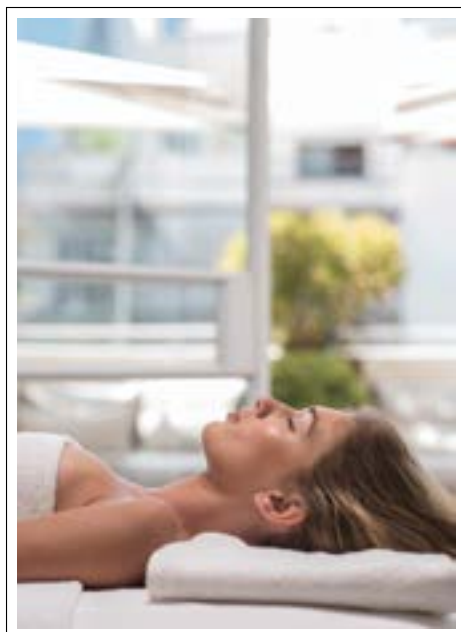


WELLNESS

At The Norman



23-25 NACHMANI ST. TEL AVIV 6579441 ISRAEL

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

Rates are quoted in NIS and include VAT

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.

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.

CELLULAR PHONES

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

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.

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.

JET-LAG MASSAGE

Flying can be very challenging for your biological clock. Our combination of back massage, with the stimulation of reflex points on the scalp and feet will help your body recuperate, rebalance and enhance your quality of sleep.

FOUR HANDS MASSAGE

Using double the amount of hands, this massage is the most luxurious route to ultimate relaxation.

SHIATSU

In Japanese, shiatsu means “finger pressure”. Shiatsu techniques include massages with fingers, thumbs, and palms; assisted stretching; joint manipulation and mobilization.

REFLEXOLOGY

Pressure point massage on the hands and/or feet to balance energy throughout the body. Helps to eliminate toxins, relax the body and stimulate the healthy function of internal organs.

In the treatment room: 50 MINS: 340 NIS | 60 MINS: 400 NIS | 90 MINS: 560 NIS

In the suite: 50 MINS: 450 NIS | 60 MINS: 500 NIS | 90 MINS: 660 NIS

Four hands massage: 60 MINS: 650 NIS

(Please note: booking in advance required)

In addition:

ACUPUNCTURE

Rooted in ancient Chinese medicine, acupuncture balances body, mind & soul by inserting delicate needles along the energy channels of the body.

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.

FOOT MASSAGE

There is nothing better than a soothing foot massage after hours of sightseeing. Pamper your run-down feet to a complete rest.

TREATMENTS ARE 30 MINS

COST: 180 NIS





FITNESS MENU

Sam Stiller - Personal Fitness Trainer at The Norman, Tel Aviv.

For guest's personal fitness needs, our in-house fitness professional, Sam Stiller, a world renowned ex-professional and international athlete turned professional trainer, offers private fitness sessions for individuals, couples or groups. Guests can choose to work out with Sam in the gym, or in the great outdoors of Tel Aviv; on the beach, in the park or along the designated walking and running paths throughout the city.

WORKOUTS

Basic Body Toning | High-Intensity Strength | Agility | Cross-Fit | Stretching |
Morning Boot Camp (on the beach) | Basketball Workout

Private Lesson/Personal Training (1 Person) 290 NIS

Duet Lesson 350 NIS

Group Lessons: (3 or More People) 150 NIS PER PERSON

DURATION: 60 MINUTES

*Morning Boot Camp and Basketball Workouts require a minimum of 2 participants.

YOGA AND PILATES - Wellness Area rooftop terrace

Ashtanga yoga This method of yoga involves synchronizing the breath with a progressive series of postures. The result is improved circulation, a light and strong body and calmness of the mind.

Iyengar yoga has an emphasis on detail, precision and alignment in the performance of posture (asana) and breath control (pranayama).

Restorative yoga is all about healing the mind and body through simple poses often held for as long as 20 minutes, with the help of props such as bolsters, pillows and straps.

Vinyasa yoga Coordinates movement with breath to flow from one pose to the next. There is a strong focus on tension release.

Pilates Using Joseph Pilates' traditional floor technique and Springboard™ resistance equipment. Suitable for all levels.

Yamuna Body Rolling Hands on technique, using small therapy balls to massage bones & muscles, increasing blood circulation and dramatically relieving pain and stiffness in the spine and joints.

Gyrokinesis Floor Work gently works joints and muscles through rhythmic flowing movements that creates alignment through deep stretching, while opening the energy channels for a balanced body.

PRIVATE LESSON/PERSONAL TRAINING (1 PERSON): 500 NIS
DUET LESSON: 600 NIS





THE NORMAN DETOX JUICING PROGRAM

- Reset your body with nutritious goodness-packed juices, delivered to your room.
- Juicing offers many life-enhancing health benefits including a faster, more efficient way to absorb immune boosting nutrients naturally found in fruits and vegetables.
- Perfect for weight management, clearing the skin and encouraging total wellbeing.
- Private detox consultation with a certified holistic nutritionist available upon request.

THE PROGRAM

Our cleansing program consist of 7 bottles of juices and smoothies loaded with antioxidants, vitamins and minerals to help you balance alkaline in your body, detoxify excess toxins and rejuvenate your entire system.

The juices and smoothies are delicious, as well as filling, to eliminate hunger. All juices include organically grown local fresh fruits and vegetables, potent healing organic roots such as ginger and turmeric. All ingredients are hand selected and juices can be designed to fit your individual needs.

