

Treatment Menu

Carmel Forest Spa

The Classics

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	270
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	270
Foot Massage 25 minutes of heaven. A refreshing foot massage with shea butter for a lighter feeling.	25	270
Head & Neck Massage The massage focuses on the head and neck in order to relieve daily stress.	25	270

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	435
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	435
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	415
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	550\695
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	595
Polarity A tension-relieving massage of the scalp, feet, and hands that offers total relaxation from head to toe.	50	415
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	450\550



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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	460\595
Combination Massage A massage including several techniques of the therapist's specialist areas. This treatment is adapted to each individual's needs	50\75	435\460
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	415
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	415/540

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	455
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

	Duration (minutes)	Price (NIS)
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	435
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	435

Hamam (Turkish Bath)

Kese-Turkish Body Peel The traditional Turkish treatment for softening and purifying the skin and releasing the muscles.	25	350
Turkish Massage Strong and stimulating massage for improved blood circulation and release of muscular tension	25	350

Body Peeling

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

	Duration (minutes)	Price (NIS)
Salt Peeling – Lavender A cleansing and relaxing peeling treatment, concluding with a lavender body butter being applied to the skin.	50	415
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	415

Body Wraps

Clay Wrap TA variety of body wraps moisturizing and enriching the skin with minerals.	50	415
Seaweed Wrap Enriched with minerals, for a anti cellulite effect	50	415



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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.

	Duration (minutes)	Price (NIS)
Classic Experiential Treatment A relaxing and pampering facial treatment for all skin types. This immersive treatment experience includes exfoliation, a relaxing facial massage 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.	50	415
Classic Purifying Treatment with Deep Cleansing 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 massage 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.	75	540
Age Smart Treatment 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.	75	540



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CASMARA

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.

	Duration (minutes)	Price (NIS)
Eye & Neck Treatment 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.	50	480
Anti-Wrinkle Treatment 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.	50	480

Combined Treatments: Dermalogica + Casmara

Organic Treatment with a Red Goji Berry & Quinoa Mask 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.	50	450
Vegan Anti-Stress Treatment 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.	50	450



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Treatment Packages

	Duration (minutes)	Price (NIS)
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).		970

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	270
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	220
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	375
Pedicure Express Styling and applying nail polish.	25	175
Manicure Express Styling and applying nail polish.	25	175

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.