

## At Spa Sensations,

every detail is carefully considered  
to help nurture the body and soothe the mind.

We create personalised wellness experiences tailored  
to each individual, while offering a space to slow down,  
reconnect and fully embrace the moment.

A time devoted to rest, balance and self-care.

**THERMAL CIRCUIT /**

**2 H / 29 €**



## Local inspiration

These treatments are inspired by **local traditions and use plants and herbs with therapeutic properties** carefully selected to stimulate, restore and nourish.

This approach is combined with holistic wellness therapies and the attentive care of our therapists, promoting a state of deep, mindful relaxation.

### **SIGNATURE ALOE VERA MASSAGE /**

**55 MIN / 115 €**

Gentle, flowing movements that hydrate and revitalise the skin using natural aloe vera. Inspired by the purity and volcanic landscapes of the Canary Islands, this massage leaves a pleasant feeling of lightness and overall well-being.

### **SIGNATURE PASSION FRUIT RITUAL /**

**85 MIN / 170 €**

A wellness ritual inspired by the tropical richness of the Canary Islands. It begins with an antioxidant, revitalising exfoliation that renews the skin, followed by a relaxing massage with passion fruit oil that nourishes, soothes and leaves the skin soft and delightfully scented.

## Facials

Treatments designed to provide deep care for your skin, helping maintain its natural balance and **restore a feeling of freshness** and vitality.

### HIDRAFACIAL + AI SKIN ANALYSIS /

25 MIN / 70 €  
55 MIN / 115 €

A non-invasive treatment that cleanses, exfoliates, removes impurities and deeply hydrates the skin in a single session. It improves skin texture and radiance, is suitable for all skin types, and includes a personalised skin analysis.

### LUXURY GLOBAL ANTI-AGEING /

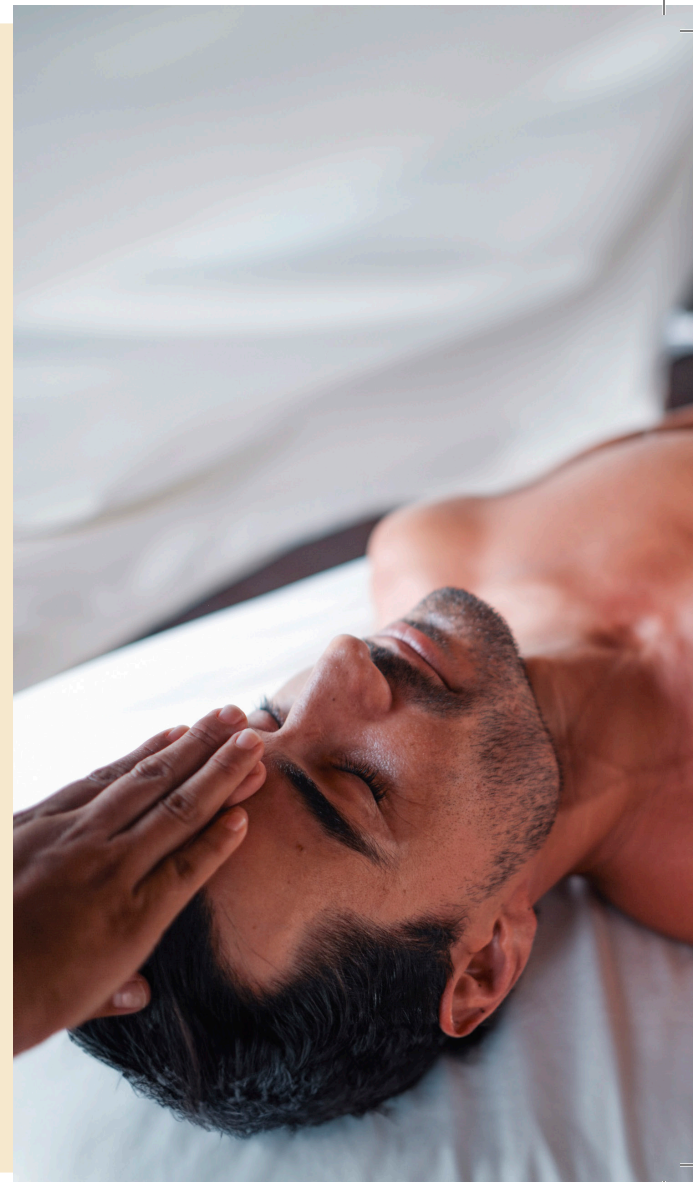
70 MIN / 165 €

A complete facial treatment designed to help combat the signs of ageing. It combines effective massage techniques with textures that softly melt away, leaving the skin firmer and smoother.

