

THALASSO & SPA



EN

Because every day, should be a retreat





Welcome to Thalasso & Spa Centre Princesa Yaiza.

Step into a space where tranquillity encompasses you. A place where the boundaries of East and West blend in harmony. Wellness surrounds you, time stands still, and a sense of deep relaxation washes over.

The unique thalassotherapy centre in the island, specialized in relaxing therapies and body rituals. A huge offer on beauty, aesthetic, relax & wellbeing treatments to ensure your experience the best physical and emotional therapeutics benefits.

The Thalasso & Spa Centre team is at your entire service to assist and offer you a unique experience.



FACIAL TREATMENTS

FLASH PEARLS OF NACAR by Carita Paris
60 minutes _____ 95€

Endow your skin with great moisturizing and luminosity thanks to this ritual which includes a deep exfoliation with ultra sounds, face mask, stimulating and regenerating facial massage.

LIFT OR PARFAIT by Carita Paris
105 minutes _____ 150€

LED Light therapy is a revolutionary non-invasive treatment that uses the power of light to rejuvenate, reshapes repair and revitalise the skin. An effective way to achieve flawless, youthful and healthy skin. The visible effects are immediate, after treatment skin is hydrated, plump and radiant.

BEAUTY EXPRESS FLASH
30 minutes _____ 50€

This mini facial treatment is specially designed to target signs of fatigue and to promote a calm and healthy appearance.

FACIAL CLEANSING by Thalion
60 minutes _____ 95€

Oxygenate and Hydrate your skin. The treatment begin with a detailed consultation and a skin analysis. Include cleansing, exfoliation, steam and extraction where necessary, and a treatment-specific massage and mask. To maintain healthy radiant skin we recommend a facial once a month.

ACNI CONTROL SPECIAL TEENAGER
50 minutes _____ 80€

This effective treatment provides a real solution against imperfections and acne-prone skin. It deeply purifies the pores while accelerating the tissue healing. It also has a deeply regenerating power that visibly reduces acne scars.

RADIANCE by Thalion
60 minutes _____ 95€

Specially designed for stressed skin lacking luminosity and needing specific re-moisturising and nutrition.



NEW LIFT ABSOLU by Thalion

60 minutes _____ 95€

Intensive anti-ageing solution to reduce wrinkles and sagging skin. Its filling and smoothing action visibly reduces the signs of ageing. Using customized restructuring massage, the features are given a relaxed look, the wrinkles are plumped. Results: the face recovers its original youth.

NEW BLANC MAGNIFIQUE by Thalion

60 minutes _____ 95€

Experience a visible reduction in hyper pigmentation through the power of Algae extract and pure vitamin C, our highly active anti-oxidant facial stimulates collagen production, restores radiance and visible firmness. Your skin will appear brightened and renewed. This treatment is the perfect cure to combat against premature signs of ageing and free radical damage.





FACIAL FOR MEN

DELUXE FACIAL by Carita Paris

105 minutes _____ 150€

For men concerned about their skin appearance and condition. A deep cleansing which visibly reduces wrinkles, producing a moisturized, fresh and luminous visage.

FACIAL OXYGEN BOOSTER

60 minutes _____ 95€

This deep cleansing and purifying face treatment specific to men's skin, is designed to soothe, purify and eliminate fatigue and to promote a calm, fresh and youthful appearance. It is tailored to ensure optimum skin rejuvenation for men of any age.

NEW EASY FACIAL FOR MEN

30 minutes _____ 50€

Designed for any age, an express mini facial to soothe and protect men's skin.

MASSAGES



UPGRADE YOUR MASSAGE WITH A SPECIALISED COMPLEMENTARY
TAILOR MADE MASSAGE EXPERIENCE | 20 MIN | 25€

FACIAL LIFT MASSAGE · 30 minutes _____ 40€

Reduce stress, smooth fine lines and tone facial muscles.

