

The Ishtar Spa

by Resense





*Welcome
to The Ishtar Spa
by Resense*



The Resense Experience

Welcome to The Ishtar Spa by Resense and most importantly, The Dead Sea. This is a truly healthy and historic destination. The mineral rich waters, muds, filtered UV light and high oxygen levels have been nourishing minds and bodies for centuries.

If the Dead Sea is the ‘masterpiece’ of The Ishtar Spa... Resense is purely the artist of your spa experience. Our European origin inspires our luxury service and our focus is your wellness, ensuring you gain the most benefit from this amazing and natural location – The Dead Sea.

We have carefully designed every element of our spa menu to provide you with classical service, a luxurious experience and an element of surprise. Our array of services does not simply include treatments, but rather, experiences that achieve your desired wellness result and a little more...

Our Massage Experiences are distinct and soothing, our Body & Mind Experiences are deeply cleansing in a luxurious and personalised manner, our Facial Experiences are targeted and lavish and our Definitive Dead Sea Experiences are simply ‘a must’. For those of you in a rush, we have tailored a number of short, yet effective Resense Express treatments.

The very nature of an ‘experience’ though, is that it should be so good, you hope it never ends. Hence, please allow some more time to appreciate one of our Resense Collections. We have specifically chosen experiences that blend intrinsically together to provide you with a more comprehensive result and longer to enjoy it. Our Spa Concierge will enjoy customising a Bespoke Collection just for you.

We all look forward to welcoming you to enjoy The Ishtar Baths; and to consult personally and individually about your wellness experience in this incredible destination, The Dead Sea.



Definitive 'Dead Sea' Experiences

The Bathing Kur

3 hours

Whether it is Arabian or European, bathing has been celebrated in many cultures for many thousands of years. Our bathing experience cares for you every step of the way as your therapist guides you along the optimum path to wellness through gently warming and cooling your body in our Dead Sea pool, sauna and heat rooms; as well as cleansing, healing and massaging you with Dead Sea Salt and Mud. Turn your mind off and deeply relax as we finally lead you to our Slumber Suite for a gentle soothing anointment and leave you to rest. There are Resense touches, of course, but your mind and body will appreciate why 'The Bathing Kur' has been an essential part of life for millenniums.

The Hammam

75 minutes

There is good reason the Hammam has become popular throughout the world. This classical bathing experience is 'the ultimate cleanse' for body and mind. Our interpretation is Royal and luxurious with a few surprises. Our mud application will nourish your skin ensuring you are not only cleansed, but glowing.

The Purifier Facial

60 minutes

The Dead Sea not only benefits the body, but also the face. We cleanse and balance your face and décolleté with 'Dead Sea Minerals' in this relaxing and luxurious experience. Perfect for everyone, 'The Purifier' will leave your face looking and feeling full of life and energy.



*M*assage Experiences

Massage Experiences

The Renaissance

90 minutes

This whole body massage will slow you down, so that afterwards you will have the energy to speed up. Our definitive massage concentrates on areas of the body that hold tension. Body brushing stimulates, whilst thermal compresses gently warm up the muscles and persuade them to relax. A variety of massage techniques ensure stress is dissolved and you feel ready for anything.

The Arabian

60 or 90 minutes

An old tradition once used by Bedouin travellers, is our inspiration for this classical Arabian Massage. Utilising five styles of long, gliding and flowing strokes, it has proven to be helpful in reducing muscular pain and joint stiffness; and to stimulate circulation. It can be applied with medium or hard pressure.

The Aroma

60 or 90 minutes

The gentlest of massages, yet so effective in balancing the whole body and the mind. A synergy of seamless massage techniques and specially blended essential oils ensure you will feel renewed and refreshed.

The Deep

60 or 90 minutes

Before getting down 'to work', this massage experience begins with warming the muscles. This prepares you for a deep massage designed to relieve tension in the muscles and the connective tissue. Perfect for those who enjoy a stronger massage.

The Stretch

60 or 90 minutes

Similar to bathing, 'stretch massage' is a time-proven practice around the world. Our version is the very popular Thai full body massage. This oil-free experience is a sequence of alternating, slow and stretching movements applied with firm pressure. Stimulating blood flow and oxygen, this massage will re-energise your whole body. Perfect after a long journey.

