

## Spa Treatment Menu

- **Classic Swedish Treatment**

Particularly popular classic massage to stimulate blood circulation. The massage includes long strokes over the large body muscles and ends with a feeling of relaxation of tight muscles, balance, tranquility and stress relief.

**Treatment duration:** 45 minutes | **Price:** NIS 250

- **Hot Stone Treatment**

A special pampering spa experience originating in the Indian tribes of South America. The treatment is provided by placing heated stones on the skin and massage with oils. The hot stones together with the oil creates a pleasant sensation that relieves stress, tension, fatigue and exhaustion.

**Treatment duration:** 45 minutes | **Price:** NIS 270

- **Deep Tissue Treatment**

Unique treatment that works on the deep tissue, during which you are asked to breathe properly and stretching is done to achieve the best results. People with stiff and painful muscles feel immediate relief at the end of the treatment.

**Treatment duration:** 45 minutes | **Price:** NIS 280

- **Pregnancy Massage**

Particularly pampering treatment that combines traditional massage with balancing of the body's energy to relieve joint, back, neck and foot pain. Intended for pregnant women - from week 16 onwards.

**Treatment duration:** 45 minutes | **Price:** NIS 270

- **Reflexology**

Especially indulging massage administered by applying pressure on points along the feet. The treatment assists in relieving pressure, tension and anxiety, giving your body a wonderful sense of tranquility, balance and calmness.

**Treatment duration:** 45 minutes | **Price:** NIS 250

- Entry to the spa complex is reserved for people booking treatments in advance, at telephone no.: 054-9233083
- Entry to the spa from age 16-18 requires a parent chaperone.