



SENSATIONS SPA

PLAYA PARAISO



Get in touch with your sensations and be treated like a star.

At the Playa Paraíso Sensations Spa, we'll treat you like a star. The hotel's spa, located in the shopping center in the heart of the Playa Paraíso Iberostar complex, has everything you need for the ultimate spa experience.

The 2,800 sq m spa is equipped with a hydrotherapy circuit with different types of baths, Finnish sauna, hamman, saltwater pool, foot bath, rain shower, Swedish shower, chromotherapy shower, bubble baths, Roman baths and temascal steam baths, all professionally staffed and serving healthy drinks.

See our menu for the ultimate spa experience on your vacation.

- • Relaxing organic massages and treatments. 1.1
- Energizing massages and treatments. 1.2
- Facials. 1.3
- Hydration treatments 1.4
- Treatments for parents and children 1.5
- Holistic treatments for body, mind and spirit 1.6
- Hair and nail care. 1.7
- Temascal. 1.8



1.1. Relaxing massages and treatments.

Experience a Sensation Paradise

RELAXING



Blueberry Cream Massage

30, 50 and 80 minutes

Delicious texture and color, with characteristic blueberry aromas. Facilitates relaxation and provides vitamins D, E and C, with antioxidant and detox qualities that help to restore and rejuvenate your skin and relax your mind.

Lavender oil massage

30, 50 and 80 minutes

With this massage, you may just imagine yourself in the beautiful fields of Provence, France enjoying the intense yet mild fragrance of lavender. The soothing properties will relax your body, eliminate stress and clear your mind completely.

Bio Massage for couples

30, 50 and 80 minutes

An unforgettable experience to share with your partner. Choose one of three types of oils which are heated to fill the atmosphere with a pleasant fragrance. The biomassage provides a warm, relaxing, romantic and unforgettable experience.

Vanilla Bath

30 min.

Treat your body to a bit of rest and relaxation with a warm bath that renews the spirit. Hydrotherapy is an excellent way to relax your muscles and stimulate your circulatory system which helps to prevent varicose veins.





Aroma Bath

30 min.

Perfect blend of aromatherapy and natural herbs for releasing stress and achieving a feeling of serenity. The aroma bath will renew and prepare you for a pleasant rest.

Revitalize yourself naturally

Our massages revitalize your body and mind

Energizing Massages and Treatments. 1.2



Revitalize yourself naturally

Our massages revitalize your body and mind

ENERGIZING

Sports Massage with Pear and Apple Oil

30, 50 and 80 minutes

The properties in pears and apples improve muscle tone and are ideal for countering the effects of fatigue from exercising or long walks. This massage will revitalize your body, giving you a sensation of lightness.

Vanilla and Cinnamon Deep Therapeutic Massage

30, 50 and 80 minutes

The adrenergic properties in the vanilla and cinnamon stimulate endorphins and help the body to recover from fatigue while at once improving athletic performance, providing muscle tone and easing stress.

Revitalizing Orange Mud Massage

60 min.

The relaxing properties and minerals in oranges and the astringent action of the mud will leave your skin feeling soft all over, making this a unique and relaxing experience for your body.





Cinnamon Paprika Reflexology

30 min.

If reflexology by itself is a wonderful experience, it gets even better thanks to the cinnamon's thermogenic properties. These properties improve the circulation in the skin, which in turn stimulates nerve endings to enhance the benefits of the reflexotherapy.

Natural Chocolate Wrap

60 min.

Experience the delectable experience of a chocolate wrap. This treatment stimulates the production of endorphins, the happiness hormone. The anticellulitic action and warmth of the wrap will give you a feeling of peace, happiness and beauty.

Detox Treatments 1.3

CLEANSING AND BALANCING TREATMENTS

Blueberry Exfoliation

30 min.

The properties in blueberries rejuvenate your skin by eliminating dead cells and cleanse your body. This treatment provides vitamins D, E and C and leaves your skin revitalized and radiant.

Coconut Illusions Exfoliation

30 min.

