



# THE INBAL SPA

Enriched by AHAVA

*"The answer must be found in Nature"*

Hippocrates



# *The Spa*

## **The Inbal Spa - Enriched by AHAVA**

The Inbal Spa pampers guests inside and out with massage therapies, body treatments and facials delivered by our highly qualified and experienced therapists. The Spa maintains an absolute commitment to unparalleled service.

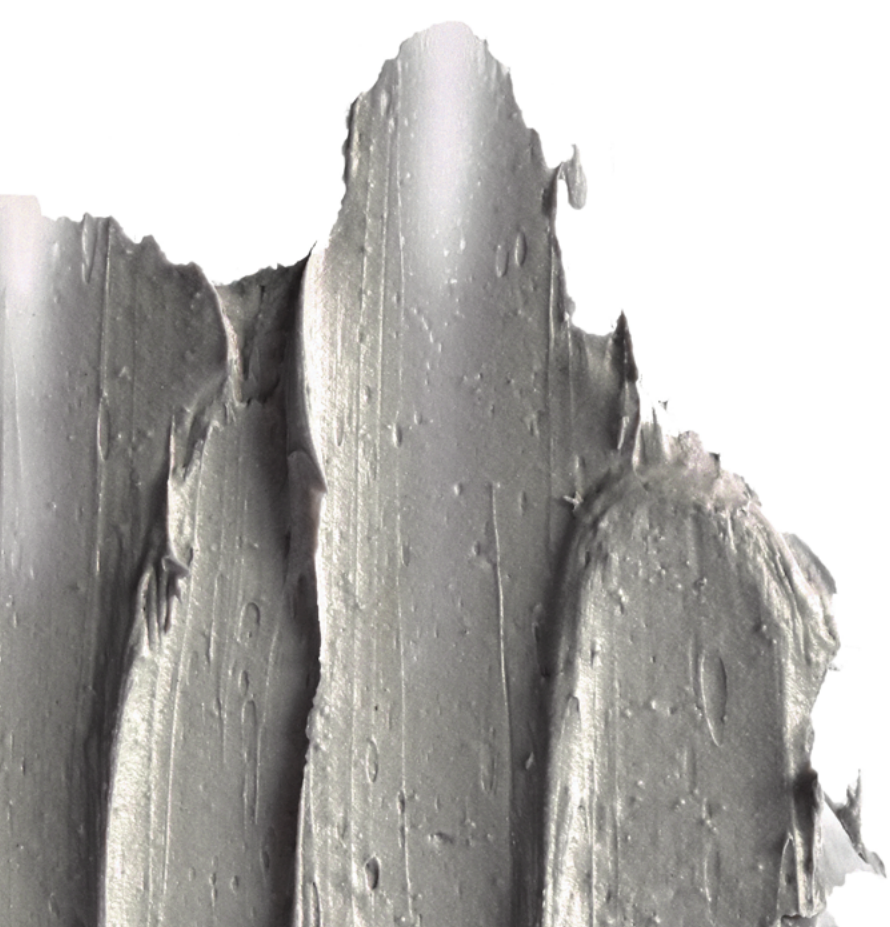
With its holistic approach, to the mind, body, and spirit, our exclusive, full-service Spa, uses only the best natural and eco-friendly oils. The Spa also uses products made by AHAVA, a leading mineral brand based on natural elements that come from the Dead Sea, an area known as a natural healing spa for the skin.

The Inbal Spa has male and female therapists available, and personalized gift vouchers can be purchased for any of the Spa's treatments.



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Scan for our price list



*Celebrate the natural elements  
found in the Dead Sea region*

## The Beauty of Creation

The Inbal's range of body and facial treatments with AHAVA products takes you on an enchanting journey to the Dead Sea region – giving your skin a sense of spiritual and physical serenity. The mineral water, mud, salt, and desert plants in AHAVA products combine for a celebration of the senses that's invigorating and calming, with proven results that are immediately visible on the skin: radiance, softness, evenness, smoothness, and calm – providing relief from sources of stress that accelerate the aging process.

The Inbal Spa brings you the magic of the Dead Sea – using the following AHAVA products:

**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 to relax tense muscles, smooth any roughness, and make the skin infinitely soft.

