

ENGLISH

# *Thalasso-Spa*

WELLNESS  
MOMENTS



AN EXPERIENCE BY SPRING HOTELS GROUP

*We offer you a series  
of unique, tailor-made  
programmes and  
treatments that are  
designed specifically for  
you and your needs. come  
and experience a Wellness  
Mmmoment or two of  
your own.*

# Massages

## SPORTS MASSAGE

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A deep tissue massage that includes stretching and joint mobilisation. Ideal after sport or physical exertion.	80MIN 110 €
	50MIN 68 €
	25MIN 43 €

## "SERENITY" RELAXING MASSAGE

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A relaxing massage that eases away stress and tension.	80MIN 95€
	50MIN 60€
	25MIN 40 €

## COMBI-MASSAGE (RELAX + SPORT + HOTSTONE-MASSAGE)

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A perfect combination to feel brand new.	80MIN 110€
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## HOT ORGANIC SHEA BUTTER MASSAGE WITH ESSENTIAL OILS

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An intensely hydrating massage that is perfect for dry or sensitive skin.	50MIN 65€
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## LYMPHATIC DRAINAGE

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Eliminate toxins and reduce joint ache. Ideal post-operation or to ease water retention and arthritis.	45MIN (LOCALISED) 55€
	80MIN 90€

## REFLEXOLOGY SESSION

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A wonderful treat for tired, overworked feet. Stimulate your entire body just from the soles of your feet!	50MIN 54€
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## "SPIRIT OF TENERIFE" HOT STONE MASSAGE

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A fabulous massage using heated stones, which produces a soothing, calming effect. Unblock your energy channels and reduce stress, tension and fatigue.	50MIN 75€
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## AROMATIC PINDAS

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A massage that combines heat with the pressure from the aromatic pindas in specific parts all over the body. Deeply relaxing, it also helps to relieve muscle tension.	50MIN 75€
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# Rituals

AWAKEN YOUR SENSES WITH OUR FABULOUS RITUALS. CHOOSE FROM A SELECTION OF FACE AND BODY TREATMENTS THAT RELAX AND DETOX, LEAVING YOU LOOKING AND FEELING INCREDIBLE. ALL OUR PRODUCTS ARE MADE FROM 100% NATURAL INGREDIENTS.



## ANTI-AGING RITUAL

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A sweet orange body and facial wrap with a relaxing massage. 50MIN  
Leaves the skin brighter and softer. Especially recommended for smokers. 70€

## AROMATHERAPY RITUAL ANTI-ESTRES

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A mix of essential oils that will awaken your senses as they nourish and tone your skin. An incredibly relaxing experience. 50MIN  
70€

## OCEAN RITUAL

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The hidden powers from the depths of the ocean is the inspiration behind this treatment, which uses active ingredients to purify, exfoliate and hydrate the skin. 50MIN  
70€

## APHRODITE RITUAL ESPECIALLY FOR WOMEN

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A unique treatment that regulates the pH of the skin, evening out tone and leaving the skin silky soft. It also helps to calm emotions and restore balance, thanks to the wonderful properties of Jasmine Absolute and Bulgarian Rose. 50MIN  
70€

# Special Treatments



## CELLULAR NUTRI-OXYGENATION

A complete pack that includes: 80MIN  
Scrub; Wrap; Facial Massage with 110 €  
Argan oil & Full Body Massage.

### BODY SCRUB

Stimulates and purifies the skin.

### BODY WRAP WITH OZONATED OIL

Oxygenates cells as it regenerates, revitalises and tones the skin.

### FACIAL MASSAGE WITH ORGANIC ARGAN OIL

Intense hydration for brighter, softer skin.

### FULL BODY MASSAGE

A relaxing massage that leaves you floating on air.

*This treatment uses 100 % natural and organic products..*

## RITUAL FOR COUPLES "ALMASIA"

A unique moment for you and your partner. Enter in a space of deep relaxation and enjoy a matchless experience for body, mind and spirit. 50MIN  
75 €/ Per  
80MIN  
98 €/ Per

## OLIVE SUPREME/ COCO SUPREME

Full body scrub and massage with olive oil or Coconuts oil plus a facial treatment. Fabulous for dry skin. 80MIN  
100 €

## RITUAL "WOMAN SOUL"

### BIO AROMA & GEM THERAPY

Full Body Massage with essential oils and gemes, help to equilibrate emotions, woman's wellbeing, high benefits for hormonal disorders, during menopause, enhance your sensuality. 50MIN  
75 €  
80MIN  
4 Hands  
150 €