### REDENSIFYING COLLAGEN LIFT /

70 MIN / 155 €

A comprehensive anti-ageing facial treatment. It helps reduce the appearance of expression lines and promotes regeneration, improving firmness and refining facial contours.





## Facials

### **VITAMIN C /**

**55 MIN / 120 €**

An intensive treatment with a brightening and antioxidant effect. It helps even skin tone and reduces the appearance of blemishes, leaving the skin looking firmer and more radiant.

### **COLLAGEN /**

**55 MIN / 120 €**

An anti-ageing treatment formulated for demanding skin. It helps firm the skin, smooth fine lines and protect against oxidative damage.

### **DETOX BOOST /**

**55 MIN / 99 €**

A revitalising treatment featuring active marine ingredients such as spirulina and magnesium. It helps reduce signs of skin fatigue and leaves the complexion feeling fresh and radiant.

### **DEEP HYDRATION /**

**55 MIN / 99 €**

A treatment designed to replenish the skin's moisture levels, improve elasticity and restore balance and softness.

---

Our facials are designed for all skin types and genders.



## Body treatments

Treatments focused on **skin care and overall well-being**.

They help renew and hydrate the skin, leaving a pleasant feeling of lightness.

### **AFTER SUN /**

**50 MIN / 105 €**

A soothing treatment specially designed to hydrate the skin after sun exposure. It helps calm redness and restore moisture, using active ingredients such as aloe vera to leave the skin feeling fresh and healthy.

### **EXFOLIATION /**

**25 MIN / 55 €**

An exfoliation tailored to the skin's needs, removing dead skin cells and stimulating renewal to leave the skin smooth and even.

### **BODY WRAP /**

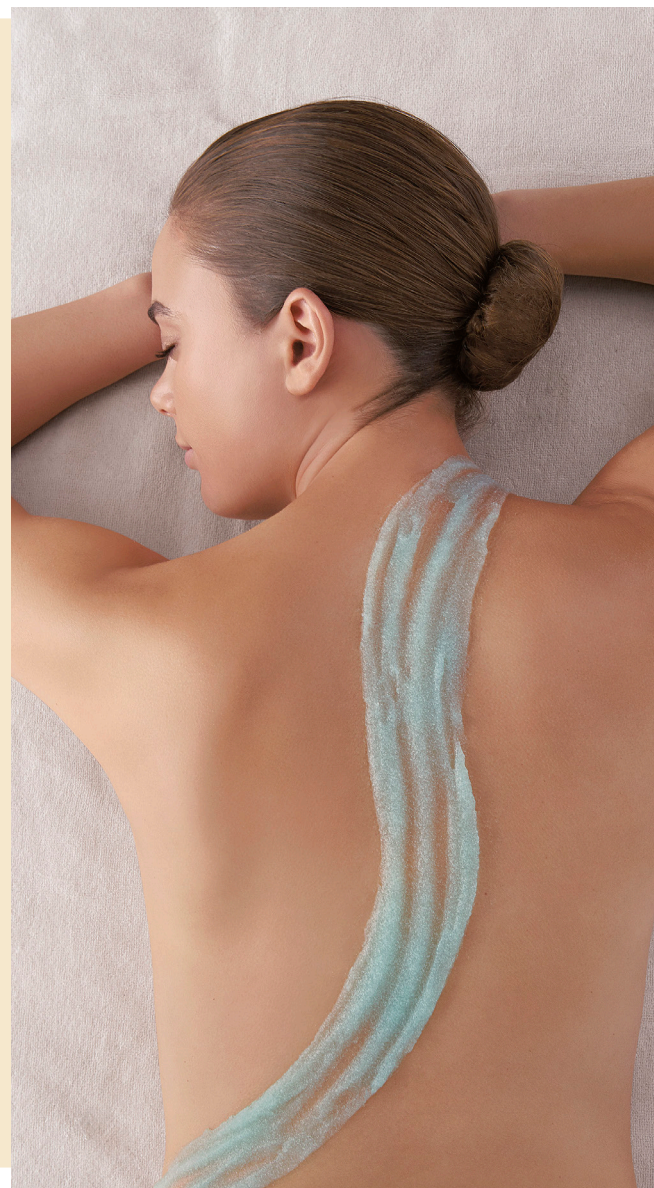
**40 MIN / 60 €**

A treatment that harnesses the natural properties of sea and earth through algae, mud, shea butter or aloe vera, leaving the skin remineralised and soothed.

