

SAL Y SOL

A spa shaped by the Atlantic



A SENSE OF WELL-BEING

Perched at the edge of the land, where volcanic rock meets the Atlantic, the spa at Precise Resort Tenerife is conceived as a place of rhythm, attentiveness, and restoration. Here, wellness is shaped by the essence of the island, salty ocean air, shifting light, and the slow passage of time guiding a return to elemental balance. Architecture, landscape, and sound dissolve into a single sensory field, allowing body and mind to settle naturally.

Rooted in the philosophy of The Atlantic Crossroads, the spa reflects centuries of exchange between continents, cultures, and healing traditions. Treatments draw from land and sea, mineral and botanical, touch and time, translated into contemporary, understated practices that cultivate a sense of well-being that endures long after departure.



FACIAL TREATMENTS

ILLUMINATING FACIAL

A clarifying facial ritual that supports natural radiance and skin renewal. Nutrient-rich botanicals and mindful massage techniques work in harmony, with a special focus on Bakuchiol, a plant-based alternative to retinol. The treatment refines texture, enhances luminosity, and restores balance to the complexion.

60 minutes | 140 Euro

REJUVENATING FACIAL

A deeply nourishing treatment designed to hydrate, firm, and revitalize the skin. Lavender-infused compresses and extended massage encourage profound relaxation while botanical actives support cellular renewal and vitality.

60 minutes | 130 Euro

EXPRESS FACIAL REFRESH

A concise, customized facial designed to revive and hydrate. Gentle exfoliation, aromatic mist, and a firming mask leave the skin refreshed, soft, and restored—ideal when time is limited.

30 min | 80 Euro

BODY MASSAGES

PRECISE SIGNATURE MASSAGE

A personalized full-body massage guided by individual needs and intuitive assessment. Pure plant oils rich in antioxidants support circulation, release tension, and promote deep physical and mental ease.

Sodashi Toxi-cleanse massage oil

Helps to combat the effect of accumulated toxins in the body. Relieves water retention, improves sluggish circulation and purifies the body, aiding in the fight against cellulite.

Sodashi fitness massage oil

A blend of warming essences that gently releases tension from aching muscles and joints. Perfect after physical exercise or exertion.

Sodashi vitamin-rich massage oil

Gentle and unscented, this oil is suitable during pregnancy and for very sensitive skin.

Sodashi crystalus massage oil

A blend of super-nourishing, ultra-softening plant oils and powerful Australian bush essences. The plant oils leave skin juiced-up, while the bush essences relax muscles and evaporate stress and emotional blockage.

60/90 min | 120/180 Euro

BACK MASSAGE

A focused massage concentrating on the back, neck, and shoulders. Targeted techniques ease muscular tension and restore mobility and comfort.

30 min | 75 Euro

KIDS MASSAGE

A gentle, nurturing massage created especially for younger guests. Light, soothing movements promote relaxation, comfort, and a calm sense of well-being after an active day.

30 min | 60 Euro

BODY TREATMENTS

EXFOLIATION MASSAGE WITH SALTS / JOJOBA

A rebalancing ritual combining warm oils, mineral exfoliation, and plant essences. The treatment stimulates circulation, softens the skin, and releases tension, followed by nourishing hydration for a renewed, supple finish.

Sodashi Energizing Salt Exfoliation

The combination of Sodashi’s mineral-rich Himalayan crystal salts with Toxi-Cleanse Body Oil deeply stimulates circulation and relieves stress and fatigue, cleansing and exfoliating your skin all over.

Sodashi Vanilla Body Exfoliant

This gentle all-over body exfoliant will revitalize and hydrate the skin while relieving tired, aching and sore muscles. Containing the active ingredients of Wattle Seed and Sandalwood Powder combined with olive oil and vanilla extract, this treatment is the perfect tonic for relaxing the mind and body.

Sodashi Jojoba Body Polish

A gentle all-over body exfoliation using Jojoba Beads rich in the aromas of Sodashi Plant Essence Synergy. This treatment removes dead skin cells whilst oxygenating the skin and is suitable for the most sensitive skin. As a final touch the skin is nourished and hydrated with a Sodashi aromatic body treatment, leaving your skin feeling silky smooth and refreshed.

60/90 min | 140/200 Euro

DE-STRESS FACE AND BODY TREATMENT

A comprehensive treatment uniting body exfoliation, massage, and facial care. Warm compresses and aromatic oils calm the nervous system while restoring equilibrium to body and mind.

90 min | 200 Euro

TARGETED THERAPIES

SCALP TREATMENT

A deeply relaxing ritual beginning with warm foot compresses, followed by a nourishing scalp mask and massage. Releases tension, restores moisture, and leaves hair and scalp refreshed.

30 min | 65 Euro

GENTLE TOUCH HAND THERAPY

A restorative treatment for the hands, combining exfoliation, massage, and aromatic compresses. Skin is softened and nourished, tension gently released.

30 min | 60 Euro

SOOTHING FOOT THERAPY

A revitalizing foot ritual using mineral exfoliation and massage to stimulate circulation, ease fatigue, and restore lightness and comfort.

30 min | 60 Euro

EYE LIFT & REVIVE THERAPY

A focused treatment designed to refresh and tone the delicate eye area. Gentle massage and a firming mask help reduce puffiness, soothe tension, and restore clarity to the gaze.

30 min | 75 Euro



OPENING HOURS

WELLNESS APPOINTMENTS

10 a.m. to 5 p.m.

SAUNA OPERATION

The sauna will be operated daily from 10 a.m. to 6 p.m.
Upon demand, we are happy to take your appointment requests.

RESERVATIONS

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We recommend booking treatments early due to very high demand. You can call us on +34 677711145. If you are unable to decide on what treatment you would like from our variety of offers at the time of booking, you can simply reserve a time for a massage or cosmetic treatment for 60 or 90 minutes. We kindly ask you to arrive at the spa reception about 10 minutes before your booked appointment. If you are late, we reserve the right to adjust the treatment time according to the booking situation and charge you the entire amount. All treatments include rest periods.

APPOINTMENT CANCELLATION

If you are unable to attend your booked appointment, we kindly ask you to let us know your new revised date or cancellation no later than 24 hours before the treatment. For all cancellations at a later time, we charge a fee of 80% of the treatment price.

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By Precise