

Treat yourself like a star

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

Iberostar Spa Sensations offers an experience of unique sensations through personalised treatments tailored to the needs of each client.

All of our masseurs are certified in compliance with the ISO 9000 quality standard.



Signature

SABILA SIGNATURE RITUAL /

115 MIN / €185

Complete renewal. A body wrap and moisturising treatment, followed by our exclusive Sabila massage for infinitely soft and silky-smooth skin. This ritual ends with a facial treatment to deeply nourish dry, sensitive or sun-damaged skin.

SABILA SIGNATURE MASSAGE /

55 MIN / €95

A relaxing body massage with antioxidant properties and a powerful cell-regenerating effect, restoring softness and elasticity to the skin.

Facials for her

LIGHT

HIDRAFORCE SOURCE MARINE /

55 MIN / €85

Pamper your skin with a moisturising treatment rich in remineralising marine active ingredients. During this professional treatment, the Ocean blue extract is combined with micronised algae extracts to intensely hydrate and strengthen the most dehydrated of skins. A personalised treatment tailored to each skin type.

SPECIFICS

DETOX "BOTOX-LIKE" SPIRULINE BOOST /

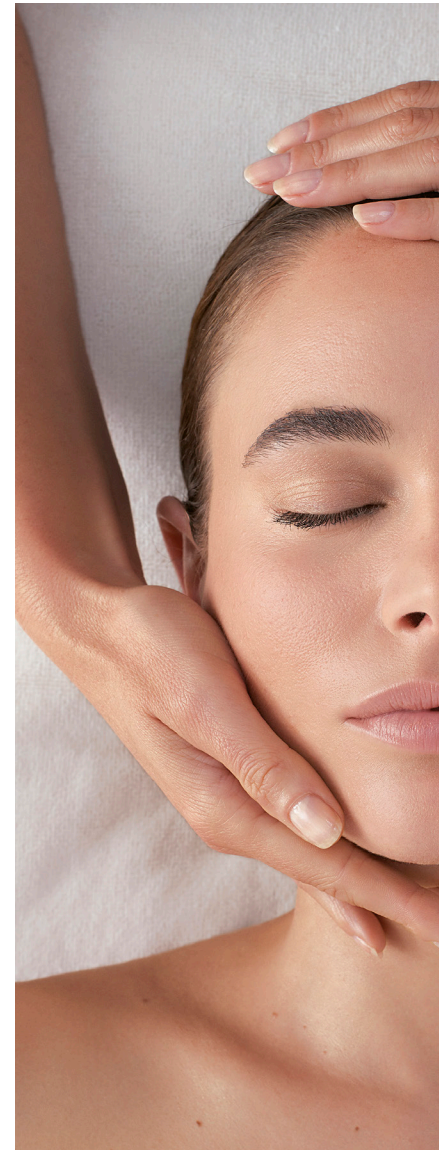
55 MIN / €90

A marine shot for everyday urban skin that reduces fatigue and prevents the first signs of ageing. Its energising spirulina and stress-reducing marine magnesium provide a "botox-like" effect. From the very first treatment, your skin will feel detoxified and smoother, with a relaxed complexion and a fresh tone.

HYALU-PROCOLLAGEN MARINE FILLER /

70 MIN / €115

A triple wrinkle correction with three unique hyaluronic acids and marine procollagens that refine, smooth and repair. It combines the Hyalu-Procollagène complex with Rollers Boosters to target one wrinkle at a time and deliver visible results from the very first session.



VITAMIN C BOOSTER /

70 MIN / €115

An intense, brightening treatment for a more even skin tone. Vitamin C has an intense antioxidant effect. It reduces pigmentation spots and melanin migration, promotes collagen production and gives the skin a firmer appearance.

EXCELLENCE MARINE COLLAGEN LIFT /

70 MIN / €125

This perfect anti-ageing facial treatment works comprehensively against all types of wrinkles. It reduces wrinkles caused by the breakdown of collagen and elastin, activates the skin's metabolism, improves nutrition and oxygenation, strengthens the extracellular matrix of connective tissues and promotes regeneration and firmness to redefine facial contours.

ABSOLUTE

OCEAN PRODIGY FORCE /

70 MIN / €150

Absolute beauty and ultimate regeneration for overall youthfulness. With its revitalising benefits, pure redensifying oxygenation and a specific massage inspired by Kobido, this treatment visibly softens wrinkles and restores the skin's firmness and elasticity to reveal a new sense of youthfulness. The perfect balance between effectiveness and a sensory experience.

