THE RITZ-CARLTON

TENERIFE, ABAMA

SPA

Let us make the world revolve around you

ESCAPE

Escape to an oasis of calm within the Canary Islands featuring breathtaking ocean views and a luxurious design. We offer an award winning Spa experience, where senses are indulged with an astounding range of water and relaxation facilities, deluxe couple and single treatment rooms. Discover the pleasures of a luxurious haven, where a personalized holistic and unique wellness experience awaits.

WELLNESS

Optimum wellness is supported by developing our ability to adapt well physically, mentally, and spiritually to the challenges of everyday life. The Ritz-Carlton Meaningful Wellness Journeys nurture and encourage this adaptability by providing experiences and habits to build inherent resilience, strength and fortitude for Mind, Body and Skin.

MIND

THE ART OF WELLNESS MASSAGE

80 MINUTES

Bring healing and wellness to the mind, body & soul with this unique transformative treatment that creates a state of pure bliss. Guided breathing and visualization together with a deeply therapeutic Salt Stone and Rose Quartz Crystal massage releases physical tension and relaxes the mind to embrace the art of letting go.

BODY

WELLBEING & RESILIENCE MASSAGE

80 MINUTES

Moving your mind and body to a place of greater strength and resilience, this treatment releases muscular tension, revitalizes wellbeing, boosts energy levels and supports your immune system with a liberating blend of yogic stretching, reflex sore foot, back massage, sinus release and scalp massage.

BODY FORTIFYING MASSAGE

80 MINUTES

Targeting muscular pain and restoring comfort and supple movement with active stretching, this deep muscle massage uses hot stones and a fortifying oil on the neck, shoulders and back, to instantly alleviate deep-seated tension and provide lasting relief so you feel a calming sense of wellbeing.

SKIN

RENEW & REVITALIZE RITUAL

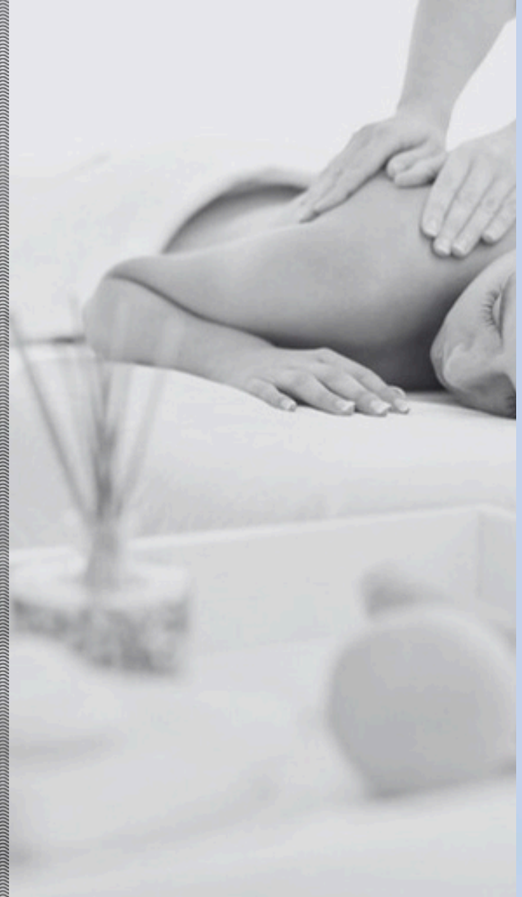
80 MINUTES

Supporting skin's resilience and radiance, this treatment reinvigorates vitality to dull, sluggish or stressed skin by pressing reset with a combination of body brushing, exfoliation, thymus tapping and lymphatic facial massage that enhances cellular renewal and leaves skin looking healthy and vibrant.

NATURAL RESILIENCE FACIAL

80 MINUTES

This specialized facial is the complete approach to skin health using cutting edge pre and probiotic technology combined with the same benefits of physical exercise to detoxify, invigorate, sculpt and relax. Powerful age defying techniques inspired by Japanese Kobido massage, along with Jade rollers that facilitate lymphatic drainage and provide results, leaving the skin firm, lifted and beautifully radiant.