RELAXING MASSAGE FOR CHILDREN 3 -12 años
20 minutes _____ 30€

Prior consultation with centre staff.

RELAXING MASSAGE  soft
30 / 45 / 60 minutes _____ 35€ / 55€ / 70€

Relaxing massage based on almond oil.

DECONTRACTING BACK MASSAGE
30 minutes _____ 55€

Back, neck & shoulder massage to relieve tight muscles to
relieve pain and stiffness.

THERAPEUTIC MASSAGE · 55 minutes _____ 85€

Tailor made massage to your personal needs.

SPECIFIC TREATMENT FOR LEGS · 40 minutes _____ 65€

Specific for tired legs to maintain a healthy
micro-circulation.

CRANIAL DETOX TREATMENT · 30 minutes _____ 55€

Deep cranial massage, relaxing and oxygenating based
on medicinal plants of great draining effect, which
produce a well-being sensation.

EXPRESS SLIMMING THALION · 30 minutes _____ 60€

Slimming body treatment with an effective detox and
reducing effect, for those who fight against these
persistent curves. Thanks to the exfoliating pearls and
the specific application, the results are visible from the
first session.

THALION BODY DETOX · 60 minutes _____ 95€

Draining body treatment based on marine extracts,
especially laminaria algae, which together with a special
detox massage, brings a lighter body and helps eliminate
fluid retention.



RELEASE YOUR MUSCLE · 60 minutes _____ 105€

Ideal to fight rigidity and muscle pain. Indicated both for people with an intense physical activity and for those who spend too much time sitting on an office chair. Massage, combined with the essential oils AA.

Benefits go beyond muscle relaxation, since they improve blood circulation and eliminate pain and muscle tension.

SLEEP DEEPLY · 90 minutes _____ 142€

Ritual able to raise the customer to a state of full relaxation and induce a quiet sleep. It is a full massage from head to toe where vetiver, chamomile and sandalwood oils, well-known for its numerous relaxing properties, are involved.

NEW THE ULTIMATE EXPERIENCE · 60 minutes _____ 110€

Anyone suffering from symptoms of stress. This hero treatment releases tension held in every part of the body, leaving you feeling deeply relaxed and re-charged. Carefully applied pressures stimulate the nervous system, Swedish and neuromuscular techniques relieve muscular tension, and lymphatic drainage helps encourage a healthy circulation.



SPECIAL MOTHER-TO-BE

SUITABLE FROM THE SECOND AND THIRD TRIMESTERS ONLY

NEW ULTIMATE ROSE PREGNANCY MASSAGE

60 minutes _____ 90€

This massage will relieve stress and tension, ease the heavy feeling that can come with pregnancy, and help alleviate an aching back. Finally, end your treatment with a relaxing and rejuvenating scalp and facial massage that will complement this top to toe treatment.

MOTHER TO BE · 60 minutes _____ 90€

Body exfoliation with marine salts to eliminate dead skin cells and oxygenate the skin, followed by a specific massage for pregnant women to ease the feeling of tired legs and muscle tension.

SPECIAL FAMILY

FAMILY SPA EXPERIENCE · 40 minutes _____ 120€

Show your child the importance of care and well-being, enjoying together a relaxing chocolate massage ending with a release head massage.



MASSAGES OF THE WORLD

 UPGRADE YOUR MASSAGE WITH A SPECIALISED COMPLEMENTARY TAILOR MADE MASSAGE EXPERIENCE | 20 MIN | 25€

VOLCANIC STONE MASSAGE · 55 minutes _____ 85€

Chakra balancing massage with warm volcanic stones to release tension and endow the body with energy, serenity and well-being, also improving sleep quality.

SWEDISH MASSAGE · 55 minutes _____ 85€

Deep full body massage fights stress and fatigue, eliminating tension and producing a total relaxation.

ABHYANGA AYURVEDIC MASSAGE · 55 minutes _____ 85€

This massage will help you to balance body and mind and eliminate toxins by the application of warm sesame oil from head to toe.

