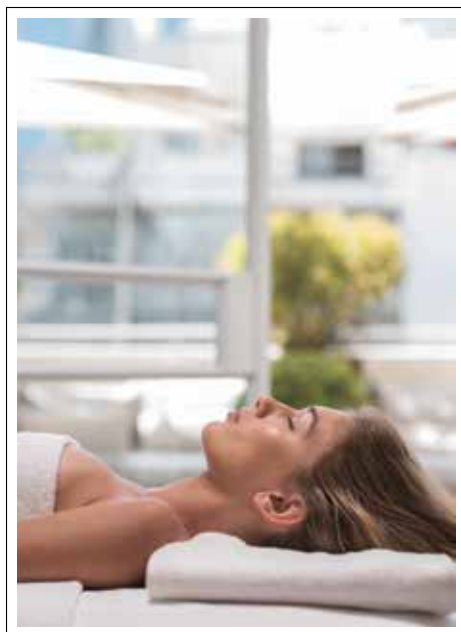


WELLNESS

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.

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)



HOT STONES MASSAGE

A hot stone massage is a therapeutic massage technique that incorporates the use of smooth, heated stones to enhance the massage experience

PREGNANCY MASSAGE

Designed specifically for expecting mothers, our Pregnancy Massage provides gentle relief for the aches and pains that accompany pregnancy. Our certified prenatal massage therapists use safe and effective techniques to alleviate discomfort, reduce swelling, and promote relaxation for both mother and baby. A nurturing experience for the mom-to-be.

REFLEXOLOGY MASSAGE

Restore balance and harmony to your body with our Reflexology Massage. By stimulating specific reflex points on the hands and feet, this therapeutic treatment encourages relaxation, relieves tension, and promotes overall wellness. Experience the benefits of improved circulation, pain relief, and enhanced wellbeing with our rejuvenating Reflexology Massage.

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





POOL ENTRY*

DAY ENTRY (PER PERSON)

350 NIS

DAY ENTRY (2 PEOPLE)

600 NIS

POOL ENTRY WITH MASSAGE

(FOR 2 PEOPLE)

1,360 NIS

*Subject to availability

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. Lessons are 45 minutes.

Private Lesson 300 NIS | Duet Lesson 450 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 500ml 160 NIS

Room Spray 100ml 180 NIS

Aroma Reeds 200ml 220 NIS

Aroma Reeds 500ml 380 NIS

Aroma Reeds 1000ml 620 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

YOGA AT THE NORMAN

For guests who practice yoga or would like to try it, we have many wonderful options to enable yoga practice at The Norman. Our in-house qualified yoga instructors are available in private and group settings and teach a blend of Hatha & Vinyasa for all levels. All classes are instructed in English.

Please book your yoga practice before 6pm of the evening before your practice day.

For more details, please contact Reception.

03.543.5502

CLASS SCHEDULE:

Mornings:

Every day

07:00am - 08:00am

08:30am - 09:30am

COST

Group Classes... 80NIS per person

Private practice can be scheduled upon request to suit your personal schedule.

Private Session... 400NIS per person



Treatments

CLUB SCULPT

Sculpt, stretch, and contour your face. Strengthen muscle tone, reduce fine lines and wrinkles, improve skin tone, drain toxins, stimulate blood flow, and replenish collagen levels.

45 minutes | 550 NIS

60 minutes | 650 NIS

90 minutes | 900 NIS

INSIDE-UP

Enhance muscle tone in the mouth, jaw, and cheeks. Eliminate wrinkles and fine lines around the mouth area, providing a lifting sensation and improved lip contour.

45 minutes | 550 NIS

60 minutes | 650 NIS

90 minutes | 900 NIS

BALANCE EAR SEEDS

Experience wellness based on traditional Chinese medicine. These ear seeds, adorned with fashionable Swarovski stones, target various health concerns, including anxiety, stress, insomnia, chronic pain, hormonal issues, and digestion. They leave you looking and feeling your best, complementing our range of treatments.

150 NIS



OXYGEN THERAPY

A new dual-action oxygen treatment by FACECLUB: This innovative therapy supports skin cell renewal by delivering a 100% oxygen boost, compared to only about 20% oxygen in the air we breathe. The treatment increases oxygen concentration and improves saturation levels, ensuring that more oxygen reaches every cell in the body. It promotes youthful and vibrant skin, enhances alertness and energy levels, and helps with relaxation while improving sleep quality. The therapy boosts cognitive function and mood, aids in recovery after intense physical activity, and provides effective relief from jet lag by restoring energy and balance to the body. The therapy is administered under the supervision of a physician.

Packages & Products

All packages combines professional spa treatments with high-quality active skincare products and a home-use device, designed to help you maintain and enhance your results even after your getaway and in your daily routine.

BRIGHTENGLOW PACKAGE

60 minutes treatment which include:
Balance cleanser, Basic trainer,
Pro-active C serum, Active recovery cream,
SPF 50, EMS device

2,870 NIS

ANTI AGING PACKAGE

3 60 minutes treatment which include:
Balance cleanser, Basic trainer,
Hyaluronic acid eye cream, Anti aging serum,
Must have cream, EMS device

2,997 NIS

SCULPTING GETAWAY PACKAGE

3 treatments of 60 minutes which include:
Balance cleanser, Basic trainer,
Hyaluronic acid eye cream, Anti aging serum,
Must have cream, EMS device

4,167 NIS

Packages

REJUVENATION PACKAGE

6 treatments of 60 minutes each,
Includes deep touch techniques and mesotherapy treatment

3,510 NIS

TONING PACKAGES

8 treatments of 45 minutes each includes deep
touch techniques and advanced technologies

3,960 NIS

TONING, FIRMING AND MOISTURIZING PACKAGE

8 treatments of 60 minutes each,
Includes deep touch techniques and a
wide range of advanced technologies

4,680 NIS

THE RADIANCE REVIVE PACKAGE

6 treatments of 90 minutes each,
Includes deep touch techniques and a wide
range of advanced technologies

4,860 NIS

THE
NORMAN
TEL AVIV