

SANDÁRA



BEAUTY AND
WELLNESS
EXPERIENCES






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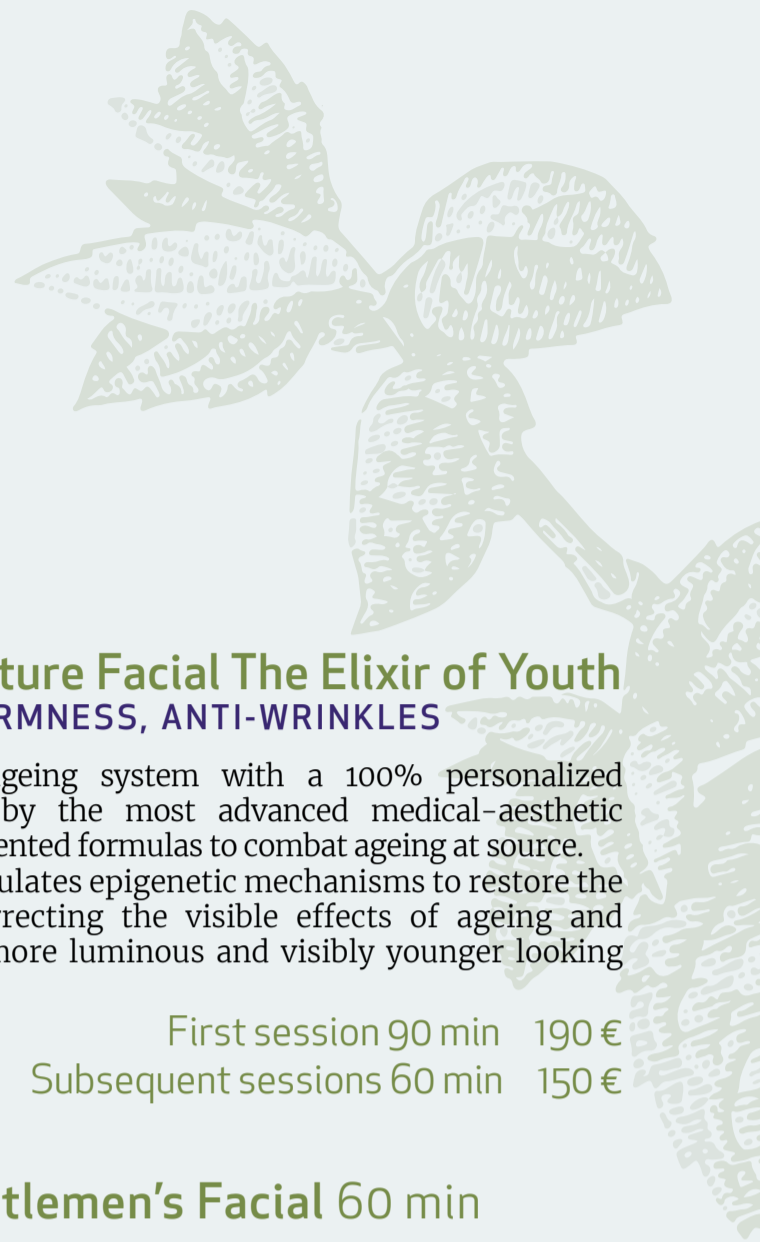
A guarantee of an exclusive sense of well-being.

We invite you to discover our multi-sensory beauty and wellness experiences in a wide exclusive selection of treatments by global luxury brands Anne Semonin and Mesoestetic, with a total personalized and results-oriented approach to restore the skin's balance and radiance over the long term.

A blend of comfort and well-being that invigorates the senses, keeping the mind, body and spirit in perfect harmony, thus achieving a natural balance



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FACIAL TREATMENTS

Soothing Skin Savior 60 min

CALM, HYDRATE, RESTORE

The perfect treatment for sensitive skin or with dehydration. This intensely nourishing facial, which deeply hydrates dry skin, help to restore suppleness, soothe, calm and repair skin while effectively nourishing it.

130 €

Marine Mineral Purifier 75 min

DEEP CLEANSE, DECONGEST, MINERALIZE

Designed to purify, balance, and unify the complexion. Ideal for oily, congested skin and for younger skins with a predisposition to imperfections. This purifying treatment, which mixes steam and extraction techniques with products that contain marine elements, will reveal smooth, calm-looking skin and pores appear more refined.

