

Galilean Harmony

The Galilean Harmony series of treatments was developed by Mizpe Hayamim utilizing the natural produce grown on the farm. Our treatments are an expression of the unique and harmonious character of the spa.

GALILEE MAGIC	This special treatment begins with a cleansing and refreshing body scrub, which nourishes the skin and improves the blood flow through the body. It continues with a refreshing shower, and finishes with a massage using unique oils, creating a feeling of balance and harmony between body and soul.	60min	400nis
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LOVE THERAPY	This lovely treatment begins with a refreshing and relaxing herbal body scrub, followed by a body massage, using aromatic oils. The treatment continues with a facial cleansing scrub, a refreshing shower and a body massage that gives the skin it's flexibility back.	90min	540nis
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WILD FLOWER HONEY SKIN REJUVEN- ATION	This treatment is effective in caring for dry and sensitive skin. The treatment begins with an organic milk, flower honey bath and a natural body scrub. This is followed by a nurturing herbal body mask enriched with wild flower honey. After a refreshing shower, the treatment culminates in a massage using aromatic oils.	75min	430nis
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OLIVE BRANCH MASSAGE	This is a deep body massage performed with smoothly carved olive branches. The therapist works with movements adapted to the contours of the body, using fine olive oil rich in Vitamin E, which nourishes and hydrates the skin.	60min	360nis
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HERBAL MASSAGE	An exotic massage that combines aromatic oils and cotton bags filled with healing herbs and plants. The treatment enriches the skin and soothes muscles and joint pain. It relieves stress, induces complete relaxation and helps the flow of blood and the chi throughout the body.	60min	400nis
		75min	440nis

Body Treatments With Oil

We recommend that you come
for your treatment wearing
underwear and a robe.

<i>MIZPE HAYAMIM MASSAGE</i>	Our house special. A classic and relaxing treatment that combines the various massage techniques used by the masseur.	60 min 45 min	350nis 310nis
<i>AROMA- THERAPY MASSAGE</i>	A gentle massage using special aromatic oils produced at the hotel. Recommended to relieve tension and induce tranquility.	60 min 45 min	350nis 310nis
<i>HOLISTIC MASSAGE</i>	A massage that balances body and mind, relieves physical and mental stress and helps to eliminate toxins and impurities from the body.	60 min 45 min	350nis 310nis
<i>SWEDISH MASSAGE</i>	A full body massage of the muscles and tendons. Relieves deep tension and stress and induces a sense of renewal.	60 min 45 min	350nis 310nis
<i>DEEP TISSUE MASSAGE</i>	A deep therapeutic body massage that relaxes stiff and tense muscle tissue and relieves tension using deep pressure and circular motions. Recommended especially for athletes and those who undergo regular treatments.	60 min 45 min	350nis 310nis
<i>HOT STONE MASSAGE</i>	This ancient Native American massage uses touch and hot stones to relax stiff and blocked areas of the body. The heat of the stones accelerates blood circulation, cleanses and releases adverse toxins from the body.	60 min 45 min	370nis 330nis
<i>BAMBOO MASSAGE</i>	This massage originates in ancient Malaysian tradition. The Bamboo plant symbolizes strength and flexibility, honesty and simplicity. The Bamboo sticks are perfectly adjusted to the contours of the body, creating a rejuvenating massage that fills the body with the energy of renewal.	60 min 45 min	350nis 310nis
<i>LOMI-LOMI MASSAGE</i>	A rhythmic and energetic massage that originates in Hawaii, uses large circular movements of the forearms - symbolizing infinity.	60 min 45 min	350nis 310nis

TWINA-SWEDISH MASSAGE	An amazing combination of Twina (a Chinese massage) and a Swedish massage. Stimulates and pampers at the same time.	60 min 45 min	350 nis 310 nis
COMBINED REFLEXOLOGY	Reflexology is a western therapy that applies pressure to specific reflex points on the soles of the feet. This is combined with a head and neck massage. The treatment reduces tension and balances mind, body and soul.	60 min 45 min	350nis 310nis
EXTREMITIES MASSAGE	A massage that focuses on the bodies extremities: the feet, hands and scalp. The massage works on energy channels along the nerves and has a relaxing and calming effect on the entire body.	60 min 45 min	350nis 310nis
BACK, HEAD AND NECK MASSAGE	For those short on time - a head, neck, back and shoulder massage to relieve fatigue and physical and emotional stress.	30 min	220 nis
SCALP AND FACE MASSAGE	This relaxing treatment releases stress in the head, relaxes the facial muscles and helps those who suffer from headaches.	30 min	220 nis
COMBINED FOR COUPLES	This classic massage takes place in a double room using oil made at Mizpe Hayamim and is intended to release aching muscles in various parts of the body.	60 min 45 min	700nis 620nis

Treatment for Pregnant Women

This gentle treatment relaxes the physical and emotional stress of pregnancy.

