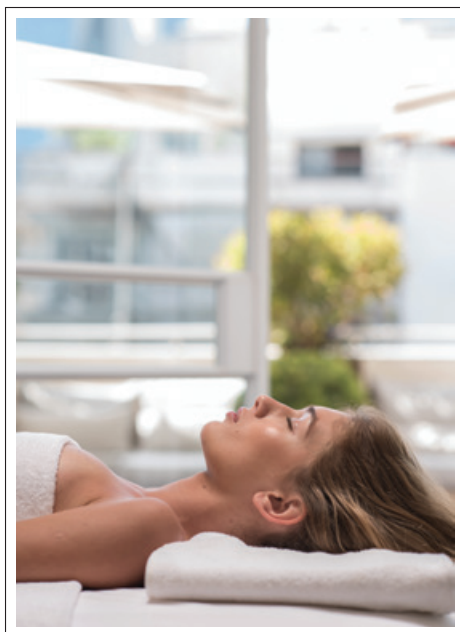


WELLNESS

At The Norman



23-25 NACHMANI ST. TEL AVIV 6579441 ISRAEL

WELLNESS@THENORMAN.COM T+972 3 543 5530 THENORMAN.COM

Take a break from the outside world and pamper yourself. Quiet your thoughts. Relax your mind. Rejuvenate your body. Live in the moment. Our eclectic treatments offer multiple pathways to outer radiance and inner balance, combining luxury with wellbeing.

**BUILD YOUR OWN
PERSONAL WELLNESS PROGRAM**

We welcome guests to contact the Wellness Area, so that we can create a nourishing and pampering wellness program for your entire stay.

APPOINTMENTS & RESERVATIONS

Reservations are subject to availability and require guarantee with a credit card. We recommend that whenever possible, hotel guests book before arrival.

CANCELLATION

We kindly request that cancellations or changes to appointments be made at least 24 hours in advance. A full treatment charge will apply to late cancellations and no-shows.

ARRIVAL

We suggest that you arrive 15 minutes prior to your appointment time to fill out your personal care guide where we can consider your special health needs.

LATE ARRIVAL

As a courtesy to guests booked after you, late arrivals will only receive the remaining available appointment time and will be charged in full.

CELLULAR PHONES

In consideration of other guests, we kindly ask that you turn off your cellphone before entering the Wellness Area.

**IS THERE AN AGE REQUIREMENT
TO USE THE WELLNESS AREA?**

All Wellness Area guests must be over 18 years of age.

WHAT SHOULD YOU WEAR?

Robes and slippers are provided for your comfort. For your treatment, disrobe to the level you wish. Undergarments are not necessary, but you may wear them during your treatment should you prefer to. You are assured of your privacy.

MEDICAL RESTRICTIONS

It is vital that you inform the Wellness receptionist if you have any medical restrictions. If, as a result of any medical restrictions we are not able to provide the treatment of choice, an alternative treatment will be offered and scheduled.

PAYMENT & SERVICE CHARGES

We accept all major credit cards. Hotel guests may also charge the service to their room accounts.

ARE GIFT CERTIFICATES AVAILABLE?

Wellness gift certificates are a wonderful way to give the gift of wellness to special people in your life. Gift certificates may be purchased at the hotel reception or by phone and may not be redeemed for cash.

VALUABLES

The Wellness Area at The Norman is not responsible for damage to or loss of personal belongings. We recommend that valuables are not brought to the Wellness Area.

In the treatment room:

50 MINS: 340 NIS | 60 MINS: 400 NIS | 75 MINS: 500 NIS | 90 MINS: 560 NIS

In your suite:

50 MINS: 450 NIS | 60 MINS: 500 NIS | 90 MINS: 660 NIS

Hot stones and cupping therapy : 60 MINS: 500 NIS

(Please note: booking in advance required)



SWEDISH MASSAGE

Take pleasure in tranquil surroundings while diminishing tension and stress with this traditional all-over relaxation massage.

DEEP TISSUE

Deep tissue massage therapy is similar to Swedish massage, but uses deeper pressure, releasing chronic muscle tension.

AROMATHERAPY MASSAGE

Choose from our selection of specially blended oils to soothe the mind, body & spirit.

SPORTS MASSAGE

Sports massage therapy utilises specific techniques, targeting tension spots and relieving sore muscles.

CUPPING THERAPY

Deeply effective treatment originating from traditional Chinese medicine, using suction cups to produce a vacuum. Used selectively it dissolves deep blockages and tension, improves circulation, as well as aiding detoxification.

HOT STONES

During a hot stone massage, smooth, flat, heated stones are placed on specific parts of your body. The therapist places warmed stones on certain areas of the body, such as acupuncture points. Along with other massage techniques, hot stones can be quite soothing and relaxing as they transmit heat deep into the body..