145 €

Resurfacing Peel Facial 75 min

SKIN RENEW, ANTI-AGE, RADIANCE

With its results-driven combination of peel methods, advanced ingredients rich in fruit acids, as well as drainage and lifting techniques, this treatment dissolves dead cells, rejuvenates, and renews the skin's surface texture to unlock better, brighter, and more beautiful skin.

150 €

Precious Pearl Ultra Lift 90 min

ANTI-AGE, REGENERATE, RADIANCE

The definitive anti-wrinkle treatment with immediate effects that emerge the mature skin smoother and looking years younger. A wrinkle-fighting facial treatment with Pearl dust, that restore the skin's lack of firmness and tone, leaving your skin and face contours in top condition. The perfect remedy for mature lacklustre skin.

180 €

Gold Infused Firming Facial 90 min

PLUMP, LIFT, RADIANCE

A rejuvenating facial enhanced with the light reflecting properties of 24k gold and plumping effects of hyaluronic acid. The refinement of pores and reduction of wrinkles through an advanced collagen stimulating complex are also on this illuminating facial's menu. A glamorous treatment that provides plump, lift and radiance.

180 €

Abama Signature Facial The Elixir of Youth LUMINOSITY, FIRMNESS, ANTI-WRINKLES

Professional anti-ageing system with a 100% personalized protocol, inspired by the most advanced medical-aesthetic technology with patented formulas to combat ageing at source. The treatment modulates epigenetic mechanisms to restore the skin's activity, correcting the visible effects of ageing and providing firmer, more luminous and visibly younger looking skin.

First session 90 min 190 €
Subsequent sessions 60 min 150 €

Bespoke Gentlemen's Facial 60 min

CUSTOM RESULTS

Whether your skin is dehydrated, dull, congested or sensitive, our expert therapists will analyze your particular skincare needs and perform a customized facial to achieve the best results. This skin enhancing "made to measure facial" ensure effective, visible results.

130 €

BODY TREATMENTS

Instant Glow & Back Reviver 75 min

EXFOLIATION AND ANTI-STRESS BACK, NECK & SHOULDERS EXPERIENCE

This soothing treatment begins with an exfoliation that uses rose quartz and white sand. Once gently scrubbed your silken body, the experience continues with a miracle treatment created to alleviate tension in the back, neck and shoulders. After a self-heating, effervescing mud mask releases muscle stiffness and stress, you'll further slip into a world of bliss with a massage, both energizing and relaxing. This stress-boosting treatment leaves the whole body with a complete sense of well-being.

130 €

Pure Detox Wrap Experience 60 min

DETOXIFY, PURIFY, UPLIFT

After an invigorating sea salt, lemongrass and peppermint scrub, you'll be cocooned in a spirulina-algae wrap to release toxins and purify the skin. A scalp massage melts away tension while the wrap and an application of your choice of product combine to purify and energize the body, not to mention magically reduce inches.

130 €

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BODY TREATMENTS

Deep Moisture Body Cocooning 60 min

HYDRATE, SOOTHE, REGENERATE

A luxurious blend of sea salts, white sand, pink quartz crystal powder and aromatic oils actively sweeps away dead skin cells, in a body exfoliation that leaves the skin wonderfully soft, silky, detoxified and youthfully radiant. A rich Deep moisture mask will replenish nutrients creating a cocooning sensation and well-living. A body experience to re-awaken your senses.

130 €

Supreme Age-Defying Body Treatment 60 min

REVIVE, ANTI-AGE, SOFTEN

The ultimate skin regenerator, this treatment incorporates oodles of natural antioxidants to enhance body drainage and hydrate your skin. An invigorating body scrub and nourishing anti-aging body mask rich in polyphenols give you an even texture which is plumped and smoothed to perfection.

150 €

Body Shock 90/60 min

ANTI-CELLULITE, FIRM, TONE

Integral body treatment with sessions adapted to each user and need, indicated to improve the appearance of the silhouette in 6 specific areas of the body: double chin, arms, breasts, abdomen and flanks, buttocks and legs. A protocol with a design that can be self-combined, 100% customizable and that uses the latest technology with advanced active ingredients that maximize the effectiveness of each product.