SHIATSU · 60 minutes _____ 90€

An ancient Japanese treatment designed to establish a healthy state of balance that treats the mind, body and spirit. Pressure is applied to alleviate tension, enhance the body's natural healing ability, eliminate fatigue and promote general good health. Comfortable loose clothing is recommended.

THAI MASSAGE · 90 minutes _____ 120€

Combines stretching and pressures on the meridians with both hands and thumbs. It eliminates tension, raising you to a state of well-being and relaxation. Comfortable loose clothing is recommended.

FOOT REFLEXOLOGY · 45 minutes _____ 75€

Therapeutic method of relieving pain by stimulating pressure points on the feet. This controlled pressure alleviates the source of the discomfort. In the absence of any particular malady or abnormality, reflexology may be as effective for promoting good health and for preventing illness as it may be for relieving symptoms of stress, injury and illness.

LUXOPUNCTURE · 25 minutes _____ 40€

Provide inner and outer balance and wellbeing. Treatments are tailored to every individual to help soothe, relax and target the areas of tension in the body and guide your own healing. Uses of Infrared rays in stead of needles.

SPA LUXURY TREATMENTS

JOURNEY TO POLYNESIA* · 120 minutes _____ 190€

Enjoy a luxury experience with this relaxing body & facial ritual, which starts with an exfoliation based on coconut and marine algae, endowing the body with softness and luminosity, followed by a wrap made of noni extract, coconut oil, spirulina and vitamins E and F, which ends with a Polynesian 50 minute massage based on trace elements and minerals with Tiare tahitian pearls to balance body and mind.

JOURNEY TO THE ORIENT* · 120 minutes _____ 190€

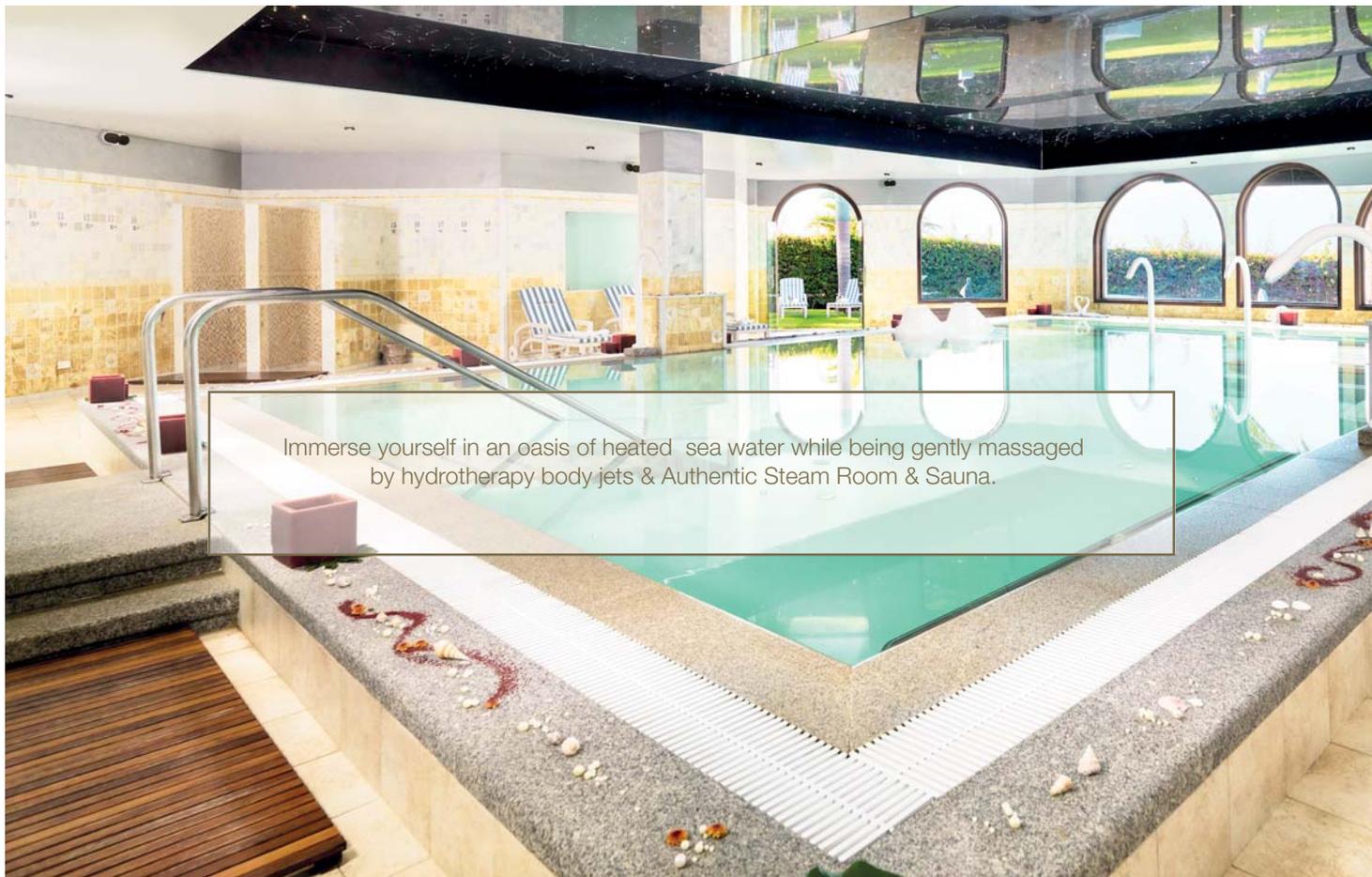
A mystic energetic body & facial ritual which starts with a body exfoliation based on ghashoul, argan oil and algae, followed by a wrap made of Eastern spices and marine algae, and ending with a 50 minute massage with sesame oil, argan, spirulina and a delicate jasmine aroma.

