A refreshing foot massage with shea butter for a lighter feeling.	25	255
<b>Head &amp; Neck Massage</b> The massage focuses on the head and neck in order to relieve daily stress.	25	255

### Relaxing Treatments

<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	410
<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	410
<b>Massage for Expectant Mothers</b> 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
<b>Ayurveda (2 or 4 hands)</b> 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
<b>Stone Therapie</b> 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	560
<b>Polarity</b> A tension-relieving massage of the scalp, feet, and hands that offers total relaxation from head to toe.	50	390
<b>Abhyanga (2/4 hands)</b> Oil libation with warm sesame oil over the entire body in long strokes. (The client is unclothed, with appropriate covering.)	50	410/520

Balancing & Releasing	Duration (minutes)	Price (NIS)
<b>Hot Stone Massage</b> 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
<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	410/510
<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.	50	390
<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	390/510

## Massage to Relieve Muscle Tension

<b>Deep Tissue Massage</b> A deep, strong massage focused on specific areas of extreme muscle tension. Stress is relieved by applying deep pressure with the elbows.	50	430
<b>Beresheet Balancing Massage</b> 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

<b>Thai Oriental Massage</b> 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
<b>Shiatsu</b> 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)

<b>Kese-Turkish Body Peel</b> The traditional Turkish treatment for softening and purifying the skin and releasing the muscles.	25	330
<b>Turkish Massage</b> 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		
<b>Salt Peeling – Lavender</b> A cleansing and relaxing peeling treatment, concluding with a lavender body butter being applied to the skin.	50	390
<b>Salt Peeling – Lemongrass</b> An anti-cellulite peeling to cleanse the skin and lift your spirit. Concludes by applying a Lemongrass body butter to the skin.	50	390

## AHAVA

AHAVA treatments are based on Dead Sea natural materials, combined with holistic massages, providing a spiritual and physical experience.

<b>Body Salt Exfoliation Treatment</b> An experiential treatment using salt body butter, based on natural minerals to stimulate skin renewal and reveal a fresh, soft complexion. The treatment is completed by applying gentle mineral body lotion.	45	390
<b>Mineral &amp; Botanical Exfoliation</b> Body exfoliation based on herbal extracts to smooth, stimulate and refine the skin, removing dead skin cells. The treatment is completed by applying gentle mineral oil.	45	390
<b>Toning and Body Contouring</b> Treatment for firming and toning the body with salts, followed by a full body massage with Dead Sea gel to drain toxins and reduce cellulite marks. The treatment is completed with a natural mud wrap, to tone the body and encourage contouring and general well-being.	75	510

## Body Wraps

<b>Clay Wrap</b> TA variety of body wraps moisturizing and enriching the skin with minerals.	50	390
<b>Seaweed Wrap</b> Enriched with minerals, for a anti cellulite effect	50	390

## Facial Treatments

### 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.

	Duration (minutes)	Price (NIS)
<b>Age Smart</b> 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
<b>A Short Facial</b> A personalized beauty treatment suited to the skin condition, for a refreshed and vital look.	25	290
<b>Anti-Stress Treatment for Sensitive Skin</b> 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
<b>Classic Facial</b> 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
<b>Deep Cleansing</b> 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
<b>Purifying Skin Treatment for Men</b> 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
<b>Synioia</b>		
A winning combination of non-invasive instrumentation with advanced, unique cosmetic capsules that enable effective experiential treatment with wonderful and visible results even after the first treatment. Each treatment begins with a gentle and effective exfoliating capsule containing cellulose granules combined with magnetic pulse technology that enhances the exfoliation, circulation and the skin regeneration process - optimal preparation for absorbing capsules and nourishing, restorative substances. hyaluronic		
<b>Neo Energy</b> A treatment that reduces and firm wrinkles, combining neo-energy capsules that aid in stimulating and producing collagen and elastin to reduce deep wrinkles, giving a firm and radiant complexion.	50	410
<b>Collagen Boost</b> - Pure collagen, deep nourishing treatment with anti-aging properties to strengthen natural protection. The treatment combines a rich-textured capsule containing pure collagen to effectively help counteract the effects of free and harmful agents, protects and helps strengthen the skin's immune system and slows down the aging process.	50	410

	Duration (minutes)	Price (NIS)
<b>Hyaluronic Cocktail</b> An intensive moisturizing treatment to improve the skins appearance and elasticity and assists in the natural restoration of cells. The treatment includes 2 types of hyaluronic acids that work effectively as “absorbent molecules” which increase the skin’s ability to store water and enrich it with moisture and a protective layer.	50	410
<b>WISH Pro for Men</b> A specialized and refreshing skin treatment, providing deep nourishment to enhance skin elasticity and appearance. The capsule has a unique texture, rich in exclusive peptides to reduce the appearance of wrinkles and enhance the complexion.	50	410
<b>Deep Cleansing</b> Deep cleaning treatment that combines refreshing, intense moisture and cell renewal methods. This unique treatment is designed for deep cleansing and pore cleansing with pulse technology and magnets that slow down the aging processes. The treatment helps accelerate the process of skin renewal, hydration and natural healing. Great for those who want a refreshing, glowing and healthy complexion.	75	510

## Treatment Packages

<b>Desert Romance (for Couples)</b> 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
<b>Relaxation &amp; Renewal</b> The package includes three Treatments: Your choice of peeling treatment (45 min), Swedish Massage (50 min), Reflexology (50 min).		970
<b>Intensive Energy</b> Three treatments: Your choice of peeling treatment (45 min), Shiatsu (50 min), Reflexology (50 min).		1100
<b>Package for Expectant Mothers</b> 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
<b>Natural Beauty</b> 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
<b>Desert Ambiance</b> Three treatments: Ayurveda (75 min, 2 hands), Reiki (50 min) and Reflexology (50 min).		1100

## The Final Touch

<b>Pedicure</b> 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
<b>Manicure</b> 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

	Duration (minutes)	Price (NIS)
<b>Pedicure &amp; Foot Care</b> Removal of dead skin from around the toenails, soaking the toenails, cream peel, foot massage and applying nail polish of your choice.	75	355
<b>Pedicure Express</b> Styling and applying nail polish.	25	155
<b>Manicure Express</b> 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-5pm.
- > 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.