



יְעָרוֹת הַכְּרַמֶּל

Spa Resort

Isrotel Exclusive Collection
חוויה מושלמת מהחיים

Body Treatments

The Classics

Swedish Massage 50 min.

A classic medium-intensity European massage to relax and release muscular tension.

Combination Massage 50 min

combining several techniques chosen by the therapist and client for optimal results.

Reflexology 50 min.

This massage is combined with pressing the soles of the feet to balance the body and offer a general feeling of relaxation.

Polarity 50 min.

A tension-relieving massage of the scalp, feet, and hands that offers total relaxation from head to toe.

Stone therapy 80 min.

Combining warm basalt stones with cool marble, this treatment uses massage and the placing of stones to release muscular tension, enhance the metabolism, improve blood and lymph circulation, eradicate toxins and restore the body's natural balance. An unforgettable experience.

Hot Stone Massage for the Back and Shoulders A treatment combining warm basalt and cool marble stones. The massage focuses on imparting deep relaxation to the back and shoulder areas.

45 min.

The short ones 25 min

Head & Neck Massage 25 min.

Targets the head and neck areas to relieve day-to-day stress.

Neck, Shoulders & Back Massage 25 min.

Targets the neck and back areas to relieve day-to-day stress.

Head & Foot Massage (4 hands) 25 min.

A relaxing and balancing massage of the head and feet carried out by 2 therapists simultaneously to create a wonderful sensation.

Foot Massage 25 min

Herbal Magic

Aromatherapy 50 min.

Massage Enhanced with aromatic plant extracts chosen with the client, this calming massage helps to relieve stress, fatigue and muscle tension while stimulating and strengthening the immune system. A gentle, soothing, and liberating massage.

Wild Rose 50 min.

The soothing qualities of luxurious rose hip oil have been renowned for thousands of years. This massage uses the oil to relax and release muscular tension, stimulating the senses while benefiting the skin.

Deep Forest

Deep Tissue Massage A deep and focused massage technique that relaxes the body's muscles and tension points. Suitable for those who undergo massage treatments on a regular basis.

50 min.

Millennium - 4 hands 50/75 min.

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 enhance the experience.

Bakok 50 min.

Targeting the back and neck areas, this treatment aims for a deep release of muscular tension and an overall positive feeling.

Sports Massage 50 min.

Specially designed for athletes prior to or following a sports event. Before the event, the massage prepares the muscles through toning and heating. After the event, it boosts recovery by stretching and draining the muscles of toxins.

Experiences from the Far East

Ayurveda- 2/4 hands 75 min.

A traditional Indian treatment that includes a gentle cleansing exfoliation using long strokes, a warm sesame oil libation over the entire body and, at the end of the treatment, on the "third eye" in the center of the forehead, accompanied by a scalp massage. (During the treatment, the recipient is unclothed, with appropriate covering.)

Shirodhara 25 min.

Oil libation in the center of the forehead (the "third eye"), accompanied by a face-and-scalp massage.

Abianga - 2/4 45 min.

hands Oil libation with warm sesame oil over the entire body in long strokes, accompanied by a relaxing scalp and face massage to release tension.

Shiatsu 50 min.

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. (Please wear light, flexible clothing.)

Thai Massage 50/75 min.

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. (Please wear light, flexible clothing.)

Shitai 50 min

A meeting between two ancient healing techniques, the strengthening and balancing of the shiatsu and the relieving and relaxing properties of the Thai massage.

Natural Energy**Reiki 50 min.**

A relaxing and energy balancing treatment including the placing of hands and balancing the body's energy centers (chakras).

Healing 50 min.

An energetic healing and balancing treatment that uses the placing of hands over the body to balance the aura.

The Turkish Bath**Kese 25 min.**

Full Body Exfoliation A traditional Turkish experience including massaging, cleansing, and exfoliating the body in an authentic Turkish bath for the wonderful sensation of soft, clean skin and relaxed muscles.

Turkish Massage 25 min.

An intense, invigorating massage to stimulate the circulation and release muscular tension.

Body Purification – Exfoliating Treatments**Peeling 45 min.**

An experiential treatment for skin cleansing and renewal, carried out with oils and salts, or a gentle exfoliating cream to smooth the skin, stimulate the circulation, and offer a lasting feeling of freshness. This treatment is highly recommended either by itself or before any massage for an especially empowering experience.

