

# Cramim Spa Treatment Menu

## Body Treatments

### The Signature Treatments - Vinotherapie

	Duration
<b>Gentle Body Exfoliation</b> With dried & ground Cabernet grape seeds and body butter.	50 min.
<b>Brown Sugar &amp; Grape Seed Oil Body Scrub</b> A deep exfoliation treatment based on brown sugar, grape seed oil, and dried grape slices.	50 min.
<b>Exhilarating Treatment in the Turkish Bath</b> Cleansing the body with grape-scented foam, combined with a grape seed oil massage, a 25 min. Turkish bath treatment and a 45 min. classic massage in a treatment room.	70 min.
<b>Clay &amp; Grape Seed Body Wrap</b> The body is gently wrapped in smooth white clay and grape seed granules to moisturize the skin and nourish it with antioxidants. By the end of the treatment, the skin is silky-smooth to the touch.	50 min.

### The Classics

<b>Swedish Massage</b> A classic medium-intensity European massage to relax and release muscular tension.	50 min.
<b>Head &amp; Neck Massage</b> Targets the head and neck areas to relieve day-to-day stress.	25 min.
<b>Neck, Shoulders &amp; Back Massage</b> Targets the neck and back areas to relieve day-to-day stress.	25 min.
<b>Head &amp; Foot Massage (4 hands)</b> A relaxing and balancing massage of the head and feet carried out by 2 therapists simultaneously to create a wonderful sensation.	25 min.
<b>Combination Massage</b> Massage combining several techniques chosen by the therapist and client for optimal results.	50 min.
<b>Reflexology</b> This massage is combined with pressing the soles of the feet to balance the body and offer a general feeling of relaxation.	50 min.
<b>Polarity</b> A tension-relieving massage of the scalp, feet, and hands that offers total relaxation from head to toe.	50 min.
<b>Cramim Massage</b> This massage uses grape seed oil to relieve muscle tension and emotional stress, boosting the body's vitality. The duration of the massage makes it possible to focus on especially tense areas.	75 min.
<b>La Stone Therapie</b> Combining warm basalt stones with cool marble, this treatment uses massage and the placing of stones to release muscular tension, enhance the metabolism, improve blood and lymph circulation, eradicate toxins and restore the body's natural balance. An unforgettable experience.	80 min.
<b>Hot Stone Massage for the Back and Shoulders</b> A treatment combining warm basalt and cool marble stones. The massage focuses on imparting deep relaxation to the back and shoulder areas.	45 min.

	Duration
<b>Cramim Body &amp; Soul</b> This refreshing and energizing treatment begins with a deep peeling of brown sugar and Cabernet grape chips followed by a massage in which Shea butter enriched with wine ingredients is applied.	75 min.

## Herbal Magic

<b>Aromatherapy Massage</b> Enhanced with aromatic plant extracts chosen with the client, this calming massage helps to relieve stress, fatigue and muscle tension while stimulating and strengthening the immune system. A gentle, soothing, and liberating massage.	50 min.
<b>Wild Rose</b> The soothing qualities of luxurious rose hip oil have been renowned for thousands of years. This massage uses the oil to relax and release muscular tension, stimulating the senses while benefiting the skin.	50 min.

## Deep Cramim

<b>Deep Tissue Massage</b> A deep and focused massage technique that relaxes the body's muscles and tension points. Suitable for those who undergo massage treatments on a regular basis.	50 min.
<b>Millennium - 4 hands</b> This massage combines a number of deep body massage techniques in addition to a gentle massage for deep muscle relaxation. The treatment is carried out by two therapists simultaneously to enhance the experience.	50/75 min.
<b>Bakok</b> Targeting the back and neck areas, this treatment aims for a deep release of muscular tension and an overall positive feeling.	50 min.
<b>Sports Massage</b> Specially designed for athletes prior to or following a sports event. Before the event, the massage prepares the muscles through toning and heating. After the event, it boosts recovery by stretching and draining the muscles of toxins.	50 min.

## Experiences from the Far East

<b>Ayurveda- 2/4 hands</b> A traditional Indian treatment that includes a gentle cleansing exfoliation using long strokes, a warm sesame oil libation over the entire body and, at the end of the treatment, on the "third eye" in the center of the forehead, accompanied by a scalp massage. (During the treatment, the recipient is unclothed, with appropriate covering.)	75 min.
<b>Shirodhara</b> Oil libation in the center of the forehead (the "third eye"), accompanied by a face-and-scalp massage.	25 min.
<b>Abhyanga - 2/4 hands</b> Oil libation with warm sesame oil over the entire body in long strokes, accompanied by a relaxing scalp and face massage to release tension.	45 min.
<b>Indian Combination</b> We begin the treatment with peeling in order to cleanse the physical body and continue it with Abhyanga, a soft massage with warm sesame oil; the perfect way to bring peace to both body and soul.	75 min.

