

# Spa menu



# Spa



## The Concept of AHAVA Spa - Nature's Spa

**AHAVA** is a leading mineral brand based on natural elements that come from the Dead Sea. The Dead Sea is perceived as a magical place – a place that has no parallel anywhere else in the world. It represents the meeting of two powerful opposites – the sea and the desert. An area that is known as a natural, healing spa for the skin, it attracts millions of visitors from around the world who come to dip in its enchanting waters and relax while enjoying the landscapes of Creation.

AHAVA products were developed out of a deep desire by the company's founders to research and discover the secret of the minerals and figure out their optimal effect on the skin. Even at the beginning, when AHAVA was first created, it was clear to the company's founders, who even chose to set up their homes in the area of the Dead Sea, the vision of presenting the world with the natural elements of the Dead Sea would be the basis for research & development, the result of which is quality mineral care. These elements can be seen in the water, mud, salts and plants that grow in the desert. AHAVA treatments take you on an enchanted journey in the Dead Sea region, giving the skin a sense of spiritual and physical serenity. Our menu of treatments invites you to love yourself, to rise above daily tensions and release the beauty and energy that's hidden within you.

## The Beauty of Creation

**AHAVA's** range of body treatments celebrate the natural elements found in the region of the Dead Sea. The mineral water, mud, salt, and desert plants combine for a celebration of the senses that's invigorating and calming, with proven results that are immediately visible in the skin: radiance, softness, uniformity, smoothness and calm, providing relief from sources of stress that accelerate the aging process.

Dead Sea cosmetics include:

**Dead Sea Mud**, which has many virtues including restoring vitality and alleviating dryness and discomfort of the skin. Dead Sea mud absorbs excess oil, deep cleans the pores, and eliminates the toxins that accumulate on the skin's surface.

**Dead Sea Salts**, which invigorate the skin naturally helping relax tense muscles, smoothing any roughness, and making the skin infinitely soft.

**Dead Sea Water and Minerals**, which contain magnesium, calcium, sodium, phosphates, potassium, strontium, and bromide, improve the moisture level of the skin and keep it relaxed and smooth. The minerals are considered particularly rich and are essential for the functioning of the skin.

**Desert Plants** that grow and thrive in the extreme, desert-like conditions of the Dead Sea, contain key ingredients that allow them to grow in that region, and make an immediate difference to the moisturization and nourishment of the skin.

# Body Signature MASSAGES

## **SWEDISH MASSAGE**

**60min - 90.00€ | 90min - 130.00€**

A classic, medium-intensity, European massage to relax and release muscle tension. This treatment helps stimulate your blood flow, eliminates toxins and improves the appearance of the skin.

## **COMBINATION MASSAGE**

**60min - 90.00€ | 90min - 130.00€**

A massage combining several techniques that you choose together with the massage therapist for optimal results.

## **DEEP TISSUE MASSAGE**

**60min - 95.00€ | 90min - 135.00€**

A deep tissue massage that eases the tension in one or two selected areas of the body.

## **AROMATHERAPY MASSAGE**

**60min - 90.00€ | 90min - 130.00€**

This multi-sensual experience relaxes and purifies the body with essential oils from natural plants. The treatment is individually adapted to meet each person's specific needs.

## **POLARITY**

**45min - 80.00€**

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

## **PRENATAL**

**60min - 90.00€**

A gentle and soothing treatment that reduces feelings of heaviness and other common types of discomfort during pregnancy, providing you with support and a sense of tranquility.

## **LAVA SHELLS MASSAGE**

**60min - 95.00€**

Lava Shells will gently relax and smooth away knots. The shells also give off calcium ions when heated, which transfers to your skin during the massage. Calcium can help to firm and regenerate the skin with a nice bonus.

## **AYURVEDIC MARDANA MASSAGE**

**60min - 95.00€ | 90min - 125.00€**

Ayurvedic Mardana Massage is a fundamental tool to restore and maintain balance on all levels (physical, psychological, spiritual). It is a healing and relaxing method that relieves stress, soothes painful muscular strains, tones the muscles, revitalizes the body, improves the immune, the circulatory and the lymph system. It detoxifies, burns fats, beautifies the skin and slows down the aging process.

