

The Massage Room



The Salmar

www.thesalmar.com

At **The Salmar**, self-care is not a task; it is the natural consequence of pausing.

Sometimes, the most profound journey is the one that brings us back to ourselves.

For this reason, we have designed an honest wellness experience, free from rigid protocols, crafted simply so that you can achieve the luxury of having no plans at all.

Our manual therapies listen to the tide. If you seek the serenity of water, treatments such as **Anaga Whispers** or **Sea Breeze** employ gentle, enveloping movements to promote a deep sense of rest and balance. Should you need to release persistent tension, **Volcanic Force** targets deep tissue, drawing inspiration from the energy of our land to soothe every muscle.

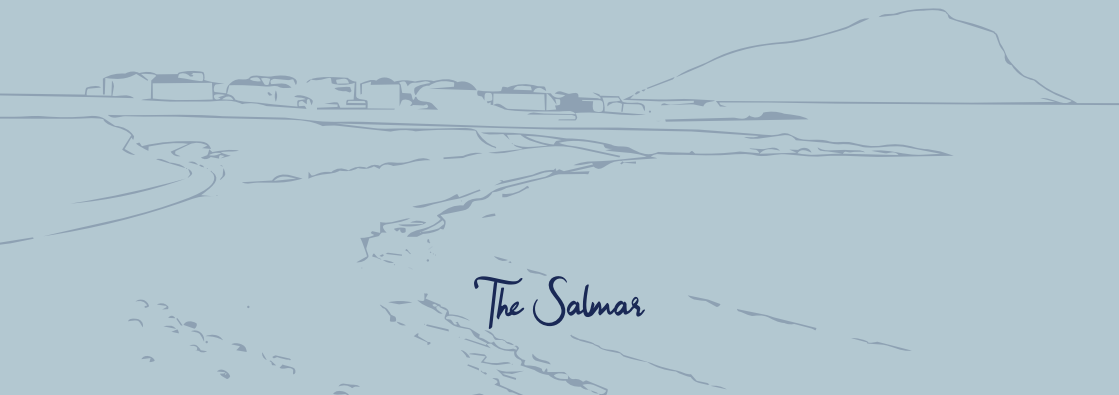
The nature of Tenerife defines our experiences.

We invite you on a sensory journey with our **Between Sea and Volcanoes ritual**, where the touch of volcanic stones envelops you in absolute stillness.

If you are looking for our most personal hallmark, **The Salmar Signature Experience** is a journey towards tranquility where movement flows and time stands still, thanks to a combination of continuous-stroke massage, Ayurvedic inspiration, and Reiki energy.

We believe in skincare that requires no embellishment. Our **facial treatments** restore natural freshness and clarity to your skin, gently removing impurities. For your body, we offer a return to basics through renewing exfoliations, wraps that soothe and restore freshness, and deep hydration processes that nourish your skin without artifice.

Inhale, exhale. Float.



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MASSAGES

Sea Breeze

RELAXING

60min - 80€
90min - 100€

Inspired by **the calm of the ocean** surrounding Tenerife, this massage uses gentle, enveloping movements to promote a deep sense of well-being, relaxation, and balance.

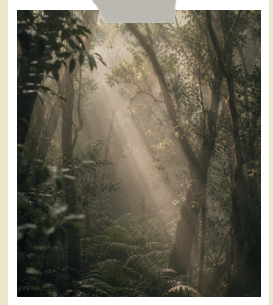


Anaga Whispers

ANTI-STRESS

60min - 80€
90min - 100€

An experience designed to **release** accumulated physical and mental **tension**. Its fluid and aromatic techniques help reduce stress, encourage disconnection, and restore serenity.

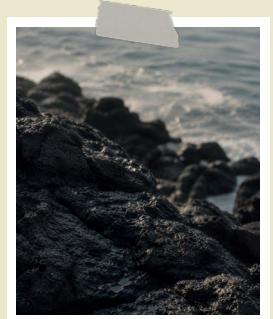


Volcanic Force

DEEP TISSUE

45min - 80€
75min - 100€

Inspired by the **energy of Tenerife's volcanic landscapes**, this treatment works on the deeper muscle layers to alleviate stiffness, release persistent tension, and improve body mobility.





Express Back & Neck Massage

30min - 50€

A treatment focused on the areas where daily stress accumulates the most. Combining relaxing techniques and localized pressure on the back, shoulders, and neck, this massage helps release tension, promote deep relaxation, and restore a pleasant **feeling of well-being and lightness**.