The Compress

90 minute

To begin, a warm poultice of therapeutic Thai herbs and spices is placed on the body to warm up the muscles. This eases muscle tension and stiffness, improves circulation and promotes general well-being. A full body, herb-infused oil massage follows, creating a feeling of deep relaxation.

The Back, Neck & Shoulders

45 minutes

So many of us hold tension in our upper backs and necks. Too many hours at the computer, too much stress from life in general. We use thermal compresses to persuade any tight muscles to loosen up and release, so that we can massage them back into a relaxed state.

The Head, Hands & Feet

45 minutes

In reflexology, the whole body is depicted on both the feet and the hands. As a result, by massaging them we can, in effect, treat the whole body. You will be impressed by how very relaxing and restoring this treatment is, particularly as we end with a sumptuous head massage. It is worth a try and if you wish, there is no need to change into a robe.

The Duo

60 or 90 minutes

Two can relax and enjoy a massage together in our couples room. Our Spa Concierge will consult with you both to help you each select one of our Massage Experiences.



Body Experiences

Body Experiences

The Joints Wrap and Stretch

75 minutes

We all need to ‘oil the hinges’ from time to time. This experience is designed to ease the pain out of those stiff and aching joints and promote flexibility. Warm ‘Dead Sea Mud’ infused with essential oils envelops the whole body, concentrating on the joints. After a shower, we lovingly mobilise the joints and gently stretch them.

The Polish & Swathe Scrub and Wrap

60 minutes

Our invigorating ‘Dead Sea Salt’ body scrub infused with healing ingredients, cleanses your skin in preparation for the ‘Dead Sea Mud’ wrap. Whilst the wrap is working its magic, we will tenderly massage your head to balance and promote relaxation.

The Polish Scrub

45 minutes

Both of our Polishes are equally effective, depending upon your needs. Our 'Dead Sea Salt' Polish is a premium detoxifying cleanser, whilst our creamy Apricot and Avocado Polish is intensely moisturising. Perfect on their own or combined with other experiences.

The Swathe Wrap

45 minutes

We have two distinctive, locally sourced body wraps for you to choose from. The Nourishing Swathe is Avocado infused with plant botanicals. Our Detoxifying Swathe is mud straight from the Dead Sea and improves circulation. Your swathe will be luxuriously applied and will leave your skin feeling soft and luminous.





*F*acial Experiences

Facial Experiences

The Age Defier

75 minutes

This facial deeply hydrates the skin using exclusive and highly active products that smooth and firm the facial contours. The result is a youthful, healthy and luminescent complexion. Relaxing and luxurious, 'The Age Defier' will ensure you look and feel your youngest self when you leave...

The Brightener

75 minutes

A combination of seawater pearls and marine ingredients purify and deliver an ultra-moisturizing effect, visibly plumping the skin and maximising your skin's radiance. A blissful experience specifically designed to brighten the duller of skins.

The Restorer

60 minutes

Calming, soothing and nourishing. A unique mask with algae concentrate is designed to heal and rejuvenate the most sensitive of skins, resulting in a restored and repaired complexion. Perfect for those affected by pollution, stress or sun damage.

The Gentleman's

60 minutes

Tailored just for men. Utilising the power of the 30+ minerals found in The Dead Sea, your face is cleansed, exfoliated and hydrated via a specifically adapted solution for the male epidermis.



*R*esense Collections

Resense Collections

The Slim & Firm Scrub, Wrap and Massage

90 minutes

An exfoliation using 'Dead Sea Salt' is followed by a 'Dead Sea Mud' swathe helps to remove excess cellulite by stimulating the lymphatic system. This firming experience combines detoxifying ingredients with kneading massage techniques to combat and prevent cellulite on the legs, abdomen, hips and arms.

The De-Stress Bath, Scrub and Massage

2 hours

Drift away whilst relaxing in a Dead Sea bath rich in healing minerals. Your bathed body is then ready for a 'Dead Sea Salt' body polish followed by 'The Aroma' massage. Perfect for those with a busy mind and body seeking to slow down.

