

THE spa

Tailor-Made
Holistic
Experience

Treatment Menu



INTERCONTINENTAL
DAVID TEL AVIV

THE spa

Tailor-Made
Holistic
Experience

Neve Tzedek, the cultural heart of the “city that never sleeps,” is today home to THE Spa – a unique relaxation experience at the David InterContinental Tel Aviv. Everything you need to know about THE Spa’s distinctive character is reflected in its name

Tailor-Made

Choose your own spa adventure as you personally select every detail of your chosen treatment, from incredible fragrances to gentle background music.

Holistic

Restore the natural harmony of body and soul, as blissful physical treatments and balancing holistic elements combine to offer you the ultimate pampering sensation.

Experience

Joyful, pure, and personal, each moment you spend in THE Spa includes everything you need to ensure that this is truly your special time.

Each luxury treatment in THE Spa’s diverse menu has been selected from world cultures to present you with the finest collection of traditional and innovative experiences. No matter what you choose, the results will be exceptional.

Select your ideal spa experience.

Highlights
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Highlights

Introducing the jewels in THE Spa's crown; Six exclusive 80/110/140 minute experiences that will enable you to personalize every detail, from world-class skin-care products to enchanting fragrances. A unique journey awaits.

THE Spa Signature

THE Spa's flagship treatment includes a wonderful variety of fragrances and textures, with a range of advanced massage techniques designed to restore your body's natural vitality. The treatment combines a refreshing exfoliation with your chosen massage from THE Spa's collection, featuring relaxing holistic elements.

Elements

Nature's elements are the inspiration for these four massage techniques

Earth – an enriching foot massage that provides a renewed feeling of connection with the earth.

Fire – a hot stone treatment to restore your natural energy.

Air – a holistic treatment to renew your aura and mental clarity.

Water – a shower-jet massage designed to relax the entire body for a sense of serenity.

Seven Chakras

An empowering energetic treatment that combines aspects of traditional Chinese medicine with advanced western methods, massaging the body's energy centers (chakras) to create renewed balance. The experience also includes a foot and back massage, chakra crystal therapy, a scalp massage, and a holistic experience.

Ananda

Derived from a Sanskrit term meaning “divine bliss,” this classic treatment offers the finest massage techniques combined with spiritual elements. When the treatment is complete, you are invited to sit back in the treatment suite and relax with light refreshments in a tranquil, intimate atmosphere.

Duet

Private suite pampering for you and your partner, as two therapists provide a relaxing massage accented by soft lights, enchanting scents, relaxing music, and a magical atmosphere. As the finishing touch on this unique experience, you are free to relax in the suite with refreshing drinks and tapas dishes.

Five Senses

This energetic and empowering physical treatment stimulates all five senses with a soothing massage that draws on the pleasant textures and fragrances of your choice, as well as holistic audiovisual elements from the world of guided imagery. Refreshments await you at the close of this inspiring experience.

Bliss

Perfect calmness and lasting serenity are the treasures ready to be uncovered through these unique 70 min experiences, each of which presents the ideal combination of treatment duration, special features, and wide variety of options.

Ayurveda (one/two therapists)

An ancient Indian treatment that involves applying warm sesame oil and relaxing massage techniques focusing on the body's energy channels, combined with pouring warm sesame oil onto the "third eye" in the center of the forehead and a pampering scalp massage (You will be unclothed, but with appropriate covering).

Massaling

An invigorating body exfoliation, featuring an exotic variety of fragrances and several vitamin-rich textures based on Dead Sea minerals, with a classic massage that envelops the entire body with a sense of absolute relaxation.

Polarity

A gentle scalp, hand, and foot massage that includes applying pressure to alleviate muscle aches while also improving circulation for a looser, more relaxed feeling. For complete pleasure, the massage ends as warm sesame oil is poured onto the center of the forehead, the "third eye".

Hot Stones

The natural healing power of Mother Nature merges with the skilled hands of the therapist to provide a caressing treatment that relaxes the entire body, using hot towels in combination with warm basalt stones dipped in sesame oil and delightful aromatic oils to relax the entire body.

Hot Shells

As the expertise of human hands meets the natural power of the ocean, this massage includes authentic Pacific Ocean seashells filled with warm heating bags containing natural minerals, seaweed, and aromatic oils.

