



Abama Tenerife unveils the Sandára Wellness Spa



Spring 2024: This month, Abama Resort opens the doors to Sandára Wellness Spa, a brand new wellness centre located at 'La Plaza', the resort's €14 million lifestyle quarter. Enjoyed by hotel guests and resident owners, La Plaza centres around a beautiful infinity pool with views over the golf course and the Atlantic ocean, restaurant 'Tagara' and social club, ideal for relaxing during the day or enjoying an evening sun-downer with tapas.

Now, La Plaza welcomes the Sandára Wellness Spa, named after a medicinal aquatic mint plant that grows in the humid areas of some islands of the Archipelago. This state-of-the-art spa boasts six treatment rooms, hydrotherapy pool, sauna and steam, nail parlour and Kevin Murphy hair salon.

- The new spa, decorated by the well-known architect and interior designer Alejandro Escudero, has 450 square meters of relaxing space and six treatment rooms (including two doubles).
- Treatments will be carried out using the botanical-inspired products of Anne Semonin, a leading French brand found in some of the world's best hotels, private members clubs and spas.
- Guests can enjoy a diverse menu of treatments from the holistic and relaxing designed for physical and emotional balance, to therapeutic recovery massages for the many sport enthusiasts who stay at Abama to play golf or tennis.
- Popular treatments include the 24k gold rejuvenating facial (€180), pure detoxifying wrap (€130) and an after-sun saviour (€140) for those looking to replenish sun-parched skin.
- Another highlight of the Sandára Wellness Spa is its thermal water circuit, which features a hydrotherapy pool with a temperature that ranges between 30 and 35 degrees, bi-thermic and bucket showers, steam bath and sauna.
- The spa is also home to large Kevin Murphy hairdressing salon, offering cuts, colour and blow-outs for every age and type of hair. Specialist hair treatments and eyebrow and lash services are also available, alongside waxing and dedicated CND manicures and pedicures for men, women and teens.

"We've had a top team of Wellness and design professionals working on this space for over two years, so we are delighted to unveil the ultimate retreat-within-a-retreat at Abama" - comments María del Carmen Hernández, Director of Sandára Wellness Spa.



Wellness tourism aims to achieve a balance between body and mind and is aimed at a segment of travellers who seek to feel transformed after a period of vacation. The Global Wellness Institute defines it as those trips motivated by the intention of improving and maintaining personal well-being. Spain is in the top 15 worldwide and is fifth in Europe in terms of wellness tourism according to the latest study by the Global Wellness Institute published in January 2024.

Spa opening hours

10 a.m. to 7 p.m. from Monday to Sunday

[Images](#)

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Notes to Editors:

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Abama is a 5* leisure and residential destination with Michelin-star dining and an ethos of 'tranquillity over fanfare'. Located across nearly 1,000 acres of former banana plantations, Abama boasts undisturbed beaches, tennis and padel courts and an award-winning golf course. www.abamahotelresort.com