JAMUMULUR DETOX* · 120 minutes _____ 180€

This exclusive treatment achieving physical balance is perfect for times of over-indulgence or when you're feeling a little sluggish or lethargic. Let us refresh your spirit with an invigorating jasmin flower exfoliation followed by a deep polynesian massage which releases body fatigue, detoxifies and reduces fluid retention. It ends with a detox body envelopment.



* INCLUDE A 'THOUSAND & ONE NIGHTS' CIRCUIT FREE OF CHARGE



Immerse yourself in an oasis of heated sea water while being gently massaged by hydrotherapy body jets & Authentic Steam Room & Sauna.

HIDROTHERAPY

THOUSAND ONE NIGHTS CIRCUIT _____ 25€

Enjoy a unique bath under a starred ceiling, with sea water at 34° Celsius, hydro massage and swan-neck jets, geysers... It includes sauna and hammam aromatised with eucalyptus. Necessary the use of swimming cap.

EXFOLIATIONS · 30 minutes _____ 45€

An all-over body exfoliation and layering of deeply nourishing products to leave the skin looking radiant and feeling wonderfully smooth.

Choose among your favourite aroma:

- Exfoliation with citrus fruit.
- Exfoliation with coconut pulp.
- Exfoliation with marine salts.



HYDRO MASSAGE BATH · 15 minutes _____ 25€

Lymphatic drainage under sea water at 34° Celsius that endows our body with minerals and vitamins.

Aromas for your choice:

- Re-mineralizing bath, with marine trace elements.
- Revitalizing bath, with algae cream.
- Slimming bath, with vegetable essences.

BODY WRAP · 20 minutes _____ 40€

Inside a capsule, a body wrap is done rich in minerals to endow the body with all the natural properties of the marine environment.

Choose your wrap:

- Detox algae wrap.
- Mud wrap.

COUPLE'S TREATMENTS

A tranquil, spacious and blissfully private experience for two.