NOVA	This holistic massage uses almond oil. Suitable for women past their 16th week of pregnancy. A gentle treatment that helps to relieve fatigue and tension and relaxes aching muscles.	60 min 45 min	350nis 310nis
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AYURVEDA

"The Knowledge of Life"

The oldest holistic, natural medicine in the world, bestows inner peace and complete relaxation. Treatments use warm sesame oil.

ABHYANGA MASSAGE	This Indian massage uses warm sesame oil, Shirodhara, the flow of hot oil on the forehead and long gentle movements. The treatment balances the body and mind. (The guest is treated nude with proper covering).	60 min	370 nis
		45 min	330 nis

FOUR HANDS' ABHYANGA MASSAGE	Abhyanga with warm sesame oil, performed by two therapists working harmoniously. This is followed by Shirodhara - the flow of hot oil on the forehead. (The guest is treated nude with proper covering).	60 min	540 nis
		45 min	455 nis

FULL ABHYANGA	This Indian massage uses warm sesame oil, Shirodhara, the flow of hot oil on the forehead and long gentle movements. At the end, warm towels are laid on the body. This treatment balances the body and mind. (The guest is treated nude with proper covering).	75 min	430 nis
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Dry Body Treatments

A variety of dry treatments (no oils used). We recommend you arrive for treatment in long comfortable pants and a t-shirt.

THAI MASSAGE	This traditional Thai massage uses a technique that includes stretching, pressure and gentle moving of the body. It helps to relax stiff muscles and relieves tension.	60 min	350 nis
		45 min	310 nis

SHIATSU	This therapeutic treatment method is based on the principles of Chinese medicine and is performed on pressure points along the energy meridians - balances the body and soul.	60 min	350 nis
		45 min	310 nis

CHINESE MASSAGE- TWINA	This traditional Chinese massage uses a technique that includes stretching, pressure and gentle moving of the body. It helps to relax stiff muscles and relieves tension.	60 min 350 nis 45 min 310 nis
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REFLEX- OLOGY	Reflexology is a western treatment method that applies pressure at specific reflex points on the soles of the feet. The treatment reduces tension and brings about a balance of mind, body and soul.	60 min 350 nis 45 min 310 nis
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REIKI	This is a natural treatment method that aims to create balance and relaxation, in order to enable the body by its own natural powers, to heal itself. The therapist extends his hands over the client's body thereby transmitting universal energy.	60 min 350 nis 45 min 310 nis
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FELDEN- KREIS	A unique treatment that combines work on posture, body awareness, and integrative massage. In the first stage of treatment the client actively participates in organizing his body awareness. In the second stage, the massage, the client remains completely passive.	60 min 350 nis 45 min 310 nis
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Body Treatments

A body treatment series using
natural scrubs, masks and
nourishing wraps.

SALT SCRUB	The aim of this treatment is to moisturize the skin and remove dead skin cells. It includes a body scrub, using natural sea salts, a shower and short massage. The treatment will leave your skin smooth and glowing.	45 min 310 nis
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MUD BODY MASK	This organic body mask is made of mud rich in minerals and relieves rheumatic pain. The mask is followed by a shower and oil rub leaving your skin clean, nurtured and refreshed.	60 min 350 nis
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LUFFAH PEELING	The treatment starts with a body cleansing using a moist luffah hand cloth dipped in soapy water with natural oils. It is followed by a body scrub using natural sea salt and aromatic oils, to remove dead skin cells and stimulate cell renewal. It continues with a shower and a massage with aromatic oils, leaving the skin smooth and glowing and you feeling relaxed and refreshed.	60 min 350 nis
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MEDICAL PEDICURE This comprehensive treatment begins with a warm jacuzzi bath for the feet and continues with a full treatment of the feet. Suitable for Diabetics. **45 min 185 nis**

MANICURE A luxurious hand treatment, includes a nurturing paraffin bath, nail shaping and a hand massage. **45 min 135 nis**

Nurturing

Hair Styling		Eye-brow Sculpting	Eyelash Tinting	Full leg Wax	Half leg Wax	Upper lip Wax	Under-arm Wax	Bikini Wax	Arm Wax
Long hair	Short hair	25 min	20 min	45 min	30 min	10 min	20 min	20 min	20 min
130 nis	100 nis	80 nis	60 nis	140 nis	90 nis	55 nis	60 nis	60 nis	90 nis

Beauty Treatments by "Yon-ka"

Yon-ka is the leading cosmetics company for Aromatherapy and aesthetic Phytotherapy. All products are based on natural aromatic essential oils with vitamins, fruit essences and Alpha Hydroxyl.