MASSAGE

COUPLES MASSAGE EXPERIENCE

80 MINUTES OR 50 MINUTES

Share any of our wonderful massage experiences side by side with a loved one in our exclusive couple's suite.

DEEP MUSCLE MASSAGE

80 MINUTES OR 50 MINUTES

Recharge your body with this powerful massage designed to alleviate deep-seated tension and muscular stress. Using deep movements and stretching techniques concentrated on specific areas of concern to help relieve common discomforts and sports related tension.

RELAXATION MASSAGE

80 MINUTES OR 50 MINUTES

Unwind and de-stress with this aromatic bespoke treatment. This soothing aromatherapy massage uses light to moderate pressure and a blend of essential oils to melt away tension.

NATURALLY NURTURED MASSAGE

80 MINUTES OR 50 MINUTES

Nurture and nourish body and skin when you need it most with this gentle, restorative and entirely tailored massage. Ideal for expectant mothers after the first trimester.

STRESS RELIEF MASSAGE

80 MINUTES OR 50 MINUTES

Revive tired and fatigued muscles with this traditional massage, using moderate pressure to leave a feeling of revitalization and relaxation.

EL TEIDE HOT STONE MASSAGE

80 MINUTES

A therapeutic and rejuvenating massage using warm volcanic stones and a moderate pressure to intensely soothe tired, aching muscles and aid relaxation.

SPORTS MASSAGE

50 MINUTES

Perfect after a hard day on the greens; this massage incorporates extraordinary techniques, based on four pillars that act synergistically: relaxation, muscle preparation, body flexibility and therapeutic massage. Excellent to ease tension, soothe sore muscles, improve flexibility, relieve stress and, regain physical and mental energy.

BODY

NOURISHED GLOW

50 MINUTES

Reveal your smoothest, softest skin ever with this body exfoliation finishing with a deeply nourishing oil application and back massage.
INCLUDES: Full body salt and oil exfoliation, back massage, oil application.

ULTIMATE BODY BALANCER

80 MINUTES

Restore serenity to body, mind and skin with this richly indulgent and deeply effective bespoke treatment.
INCLUDES: Back exfoliation and massage, custom facial, scalp massage.

SEPAI SLIM & FIT BODY

80 MINUTES

Global treatment in 4 phases, that attacks the roots of all causes of cellulite: creates a venotonic and lipoltic effect reducing the water and fat accumulations, works on the cell´s gained fat, reducing its intake and burning it.
INCLUDES: Full body exfoliation, body wrap, detoxifying massage.

