

WELLNESS

At The Norman

Massage:

50 MINS: 580 NIS | 60 MINS: 630 NIS | 75 MINS: 770 NIS | 90 MINS: 820 NIS

Couples Massage:

2X50 MINS: 1,060 NIS | 2X60 MINS: 1,150 NIS |

2X75 MINS: 1,400 NIS | 2X90 MINS: 1,540 NIS

(Please note: booking in advance required)

DEEP TISSUE MASSAGE

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

SWEDISH MASSAGE

Indulge in the ultimate relaxation experience with our Swedish Massage. This classic massage technique uses long, flowing strokes, kneading, and gentle circular movements to release tension, improve circulation, and promote deep relaxation. Perfect for melting away stress and restoring harmony to body and mind.

JET LAG MASSAGE

Combat the effects of travel fatigue with our Jet Lag Massage. Specifically designed for travelers, this revitalizing treatment focuses on reducing stiffness, relieving muscle soreness, and promoting relaxation after long flights or extended periods of travel. Let our skilled therapists rejuvenate your body and restore your energy levels.

Each of these massages offers a unique and rejuvenating experience, tailored to meet your individual needs and preferences. Choose your preferred treatment and let our experienced therapists take you on a journey to relaxation and renewal.

WELLNESS BUNDLES

BUNDLE 1

A 50 minute massage followed by a glass of wine
to take out onto the Wellness sundeck

580 NIS

BUNDLE 2

A 50 minute massage & breakfast at ALENA

680 NIS

BUNDLE 3 | 2 PEOPLE

Breakfast and 50 minute massage each

1,360 NIS

BUNDLE 4 | 2 PEOPLE

A 50 minute massage each (in two separate rooms),
breakfast at ALENA and pool entries for 2

1,660 NIS