Body Treatments

PHYTO MARINE A special weight loss body treatment drains fluids and eliminates toxins. Designed for treating cellulite and shaping the body. For best results a series of treatments is recommended. **90 min 670 nis**

HEAVY AND TIRED FEET TREATMENT This treatment is designed for those suffering from feet and lower leg pains, as well as for pregnant women. The treatment reduces swelling, exhaustion, edema and pain. Several treatments are recommended to achieve significant relief. **45 min 340 nis**

Facial Treatments

MOISTURE INFILTRATION	This relaxing, moisture enriching facial treatment includes: a cleansing gentle peel, a moisture enriching mask and a face, neck and chest massage. Suitable for all skin types.	60 min 375 nis
FACIAL PURIFYING TREATMENT	This classic facial treatment includes a deep cleanse, 2 types of cosmetic scrubs, a massage and a cold face mask. Leaving your skin feeling clean, soft and nurtured. Suitable for all skin types.	60 min 375 nis
ANTI- AGING TREATMENT	A facial treatment especially suitable for women over the age of 30. This treatment will firm, lift and stretch the skin, as well as moisturize and nourish it leaving your skin feeling radiant, soft and firm. Suitable for all skin types.	90 min 475 nis
REFRESHING FACIAL TREATMENT	This treatment includes a light cleanse, scrub, face and neck massage and a mask. Suitable for all skin types, including sensitive skin.	45 min 320 nis
ALPHA VITAL	A new hydrating treatment using AHA - this Alpha Hydroxy treatment provides the skin with a slight brightening, helps to slow the visible signs of aging and provides deep moisture. The treatment will leave your skin feeling elastic and soft and you - looking vibrant and full of life.	60 min 420 nis
CLASSIC TREATMENT FOR MEN	This facial treatment is designed for men and includes a light cleanse, 2 types of cosmetic scrubs, a massage and a mask. The treatment will leave your skin feeling clean, soft and nurtured. Suitable for all skin types.	60 min 375 nis

DR. HAUSCHKA

A holistic, ecological cosmetic treatment that uses natural components without chemical or synthetic additives.

Dr. Hauschka products are produced from organic plants and are suitable for women and men, as well as all skin types.

Facial Treatments

<i>REST AND REJUVENATE</i>	This facial treatment offers an opportunity for renewal - physical, mental & spiritual. Suitable for those with dry or less elastic skin as well as those who feel tired and wish for soft, glowing skin. (Does not include a deep cleanse or removal of comedones)	90 min 475 nis
<i>CLEAN FACE</i>	This facial treatment relaxes the body and cleanses the face. Tailored to those in need of relaxation and a deep cleanse. Suitable for combination and dry skin. Leaves the skin balanced and glowing. (Includes removal of comedones)	90 min 475 nis
<i>TIME TO MYSELF</i>	Let time stand still. This 60 minute treatment is all about you. Cleanse and treat your face, look and feel healthy and rejuvenated. These special products will re-balance your skin. (Includes removal of comedones)	60 min 375 nis
<i>A TOUCH OF RENEWAL</i>	Enjoy a relaxing touch and warm herbal scented compresses through this calming treatment, which includes the skins renewal through lymphatic stimulation.	45 min 320 nis

PERSONAL TRAINING & CONSULTATION

A one-on-one nutritional consultation and private training session

<i>PERSONAL FITNESS TRAINING</i>	Individual training focuses on aerobic and anaerobic activity, both of which are important in advancing physical fitness and improving your feeling of vitality. The activities are varied and flexible, allowing for the personal preferences and needs of the trainee. Along with flexibility, strengthening and body shaping exercises, the session may include a walk or jog along the panoramic Galilean trails. Group work-outs are also available.	60 min 270 nis
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**PERSONALIZED
NUTRITION
CONSULTATION**

Creation of a personalized nutrition program, adapted to the guest's mental and physiological profile with a Nutritionist / Neuropath. The program is based on the principles and philosophies of western and Chinese naturalist nutrition. The purpose of the program is to bring the individual to a state of health, vitality and balanced weight, along with a balanced state of emotion and mind.

60 min 360 nis

Spa Terms & Conditions

In order to provide our guests with the best possible care and therapy treatments, we would like you to note the following:

- Treatments for pregnant women - from the 16th to the 36th week, providing the course of the pregnancy is normal.
- Treatments following any operation - only after six months have elapsed.
- Treatments following Cancer treatments - one year after last treatment.
- Guests with cardiological problems, high blood pressure, high fever or other ailments must consult with the spa office before scheduling treatments.
- Body treatments are given only to guests above the age of 18.
- Treatments must be canceled at least four hours in advance to avoid being charged 50% of the treatment rate.
- For spa visitors not staying at the hotel, there is a 10% surcharge on listed rates.
- There are no double discounts or special offers.

How to dress for treatments:

- For dry treatments such as: Shiatsu, Thai, Reiki, Healing; please wear comfortable, long clothing (track suits). Please come after having showered.
- For treatments with oils, please wear a robe and underwear. In all cases you must be dry.
- Please refrain from wearing jewelry to treatments. The spa/hotel will not be responsible for any loss of jewelry or other expensive items.
- Please arrive at the waiting room (next to the Spa Office) five minutes ahead of your scheduled treatment. Your therapist will accompany you to your treatment room.
- It is recommended to book treatments one week prior to arrival at the hotel.

Thank you for choosing Mizpe Hayamim

Spa Office: 04-6994520 | Form within the hotel Dial: 602

97 Rooms & Suites | Organic Farm | SPA | Vegetarian & Gourmet Restaurants

Mizpe Hayamim Spa Hotel | 972-4-6994555 | www.mizpe-hayamim.com