



## 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

### **SPECIFIC /**

30 MIN / 43 €

Therapeutic massage that works the deepest layers of the muscle tissue to alleviate tension in specific areas: back, legs, or head.

### **AROMATHERAPY /**

45 MIN / 67 €

Exquisite massage with aromatic oils from natural plant extracts to improve your mood and awaken your senses.

### **SPORTS /**

40 MIN / 61 €    55 MIN / 83 €

Deep back and leg massage, before or after physical activity, to accelerate muscle recovery and prevent injuries and fatigue.

### **ANTI-ESTRÉS SENSATIONS /**

55 MIN / 79 €

Considered the most universal massage, it relaxes the muscles and infuses the body with a sense of wellness.

### **MOM-TO-BE /**

55 MIN / 76 €

Body massage with gentle movements to regulate circulation and lymphatic flow in the legs, and relieve muscle tension in the back.

### **REFLEXOLOGY /**

40 MIN / 61 €

Massage that stimulates the reflexes by applying pressure to specific areas of the feet to benefit the body's organs.

## MASSAGES OF THE WORLD

### LOMI LOMI NUI /

70 MIN / 92 €

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 / 85 €    80 MIN / 115 €

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.

### AYURVEDA ABHYANGA SPECIAL /

80 MIN / 105 €

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.

### STONE THERAPY /

70 MIN / 92 €

Hot volcanic stone massage (50° C). The heat released by the stones relaxes the muscles and the elevated temperature produces sweat which helps eliminate toxins from the body.





## FACIAL TREATMENTS

**HYGIENE FACIAL /** 60 MIN / 69 €

Revolutionary unisex treatment that helps reveals an even, bright, and fresh complexion in record time.

**TIMEXPERT LIFT (IN) /** 75 MIN / 98 €

Reinvention of Cosmetic Lifting, emulating a surgical lift from the “Three Vectors of Rejuvenation”: lifting, filling and tightening.

**TIMEXPERT C + ILLUMINATOR /** 70 MIN / 85 €

Antioxidant, regenerating, and illuminating. Anti-aging and revitalizing care that restores the brightness, vitality, and uniformity of the complexion.

**HYDRATION /** 60 MIN / 75 €

Intense and lasting hydration. Advanced treatment, ideal for all skin types.

**FOR MEN /** 60 MIN / 75 €

Energy and vitality. Designed especially for men. Energizing and detoxifying facial treatment that combats the effects of fatigue.





## BODY TREATMENTS

### **SUN REPAIR /**

**60 MIN / 86 €**

Therapy that helps repair the skin after sun exposure through an intense moisturizing treatment that includes an exquisite aloe vera body wrap and a marine collagen facial mask.

### **CHOCO LIPO THERAPY /**

**70 MIN / 80 €**

Lipolytic therapy based on a rich exfoliation with real cocoa beads, coupled with a creamy wrap that not only moisturizes and tones, but shapes and streamlines the figure.

### **C+ ENERGY /**

**70 MIN / 80 €**

Nutrient-rich treatment that gives vitality to the skin through an exclusive orange particle peeling followed by a body mask of delicate, luminous pigments.

### **EXFOLIATIONS /**

**30 MIN / 35 €**

Luxurious peels using your choice of ingredients from the sea, antioxidant or anti-cellulite formulas.

### **DRAIN BODY BANDAGES /**

**45 MIN / 60 €**

Effective drainage treatment to eliminate toxins and provide maximum comfort and relaxation to the legs and feet.

## RITUALS

### **GOLD THERAPY /**

**90 MIN / 105 €**

Maximum glamour and sophistication with a revitalizing therapy of marine gold, that wrap your skin in a subtle, nutrient-rich veil of gold. Accompanied by the sensory experience of a Baobab oil cranialcapillary massage.

### **SUBLIME EXPERIENCE /**

**120 MIN / 146 €**

An exclusive facial treatment that allows the skin to “breathe” again and recover all its power of beauty and youth. Two masks, to fight against the urban exhaustion of the skin. It accompanies an exfoliating body scrub of exotic seeds, followed by an exquisite “silk” wrap, leaving the skin luminous, beautiful and silky.



## BEAUTY TREATMENTS

**EXPRESS MANICURE /**

**35 MIN / 30 €**

**NAIL POLISH SEMIPERMANENT /**

**35 €**

**SPA MANICURE /**

**50 MIN / 43 €**

**SPA MANICURE WITH SEMIPERMANENT /**

**62 €**

**EXPRESS PEDICURE /**

**45 MIN / 39 €**

**SPA PEDICURE WITH SEMIPERMANENT /**

**72 €**

**SPA PEDICURE /**

**60 MIN / 54 €**



## SENSATIONS RELAX

### SAUNA /

60 MIN / 8 €

Sauna and relaxation area with water, tea and fresh fruit.  
Ages 16 and over.

\* Upon request, we offer the following services: waxing,  
eyebrow shaping, eyebrow and eyelash colouring.

\*\* 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. VAT included.



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**Let it shine**