



ABAMA

Spa



ABAMA  
GOLF & SPA RESORT



Abama Golf & Spa Resort is a 160 hectare 'finca' (private estate) tucked away in Guía de Isora, a tranquil and little known area of the island of Tenerife. The island is just over 300 km from the African coast, and about 1,300 km from the Spanish Mainland. Slightly to the north of the Tropic of Cancer, situated in the centre of the chain, between Gran Canaria, La Gomera and La Palma. In its privileged position on the Tropic of the Cancer, Abama enjoys more hours of sunshine than any other part of Spain, with an average annual temperature of 22° C.

Abama Golf & Spa Resort presents a world class destination spa with unparalleled facilities in a unique ocean-front environment. African influences and scents of herbal flower essences complement the power of the ocean, the healing qualities of plants and the warm rays of the sun in this island sanctuary dedicated to quiet repose and total indulgence. A full range of Spa treatments, classes and wellness programmes are offered in this 26,500 square foot (2,462 square meter) space with natural aromatherapy products and locally sourced products from the island including bananas and aloe vera.

**WELCOME TO ABAMA**



The Abama Spa Experience provides a creative and delightful way to revitalise and relax, stimulating and nurturing all five senses. Enjoy this experience either on your own or with your partner, friends and family. The Abama Spa Experience voyage of the senses includes: the Tepidarium, a warm ceramic salon in a gentle atmosphere of heat and humidity; the turkish-style Hammam that raises your body temperature; the African Sauna, a wonderful wood and stone sauna with water and views of the garden; the Herbal Steam Bath, an intensive steam and heat treatment with its special lighting and fragrance of aromatic plants; the Kneipp Circuit, excellent for stimulating tired legs and improving circulation; the World of Showers, from pails of water to sensory showers this suite offers enjoyable and beneficial experiences with water; the Refresher Pool, a traditional and stimulating way to reduce body temperature after relaxing and detoxifying shower; the Snow Cabin, one of the first in the world, a magical, pleasing and fun way to freshen up; the Hydrotherapy Pool, a thoroughly modern pool with different types of jets for therapies, relaxation and pressure. A variety of options for receiving head to foot massages; the Spa Garden, make the most of the fragrant flowers and shrubs at the Spa Garden and relax in

**THE SPA EXPERIENCE** the warm Tenerife sun.







Our Spa has sixteen outfitted treatment rooms for a long series of treatments. The Colonial Suite equipped with its own Jacuzzi, private sauna and outdoor terrace with sea views. The Safari Suite with its own outdoor terrace overlooking the sea with private showers and two massage beds for couples' treatments.

The Oriental Suite offers a cocoon-like retreat for anyone wishing to enjoy the ultimate relaxation of Abama Spa's treatments, such as Samunprai or Thai Massage. The Meditation Room, an ideal environment for yoga, meditation classes and indoor Thai Massage. An adjoining room is one of the Spa's best kept secrets and features a large bay window that overlooks patios and cascading fountains.

A Garden Spa relaxation area with its own waterfall offers a Garden Cabana: an outdoor massage area. Additional treatment rooms for hydrotherapy, scrubs and wraps include: a Rasul Suite where the traditional nourishing algae and clay wraps, or Rasul, take place. The Vichy Shower Suite with a series of water jets to massage, release muscle tension and open up the chakras. A Hydrotherapy Bath Suite features a warm bed for exfoliations and scrubs and its own hydrotherapy bath for lymphatic drainage treatments. The Flotation Room offers a "return to the womb" experience where guests are wrapped in skin nourishing oils while resting on a dry float, or warm water bed.

## TREATMENTS

From the Indian head massage, a neck, head and face massage to help liberate negative energy, anxiety and headaches to the Swedish one, a neuromuscular massage that helps improve circulation and soothe tight muscles. From the Power massage, a strong and deep tissue massage for athletes to the Vichy shower, a relaxing shower that massages different points of the back opening up chakras; or the Sublime Relaxation Samunprai, including a special ritual where feet are bathed with lemongrass, Thay-Style stretching, Pranayama breathing techniques and a stimulating aromatherapy massage with steamed herbal poultices. Everything is designed and done to relax the mind,

**MASSAGES** nourish the body and raise the spirit.









A state-of-the-art, fully equipped gymnasium provides exercise machines and weight equipment in a spacious environment with a wall of glass and an outdoor terrace with floor to ceiling views of the sea and surrounding gardens. Personal training sessions with expert staff can be arranged to suit a variety of fitness goals and can be individually tailored to guests' length of stay. A daily schedule of fitness classes is on offer and includes yoga, pilates, spinning, stretching classes in the garden, cardio training, body sculpting and power walks. **FITNESS**

## SPA CAFÉ

This diet and macrobiotic restaurant serves dishes to compliment our treatments available at the Spa.  
Restaurant opening hours: 1 pm – 4 pm.  
Bar opening hours: 11 am – 9 pm







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