First session 90 min 160 €
Subsequent sessions 60 min 130 €

After-Sun Skin Savior 90 min

SOOTHE, MOISTURIZE, REFRESH

Soothe skin and moisturize dryness after a sun-soaked beach break with this calming ritual. Indulge in a cocooning stress-busting face & body wrap that combines cryotherapy techniques to boost oxygen flow and replenish sun-parched skin, while a scalp and body massage take the sting out of a scorching summer's day. You'll emerge with glowing skin and a renewed spring in your step.

140 €

MASSAGES

Relax Back & Scalp 45 min

An effective back, neck, shoulders and head massage to release stress and tension. It is the ideal treatment to align the spine and relieve any muscle tension in the back. Reduces migraines, insomnia and improves capillary health.

95 €

Bio-Energetic Massage 90 min

Relaxing massage that re-establishes physical and mental balance based on traditional oriental medicine. It is designed to release the body and mind of physical and energetic blockages, as well as re-establishing emotional energy through the reading of the chakras. A fusion of aromatherapy and stimulation of specific points of the body to reduce stress levels and achieve a state of harmony and well-being.

140 €

Deep Tissue Massage 60/90 min

Specific massage to relieve accumulated tension in the muscles through deep movements that relax muscles and dissolve contractures caused by stress or muscle overload.

135 €/150 €

Sport Massage 60/90 min

Massage that prepares the tissues for both physical training and competition periods. It is excellent for relieving muscle tension, improving flexibility and restoring musculoskeletal balance.

135 €/150 €

Canarian Hot Stones Ritual 90 min

A relaxing and soothing massage that fuses oil with a pleasant banana aroma and warm volcanic stones to release and soothe muscle tension and pain. The warmth of the stones promotes deep relaxation that will leave you recharged and revitalized.

140 €

Foot Reflexology 60 min

Massage on the soles of the feet stimulating the reflex points that correspond to different parts of our body.

110 €

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MASSAGES

Mother to be Massage 60 min

Relaxing and personalized massage, according to needs and focusing on the lumbar area, back and legs, which helps to relieve muscular discomfort and reduce fluid retention. This massage is recommended from week 12 onwards and is also suitable during the breastfeeding period.

120 €

Balinese Massage 60 min

Exotic massage from the island of Bali, Indonesia, characterized by favoring relaxation on the deep tissues of the body through slow and long movements carried out with the hands and using aromatized oils. The pressures, stretching and movements performed in this massage favors the activation of the lymphatic system, blood circulation and skin regeneration.

120 €

Ayurvedic Experience 90 min

Based on the traditional Indian Marma Abhyanga treatment, this massage infused with hot herbal oil, stimulates the "Marma or energy points" in order to balance and improve physical and mental energy. It provokes a great sensation of well-being and relaxation, helps to eliminate fatigue, tiredness and tension.

140 €

4 Hands Massage 60/90 min

A unique experience with two therapists working simultaneously and in perfect harmony on each part of the body, maintaining a constant rhythm and balanced pressure. This massage provides a unique sensory experience that helps to release tension and provides a total sense of well-being. An ideal treatment for those seeking a unique experience and absolute sensory relaxation.

210 €/260 €

EXPERIENCES

Abama Total Wellness 120 min

A sensory journey to enhance beauty, relaxation and release tension, starting with a body exfoliation and moisturizing, followed by a back massage and a personalized facial treatment according to your needs.

250 €

Time for Two

Choose any treatment from our menu and enjoy with your couple in the privacy of our double treatment room. A totally personalized experience.

TEENS & KIDS WELLNESS COLLECTION

Family Massage 60 min

Wellness experience for the whole family in our double treatment room. Children relax with an personalised massage with aromatic oils tailored to their age, while mum or dad relax with a bespoke massage.

210 €

Mindfulness Teens Massage 60 min

Relaxing body massage adapted to age, body structure and musculature to restore physical and mental harmony and well-being.

105 €

Teens Facial 30 min

Teenage skin is the best reflection of youth. A facial adapted to provide specific cares and routines to keep the skin healthy, smooth and without blemishes.