Choose from: Vanilla Lavender & Patchouli

Exfoliation (Salts), Orange & Vanilla Exfoliation (Salts), and Grapefruit Exfoliation – Anti-Cellulite (Salts), Refreshing Melon(cream), Vanilla & Mint (cream) BODY PEEL "Carmel forest" (salts), GENTLE BODY PEEL "Carmel Forest" (cream).

Mud wrap 45 min

A warm mud mask rich in minerals for reducing joint pain and general relaxation.

Seaweed wrap 45 min

A mineral rich seaweed mask for nourishing the skin and purifying the body.

Carmel forest special**Carmel forest Massage 75 min.**

This massage uses almond oil to relieve muscle tension and emotional stress, boosting the body's vitality. The duration of the massage makes it possible to focus on especially tense areas.

Body and soul 75 min

This treatment involves cleaning of the skin using an energizing salt rub scented with the "Carmel Forest" scent and a gentle massage with almond oil enhanced with aromatherapy oil based on the "Carmel Forest" scent to calm the body and soul.

Balancing 75 min

The treatment begins with a deep massage for the back and shoulders using almond oil enhanced with aromatherapy oil based on the "Carmel Forest" scent, a foot massage concentrating on balancing and calming points, arms and hands massage and finishing with a scalp and face massage with Shea butter.

Indian journey 75 min

Treatments for Expectant Mothers

Specially designed beauty and body treatments for the entire duration of the pregnancy.

Pedicure 45 min. Includes a treatment focusing on the feet as well as nail care.

Manicure 45 min. Includes full nail care.

Reiki 50 min.

A non-contact treatment to balance the energy centers. 50 min.

Healing 50 min. A treatment that “transfers” the energy of the universe to help you discover physical, mental, and spiritual healing and balance.

Facial Treatments

From the 14th week

Mother to be massage 50 min for Expectant Mothers A massage experience with pure almond oil to reduce the sensations of heaviness, fatigue, and stress, relieving tense and aching muscles.

Shiatsu for Expectant Mothers 50 min.

A special, refreshing experience for expectant mothers. The experience will continue even after the treatment, which calms and strengthens the body, diminishes stress, improves flexibility, and eases movement. (Please wear light, flexible clothing.)

Polarity 50 min.

This massage targets the scalp, hands and feet to help the entire body feel perfectly relaxed.

Head & Neck Massage Targets the head and neck areas to relieve day-to-day stress.

25 min.

Gentle Cream Exfoliation 45 min.

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.

Couples' Experiences

Including massages and a dip in the Jacuzzi

Classic Experience 70 min.

This experience for two combines a 50-minute Swedish massage for each partner and a dip in the pampering Jacuzzi with a cool, refreshing drink and seasonal fruit.

Romantic Couples' Experience 70 min.

A unique romantic experience including a 50-minute Swedish massage for each partner, a dip in the pampering Jacuzzi, champagne, and seasonal fruit.

Chocolate delight 1h 40 min

Facial Treatments

Christina – It Just Works!

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.

Beauty Chrisrina 45 min

Suitable for all skin types, this treatment includes an initial cleansing, peeling, 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.

Unstress 50 min.

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.

Wish 50 min.

Anti-Aging Treatment for Mature Skin A unique treatment that adds immediately vitality and glow to mature skin. Using Wish products in the treatment directly influences all layers of the skin using advanced powerful peptides*, ginseng, pomegranate extract, and more to improve skin circulation and firmness, enriching the skin with antioxidants to create an even, healthy tone.

Silk 50 min.

Anti-Aging Beauty Treatment (Does not include deep cleansing.)

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.

Forever Young 75 min.

Anti-Aging Skin Firming Treatment 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 vitaminrich masks and a seaweed mask, an eye treatment that includes a massage with mini crystals, and a pampering seaweed eye mask.

Green forest 50\75 min

The treatment is based on extracts from pine and eucalyptus trees, a rare combination that simultaneously heats and cools the skin, increasing its metabolism. During the treatment, the skin is also permeated with B and A vitamins that speed up cell renewal. The treatment includes a purifying peel, deep cleansing, massage with a cream rich in vitamins and hyaluronic acid, and the Green Forest BioPhyto mask. The treatment enriches the skin with oxygen and improves circulation. The result: a feeling of purification, vitality, and optimally balanced skin.

Especially for Men 50 min.

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.

* Peptide – A smaller-scale protein that penetrates to the depths of the skin.

