



# AQUA CLUB TERMAL

## English



08:00 - 22:00



C/ Galicia s/n. Torviscas Alto  
Tel: 922 71 65 55  
Costa Adeje - Tenerife



[www.aquaclubtermal.com](http://www.aquaclubtermal.com)





## Spa Thermal Circuit

- Whirlpool bath
- Relax pool
- Toning pool
- Turkish bath
- Temple of showers
- Footbath
- Sauna
- Mineral dew
- Flotarium (concentrated sea salt pool)
- Relaxation area

	Weekday	Weekend
Non-resident adult	26€	29,50€
Resident adult	21€	24,50€
Child (6-14 year)	14,50€	15€
Child (0-5 years)	5,50€	6€
Student / Senior (+65 years) 14,50€		
12 sessions package (25% off) 212€		
24 sessions package (30% off) 395€		
48 sessions package (40% off) 674€		

5€ deposit required for towel service  
Thermal Circuit duration is 2 hours and 30 min





## ***Thermal Circuit***



*...Includes everything in  
the Thermal Circuit*



- Towel, slippers and bathrobe service
- Glass of champagne and fruit platter in resting area.

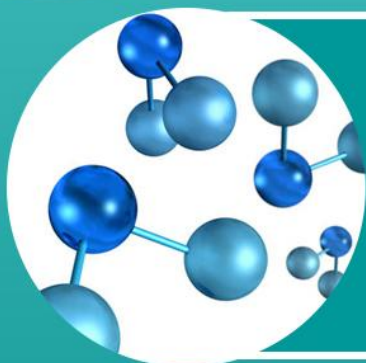
<b>Weekday</b>	<b>Resident:</b>	<b>31€</b>
	<b>Non-resident:</b>	<b>35€</b>
<b>Weekend</b>	<b>Resident:</b>	<b>34€</b>
	<b>Non-resident:</b>	<b>38€</b>

*The duration of the VIP Thermal Circuit is 3 hours*





## SPA EXTRAS



### **Oxygen Therapy:** (duration: 10 min)

*Novel oxygen-wellness system that filters ambient air through an oxygen generator that concentrates it to 90%, reaching the body with a purity of 55%. A very high and healthy concentration.*

**1 Session: 8,60€ | 10 sessions: 53,50€**

### **Exfoliant Cream to use inside Turkish Bath (Spa)**

**1 monodose x 1,50€ | 2 monodoses x 2€**



**Hair tie: 0,50€**





# Thermal Circuit + Massage

## Thermal Circuit

- Whirlpool bath
- Relax pool
- Toning pool
- Turkish bath
- Temple of showers
- Footbath
- Sauna
- Mineral dew
- Flotarium
- Relaxation area



## Custom massage\*

**30 min:**

Resident: 57€ | Non Resid.: 62€

**50 min:**

Resident: 83€ | Non Resid.: 88€

**\*To choose between relax,  
therapeutic, aromatherapy  
swedish, anti-stress**

**\*You can add Thermal Circuit to  
any type of massage for only:  
Resident: 18,50€  
Non-resid. 23,50€**







## **Custom massage**

*To choose between relax, therapeutic, aromatherapy, swedish, anti-stress*  
30min: 38,50€ | 50min: 64,50€ | 60min: 70€ | 90min: 96,50€

## **Oriental**

### **Tuina**

*Oriental massage that works on energy channels of the body with digit pressure and other techniques, achieving a change of mood in the person.*  
60min: 75€

### **Thai massage**

*It is a deep tissue massage in which stretches predominate. It is performed on the floor without oils. Your muscles and joints will be back as if they were new.*  
60min: 75€

### **Shiatsu**

*Massage of Japanese origins in which localized pressure is applied to specific points of the body to relieve pain, regulate body functions and improve overall health.*  
60min: 75€

### **Foot Massage with Reflexology**

*Massage that applies pressure to specific reflex areas in the feet related to other body districts.*  
30min: 43€

### **Indu Head Massage**

*It stimulates energy points of the skull to remove tension and creates a sense of wellbeing.*  
20min: 32,50€

## **Facial**

### **Facial Massage**

*Relaxing massage that reduces face tension.*  
30min: 38,50€



## **Bio-massage**

*Energetic and emotional relaxation through the use of hand positioning and Reiki techniques.*  
90min: 91€

## **Pregnancy massage**

*Can be carried out from the fourth month of pregnancy and it focuses on the lower back (the belly region is not touched). The oils used do not harm the baby.*  
50min: 64,50€

## **Aesthetic**

### **Lymphatic Drainage**

*Highly recommended for people with circulatory problems and fluid retention. It is also used in post-operative treatments.*  
60min: 75€

### **Anti-cellulite and reducing wood massage**

*Strong and intense massage with wooden tools that destroys adipose tissue to combat orange peel.*  
30min: 43€ | 60min: 75€