The Touch of Crystals

A focused body treatment using crystals and special basalt stones to dissolve emotional blockages, release tense muscles, and balance inner energies, leaving you feeling vibrant and renewed.

Full Moon

THE Spa's monthly special always provides a unique and surprisingly pampering experience. For additional information, please contact THE Spa's consultant team.

Reborn

Head-to-toe experiences that incorporate elements and techniques from countries and cultures worldwide, these 50 min professional treatments are specifically adapted to your personal needs to ensure you have the time of your life.

Classic Swedish experience

A classic European stress relief massage to soothe aching muscles. The therapist use movement techniques to restore energy flow to your entire body, wrapping you in warmth and softness. An especially relaxing, refreshing, and renewing experience (70 min massage is also available).

Jetlag Relief

A rhythmic, stimulating massage designed to restore your natural vitality after a long flight. The therapist uses rapid massage movements, bamboo sticks, and hot towels techniques, among others, to reinvigorate your body and compensate for lost sleep.

Earth

A pleasurable ancient massage that includes applying pressure to the feet's reflexology points to provide immediate relief from day-to-day stress and alleviate discomfort throughout the entire body.

Fusion (one/two therapists)

A personally-customized massage that "fuses" your choice of muscle relaxation and either energy renewal or spirituality, as the therapist utilizes several elements and massage techniques. Especially suitable for those unsure which type of experience they would prefer (70 min massage is also available).

Aromatic Fragrances

Gentle, soft, and caressing, this massage energizes all the senses, guiding you to discover renewed calmness and infinite serenity. Choose from a variety of nourishing botanical oils and wonderful natural scents.

Abhyanga

A relaxing ancient Indian treatment that involves applying warm sesame oil and massage techniques focusing on the body's energy channels. Its firm touch relaxes muscles without putting pressure on the body, offering a serene, floating sensation. (You will be unclothed, but with appropriate covering.)

Velvety Exfoliation

The ultimate skin-pampering treatment begins with a body scrub featuring your choice of stimulating fragrances and textures, and continues with a relaxing massage to restore your skin's natural vitality and glow. The treatment thoroughly cleanses and renews skin cells, leaving you feeling refreshed, youthful, and silky-smooth.

Deep Tissue Massage

Using focused massage strokes on your chosen areas, the therapist influences the body's deepest layers, releasing and melting away tension. A powerful, particularly effective treatment that provides you with an intensely relaxed sensation (70 min experience is also available).

Shiandi

This massage combines shiatsu pressure techniques and Thai stretching in one invigorating massage, which focuses on the body's energy channels to create a sense of deep release and energy renewal. (The treatment is performed on a mattress in comfortable attire).

The Power of Serenity

Combining ancient oil-free healing methods, the therapist uses the energy transference method through rocking, heat, guided imagery, reiki, and body movement to create an overall feeling of balance and serenity.

Mothers To Be

Gentle, nurturing, and caressing treatment that reduces the feeling of heaviness during pregnancy, while relaxing and supporting your body (from week 16 onward).

Glow

THE Spa's comprehensive beauty and care experience includes a variety of 50 min treatments (with the exception of hair design, the duration of which depends on the selected treatment) designed to pamper the face, feet, and hands, complemented by hair design from our professional team.

Facial & Beauty Treatments

Kamo Kamo Beauty Treatment

Clarifying and revitalizing, this treatment promotes cell renewal while clarifying and unifying the skin tone. The treatment includes exfoliation, a hydrating cucumber mask, and an invigorating massage with a vitamin-enriched antioxidant cream, concluding with the application of a serum and kamo kamo moisturizing cream formulated with highly-concentrated vitamin C.

Anti-Aging Treatment

A unique, enzymatic exfoliation is at the heart of this treatment, leaving the skin soft, clear, and supple, ready to absorb active ingredients. This is followed by a firming mask and immediate stretching to give the skin a young, vibrant look, with the added moisture and nourishment it requires to retain this radiant appearance.

Eyebrow Sculpting & Dyeing

Eyebrow care, cleansing, and dyeing for a fashionably sculpted look.

Waxing

Hair removal from the desired areas.

Hand & Foot Treatments

Pedicure

A reviving complete nail care treatment, including a foot massage, cleansing followed by the application of nail polish.

