



spacio
spa · wellness · fitness · pilates



Massages and beauty treatments

SPA Y FITNESS:	EXTERNOS	HOTEL
1 Session of FITNESS	15 €	10 €
1 Session of SPA	25 €	20 €
1 Session of FITNESS and SPA	30 €	25 €
1 Week FITNESS	40 €	35 €
1 Week SPA	55 €	50 €
1 Week FITNESS AND SPA	60 €	55 €
2 Weeks FITNESS	50 €	45 €
2 Weeks Spa	65 €	60 €
2 Weeks FITNESS and SPA	75 €	70 €

The contracting of services is personal and non-transferable.
Gym from 16 years old with signed parental authorization.
Spa from 12 years old and always accompanied by an adult.
Also, hairdressing and pilates services.

TIMETABLE AND CONTACT

FITNESS
Monday to Friday 7:30 – 21:30 h
Saturdays 9:00 – 21:00 h
Sunday and Bank Holidays 11:00 – 19:00 h

AREA SPA
Monday to Friday 9:00 – 21:00 h
Saturdays 9:00 – 20:30 h
Sunday and Bank Holidays 11:00 – 18:30 h

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INFORMATION AND RESERVATIONS

Tel. + 34 922 78 78 49
CONTACT US DIRECTLY FROM YOUR ROOM BY DIALLING **8534**
Calle Arenales 20b (HOTEL MARYLANZA Suites & Spa)
38650 Los Cristianos

info@spacio10.es · www.spacio10.es



ENJOY THE BENEFITS OF WATER

Our spa circuit will make you forget your daily routine for two hours

25€

THE SPA CIRCUIT INCLUDES:

Hydromassage pool, toning pool, Jacuzzi, Turkish bath and Roman bath, flotation pool with chromotherapy, Scottish shower, aromatherapy shower and foot bath.

MACARONESIAN
HOTELS & RESORTS

www.macaronesianhotels.com



MASSAGES

30 min 60 min 80 min*

More or less intense, rhythmic and deep movements, in order to achieve a certain degree of relaxation and general well-being.

Relaxing Massage with aromatherapy	40 €	70 €	90 €
Anti stress head and face massage	35 €		
Deep therapeutic massage	50 €	85 €	
Volcanic hot stones massage	45 €	75 €	95 €
Hawaiian Lomi Lomi massage with coconut oil	45 €	75 €	95 €
Power Relax body massage	40 €	70 €	90 €
Foot reflexology massage	40 €		
Lymphatic drainage massage	40 €	70 €	
Special massage for pregnant women		40 mins – 50 €	

* THE 80/90-MINUTE MESSAGES INCLUDE ACCESS TO THE SPA BEFORE OR AFTER THE TREATMENT.

PARAISO COSMETICS THALGO LA BEAUTÉ MARINE O.P.I



COSMETIC AND BEAUTY TREATMENTS

40 min 60 min 80 min

Silky skin <i>Sea salt scrub to remove dead skin cells, restoring softness and radiance to the skin.</i>	50 €	75 €	95 €
Seaweed body detox treatment <i>Metabolism booster. The wrap cleanses, rehydrates and nourishes the skin, helping to eliminate toxins and reshape the silhouette.</i>	-	75 €	95 €
Chocolate therapy or Aloe Vera therapy <i>Body wrap + massage that deeply nourishes the skin, leaving it softer and more pleasant.</i>	-	75 €	95 €
Special Prodigious Ocean Ritual Face & Body <i>A deeply relaxing facial and body treatment that combines the effectiveness of marine ingredients with beauty rituals for regenerated and revitalized skin.</i>		90 mins: 125 €	
Special Polynesian Ritual for absolute relaxation <i>Escape to the paradise islands of the Pacific with this ritual. Your body will relax and tensions will melt away. Your mind will disconnect while your skin is hydrated, nourished, beautified and softened.</i>		90 mins: 125 €	
Body Sculpt Slimming and firming treatment <i>Anti-cellulite treatment, lipo-reducing and body contouring.</i>	-	75 €	-
Deep facial cleansing <i>Personalized, detoxifying, purifying facial treatment that brightens and moisturizes the skin.</i>	-	60€	-
Premium facial treatment <i>For more mature skin, with blemishes or acne.</i>	-	80 €	-



COSMETIC AND BEAUTY TREATMENTS

40 min 60 min 80 min*

Intensive Spa Manicure	-	50 €	-
Intensive Spa Pedicure	-	60 €	-
Express manicure (filing and nail polish)	35€ (approx. 30 min)		
Express pedicure (filing and nail polish)	30€ (approx. 30 min)		
Supplement for semi-permanent (remove or apply)	+ 10€ (15 mins approx.)		
Hot or warm wax hair removal <i>Eyebrows, underarms, legs, bikini line, back and chest.</i>			From 10 €
Eyebrow and eyelash tint	25€ (25 mins approx.)		

