

## SPA TREATMENT MENU

| Relaxing Treatments  | Duration      | Price       |
|--|---------------|-------------|
| <b>Ayurveda</b> (2 or 4 hands) This Indian treatment uses gently warmed sesame oil to calm the mind and body, including an oil libation on the “third eye” at the center of the forehead, accompanied by a heavenly scalp massage.<br>(During the treatment, the guest is unclothed, with appropriate covering.) | 75 min.       | 470/570     |
| <b>Abhyanga</b> (2 or 4 hands) A deliciously warming sesame oil libation performed in long movements along the entire body, ending in a brief scalp massage.<br>(During the treatment, the guest is unclothed, with appropriate covering.)   | 50 min.       | 370/470     |
| <b>Shirodhara</b> An oil libation on the “third eye” and forehead, accompanied by a scalp and face massage.  | 25 min.       | 250         |
| <b>Aromatherapy</b> Relaxing massage with a combination of wonderfully beneficial aromatic oils.   | 50 min.       | 345         |
| <b>Balancing &amp; Releasing Treatments</b>  |               |             |
| <b>Classic Swedish Massage</b> Classic full-body European massage to help stimulate the circulation and relieve muscle tension.  | 50/75/90 min. | 335/455/670 |
| <b>Scalp, Face &amp; Neck Massage</b> A pampering massage of the scalp, face, and neck, focusing on relieving tension and headaches.   | 25 min.       | 240         |
| <b>Foot Massage</b> A massage with refreshing cream that will help your feet feel much lighter.  | 25 min.       | 240         |
| <b>Neck, Back &amp; Shoulder Massage</b> A massage to melt away all the stress and tension that collects in the back, shoulders, and neck area.  | 25 min.       | 240         |
| <b>Combination</b> Combines several massage techniques, as selected by the therapist during the treatment.   | 50/75 min.    | 345/465     |
| <b>Reflexology</b> A balancing, relaxing treatment involving massaging and applying pressure to the feet in order to release tension.  | 50 min.       | 335         |
| <b>Polarity</b> Massages of the scalp, hands, and feet to relieve tension.   | 50 min.       | 335         |
| <b>Massology</b> A refreshing blend of a classic Swedish massage and reflexology.  | 50 min.       | 345         |
| <b>Namaste</b> Intended to enhance the body’s natural vitality, this dynamic massage with our house oil is an energetic medium-strength experience for the whole body, offering perfect pleasure.  | 75/90 min.    | 465/690     |

| Deep Treatments  | Duration | Price |
|--|----------|-------|
| <b>Deep Tissue Massage</b> A deep, focused Western massage technique to relieve muscle tension and trigger points in different areas of the body.  | 50 min.  | 370   |
| <b>Balancing</b> An especially intensive treatment that begins with a deep tissue massage of the upper back area to release muscle tension, followed by a massage of the feet, arms, and hands. The treatment concludes with a neck, scalp, and face massage. A harmonious, peaceful experience that brings balance to the body. | 75 min.  | 490   |
| <b>Shiatsu</b> This Japanese treatment method involves gentle pressing along the energy pathways to release physical and mental stress.<br>(The treatment is performed on a mat / bed, with the guest in comfortable clothing.)  | 50 min.  | 370   |
| <b>Thai Massage</b> The therapist uses both hands and feet with pressing and stretching techniques to generate deep release within the body.<br>(The treatment is performed on a mat, with the guest in comfortable clothing.)   | 50 min.  | 370   |

## Peeling & Wrap Treatments

|   |            |         |
|---|------------|---------|
| <b>Salt Peel</b> Cleanses and exfoliates the skin through a stimulating massage with natural salt crystals, enriched with various minerals to help nourish the skin. Not recommended for sensitive skin.  | 25 min.    | 240     |
| <b>Salt Peel – Anti-Cellulite</b> A salt peel with additional grapefruit and verbena oil that focuses specifically on areas affected by cellulite. Includes a relaxing cream-based massage after the peeling treatment. Not recommended for sensitive skin. | 75 min.    | 465     |
| <b>Massa-ling</b> A gentle exfoliating treatment enriched with vitamins and minerals. The treatment removes the layer of dead skin cells to reveal a smooth, refreshed complexion. After the peel, the body is pampered with a relaxing massage.            | 75 min.    | 465     |
| <b>Mud Wrap</b> A warm wrap with mineral-rich mud to alleviate joint pain and offer general relaxation. Includes a scalp massage during the body wrap.  | 50/75 min. | 355/465 |
| <b>Seaweed Wrap</b> The body is wrapped in seaweed, which is especially rich in minerals and organic properties. This treatment helps to promote cellular renewal while balancing moisture and enhancing skin elasticity.                                   | 50/75 min. | 335/465 |
| <b>Salt &amp; Patchouli / Lavender / Grapefruit Peel</b> Cleanses and exfoliates the skin through a mineral-rich salt crystal massage. After the peel, your skin is pampered with nourishing body butter.   | 50 min.    | 335     |

