

RIU ARECAS  
TENERIFE

EASY  
RESERVATION



## Therapeutic Treatments

**Combination Massage "Anti stress"**  
A foot reflexology massage combined with a classic back massage. **55 min. 72,- €**

**Combination Massage "Med"**  
Individual, problem-related treatment (even with acute pain symptoms). **85 min. 105,- €**  
**55 min. 75,- €**  
**25 min. 45,- €**

**Manual Lymphatic Drainage**  
Damping and purifying.

a. Full body and face **85 min. 105,- €**  
b. Body with arms or legs **55 min. 75,- €**  
c. Face **25 min. 45,- €**

**Foot Reflexology Massage** **55 min. 69,- €**  
**25 min. 39,- €**

## Massage Rituals

**"Deluxe" Full Body Care Ritual**  
Gentle back peeling, full body massage with rich oils and nourishing masks for face, hands and feet. **110 min. 135,- €**

**Chinese Massage**  
Holistic treatment with classic massage, foot reflexology and acupressure. **85 min. 105,- €**

**"Hopi" Anti stress Massage**  
Gentle full body massage with ear candle ritual, energetically emphasized. **85 min. 105,- €**

**Tibetan Ayurveda Massage**  
Gentle full body and head massage with nourishing warm oils. **80 min. 105,- €**

**"Hot Stone" Massage**  
An extended combination of massage and warm lava stones from the Canary Islands. **incl. face 85 min. 105,- €**  
**55 min. 72,- €**

**Ear Candle Ritual "Hopi"** **25 min. 39,- €**

**Face Massage "Shiatsu" or "Anti stress"** **25 min. 39,- €**

## Back Massages

**Back & Neck "Intensive"**  
Tension-releasing from hips to head. **55 min. 72,- €**

**Back, Neck & Head "Relax"** **55 min. 69,- €**

**Back Massage with hot oils** **25 min. 45,- €**

**Back Massage "Hot Stone"** **25 min. 45,- €**

**Classic Back Massage** **25 min. 39,- €**

## Full Body Massages

**Full Body Massages**  
Relaxing from head to toe.

- Avocado Oil, for dry and sensitive skin
- Aloe Vera, regenerating, After Sun
- Coconut Oil, calming and nourishing
- Aroma Oil, with rich oils & aroma essences
- Classic Massage

a. Without face **55 min. 69,- €**  
b. With face mask and face massage **80 min. 98,- €**

**Deep Tissue Massage**  
Tension-releasing and vitalizing. **55 min. 72,- €**

**"Sport" Massage**  
Reactivating, with stretching. **55 min. 75,- €**

## Body Treatments

**Seaweed Treatment**  
The nutrient-rich seaweed ideally nourishes your skin. With peeling and massage. **80 min. 98,- €**

**Sea Salt Full Body Massage**  
With nourishing oils and mineral-containing salt from the Atlantic ocean. **50 min. 72,- €**

**Full Body Regenerating Care**  
Sea salt peeling combined with an Aloe-Vera care compress. **50 min. 72,- €**

## Cosmetics, Manicure and Pedicure

**Facial Treatments**  
Peeling, cleaning, massage, mask and cream.

- "Anti age Luxury", with hyaluronic acid and collagen. **85 min. 110,- €**
- Collagen Treatment **85 min. 105,- €**
- Aloe Vera Regeneration **85 min. 95,- €**
- Sensitive Treatment **85 min. 95,- €**
- Facial for men **85 min. 95,- €**

**Basic Treatment, Without massage.** **55 min. 75,- €**

**Face Massage "Anti age"** **25 min. 45,- €**

**Eyelashes and brows**  
Dyeing and correction. **25 min. 39,- €**

**SPA Manicure**  
Nourished hands incl. massage and mask.  
with polish **55 min. 55,- €**  
without polish **45 min. 45,- €**

**Basic Manicure** with polish **45 min. 45,- €**  
without polish **25 min. 32,- €**

**SPA Pedicure,**  
Nourished feet incl. massage and mask.  
with polish **55 min. 58,- €**  
without polish **45 min. 48,- €**

**Basic Pedicure** with polish **45 min. 48,- €**  
without polish **25 min. 35,- €**

**Nail polish only**  
Hands or feet. **25,- €**



**WELLNESS · THERAPY**

*Body Love*

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