

KAYMA SPA TREATMENT MENU

Kayma Specials

	Duration (minutes)	Price (NIS)
Kayma Treatment Relieve muscular and mental tension and stress, boost vitality. The treatment duration allows a focus on areas with particular tension.	75	595
Balancing Treatment A seamless flow of treatments: targeted deep tissue massage of the upper back to release muscular tension, followed by a balancing foot massage for deeper release, hands and arms massage, concluding with a soothing neck and facial massage to restore complete balance and achieve full-body harmony.	75	595
Indian Cleansing Journey An indulgent Indian-inspired journey that begins with a body-cleansing ritual using a rich cream exfoliation, followed by Abhyanga — warm sesame oil applied in long, flowing movements along the body to soothe both body and soul. The treatment is performed without clothing, with professional draping of the lower body for comfort and privacy.	75	595

Foundations of Wellness

Classic Swedish Massage A classic European massage performed at medium pressure, designed to stimulate blood circulation, release muscle tension, and relieve stress.	50/75	435/595
Combined Massage A personalised treatment combining various massage techniques, selected in consultation with the guest and according to personal needs, to achieve optimal results.	50	455
Reflexology This massage applies targeted pressure and massage techniques to specific points on the soles of the feet to restore balance, ease tension, enhance wellbeing, and create a sense of release and effortless ease.	50	435
Polarity relaxing treatment focusing on the body's extremities — scalp, hands and feet, to help release tension and restore a sense of tranquillity.	50	435
Aromatherapy A gentle, soothing, and relaxing massage, combining aromatic plant extracts selected in consultation with the guest before the treatment. Aromatherapy oils help relieve fatigue, promote relaxation, and provide a sense of total release.	50	455

The Energy of the stone

Hot Stone Massage A traditional Native American-inspired treatment combining the comforting touch of warm basalt stones and cool marble stones. The warmth penetrates deep into the tissue, working along the body's energy channels to relax muscles, while the cool stones help release blockages and support the body's natural renewal process. The combination encourages a sense of release and deep relaxation.

Duration
(minutes)

Price
(NIS)

50/75

485/625

Hot Stones – Back & Shoulders Massage Focused relief combining warm basalt stones and cool marble stones, concentrating on the back and shoulder area. Designed to release built-up tension in the back and shoulders.

50

485

Deep Relief

Deep Tissue Massage A deep massage using focused techniques to release deep muscular tension, ease day-to-day strain and release tight, overworked muscles.

50

480

Backok A focused, deep treatment concentrating on the back and neck area, designed to release muscular tension and leave the body with a general sense of well-being.

50

480

Gate Away to The East

Ayurveda A traditional Indian wellness journey, featuring warm sesame oil poured in long, flowing movements along the entire body, completed by a gentle application of oil on the "third eye" in the centre of the forehead, concluding with a deeply relaxing scalp massage. (The treatment is performed without clothing, with a discreet covering for comfort & privacy).

75

Hands 2
580
Hands 4
730

Shirodhara A serene ritual of oil poured onto the centre of the forehead (the "third eye"), accompanied by a relaxing scalp and facial massage for profound calm.

25

285

Abhyanga A restorative treatment using warm sesame oil poured over the entire body in long strokes, followed by a short, relaxing scalp massage to achieve complete relaxation and renewal. (The treatment is performed without clothing, with a discreet covering for comfort & privacy).

50

Hands 2
480
Hands 4
580

Body Flow

A revitalising skin-renewal treatment using natural salt crystals and aromatic oils or a gentle cream exfoliation. Designed to smooth the skin, stimulate circulation, and leave the body feeling fresh, soft and renewed.