## **HOT STONES**

**75min - 110.00€**

A treatment that combines gentle movements based on Swedish massage techniques with the use of warm basalt stones and essential oils. Hot stones are placed on the seven chakras which, according to Eastern tradition, are believed to be the centers of energy of the body, restoring the harmonious flow of energy and recalibrating the balance of body and soul. This treatment strengthens the immune system, encourages blood flow throughout the body and helps to eliminate toxins.

# Facials

## **MINERAL OSMOTER™ RECHARGE**

**50min-80.00€**

A unique facial treatment whose magic is entirely mineral based, utilizing the special, natural qualities of the Dead Sea with AHAVA proprietary Osmoter™ technology, which has been scientifically proven to strengthen the skin and give it a younger look. Natural minerals, mud, and desert plants are part of each stage of this treatment. The treatment reenergizes the skin and restores its natural luminosity, giving it a fresher, smoother and thus younger look at any age.

## **ABSOLUTE MINERAL RENEWAL**

**50min-80.00€**

An anti-aging facial treatment that firms and smooths wrinkles and fine lines, giving your skin a younger, more vibrant look. The treatment reveals the natural glow of the skin, improves the skin's flexibility and evens out your skin tone, so that your skin is better equipped to cope with climate - related or environmentally caused damage that can accelerate the appearance of signs of age.

## **MINERAL ROYAL FACIAL**

**50min-95.00€**

Royal for the hour! This is a regal treatment that restores the skin's luminosity, utilizing two of the most ancient beauty secrets in the world: mineral mud from the Dead Sea, and pure gold (24 carat). These two treasures of Nature – renowned as symbols of beauty and health from ancient times – were reserved only for the nobility and royalty. A treatment that reveals the natural beauty of the skin.

## **MINERAL ENERGY FOR MEN**

**50min-80.00€**

A facial treatment that's specifically designed for a man's skin. An indulgent, refreshing treatment that includes deep cleaning of the pores and a relaxing, anti-stress massage. This is a proprietary treatment of AHAVA that's based on a mineral moisture replenisher that allows the skin to recover from the daily, ongoing stress that causes it to weaken and to lose its softness. The treatment leaves the skin with a wonderful feeling of renewed vigor and energy.



# Body Signature

## TREATMENTS

Reveal the secrets of the Dead Sea

### **DEAD SEA BODY SALT SCRUB**

**75min-90.00€**

A natural treatment based on mineral crystals that rejuvenates the skin making it vibrant and soft to the touch and giving it a healthy glow. An authentic experience, this treatment gives you the feeling of visiting the Dead Sea and is followed by a particularly indulgent body massage using a delicate mineral lotion with a tranquil scent that envelopes your skin in softness. A treatment of pure serenity and a journey to the lowest place in the world.

### **BODY PEELING & WARMING BODY WRAP**

**90min-100.00€**

Body peeling that indulges, smooths, invigorates, and pampers the skin. Based on natural, botanical extracts, this treatment supports the renewal of skin cells and reveals skin with a younger look. This treatment renews hidden energies and wraps your body in warmth with a scent that will take your breath away.

### **MINERAL BALANCE BACK TREATMENT**

**60min-80.00€**

A treatment for eliminating accumulated tension, particularly in the back and shoulder blades. The treatment releases accumulated tension in two groups of muscles on both sides of the spine. The massage uses Dead Sea gel, a proprietary product developed by AHAVA, which helps identify stress points in the back, shoulder blades, and shoulders, and focuses on them to alleviate stress.

### **MINERAL CONTOURING SLIMMING BODY TREATMENT**

**90min-100.00€**

A treatment for body contouring and slimming that begins with a salt scrub for invigorating and purifying the skin, followed by a deep tissue massage with Dead Sea gel, a proprietary product developed by AHAVA to eliminate toxins and reduce cellulite. After the massage, indulge in a natural mud wrap that helps improve the contours of your body and reduce body size. The treatment leaves the skin smooth and relaxed and the body feeling tranquil and light with a wonderful feeling, it provides.



