

# Milos Spa

Dead Sea

תפריט טיפולים





## **Body Treatments**

### **Mineral Contouring – Slimming Body Treatment (70 minutes)**

This firming and sculpting body treatment begins with a salt scrub for energizing and purifying the skin, followed by a deep temple massage with Dead Sea gel – exclusively patented by AHAVA to expel toxins and minimize the appearance of cellulite – and ending with a natural mud wrap to promote slimming, tone your body and enhance your health. The treatment leaves your skin smooth and saturated and your body comfortable and relaxed.

### **Dead Sea Salt Body Scrub (50 minutes)**

Pamper yourself with an authentic Dead Sea experience using nature's secret formula – a salt body scrub with natural salt crystals to invigorate and restore your skin, leaving it fresh, soft and revealing its natural shine.

The scrub is followed by a revitalizing mineral lotion that wraps the skin with softness and provides the ultimate body hydration.

### **Mineral & Botanical Uplifting Body Exfoliation (50 minutes)**

An aromatic, sensuous body peel that smoothes and invigorates your skin, based on natural active botanical granules such as Aragen shells, grape and date seeds to promote cell regeneration and reveals your skin's glow. The peel is followed by a nurturing desert plant body oil which wraps the skin with warmth and refines its texture.

### **Mineral Royal Facial (50/70 minutes)**

A luxurious treatment fit for royalty. For ultimate shine and radiance. This facial utilizes two of the world's most ancient beauty secrets. Two pure natural treasures, staples of beauty and health that were once reserved only for the highest members of royalty and nobility – Dead Sea mineral mud and pure, 24-karat gold. Discover your skin's natural beauty.

### **Mineral Energy for Men (50/70 minutes)**

A facial treatment suited especially for men. A refreshing, energizing treatment that includes a deep pore cleanse and a relaxing anti-stress massage, exclusive to AHAVA. The boost of moisture and minerals helps the skin recover from the daily stresses that weaken it and cause it to lose its softness and firmness.

Leaves your skin feeling incredibly fresh and full of energy.

## Facial Treatments

### **Mineral Osmoter™ Recharge (50/70 minutes)**

A celebration of natural Dead Sea minerals, this facial treatment uses AHAVA's exclusive Osmoter™ technology – scientifically proven to strengthen the skin and give it a youthful appearance. Natural minerals, mud, and desert plants are present throughout the treatment, which is suited specifically to your skin's needs and includes a deep pore-cleansing mud peel, a massage with crystal oil to smooth out wrinkles and keep your skin firm, and a toning facial mask to even out your skin tone and alleviate signs of fatigue. The treatment restores your skin's energy, comfort, and shine that come from deep within your skin, for a fresher, younger, smoother, and more vital look – no matter your age.

### **Absolute Mineral Renewal (50/70 minutes)**

An anti-aging facial that helps firm up your skin and smooth out wrinkles for a younger, more vital look. The treatment reveals your skin's natural glow, protects its firmness and helps it withstand climate and environmental damage that can exacerbate signs of aging.

### **Mineral Detox (50/70 minutes)**

A healthy detox that will get rid of all the toxins that cling to the skin and accelerate the aging process.

This mineral-rich treatment, developed exclusively for AHAVA, includes a cleansing detox massage for the face and upper chest, restores your skin's energy and glow, purifies it and leaves it feeling clean and relaxed.

## AHAVA Treatments

AHAVA is the leading brand for mineral-based products using natural Dead Sea ingredients. Developed according to a holistic approach that wields the Dead Sea's natural spa-like properties to restore and rejuvenate your skin. AHAVA treatments take you on a magical journey through the Dead Sea and revitalize your skin both physically and spiritually. Our treatment menu invites you to show yourself some well-deserved love. Float above the stress of your everyday routine and release your inner beauty and energy.





## Treatment Packages (Singles)

### **Anti-Psoriasis Treatment (70 minutes)**

A gentle peeling treatment, a seaweed wrap, and a massage with mineral-rich palm oil – ideal for treating dry skin.

