

ENGLISH

# *Thalasso-Spa Vulcano*

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 (LOCALIZADO) 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  
70 €  
Leaves the skin brighter and softer. Especially recommended for smokers.

## AROMATHERAPY RITUAL

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Through an individual testing we will choose YOUR essential oil, 50MIN  
70 €  
Revive, Deep Relax, De-Stress, 80MIN  
Inner Strength, Equilibrium. 90 €  
An incredibly relaxing experience.

## OCEAN RITUAL

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

## 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

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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"

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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

## WATER MASSAGE

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The combination of water, heat and massage permits yourself to get into a real state of profound relaxation. Release tension and improve flexibility. Amazing experience of floating. 45MIN  
60 €

## RITUAL "WOMAN SOUL" BIO AROMA & GEM THERAPY

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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

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

## ACUPUNCTURE

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Balance and harmonize your energetic circulation. 60MIN  
50 €  
Recommended for digestives problems, sleeping problems, migraines, to detox...

## OLIVE SUPREME / COCO SUPREME

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

## MESSAGE WITH BAMBOO STICKS

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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 Sensitive skin.	60MIN	65€
CAVIAR POWER Moisturises, oxygenates & stimulates cell growth.	45MIN	45€
HYALURONIC Balancing.	55MIN	70€
OXYGENATION Purifies, revives and regenerates the skin.	55MIN	70€
BIO COSMETIC For all skin types.	55MIN	70€
FACIAL EXPRESS + Reflexology.	50MIN	75€
FACIAL EXPRESS + Back & Shoulder Massage	50MIN	75€
BODY AFTER-SUN SPECIAL	25MIN	35€
BODY SCRUB Highly recommended at the beginning of your holiday for a longer lasting and more even tan.	25MIN	45€

## HANDS & FEET

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SPA MANICURE	1H (APROX.)	35€
SEMI-PERMANENT HANDS OR FEET	90MIN (APROX.)	45€
SPA PEDICURE	1H (APROX.)	40€
SPA MANICURE & SPA PEDICURE	90MIN (APROX.)	65€
ANTI-AGING MOISTURISING MASK FOR HANDS OR FEET WITH MASSAGE	25MIN	25€
<b>WAXING</b>		
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€

### ACTIVE PROGRAMME

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1 individual session of Pilates (diagnostic by our Physiotherapist the part of the body to be treated) (30MIN) + Thalasso circuit (1H) + Sports Massage (25MIN) 85€

### DETOX PROGRAMME

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Thalasso Spa Circuit (1H) & Ear Acupuncture (diagnosis + needles) APPROX. 30MIN + localised Lymphatic Drainage massage (45MIN) 85€  
*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) **DAY 2** Thalasso Spa Circuit (1H) + Sports massage (25MIN) **DAY 3** Thalasso Spa Circuit (1H) + Sports massage (25MIN) 150€

### FIT & ACTIVE PROGRAMME

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PHYSIOTHERAPY & PILATES

**DAY 1** Thalasso Spa circuit (1H) + diagnostic of the area to treat and Physiotherapy (45MIN) 210€

**DAY 2** Individual Pilates (specific treatment on diagnostic) with physiotherapist + Thalasso Spa circuit (1H) + treatment physiotherapy (25MIN)

**DAY 3** Individual Pilates with physiotherapist + Thalasso Spa circuit (1H)

### PERFECT BODY TREATMENT

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ANTI-CELLULITE / REAFFIRMING

**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

**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.*

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Ask at our Spa-Reception for Physitherapy, holistic Nutrition adviser, meditation coach.

OPENING TIMES  
10:00 - 18:00

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HOTEL  
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