The Body & Face Scrub, Massage and Facial

2 hours 30 minutes

Your experience starts with a gentle, exfoliating 'Dead Sea Salt' body polish preparing you for 'The Arabian' massage. Cleansed and relaxed, this Collection then restores your skin's brilliance with 'The Purifier' facial, thus finishing the portrait.

The Complete Scrub, Wrap, Massage, Facial

3 hours 15 minutes

Our guests' favourite, 'The Complete' is the optimal collection to make you look and feel at your greatest. Maximising the benefit from The Dead Sea, we will exfoliate your body with local sea salt, followed by a 'Dead Sea Mud' swathe in a luxurious and relaxing body sequence that culminates in a massage of your choice. We complete with 'The Age Defier' facial. Now you are ready for that big event or to simply go home looking amazing...

The Bespoke

2 hours 30 minutes minimum

Design your very own 'Collection' by choosing Experiences from our menu. Perfect for those who know what they like and perfect for those who don't - either way, our Spa Concierge will guide you.





*M*ind & Body Experiences

Mind & Body Experiences

60 minutes private class / 45 minutes group class

In our yoga suite or out in the garden

Ashtanga Yoga

This yoga involves synchronizing your breath with a progressive series of postures producing intense internal heat that detoxifies muscles and organs resulting in improved circulation, a light strong body and a calm mind.

Hatha Yoga

Hatha Yoga, a gentle flow of Asanas will help you gain flexibility and strength, be more relaxed, balance your energy and bring you to a profound sense of relaxation. Perfect for a beginner to experience the benefits of Yoga.

Yoga Nidra

It is a state of conscious guided deep sleep that brings about reduction in anxiety and stress. Yoga Nidra is effortless and renders one into a lucid state of relaxation.

Meditation

Meditation allows your mind to settle into a state of tranquillity. Gentle stretches and guided movements help to settle your body to accept a state of inner peace and achieve moments of complete calm and grace.

The Ishtar Baths

Complimentary for guests who have booked a spa experience with us.

The Steam

A wet heat experience at 35-45°C with 100% humidity, with the ladies having a separate area.

The Sauna

A dry heat experience at 72°C with the ladies having a separate area.

The Dead Sea Pools

The Dead Sea water is at body temperature for an ultimate relaxing experience. The ladies have a separate area.

The Experience Showers

These showers are designed to massage all sections of the body. The ladies have their private ones.

The Jacuzzi

This is a huge mixed area, with various water jets to play with.

The Hydro Pool

A mixed area comprising of large water jets targeting the neck and shoulders.

The Tepidariums

These marble heated benches allow total relaxation.

The Spa Suavities

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The spa environment is one of tranquillity and relaxation. Please respect the quiet and privacy of other guests. We kindly request that you refrain from using mobile phones and cameras or smoking. It is recommended that you leave all valuables in your guest room safe. The spa does not assume liability for any valuables.

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Health Concerns

Please advise us of any health conditions, allergies or injuries immediately.

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Spa Experience

For your convenience, the spa will provide towels, slippers, shower caps and all amenities required for use during your visit. During all experiences, you will be properly draped for privacy.

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Reservations

Advance booking is highly recommended to ensure preferred times are available. The spa provides walk-in bookings based on availability. Depending upon the weather, you can choose to have your treatment in a private, couples' or outdoor treatment suite. You should plan to arrive an hour before to experience 'The Ishtar Baths' which will maximise the benefit of your treatment. To make a reservation, please call the Spa Concierge from your guest room by dialling 6803 or 6804.

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Gift Certificates

Our gift certificates make a wonderful gift for any special occasion. Please enquire with our Spa Concierge for details and purchase.

Minimum Age

The minimum age is 16.

Lateness & Cancellation Policy

Please be aware that your late arrival may result in a reduction of treatment time as a courtesy to our next guest. We kindly ask our guests to give a minimum of 3 hours' notice for cancellations. With fewer than 3 hours' notice you will be charged the full price.

Hours of Operation

Spa Concierge: 9am to 10pm daily. Spa Experiences: 10am to 10pm daily. (Appointments are available outside of these hours upon request).



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