



TREATMENT PHILOSOPHY

THAI TAMARIND – THE JOURNEY TO THAILAND

This traditional Thai treatment was used as a vital healing technique in ancient times, and still imparts essential benefits today. We use a unique herbal blend – ginger, Asian lemon, lemongrass, saffron, and camphor oil – wrapped in wool to form an “herbal ball” which is then soaked in warm water. This permits easier absorption of the infusion’s healing qualities while being massaged with the herbal balls and other Thai massage techniques. The herbal ball treatment helps to open pores and flush toxins from the body.

Journey for One, 60 minutes – NIS 395 90 minutes – NIS 550

BAMBOO SENANG – THE JOURNEY TO MALAYSIA

This treatment originated in ancient Malay traditions, where heated bamboo sticks are used in combination with massage techniques to help release tension from muscles, tendons, and ligaments. According to tradition, bamboo symbolizes flexibility, strength, truth, and simplicity. Using bamboo sticks stimulates rapid circulation throughout large areas of the body, helping therapists to treat the areas between tendons and bones more thoroughly. This treatment gives you a sense of greater flexibility and profound relaxation.

Journey for One, 60 minutes – NIS 395 90 minutes – NIS 550

CHEROKEE FIRE SPIRIT – THE JOURNEY TO NORTH AMERICA

This treatment comes from the Cherokee tribe of North America. Native American tribes often used hot basalt stones, known for their curative properties and ability to store heat for long periods of time, to assist in the treatment of pain, bruising, and other physiological injuries. Using this technique while changing the temperature of the body induces a natural response for the release of muscular tension and stress relief.

Journey for One, 60 minutes – NIS 395 90 minutes – NIS 550

SESAME AYURVEDA – THE JOURNEY TO INDIA

This traditional Indian massage treatment is based on the thousand-year history of ancient Indian medicine, which was primarily intended to achieve physical, mental, and spiritual health and harmony. Sesame oil is gently poured over the body in a series of caressing movements, concluding with a stimulating scalp massage and sprinkling oil on the Third Eye. This head and scalp massage helps to open the chakra, bringing about an overall sense of tranquility and relaxation.

Journey for One, 60 minutes – NIS 425 90 minutes – NIS 575

ROMAN THERMAE – THE JOURNEY TO ANCIENT ROME

In the hamam, an attendant provides a stimulating massage using gloves, a loofah, and olive oil-based soap to stimulate the circulation, cleanse, and remove dead skin cells. The steam and heat generated from the brazier boost the metabolism, transporting you to a state of absolute mental relaxation. The treatment continues with a full-body massage using foamed soap and aromatic oils, alternating between hot and cold water. The final part of the treatment, a gentle massage with heated shea butter, leaves you with a sense of calmness, purity, and relief.

Journey for One, 60 minutes – NIS 450 90 minutes – NIS 625

TUI NA SHIATSU – THE JOURNEY TO CHINA & JAPAN

This treatment begins with unique tui na techniques involving pressing and kneading. The technique is primarily based on steady, continuous manipulation of the body, aiming to release energy blockages. This method was developed in the west, and is a form of Chinese physiotherapy that assists in treating acute musculoskeletal conditions. This massage continuously manipulates the body by pressing fingers along the energy pathways, ending with a foot massage designed to release energy blockages throughout the body.

Journey for One, 60 minutes – NIS 395 90 minutes – NIS 550

ARGAN MAGIC – THE JOURNEY TO MOROCCO

This journey begins with a gentle exfoliation featuring natural orange peel, sesame oil, olive oil, and argan oil. The therapist gently yet energetically rubs the skin, removing the layer of dead cells, and the treatment continues with a full-body Moroccan oil massage using a special arganoil blend. This treatment is essential for nurturing and caring for the skin, and is highly recommended for new mothers as it is particularly effective for rehabilitating stretch marks as well as other skin areas affected by pregnancy and childbirth.

Journey for One, 60 minutes – NIS 450 90 minutes – NIS 625

EXPRESS JOURNEY

A selection of classic massage treatments that can be personally customized for each guest: Swedish, hot stone, deep tissue, herbal ball, reflexology, and a massage for mothers-to-be.

Journey for One, 45 minutes – NIS 345