## Expectant Mothers

|   |         |     |
|---|---------|-----|
| <b>Classic Prenatal Treatment – From week 16</b> A relaxing treatment that helps to ease the sense of heaviness.  | 50 min. | 335 |
| <b>Christina Facial Treatment</b> This uniquely relaxing treatment combines natural ingredients, including green, red, and white tea, as well as omega-3 and omega-6 oils, to balance the skin, improve elasticity, and promote skin renewal processes. | 50 min. | 335 |

| Spa Specials   | Duration   | Price    |
|--|------------|----------|
| <b>Pampering for Two</b> A delightful couple's treatment in an especially enchanting atmosphere. The treatment includes a massage for each person, followed by time in a private jacuzzi accompanied by sparkling wine and a delicious seasonal fruit platter.   | 50/75 min. | 870/1070 |
| <b>Utopia</b> A gentle peeling treatment enriched with vitamins and minerals. The treatment exfoliates dead cells, leaving your skin feeling beautifully smooth and fresh. After the peel, we will pamper the body with a relaxing Abhyanga treatment using warmed sesame oil. This combination creates a sensation of absolute harmony.   | 75 min.    | 465      |
| <b>Hot Stones – Back, Neck &amp; Shoulders</b> This treatment uses hot basalt stones and focuses on the back and shoulder areas.   | 50 min.    | 370      |
| <b>Hot Stones</b> Combines a gentle, relaxing treatment with the touch of hot basalt stones. Aiming to balance body and mind, the luxurious treatment works on energy channels to impart balance, purification, and emotional release from everyday stresses. A pleasant, unforgettable experience that wraps you in warmth and softness.  | 75 min.    | 490      |
| <b>Christina Facial Treatments</b>   |            |          |
| <b>Unstress Relaxing &amp; Pampering Treatment</b> Natural botanicals such as green, red, and white tea combine to calm redness and soothe irritated, stressed skin. This special treatment combines omega-3 and omega-6 oils to promote skin regeneration processes, with added probiotics help boost circulation, balance the skin, and enhance elasticity.  | 50/75 min. | 335/455  |
| <b>Silk</b> Based on pure raw silk fibers, this outstanding anti-aging beauty treatment harnesses the power of enzymes to smooth away dead skin cells and significantly reduce wrinkles, fine lines, and loose skin.   | 50/75 min. | 335/455  |
| <b>Forever Young Anti-Aging Treatment</b> A protein-rich anti-aging treatment, packed with vitamins, moisturizing agents, fruit acids, algae, and peptides. The treatment involves two AHA-based peels, two vitamin-rich masks, an algae mask, an eye treatment with crystal massage, and a pampering algae-based eye mask.  | 75 min.    | 455      |
| <b>Wish Anti-Aging Treatment for Mature Skin</b> This unique renewing treatment for mature skin imparts immediate vitality and radiance, using advanced Wish skincare products to target all skin layers with powerful peptides, ginseng, pomegranate extract, and more. Circulation is rapidly improved, as the treatment firms and fortifies the skin with antioxidants, helping to nurture an even tone and healthy complexion. | 50/75 min. | 335/455  |
| <b>Special Treatment for Men</b> A unique treatment for masculine skin, precisely formulated to inhibit the aging process while thoroughly cleansing and strengthening the skin. The treatment combines an exfoliation based on tartaric acid, derived from grapes, and a massage with refreshing mint-scented gel that contains powerful vitamins and peptides to boost the skin's overall appearance.                            | 50 min.    | 335      |

| Finishing Touches  | Duration   | Price   |
|--|------------|---------|
| <b>Pedicure</b> Includes full nail treatment and foot skincare.    | 25/50 min. | 170/230 |
| <b>Manicure</b> Includes full nail treatment.                      | 25/50 min. | 110/170 |
| <b>Wax Hair Removal</b> Hair removal in the guest's selected areas |            | 60-160  |

### General Information

- Spa opening hours: 10:00am to 6:00pm.
- It is recommended to come to all treatments in a robe and swimwear, unless otherwise specified.
- A health declaration must be signed prior to the start of any treatment or use of the spa facilities.
- Please arrive 10 minutes before your scheduled treatment time.
- Therapists reserve the right to stop treatments immediately if they feel that the guest's conduct is inappropriate or disrespectful.
- Cancellations must be made at least 4 hours prior to the treatment time. Cancellations made without this advance notice will be charged 50% of the treatment price.
- The treatment variety and price list are subject to change.
- Cancellations may only be made during the spa's opening hours.
- Entry to the spa complex is reserved for guests ages 16+.
- Additional discounts and special offers may not be applied to the "Pampering for Two" treatment.
- Sun Club points may be applied to spa treatments; additional discounts and special offers may not be used.
- Please do not bring any jewelry or other valuable items to the spa complex. Management will not be responsible for any loss/damage that may occur.

**Please do not hesitate to contact us with any questions or inquiries by calling 08-6300371 (dial 6371 from your room) or sending an email to: [spa-eg@isrotel.co.il](mailto:spa-eg@isrotel.co.il)**