



## CARMEL FOREST

Exclusive Spa

### SPA TREATMENT MENU

The Classics	Duration	Price
<b>Classic Swedish Massage</b> A classic European full-body massage to stimulate blood flow and relieve muscle tension throughout the body. Medium strength. Calms and relaxes.	50 min.	415
<b>Aromatherapy Massage</b> Enhanced with aromatic plant extracts chosen by the client, this gentle, calming massage helps to relieve fatigue and muscle tension.	50 min	435
<b>Combination Massage</b> Massage combining several techniques chosen by the therapist and client during the treatment to achieve optimal balance and relaxation.	50 min	435
<b>Reflexology</b> This soothing and balancing massage is combined with pressing the soles of the feet to balance the body and offer a general feeling of relaxation.	50 min	415
<b>Polarity</b> A 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 using warm basalt stones. The heat penetrates to the depths of the skin, relaxing and releasing muscular tension, helping to eradicate toxins, and restoring the body's natural balance. An unforgettable experience.	80 min	595
<b>Hot Stone Massage for the Back and Shoulders</b> A treatment using warm basalt stones, focusing on imparting deep relaxation to the back and shoulder areas.	50 min	460
<b>Short &amp; Sweet</b>		
<b>Head, Neck &amp; Shoulder Massage</b> A relaxing experience that includes a scalp massage to release tension in the neck and face..	25 min	270
<b>Neck, Shoulder &amp; Back Massage</b> A soothing massage that concentrates on particularly tense areas of the neck, shoulders, and back, relieving day-to-day stress.	25 min	270
<b>Foot Massage</b> A massage to give your feet a light, refreshed feeling.	25 min	270
<b>Deep Forest</b>		
<b>Deep Tissue Massage</b> A deep and focused Western massage technique that relaxes the body's muscles and tension points. Suitable for those who undergo massage treatments on a regular basis.	50 min	455



ROYAL BEACH

Isrotel Exclusive

TEL AVIV

	Duration	Price
<b>Millennium (4 hands)</b> This massage combines a number of deep body massage techniques in addition to a gentle massage for deep muscle relaxation. The treatment is carried out by two therapists simultaneously to achieve optimal results and enhance the experience.	50/75 min	540/650

### Experiences from the Far East

<b>Ayurveda</b> A traditional Indian treatment that includes a warm sesame oil libation over the entire body, oil libation on the "third eye" (center of the forehead) and the forehead, concluding with a scalp massage. (During the treatment, the recipient is unclothed, with appropriate covering.)	2/4 hands 75 min.	550/695
<b>Shirodhara</b> Oil libation on the "third eye" and the forehead, accompanied by a face- and-scalp massage.	25 min	270
<b>Abhyanga</b> Oil libation with warm sesame oil over the entire body, ending with a short scalp and face massage for relief and relaxation. (During the treatment, the recipient is unclothed, with appropriate covering.)	2/4 hands 45 min.	450/550
<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. (Administered on a mattress; it is recommended to wear long, comfortable clothing.)	50 min	435
<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. (Administered on a mattress; it is recommended to wear long, comfortable clothing.)	50 min	435

### Carmel Forest Treatments

<b>Carmel Forest Massage</b> A massage intended to reduce emotional stress and muscular tension while boosting vitality. The length of treatment allows the therapist to focus on especially tense areas.	75 min	540
<b>Body &amp; Soul Soothing</b> An experiential journey that cleanses the body and calms the mind with an exfoliation treatment followed by a massage using a massage cream enriched with plant extracts that have a special fragrance.	75 min	540
<b>Indian Cleansing &amp; Experiential Journey</b> The journey begins by cleansing the physical body with a rich shea butter scrub, followed with an Abhyanga treatment using hot sesame oil and long strokes over the entire body to relax body and soul. (During the treatment, the recipient is unclothed, with appropriate covering.)	75 min	540

### Treatments for Expectant Mothers - From the 14th week

<b>Massage for Expectant Mothers</b> A luxurious, relaxing massage to reduce the sensations of heaviness, fatigue, and stress, relieving tense and aching muscles.	50 min	415
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	Duration	Price
<b>Polarity</b> This massage targets the scalp, hands and feet to help the entire body feel perfectly relaxed.	50 min	415
<b>Head &amp; Neck Massage</b> Focused on the head and neck areas, this massage provides a deep release from tension as well as a delightful sense of relaxation.	25 min	270
<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.	45 min	415
<b>Body Exfoliation</b>		
<b>A cleansing exfoliation</b> carried out with salts and oils, or a gentle exfoliation cream, to remove dead skin cells and stimulate the circulation, leaving the skin feeling clean, smooth, and soft, with a pleasantly fresh sensation. This treatment is recommended either by itself or before any massage treatment to enhance the experience.	45 min	415
<b>Turkish Bath Treatments</b>		
<b>Turkish Massage</b> A traditional Turkish experiential treatment in the Turkish bath to soften and cleanse the skin. The treatment combines exfoliation and a body massage. (The massage is performed in public view; the recipient wears a swimsuit.)	25 min	350
<b>Deluxe Couples' Treatments (in the couples suite)</b>		
<b>Turkish Bath Experience</b> A Turkish "kese" scrub treatment for each person (wearing a swimsuit, in public view) for 25 minutes, then a short break followed by a Swedish massage in the couples' room (50 min).	75 min	1180
<b>"Together" Massage</b> A 50-minute Swedish massage for a couple in a romantic atmosphere that helps to relieve tension and stress.	50 min	865
<b>Romantic Couples' Experience</b> A unique romantic experience for two, including a 50-minute Swedish massage for each person, concluding with a bread & cheese platter and Cava.	70 min	970
<b>The Final Touch</b>		
<b>Pedicure</b> A foot bath that includes exfoliation and massage of the feet, nail cleansing and care, and applying nail polish.	45 min	270
<b>Manicure</b> An exfoliating hand massage including full nail care and applying nail polish.	45 min	220