Manicure

Revitalizing and complete nail care treatment, the manicure includes a hand massage, cleansing followed by the application of nail polish.

Hair Design

Hairstyling, haircuts, dyeing and highlights, straightening, extensions, blowouts, bridal hair design, and more can be enjoyed in the pleasant, intimate atmosphere of THE Spa's hair design center. Please contact the center directly for the full menu.



Express

Small moments of joy in a hectic schedule come in 25 min bursts at THE Spa, enabling you to relax and enjoy an effective, tailor-made treatment before continuing your routine with a new spring in your step.

Scalp Massage

A pampering scalp, face, and neck massage that focuses on providing the body with general balance. Using the craniosacral method, a relaxing massage of the scalp's pressure points instantly calms the body, helping to alleviate stress and headaches.

Focused Massage

Focused on the area of your choice, in accordance with your needs, this massage combines several techniques for rapid, effective release of muscular tension.

Reflex

A pampering, calming foot massage that focuses on pressure points while boosting the circulation and alleviating daily stress.

Shirodhara

Envelop yourself in serenity with this scalp massage that combines pouring warm sesame oil onto the center of the forehead, the "third eye". With a pleasurable, calming experience that includes the generous use of oil in the hair.

Seated Shiatsu

This back and neck treatment focuses pressure on your body while you sit in a personally-adapted shiatsu chair, enabling you to receive the treatment fully clothed.

Refreshing Facial Treatment

A stimulating facial treatment designed to encourage the creation of new skin cells through gentle exfoliation, while soft massage strokes help the skin to absorb a nourishing cream that gives your face an instantly radiant look.

Collections

With such a wide variety of appealing spa treatments, it is often difficult to choose just one. This is why THE Spa has created a range of special spa packages each treatment is a beautiful solo performance, and the complete package is a symphony that includes all the senses interacting in perfect harmony.

Inner Beauty

A body & soul package that includes three treatments – The Power of Serenity, Komo Komo Beauty Treatment, and Aromatic Fragrances.

To provide the perfect pampering experience.

Care & Glamour

A head-to-toe package including four treatments – Komo Komo Beauty Treatment, Pedicure, Manicure, and Blowout.

Helping you look and feel more beautiful than ever.

Stress Relief

This package includes three relaxing and renewing treatments – Classic Swedish Massage 50 min one therapist, THE Spa Signature 80 min, and Velvety Exfoliation.

Allowing you to escape from daily pressures and drift away on enchanting fragrances.

Spa & More

THE Spa's ideal location at the luxurious David InterContinental Tel Aviv enables you to enjoy the perfect combination of a pampering treatment with the hotel's extensive range of attractions.

Sea esta

A Classic Swedish Massage for two (50 min), followed by coffee and cake in the hotel lobby, overlooking spectacular views of the Mediterranean.

Joy

Fusion treatment (50 min one therapist) for two, combined with breakfast/lunch/dinner (your choice) at one of the hotel's celebrated dining destinations.

Sport

A personal training session in the gym, followed by a Deep Tissue Massage (50 min).

Continental

Fusion treatment (50 min one therapist) for two, with use of a Classic hotel room for the day.

Spa Package

Ten Reborn treatments of your choice with the hotel's highly acclaimed Israeli breakfast, which can be used throughout the year.

General Information

We recommend booking treatments in advance to ensure you receive your preferred treatment at the most convenient time. Please speak with one of our consultants to receive further details on the various treatments. The treatment cost includes entry to THE Spa and use of its facilities. Please arrive at THE Spa 15 minutes prior to your scheduled treatment time. To preserve THE Spa's tranquil atmosphere, we request that you refrain from using mobile phones in the spa area and keep all noise to a minimum. Please note that treatment cancellations must be made at least 4 hours in advance. Cancellations made without this advance notice will entail a charge comprising 50% of the total treatment price. The therapist will cease treatment at any time if the guest's behavior becomes inappropriate or disrespectful. We will be happy to provide you with a personal locker equipped with spa accessories. Please note that the management is not responsible for any damage to or loss of valuables. Changes may be made to the range of treatments and prices.

A signed health declaration is required before any treatment can be provided. Entry to THE Spa is limited to ages 16 and over. Gratuities may be given at your discretion.