



## THE SPA at Tierra del Sol



# HEALTH & BEAUTY

Experience a piece of the "Sweet Island life" at The Spa at Tierra del Sol. Relax your body, calm your mind & re-energize your spirit. Whether you want to de-stress and sooth yourself over a relaxing massage, indulge your already beautiful self with a manicure or hairstyling, or condition your body at our fully equipped gym, The Spa has everything to pamper yourself & watch the stress melt away.

### HOURS OF OPERATION

**Monday**

Closed

**Tuesday – Sunday**

9:00am – 5:00pm

### CONTACT US

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**E: [tdssp2@iberostar.com](mailto:tdssp2@iberostar.com)**

**W: [www.tierradelsol.com](http://www.tierradelsol.com)**

**Caya di Solo 10**

**Noord, Aruba**



# MASSAGES

All massage treatments include complimentary use of the sauna, Jacuzzi, and the pool club for the whole day. Please note that guest must bring their own towel.

## SWEDISH MASSAGE

This popular full body massage is designed to bring you to a state of deep relaxation. The classic style relieves tension and stress, creating a heightened sense of wellbeing.

**ONE GUEST** 50min. \$100 / 75min. \$154

**TWO GUESTS** 50min. \$180 / 75min. \$254.50

*\*Two guests in same room at the same time.*

## SPORTS MASSAGE

A deep tissue massage for those individuals with muscle pain, arthritis, or tension headaches. Experience improved mobility and flexibility as well as increased alertness and energy levels.

**ONE GUEST** 50min. \$117 / 75min. \$165

**TWO GUESTS** 50min. \$201.50 / 75min. \$280

*\*Two guests in same room at the same time.*

## FOOT REFLEXOLOGY

This ancient Chinese technique uses pressure point massage of the feet to restore the flow of energy throughout the body.

25min. \$55 / 45min. \$85

## AROMATHERAPY MASSAGE

Combine the gentle touch of a massage with the healing effect of aromatic oils to restore your energy and relieve stress. Each treatment is personalized through blending of oils, creating an experience of touch and smell in the most pleasurable way.

**ONE GUEST** 50min. \$117 / 75min. \$165

**TWO GUESTS** 50min. \$201.50 / 75min. \$280

*\*Two guests in same room at the same time*

## HOT STONE MASSAGE

Get connected with nature with the transfer of heat from the stone in this soothing massage. This technique melts away the tension from your muscles without the need for massage pressure.

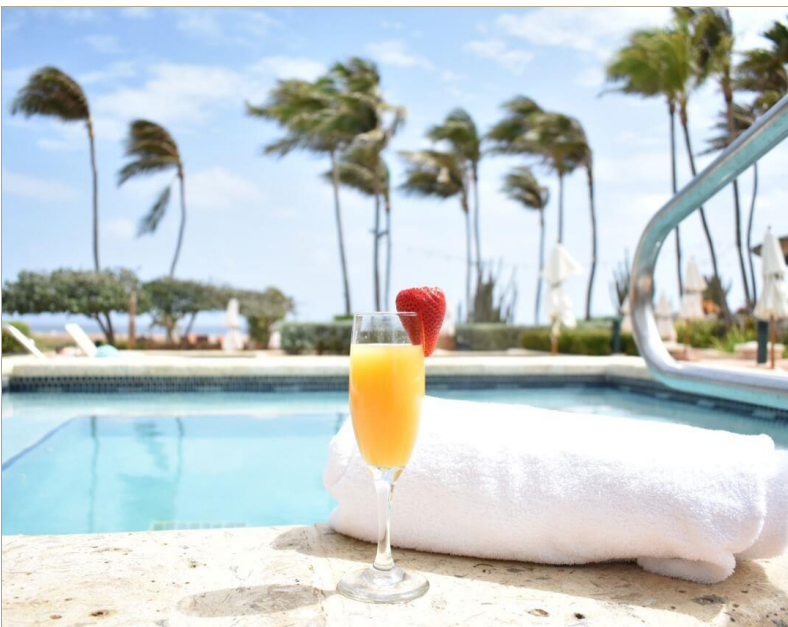
**ONE GUEST** 75min. \$175

**TWO GUESTS** 75min. \$302

*\*Two guests in same room at the same time*

## BACK MASSAGE

Energize your muscles and brings relief.  
30min. \$74





## FACIALS

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|                                  |       |
|----------------------------------|-------|
| Classic European facial          | \$122 |
| Men's facial                     | \$122 |
| Demanding Skin                   | \$135 |
| Mini Facial (Express 30min.)     | \$ 69 |
| Mini Facial added to any massage | \$ 53 |

### ***Upgrade your facial and make it unforgettable (30min)***

|                         |       |
|-------------------------|-------|
| Ampoule & Collagen mask | \$ 47 |
| Eye Treatment           | \$ 33 |
| Head massage            | \$ 25 |

## SALON SERVICES

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All hair salon services available & bridal party salon services available.

