

# THE SPA



# THE SPA PHILOSOPHY

Welcome to The Spa at the Holiday Inn Resort Dead Sea.

The Dead Sea is a treasure mine of natural minerals that contain unparalleled healing and therapeutic qualities. Even the air has healing qualities, as it is rich with soothing and relaxing minerals.

Our promise is physical serenity combined with mental clarity for a complete rejuvenating experience.





## TERMS AND CONDITIONS

- The Spa facilities are complimentary for all hotel guests.
- Spa usage is for guests over 18 years old only.
- The Spa is strictly a smoke-free area.
- To maintain a tranquil environment, all phones must be on silent mode.
- Only proper swimming attire is permitted.
- Treatments should be booked in advance.
- A cancellation fee of 50% will be incurred for bookings not cancelled at least 3 hours prior to treatment time.
- We suggest arriving 20 minutes early to prepare for your treatment in our sauna and steam rooms.



# BODY TREATMENT

## **Full Body Swedish Massage**

55min / 60 JD

30min / 35JD

A traditional deep tissue massage that alleviates muscle tension, stimulates circulation and promotes full body relaxation.

## **Back, Neck and Shoulder Massage**

30min / 35JD

Relieves tension in the back, neck and shoulders and stimulates circulation in the upper body leaving you feeling re-energized.

## **Soothing Foot Massage**

30min / 38JD

A reflexology massage that applies pressure on specific points on the feet to promote good health and general well being.



## **Lymph Drainage Massage**

55min / 65 JD

This German technique is used to reduce toxins in the body, diminish water retention and boost weight loss by stimulating the natural metabolic rate. It offers beneficial effects on general health.

## **Total Indulgence - Complete Body, Face and Head Massage**

75min / 75 JD

Complete indulgence and pampering from head to toe. Get energized and feel reborn.

## **Face and Head Massage**

30min / 38 JD

Stress relieving massage that focuses on the head and face areas. Soothes and rejuvenates.

## FACE

### **Purifying Dead Sea Mud Facial (For All Types of Skin)**

55 min / 50 JD

A purifying and relaxing facial cleanse followed by a gentle skin refiner and facial massage with a special Dead Sea mud mask to purify and revitalize your skin for a healthy and natural glow.

### **Express Facial**

30 min / 35 JD

The perfect skin care treatment for those on the go. Cleanse, exfoliate, massage and moisturize in one basic facial.



## BODY SCRUBS

### **Dead Sea Aromatherapy Salt Scrub**

25 min / 35 JD

Gently exfoliates dead cells revealing soft and silky skin with an improved healthy glow. The special Dead Sea oils lock moisture and provide additional protection.

### **Desert Sand Scrub**

25 min / 30 JD

Our signature treatment filled with ancient formulas and secrets recipes. Stimulate and replenish your skin with vitamins A and E combined with our sacred minerals extracted right here from the Dead Sea and Jordan Valley desert.

### **Dead Sea Natural Mud**

50 min / 50 JD

The body is enveloped in the mineral-rich Dead Sea mud allowing the salts to penetrate the skin, exfoliate and sooth muscles, creating a general state of tranquillity with fresh glowing skin.

### **Dead Sea Anti-Cellulite Mud**

50 min / 55 JD

A unique anti-cellulite mud wrap that rids the body of toxins and reduces water retention.

# SPA PACKAGES

## **Dead Sea Package**

140 min / 125 JD

Salt scrub, mud wrap, full body Swedish massage and express facial.

## **Elements Package**

120 minutes / 115 JD

Sand scrub, choice of full body aroma or Swedish massage, purifying Dead Sea mud facial.

## **Holiday Inn Package**

80 min / 80 JD

Full body Swedish massage, salt scrub.

## **Express Package**

55 min / 60 JD

Back neck shoulder or soothing foot massage, express facial mud mask.



# BODY ENVELOPMENTS

## **Dead Sea natural mud**

50 min / 50 JD

Using local Dead Sea products, relax as your body exfoliate with re-mineralizing natural Dead Sea salts. Enjoy the healing benefits of Dead Sea mud, which cocoons your body allowing your muscles to relax and your mind to achieve tranquillity.

## **Dead Sea anti-cellulite mud**

50 min / 55 JD

A special designed anti cellulite mud will be used to detoxify the body and eliminate the excess of water; the body is initially exfoliated and wrapped in the special mud mixture.



[www.holidayinnresorts/deadsea](http://www.holidayinnresorts/deadsea)



Holiday Inn Resort Dead Sesa  
T: +962 5 3495555 | F: +962 5 356 0056  
[info.hirdeadsea@ihg.com](mailto:info.hirdeadsea@ihg.com)  
P.O.Box 170 Dead sea, 18186 Jordan