## **Sports**

### **Hot Stone Massage**

*Very relaxing technique in which hot volcanic stones are used to stimulate the circulation.*  
60min: 85,50€

### **Sports Massage**

*Intense massage primarily intended for athletes, in which the muscles are stretched and contractures relieved.*  
60min: 85€

### **Deep tissue**

*It is a deep muscle massage which penetrates below the superficial layers of the muscles. Recommended for people who are already accustomed to high intensity massages.*  
50min: 64,50€ | 90min: 96,50€





# Gym

*One day gym pass: 13 €*

*One week gym pass: 48,50 €*

*One day pass for gym and Spa: 32,50 €*

*One week pass for gym and Spa: 69,50 €*

<b>Monthly fee*</b>	<b>Time</b>	<b>Price</b>
<b>Morning</b>	<b>08:00 - 15:00</b>	<b>59€</b>
<b>Full day</b>	<b>08:00 - 22:00</b>	<b>65€</b>
<b>Full day VIP **</b>	<b>08:00 - 22:00</b>	<b>80,50€</b>

*\*Joining fee 40,50€ (No joining fee when paying for 3 months)*

*\*\*VIP membership includes towel service and private locker*





## Facial treatments

### **Facial hygiene and detoxification**

60 min 64,50 €

### **Facial hygiene + Eyes contour**

85 min 85,50 €

### **Anti-aging eyes and lips contour**

30 min 43 €

### **Facial hydration**

Hydrating treatment for all kinds of skin, highly recommended for spring and summer.

60 min 80,50 €

### **AQUA Caresse**

hydrating treatment for sunburned, sensitive and couperotic skins. It is also calming.

60 min 80,50 €

### **BIO-Cellular Facial**

Full skin treatment to combat cellular aging signs.

75 min. 96,50€

### **Resurfacing peeling**

Clear, soft and renew skin; shining, uniform and clear complexion.

60 min. 85,50€

### **Syberian Ginseng**

Energy and lightening for the skin.

60 min. 80,50€

### **Anti-aging hyaluronic collagen**

Wrinkles filling with stretch effect; give strength and light back to your face. Includes a massage to stimulate facial muscles.

75 min 91 €





## **Body Treatments**

### **Spa peeling**

*Helps to eliminate dead cells and makes skin softer.*  
30 min 38,50 €

### **Seaweed wrap + peeling:**

*It's a detoxifying seaweed treatment which consists of a body peeling, followed by the wrap and ending with shower.*  
60 min 65,50 €

### **Chocolate wrap + peeling**

*Pleasant, relaxing and hydrating wrap.*  
60 min 63,50 €

### **Aloe Vera wrap**

*Calming treatment for sensitive or sunburned skins. Immediate regeneration of cells.*  
50 min 59 €

### **Anti-cellulite treatment**

*Wrap, peeling and massage with wood and anti-cellulite oil, realized with active movements to remove fats accumulated in specific areas.*  
75 min 96,50 €





## ***Waxing***

### **WOMAN**

*Full legs 21,50€*

*Half legs 13€*

*Armpit 11€*

*Upper lip 4,50€*

*Arms 15€*

*Eyebrows 11€*

*Normal groin 19,50€*

*Brazilian bikini 27€*

*Buttocks 15€*

### **MAN**

*Full legs 28€*

*Half legs 15€*

*Armpit 13€*

*Back 23,50€*

*Arms 17€*

*Eyebrows 11€*

*Normal groin 19,50€*

*Chest 24€*

*Buttocks 15€*





***Bride makeup***

53.50€

***Makeup for day time***

35€

***Makeup for the night***

45€



***Eyebrows dye 15 min***

16.50€

***Eyelashes dye 15 min***

21.50€

AQUA





*Helps and increases blood circulation (like walking 6km a day). Improves calcium production, reduces lactic acid; is good for all kinds of muscular pains, stress, insomnia, anxiety; eliminates toxins.*

**1 Session 29,50€**

**30 minutes  
per session**

**2 sessions ( 1 free spa) 53,50€ (c/u 26,75€)**

**5 sessions package 80,50€ (c/u 16,50€)**

**10 sessions package 107€ (c/u 10,70€)**



**Photon capsule**



**Radiofrequency**

**Facial radiofrequency (1 session): 75 €**

**Facial radiofrequency (6 sessions): 360 €**

**Corporal radiofrequency (1 session-zone): 59,50 €**

**Corporal radiofrequency (6 sessions-zone): 321,50€**

**Corporal radiofrequency (8 session-zone): 380€**

**Ultrasound (1 session 40 min): 48,50€**

**Ultrasound (10 session 40 min c/u): 300 €**



**Ultrasound**





## Orchids and semi precious stones from the Bali Sea

The orchid extract mobilises vital energy and milk baths applied alongside with massages convert this into a single treatment. Massada has created an exclusive treatment that allows us to get closer to a special world of sweet scents and semiprecious stones which improve physical, mental and emotional shape through textures and aromas of the sea of Bali. This ritual is particularly suitable for people who wish to enjoy its multi-sensorial properties.