WELLNESS PACKAGES

PACKAGE 1 | FOR TWO PEOPLE

50 minute massage each
Breakfast buffet for 2 in Alena Restaurant
850 NIS

PACKAGE 2 | FOR TWO PEOPLE

50 minute massage each
Weekend lunch menu at Dinings
970 NIS

PACKAGE 3 | FOR TWO PEOPLE

50 minute massage each
2 signature cocktails from The Library Bar
700 NIS

PACKAGE 4 | FOR ONE PERSON

50 minute massage
Breakfast buffet in Alena Restaurant
450 NIS





IN-ROOM BEAUTY TREATMENTS

Available at The Norman
All prices are quoted in NIS and include VAT

MAKE UP

Consultation followed by full make up using MAC products
to create a beautiful look for any occasion or event
or simply for a day/evening out 560 NIS

BRIDAL MAKE UP

Full make up using carefully selected products to achieve
the bride's desired flawless look (Including lashes) 1300 NIS

HAIR

Wash & blow dry 175-210 NIS
Evening hairstyling from 410 NIS
(including hair wash - please mention if this is required at time of booking)

YOGA AND PILATES

ON THE WELLNESS ROOF TERRACE

Private Lesson/personal training (1 person): 500 NIS

Duet Lesson: 600 NIS



NAIL TREATMENT

Manicure (up to 45 min) 175 NIS

Pedicure (up to 55 min) 260 NIS

Manicure & pedicure 395 NIS

Spa manicure (up to 60 min) 225 NIS

Spa pedicure (up to 90 min) 350 NIS

Paraffin treatment, aromatic scrub & hydrating mask

Gel polish (hands or feet) 210 NIS

Gel manicure 270 NIS

Gel pedicure 330 NIS

Gel nail extensions 490 NIS

Duration 2.5-3.5 hours

Gel nail refill 375 NIS

Quick manicure (up to 15 min) 95 NIS

Quick pedicure (up to 20 min) 130 NIS

Manicure/pedicure for men 210/295 NIS

Manicure & pedicure for men 470 NIS

Kiddie manicure (up to 20 min) 85 NIS

EXTRAS

Foot massage (20 mins) 105 NIS

French 25 NIS

Gel removal 70 NIS

To book an appointment- please call reception or concierge.

OTHER WELLNESS OPPORTUNITIES

SWIMMING & OUTDOOR RELAXATION AT THE NORMAN

Our infinity pool and sundeck is located on the 3rd floor rooftop, where guests can take in the ultimate Tel Aviv urban sea view. The pool is for the exclusive use of The Norman guests.

In addition to spending time relaxing by the pool, guests can book a swimming lesson with our in-house expert swimming instructor, Amir Salman, a world class Israeli swimming champion and instructor in many techniques.

Private Lesson 250 NIS | Duet Lesson 350 NIS

POOL INFORMATION:

- Children under 16 must be accompanied by an adult.
- Changing rooms can be found on the 3rd floor and provide access to the pool via stairs.
- The pool and sundeck are open daily from 8am - Sunset.
A lifeguard is available during opening hours for your safety and comfort.
To request to swim earlier, please contact the Wellness Area the day before.
- Complimentary drinking water and towels are available by the pool.
- You may order food and beverages to be enjoyed at the pool, menus available upon request.

BEACHES

If you prefer to sun yourself on one of Tel Aviv's glorious beaches or to swim in the Mediterranean, then within a 15 minute stroll from The Norman, you can find yourself on one of Tel Aviv's vibrant city beaches.

If you would prefer a ride from door to shore, we will be delighted to order you a taxi. Complimentary beach totes are available at Concierge, complete with towels and drinking water.

GYM

Open 24 hours a day and for the exclusive use of the Norman guests, an intimate fitness room can be found on the 3rd floor in the Wellness Area. The gym is equipped with the latest Technogym running machines and rowing machine and a variety of free weights. Guests may work out independently or with a personal fitness trainer. (Booking in advance required for a personal trainer).

THE NORMAN SECRET

The secret of the beautiful aroma of The Norman is available to purchase at reception or in the Wellness Area.

Hand Soap 250ml 150 NIS

Aroma Reeds 250ml 140 NIS

Room Spray 100ml 220 NIS

Aroma Reeds 1000ml 320 NIS

SUN PROTECTION (available from Wellness reception)

Body

Sunscreen Lotion (spf 15) 150ml

Sunscreen Lotion (spf 30) 200ml

Sunscreen Lotion (spf 50) 200ml

Face

Sunscreen Cream (spf 50) 60ml

60 NIS