HSR. THE ULTIMATE LIFTING AND ANTI-AGEING TREATMENT /

70 MIN / €150

A true luxury for your skin: choose youthful and beautiful skin! HSR is a cosmetic face-lifting treatment that targets all types of wrinkles for visibly firmer and smoother skin. It combines effective massage and gripping techniques, as well as a delicate blend of textures, to provide your skin with a luxurious anti-ageing treatment.

Body treatments

LIGHT

PEELING /

25 MIN / €49

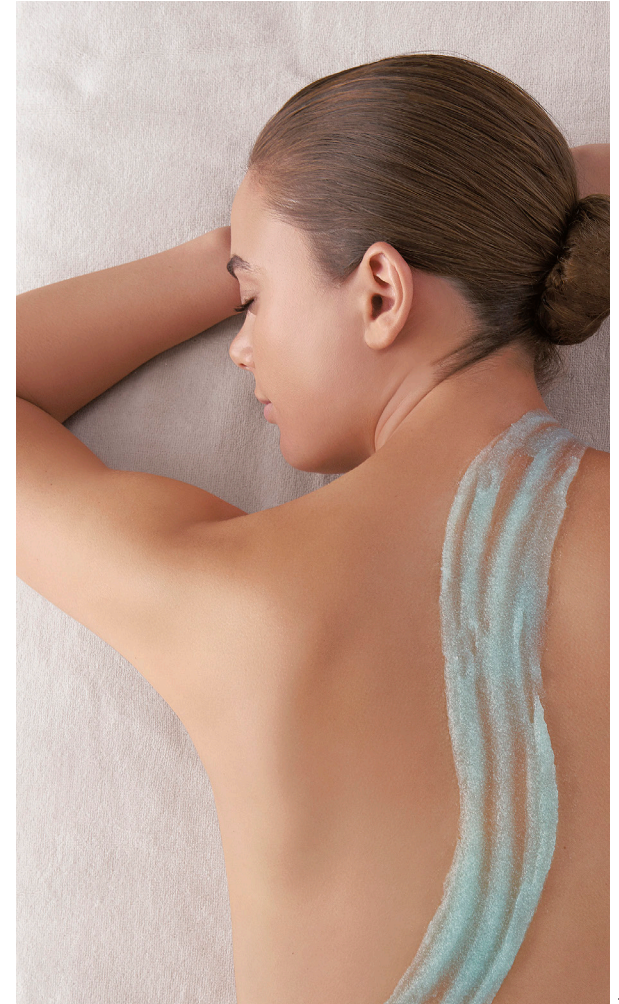
The perfect exfoliation tailored to your skin's needs. Ginger, Bora Bora oil and sea salts, among other ingredients, work together to completely revitalise your skin, leaving it smoother, more even and radiant.

SPECIFICS

BODY SCULPT ANTI-CELL /

70 MIN / €120

An excellent concentration of effectiveness. A tailor-made professional slimming treatment, specific to each area. The ultra-exfoliating scrub and a highly active wrap, with a dual hot/cold effect, visibly redefine the figure, smooth orange-peel skin, and firm and tone the skin. Complemented by targeted wood therapy.





FRIGI-LEGS. LIGHTER LEGS /

40 MIN / €80

A cryotherapy treatment to reduce discomfort and tired legs. A treatment developed using the power of the widely acclaimed seaweed complex, enriched with menthol and camphor. This treatment not only reduces the sensation of pain and tired legs, but also contributes to sculpting the figure.

AFTER SUN COLD CREAM MARINE /

55 MIN / €86

A nourishing treatment for dry, very dry and/or sun-damaged skin. Its wrap, Haute Nutrition massage, and intensive nourishing facial mask, with aloe vera and witch hazel, provide infinite softness and a velvety, comforting, and nourishing feel to the skin.

ABSOLUTE

SERENITY /

115 MIN / €165

Close your eyes and drift off into a dream of blissfulness. A ginger body scrub with a Dead Sea mud wrap. An exclusive, essential aromatic massage that instantly hydrates the skin combined with a delicious organic infusion, where vervain, lime blossom, orange blossom and other ingredients come together to restore your inner harmony and relaxation.

