

# Discover inner harmony in Tenerife



ANANTARA

SPA

A SANCTUARY FOR THE SENSES

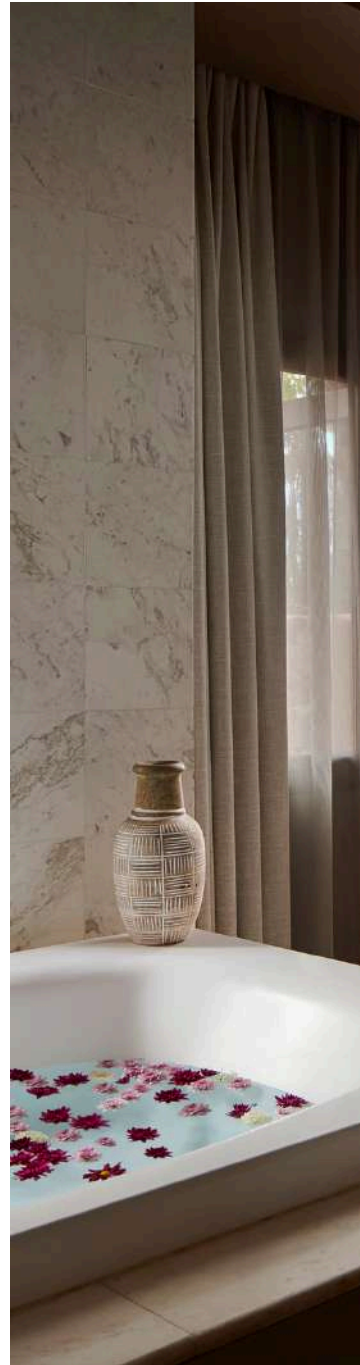
# Welcome to Anantara Spa

Immerse yourself in a world of serenity and holistic wellness at the luxurious Anantara Spa in Tenerife.

Born in Thailand, and now found across three continents, the award-winning Anantara Spa infuses the ancient healing traditions of the East with the latest in wellness and science.

Explore soothing rituals for body and mind inspired by island rhythms. Hide away, indulge, and truly live in the moment.

At Anantara Spa, the greatest journeys are felt, not told.



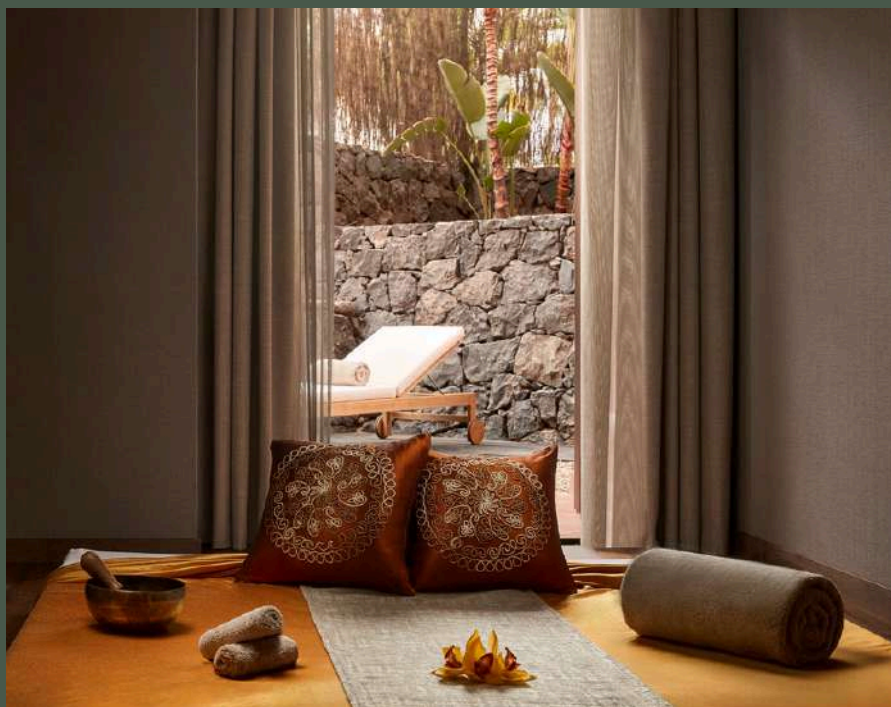


# Spa etiquette

## RESERVATIONS

To avoid disappointment, we recommend booking treatments in advance. Credit card details are required to secure an appointment. Please visit the spa, or call reception.

