

## SPA

### SPA & WELLNESS CIRCUIT

Discover our complete wellness journey. Unwind in our hydro massage pool and bubbling jacuzzi, detoxify in the steam room and Finnish sauna, then refresh in our tonification pool. Float effortlessly in our sea salt flotation pool before revitalising yourself with sensation showers and a soothing foot deluge.

The Spa Circuit includes the following:  
Hydromassage pool, toning pool, jacuzzi, Turkish bath, sauna, flotation pool, Scottish shower, sensation shower & foot bath

	Hotel Guest	External Clients
1 session	20 €	25 €
1 week	50 €	55 €
2 weeks	60 €	65 €
1 month		85 €
3 months		225 €

#### Adults only (18+) \*

\* 16 & 17 years accompanied by an adult

**Booking required:** [spacio10@atlantic-hills.es](mailto:spacio10@atlantic-hills.es) (maximum 1 session per day)

**Please note:** Spa treatments are personal and non-transferable. No refunds, exchanges or postponements can be made for unused sessions.

## OPENING TIMES

### Spa Reception

Monday – Sunday 11:00 – 19:00 \*

### Spa Area

Monday – Sunday 11:00 – 18:30

\* Last admission to the Spa Circuit is at 16:30

# BLUE

## TUI BLUE

### Atlantic Hills

# BLUE Spa



**TUI BLUE Atlantic Hills**  
Calle Parque Taoro 23  
38400 Puerto de la Cruz  
Phone +34 822243200 Ext. 3016  
E-Mail [spacio10@atlantic-hills.es](mailto:spacio10@atlantic-hills.es)

## MASSAGES

Flowing, rhythmic movements of varying intensity work to release tension and restore balance, leaving you in a state of deep relaxation and renewed wellbeing

	30 min	60 min	80 min*
<b>Relaxing Aromatherapy Massage</b>	40 €	70 €	90 €
<b>Anti-Stress Head &amp; Face Massage</b>	35 €	N/A	N/A
<b>Deep Therapeutic Massage</b>	50 €	85 €	N/A
<b>Volcanic Hot Stone Massage</b>	45 €	75 €	95 €
<b>Hawaiian Lomi Lomi with Coconut Oil</b>	45 €	75 €	95 €
<b>Power Relax</b>	40 €	70 €	90 €
<b>Foot Reflexology</b>	40 €	N/A	N/A
<b>Lymphatic Drainage Massage</b>	40 €	70 €	N/A
<b>Prenatal Massage</b>	40 min – 50 €		

- All 80 and 90-minute massages include spa access, so you can unwind before or after your treatment

**COUPLES PACKAGE** Includes 2-hour spa circuit access and a glass of cava - A unique experience to pause, unwind and reconnect together

**Atlantic Escape** 30 min - 130 €  
Choose your 30-minute massage: Aromatherapy, Foot Reflexology, Head & Face, Power Relax or Deep Therapeutic

**Hills Serenity** 60 min - 200 €  
Choose your 60-minute massage: Aromatherapy, Lomi Lomi, Power Relax or Deep Therapeutic

## AESTHETIC BODY THERAPIES

	40 min	60 min	80 min*
<b>Silky Skin</b> Enjoy a refreshing sea salt scrub sweeping away dead skin cells and restores your skin's natural softness and glow	50 €	75 €	95 €
<b>Seaweed Body Detox</b> A revitalising wrap that boosts metabolism, cleanses and nourishes your skin, whilst helping to eliminate toxins and reshape your silhouette	N/A	75 €	95 €
<b>Frigi-Thalgo light legs</b> A refreshing cryotherapy bandage treatment that quickly relieves tired legs, leaving them feeling lighter and revitalized	65 €	N/A	N/A
<b>Slim &amp; Sculpt</b> This body-contouring treatment reduces cellulite and reshapes your silhouette, leaving skin firmer and more toned	N/A	75 €	N/A

**Ocean Prodigy Ritual** 90 min  
125 €  
A deeply relaxing facial & body experience combining the power of marine ingredients with luxurious beauty rituals, leaving your skin regenerated and revitalized

**Polynesian Ritual** 125 €  
Escape to the Pacific Islands with this blissful ritual. Feel tension melt away as you relax into tranquillity, whilst your skin is deeply hydrated and nourished, leaving you soft and restore

**Oriental Inspiration Ritual** 125 €  
Harmonise body and mind with this sensory journey inspired by Far Eastern rituals, leaving your energy renewed and skin luminous

## AESTHETIC BODY THERAPIES

	60 min	
<b>Intensive Spa Manicure</b>		50 €
<b>Intensive Spa Pedicure</b>		60 €
<b>Gel Polish Removal (supplement)</b>	Apr. 30 min	+ 20 €
<b>Waxing Available:</b> Eyebrows, Upper Lip, Underarms or Bikini		As of 10 €
<b>Bespoke Facial Treatment</b> Choose from: ○ Radiance & Hydration ○ Comfort & Nourishment ○ Oxygenating, Purifying ○ Thalgomen		70 €
<b>Anti-Ageing Hyaluronic Collagen Facial</b>		80 €