YAIZA'S PARADISE · 60 minutes _____ 150€

Begin your experience with a bath customized with our signature oil blends. Side -by -side experience a relaxing body massage leaving you feeling wonderfully rested.

PRINCE & PRINCESS OF YAIZA · 90 minutes _____ 245€

Together enjoy one and a half hour of a pure bliss with our couple's private escape. Includes an over sized hydromassage tub with colour therapy, followed by body exfoliation. The treatment ends with a 50 minutes relaxing massage. This ritual realign the mind, soothe emotions and relax.

SIGNATURE YAIZA DIAMOND · 120 minutes _____ 330€

Full couple's treatment where body and mind will achieve a state of peace and well-being.

Includes detoxifying scalp massage, body exfoliation followed by 30 minutes relaxing massage and customized facial treatment. Skin care products are chosen for your individual needs to achieve the best possible results.



WELL-BEING EXPERIENCE

HAMMAM ISLAND LATITUDE · 90 minutes _____ 120€

1. Hammam (20 min.)
2. Soothing exfoliation with coconut pulp (20 min.)
3. Algae wrap (20 min.)
4. Massage (30 min.)

HAMMAM OASIS LATITUD · 90 minutes _____ 120€

1. Hammam (20 min.)
2. Exfoliation with kassa glove (20 min.)
3. Algae wrap (20 min.)
4. Massage (30 min.)

FREEDOM DAY · 120 minutes _____ 140€

1. Essential treatment of your choice (Exfoliation, Bath, Wrap, Jet shower or Submarine shower). (30 min.)
2. Essential treatment of your choice. (Massage, Massage under shower or Facial lift massage). (30 min.)
3. Unforgettable treatment of your choice. (Massage, Body aesthetic treatment or Facial beauty treatment) (60 min.)
4. Hammam, sauna and bio marine circuit during the treatment.

CUSTOMIZED WELLNESS EXPERIENCE

A tailored-made experience

80 MIN | MASSAGE* + EXFOLIATION O ENVELOPPEMENT[†] | 115€
110 MIN | MASSAGE* + EXFOLIATION + ENVELOPPEMENT[†] | 140€

(*) Select your massage: Swedish | Volcanic Stone | Ayurveda

(†) Select your envelopment: Algae | Mud



THALASSO & SPA PROGRAM

* FREE-ACCESS HAMMAM, SAUNA AND BIO MARINE CIRCUIT DURING THE TREATMENT

WEEKEND BREAK (2 DAYS*) _____ 230€

· Day 1:

Exfoliation of your choice (Toning, Soothing, Revitalizing)
Aromatic bath (20 min.)
Relaxing massage (60 min.)

· Day 2:

Hydromassage tub (20 min.)
Relaxing massage (20 min.)
Foot reflexology (40 min.) or Facial Beauty Flash
(30min.)

MARINE VITALITY BREAK _____ 442€ / 637€
(4 ó 6 DAYS*)

Every day:

Hydrotherapy treatment 1 (20 min.) + Hydro 2 (20 min.)
+ Wrap (20 min.) + Massage (30 min.)



NEW SPECIAL FATIGUE & STRESS
MAGNESIUM CURE (2 or 5 DAYS*) _____ 310€ / 650€

Fights a general state of fatigue, but also insomnia, stress, overwork or irritability. The anti-stress and relaxing virtues of magnesium allow rebalance the body in depth. Marine magnesium oil is especially recommended in case of fatigue and stress.

Day 1:

- Revitalizing body exfoliation (20 min.)
- Mud or algae wrap with magnesium oil (20 min.)
- Relaxing body massage with magnesium (30 min.)

Day 2:

- Under shower massage (20 min.)
- Hydro massage bath with magnesium oil (15 min.)
- Relaxing body massage with magnesium oil (50 min.)

Day 3:

- Revitalizing bath with magnesium oil (15 min.)
- Legs or cranial massage (30 min.)
- Facial beauty express flash (30 min.)