### **Lymphatic Cleanse (70 minutes)**

The treatment begins with a 20-minute body wrap using mineral-rich seaweed – highly recommended for balancing the skin's moisture levels before the lymphatic cleanse. Next, a gentle, 50-minute massage will invigorate your lymphatic system to boost the flow of fluids.



### **Date Wrap (40 minutes)**

This treatment – a Milos Hotel Spa exclusive – uses a special cream made from dates that grow around the Dead Sea area. In addition to their high nutritional value, the benefits of dates extend to cleansing, disinfecting, cooling, refreshing, and tightening the skin.

### **Seaweed Wrap (20 minutes)**

Seaweed is rich in minerals and helps rejuvenate, tighten, and balance your skin.

### **Aloe Vera Wrap (20 minutes)**

Wrapping your body in aloe extract helps heal wounds and burns and relieve pain.

## **Peeling Treatments and Body Wraps**







### **Ayurveda (70 minutes)**

A traditional treatment method that includes a hot oil rub and the dripping of a slow stream of warm oil onto the forehead.

### **Abhyanga (50 minutes)**

Inspired by Indian tradition, this unique method includes rubbing hot sesame oil on the body in a slow, gentle motion.

### **Shirodhara (30 minutes)**

A head and face massage inspired by Ayurvedic methods that includes dripping a slow stream of warm sesame oil onto the forehead, in alignment with the third-eye.

### **Thai Massage (70 minutes)**

A traditional Thai method that combines controlled acupressure and assisted stretching. The treatment is done on a mattress, and patrons are required to wear comfortable, loose-fitting clothes.

### **Thai Massage with Oil (50 minutes)**

A treatment based on traditional yoga techniques, combining a hot oil massage with acupressure and assisted stretching.

### **Shiatsu (50 minutes)**

An ancient Eastern tradition that combines physical pressure and energy work.

### **Foot Massage (30 minutes)**

A luxurious foot massage using a mineral-rich foot cream.



# Treatments of the Far East



**Prenatal Massage (50 minutes)**

A gentle massage for pregnant women in their 18th week and onward. Relieves bloating and discomfort.

**Extremities Massage (30/50 minutes)**

A relaxing treatment for relieving tension in the body's extremities - hands, feet, and head.

**Back, Neck, and Shoulder Massage (30 minutes)**

A focused upper-body massage.

**Reflexology (30/50 minutes)**

In this unique treatment method, the therapist applies pressure to specific areas in the patient's foot to soothe the body and balance its functions.

### **Milos (50/70 minutes)**

This unique Greek treatment combines a full massage with vitamin-enriched palm oil to rejuvenate and soften the skin - indulgent and relaxing.

### **Combined Massage (50/70 minutes)**

A multi-sensory treatment that combines several massage techniques in a relaxing atmosphere.

### **Hot Stone Massage (70 minutes)**

A luxurious experience that dates back to old Native American traditions, combining a soothing massage with the comforting sensation of hot stones.

### **Deep Temple Massage (50/70 minutes)**

A deep, focused treatment to relax your body and release tension.

### **Medical Massage (30/50/70 minutes)**

A massage technique that focuses on the physical aspect and helps relieve pain, relax the muscles, enhance mobility and improve your general wellness.

### **Swedish Massage (50/70 minutes)**

A classic massage technique that relaxes your muscles, improves blood flow, and provides a lasting feeling of tranquility.

## Massage Treatments



# Walk in, Float out.

At the lowest place on earth, between mountains and sea, with the forces of nature, and inspired by Aphrodite, the Greek goddess of beauty, we created the Milos Spa.

Come for an experience that will take you beyond time and space, and enjoy the peace and quiet of therapeutic bliss. We offer body and beauty treatments, to provide you with an exciting body and soul experience provided by our dedicated and professional staff.

We invite you to close your eyes and dive into tranquility with our luxurie treatments for a perfect vacation.

For further information please call the spa  
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# Milos Spa

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## Treatments Menu