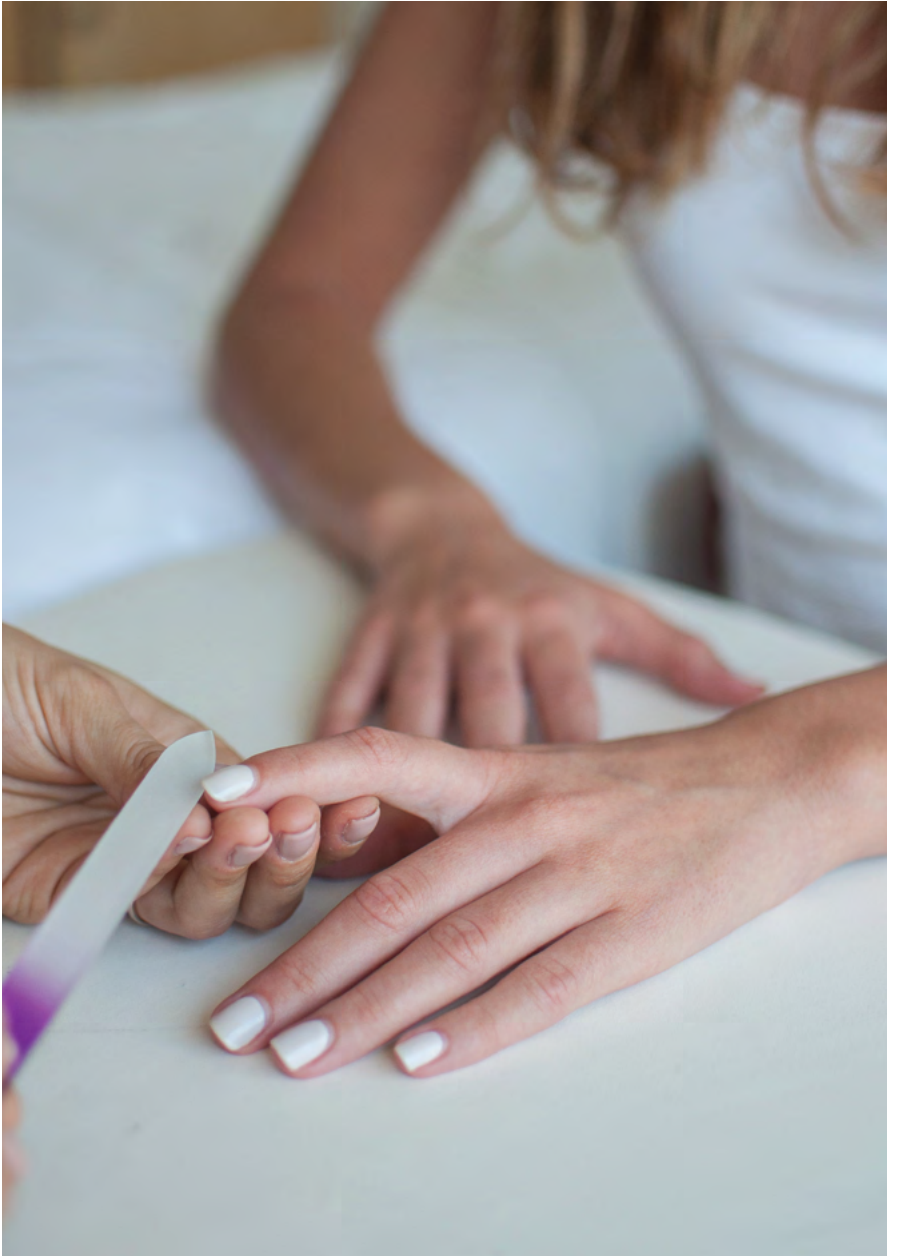
RECEIVING YOUR DAILY JUICES

Each morning we will deliver to your room the following :

- 5 x 250ml of fresh organic juice.
- 2 x 500ml bottles of superfood using the finest of ingredients including spirulina, acai, macca, goji berries, fresh almond milk and raw cacao.

1 DAY: 500 NIS | 2 DAYS: 950 NIS | 3 DAYS: 1400 NIS





IN-ROOM BEAUTY TREATMENTS

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 the occasion/event
or simply for a day/evening out 560 NIS

MAKE UP LESSON

Learn to create that professional look for yourself.
A step by step make up tutorial which helps achieve any desired
look perfectly - from a natural day look to a smokey eyed evening look
Learn professional tricks & leave with a personal face chart
(800 NIS with product & placement notes 90 mins)

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

NAIL TREATMENTS

Manicure (up to 45 min) 185 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 90 NIS

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

EXTRA TREATMENTS

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

DURATION: 60 MINUTES

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 7am - sunset
- A lifeguard is available during opening hours for your safety and comfort.
- 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 10 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.

JOGGING & CYCLING

There is a superb network of biking and walking/jogging paths criss-crossing Tel Aviv, that take you through bustling parts of the city, down to the beachfront promenade or through shady boulevards and pretty parks. It's a unique way to enjoy Tel Aviv. Please ask concierge if you would like to use one of our bicycles or would like a personal route mapped out for you.

GYM

Open 24 hours a day and for the exclusive use of 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 and rowing machines and a variety of free weights. Guests can choose to work out independently or with Sam Stiller, our in-house personal fitness trainer. (Please book in advance if you would like to work out with our trainer)

THE NORMAN SECRET

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

Hand Soap 200ml 80 NIS

Aroma Reeds 200ml 150 NIS

Room Spray 100ml 150 NIS

Aroma Reeds 1000ml 550NIS

Travel Set 120 NIS

(including shampoo, conditioner, shower gel, body lotion & soap)

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