Walk-in guests are also welcome, subject to availability.



## **HOW TO SPA**

To ensure you enjoy the full Anantara Spa Experience, we ask that you arrive at least 15 minutes prior to your scheduled appointment time in order to relax. Should you arrive late for your appointment, your treatment time may be reduced depending on availability. However, we will make every effort to provide the full treatment time whenever possible.

Please notify us of any medical conditions at the time of booking. All information is kept in the strictest of confidence.

## **AGE REQUIREMENTS**

Spa access is reserved for individuals over 16 years old and require parental consent and supervision for children under 18 years old.

## **PREPARATION**

All guests arriving at the spa will be provided with a robe and slippers, as well as a closet in which to place belongings. We ask that you leave all valuables in your in-room safe, as the spa accepts no responsibility for lost items. Gentlemen are asked to shave prior to any facial treatment to ensure maximum results.

## **DURING YOUR VISIT**

Please respect the serenity of Anantara Spa by refraining from talking loudly or shouting while in the treatment rooms, pool area or outdoor relaxation area. Mobile phones and smoking are not permitted in the spa at any time.

## **CANCELLATIONS**

Should you need to cancel or reschedule your treatment, please note that we require a minimum of 24 hours' notice to avoid charging 100% for your treatment.

# Our brands

## **ALQVIMIA FOR BODY**

Spain's own aromatherapy experts harness the natural properties of essential oils to deliver cosmetic and emotional benefits. They are of the highest quality and purity, extracted from plants, flowers and barks in a manner that respects Mother Nature's cycles.

Each product is then carefully formulated, combining unique therapeutic properties with a signature fragrance that elevates the soul.

## **ELEMIS FOR FACE AND BODY**

The skin wellness brand with an aromatherapist's soul, an artist's spirit, and a scientist's commitment to results. Nature powers both Elemis products and treatments: by sourcing natural extracts that catalyze each other and harnessing the power of nature's most active ingredients, that deliver results you can see and feel, both inside and out.



# Massages

## **ANANTARA SIGNATURE MASSAGE**

A combination of Eastern and Western massage techniques with Anantara's signature oil blend stimulates the circulation and deeply relaxes muscles for overall wellbeing.

50 | 80 MINUTES

## **DEEP TISSUE BY ELEMIS**

Perfect for combating a busy lifestyle: tailored to ease tension and target deep-seated muscle knots, leaving you feeling renewed, grounded, and focused.

50 | 80 MINUTES

## **STRESS RELEASE**

Using gentle strokes, along with the aromatherapy oil blend of your choice, this gentle massage delivers waves of relaxation and release.

50 | 80 MINUTES

## **HOT STONE THERAPY**

An indulgent full-body massage with heated volcanic stones that relieves muscle tension, encourages optimum circulation and a complete sense of wellbeing.

50 | 80 MINUTES



### **TRADITIONAL THAI**

Known to many as ‘passive yoga’, Thai massage uses specific pressure-point and stretching techniques, passed down through the generations, to alleviate tension, increase flexibility, and restore vitality.

50 | 80 MINUTES

### **TAILORED MESSAGE**

Fully personalised massage designed to address your individual and specific needs, combining a variety of techniques to release tension, restore balance and promote deep relaxation.

30 | 50 | 80 MINUTES

### **TOGETHERNESS**

A completely tailored experience for two, with your choice of aromatherapy oil and massage techniques to awaken the senses.

50 | 80 MINUTES



# Rituals

All of our body treatments consist of a soothing facial, an invigorating body scrub, a cocooning body wrap and a restorative massage.

### **CITRUS JOY RITUAL**

The refreshing notes of citrus fruits impart a sense of optimism and joy. Immerse your body and mind in a realm of sensations and textures, as your skin is hydrated and restored to balance from head to toe.

90 MINUTES

### **OASIS OF SERENITY**

Restore inner harmony with this anti-stress ritual that also nourishes and hydrates. The vibrations of the Tibetan singing bowl bring your energy back into balance, allowing you to reconnect with yourself.

