



## TREAT YOURSELF LIKE A STAR

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We invite you to enjoy **Iberostar** 's most relaxing enclave. A place to restore the harmony of the mind, body and spirit.

**Iberostar** SPA Sensations offers an experience of unique sensations through personalized treatments tailored to the needs of each client.





## MASSAGES

### SENSATIONS SIGNATURES MASSAGES /

#### DEEP TISSUE

40 MIN / 75 €

Therapeutic massage that works on the deeper layers of the muscle fibres with gentle/medium intensity. This massage will help you to release tensions and muscular stress in specific areas: back, legs, or head.

#### ENERGIZER

40 MIN / 75 €    55 MIN / 92 €

A deep, high-intensity massage, before or after sport, which accelerates muscle recovery and prevents the onset of injuries and fatigue.

#### DETOX

40 MIN / 75 €    55 MIN / 92 €

Manual draining massage that promotes blood and lymphatic circulation, helping to eliminate toxins, reduce the appearance of cellulite, uneven skin tone and fluid retention.

### SWEDISH MASSAGE /

55 MIN / 89 €

Swedish massage is the best known in the western world. It can be slow and deep, or vigorous and invigorating, depending on the objectives pursued. It acts mainly on the muscles, joints, skin and nervous system. Its effects are beneficial in reducing muscle contractions and increasing body relaxation.

### FOOT REFLEXOLOGY /

40 MIN / 75 €

Massage based on the stimulation of reflex zones, by applying pressure to specific areas of the feet that will benefit the corresponding organs of the body.

## MASSAGES OF THE WORLD

### LOMI LOMI NUI /

55 MIN / 95 €    70 MIN / 115 €

The Hawaiian massage is deep, fluid, and rhythmic. It's performed with forearms and hands. Helping to alleviate muscle tension and stress, and improve flexibility.

### ORIENTAL /

55 MIN / 95 €    80 MIN / 125 €

A deep oil-free massage based on traditional Chinese and Thai medicine that combines acupressure techniques and yoga-based stretching. Ideal for loosening up in a variety of ways.

### AYURVEDIC ABHYANGA /

55 MIN / 95 €    70 MIN / 115 €

This massage combines “Abhyanga” techniques with “Herbal bags”. The abhyanga are basic and essential techniques of Indian medicine that help eliminate toxins, purify the body, and relieve the symptoms of anxiety, insomnia, etc.

### UPGRADE

#### MORE MASSAGE /

15 MIN / 19 €

Request an extra 15 minutes of massage if you wish. Check availability.

#### NEUROMUSCULAR TAPING /

15 MIN / 29 €

Technique that gives stability to muscles and joints helping to remember the correct pattern. It works from the surface of the skin and makes a readjustment to the superficial fascia.

**[Additional services must be booked in conjunction with one of our a la carte services, they cannot be booked on their own.]**





## FACIAL TREATMENTS

### FACIAL BIOTHERAPY /

60 MIN / 85 €

Our Biotherapy always work under the mantra of Conscious Beauty and treat the alterations from their origin. They act on the cellular biomarkers responsible for skin irritation, reconstruct and increase the cellular level reducing expression lines, the skin lightens its tone in a general way, balances the skin until it regains its uniformity.

### BIOOTHERAPY ANTIAGING PLUS /

75 MIN / 120 €

Facial treatments that brings light and slows down skin ageing. The stimulation of collagen synthesis and cell regeneration makes it a perfect treatment, slowing down skin ageing.

### FACIAL SYSTEMIC BIOTHERAPY /

70 MIN / 130 €

Facial ritual inspired by ancestral techniques that brings youthfulness and youth and radiance to the face. Through a series of techniques customised to your needs, such as neuromuscular bandaging and/or suction cups, it drains bags, tones and tightens the muscles of the face, balances vital energy and improves general health.

## BODY TREATMENTS

### SCULPTOR BODY BIOTHERAPY /

75 MIN / 120 €

Powerfull anti-cellulite slimming treatment that acts on the metabolism allowing the elimination of fat and the generation of adipose cells. The Sculptor body treatment produces an important depuration of toxins, thus achieving a slimmer figure and the skin recovers its natural texture.

### BIOTHERAPY PERFECT LEGS /

75 MIN / 120 €

Relaxing body treatment indicated for the leg area that favours circulation and fluid drainage. It has a gentle cold effect that helps to decongest and eliminate toxins.

### LIGHT BODY BIOTHERAPY /

50 MIN / 80 €

Treatment recommended to beautify the body skin through cellular renewal. This biotherapy unifies the colour, nourishes and prepares the skin for the summer tan. It also relaxes and balances the whole body.

### BODY SYSTEMIC BIOTHERAPY /

90 MIN / 140 €

A tailor-made treatment that helps eliminate toxins, prevents fluid retention, reaffirms, balances the body's energy and reduces stress levels. It adapts to every need by combining different wooden elements and/or suction cups. Its results are immediately visible.





## BEAUTY TREATMENTS

<b>EXPRESS MANICURE /</b>	<b>30 €</b>
<b>SPA MANICURE /</b>	<b>43 €</b>
<b>EXPRESS PEDICURE /</b>	<b>40 €</b>
<b>SPA PEDICURE /</b>	<b>54 €</b>
<b>NAIL POLISH SEMIPERMANENT /</b>	<b>20 €</b>

## SENSATIONS RELAX

**HYDRO-WELLNESS CIRCUIT / 120 MIN / 25 €**

Hydrodynamic pool with jets, hydrotherapy beds, sauna, steam bath, cold plunge Sensations pools, Sequential shower, Mist showe and a relaxation area with water and tea.

Ages 16 and over.

\*\* When booking a double suite, enjoy any of the available treatments with your partner.



## SPA ETIQUETTE

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### GENERAL TERMS AND CONDITIONS OF USE

- Before entering the SPA, please remove all jewellery and leave objects of value in your room. The SPA is not responsible for lost items.
- We recommend that you arrive 10 minutes before your scheduled appointment to complete the health assessment form and relax in the peace and tranquillity of our facilities.

### CANCELLATION POLICY

- Out of respect for the reservations of other clients, please be aware that we cannot extend the treatment time if you arrive late. Likewise, payment will be collected in full.
- If you need to cancel a reservation, please do so 24 hours in advance. The cancellation of any SPA treatment or service within 4 hours of the scheduled appointment will incur a 15% penalty, and the following appointment will be subject to availability.
- No-shows will incur an additional fee equal to 50% of the value of the service.
- Treatments are strictly professional; any inappropriate behaviour will result in the immediate suspension of the session, with no refund. Inclusive of Canary Island General Indirect Tax (IGIC).





**SQA**  
*Sensations* **IBEROSTAR**



ANTHELIA

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**Let it shine**