



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**

You could initiate a new life style towards your well-being “mind-body” and integral health in our wellness centre Hespérides Thalasso Spa in Sheraton Fuerteventura Beach, Golf, Resort and Spa Hotel.

Enjoy all the benefits that contributes not only our 1000m<sup>2</sup> Wellness Center but also our wide range of treatments and ritual carefully created to recover the balance of both body and mind. You will be in the hands of our professional team who will assist you and take care of your well-being, health and beauty with their sophisticated techniques.

“Without health, life is not life; it is only a state of languor and suffering”. Francois Rabelais

# Well-being and Health Treatments

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## THALASSO ACUATIC AREA

Hydrothermal Pool, Vitality Pool, Roman Bath, Steam Bath, sauna, Ice foundation, Seawater Jacuzzi, Sweetwater Jacuzzi, Shower Experiences, Pebble Walk, Relaxation Area and Solarium.

Adults: 09:30hrs.- 20:00hrs. Last entrance at 19:00hrs.

Children (3 to 16 years): 09:30hrs. to 14:30hrs. Last entrance at 13:30hrs.

Single entry ticket .....	25€
Single entry ticket Hotel guests .....	20€
Single entry ticket Residents in Canary Islands .....	20€
Single entry ticket children .....	15€
4 sessions ticket .....	60€
8 sessions ticket .....	110€

## HYDROTHERAPY

Jamaica bath (15') .....	35€
Niagara bath (15') .....	38€
Vichy shower (40') .....	70€
Jet shower (15') .....	35€

## MASSAGES

### RELAXING

Local (25') .....	40€
Back and legs (40') .....	50€
Full Body (55') .....	70€
Hot Stones Therapy (55') .....	80€
Feet massage (30') .....	40€
Facial massage (20') .....	35€
Facial Kobido massage (30') .....	40€

### DEEP TISSUE

Local (25') .....	50€
Back and Legs (40') .....	60€
Full body (55') .....	80€

### LYMPHATIC DRAINAGE

Local (60') .....	65€
Neck, abdomen and legs, (90') .....	80€

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## FACIAL TREATMENTS

Male detox (90')	90€
The cure (deep cleansing and purifying) (90')	90€
Multisensorial Lifting (regenerator) (90')	125€
Antiaging challenge (rejuvenation) (80')	85€
Aqua-inmersion (moisturizing, repairing) (60')	70€
Citrus esencia (antiox-solar repair) (60')	70€
O2 Relax (oxigenant, purifying) (60')	75€
NB ceutical (sensitive skins) (60')	75€
Lightening (depigmentation) (60')	75€
Facial 4 teens (young skin) (60')	65€

## AESTHETICS

Eyesh dye	20€
Eyebrow tint	15€

### WAXING

Chin or Lip	5€
Bikini line or Underarms	15€
Full Bikini or Brazilian wax	30€ / 35€
Half or Full leg	25€ / 35€
Back or Breast	40€
Arms	25€

### MANICURE & PEDICURE

Hespérides Spa Manicure (60')	50€
Express manicure (30')	30€
Shellac manicure (60')	45€
Spa oriental pedicure (90')	70€
Toenails beauty "Lime & Nail polish" (30')	30€
Shellac supplement (30')	20€
Shellac take-off supplement (30')	20€
Nail polish supplement (30')	10€
Nail polish take-off supplement (15')	5€

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## BODY TREATMENTS

Firming (90')	140€
Anti-cellulite (90')	140€
Slimming (90')	140€

### PEELINGS

Salt from Fuerteventura (20')	35€
Salt from the Dead Sea (20')	35€
Volcanic Lava (20')	35€
Aloe Vera/Citrus/Green Tea (20')	30€

### BODY WRAPS

Aloe vera/Citrus/Green Tea (40')	50€
Dead Sea Mud (40')	55€
Mud (40')	45€
Seaweed slim, anti-cellulite or firming (40')	55€
Supplement for wrap or peeling	20€

## RITUALS

### FACIAL & BODY TREATMENT

Queen of Egypt (90')	140€
Marco Antonio (90')	140€
Citrus suprem (90')	140€
Lomi-juma (90')	140€
O2 Body Perfection (90')	140€
Diamond (120')	150€

### QUEEN OF EGYPT

Body treatment and facial beauty and feminine spirituality wrap yourself in the fragrance used by Queen Cleopatra based on roses, myrrh and incense, the ritual begins with a gentle exfoliation with Dead Sea salts followed by a Dead Sea mud wrap to finish with a facial and a body massage with essential oils of the Queen of Egypt.

### MARCO ANTONIO

Body and facial treatment designed for men with citrus essences and essential oils of grapefruit, orange, lemon, and lavender to revitalize and energize the skin.

### CITRUS SUPREM

Anti-oxidant facial and body treatments involving citrus sensation, protect the skin from dryness and premature aging, repair damaged skin by sun and pollution.

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## LOMI MASSAGE RITUAL-JUMA

It is a fusion of massage techniques inspired by the ancient customs of the Pacific massage. Aims to release the flow of Energy, tension and restore the balance between mind and body. Facial and body treatment that unlocks joints and muscle strains.

## O2 BODY PERFECTION

Body Treatment Action moisturizing, nourishing and toning your body engulfing a fresh, fruity fragrance. Prevents skin dryness, try the lack of firmness and provides a powerful antioxidant effect.

## DIAMOND

the ideal rejuvenating and brightening ritual. Starts with an antiaging facial with collagen which makes rejuvenate your skin immediately. The body ritual initiates with a gentle body scrub with Rose essence scrub and a full body massage with Rose Oil. It finishes with a moisturized and rejuvenated brightening skin.

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- Prices with local taxes included.
  - Those treatments not cancelled prior 12 hours, will be fully charged.
  - We kindly ask you to check-in 15 minutes before your treatment appointment.
  - Bookings 3 days in advance. The Agenda is subject to availability.
  - Opening Times: 09:30hr to 20:00hr.
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## INFORMATION & BOOKINGS

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