90 MINUTES

### **SWEET LONGING**

For mothers to be, or new mothers. Reward yourself with pampering that nourishes your skin, providing ultimate hydration and protecting against stretch marks, while also soothing the mind.

75 MINUTES

### **ESSENTIALLY HER**

Release your inner sensuality by harnessing the natural extracts of the most feminine flowers. Rose, jasmine and neroli nurture your vitality and renew your confidence.

90 MINUTES

### **ESSENTIALLY HIM**

Connect with your deepest energy, enhancing your masculine power. The yang properties of sandalwood and ylang-ylang soothe, while the burning of moxa unleashes your magnetism.

90 MINUTES

REVEAL YOUR GLOW

# Body Treatments *by Elemis*

## **TIGHTENING TREATMENT**

A powerful blend of minerals and seaweeds join forces to target cellulite and promote a smoother silhouette with our focused sculpting massage, for skin that looks and feels intensely tightened, toned and smoothed.

60 | 90 MINUTES

## **SALT SCRUB & FRANGIPANI WRAP**

Aromatic salt gently sloughs away dead skin cells, encouraging the regeneration skin. You are kept cocooned in warmth whilst the mood-balancing aromatics and skin-conditioning oils perform their magic. A facial and scalp massage ease you further into relaxation.

60 | 90 MINUTES





# Facial

Our facials consist of cleansing, treatment, hydration and protection tailored to your skin type and needs.

## **PERSONALISED FACIAL**

Each visage is different, and with our toolbox of formulations, we address concerns such as dryness, blemishes, sensitivity or hyperpigmentation, restoring your skin.

60 MINUTES

## ELEMIS HIGH TOUCH

# Touch

### **RENEW: HYDRATE, LIFT & FIRM**

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with clinically proven formulas and skin-lifting massage techniques. The complexion looks supremely hydrated, lifted and firm.

30 | 60 MINUTES

### **REVEAL: RESURFACE, SMOOTH & GLOW**

Powered by the patented Tri-Enzyme technology, helps to minimize the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced, smoothed and glowing.

60 MINUTES

### **DEFINE: ENERGISE, REJUVENATE & SCULPT**

This innovative facial captures the power of clinically proven, intelligent skincare to deliver transformative results for energised, rejuvenated and sculpted-looking skin.

60 | 90 MINUTES



# Signature Journeys

## ANANTARA SIGNATURE JOURNEY

Indulge in a Thai-inspired foot ritual with frangipani and hibiscus, symbolising renewal and release. Enjoy a tailored massage with your choice of nourishing oils to ease tension and restore balance. Finish with an express facial that hydrates and revitalises, all in the spirit of Anantara's heartfelt care.

80 MINUTES

## **EAST TO WEST**

Anantara expertise combines with the healing powers of the island for head-to-toe sun relief. A soothing massage with mint, eucalyptus, and pine oil from Mt. Teide to decrease redness, the cool of aloe vera gel, and a refreshing, healthy smoothie carefully crafted with ingredients from the island.

80 MINUTES

## **JOURNEY THROUGH THE SENSES**

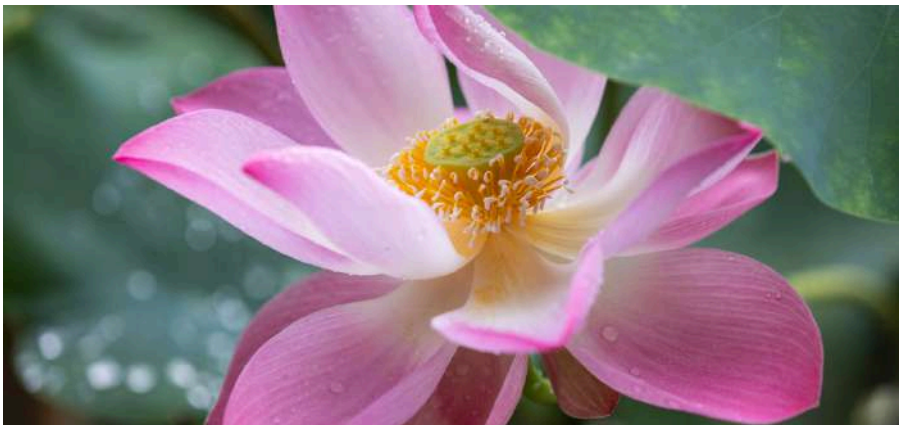
An indulgent way to begin your day. Enjoy a tailored massage for two infused with soothing island ingredients, before sitting down to a refreshing, continental brunch which you can enjoy out on the sunny terrace.

