



SHERATON

Fuerteventura Beach  
Golf & Spa Resort

Where the World  
Comes Together

HESPÉRIDES THALASSO SPA



Hespérides Thalasso Spa  
WELL-BEING AND HEALTH TREATMENTS

# Well-being and Health Treatments

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## HESPERIDES THALASSO SPA

Immerse yourself and connect with your mind, body and spirit in our Hespérides Thalasso Spa, a place designed to disconnect from the stress of daily life. Enjoy our complete Water Circuit with 1000 m<sup>2</sup>, where you can benefit from the properties of sea water.

With the magic of our Rituals we invite you to feel the experience of a journey to different places, from the Indian Sea, seeing the aurora borealis pass through your eyes, feeling the energy of the precious algae impregnated with gold from the Atlantic.

We suggest you to allow yourself to get advised by our professionals on our treatments, massages with different techniques and high-quality products created for your health in its entirety and well-being.

You are about to believe in Magic.

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- Treatments by appointment (minimum 3 days in advance).
  - Rates including local taxes.
  - Treatments not cancelled with a minimum of 12 hours prior to the appointment will be fully charged.
  - You are kindly requested to arrive 15' before your appointment.
  - The agenda is subject to availabilities.

### OPENING TIMES

- Adults: 10h00 to 20h00 (last entrance at 18h30).
- Children (3 to 16 years old): 10h00 to 14h00 (last entrance at 13h00).

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### INFORMATION & BOOKINGS

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Avda. de las Marismas, 1 | CP-35610 - Caleta de Fuste (Fuerteventura)

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## THALASSO ACUATIC AREA

Hydrothermal pool, Pebble Walk, Sensation Showers, Steam Bath, Sauna, Ice Fountain, Vitality Pool, Jacuzzi, Roman Bath, Relaxation Area and Solarium.

Single entry ticket .....	35€
Single entry ticket Hotel guests .....	30€
Single entry ticket Residents in Canary Islands .....	30€
Single entry ticket Children .....	15€
4 session ticket .....	100€
8 session ticket .....	175€

## HIDROTHERAPY

Niagara bath (15') .....	45€
Jamaica bath (15') .....	40€
Vichy shower (40') .....	80€
Jet shower (15') .....	40€

## MASSAGES

### RELAXING

Local (25') .....	50€
Back and legs (40') .....	65€
Full body (55') .....	80€

### DEEP TISSUE

Local (25') .....	60€
Back and legs (40') .....	80€
Full body (55') .....	100€
Pain relief with Dead Sea mud (55') .....	100€

### ORIENTAL THERAPIES

Hot stone therapy (55') .....	90€
Foot massage (25') .....	50€
Facial Kobido massage (30') .....	55€

### LYMPHATIC DRAINAGE

Local ( 60') .....	80€
Lymph draining (90') .....	100€

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## FACIAL TREATMENTS

The Cure (cleaning with extraction) (80') .....	100€
C+C Citrus Vitamin Essence (antioxidant, sun repair) (60') .....	90€
O2 Relax (oxygenating, purifying) (60') .....	85€
NB Ceutical S.O.S (sensitive skin) (60') .....	85€
Stabilizing Experience (balancing, young skin) (60') .....	80€
Diamond Luminous (illuminator, anti-aging) ( 60') .....	100€

### FACIAL TREATMENTS VIP

Essential Shock 3D Collagen (rejuvenating) (80') .....	120€
Diamond Life Infusion Ritual (antiaging, lifting) ( 80') .....	165€
Inhibit Face Lift (lifting) (60') .....	120€
Inhibit Face & Neck Lift (refines, sculpts, tightens) (90') .....	170€

## BODY TREATMENTS

### PEELINGS

Salt from Fuerteventura (20') .....	45€
C+C Vitamin Citrus (20') .....	50€
To choose from the Rituals (25') .....	55€

### BODY WRAPS

Aloe Vera (repairs and calms) (40') .....	60€
Three algae (anti-cellulite, slimming and firming) (40') .....	65€
Marine Prelude with Dead Sea mud (remineralizing) (40') .....	65€
Extra (Peeling) .....	25€

## AESTHETICS

Eyelash dye .....	25€
Eyebrow tint .....	20€

### WAXING

Chin or lip .....	15€
Bikini line or underarms .....	17€
Full bikini / Brazilian wax .....	35€ / 55€
Half / Full legs .....	30€ / 50€
Back or breast .....	50€
Arms .....	30€



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## MANICURE & PEDICURE

Spa oriental manicure (60')	60€
Express manicure (30')	35€
Shellac manicure (60')	55€
Spa oriental pedicure (70'-90')	75€
Toenails beauty (file & paint) (30')	35€
Shellac supplement (30')	20€
Shellac remove supplement (30')	20€
Nail polish supplement (15')	15€
Nail polish remove supplement (15')	10€

## PROGRAMMES

### SILHOUETTE SHAPER (anti-cellulite, slimming, firming)

Pack 1 DAY	180€
Pack 2 DAYS	290€

#### Day 1

- Thalasso Spa entry
- Peeling (20')
- Three algae body wrap (40')
- Local massage (40')

#### Day 2

- Thalasso Spa entry
- Slimming / Firming body wrap (40')
- Jet shower (15')
- Local massage (40')

### GOLF EXPRESS

Pack 1 DAY	180€
- Thalasso Spa entry	
- Niagara bath (15')	
- Tired leg wrap (20')	
- Back, leg and arm massage (55')	

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## RITUALS

### FACIAL & BODY RITUALS

Diamond Well Living (90´) .....	130€
Diamond (120´) .....	170€
C+C Citrus Vitamin Essence (90´) .....	160€
Jewel of the Atlantic (105´) .....	165€
Arctic wonder (90-105´) .....	110€/140€
Indian sea (105´) .....	160€

### DIAMOND WELL LIVING (exfoliation, wrap and massage)

An authentic Spa universe to experience the power of touch and take care of the body and mind. Personal Wellness for different moods (Detox, Anti-stress, Energetic, Fitness). How do you wish to feel today?

### DIAMOND

Luxurious body treatment with Diamond powders, combined with an anti-aging and illuminating facial treatment that gives the skin a youthful and luminous glow. With a sculpted massage, focused on reducing expression lines.

### C+C CITRUS VITAMIN ESSENCE

Aromatic citrus body and facial ritual for radiant skin. 100% antioxidant and firming. Helps minimize signs of premature aging. It stimulates collagen production.

### ARCTIC WONDER

Discover the powers of Boreal Algae and Nordic ancestral rituals, where relaxing heat and invigorating freshness are combined. Sea crystal bath, scrub with trio of salts, techniques inspired by Swedish massage and Deep Tissue with fresh water spheres.

### INDIAN SEA

Inspired by Ayurveda and marma science, this ritual relaxes points of tension. Enjoy the nourishing powers of red algae, harmonizing benefits to find the balance of body and mind. Milk bath, ginger exfoliation, rebalancing massage.