

Spa    
by Spa Gordonia

## Spa Elma Hotel Zichron Yaakov - Gordonia private collection Spa and art - for body and soul

"What art does for the soul, our spa does for your body"

The spa at Elma is based on a harmonious connection between body, mind and art. Its treatments combine the spirit of the place and the hotel's continuous dialogue with the world of art and creativity. We put at your disposal the best, most dedicated professional hands and we are attentive to your special requests.

### Your Body Is Our Canvas

Between the mountains and overlooking the sea, Spa Elma, of the Gordonia chain, invites you to take a break, disconnect for a moment and devote quality time to yourself and your loved ones. Our therapists use inspiring, emotional and creative techniques drawn from the worlds of art, beauty and care, throughout the treatments, accompanied by the textures and fragrances of the spa products that are optimally adapted to the Elma experience. view, sip herbal teas and thank yourselves for your good fortune. At the end of the treatment you can relax in the Hammam, take a dip in the infinity pool overlooking the view, sip herbel teas and thank yourselves for good fortune.

## Treatment Menu

### Deep Tissue Massage

50/70/90 minutes

A treatment adapted to those suffering from long-term stiff muscles, pain and discomfort. The meticulous treatment is tailored by the therapist according to the body's condition, and focuses on releasing muscle tension and dissolving "knots," helping restore range of motion in problem areas while applying concentrated pressure to the muscles' deep tissues. It is recommended to combine with hemp seed butter, which is known for its analgesic properties.

### Gordonia Massage

50/70/90 minutes

An integrated soothing and muscle-relaxing massage that combines diverse massage techniques in flowing and rhythmic movements at medium pressure, according to personal preference and the therapist's various expertise – stretching, reflexology and shiatsu.

### Hot Stone & Chakra crystals Massage

70 minutes

A balancing treatment that combines the contact of hot stones at vital points on the surface of the body and the placement of chakra crystals for purification and balancing together with the therapist's smooth and rhythmic kneading movements deep into blocked muscle tissues. The stones' heat penetrates the muscles, relieves accumulated tension and adds rapid relaxation, while simultaneously improving metabolism and encouraging blood flow and detoxification processes, while the Chakra crystals balance the energy centers along the body. It is recommended to complete the massage with an invigorating body peel.

### Reflexology

50 minutes

A relaxing and balancing massage technique based on focused pressing of trigger areas on the feet, each of which is attributed to a different part of the body.

Forest stroll - Anti-stress edge massage 50 minutes

A relaxing and pampering massage focusing on the extremities of the body: scalp, hands and feet. During the treatment a feeling of relief and the relaxation will replace all accumulated stress, while balancing the body's energy flow.

Mothers hug - Prenatal Massage 50/70 minutes

A safe and relaxing treatment for expectant mothers in the second and third trimesters, relieves fluid retention and stress, encourages healthy blood flow and promotes peaceful sleep patterns.

In the cloud 30/50 minutes

Head, neck and shoulders massage

A pampering massage that focuses on relaxing muscles and tensions in the upper body. It is recommended for those who suffer from tension mainly in this area. After the treatment, a feeling of relief will be felt throughout the body.

Hamмам experience 30 minutes

Traditional Turkish massage and scrub

Authentic hammam treatment, a special experience that combines exfoliation, scrubbing, foam, massage and to complete the experience combinations of cold and hot water. An experience that will leave you feeling cleansed and renewed

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## Massage For Two

Double enjoyment! Couples' massages at the Elma Spa are much more than a simultaneous massage for two people, rather an offer to devote yourselves together to quality time worthy of the name. Treatments are given in the double spa rooms, for an experience of ultimate intimacy.

Double Gordonia 50 minutes

A relaxing and healing massage combining diverse massage techniques in flowing and rhythmic movements at medium pressure, according to personal preference and the various therapists' expertise – stretching, reflexology and shiatsu.

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## Restart your skin

### Body scrub

50 minutes

#### Raw organic cocoa body scrub

Revitalizing body peeling treatment for skin that has become tired and thirsty, neutralizing environmental damage, stress and load. The scrub is concocted from a self-made blend of raw organic cocoa butter, grape and moisturizing oils. It is designed to gently exfoliate dry, lifeless skin and expose the layers beneath it to nutrients. The result is incredibly glowing, moist and soft skin. The treatment naturally elevates mood. This is not just a skincare procedure, but a ritual of self-nourishment and rejuvenation.

### Body wrap

60 minutes

#### An anti-aging body mask

The treatment begins with a gentle dry scrub to peel away dead skin cells, preparing your body to absorb the mask's enriching properties. The body is then smeared from the neck down in a nourishing and stimulating cocoa and moringa mask. The body's natural warmth activates the enzymes in the mask for about 30 minutes, during which time you will experience a relaxing and stress-relieving scalp massage. After rinsing off the mask, the body will be covered with a self-made anti-aging cream formulated with a potent, antioxidant blend of sea buckthorn oil, ginger, honey, curcumin, shea butter, magnesium, cocoa butter and Boswellia resin.

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## Facial Treatments

Everyone's skin has its own special nature, so our facials are personally tailored to skin type and current condition after a thorough diagnosis. All treatments are conducted using cosmetics and beauty products of the highest quality, from the Parisian luxury brand SOTHYS. All preparations are hypoallergenic and formulated on the basis of vitamins, natural proteins and plant and marine extracts, without the use of animal ingredients or animal testing, while the company is meticulous about protecting the environment throughout the development and production processes.

