

ENGLISH

Bitácora Family Spa

UP! HOTEL

Bitácora



UN UNIQUE SPACE FOR THE WHOLE FAMILY

RITUALS ARE THE PATH TO
CONNECTION AND CELEBRATION

That's why **Bitácora Family Spa** offers treatments designed for all ages, including a special menu for children and families.

Gone are the days when children were not allowed in the spa, and that's one of the reasons why, at **Bitácora Family Spa**, parents and children can relax together in an environment designed for families that nourish body and soul.

Welcome to a new level of pleasure, where exclusive treatments provide true relaxation for children and parents.

Ask also for Mum (or Daddy) & Baby massages - we will teach you this wonderful way to connect with your baby (from 3 months).

Massage

BABY-SPRINGLY MASSAGE "SHANTALA" (3 months - 12 months)

Mum (or Dad) we teach you how to massage your baby. A wonderful way to connect and nourish the bond. Provides physical and psychological well-being. It promotes relaxation and a peaceful and restful sleep for the baby, improves the digestive and metabolic system, relieves colic, constipation, crying and strengthens joints.

APPROX.
50MIN
50€

MASSAGE SPRINGLY (4 - 12 years)

"CHOCOLATE PARADISE" 20MIN
Massage with chocolate oil 35€

"SWEET DREAMS" 20MIN
Relaxing massage with Lavender essential oil 35€

COCO LOCO 20MIN
Massage with Coconut oil 35€

"CRAZY HANDS" 20MIN
Manicure, peinture et hydratation 20€

"CRAZY FEET" 20MIN
Pedicure, nail polish and moisturizing 20€

MASSAGES & TREATMENTS TEENIES (13 - 17 years old)

"RIDER" MASSAGE 45MIN
(SURFER) 48€
Relaxing and decontracting back and legs massage

"KICK FLIP" MASSAGE 50MIN
A combination of Mini Facial and Relaxing Massage 65€

"TAKE OFF" 50MIN
FACIAL TREATMENT 65€
Specially for young skin with acne or impurities. We will use high quality organic cosmetic products that help to balance and purify the skin.

MANICURE OR 25MIN
PEDICURE SPA "POP UP" 25€
Filing, nail polishing and moisturizing
Both 45€



Massages for adults

SPORTS MASSAGE

A deep tissue massage that includes stretching and joint mobilisation. Ideal after sport or physical exertion.

80 MIN
115€
50 MIN
75€
25 MIN
45€

"SERENITY" - RELAXING MASSAGE

A relaxing massage that eases away stress and tension.

80 MIN
100€
50 MIN
65€
25 MIN
43€

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

a perfect combination to feel brand new

80 MIN
125€

REFLEXOLOGY SESSION

A wonderful treat for tired, overworked feet. Stimulate your entire body just from the soles of your feet!

50 MIN
65€

HOT ORGANIC SHEA BUTTER MASSAGE WITH ESSENTIAL OILS

An intensely hydrating massage that is perfect for dry or sensitive skin.

50 MIN
75€

"SPIRIT OF TENERIFE" HOT STONE MASSAGE

A fabulous massage using heated stones, which produces a soothing, calming effect. Unblock your energy channels and reduce stress, tension and fatigue.

50 MIN
80€



Rituals

ANTI-AGING RITUAL

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

50 MIN

75 €

OCEAN RITUAL

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.

50 MIN

75 €

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.

AROMATHERAPY RITUAL

Through an individual testing we will choose YOUR essential oil, Revive, Deep Relax, De-Stress, Inner Streght, Equilibrium. An incredibly relaxing experience.

50 MIN

75 €

APHRODITE RITUAL (Especially for women)

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.

50 MIN

75 €

Treatments Special

MASSAGE WITH BAMBOO STICKS

An experience that nourishes, drains and contours the body, leaving you feeling relaxed.

50 MIN

75 €

With added body scrub

80 MIN

100 €

COCO SUPREME

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

80 MIN

125 €

CELLULAR NUTRI-OXYGENATION

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

80 MIN

125 €

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.

Beauty treatments

FACIALS

Anti-aging	50 MIN 78 €
Sensitive (sensitive skin)	50 MIN 78 €
Hyaluronic - Balancing	50 MIN 78 €
Oxygenation Purifies, revives and regenerates the skin.	50 MIN 78 €
Bio cosmetic For all skin types	50 MIN 78 €
Facial express + reflexology	50 MIN 85 €
Facial express + Back & Shoulder Massage	50 MIN 85 €
Body After-Sun Special	25 MIN 45 €
Body Scrub Highly recommended at the beginning of your holiday for a longer lasting and more even tan.	25 MIN 45 €

HANDS & FEET

Spa Manicure (approx. 1h)	38 €
Semi-permanent (Shellac) (Hands or feet) (aprox. 90 MIN)	45 €
Remove Semi-permanent	15 €
Spa Pedicure (approx. 1h)	45 €
Spa Manicure & Spa Pedicure (aprox. 90 MIN)	70 €
Anti-aging moisturising mask for hands or feet with massage	25 MIN 30 €

WAXING

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 PROGRAMMES

ANTI-STRESS <i>Spa Circuit (50 MIN) + "Serenity" relaxing massage (50 MIN)</i>	75€
APHRODITE PROGRAMME <i>Spa Circuit (50 MIN) + Aphrodite Ritual & Facial Express (80 MIN)</i>	125€
FIT & ACTIVE "OFF SHORE" PROGRAMME <i>Spa Circuit (50 MIN) + Sport Massage with stretching (50 MIN)</i>	85€
PROGRAMME HIT THE LIP FROM FEET TO HEAD <i>Spa circuit (50 MIN) + Reflexology + Serenity Back Massage + Facial express and facial massage (80 MIN)</i>	115€

3-DAY PROGRAMMES

PROGRAMME FIT & ACTIVE Day 1: Spa session (50 MIN) + Sports massage (50 MIN) Day 2: Spa session (50 MIN) + Sports massage (25 MIN) Day 3: Spa session (50 MIN) + Sports massage (25 MIN)	TOTAL 160€
PROGRAMME CORPS PARFAIT Anti-Cellulite / Reaffirming: Day 1: Spa session (50 MIN) & Algae intensive (Body Scrub + Wrap) (50 MIN) & Contouring Massage (25 MIN) Day 2: Spa session (50 MIN) & Algae Wrap (25 MIN) & Massage with Bamboo sticks (25 MIN) Day 3: Spa session (50 MIN) + Algae Wrap (25 MIN) & Contouring Massage (25 MIN)	TOTAL 240€

PROGRAMME FOR THE WHOLE FAMILY

FAMILY SPA SESSION	50 MIN
Adults	10€
Adults (externs)	15€
10-17 years (always accompanied by an adult)	5€
10-17 years (externs)	10€
4-9 years	Free
PROGRAMME FOUR THE "SUPERWOMEN'S" OF THE FAMILY <i>Spa session (50 MIN) + Mini Facial & "Crazy Hands" Manicure for your daughter and for Mummy a Facial and Manicure express. (50 MIN)</i> Enjoy an experience with your daughter and let yourselves be pampered!	120€
PROGRAMME FOUR THE "SUPERGUYS" OF THE FAMILY <i>Spa session (50 MIN) + "Coco Loco" Massage for your son and for Daddy back and neck massage. (25 MIN)</i>	80€

*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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