SEPAI FIRM & TIGHT BODY

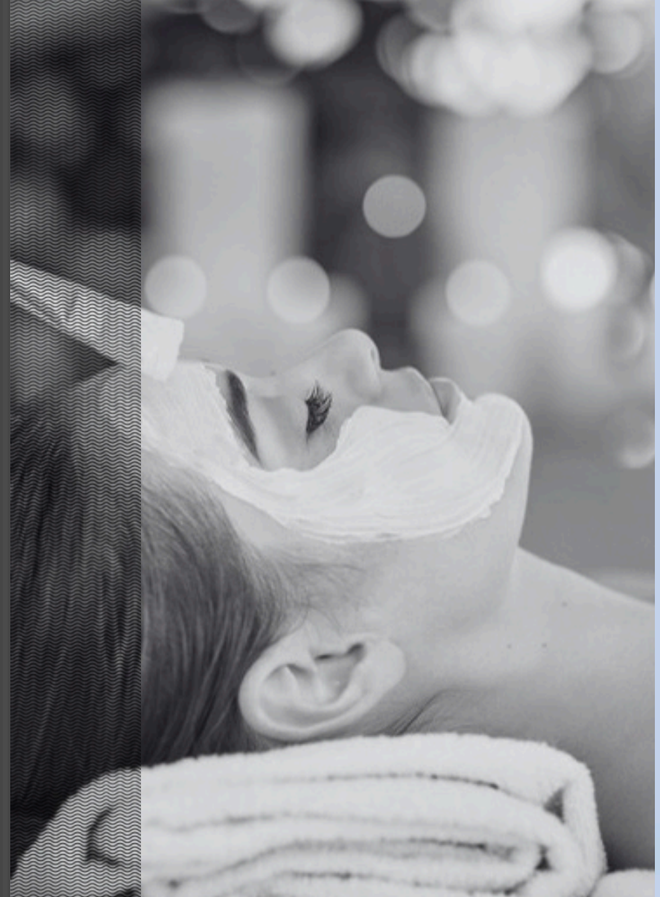
80 MINUTES

Reveal profoundly smooth, toned and firmed skin with this highly effective treatment. Harnessing the benefits of a purifying scrub, a cooling body wrap and invigorating massage to stimulate the circulation contouring and toning the skin.
INCLUDES: Full body exfoliation, body wrap, restoring massage with customized serum.

EARTH, WIND AND FIRE

80 MINUTES

Bring about a state of harmony and balance with this full body experience. Inspired by El Teide, the highest volcano in Spain, this massage combines the benefits of lava sand exfoliation to rejuvenate the skin and powerful heated volcanic stones known to create a feeling of well-being.
INCLUDES: Lava sand body exfoliation, full body hot stone massage, facial massage, scalp massage.



FACIAL

CUSTOM FACIAL

80 MINUTES OR 50 MINUTES

Purify, hydrate, brighten and smooth your complexion with this radiance-restoring facial that is tailored to your individual needs.
INCLUDES: Deep cleanse, skin analysis, facial exfoliation, massage, mask, scalp massage
PERFORMED WITH ESPA PRODUCTS

ULTIMATE RADIANCE & RENEWAL FACIAL

80 MINUTES

Restore skin's vitality and reveal a bright, smooth and radiantly youthful-looking complexion. The must-have treatment for immediate results prior to a special event
INCLUDES: Cleanse, skin radiance mask, age-defying crystal massage, lifting mask, scalp massage
PERFORMED WITH ESPA PRODUCTS

SEPAI SIGNATURE FACIAL

80 MINUTES

Designed to restore balance, optimize performance, renew the natural glow of your skin and accelerate metabolism. This personalized treatment seeks to comprehend the needs of each client with specific skin condition and sensitivity.
INCLUDES: Cleanse, exfoliation, personalized massage, mask
PERFORMED WITH SEPAI PRODUCTS

AGE-DEFYING FACIAL

80 MINUTES OR 50 MINUTES

Instantly combat the most visible signs of skin aging - smoothing fine lines and reviving youthful radiance to your complexion.
INCLUDES: Deep cleanse, skin analysis, facial exfoliation, specialized toning facial massage, mask, scalp massage
PERFORMED WITH ESPA PRODUCTS

3D LIFTING FACIAL

80 MINUTES OR 50 MINUTES

Designed specifically to firm the elasticity of the face. This advanced facial treatment helps to improve the firmness and tightness of the skin providing a superior lifting and toning effect
INCLUDES: Cleanse, exfoliation, lifting massage, lifting mask, scalp massage
PERFORMED WITH SEPAI PRODUCTS

MEN

MANICURE

30 MINUTES

Essential maintenance for hands.
INCLUDES: Soak, cut and file, cuticle work, application of hand cream, buff

PEDICURE

45 MINUTES

Maintain amazing results and keep nails in good condition with this conditioning treatment.
INCLUDES: Soak, nail file and shape, exfoliation, cuticle work, application of body cream, buff

THE MEN´S MASSAGE

80 MINUTES

The ultimate male escape. Unwind in style with this rebalancing and intensely relaxing treatment that includes a full body massage using heated stones, facial massage and a soothing scalp massage.