	Duration (minutes)	Price (NIS)
Salt Exfoliation — Vanilla, Lavender & Patchouli / Lemongrass / Carmel Forest Signature Scent A revitalising salt scrub massage that gently cleanses the skin and removes dead skin cells, using natural mineral-rich salt crystals. The treatment concludes with nourishing body butter, leaving the skin soft, smooth, and beautifully refreshed.	50	435
Body & Soul Soothing Treatment An experiential journey designed to cleanse the body and calm the mind. The treatment begins with a body exfoliation and is followed by a soothing massage using a rich cream for deep relaxation.	75	595

Quick Balance

Neck, Back & Shoulders Massage A targeted massage designed to relieve day-to-day stress and tension and restore a sense of ease.	25	285
Head & Neck Massage A relaxing treatment combining soothing scalp massage with focused release for the neck and facial area.	25	285
Foot Massage 25 minutes of heaven. A refreshing foot massage using a cooling cream, leaving the feet feeling light, relaxed and renewed.	25	285

Mother-To-Be-Treatments

(available from week 14 of pregnancy)

Mother-To-Be-Massage A nurturing massage to ease the feeling of heaviness, relieve fatigue, and elevate comfort.	50	435
Mother-To-Be Polarity Massage A relaxing treatment focusing on the body's extremities, designed to create a gentle sense of release throughout the body.	50	435
Gentle Cream Exfoliation A delicate cream-based exfoliation that cleanses the skin, removes dead skin cells, stimulates circulation and leaves the skin clean, smooth and pleasantly refreshed. Guests may choose between a refreshing exfoliation or the Carmel Forest signature scent.	50	435

A Couple Harmony

	Duration (minutes)	Price (NIS)
Together A shared moment of relaxation with a side-by-side 50-minute Swedish massage in a romantic treatment room for two. A moderate-level massage to relieve tension, leaving you with a sense of relaxation.	50	920
Deep Connection A luxurious treatment for two combining a deep tissue massage for each partner in a romantic treatment room for two.	50	1010

Dermalogica

Dermalogica is one of the most sought-after cosmetic brands among skincare professionals worldwide. Its products contain skin-friendly ingredients, are free from animal-derived ingredients, are not tested on animals, are gluten-free, and are vegan. All treatments are suitable for both men and women.

The algae masks used in the facial treatments on this menu do not contain iodine and are suitable for all skin types and conditions. The oats used in all treatments on this menu are gluten-free.

Classic Glow Facial A relaxing and pampering facial treatment suitable for all skin types. This indulgent treatment includes exfoliation, a soothing facial massage combined with aromatic essences, the application of hyaluronic acid, and a treatment mask tailored to the skin type and condition. Leaves the skin radiant and glowing throughout the day.	50	435
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Classic Deep Cleansing & Purifying Facial A classic facial treatment including deep cleansing and purification of the skin's pores, ideal for oily and combination skin. The treatment includes exfoliation, facial massage with aromatic essences, hyaluronic acid, an active purifying charcoal mask, fruit acids to smooth and renew the skin, and a cooling algae mask to calm and refine the skin. Leaves the skin clean, soothed, matte-looking, and deeply hydrated.	50	455
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Age Smart Treatment A treatment designed to renew the skin and improve skin tone. Includes acid exfoliation, an advanced stable vitamin C serum, hyaluronic acid and a professional massage with aromatic essences. The treatment concludes with a firming or soothing mask, according to the skin type and condition. Leaves the skin looking healthy and radiant.	50	470
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This treatment is not suitable for mothers-to-be and does not include deep cleansing. It is recommended to apply generous hydration during the two days following the treatment.

Casmara

Duration (minutes)	Price (NIS)
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Casmara is an innovative Spanish dermo-cosmetic brand known for its advanced facial treatments and iconic peel-off masks. Suitable for all skin types, these treatments help deliver active ingredients into the skin, improving tone, elasticity and a fresh, radiant appearance.

Anti-Wrinkle Treatment An anti-ageing treatment designed to firm the skin and reduce the appearance of fine lines. Suitable for all skin types and conditions. The treatment includes acid exfoliation and peptides to smooth fine lines, hyaluronic acid to firm and improve skin elasticity, and a rich vitamin complex. The treatment concludes with an active algae mask that helps renew, nourish and revive the skin. Leaves the skin looking radiant, luminous and visibly smoother.

