



Treatment Menu



Welcome to Y Spa

We are delighted to have you as our guest.
You are in for a restful treat in the idyllic ambiance of the Judean Hills.
Nestled in lush surroundings between natural woodlands and our expansive pool lies the Hotel Yehuda Spa. The Y Spa is designed to create a magical hideaway and pampering atmosphere for a soothing, relaxing experience.

Nurture your body & soul by choosing from our wide selection of treatments.
Enhance your Spa visit by relaxing in our saunas or relaxation room. Enjoy refreshments and savor tranquility.
Our experienced team of therapists are here to provide personal attention and guidance throughout your visit in the Spa complex.



For reservations and further information
contact the spa reception at
Tel: 02-6322906
or at extension 2906 from your room.
Fax: 02-6322912
e-mail: yspa@byh.co.il



Recommended Massages



Y Spa offers an experience to relax both body and soul. The treatments have been specially put together to harmonize with the environment of the spa. 50 or 70-minute sessions are available.

Y Spa special retreat therapy

A powerful treatment that blends the best of natural aromas and textures.

The treatment restores the body's natural vitality, using massage, crystal stones and the best of the spa's products.

The special combination of the aroma best suited to you and your intuitive choice of crystal stones makes the treatment uniquely yours and particularly effective.

Ayurvedic therapy

An ancient Indian therapy that uses hot sesame oil and soothing massage techniques applied along all the body's energy channels, combined with Y Spa's exclusive Shiva stones, hot sesame oil applied to the "third eye", and a relaxing scalp massage.

(Treatment is performed unclothed yet appropriately covered)

Crystal energy massage

Energy treatment that includes massage of the chakras' centers to balance all of the body systems, an experience that combines feet and back massage, placing of crystal stones on the chakras (the body's energy centers) scalp massage, and holistic massage. The treatment is based on principles of Chinese medicine, combined with advanced western methods.

"Rocking"

Soothing energy therapy combined with body movements, in which the therapist uses a technique of energy transfer through "rocking" – heat, guided imagination and Reiki, to create a sense of equilibrium and maximal tranquility.

The fifth element

A treatment that blends the four natural elements: fire – hot stone massage, water – a pampering dip in an aromatic jacuzzi, earth – foot massage, and air – a scalp massage. We round off the treatment with the fifth element – connecting with the energy surrounding us.

(70-minute sessions only)

Romantic couple therapy

A romantic treatment in our special room for couples that combines several massage techniques. After the massage you can relax in a pampering jacuzzi with aromatic fragrances of your choice and light refreshment to complete the experience.

(70-minute sessions only)

Body Treatments



We offer a range of classic body massages: targeted, deep tissue or relaxation massages available in 50 or 70-minute sessions.

Swedish massage

A classic European massage to relax painful muscles and release tensions. The masseur uses techniques over the entire body, reenergizing and suffusing with a warm, mellow sensation.

Deep tissue therapy

A slow, deep, targeted treatment that can be applied to extensive areas of the body, as you choose. Using focused application of pressure and massage, the masseur reaches the body's deeper layers and releases tension in seized up areas.

Hot stones

Mother Earth's natural healing powers work together with the skilled hands of the masseur to give you a warm, pampering treatment, with heated basalt stones dipped in hot and aromatic oils. Basalt stones, in various shapes and sizes, are used by the masseur as he performs the massage, leaving you with relaxed muscles and a pleasant sensation of warmth.

Earth therapy

Combined with pressure on reflexology points, this ancient form of foot massage relaxes daily life tensions.

Bearing the entire weight of the body, the feet are the focus of this treatment. Its effect on the feet and the body is immediate.

Combined treatment

A treatment that combines several massage techniques from the West and the Far East, selected to match your individual needs – results in a unique, pampering experience.

Polarity

A gentle massage of the body's extremities: scalp, hands and feet.

The treatment uses pressure techniques that alleviate muscle pains and improve the blood circulation, leading to a feeling of total relaxation.

Prenatal

A gentle treatment which reduces the feeling of heaviness during pregnancy.

A massage that relaxes and strengthens the whole body.

(From the 16th week; 50-minute sessions only)

Nourish Treatments



We offer the best nourishing treatments, firming and body shaping, for a radiant, healthy and natural look in 50 or 70-minute sessions.

Body exfoliation

A luxury treatment for skin health. We begin with a skin scrub that comes in your choice of invigorating aromas and textures, followed by a short, relaxing massage to restore the vitality to the natural appearance of the skin.

The treatment rejuvenates skin cells and thoroughly cleanses the body, leaving it as smooth as silk; refreshed, cleansed and youthful.

Hydrotherapy

Pamper your body in a jacuzzi with your choice of aromatic fragrances, followed by a short relaxing massage, designed to leave you completely calm and relaxed.

Aromatherapy

A soft, gentle massage using aromatic oils of plant origin, formulated specially for Y Spa. A massage that arouses the senses and takes you to sublime heights of total relaxation and tranquility.

Skin sculpting and firming (For women only)

An experiential treatment that cleanses and rejuvenates the skin, using salt flakes and essential oils enhanced with aromatic grapefruit oil. The treatment smooths the skin and stimulates blood circulation, resulting in a long-lasting feeling of freshness.

Treatment aims to trim the figure by targeting areas of the body with cellulite, as well as other specific areas.

Body wrap

A warm body wrap with mineral-rich seaweed that provides the skin with nutrients and moisture. The treatment stimulates the blood circulation and helps rid the body of toxins, leaving the skin radiant and rejuvenated.

Packages



Hotel Spa day for couples

Use of a hotel room during the day; breakfast & lunch; a 50-minute combined massage for each guest; full access to all Spa and Hotel facilities.

A personal spa experience

A combination of two 50-minute treatments of your choice; full access to all Spa and Hotel facilities.

Combined experience

Two 50-minute body treatments of your choice; breakfast/lunch/dinner for two at Hotel dining room; full access to all Spa and Hotel facilities.



General Information



- Spa guests enjoy full access to all spa facilities.
- Please book your appointment prior to arrival so we can best accommodate your needs and time schedule.
- Please arrive at least 30 minutes prior to the scheduled appointment time. You are invited to arrive earlier to enjoy the variety of experiences and spa facilities.
- Please respect the quiet atmosphere and refrain from using cell phones during your stay.
- Cancellations within less than 8 hours notice or failure to arrive will result in charge for 50% of treatment rate.
- Allow us to provide you with a personal locker containing various spa accessories. The management takes no responsibility for loss or damage to valuables.
- Treatment options and cost may be subjected to change.
- You will be asked to sign a health declaration prior to your treatment.
- We welcome guests from the age of 16. Please bring ID.
- Gratuity is at your discretion.
- Weekends treatments contain a modest surcharge.

Gift Cards

Share our spa experience with your loved ones. A variety of spa gift cards are available.



Spa Series

A series of ten treatments is available at a special rate. Please ask our reception staff.