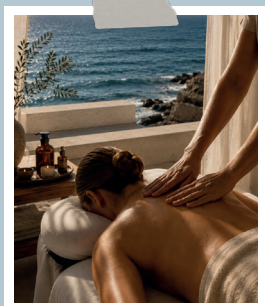
Sports Massaje

60min - 90€

90min - 120€

A **muscle recovery** treatment tailored for athletes and active individuals. It helps alleviate muscle overload, improve mobility, and accelerate recovery after physical exertion, contributing to injury prevention and the maintenance of physical performance.

RITUALS

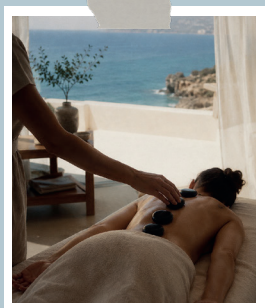


RITUAL

90min - 110€

Atlantic Breeze

A relaxing treatment that conveys the **serenity of the ocean**. Gentle techniques encourage disconnection and provide a deep sense of calm with lavender oil.

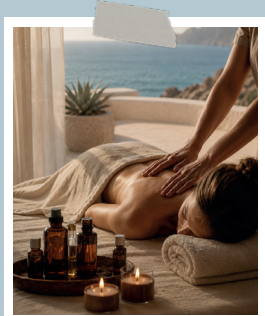


RITUAL

90min - 125€

Between Sea and Volcanoes

A tribute to the two great elements that define Tenerife. A wellness journey with **volcanic stones** that fuses energy, relaxation, and renewal.



RITUAL

90min - 110€

Secrets of Garajonay

A **sensory journey** inspired by the laurel forests of Tenerife. It combines textures, aromas, and relaxation techniques for a unique experience.

The Salmar Signature Experience

90min - 125€

An exclusive wellness experience that reflects the essence of **The Salmar**.

This ritual fuses the fluidity of a relaxing massage with continuous, enveloping movements alongside principles inspired by **Ayurveda** and **Reiki** energy techniques, creating a **sensory journey** oriented towards holistic balance.

The harmonious movements encourage deep physical relaxation, while the Ayurvedic inspiration seeks to promote the **connection** between mind and body.

The incorporation of Reiki techniques adds a dimension of serenity and well-being, inviting you to release tension and recover a sense of **inner harmony**.

Highlighted benefits:

- **Deep** and long-lasting **relaxation**.
- A sense of **physical, mental, and emotional balance**.
- Reduction of **accumulated tension** and daily stress.
- A **holistic experience** combining touch, energy, and mindfulness.
- Renewal of overall well-being in an environment of **calm and exclusivity**.
- **The Salmar Signature Experience** is more than a massage; it is the spa's flagship treatment, designed to offer a moment of **absolute disconnection** and a **memorable experience** inspired by the art of conscious well-being.



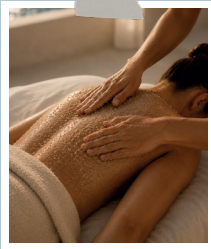
Facials

A foundational **facial hygiene** treatment that helps eliminate impurities, excess oil, and dead skin cells, leaving the skin fresh, clean, and revitalized.

Essential Cleanse	30min - 55€
Deep Cleanse	60min - 90€
Hydrating Cleanse	50min - 80€
Brightening Vitamin C Cleanse	60min - 95€
Premium Cleanse	90min - 125€



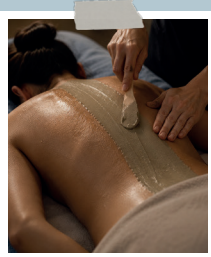
BODY TREATMENTS



Exfoliation

30min - 55€

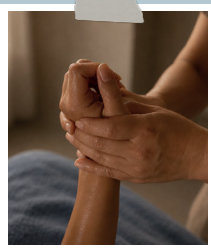
Renews and softens the skin by removing impurities and dead skin cells.



Body Wraps

30min - 40€

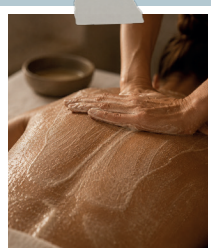
Soothes, hydrates, and brings freshness to the skin.



Hydration

30min - 40€

Intensely nourishes the skin and restores its natural softness.



Skincare Ritual

60min - 80€

Exfoliation + hydration in a complete body care and well-being experience.

Your massage, in the privacy of your sanctuary*

If you prefer your tranquility to remain undisturbed, we can bring your chosen treatment directly to your room.

Let well-being come to your door and enjoy your pause in your own space.

** Please enquire at reception regarding availability according to your room category (this service incurs a €15 supplement).*



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