Eliminates impurities and hydrates skins, restoring its natural luminosity. Combats free radicals and protects your skin against the ravages of time, making it soft and smooth.

Chocolate Exfoliation

30 min.

The properties in chocolate stimulate metabolism and give your skin a unique texture. In addition to removing dead cells, it helps to eliminate toxins, leaving your skin fresh with a slight chocolate aroma.





Mate and Coffee Treatment

30 min.

The natural way to eliminate toxins and restore your body. The natural powers of a balanced combination of mate and coffee accelerate metabolism to eliminate toxins and free radicals from your body, which also helps you to lose weight. You'll feel lighter and rejuvenated after the treatment.

Wine Bath

30 min.

Thanks to the antioxidant properties in grapes, this healing wine bath will help combat premature aging. Enjoy the unique experience of being submerged in wine in combination with hydrotherapy. This bath helps you eliminate toxins, relax and renew the spirit.

Facials. 1.3

FACIALS

Natural White Tea Facial

50 min.

Natural facial that uses white tea as the active ingredient to provide antioxidants to bring renewed freshness and brightness to your face. The treatment nourishes and revitalizes your skin, giving it a younger and more natural appearance. Recommended for all skin types except people with acne.

Facial for Men

50 min.

A treatment for men who are concerned about their wellbeing which contains both nutritional and detoxifying ingredients to give your face a fresher, younger and healthier look.





Citrus & Stone Crop Facial

60 min.

Facial with a matting effect that helps to balance your skin's pH, reducing shine. The perfect blend of citrus and the natural properties of the STONE CROP plant help to prevent and control acne. Highly recommended for people with oily skin and adolescents.

So Natural Cherry Facial

60 min.

Hydrating and revitalizing facial.  Recommended for mature skin because it revitalizes and gives new life to skin that has been exposed to contaminants. Experience the delicious aromas and the excellent results that will show on your face.

Rose Hip Facial

60 min.

Besides being very pleasant to the touch, the Rose Hip facial is designed for very delicate skin and people with rosacea. This treatment strengthens the skin and protects it from the sun and external contaminants, rejuvenating and beautifying your skin.

Natural UV Protection Facial.

30 min.

Especially designed to help your skin recover from the damaging effects of the sun on your vacation, while at the same time enjoying the perfect tan. This is a nutritional facial that combines vegetables like tomato and calming herbs that help to minimize the effects of the sun through hydration and protection.

Hydration Treatments 1.4

Aloe Experience Treatment

50 min.

The perfect balance of gentleness and freshness in this treatment helps the skin to recover from exposure to the sun, hydrating intensively to alleviate minor sunburn. Enjoy the fresh, sweet fragrance of this treatment which will revitalize and soften your skin.





Circulation Treatments 1.5

Lymphatic Drainage with Chamomile

30, 50 and 80 minutes

In addition to its calming properties, chamomile has draining properties which, combined with an excellent massage technique, make it a comprehensive treatment. This relaxing and healthy experience will help to clear built-up toxins from your lymphatic system and improve your circulatory system.

Cucumber Mint Restless Leg Treatment

50 min.

This treatment relieves tired legs. A perfect mix of cucumber, mint and herbs contains properties that stimulate blood circulation and help to decrease and prevent cellulitis. Your legs will feel rested, healthy and beautiful.

Holistic Treatments for Body, Mind and Spirit 1.6

*Health Maintenance,
Revitalize yourself*

HOLISTIC HEALTH

On this new adventure you'll enjoy the sophistication of spa treatments combined with natural concepts to create the perfect synergy, blending traditional massage techniques with the use of gentle fragrances and spices. An experience you will always remember.

These therapies include aromatherapies with the spices of your choice.

Shiatsu Massage

50 minutes.

This massage based on traditional Chinese medicine focuses on the knowledge of vital energy known as Ki. This massage manipulates different acupuncture points to help balance your body and mind.



Thai Massage

60 min.

