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Treatment Menu



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## Welcome to Y Spa!

We are delighted to have you as our guest; you are in for a wonderful and restful treat in the idyllic ambiance of the Judean Hills. Set in lush surroundings, nestled between natural woodlands and a spacious pool, lies the Hotel Yehuda Spa. Much thought and planning has gone into creating a magical hideaway and pampering atmosphere for a soothing, relaxing experience.

You will be greeted with an array of fragrances, textures and treatments of your choice and personal taste, a balm for body and soul that will make your stay truly memorable. To enhance the experience, we invite you to enjoy some peace and quiet by the swimming pool (in season), to indulge in our saunas or relaxation room, to have some refreshments and savor this carefree day of total relaxation. Our experienced team of therapists is here to provide personal attention and guidance upon your arrival to the spa complex and throughout your stay.



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](mailto:yspa@byh.co.il)



# Recommended Massages

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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

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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

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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

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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"

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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

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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

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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)

# Body Treatments

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In this category you will find a range of classic body massages, targeted, deep tissue or relaxation massages. 50 or 70-minute sessions are available.

## Swedish massage

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

## Deep tissue therapy

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

## Hot stones

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Mother Earth's natural healing powers work together with the skilled hands of the masseur to give you a warm, pampering treatment, using heated basalt stones dipped in hot sesame oil and aromatic deep fragrances oils. Basalt stones, which come in a variety of 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

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An ancient form of foot massage, combined with pressure on reflexology points, for the release of the daily life tensions. The feet, which bear the entire weight of the body, are the focus of this treatment. Its effect on the feet and on the body is immediate.

## Combined treatment

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

## Polarity

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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

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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

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In this category you can find the best nourishing treatments, firming and body shaping, for a radiant, healthy and natural look. 50 or 70 - minute sessions are available.

## Body exfoliation

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A luxury treatment for skin health. It begins with a skin scrub that comes in a choice of wonderful, 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

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Pamper your body in a jacuzzi with a choice of aromatic fragrances, followed by a short relaxing massage leaving you totally calm and relaxed.

## Aromatherapy

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A soft, gentle massage using aromatic oils of plant origin, produced specially for Y Spa.

A massage that arouses all the senses and takes you to sublime heights of total relaxation and tranquility.

## Skin sculpting and firming (For women only)

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An experiential treatment that cleanses and rejuvenates the skin, using salt flakes and essential oils with added 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 and therefore targets areas of the body with cellulite, as well as other specific areas.

## Body wrap

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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

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## **Pampering spa day**

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Hotel room during the day, breakfast, lunch, a 50-minute combined massage for both partners and full access to all spa and hotel facilities for the day.

## **A personal spa experience**

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A combination of two 50-minute treatments of your choice, and full access to all spa and hotel facilities.

## **Combined experience**

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Two 50-minute body treatments of your choice and breakfast/lunch/dinner for two at hotel dining hall. Full access to all spa and hotel facilities.



## General information

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- We advise to book your appointment prior to arrival so we can best accommodate your needs.
- Spa guests enjoy full access to all spa facilities.
- Please arrive at least 30 minutes prior to the scheduled appointment time. You may arrive earlier so you can enjoy the variety of experiences and spa facilities.
- To enjoy the spa experience fully, we request that you 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 payment of 50% of treatment rate.
- We will be happy 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.
- Please sign a health declaration before entering the spa.
- We welcome guests from the age of 16. Please bring ID.
- Gratuity is at your discretion.
- On weekends all treatments will entail an extra charge.

### **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.