	Duration
<b>Shiatsu</b> A Japanese treatment philosophy based on Chinese acupuncture, combining stretching and applying pressure along the energy channels. The treatment enhances the body's natural strengths, offering an experience of returning to nature. (Please wear light, flexible clothing.)	50/75 min.
<b>Thai Massage</b> An ancient healing art combining pressure and stretching that improves the body's flexibility and focuses on relaxation, removing blockages, and balancing the body's energy. (Please wear light, flexible clothing.)	50/75 min.

## Natural Energy

<b>Reiki</b> A relaxing and energy balancing treatment including the placing of hands and balancing the body's energy centers (chakras).	50 min.
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## The Turkish Bath

<b>Turkish Massage</b> Visit us for a traditional Turkish experience of body massage, scrubbing and cleansing at an authentic Hamam; your skin will become clean and soft and your muscles, relaxed. This intense and invigorating treatment improves the blood flow and assists in easing and releasing the muscles.	25 min.
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## Body Purification – Exfoliating Treatments

An experiential treatment for skin cleansing and renewal, carried out with oils and salts, or a gentle exfoliating to smooth the skin, stimulate the circulation, and offer a lasting feeling of freshness. This treatment is highly recommended either by itself or before any massage for an especially empowering experience. Choose from: Cramim Exfoliation (Exfoliating Cream), Vanilla & Mint Exfoliation (Exfoliating Cream), Vanilla, Lavender & Patchouli Exfoliation (Salts), Orange & Vanilla Exfoliation (Salts), and Grapefruit Exfoliation – Anti-Cellulite (Salts).	45 min.
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## Treatments for Expectant Mothers

**Specially designed beauty and body treatments for the entire duration of the pregnancy.**

<b>Pedicure</b> Includes a treatment focusing on the feet as well as nail care.	45 min.
<b>Manicure</b> Includes full nail care.	45 min.
<b>Reiki</b> A non-contact treatment to balance the energy centers.	50 min.
<b>Facial Treatments</b>	50 min.

## From the 14th week

<b>Massage for Expectant Mothers</b> A massage experience with pure almond oil to reduce the sensations of heaviness, fatigue, and stress, relieving tense and aching muscles.	50 min.
<b>Shiatsu for Expectant Mothers</b> A special, refreshing experience for expectant mothers. The experience will continue even after the treatment, which calms and strengthens the body, diminishes stress, improves flexibility, and eases movement. (Please wear light, flexible clothing.)	50 min.

	Duration
<b>Polarity</b> This massage targets the scalp, hands and feet to help the entire body feel perfectly relaxed.	50 min.
<b>Head &amp; Neck Massage</b> Targets the head and neck areas to relieve day-to-day stress.	25 min.
<b>Gentle Cream Exfoliation</b> A cream-based exfoliation treatment to cleanse the body and remove dead cells, stimulate the circulation, and leave the skin feeling clean and smooth, with a pleasant sensation of freshness.	45 min.

## Couples' Experiences Including massages and a dip in the Jacuzzi

<b>Classic Experience</b> This experience for two combines a 50-minute Swedish massage for each partner and a dip in the pampering Jacuzzi with a cool, refreshing drink and seasonal fruit.	70 min.
<b>Romantic Couples' Experience</b> A unique romantic experience including a 50-minute Swedish massage for each partner, a dip in the pampering Jacuzzi, champagne, and seasonal fruit.	70 min.
<b>Couples' Pampering with Wine</b> A sweet romantic experience in the pampering couples' treatment room including a 30-minute grape seed exfoliation treatment for each partner and a shea butter massage enriched with wine components, concluding with a dip in the Jacuzzi, wine, and a luxury fruit selection.	100 min.

## Facial Treatments

### Christina – It Just Works!

Christina-brand treatment products are developed by an international cosmetics company with its roots in Israel, which has been operating domestically and worldwide for more than 30 years.

Simply the last word in the cosmetics field, all Christina products are based on cutting-edge scientific research and are manufactured utilizing advanced technology in order to provide uniquely satisfying solutions for a wide range of skin types and conditions.

Christina offers protective treatments for both men and women, ensuring optimal results immediately, as well as over the long-term. Christina's scientific team combines traditional botanical ingredients with unique elements exclusively formulated in the company's labs. These precise formulas have been clinically proven as safe for use.

Today, Christina products can be found all over the world, generating huge demand and an impressive reputation thanks to their sterling quality.