95 €

Teens Manicure 30 min

Nail filing and buffing, polish and hand massage.

35 €

Teens Pedicure 40 min

Foot wash, nail filing and buffing, polish and application of nourishing foot cream.

45 €

*It is mandatory that children and teens are accompanied by one of their parents or an authorized adult. Who can enjoy a treatment simultaneously or simply be present at all times. Access to the water circuit for children under 16 years of age is not permitted.

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MANICURE & PEDICURE

Classic Manicure 40 min

Manicure Shellac 50 min

Nail filing and polishing, cuticle treatment, nail polish and application of aromatic and nourishing hand cream.

45€/60€

Classic Pedicure 50 min

Foot wash, nail filing and buffing, cuticle treatment, nail polish and application of nourishing foot cream.

55€

Men Manicure 30 min

Nail filing and buffing, cuticle treatment and application of aromatic and nourishing hand cream.

35€

Men Pedicure 40 min

Foot wash, nail filing and buffing, cuticle treatment and application of nourishing foot cream.

45€

Supreme Manicure 50 min

Supreme Manicure Shellac 60 min

Nail filing and buffing, hand exfoliation, cuticle treatment, application of nourishing mask, hand massage and polish.

60€/75€

Supreme Pedicure 60 min

Gentle exfoliation and foot wash, nail filing and buffing, cuticle treatment, application of nourishing foot mask, foot massage and polish.

70€

Supplements

Semi-permanent nail polish removal 10 min.

15€

WELLNESS POLICIES

Reservations

To make a reservation, visit the Spa reception, or +34 636794247 or email Sandaraspa.Abama@myway-hotels.com. We recommend booking your treatment or circuit at least one day in advance.

Spa etiquette

Our water and heated facilities are unisex, so swimwear must be worn. The Spa will provide a bathrobe, towel and slippers.

The Spa is a space to relax, enjoy peace and quiet. Please respect the privacy and serenity of our guests by not using smartphones, cameras or any other electronic device.

We are not liable for personal belongings that guests bring to the Spa or that are left in the lockers. Please leave your valuables in the room safe or at home.

Spa and gym guests must be at least 16 years of age.

WAXING

Ask services and prices at the Wellness reception desk

HAIRDRESSER

Wash and blow dry

Short (40 min) 45€ - Medium (50 min) 60€ - Large (70 min) 70€

Lady's cut and blow dry

Short (60 min) 60€ - Medium (70 min) 70€ - Large (90 min) 80€

Kids cut

30 min 30€

Men cut

30 min 40€

Hair colour

Short (80 min) 85€ - Medium (100 min) 95€ - Large (120 min) 105€

Highlights

Short (100 min) 95€ - Medium (120 min) 115€ - Large (150 min) 125€

Eyebrow color

15 min 25€

Eyelash color

20 min 35€

*Ask for our wonderful Hair treatments.

WELLNESS POLICIES

Arriving at the spa

All our treatments, except hairdresser, manicure-pedicure or waxing service, include the water circuit experience beforehand. Please arrive at least 45 minutes before your appointment to take advantage of the water and heated facilities, which are extremely relaxing and will prepare your body and mind for the subsequent treatment.

Otherwise, please arrive at the Spa 10 minutes before your scheduled appointment. We recommend being punctual since tardiness will shorten the duration of your treatment to ensure it ends at the scheduled time and the next guest is not inconvenienced by delays. The full amount for the treatment will be charged.

Restrictions

Smoking is not permitted anywhere in the Spa. Guests may not bring outside food, drinks or alcohol to the Spa. Any guests who are found to be under the influence of alcohol will be denied access to the Spa and therefore may not receive a treatment.

Cancellation policy

Please notify us at least 24 hours in advance to cancel or change your reservation by contacting the Spa during its business hours. The full amount for the service will be charged in the event of changes or cancellations made less than 24 hours in advance.

Wellnes gift card

Our Wellness Gift Cards are at your disposal. They may be purchased for any amount, service or treatment from our menu, and may be redeemed within the next 12 months. For additional information, please contact the Spa reception.

Continue your experience at home

To complete your experience at home, the products used at cabin may be purchased at the boutique. Our expert team will recommend a skincare routine, so you may continue experiencing the treatment benefits at home.