**Dead Sea 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 conditions of the Dead Sea – and contain key ingredients that allow them to flourish in that region – make an immediate difference to the moisture and nourishment of the skin.



## Classic Treatments

### Swedish Massage

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

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

### Deep Tissue Massage

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

### Aromatherapy Massage

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

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

### Prenatal

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. (Suitable from the 16<sup>th</sup> week of pregnancy.)





## Special Treatments

### **The Magic Touch**

A treatment combining full body massage with facial treatment.

### **Ayurveda - “The Science of Life”**

A traditional Indian treatment using hot sesame oil, involving long and gentle movements followed by pouring oil on the Third Eye and a soothing scalp massage. Treatment is performed while the recipient is unclothed yet fully covered.

### **Reflexology**

Pressure is applied to pressure points on the feet which correspond to different organs and glands of the body – promoting healing, stimulating energy flow, and restoring balance.

### **Hot Stones**

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 eliminate toxins.

## AHAVA Signature Massages

### **Relax at the Dead Sea**

A massage that takes you to the ultimate in relaxation – with an all-natural experience from the Dead Sea. This treatment engulfs you completely and fully in a feeling of calm, pulling you away from the daily stress and eliminating feelings of tension.

### **Deep Dead Sea Massage**

Deep tissue massage that eliminates the tension that accumulates in the body using the most professional techniques. This treatment gives you a renewed sense of energy and calm, and it gives the skin a healthy glow.

*An authentic experience  
which gives you the feeling of visiting the Dead Sea*

## AHAVA Nurturing Body Treatments

### Dead Sea Body Salt Scrub

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

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

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 on the back, shoulder blades, and shoulders, and focuses on them to alleviate stress.

### Mineral Contouring - Slimming Body Treatment

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 which provides a wonderful feeling.

*An all-natural experience from the Dead Sea*







*A unique facial treatment whose magic is entirely  
based on the Dead Sea minerals*

## Facial Treatments

### **Absolute Mineral Renewal**

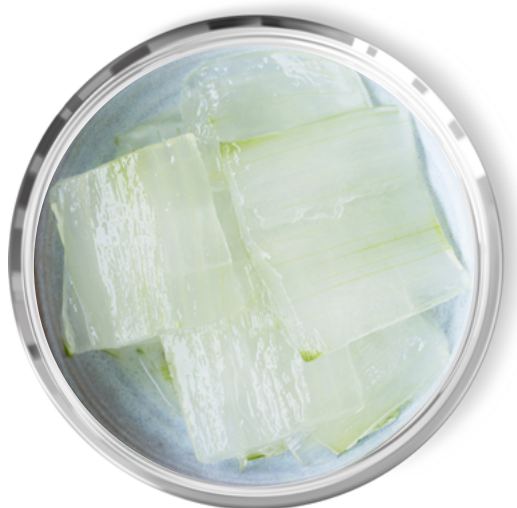
An anti-aging facial treatment that firms and smooths wrinkles and fine lines, giving your skin a younger, more vibrant look. The treatment reveals the natural glow of the skin, improves the skin's flexibility, and evens out your skin tone – so that your skin is better equipped to cope with climate-related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

### **Deep Cleansing Treatment**

A deep facial cleansing treatment for any skin type, leaving the skin balanced and invigorated.







## Special Packages

### **Morning Indulgence**

Swedish or combined massage lasting 60 or 90 minutes – followed by breakfast.

### **Midday Indulgence**

Swedish or combined massage lasting 60 or 90 minutes followed by dairy lunch.

### **Romantic Evening**

Swedish or combined massage lasting 60 or 90 minutes followed by dinner at the 02 chef restaurant (upon availability).

## General Information

The cost of the treatments gives you access to the hotel's dry and wet sauna, fitness center, and swimming pool. Please arrive at the Spa 20 minutes before the beginning of your scheduled treatment. If you would like to change or cancel a treatment, let us know at least 4 hours ahead of time. You will be asked to pay and to sign a health form before beginning treatment. If not notified, 50% of the cost will be charged. Entrance to the Spa is for adults only, ages 16 and up.

For further information please contact us:

02-6756609 or #6609 from the hotel

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