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510

Combined Dermalogica & Casmara Treatments

Organic Treatment with Red Goji Berry & Quinoa Mask A powerful antioxidant treatment suitable for all skin types. The treatment combines Himalayan goji berry extract from the Himalayas with additional natural ingredients grown through ecological farming. It includes a special oxygen exfoliation, massage, application of hyaluronic acid and vitamin C serum, and concludes with a firming and soothing peel-off mask. Helps reduce free radical damage and protects the skin from environmental stress, leaving the skin looking healthier and more radiant.

50

490

Natural Anti-Stress Treatment A rich treatment designed to hydrate and soothe sensitive, dehydrated skin. The treatment includes an innovative vegan oat and coconut milk exfoliation, combined with a special oxygen mask to boost the skin's cellular energy. It includes a soothing facial massage and application of hyaluronic acid and concludes with a calming peel-off oat mask to restore vitality and elasticity to the skin.

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490

Christina Facial & Beauty Treatments

Duration (minutes)	Price (NIS)
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Christina — Scientific Innovation in Skincare. Christina is a global skincare brand at the forefront of scientific innovation. Proudly developed and manufactured in Israel for over 40 years, the brand is marketed in more than 60 countries and enjoys an international reputation for advanced professional skincare. In Christina's state-of-the-art laboratories, breakthrough solutions are developed for both women and men. The treatments combine botanical ingredients with exclusive active components in safe, clinically proven formulas.

The result: powerful facial treatments with visible results. Christina's skincare ranges combine active ingredients with moisture-rich formulas designed to soothe irritated skin, reduce redness, restore optimal hydration and support the appearance of mature skin. They help promote firmness, elasticity and radiance, leaving the complexion looking even, fresh and beautifully renewed. A wide range of unique skincare series is available for targeted treatment of different skin types and conditions.

Nourishing & Refreshing Facial Treatment A classic luxurious facial treatment suitable for all skin types, enriched with vitamins and minerals. The treatment includes initial cleansing, exfoliation, massage and a mask designed to improve the skin's texture and elasticity, restoring a fresh, healthy and radiant complexion.	50	435
UNSTRESS — Calm & Balance A deeply calming treatment designed to reduce redness in skin affected by stress. Combines tea extracts, omega-3 and omega-6, and probiotic ingredients that support healthy circulation, balance and the skin's natural renewal processes	50	435
BIO PHYTO — The Green Forest A purifying and stimulating detox treatment based on effective active botanical extracts. Contains a rare complex that warms and cools simultaneously to boost the skin's natural renewal process. Includes deep cleansing, a mask and massage to stimulate cellular renewal. The result? Purified and balanced skin.	50	435
NUANCE An innovative series specially developed for mature skin aged 40+, offering a comprehensive response to skin ageing. Combines advanced natural and active ingredients, led by immortelle flower extract, to reduce fine lines and restore a healthy, youthful-looking appearance.	50	435
NEW MUSE A new skincare series designed to maintain strong, resilient skin while promoting cellular longevity. Combines biotechnology and exosomes to strengthen the skin barrier, encourage elasticity and help protect against visible ageing. Ideal for tired skin and as a preventive treatment for premature ageing.	50	435

General Information

•Our dedicated team is happy to assist you with any queries and provide further information. Please feel free to contact us at *6655 / Email: cro-spa01@isrotel.co.il

•Spa guests are required to complete a health declaration prior to the start of any treatment and before using the spa facilities.

•Body treatments are available for guests aged 16 and above only.

•Treatments cannot be booked if less than six months have passed since any type of surgery.

•Please arrive 10 minutes prior to your scheduled treatment time.

•All treatments are performed while wearing underwear, unless stated otherwise in the treatment description.

•The treatment team reserves the right to stop a treatment in the event of inappropriate or disrespectful guest behaviour.

•Cancellation or change of treatment type must be made at least 24 hours in advance, to avoid a cancellation fee.

• Any cancellation made without prior notice, or on the day of the scheduled treatment will incur the full charge, equal to 100% of the treatment price.

•Please refrain from bringing valuables and/or jewellery to the spa. The hotel management shall not be held liable for any loss and / or damage

•For Shiatsu and Thai massage, please wear flexible and comfortable clothing (long trousers and a long shirt).

•Sun Club members are entitled to up to 10% discount. Multiple discounts and promotions cannot be combined.