Day 4:

- Under shower massage (20 min.)
- Hydro massage bath with magnesium oil (15 min.)
- Relaxing body massage with magnesium oil (50 min.)

Day 5:

- Under shower massage (20 min.)
- Revitalizing bath with magnesium oil (15 min.)
- Relaxing body massage with magnesium oil (30 min.)

DETOX SILHOUETTE EXPERIENCE
(3 ó 4 DAYS*) _____ 360€ / 480€

Day 1:

- Body exfoliation with lavender salts (20 min.)
- Jet shower (15 min.)
- Slimming Express (30 min.)

Day 2:

- Algae wrap (20 min.)
- Revitalizing bath with algae cream (20 min.)
- Detox treatment (60 min.)

Day 3:

- Submarine shower (20 min.)
- Slimming wrap (20 min.)
- Anti-cellulite massage (30 min.)

Day 4:

- Slimming Express (30 min.)
- Jet shower (15 min.)
- Abhyanga Ayurvedic Massage (60 min.)

ZEN ATTITUDE BREAK _____ 255€ / 486€

(2 or 4 DAYS*)

Day 1:

- Revitalizing exfoliation (20 min.)
- Aromatic bath (15 min.)
- Hot stone massage (55 min.)

Day 2:

- Algae wrap (20 min.)
- Massage under shower (30 min.)
- Submarine shower (20 min.)
- Relaxing massage (60 min.)

Day 3:

- Re-mineralizing bath (15 min.)
- Sea mud wrap (20 min.)
- Relaxing massage (60 min.)

Day 4:

- Massage under shower (30 min.)
- Relaxing massage (60 min.)
- Beauty flash (30 min.)





VOUCHER WELLNESS GIFT

At Thalasso & Centre Princesa Yaiza we offer you the possibility of surprising your loved ones, giving them beauty, health and well-being.

If you need advice, our team of professional experts will assist you about available treatments and packages, helping you to choose the one that best fits your needs.

You can charge your voucher with any treatment you select.

Giving health and beauty you will always get it right.



TERMS & CONDITIONS

AGE REQUIREMENT

Children under 16 years of age are not allowed in the water area. For treatments is compulsory for (-16) to be accompanied by a responsible adult.

SAFETY RULES

Necessary the use of swimming cap. If you don't have one, you can buy it at the Spa front desk.

HEALTH CONDITIONS

Please advise us of any health conditions, allergies or injuries that could affect your service when making your spa reservation.

PREGNANCY

We have specially designed treatments for expectant mothers. Please allow The Spa Concierge to guide you in selecting which treatments are most suitable for you during this special time. For your protection, we do not perform pregnancy massage during the first trimester.

TREATMENT CONDITIONS

Programs and treatments are neither refundable nor interchangeable with other services or products.

SPA ETIQUETTE

The entrance with photo or video cameras is not allowed and your mobile phone should be on silence mode.

PRIVACY

It is not allowed to walk through the entire facility without clothes. The use of bath robe is compulsory.

LOSS OR DAMAGE

We regret that we cannot be responsible for any loss or damage of personal articles. Please keep all valuables locked in your locker during your visit.

CANCELLATION POLICY

Please allow 24 hours notice of cancellation to avoid a 100% charge. A credit card number is required at the time of booking for extern guest.

ADVANCED BOOKING

We highly recommend booking your treatment in advance to ensure that your preferred time and service are available.

TIME REQUIREMENT

In order to offer you a better attention, we beg you to attend your appointment 10 minutes earlier. In case you are late, the treatment duration will be proportionally reduced.

BOUTIQUE

We remind you that all the products purchased in our boutique, may not be returned.

DID YOU
ENJOY
THE EXPERIENCE?

PLEASE,
SHARE YOUR OPINION ON TRIPADVISOR
OR HOLIDAYCHECK



 *Princesa* **YAIZA**
SUIE HOTEL RESORT ★★★★★

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Open from Monday to Sunday, from 9:00 to 20:00 h.