Dermalogica

Dermalogica is the number one choice of skin care professionals, as well as health and spa centers worldwide. It was developed with one overriding concern: your skin's health. All Dermalogica skin treatment products are based on innovative ingredients, including vitamins and minerals, and do not contain any artificial colors or fragrances.

Lifting and pampering by Dermalogica 50min

A relaxing, pampering treatment, firms the skin, helps refine wrinkles and achieves A perfect unified tone

During this treatment we'll use two powerful firming masks for best results Suitable for all skin type and all ages.

Casmara 50min

Skin Sensations Treatment

A unique treatment provides a cocktail of vitamins and minerals your skin has been waiting for to prevent and reduces the first signs of aging. This skin treatment contains **24 karat Gold** dust that nourishes and revitalizes the skin. Quickly recovers hydration, tone and the natural glow of the skin.

Dermalogica Beauty 45 min.

Treatment Adapted to the client's personal skin type and needs, this beauty treatment contains essential vitamins to enhance the skin's resilience and leave it with a refreshed, vibrant look.

Deep Cleansing Treatment 50 min.

A deep facial cleansing treatment that includes cleansing and draining pores, purifying the skin, and absorbing excess oils. The treatment uses plant enzymes and fruit acids to balance and cleanse the skin. Suitable for oily to combination skin.

Age Smart Treatment 50 min.

A luxurious treatment to prevent premature aging of the skin and for general improvement of its appearance. The treatment combines a high concentration of vitamins, fruit acids and peptides to improve skin firmness, to smooth out fine lines, and to add glamour and glow. The treatment includes a special AHA exfoliation and a firming seaweed mask. (This treatment is recommended for dry skin and skin with sun damage.)

Anti-Stress Treatment for Sensitive Skin 50 min.

A special harmonious treatment combining a cleansing and aromatherapy massage rich in extracts and oils to calm red or irritated skin and any skin suffering from stress. This treatment combines an active oatmeal mask and a calming serum effective at counteracting environmental damage. This is a warm and pleasant treatment, giving you an overall feeling of pampering and relaxation, leaving your skin relaxed and glowing.

Holistic Moisturizing Treatment 50 min.

A calming and pampering treatment to restore moisture to dry skin. This treatment uses plant extracts and moisturizing serums added to the skin by means of an electric machine. The treatment includes exfoliation, a rich aromatherapy massage, and a hydrating mask. This treatment is recommended for all skin types and is appropriate for all ages.

Men's Purifying Facial Treatment 50 min.

A special treatment for men, including a unique exfoliation based on rice bran, plant enzymes and fruit acids, as well as cleansing and purifying of the skin. (This treatment is recommended for every man aware of the look of his skin and interested in maintaining skin health.)

The Final Touch**Pedicure** 45 min.

A foot bath that includes exfoliation and massage of the feet, nail cleansing and care, and applying nail polish.

Manicure 45 min.

A hand massage including exfoliation, full nail care, and applying nail polish.

Pedicure delight 70 min Pedicure & Pampering Complete pampering for your feet, including an exfoliation treatment, nail cleansing and care, a hot paraffin foot bath, and applying nail polish to complete your new look.

Nutrition for you**Personal consulting** 45 min

Includes computerized Body Composition Test, personalized menu building according to the computerized test results, the health condition and personal preferences. Recommended to bring blood test results.

Mother to be personal consulting 45 min

Nutritional recommendations for the period of pregnancy and nursing in order to ensure the provision of all the necessary nutritional components for the development of the fetus and a return to shape after pregnancy.

Body composition 45 min

Computerized test for body fat, lean body mass and water.

Sports nutrition 45 min

Nutrition advice for athletes and people who are interested in physical activities. The consultation includes nutritional evaluation, body composition test, menu building and recommendations for nutrition supplements as necessary, according to the type and frequency of physical activity. Recommended to bring blood test results.

Tailor-Made – Especially for You

Create your own perfect treatment package at a special price, including three or more treatments per person. (Discounts only apply to treatments booked in advance.)

The hair dresser

To make an appointment, please contact the salon directly, at **04 – 8307873**

Blow dry

Hair cut male\female

Coloring

Shades and stripes

Roots strengthening

Anti-dandruff

Pampering treatment for head, scalp and hair

Special treatment for sensitive scalp

Treatment for split ends

Eyelash tinting

Eyebrow tinting

Eyebrow design

Wax – half leg

Hands or feet paraffin wrap

Brides Hairdo

On the wedding day