### Characteristics and Benefits

Relaxing and soothing. An ideal way to recover energy and improve the conditions of dry, rough and scaly skin that has been beaten by cold, wind, sun. Lightens skin blemishes, soothes irritations and leaves a smooth, soft skin. It improves your shape physically, mentally and emotionally.

### Essential Ingredients:

Essential orchid oil, Pearl Jelly, Milk bath,, Silk Proteins, Sesame Oil, Tonic mask for sensitive skin, Total Moisture Cream - de-contracturant, semiprecious stones



**TIME**  
60 - 75 min  
**ACTION**  
face & body  
\*Carried out in couples cabin

113,50€





## Energy pouches "Pindas" from Oceania

Recognized and related to oriental medicine, the Massada energy pouches with essential oils and hypericum scents will, upon contact with a heat source and through the use of acupuncture points, unblock meridians and tendons, relaxing and balancing the body.

### **What does the Oceania energetic pouches treatment provide?**

*It helps to improve both physical and emotional states*

### **Who is it most suitable for?**

*For all those who need to release tension, relax muscles, as well as reducing physical and mental stress.*

### **How does it do?**

*Based on ancient medicine techniques, unlocks tensions, meridians, soothes pains...*

### **How is it achieved?**

*Through exclusive essential ingredients and techniques.*



**TIME**  
90 min

**ACTION**  
body

\* Carried out in couples cabin

128,<sup>50</sup>€



# Chackras and essences balance from the Far East

From the faraway times, man has seemed to balance body, mind and spirit through meditation, sacred baths and plants. Massada creates a treatment that takes care of you, both inside and out thanks to the essences brought from the Far East and gems that help balance the chakras. The 7 Chakras are energy centers in the human body consisting of layers of energy that act as whirlpools surrounding the physical body and vibrate at different frequencies. Green Tea hydrates and provides powerful antioxidant action, which defends the skin from activity of free radicals and helps it to remain strong. The Senses Massage balances and revitalises both the physical and energetic body.

## Characteristics and Benefits:

It balances and revitalises both the physical and energetic part of the body. Remineralises, moisturizes and nourishes the skin. Removes dead skin, evens the skin tone and slows signs of aging. Improves muscular, back and articulation pains, neuralgia, and anxiety.

## Essential Ingredients:

Orange Essential Oils, Salt Scrub with Green Tea, Aromatic Oil-Antiox Green Tea, Green Tea Antiox-Capsules, Cleansing Milk for Sensitive Skin, Sensitive Skin Tonic, Gemstones for Chakra.



TIME  
75 min

ACTION  
face & body

\* Carried out in couples cabin

103€





## Bachelorette

- 1) Welcoming glass of champagne or juice
- 2) Bridemaids selection. The bride will select 2 bridemaids that will help make a peeling and a face mask on the bride.
- 3) Peeling party (which will be applied to each other with the aid of a beautician)
- 4) Party face mask (mask application by beautician).
- 5) Detox-toxins (Sauna and turkish baths).
- 6) Thermal circuit (enjoy the rest of the SPA).
- 7) Upstream race, encouraged by our monitor (the winner receives a surprise gift).
- 8) You will then move from the SPA to the "Vogue Bar" to enjoy various delicious tapas, a toast with champagne and strawberries.
- 9) Prize-giving ceremony to deliver the gift to the race winner and the bride on behalf of Aqua Club Termal plus a small souvenir to every participant.

43€ per person

## Birthdays

- 1) Welcoming glass of champagne or juice
- 2) VIP Tour (bathrobe, slippers and towel)
- 3) 10 min massage per person. The birthday boy/girl receives a 20 minutes one.
- 4) Canapés
- 5) Birthday cake.
- 6) Special present for the birthday boy/girl ;-)



Free group  
photos

48<sup>,50</sup>€ per person





## ANIVERSARY PACK

- Spa for 2 people
- Massage for 2 people (couples cabin)
- Small bottle of champagne + fruits

Massage 30min

**125€**

Massage 50min

**165,50 €**



## SILVER PROGRAM

- Spa Thermal Circuit
- Anti-stress massage 50min
- Facial hygiene 60 min

**136 €**



## GLAMOUR PROGRAM

- Spa
- Head massage (20 min)
- Hawaiian treatment  
(Lomi-lomi massage) with warm coconut oil
- Feet massage (20 min)
- Oxygen therapy
- Ginger tea

**136 €**