MUSCLE RECOVERY MASSAGE

80 MINUTES OR 50 MINUTES

Recharge your body with this powerful massage designed to alleviate deep-seated tension and muscular stress. Using deep movements and stretching techniques concentrated on specific areas of concern to help relieve common discomforts and sports related tension.

POWER HOUR

50 MINUTES

Intensely invigorating, this clarifying and smoothing treatment powerfully reawakens, leaving you ready for anything.
INCLUDES: Full body salt & oil exfoliation, back massage

THE MEN´S FACIAL

50 MINUTES

Deeply cleanse, hydrate and smooth skin, leaving your complexion instantly energized.
INCLUDES: Double cleanse, facial exfoliation, steam and extraction, facial massage, mask, scalp massage
PERFORMED WITH ESPA PRODUCTS

STRESS RELIEF MASSAGE

80 MINUTES OR 50 MINUTES

Revive tired and fatigued muscles with this traditional massage, using moderate to firm pressure to leave a feeling of revitalization and relaxation.

RELAXATION MASSAGE

80 MINUTES OR 50 MINUTES

Unwind and de-stress with this aromatic bespoke treatment. This soothing aromatherapy massage uses light to moderate pressure and a blend of essential oils to melt away tension.

SPORT MASSAGE

50 MINUTES

Perfect after a hard day on the greens; this massage incorporates extraordinary techniques, based on four pillars that act synergistically: relaxation, muscle preparation, body flexibility and therapeutic massage. Excellent to ease tension, soothe sore muscles, improve flexibility, relieve stress and, regain physical and mental energy.

BEAUTY

SALON SERVICES

The Ritz-Carlton Spa, Abama offers hair removal services and a selection of unisex treatments including haircuts, coloring, excellent shampooing, blow-drying, and styling. Please ask for the price list at the Spa Reception.

MANICURE

45 MINUTES

Essential maintenance for hands.
INCLUDES: Soak, cut and file, cuticle work, application of hand cream, polish or buff.

PEDICURE

45 MINUTES

Maintain amazing results and keep nails in good condition with this conditioning treatment.
INCLUDES: Soak, nail file and shape, exfoliation, cuticle work, application of body cream, polish or buff

ULTIMATE MANICURE

50 MINUTES

This indulgent treatment provides long lasting results deeply nourishing products to repair, replenish and condition your nails.
INCLUDES: Soak, cut and file, exfoliation, cuticle work, massage, personalized mask, polish or buff

ULTIMATE PEDICURE

50 MINUTES

An intensive treatment using deeply nourishing products to repair, replenish and condition your nails depending on your individual needs.
INCLUDES: Soak, nail file and shape, exfoliation, cuticle work, massage, personalized mask, polish or buff

SEMI-PERMANENT NAIL POLISH MANICURE OR PEDICURE

50 MINUTES

A revolutionary power polish that is applied and set under UV lightning. Your nails are completely dry by the time your manicure is over, and you will have an incredibly durable, chip-free manicure with superior shine for two weeks.
INCLUDES: Soak, cut and file, exfoliation, cuticle work, semi-permanent nail polish application

ENHANCEMENTS

Upgrade your treatments by choosing one or more of our carefully created service enhancements. Enhancements are available as incorporated additions to facial, body and massage services without adding additional time to the treatment. All enhancements must be booked and received with a treatment.

HAND, FOOT OR BACK REVIVER

Reveal smoother skin with this exfoliating and nourishing treatment that will leave hands, feet or back smooth, soft and bright.

HOT STONE MELTER

Smooth basalt stones radiate heat deep inside the muscles to relieve tension and stress during any massage treatment.

MOROCCAN OIL SCALP TREATMENT

Using the strengthening properties of moroccan oil with a deeply relaxing scalp massage to reduce tension, condition the scalp and leave you with beautifully healthy hair.

NECK & DÉCOLLETÉ BALM AND STIMULATING MASSAGE

Designed specifically to nourish and support this fragile area of the body, targeting skin elasticity so it feels supple and looks more plumped, lifted, and youthful.