**Six-step moisture boost**

A high moisture level is key to maintaining skin elasticity in any season and at any age. The moisture boost treatment intensively quenches skin in six steps, with addictive products combining an exclusive formula of Hyaluronic acid from four sources. It is a concentrate of innovation and efficacy for targeted deep-skin activity that includes two SOTHYS patents: boletus mushroom extract and organic eriobolus berry peptides. The treatment is suitable for all skin types as a single or periodic treatment to prevent dryness, or as a series of three treatments for intensive rehabilitation of dehydrated skin thirsty for attention. The result is felt from the very first treatment: powerful moisture, soft and glowing skin and a noticeable improvement in the appearance of fine lines and wrinkles.

**Jeunesse: Youth Intensive Treatment**

75 minutes

A potion of youth to renew and rejuvenate the appearance of skin  
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A scientifically proven pro-aging treatment to regenerate sagging skin in five key steps using eight active formulas. This state-of-the-art treatment combines a unique massage technique with products based on TRI-COMPLEX™ P3, a SOTHYS-exclusive patented compound that combines peptides and polyphenols of saffron with quercetin flowers from Japanese sophora flowers, concocted together for a dual task – reducing signs of natural chronobiological aging as well as signs caused by environmental and lifestyle damage. The treatment is suitable for all skin types as a single periodic preventive treatment or as a restorative series of three treatments. The result is felt from the first treatment: the skin radiates vitality, the contours are firmer and there's a noticeable improvement in the appearance of fine lines and wrinkles.

**SOTHYS Classic**

60 minutes

Instantly improve the appearance of facial skin, customized A classic facial treatment for balancing and maintaining skin that is personally adapted to age, skin type and condition, and needs: moisturizing, firming, nourishing, soothing and refreshing. At the end of the treatment the skin has a vital and healthy appearance and a supple, soft and smooth texture, rich in moisture and with an active protective cover. Instantly upgrading the face is recommended as a pre-event beauty treatment.

**Matt Finish**

90 minutes

**Deep cleanse for problematic skin**

A restorative treatment designed for oily or combination skin, which includes deep cleansing of pores, draining comedones and blackheads, regulating the activity of the sebaceous glands, absorbing excess sebum and balancing the skin's microbial flora. The treatment leaves the skin pure and balanced, rich in moisture and with a healthy and calm matte appearance.

## Face Calm

50 minutes

A balancing soothing treatment for tired skin

A soothing treatment to refresh exhausted skin and relieve stress through gentle cleansing without draining comedones, moisturizing with a pleasant crystalline massage, and finally, a nourishing soothing mask based on thermal spring water from SPA in Belgium. At the end of the treatment, the skin is clear, hydrated and nourished, and recharged with energy

## HanaKasumi

60 minutes

The exclusive HanaKasumi ritual is a real Japanese-style rebirth ritual given off by a delicate powdery perfume of lotus and cherry blossoms. Hanakasumi means: “flower mist” and it recalls the elegance of the Sothys protocols, in this exclusive sensorial experience.

## Sensations orientales

60 minutes

An exceptional spa treatment protocol inspired by ancestral Oriental rites: an unctuous enzymatic gel prepares the body for exfoliation, then an exclusive Sothys modelling inspired from traditional oriental techniques. A unique escaping moment with aromatic notes of myrrh and amber which leaves an unforgettable memory.

### Also Available

Great additions to our range of treatments

#### Calming butter

Calming hemp seed butter has exceptional healing and analgesic benefits. It is recommended to incorporate it into the various massage treatments, for a feeling of peace and relaxation.

#### Body scrub

Raw organic cocoa body scrub

30 minutes

Revitalizing body peeling treatment for skin that has become tired and thirsty, neutralizing environmental damage, stress and load. The scrub is concocted from a self-made blend of raw organic cocoa butter, grape and moisturizing oils. It is designed to gently exfoliate dry, lifeless skin and expose the layers beneath it to nutrients. The result is incredibly glowing, moist and soft skin. The treatment naturally elevates mood. This is not just a skincare procedure, but a ritual of self-nourishment and rejuvenation.

<p>Important for you to know:</p>	<p>The spa operates daily from 09:00 to 19:00. It is recommended to schedule treatments in advance to ensure availability on the desired date.</p>
<p>When to arrive?</p>	<p>Guests are advised to arrive at the Elma Spa reception 10 minutes before the scheduled treatment time. This allows us to discuss your expectations from the treatment and tailor it to you in a beneficial way. Unfortunately, we will not be able to extend the treatment time for those who arrive late. It's worthwhile arriving on time</p>
<p>What to wear?</p>	<p>All treatments are done with an undergarment. As part of Gordonia Hotels vision for protecting the environment, we would appreciate it if you bring your own underclothing &amp; flip-flops. If needed, we will be happy to provide a robe and other necessities.</p>
<p>Important for us to know:</p>	<p>Please let us know at the time of booking any health conditions, allergies or injuries that may affect the treatment experience.</p>
<p>Digital disconnection</p>	<p>The surroundings of the Spa Elma sanctify peace and quiet, so guests are asked to turn off their phones while there.</p>
<p>Personal belongings</p>	<p>Personal belongings Valuable should be kept in the in-room safe or locked locker in the spa. Unfortunately we can not be held responsible for any loss or damage caused to personal items.</p>
<p>Cancellation Policy</p>	<p>A treatment can be cancelled up to 24 hours before its scheduled date, free of charge.</p>
<p>Gift Card for Spa Elma</p>	<p>An ideal gift for people you love, and love to be pampered :) We will be happy to tell you about the options. Talk to us at 04-6300100 or from your room 333 You can also write us at <a href="mailto:spa@elmahotel.co.il">spa@elmahotel.co.il</a></p>