BORA BORA BREATH /

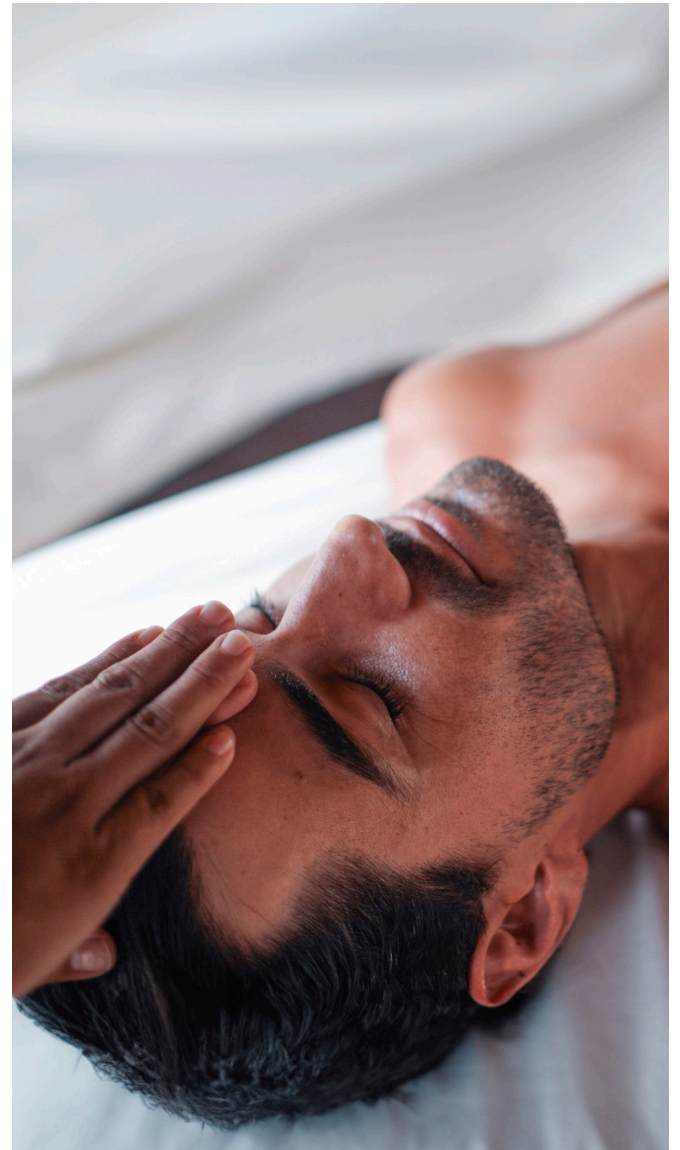
85 MIN / €130

Travel to the other side of the world while enjoying an ultra-sensory scrub made from white sand from Bora Bora, sea salt, coconut shells and vegetable oils to nourish and gently exfoliate the skin. Indulge in the sweet aromas of Monoi during a personalised massage and experience a change of scenery and unparalleled relaxation.

For men

GENTLEMAN COLLAGEN BOOST / 55 MIN / €95

Harnessing the power of active ingredients, this treatment is especially formulated for demanding skin with clear signs of ageing. It visibly lifts and smoothens deep, sunken wrinkles, effectively reducing fine lines and restoring firmness to the skin. This treatment not only redefines facial contours but also provides protection against oxidative damage.



Therapeutical

TARGETED AREA /

25 MIN / €56

A gentle/medium intensity therapeutic massage that will help to relieve fatigue and stress in targeted areas such as the head, back or legs.

ANTI-STRESS /

55 MIN / €89

Considered the most universal massage, its beneficial effects help to reduce muscle contractures and increase overall body relaxation.

DEEP TISSUE /

40 MIN / €80

55 MIN / €99

A therapeutic massage that uses neuromuscular techniques to work on the deepest layers of the muscles. It's perfect for releasing contractures that form at a deep tissue level, promoting better circulation and overall relaxation.

FOOT REFLEXOLOGY /

40 MIN / €79

The feet are often the forgotten part of our body. Foot reflexology uses knowledge of the nerve connections between the inner segments of organs, muscles and skin to reflexively influence discomfort and disorders from the outside.

ESSENCES & SENSES /

55 MIN / €90

An exceptional massage that uses essential oils from natural plant extracts to improve your mood and awaken all your senses. It is especially suitable for stress, nervous or emotional tension.