SKIN PROBIOTICS & PREBIOTICS

Boost any facial by using the technologically advanced Probiome™ serums and moisturizers to address the most visible signs of aging.

MUSCLE RESCUE BALM

Boost any massage by incorporating Muscle Rescue Balm which contains a refreshing blend of peppermint, eucalyptus and clove bud to recharge and restore body and mind.

GUIDELINES

To enjoy your spa experience to the fullest potential, please familiarize yourself with the Spa Guidelines.

AT TIME OF RESERVATION

Please inform the Reservation Agent of the following:
+ Allergies or medical conditions including
pregnancy.
+ If you have a gender preference for your
Service Provider.
+ If you have a request for a specific Service
Provider.
+ If you are celebrating any special occasions.

Please present vouchers, gift certificates or any loyalty cards at the time your services are rendered. Discounts do not apply to spa packages, promotions, special events or holidays. Prices and services are subject to change without notice.

ARRIVAL TIME

Please arrive at least 45 minutes prior to your scheduled treatment. This will allow time to enjoy the lounges, saunas, steam rooms, whirlpools, cold plunges and indoor pool. Arriving late will limit the time for your treatment, thus decreasing its effectiveness and your enjoyment. Your will end on time, so the next guest is not delayed. The full value of your treatment will be charged.

PERSONAL BELONGINGS

We cannot be responsible for any personal items and/or valuables brought into the spa or left in your locker. Please leave your valuables at home or in your room safe.

USE OF ELECTRONIC DEVICES

To protect the privacy of our guests and to preserve the guest experience, use of cell phones, electronic devices and cameras are prohibited in the spa. Cell phones and electronic devices must be turned off.

AGE REQUIREMENTS

You must be 18 years of age or older to enjoy the spa relaxation and locker areas. Water facilities cannot be used by anyone under 18 years of age.
Massages and body treatments cannot be performed on anyone under the age of 18 years. Salon treatments are available for children 5 years of age or older. This includes hair and nail services only. A parent must be present for the entire service, and a locker will not be provided.

SPA ETIQUETTE

Please be informed that our heat experiences and pool are unisex, therefore, the use of swimwear is essential. The spa will provide towels, bathrobes, slippers, shower caps and all amenities required for use during
your visit.

TREATMENT RECOMMENDATIONS

Shaving is not recommended prior to body treatments or hair removal services. Shaving is recommended, but not necessary for men prior to a facial. Your spa experience is your time, and you should delight in it to the fullest. If you experience discomfort due to room temperature, massage pressure, music volume or any other conditions, please notify your therapist immediately.

FOOD AND BEVERAGE

Guests are prohibited from bringing any outside food or alcohol into the spa. A guest appearing intoxicated will be denied access to the spa.

CONTINUE YOUR EXPERIENCE AT HOME

As a part of your complete experience, our trained therapists and reservation agents will gladly recommend a skincare routine to enable you to continue the benefits of your treatment at home. Our products are available to buy directly from the spa.

METHOD OF PAYMENT

We accept all major credit cards. You may also charge services to your resort bill or pay in cash. A 7% of local taxes are included in service prices.

CANCELLATION POLICY

If you must reschedule or cancel your appointment, please notify the spa at least twenty-four (24) hours in advance of your appointment to avoid being charged the full service fee. Cancellations of packages or private parties require one week's notice.

HOURS OF OPERATION

Spa Treatments: 10 a.m. – 7:45 p.m., daily. Spa Facilities: 9 a.m. – 7:45 p.m., daily
Resort guests may access the Fitness Center 24 hours a day using their room key, including before and after spa operating hours.

PETS POLICY

To preserve the tranquil and hygienic environment of the Spa, pets are not permitted within the Spa facilities. We appreciate your understanding in helping us maintain a serene wellness experience for all guests.

THE RITZ-CARLTON SPA

ABAMA

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