## WAXING

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|        |      |           |      |
|--------|------|-----------|------|
| Lip    | \$15 | Legs Half | \$40 |
| Face   | \$25 | Legs Full | \$55 |
| Brow   | \$15 | Arms      | \$35 |
| Bikini | \$35 | Underarms | \$30 |
| Back   | \$50 |           |      |

## NAILS

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|                               |             |              |
|-------------------------------|-------------|--------------|
| Soothing Spa Pedicure         | 40 min      | \$ 50        |
| French Pedicure               | 45 min      | \$ 60        |
| Hydrating Manicure            | 30 min      | \$ 30        |
| French Manicure               | 35 min      | \$ 40        |
| Polish Change                 | 15 min      | \$ 20        |
| French polish change          | 15 min      | \$ 20        |
| Signature pedicure + paraffin | 50 min      | \$ 70        |
| Signature manicure + paraffin | 45 min      | \$ 50        |
| Nail art (per nail / full)    | 12 / 45 min | \$ 10 / \$60 |
| Paraffin Dip (Hands or feet)  | 25 min      | \$ 25        |
| Nail repair                   | 15 min      | \$ 10        |
| Nail removal                  | 30 min      | \$ 20        |
| Gel color                     | 15 min      | \$ 35        |
| Gel color removal             | 20 min      | \$10         |



## POOL PASS

### DAY

**Adult** \$35 p.p. with a \$20  
F&B credit

**Child** (under 8 years) \$20 p.p. with a \$10  
F&B credit

Guest must bring own towel. Children 12 years and under must be accompanied by one adult.

## FITNESS CENTER PASS

**Day:** \$15 p.p.

**Week:** \$75 p.p.

Price includes use of the sauna & locker service. Guest must bring own towel. Minimum age: 16 years old.

## POOL & FITNESS CENTER PASS

**Day:** \$25 p.p.

**Week:** \$99 p.p.

Price includes use of the sauna & locker service. Guest must bring own towel. Minimum age: 16 years old.



## SPA ETIQUETTE

### MAXIMIZING YOUR SPA EXPERIENCE

Please arrive at least 30 minutes prior to your treatment and maximize your spa experience using the sauna. Also included with your treatment is the use of the fitness center and pool facilities.

### RESERVATIONS

Advanced booking is suggested to ensure your requested appointment time.

### SPA APPAREL

You will be provided a robe for your day use at the spa. If you wish to enjoy the sauna or steam room, please bring swimwear.

### METHODS OF PAYMENT

Major credit cards and cash are accepted.

### ARRIVAL LATE OF SCHEDULED SERVICES

To avoid delaying the next guest, your treatment will end at the scheduled time regardless of when you begin.

### VALUABLES

Please do not bring valuables to the spa. The Spa does not assume any liability for the loss.

### CANCELLATION POLICY & MINORS

Cancel or reschedule your spa treatment 24 hours before your time to avoid being charged. The Spa strictly adheres to its cancellation policy. To hold the reservation, credit card information is required. Children under 16 years must be accompanied by an adult.

**Price includes taxes. Rates may change without prior notice. Other restrictions may apply.**





## AN OASIS OF COMPLETE SPA PACKAGES

### THE HARMONY OF NATURE – \$235.50

- 30 min Mini Facial
- 50 min Swedish massage
- Mani & Pedicure
- Use of Sauna, Fitness center and Pool Club. Note: guest must bring own towel.

### BODY TREATMENTS – \$96.50 FOR EACH

- **Option 1:** Ocean Treasure: Marine salts exfoliation removes dead cells & Red Algae Body Mask, activate the skin cell regeneration – 50 Min
- **Option 2:** Vino Enjoyment: Grape body peel exfoliation. Vitalizes & stimulates the circulation & vino body treatments mask. Intensively moisturizes, firms and tighten the skin – 50 Min

### GOLFER'S PAR EXCELLENCE – \$279

- 25 min Foot Reflexology
- 50 min Golfer's Therapeutic Massage (Sport)
- 50 min European Facial
- Use of Sauna, Fitness center and Pool Club. Note: guest must bring own towel.

### STAY THE WHOLE DAY – \$198

- 50 min Swedish Massage
- 25 min Full Body Exfoliation
- Lunch
- Use of Sauna, Fitness center and Pool Club. Note: guest must bring own towel.

Gift certificates can be purchased for massages, spa treatments, salon services, facials, and nails. The Spa Gift Certificates can be obtained at The Spa at Tierra del Sol.