### **LIGHT LEGS /**

**40 MIN / 80 €**

A treatment using cold bandages and a draining massage to help relieve heaviness and restore a feeling of lightness.



## Massages

Massages designed to release tension and **restore physical well-being**.  
Through touch and rhythm, they promote relaxation and overall balance.

### **AROMATHERAPY /**

**50 MIN / 90 €**

A full-body massage with gentle movements and essential oils. It helps release tension and promotes a state of deep calm. Personalise the experience by choosing essences with calming, revitalising or relaxing effects.

### **HOT STONE THERAPY /**

**55 MIN / 110 €   70 MIN / 130 €**

A massage that combines manual techniques with warm volcanic stones placed on areas of tension to relieve stress and deeply relax the muscles.

### **TRADITIONAL PINDA MASSAGE /**

**55 MIN / 100 €   70 MIN / 120 €**

A full-body massage using warm herbal poultices filled with aromatic plants, spices and rice. The heat and herbs help promote relaxation, improve circulation and relieve tension.

### **LOMI LOMI MASSAGE /**

**55 MIN / 100 €   70 MIN / 120 €**

A traditional Hawaiian massage with coconut oil, performed using long, flowing movements inspired by the rhythm of the ocean. It provides a deep sense of relaxation and fluidity.

### **FOOT REFLEXOLOGY /**

**40 MIN / 75 €**

Stimulation of reflex points in the feet to release tension, improve circulation and support overall body balance.

## Massages

### **ANTI-STRESS /**

**55 MIN / 99 €**

A medium-intensity massage with gentle to moderate movements that helps reduce stress, improve circulation and calm the mind.

### **DEEP TISSUE /**

**55 MIN / 109 €**

A therapeutic massage using firm pressure and slow movements to work the deeper layers of muscle, helping to release tightness and relieve stiffness.

### **DETOX MASSAGE /**

**55 MIN / 99 €**

A manual lymphatic drainage massage that supports lymphatic circulation and helps eliminate toxins and fluid retention.

### **TARGETED MASSAGE /**

**25 MIN / 60 €**

A medium-intensity massage focused on a specific area of the body, such as the back, legs or head.

### **PRENATAL WELL- BEING /**

**50 MIN / 90 €**

A gentle, relaxing massage designed to relieve the most common discomforts during pregnancy. Available for women after the first trimester and before the last.

---

### **ENHANCE YOUR EXPERIENCE WITH THESE ADDITIONAL OPTIONS**

Facial mask 15 € / Hot stones on areas of discomfort 15 € / Wood therapy 19 € / An additional 15 minutes of massage 25 €.  
Subject to availability.

To enjoy our additional services, they must be booked together with one of the treatments on our menu. They cannot be booked separately.





## Rituals

Complete rituals combine different techniques and products.

An extended care experience **designed to encourage deep relaxation** and holistic well-being.

### SERENITY RITUAL /

85 MIN / 150 €

A sensory experience that combines the freshness of bergamot with the delicate floral warmth and enveloping notes of cedar aromas. Its nourishing and firming formulas promote balance and inner serenity. Includes a revitalising exfoliation, a creamy mask and a deeply relaxing aromatic massage.

### FACE & BODY /

85 MIN / 160 €

A comprehensive treatment that renews the body, including exfoliation, a nourishing body wrap and a personalised facial for total relaxation.

### BODY & SOUL /

115 MIN / 198 €

A luxury ritual for body and soul, offering rejuvenation and holistic well-being through exfoliation, a body wrap, massage and an indulgent facial treatment.

## Belleza Indiba

Works from within for beauty  
that runs deep.

### INDIBA DEEP BEAUTY

An advanced, non-invasive beauty treatment method that works from within to restore your skin's natural balance.

It improves elasticity, boosts the circulation and oxygenates the skin, making it firmer, brighter and full of vitality.

**FULL BODY /**

**40 MIN / 360 € • VOUCHER FOR 6 SESSIONS**

**FULL BODY /**

**60 MIN / 570 € • VOUCHER FOR 6 SESSION**

**DEEP FACIAL BEAUTY /**

**45 MIN / 390 € • VOUCHER FOR 6 SESSION**



## Belleza Indiba

### RESHAPING

#### INDIBA LOCAL BODY /

**40 MIN / 70 €**

Targeted treatment to work specific areas and improve the appearance of your skin from the very first sessions. Helps to soften, tone and balance the skin.