The traditional Thai massage known as Nuad bo-ram is a therapy intended to treat the mind and the spirit in order to promote good health and relaxation. This therapy works with the electromagnetic or energy fields surrounding the body, acting on the body by applying pressure to and manipulating the joints.

Ayurveda Massage

50 min.

In the Sanskrit language, ayurveda (ayur-life and veda-knowledge) refers to a massage that combines relaxing massage and phytotherapy. Phytotherapy is based on the idea that there are different personalities: pita, bata and cafa. You'll be pleasantly surprised by the health benefits of this therapy and the feeling of fulfillment you'll experience once you have it.

Tuina Massage

50 min.

This massage is the manifestation of an entire philosophy based on the person as a whole, not just the body, but the mind as well. Tuina uses controlled pressure and manipulation for a unique and revitalizing massage that will prepare your body for physical or athletic activity or just make you feel brand new.

Janzu Water Massage

60 min.

Janzu means *Pacific Water*. This therapy takes place in a heated pool under the careful direction of skilled therapists. Janzu seeks to transport your mind to a profound state of relaxing meditation. Recover the essence of birth by combining the holistic and therapeutic benefits of this oriental practice, taking it further than a purely tactile plane in pursuit of a connection with your spiritual conscience.



Treatments for Parents and Children 1.5

A Wonderful, Natural Spa Experience

PARENTS AND CHILDREN



Choco Choco Wrap

50 min.

For those who have, at one time or another, dreamed of being covered in creamy chocolate, you can now share this delicious and whimsical chocolate adventure with your children, which will stimulate your happiness hormones and bring you to a state of relaxation.

Tutti Frutti Sugar Massage

50 min.

A unique massage that uses an exclusive all-natural tutti frutti oil for children and adolescents. It will help them relax in style on their first spa adventure.

Ice Cream Mud Massage

50 min.

A wonderful experience for you and your child. Enjoy the mud decorated with chocolate by our therapists and the natural Neapolitan fragrance (vanilla, chocolate and strawberry). The mud is applied to both of your bodies during the massage for a relaxing, unforgettable experience.



Hair and nail care. 1.7

BEAUTY SALON

Nail Services

Combining beauty with relaxation, you'll be treated by our professional manicurists and pedicurists, including foot massages and hydrotherapy with all pedicures.

Pedicure

- Regular pedicure
- French pedicure
- Spa hydrating paraffin pedicure
- Spa mud pedicure

For beautiful hands, all of our manicures include hand massage and hydration.

Manicure

- Regular manicure
- French manicure
- Spa hydrating paraffin manicure
- Spa mud manicure

Hair Treatment

Our hair treatments combine beauty with relaxation by incorporating scalp and back massages using aromatherapy.

- Restructuring treatment for chemically treated hair
- Treatment for damaged hair
- Treatment for dry hair
- Treatment for oily hair
- Dandruff control treatment



Fashion and Style

- Wash and dry
- Women's hairstyling for special occasions
- Straightening
- Special wedding hairstyling
- Test bridal hairstyle
- Women's cut
- Men's cut
- Caribbean braids



Hair Removal

- Full face hair removal
- Legs hair removal
- Back hair removal for men hair removal
- Bikini area hair removal
- Underarms hair removal
- Arms hair removal

Post-depilation creams are used with all of these treatments to reduce the irritation that can occur.

Bridal Packages

Since we know this a very important event for you, we offer a bridal package for your peace of mind that includes:

- Pre-wedding test hairstyle
- Hairstyling on your wedding day
- Make-up service
- French or regular manicure

All at a very special price.





Temascal.1.8

Inside the hot stone house

The great breath of life.

60 minute session



Temascal is the bath of the emperors according to the mystic literature of the Náhuatl pre-Hispanic culture. It is a very relaxing and purifying ritual full of surprising details from pre-Hispanic culture. Enjoy a pre-Hispanic style bath fit for royalty which combines the therapeutic effects of ethnic musical instruments, herbs and copal to facilitate mediation and equilibrium for the body, mind and spirit.

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