Massage & tradition

LOMI LOMI NUI /

55 MIN / €97 70 MIN / €117

Originally from Hawaii, this massage focuses on treating both body and mind with deep, flowing strokes to the rhythm of the waves. With a coconut aroma, it encompasses the whole body, including the forearms and hands, and is one of the most profound ways to achieve total harmony.

AYURVEDA ROYAL THAI POULTICE /

55 MIN / €97 70 MIN / €117

A traditional Thai compress massage. The warm oil creates a soothing sensation, while the warmth of the medicinal herbs intensifies the experience. This massage reduces pain and inflammation, increases blood circulation and energy, eliminates toxins, and improves anxiety and insomnia.

STONE THERAPY /

70 MIN / €117

A massage with hot volcanic stones that will relax and expand the muscles as they move along the body. This treatment is combined with a sublime massage technique with hints of lavender. It relieves muscle tension, soothes pain and helps to achieve a perfect energetic balance.

ORIENTAL /

55 MIN / €97 85 MIN / €127

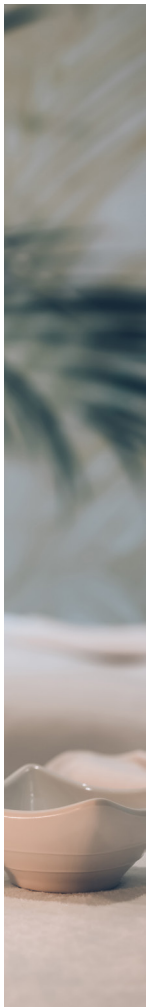
A deep massage without the use of oils, inspired by traditional Chinese and Thai medicine. Combining acupressure, compression and stretching techniques inspired by yoga, this massage is ideal for deep relief on many levels.

EXTRA MASSAGE /

15 MIN / €19

If you wish, you can request an extra 15 minutes of massage. Subject to availability.





Rituals

RESURGENCE /

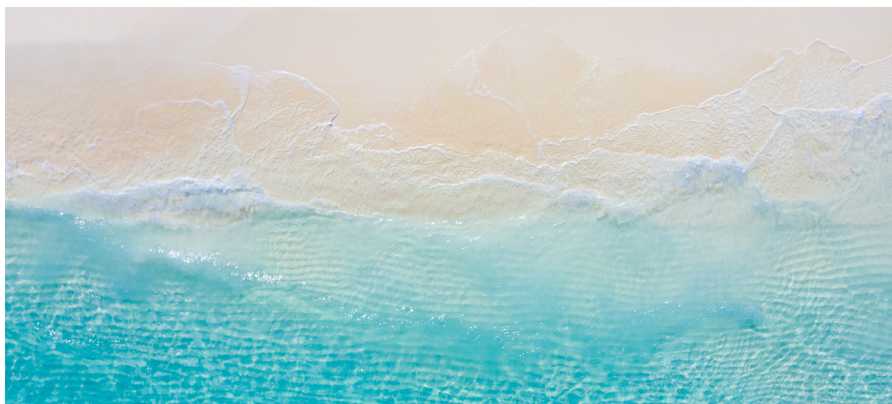
115 MIN / €175

Surrender to the power of nature. This ritual includes a salt and pink sand scrub, an energising seaweed wrap and a revitalising massage paired with the power of minerals. Especially suitable for stressed, tired and tense individuals.

OCEAN PRODIGY /

115 MIN / €195

A moment of sheer pleasure that stretches from head to toe for a profoundly revitalised and relaxed feeling. Inspired by ancestral Japanese manual lifting techniques, this facial treatment uses marine active ingredients to visibly smooth wrinkles and restore firmness and elasticity to the skin, along with a relaxing, stimulating and draining body massage. Experience supreme beauty and relaxation.



Hydrowellness

HYDRO-WELLNESS CIRCUIT / 120 MIN / €24

Sauna, steam bath, outdoor pool, jacuzzi and relaxation area with water and tea.

Ages 16 and over.

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





Nail care

EXPRESS MANICURE /	€33
SPA MANICURE /	€45
MANICURE WITH SEMI-PERMANENT NAIL POLISH /	€64
EXPRESS PEDICURE /	€43
SPA PEDICURE /	€55
PEDICURE WITH SEMI-PERMANENT NAIL POLISH /	€74
EXTRA: SEMI-PERMANENT NAIL POLISH REMOVAL	€15



Spa etiquette

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.
- Includes IGIC.



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Selection
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