



Massages and beauty treatments

SPA AND FITNESS	EXTERNAL	HOTEL
1 Session of Spa	25 €	20 €
1 Week Spa	55 €	50 €
2 Weeks Spa	65 €	60 €
1 Month Spa <i>Includes access to the fitness for 30 consecutive calendar days</i>	85 €	
3 Months Spa <i>Includes access to the fitness for 90 consecutive calendar days</i>	225 €	
6 Months Spa <i>Includes access to the fitness for 180 consecutive calendar days</i>	420 €	
1 Week Fitness and Spa	60 €	
2 Weeks Fitness and Spa	75 €	

Spa and Wellness by prior reservation at [spacio10@atlanticmirage.com](mailto:spacio10@atlanticmirage.com) (Max 1 session per day).  
The contracting of services is personal and non-transferable.  
No refunds, exchanges or postponements of any kind will be made for non-use of the ticket.  
Spa and Fitness for adults only +18 years old

### TIMETABLE

#### CENTRE

Monday to Friday ..... 11:00 – 19:00 h

#### SPA AREA

Monday to Friday ..... 11:00 – 18:30 h

\*Last admission to the Spa circuit is at 4:30 p.m.



## ENJOY THE BENEFITS OF WATER

Our spa circuit will make you forget your daily routine for 2 hours

**25€ | 20€\***

\* MACARONESIAN HOTELS GUESTS

#### THE SPA CIRCUIT INCLUDES:

Indoor heated pool, hydro massage pool, jacuzzi, steam room, finnish sauna, tonification pool, flotation pool with sea salt, sensation showers and foot deluge



#### INFORMATION AND RESERVATIONS

Tel.: 922 383 111 - ext. 2018  
Calle Eucalipto, 4 (Hotel Atlantic Mirage Suites & Spa)  
38400 Puerto de la Cruz  
TENERIFE · ESPAÑA

## 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	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 MASSAGES INCLUDE ACCESS TO THE SPA BEFORE OR AFTER THE TREATMENT.

**PARAISO THALGO**  
COSMETICS LA BEAUTÉ MARINE



## COSMETIC AND BEAUTY TREATMENTS

40 min 60 min 80 min\*

Silky skin	50 €	75 €	95 €
<i>Let yourself be carried away by a sensory experience that harmonizes body and mind, inspired by Far Eastern rituals. Renew your energy and leave your skin feeling like silk.</i>			
Seaweed body detox treatment	-	75 €	95 €
<i>Metabolism booster. The wrap cleanses, rehydrates and nourishes the skin, helping to eliminate toxins and reshape the silhouette.</i>			
Chocolate therapy or Aloe Vera therapy	-	75 €	95 €
<i>Body wrap + massage that deeply nourishes the skin, leaving it softer and more pleasant.</i>			
Special Prodigious Ocean Ritual Face & Body		90 mins: 125 €	
<i>A deeply relaxing facial and body treatment that combines the effectiveness of marine ingredients with beauty rituals for regenerated and revitalized skin.</i>			
Special Polynesian Ritual for absolute relaxation		90 mins: 125 €	
<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>			
Body Sculpt Slimming and firming treatment	-	75 €	-
<i>Anti-cellulite treatment, lipo-reducing and body contouring.</i>			

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



## COSMETIC AND BEAUTY TREATMENTS

40 min 60 min

Intensive Spa Manicure	-	50 €
Intensive Spa Pedicure	-	60 €
Supplement for semi-permanent (remove)	+ 10 € (15 mins approx.)	
Eyebrow or upper lip waxing		From 10 €
Eyebrow and eyelash tint		25 € (25 mins.)
Deep facial Cleansing	-	60 €
<i>Personalized, detoxifying, purifying facial treatment that brightens and moisturizes the skin.</i>		
Premium facial treatment	-	80 €
<i>For more mature skin, with blemishes or acne.</i>		

