



## CARMEL FOREST

Exclusive Spa

### SPA TREATMENT MENU

The Classics	Duration	Price
<b>Swedish Massage</b> A classic medium-intensity European massage to relax and release muscular tension.	50 min.	415
<b>Combination Massage</b> Massage combining several techniques chosen by the therapist and client for optimal results.	50 min	435
<b>Reflexology</b> 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
<b>Polarity</b> A tension-relieving massage of the scalp, feet, and hands that offers total relaxation from head to toe.	50 min	415
<b>The Magic of Hot Stones</b> 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
<b>Hot Stone Massage for the Back and Shoulders</b> A treatment combining warm basalt and cool marble stones, focusing on imparting deep relaxation to the back and shoulder areas.	50 min	460
<b>Short &amp; Sweet</b>		
<b>Neck, Shoulders &amp; Back Massage</b> Targets the neck and back areas to relieve day-to-day stress.	25 min	270
<b>Head &amp; Neck Massage</b> A relaxing experience that includes a scalp massage to relieve tension in the head and neck.	25 min	270
<b>Foot Massage</b> 25 minutes of heaven. A refreshing foot massage with shea butter for a lighter feeling.	25 min	270
<b>Herbal Magic</b>		
<b>Aromatherapy Massage</b> 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	435



**ORIENT**  
Isrotel Exclusive

	Duration	Price
<p><b>Wild Rose</b> 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.</p>	50 min	435
<h3>Deep Forest</h3>		
<p><b>Deep Tissue Massage</b> 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.</p>	50/75	455/595
<p><b>Millennium (4 hands)</b> 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.</p>	50/75	540/650
<p><b>Bakok</b> Targeting the back and neck areas, this treatment aims for a deep release of muscular tension and an overall positive feeling.</p>	50.	455
<p><b>Sports Massage</b> 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.</p>	50.	455
<h3>Experiences from the Far East</h3>		
<p><b>Ayurveda (2/4 hands)</b> A traditional Indian treatment that includes a gentle cleansing exfoliation using long strokes, 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.)</p>	75 min	550/695
<p><b>Shirodhara</b> Oil libation in the center of the forehead (the "third eye"), accompanied by a face and scalp massage.</p>	25 min	270
<p><b>Abhyanga (2/4 hands)</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. (The client is unclothed, with appropriate covering.)</p>	45 min	450/550
<p><b>Shiatsu</b> 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.)</p>	50 min	435
<p><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. (Please wear light, flexible clothing.)</p>	50/70 min.	435/540
<h3>Natural Energy</h3>		
<p><b>Reiki</b> 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>	45 min	415

	Duration	Price
<b>Healing</b> An energetic healing and balancing treatment that uses the placing of hands over the body to balance the aura. (Please wear light, flexible clothing.)	45 min	415

### 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.	45 min	415
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### Body Wraps

<b>Seaweed Wrap</b> A wrap straight from the sea, rich in minerals that nourish and moisturize the skin..	45 min	415
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<b>Salt Exfoliation + Honey &amp; Cinnamon Wrap</b> 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	415
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### Carmel Forest Treatments

<b>Carmel Forest Massage</b> 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	540
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<b>Body &amp; Soul</b> 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	540
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<b>Balancing</b> 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	540
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<b>Cleansing &amp; Experiential Indian Journey</b> 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.	75 min	540
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### Treatments for Expectant Mothers from the 14th Week

<b>Massage for Expectant Mothers</b> A massage experience with pure almond oil to relieve heaviness, fatigue, and stress, as well as tense and aching muscles.	50 min	415
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<b>Polarity</b> This massage targets the scalp, hands and feet to help the entire body feel perfectly relaxed.	50 min	415
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<b>Gentle Cream Exfoliation</b> 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	415
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Couples' Experiences – Including massages and a dip in the Jacuzzi	Duration	Price
<b>Romantic Couples' Experience</b> 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	970

## Dermalogica

**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.

<b>Classic Experiential Treatment</b> <b>A relaxing and pampering facial treatment for all skin types.</b> 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. <b>The treatment leaves skin radiant and glowing throughout the day.</b>	50 min	390
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<b>Classic Purifying Treatment with Deep Cleansing</b> <b>A classic deep cleansing treatment designed to purify the pores. Ideal for all those with oily and combination skin.</b> 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. <b>The treatment leaves skin cleansed and calm, perfectly moisturized and with a matte appearance.</b>	50 min	410
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<b>Age Smart Treatment</b> <b>A regenerating treatment to improve skin tone and texture.</b> 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. <b>Skin is left with a radiant, healthy appearance.</b> *Not suitable for pregnant women. Does not include deep cleansing. *It is recommended to moisturize for two days following the treatment.	50 min	430
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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.

<b>Eye &amp; Neck Treatment</b> <b>A cosmetic treatment combined with a relaxing holistic experience.</b> 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. <b>The treatment firms skin, smooths away wrinkles, brightens dark circles, and reduces undereye puffiness.</b>	50 min	480
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	Duration	Price
<b>Anti-Wrinkle Treatment</b> <b>An anti-aging treatment for firming the skin and reducing wrinkles, suitable for all skin types and conditions.</b> 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. <b>The treatment reduces the appearance of wrinkles, giving skin a bright, radiant look.</b>	50 min	480

Combined Treatments:  
Dermalogica + Casmara

<b>Organic Treatment with a Red Goji Berry &amp; Quinoa Mask</b> <b>A powerful antioxidant treatment suitable for all skin types.</b> 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. <b>The treatment gives skin a brighter, healthier look.</b>	50 min	450
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<b>Vegan Anti-Stress Treatment</b> <b>A luxurious treatment to deliver intensive moisture and soothe dry and sensitive skin.</b> 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. <b>Restores elasticity and vitality to the skin.</b> *This treatment is suitable and highly recommended for pregnant women.	50 min	450
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**Please Note:**

- A cancellation fee of 50% will be charged on all treatments cancelled within 8 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 if possible.
- 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.