<b>Unstress – Relaxing &amp; Pampering Treatment</b> A special relaxing treatment that includes natural ingredients such as green tea, red tea, and white tea to reduce the redness of irritated skin suffering from stress damage. The treatment combines omega 3 and 6 to balance and assist the skin's renewal process, as incorporating these probiotic ingredients contributes to improved skin circulation, balance, and flexibility.	50 min.
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	Duration
<p><b>Wish – Anti-Aging Treatment for Mature Skin</b> A unique treatment that adds immediately vitality and glow to mature skin. Using Wish products in the treatment directly influences all layers of the skin using advanced powerful peptides*, ginseng, pomegranate extract, and more to improve skin circulation and firmness, enriching the skin with antioxidants to create an even, healthy tone.</p>	50 min.
<p><b>Silk – Anti-Aging Beauty Treatment</b> (Does not include deep cleansing.) A unique anti-aging beauty treatment based on pure biological silk fibers to significantly reduce wrinkles, fine lines, and skin laxity. The treatment includes enzymes to aid the skin cell renewal process, and is rich in vitamins E, A, and C, as well as exotic fruit, to give your skin a smooth, silky feel.</p>	50 min.
<p><b>Forever Young – Anti-Aging Skin Firming Treatment</b> Rich in proteins and vitamins, this anti-aging facial treatment also includes moisturizing agents, fruit acids, seaweed, and peptides*. During the treatment, two types of alpha hydroxy acid peels are performed, with two vitamin-rich masks and a seaweed mask, an eye treatment that includes a massage with mini crystals, and a pampering seaweed eye mask.</p>	75 min.
<p><b>Bio Phyto</b> The Bio Phyto Series is the place where science and nature meet and perfectly work together by providing personally customized solutions to a wide array of skin conditions. Bio Phyto uses the unique qualities of medicinal plants together with green chemistry and advanced technologies in order to reestablish the natural skin's healthy look full of vividness and glow.</p>	50 / 75 min.
<p><b>Chateau de Beauté</b> A unique facial treatment that nourishes, protects and rejuvenates the skin, rich with antioxidants extracted from grapes and wine as well as advanced peptides*. The treatment includes nourishing the skin with a serum that will smoothen, refresh and consolidate the skin as well as a gentle massage suited to the individual skin type. You can see the results clearly; the skin will become smoother, more flexible and glowing.</p>	50 / 75 min.
<p><b>Especially for Men</b> A unique treatment to slow the effects of the aging process on masculine skin while also thoroughly strengthening and purifying the skin. The treatment includes a wine vinegar exfoliation, as well as a massage using a gel containing vitamins and peptides* that has a fresh mint scent and helps to improve the skin's appearance.</p>	50 min.
<p>* <b>Peptide</b> – A smaller-scale protein that penetrates to the depths of the skin.</p>	

## Dermalogica

Dermalogica is the number one choice of skin care professionals, as well as health and spa centers worldwide. It was developed with one overriding concern: your skin's health. All Dermalogica skin treatment products are based on innovative ingredients, including vitamins and minerals, and do not contain any artificial colors or fragrances.

**Dermalogica Beauty Treatment** Adapted to the client's personal skin type and needs, this beauty treatment contains essential vitamins to enhance the skin's resilience and leave it with a refreshed, vibrant look.

	Duration
<b>Deep Cleansing Treatment</b> A deep facial cleansing treatment that includes cleansing and draining pores, purifying the skin, and absorbing excess oils. The treatment uses plant enzymes and fruit acids to balance and cleanse the skin. Suitable for oily to combination skin.	50 min.
<b>Age Smart Treatment</b> A luxurious treatment to prevent premature aging of the skin and for general improvement of its appearance. The treatment combines a high concentration of vitamins, fruit acids and peptides to improve skin firmness, to smooth out fine lines, and to add glamour and glow. The treatment includes a special AHA exfoliation and a firming seaweed mask. (This treatment is recommended for dry skin and skin with sun damage.)	50 min.
<b>Anti-Stress Treatment for Sensitive Skin</b> A special harmonious treatment combining a cleansing and aromatherapy massage rich in extracts and oils to calm red or irritated skin and any skin suffering from stress. This treatment combines an active oatmeal mask and a calming serum effective at counteracting environmental damage. This is a warm and pleasant treatment, giving you an overall feeling of pampering and relaxation, leaving your skin relaxed and glowing.	50 min.
<b>Holistic Moisturizing Treatment</b> A calming and pampering treatment to restore moisture to dry skin. This treatment uses plant extracts and moisturizing serums and includes exfoliation, a rich aromatherapy massage, and a hydrating mask. This treatment is recommended for all skin types and is appropriate for all ages.	50 min.
<b>Men's Purifying Facial Treatment</b> A special treatment for men, including a unique exfoliation based on rice bran, plant enzymes and fruit acids, as well as cleansing and purifying of the skin. (This treatment is recommended for every man aware of the look of his skin and interested in maintaining skin health.)	50 min.

## The Final Touch

<b>Pedicure</b> A foot bath that includes exfoliation and massage of the feet, nail cleansing and care, and applying nail polish.	45 min.
<b>Manicure</b> A hand massage including exfoliation, full nail care, and applying nail polish.	45 min.
<b>Pedicure &amp; Pampering</b> Complete pampering for your feet, including an exfoliation treatment, nail cleansing and care, a hot paraffin foot bath, and applying nail polish to complete your new look.	75 min.

## The Salon

**To make an appointment, please contact the salon directly, at 02-5489737**

Blowout

Haircut, Men's/Women's

Dyeing

Highlights & Streaks

Keratin Treatment for Damaged Hair

A Hairdo

Make-Up