## Christina – It just works! (adapted to the facial skin type)

| Duration | Price

Christina-brand treatment products are developed by an international cosmetics company with its roots in Israel, which has been operating domestically and worldwide for more than 30 years. Simply the last word in the cosmetics field, all Christina products are based on cutting-edge scientific research and are manufactured utilizing advanced technology in order to provide uniquely satisfying solutions for a wide range of skin types and conditions. Christina offers protective treatments for both men and women, ensuring optimal results immediately, as well as over the long-term. Christina's scientific team combines traditional botanical ingredients with unique elements exclusively formulated in the company's labs. These precise formulas have been clinically proven as safe for use. Today, Christina products can be found all over the world, generating huge demand and an impressive reputation thanks to their sterling quality.

**Nourishing & Refreshing Treatment** Suitable for all skin types, this treatment includes an initial cleansing, exfoliation, massage, and mask for general improvement of the skin's texture and flexibility. The treatment is enriched with vitamins and minerals to leave you with refreshed, healthy, glowing skin. 50 min 415

**Unstress – Relaxing & Pampering Treatment** A special relaxing treatment that includes natural ingredients such as green tea, red tea, and white tea to reduce the redness of irritated skin suffering from stress damage. The treatment combines omega 3 and 6 to balance and assist the skin's renewal process, as incorporating these probiotic ingredients contributes to improved skin circulation, balance, and flexibility. 50 min 415

**Silk – Anti-Aging Beauty Treatment** A unique anti-aging beauty treatment based on pure biological silk fibers to significantly reduce wrinkles, fine lines, and skin laxity. The treatment includes enzymes to aid the skin cell renewal process, and is rich in vitamins E, A, and C, as well as exotic fruit, to give your skin a smooth, silky feel.. 50 min 415

**Especially for Men** A unique treatment to slow the effects of the aging process on masculine skin while also thoroughly strengthening and purifying the skin. The treatment includes a wine vinegar exfoliation, as well as a massage using a gel containing vitamins and peptides\* that has a fresh mint scent and helps to improve the skin's appearance. 50 min 415

**Wish - Anti-Aging Treatment for Mature Skin** A unique treatment for mature skin, granting instant vitality and radiance. Wish care products directly affect all layers of the skin using advanced, powerful peptides, ginseng, pomegranate extract, and more to stimulate circulation, firm the skin, and enrich it with antioxidants for a healthy, even tone. 50 min 415

**Bio Phyto Treatment** The treatment is based on pine and eucalyptus tree extracts, a rare combination of complex components that heats and cools simultaneously to boost circulation in the skin. In addition, the skin is supplied with vitamin A and B-group vitamins to accelerate cellular renewal. The treatment also includes a purifying exfoliation, deep cleansing, a massage with cream rich in vitamins and hyaluronic acid, and the Bio Phyto "Green Forest" mask. This enriches the skin with oxygen and improves circulation. The result: a sense of purity, vitality and optimal balance to the skin. 50 min 415

	Duration	Price
<b>Forever Young – Anti-Aging Skin Firming Treatment</b> Rich in proteins and vitamins, this anti-aging facial treatment also includes moisturizing agents, fruit acids, seaweed, and peptides*. During the treatment, two types of alpha hydroxy acid peels are performed, with two vitamin-rich masks and a seaweed mask, an eye treatment that includes a massage with mini crystals, and a pampering seaweed eye mask. *Peptide – A smaller-scale protein that penetrates to the depths of the skin..	75 min	540

### Tailor-Made – Especially for You

Create your own perfect treatment package at a special price, including three or more treatments per person. (This package includes use of the spa facilities and a 15% discount on the treatments.)



### General Information

- Treatment price includes free entrance to the spa facilities on the day of treatment: Turkish hamam, dry sauna, and outdoor pool (in accordance with the season and weather conditions).
- The hotel pool is open from April to October (opening hours will vary by season).
- It is recommended to wear a swimsuit and bathrobe when coming for a treatment. Long, comfortable clothing should be worn for the Shiatsu and Thai treatments.
- Treatments in the Turkish bath are carried out in public view.
- You must sign a health declaration before every treatment and use of the spa facilities (prenatal treatments should only be carried out from the 14th week).
- Please arrive 15 minutes before the treatment time, as any delay will shorten your treatment.
- Treatments must be cancelled with at least 6 hours' notice. A cancellation fee of 50% will be charged on all treatments cancelled without sufficient advance notice. A cancellation fee of 100% will be charged on all treatments canceled less than 2 hours before the scheduled time. All cancellations should be made during the spa's opening hours.
- Please do not bring any jewelry/valuables into the spa complex. The management will not be held responsible for any loss or damage.
- Please note that changes may be made to this price list and range of treatments.
- Entry to the spa is for guests aged 16 and over.
- No more than one discount may be applied to any treatment, including special packages.
- Please arrange payment at the spa reception desk prior to receiving your treatment.
- Smoking is prohibited throughout all public areas of the hotel.
- It is not permitted to bring food into the spa area or fitness room.
- Address: Royal Beach Tel Aviv, 19 HaYarkon St. Covered parking is available for a fee.

**For further details, please contact the spa reception at ext. 5070**  
**From outside the hotel: 03-7405070, or email: [RT-SPA@isrotel.co.il](mailto:RT-SPA@isrotel.co.il)**

We invite you to relax, rejuvenate, and let yourself be pampered at the Carmel Forest Spa, and wish you a very pleasant, memorable experience.  
Best regards, the Spa Team