# Express Treatments

When you have just a little time... Mineral Zone by AHAVA offers serene beauty and wellbeing via a condensed 30-minute beauty-boosting treatment selection. Express treatments provide supreme skin benefits; so little can go a long way...

## Facials

**30min-60.00€**

### **MIX & MASK**

A multi-masking treatment, all at once! Targets all your skin tasks to immediately WOW your skin appearance.

### **SKIN FITNESS**

Energizing treatment to restore skin's smoothness & tone, recover fatigue and premature aging signs.

### **BEAUTY & RELAXATION TO GO**

Personalized deep cleansing and relaxing treatment. Pure bliss!

### **MINERAL RECHARGE**

Hydrating boost to revive even the most thirsty skin! AHAVA's exclusive Osmoter™ and lights up your skin from within.

## Body

**30min-60.00€**

### **RELAX EXPRESS**

Choose your favorite side of the body (back & back of legs OR front of legs, arms, shoulders & neck) to feel pampered & refreshed for the rest of the day.

### **DEEP EXPRESS**

Choose the part of your body that calls for deep bodywork (back & back of legs OR front of legs, arms, shoulders & neck), then feel muscular tensions melt away.

### **EXPRESS PAMPERING TREAT FOR FEET**

Step into a relaxing treatment to soften & destress your tired feet on-the-run. Be ready to dance!

# Dead Sea

## JOURNEYS

### **ME TIME**

#### **EXCLUSIVE DEAD SEA EXPERIENCE**

**2Hours – 190.00€**

The best opportunity to feel instantly transported to Earth's largest Spa without jetlag! Enjoy a butter salt scrub & mud wrap that will leave your skin soft as silk, a destressing scalp massage and a full body massage of your choice: relaxing or deep.

### **LOOK & FEEL LIKE A STAR**

**90min - 95.00€**

The perfect treatment to pamper your five extremities: remove signs of fatigue with an express facial including an eye sequence, pamper your hands and relax your arms & shoulders... walk out on a cloud with feather-like feet & legs.

### **MIX & MATCH PERFECT RECHARGE**

**90min - 95.00€**

Create your own recipe for 60 minutes of pure bliss! Choose between a full body scrub to feel fresh & soft OR a warm dead sea mud wrap to melt tensions away with a scalp massage. Then, indulge with a 30-minute heavenly relaxing, OR a delightfully deep massage.

### **WE TIME**

#### **COUPLE'S ROMANTIC BLESSINGS**

**2Hours – 350.00€**

Feel waves of eternal love from the Dead Sea!. Your skin will be softer than ever with a Dead Sea butter salt exfoliation, then float away with our Signature relaxing massage and tailor-made facial.

### **EVER-LASTING FAMILY TIES**

**90min - 95.00€**

Enjoy timeless mother-daughter or father-son memories, with the perfect back massage to alleviate tensions, a customized facial to look radiantly happy, followed by a luxurious hand & foot pampering treatment.

# How to Spa

## **SPA ARRIVAL**

We ask that you arrive 30 minutes before your appointment time to allow yourself time to relax and to complete a health questionnaire which will help us personalize your spa visit. To ensure we give the best possible experience to all our spa guests. If you are running late your treatment time will be shortened to ensure the next guest is not delayed.

## **ADVANCED BOOKINGS**

To schedule an appointment for the perfect treatment, please speak with our specialist Spa reception team who will guide you to the right choice. To ensure your preferred time and treatment is available we do advise booking in advance. Our therapists are highly trained to be sensitive to your comfort and modesty at all times.

## **HEALTH CONDITIONS**

Please advise us of any health conditions, allergies or injuries that could affect your experience when making your spa reservation.

Heat & water facilities are not recommended for pregnant women.

## **CANCELLATION POLICY**

Any treatment cancelled without a minimum of 4 hour notice will incur a charge equal to 50% of the value of the treatment(s).

## **SPA ETIQUETTE**

Our Spa environment is one of relaxation and tranquility. Please respect all Spa guests' right to privacy and serenity. Considering this, the Spa is a smoke-free and mobile phone free zone (please enable silent mode on your device).

## **LOSS OR DAMAGE**

We regret that we cannot be responsible for any loss or damage of personal articles. Please keep all your valuables locked in your locker during your visit.



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