#### PERFECT SILHOUETTE /

**60 MIN / 105 €**

Designed for any area of the body, this treatment targets imperfections from cellulite and loss of firmness to stretch marks. Boosts return circulation to aid toxin elimination, promoting cellular renewal for healthier, firmer skin.

### MUSCULAR

#### DELUXE TARGETED /

**45 MIN / 80 €**

Targeted treatment to release tension and aid muscle recovery. The ideal way to restore lightness and relieve tension in areas like your back or legs.

#### DELUXE SPORT /

**90 MIN / 150 €**

Deep massage combined with INDIBA technology to help prevent fatigue and improve recovery. Your body will feel less tense and more active and balanced.

### FACIAL

#### FACIAL DEEP BEAUTY /

**45 MIN / 70 €**

Treatment to restore a healthy appearance to your skin. For calmer, brighter skin full of vitality.

#### FACIAL INTEGRAL INDIBA /

**90 MIN / 120 €**

Tailored treatment combining prior diagnosis, technology and manual techniques. An all-round experience to improve the texture, firmness and brightness of your skin.

## Manicure & pedicure

Complete your experience with our manicure and pedicure services.

|                                                     |                 |
|-----------------------------------------------------|-----------------|
| <b>EXPRESS MANICURE</b>                             | <b>35 €</b>     |
| <b>SPA MANICURE</b>                                 | <b>45 €</b>     |
| <b>SEMI-PERMANENT MANICURE</b>                      | <b>65 €</b>     |
| <b>EXPRESS PEDICURE</b>                             | <b>45 €</b>     |
| <b>SPA PEDICURE</b>                                 | <b>55 €</b>     |
| <b>SEMI-PERMANENT PEDICURE</b>                      | <b>75 €</b>     |
| <br><b>EXTRAS: REMOVAL OF SEMI-PERMANENT POLISH</b> | <br><b>20 €</b> |



## Bookings & cancellations

- SPA Sensations requires 24 hours' notice for cancellations. You may reschedule your booking up to 4 hours before the original appointment time; otherwise, a charge of 50% of the treatment cost will apply. Out of respect for other guests' bookings, please note that if you arrive late, it will not be possible to extend the duration of your treatment, which will be charged in full.
- We recommend arriving at least 15 minutes before your appointment.
- Our Spa Concierge will be happy to assist you in selecting the most suitable treatments and the ideal sequence for your experience. Before your visit, we advise leaving jewellery and valuables in your room, as the establishment cannot be held responsible for lost items.
- Subject to availability, you can enjoy any of the treatments on our menu with your partner in our double treatment suite.

### Entry

- At SPA Sensations, we strive to provide an atmosphere of tranquillity and relaxation for all our guests. We kindly ask that you respect the privacy and serenity of the environment by limiting the use of mobile phones and keeping voices low.
- Before your treatment, please inform the Spa Concierge of any health conditions, allergies, injuries, high blood pressure or physical disabilities you consider relevant. We are also pleased to offer services to women in their fourth, fifth or sixth month of pregnancy.
- All our therapists are professionally trained in accordance with ISO 9000 quality standards.
- We reserve the right to refuse treatment to guests who show signs of being under the influence of alcohol. All treatments are strictly professional; any inappropriate behaviour will result in the immediate termination of the session without the right to a refund.

### During

- We recommend booking your treatments in advance to guarantee availability.
- At SPA Sensations, smoking is not permitted, and the consumption of alcohol or food from outside the spa is not allowed. Please note that freshly shaved skin or skin recently exposed to the sun may become irritated during exfoliation or hair removal treatments; we therefore recommend avoiding shaving or sun exposure immediately before your treatment.

### Departure

- Gift vouchers are available. For further information, please do not hesitate to contact a member of the spa team. All prices are listed in euros, Canary Islands Tax (IGIC) included, and are subject to change without prior notice. Gratuities are not included.
- If you wish to extend the SPA Sensations experience at home, all products used in our treatments are available for purchase at reception.







# JOIA EL MIRADOR

BY IBEROSTAR

★★★★★ GL

Avda. Bruselas s/n Costa Adeje  
Islas Canarias, Tenerife, España

**T:** +34 922 716 868 **EXT:** 8300

**M:** +34 677 103 921

[mir.spa@iberostar.com](mailto:mir.spa@iberostar.com)

---

