

SPA TREATMENT MENU

Foundations of Wellness	Duration	Price
Classic Swedish Massage A classic European massage performed at medium pressure, designed to stimulate blood circulation, release muscle tension, and relieve stress.	50/75min.	350/480
Combined Massage A personalised treatment combining various massage techniques, selected in consultation with the guest and according to personal needs, to achieve optimal results.	50/75min.	360/490
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 min.	350
Massology A refreshing combination of the classic Swedish massage and reflexology, designed to restore natural body balance and a sense of general relaxation.	50 min.	360
Polarity Massage A relaxing treatment focusing on the body's extremities — scalp, hands and feet, to help release tension and restore a sense of tranquillity.	50 min.	350
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.	50/75min.	360/490
The Energy of the Stone		
Hot Stone Massage A traditional Native American-inspired treatment combining the comforting touch of warm basalt stones. The warmth penetrates deep into the tissue, working along the body's energy channels to relax muscles, help release blockages and support the body's natural renewal process. The combination encourages a sense of release and deep relaxation.	50/75min.	390/515
Hot Stones – Back & Shoulders Massage Focused relief combining warm basalt stones, concentrating on the back and shoulder area. Designed to release built-up tension in the back and shoulders..	50 min.	390

Deep Relief	Duration	Price
Deep Tissue Massage A deep massage using focused techniques to release deep muscular tension, ease day-to-day strain and release tight, overworked muscles.	50/75 min.	390/515
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, release of tension in the hands and arms, concluding with a soothing neck, scalp and facial massage to restore complete balance and achieve full-body harmony.	75 min.	515

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 min.	495
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 min.	265
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 min.	390

Body Flow

For an enhanced spa experience, we recommend enjoying a body exfoliation treatment on its own or before any body massage, leaving the skin smooth, refreshed and perfectly prepared.

Salt Exfoliation with Aromatherapy Oil Extracts A revitalising treatment to cleanse and renew the skin, performed with natural salt crystals and aromatic oil extracts in a fragrance of your choice. The treatment smooths the skin, stimulates circulation and creates a lasting feeling of freshness. At the end of the exfoliation, the skin is enriched with a refreshing cream.	50 min.	350
Body & Soul Relaxation Treatment An experiential journey designed to cleanse the body and calm the mind. The treatment begins with a vitamin- and mineral-rich exfoliation that leaves the skin smooth and refreshed, followed by a Swedish massage to relax the body.	75 min.	490
Mud Wrap A warm mineral-rich mud wrap designed to help reduce joint discomfort and promote general relaxation.	50 min.	350

Quick Balance	Duration	Price
Neck, Back & Shoulders Massage A targeted massage designed to relieve day-to-day stress and tension and restore a sense of ease.	25 min.	250
Head & Neck Massage A relaxing treatment combining soothing scalp massage with focused release for the neck and facial area.	25 min.	250
Foot Massage 25 minutes of heaven. A refreshing foot massage using a cooling cream, leaving the feet feeling light, relaxed and renewed.	25 min.	250

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 min.	350
---	---------	-----

Christina Facial & Beauty Treatments

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.

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 min.	350
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 min	350
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 min.	350

	Duration	Price
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 min	350
Especially for Men A classic pampering facial treatment suitable for all skin types, enriched with vitamins and minerals. Includes initial cleansing, exfoliation, massage and a mask designed to improve the skin's texture and elasticity leaving the skin clean, revitalised and radiant.	50 min	350
Forever Young - Anti-Ageing Skin Firming Treatment An advanced anti-ageing facial treatment for firming, deep cleansing and skin renewal. Rich in vitamins, the treatment strengthens the skin barrier, improves elasticity and hydration, and leaves the skin looking firm, smooth and radiant. Suitable for all skin types, with visible results from the very first treatment.	75 min.	480

General Information

- Our dedicated team is happy to assist you with any queries and provide further information. Please feel free to contact us at 08-6382219 – email: spa-am@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
- Sun Club members are entitled to up to 10% discount. Multiple discounts and promotions cannot be combined.

**Wishing you a pleasant and rejuvenating experience,
The Spa Team**