

SPA TREATMENT MENU

Rituals

Anti-fatigue Wrap

80 minutes | 135€

Exfoliating, relaxing body massage & head massage

Firming & Toning

50 minutes | 95€

Wrap and toning massage

Respiratory Physiotherapy

50 minutes | 125€

80 minutes | 155€

Based on stretching, exercises and massages to improve respiratory quality according to pathologies. Personalized treatment.

Integral / Personalized Massage

20 minutes | 50€

45 minutes | 95€

75 minutes | 125€

Sports Massage

20 minutes | 50€

45 minutes | 95€

75 minutes | 125€

Golf Massage

20 minutes | 50€

45 minutes | 95€

75 minutes | 125€

Massages

Relaxing Massage

20 minutes | 40€

45 minutes | 75€

75 minutes | 105€

Aromatherapy Massage

20 minutes | 50€

45 minutes | 85€

75 minutes | 115€

Aloe Vera Massage

20 minutes | 50€

45 minutes | 85€

75 minutes | 115€

Canarian Volcanic Stones Massage

20 minutes | 55€

45 minutes | 95€

75 minutes | 125€

Physiotherapy

20 minutes | 45€

45 minutes | 75€

75 minutes | 105€

Circulatory

20 minutes | 45€

45 minutes | 75€

75 minutes | 105€

Lymphatic Drainage

20 minutes | 55€

45 minutes | 85€

75 minutes | 115€

Body Treatments

Body Peeling

25 minutes | 45€

Body Peeling & Wrap

40 minutes | 65€

Aesthetic Treatments

Classic Manicure / Spa

15 minutes | 25€
30 minutes | 35€

Classic Pedicure / Spa

25 minutes | 35€
45 minutes | 55€

Classic Manicure & Pedicure

45 minutes | 60€

Spa Manicure & Pedicure

80 minutes | 75€

Semi-permanent Manicure

30 minutes | 40€

French Manicure

25 minutes | 35€

Waxing

From 12€
Eyebrows

Hair Removal

From 18€
Body

Hairdresser

Wash, Cut and Blow Dry

Short | 30€
Medium | 35€
Large | 40€

Wash and Blow Dry

Short | 20€
Medium | 25€
Large | 30€

Wash and Rollers Set

Short | 20€
Medium | 25€
Large | 30€

Hair Curling

From 15€

Hair Up

From 40€

Gents

Cut & Finish | 20€
Clipper Cut | 15€
Beard Trim | 10€
Colour | 30€

Colour

Root Tint | 35€
Full Head Tint | from 45€
Highlights (half head) | from 45€
Highlights (full head) | from 55€

Children (Under 10)

Cut | 15€

Supplement two or more colours

From 20€

Spa Experiences

Thalasso Spa Circuit

90 minutes
1 person | 25€
2 persons | 45€
3 persons | 60€
4 persons | 75€
Hotel Guest | 1 person | 18€
Hotel Guest | 2 persons | 30€

Thalasso spa circuit with a glass of cava with the guarantee of exclusivity, privacy, security, quality and Anti-Covid protocol. Thalasso Circuit with lumbalgic and leg jets, jacuzzi, volcanic spa, roman bath in the exterior and relaxation zone in the outdoor and indoor area.
Not available: sauna and steam room

Thalasso Spa Circuit with Tibetan Bowl Therapy

2 persons | 65€

3 persons | 80€

4 persons | 95€

Every Sunday from 10 a.m. to 12 p.m. and from 4 p.m. to 6 p.m. personalized Thalasso spa circuit with a glass of cava, including a session of Tibetan bowls and shamanic drum to unlock chakras.

Spa Beauty Party Marilyn Monroe

4-10 persons | 55€ / per person

Spa circuit for the five senses | 90 minutes

Express pedicure | 30 minutes

Foot massage | 10 minutes

Glass of cava

Spa Beauty Party Audrey Hepburn

4-10 persons | 75€ / per person

Spa circuit for the five senses | 90 minutes

Relaxing or decontracting massage | 20 minutes

Hydration body treatment | 30 minutes

Glass of cava in the relaxation area

Beauty Family Experience

2 persons | 55€

1 classic manicure & pedicure

1 children's manicure

Glass of cava or tea and fruit juice

Relax Family Experience

2 persons | 75€

1 adult relaxing massage | 20 minutes

1 children's flavours massage | 15 minutes

Glass of cava or tea and fruit juice

Getaways

Romantic Getaway

2 persons | 230€

Let yourself be carried away by comfort enjoying the experience with your partner.

Couples massage to choose between aromatic, chocolate or therapeutic | 45 minutes

Personalized Thalasso spa circuit | 90 minutes

Private Jacuzzi | 30 minutes

Bottle of cava

Wellness Getaway

2 persons | 215€

Reach a state of satisfaction and comfort enjoying this getaway.

Personalized couples massage | 45 minutes

Personalized Thalasso spa circuit and Turkish bath / hammam | 90 minutes

Bottle of cava

Relax Getaway

2 persons | 255€

Let the calm envelop you; immerse yourself in a relaxing experience.

2 relaxing massages including facial anti-stress | 75 minutes

Personalized Thalasso spa circuit | 90 minutes

Welcome tea or glass of cava and at the end

Detox Getaway

2 persons | 180€

Purify your body, enjoying absolute relaxation.

Welcome detox juice or tea

Pulse diagnostics to personalize your treatment

Lymphatic drainage | 45 minutes

Thermal peloids wrap | 20 minutes

Thalasso spa circuit | 90 minutes

Conscious Eating Guide

Programs

Anti-stress Program

1 person | 195€

Personalized Thalasso spa access with private hammam

Aromatic or hot stones massage | 45 minutes

Foot massage | 20 minutes

Head massage | 20 minutes

Additional person 15% discount

Anti-pain Program

1 person | 225€

Thermal wrap at localized area | 20 minutes

Localized therapeutic massage | 20 minutes

Head massage | 20 minutes

Personalized massage (combination of several techniques and of preference: therapeutic, Swedish, Ayurveda, Balinese, bamboo) | 75 minutes

Additional person 15% discount

Sheraton La Caleta Resort & Spa

Calle La Enramada, 9 38670 La Caleta Costa Adeje, Tenerife, España

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Sheratonlacaleta.com

Pure Luxury Program

1 person | 225€

We design a treatment plan according to your personal needs. These luxury treatments are the perfect combination of exclusivity and relaxation: a peeling to purify your skin, an aromatic massage with the relaxing effects of the hot canary stones and a glamorous chocolate massage to spoil your senses.

Body peeling | 20 minutes

Private hammam | 20 minutes

Aromatic massage combined with hot stones

| 20 minutes

Chocolate massage or personalized massage |

45 minutes

Additional person 15% discount

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