## RITUAL "MEN SOUL"

### BIO AROMA & GEM THERAPY

Full Body Massage with essential oils and gemes to disconnect from your daily stress, increise your energy, it takes the edge off and rise vitality. 50MIN  
75 €  
80MIN  
4 Hands  
150 €

## THAI YOGA MASSAGE

This stimulating floor-based massage incorporates assisted stretching movements and deep breathing techniques to unblock energy channels and relieve muscle tension. This massage takes place fully clothed and doesn't use any oils or creams. 50MIN  
90 €

## MESSAGE WITH BAMBOO STICKS

An experience that nourishes, drains and contours the body, leaving you feeling relaxed. 50MIN  
70 €  
80MIN  
+ WITH ADDED BODY SCRUB: 90 €

# Beauty Treatments



## FACIALS

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ANTI-AGING 55MIN  
70€

SENSITIVE 55MIN  
Sensitive skin. 70€

CAVIAR POWER 45MIN  
Moisturises, oxygenates &  
stimulates cell growth. 45€

HYALURONIC 55MIN  
Balancing. 70€

OXYGENATION 55MIN  
Purifies, revives and regenerates  
the skin. 70€

BIO COSMETIC 55MIN  
For all skin types. 70€

FACIAL EXPRESS 50MIN  
+ Reflexology. 75€

FACIAL EXPRESS 50MIN  
+ Back & Shoulder Massage 75€

BODY AFTER-SUN SPECIAL 25MIN  
35€

BODY SCRUB 25MIN  
Highly recommended at the  
beginning of your holiday for a  
longer lasting and more even tan. 45€

## HANDS & FEET

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SPA MANICURE 1H (APROX.)  
35€

SEMI-PERMANENT 90MIN (APROX.)  
HANDS OR FEET 45€

SPA PEDICURE 1H (APROX.)  
40€

SPA MANICURE & 90MIN (APROX.)  
SPA PEDICURE 65€

ANTI-AGING MOISTURISING 25MIN  
MASK FOR HANDS OR FEET WITH  
MASSAGE 25€

## WAXING

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FULL LEG 25€

HALF LEG 18€

BIKINI LINE 15€

ARMPITS 15€

UPPER LIP 5€

EYEBROWS 5€

EYEBROW TINT 15€

EYELASH TINT 15€

# Programmes

## 1 DAY

### ANTI-STRESS

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Thalasso Spa Circuit (1H) & "Serenity" relaxing massage (50MIN) 70€

### APHRODITE PROGRAMME

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Thalasso Spa Circuit (1H) & Aphrodite Ritual & Express Facial (80MIN) 120€

### DETOX PROGRAMME

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Thalasso Spa Circuit (1H) & Ear Acupuncture (diagnosis + needles) APPROX. 30MIN + localised Lymphatic Drainage massage (45MIN)

*Recommended for: Exhaustion; Problems sleeping; Anti-Stress; Arthritis; Detoxing.*

## 3 DAYS

### SPORT & HEALTH PROGRAMME

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**DAY 1** Thalasso Spa Circuit (1H) + Sports massage (50MIN) 150€

**DAY 2** Thalasso Spa Circuit (1H) + Sports massage (25MIN)

**DAY 3** Thalasso Spa Circuit (1H) + Sports massage (25MIN)

### PERFECT BODY TREATMENT

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#### ANTI-CELLULITE / REAFFIRMING

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**DAY 1** Thalasso Spa Circuit (1H) & Algae intensive (Body Scrub + Wrap) (50MIN) & Contouring Massage (25MIN) 210€

**DAY 2** Thalasso Spa Circuit (1H) & Algae Wrap (25MIN) & Massage with Bamboo sticks (25MIN)

**DAY 3** Thalasso Spa Circuit (1H) + Algae Wrap (25MIN) & Contouring Massage (25MIN)

### PAIN RELIEF PROGRAMME

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#### ARTHRITIS; RHEUMATISM & GENERAL JOINT ACHE

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**DAY 1** Thalasso Spa Circuit (1H) & localised Lymphatic Drainage massage (45MIN) & Mud treatment with St. John's Wort oil (25MIN) 210€

**DAY 2** Thalasso Spa Circuit (1H) & localised Lymphatic Drainage massage (45MIN) & Mud treatment with St. John's Wort oil (25MIN)

**DAY 3** Thalasso Spa Circuit (1H) & localised Lymphatic Drainage massage (45MIN) & Mud treatment with St. John's Wort oil (25MIN)

*CANCELLATION POLICY: A minimum of 4 hours' notice is required for cancellations, otherwise you will be charged for 50% of the treatment or programme. In the case of a "no-show" without any cancellation being made, you will be charged in full.*

OPENING TIMES  
10:00 - 18:00

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