80 MINUTES

## **ELEMIS 30/30**

Enjoy a back massage tailored to relieve tension and target deep-seated muscle knots. Followed by a skin-lifting and hydrating facial with the Elemis' signature Pro-Collagen line, aimed at enhancing skin firmness and deeply hydrating the complexion.

60 MINUTES



# Enhancements

## CHAKRA BALANCING

Incorporated into your main treatment to relieve blockages and restore the flow of energy, with formulated essential oils for each of the seven chakras.

15 MINUTES

## LIFTING EFFECT WITH GUA SHA

Contour and lift the skin, reduce puffiness and promote lymphatic drainage.

15 | 30 MINUTES

## ELEMIS EXPERT ENHANCEMENTS

Choose from a range of specialised treatment, designed to target specific concerns and enhance your experience.

### EXPERT LED ENERGY MASK

Illuminate your skin with our LED facial mask enhancement. Discover the power of the innovative Elemis 7-in-1 Ligh Mask to calm, soothe and energise.

15 MINUTES

### COLLAGEN EYE BOOST

Elevate your facial with a targeted eye treatment add-on, designed to brighten, hydrate, and revitalise.

15 MINUTES

### HEAD MASSAGE

Enhance your relaxation and relieve tension with a soothing scalp massage.

15 MINUTES



### **SOOTHING & CALMING GEL**

HKB Soothing touch that refreshes and calms the skin, leaving it cool, hydrated and revitalised.

15 MINUTES

### **FOOT RELEASE**

Revive tired feet with this luxurious foot ritual and acupressure foot massage.

15 | 30 MINUTES

### **GROOMING & BEAUTY**

Available on request.



# Wellness

## **YOGA & PILATES**

Available on request. With a focus on breathing and movements, these disciplines will improve your flexibility, balance and strength, while reconnecting your body and mind.

## **PERSONAL TRAINING**

Available on request. Allow us to tailor a personalised exercise programme that strengthens, tones, improves your posture and appearance, as well as enhances your health.

*For more information, pricing details and availability, please speak to a member of the Anantara Spa team.*

# Benefits of membership

Anantara Spa Tenerife is the island's premier spa and lifestyle members' club, offering a curated blend of wellness, fitness, hospitality, and exclusive experiences. Join the club and immerse yourself in refined luxury, tailored just for you.

## DELUXE MEMBERSHIP

- One 30-minute Anantara signature massage per month
- Two 60-minutes hydrotherapy sessions per week
- Unlimited use of Tivoli Shape (gym & fitness room)
- 15% off Anantara Spa products & treatments
- 15% off at our outlets: Seen, Yakuza, Guilty, Alma Cocktail Bar & El Clásico Sports Bar
- 15% off padel services (lessons/tournaments) by Simple Padel
- Complimentary valet parking (subject to availability during use of facilities)

## PREMIUM MEMBERSHIP

- One 50-minute Anantara signature massage per month
- Unlimited hydrotherapy sessions
- Unlimited use of Tivoli Shape (gym & fitness room)
- 15% off Anantara Spa products & treatments
- 15% off at our outlets: Seen, Yakuza, Guilty, Alma Cocktail Bar & El Clásico Sports Bar
- 15% off padel services (lessons/tournaments) by Simple Padel
- Complimentary valet parking (subject to availability during use of facilities)





# Hydrotherapy

Discover the perfect balance between relaxation and renewal in our exclusive hydrotherapy circuit. Enjoy full access to our facilities designed to offer you a unique sensory experience, where water takes center stage in your journey to well-being.

Whether you're looking to revitalise body and mind, release tension, or simply treat yourself to a moment of peace, our hydrotherapy circuit is designed for you. Book your moment of serenity.

*For more information, pricing details and availability, please speak to a member of the Anantara Spa team.*



