

HANDS & FEET

Japanese Manicure and Pedicure

A natural treatment focused on restoring and strengthening damaged nails. Using specific techniques and active ingredients, nails regain strength, shine and a healthy natural appearance.

Manicure 29€
Pedicure 29€

Classic Manicure

Essential hand care including nail shaping, cuticle care and hydration, leaving hands neat and comfortable.

30€

Classic Pedicure

Basic foot care treatment including nail shaping, removal of hard skin, cuticle care and hydration for a feeling of lightness and wellbeing.

40€

Hand Repair Ritual

An intensive spa treatment for dry or damaged hands. Includes exfoliation, nourishing cocoa wrap and massage, restoring softness, comfort and deep hydration to the skin. Nails and cuticles are not treated. Nail shaping & cuticle care supplement 10€.

40€

Feet Repair Ritual

A comforting spa treatment for tired or dehydrated feet. Includes exfoliation, cocoa wrap and feet massage, providing nourishment, softness and wellbeing. Nails and cuticles are not treated. Nail shaping & cuticle care supplement 10€.

50€

Polish available for all hand and foot treatments. Supplement 15€.

WAXING

Full Legs

40€

Half Legs

30€

Partial Bikini

30€

Underarms

25€

Upper Lip

20€

Eyebrows

20€

REST MODE ACTIVATED

Holidays are the perfect time to pamper yourself, relax and rejuvenate.

Our Naiad wellness centre is a sanctuary for the body, mind and spirit.

Put yourself in the hands of our therapists and let yourself be enveloped in an intimate atmosphere of complete relaxation through the use of essential oils and natural products of the highest quality.

You will feel a deep connection with nature and with yourself. We invite you to try our rituals for couples and treatments for the whole family.

HOTEL VILLA MARÍA

Av. de los acantilados La Caleta
38679 Costa Adeje

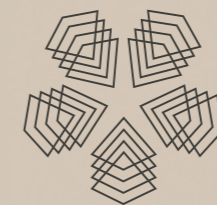
BOOKINGS

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Closed on Mondays and Tuesdays



Naiad
wellness center



Treatment menu

FACIALS

Naiad Personalised Facial

A personalised facial treatment adapted to your skin's needs at the moment of the treatment. Products and techniques are carefully selected to hydrate, balance, purify or revitalise the skin, always respecting its natural balance.

⌚ 25 MIN 55€
⌚ 50 MIN 80€

Bulgarian Rose Regenerating Facial

A high-value regenerating facial ritual that harmonises body and mind. Bulgarian rose, a symbol of beauty and balance, combined with a rose quartz massage, helps restore energy, enhance radiance and promote emotional balance.

⌚ 50 MIN 90€

Special Facial for Young Skin

A specific treatment for young skin with acne-prone tendencies. Helps to purify, balance and care for the skin while respecting its natural process, leaving it fresh and comfortable

⌚ 50 MIN 80€

BODY TREATMENTS

Naiad Personalised Body Treatment

A tailor-made body treatment adapted to your body's needs: relaxation, detox, firming, hydration or after-sun recovery. Products and techniques are carefully selected to provide deep care and balance.

⌚ 80 MIN 100€

Body Sculpt

A specific body treatment designed to improve the appearance of cellulite and support body reshaping processes. Combines natural cosmetics with wood therapy massage to stimulate circulation, tone and redefine the silhouette.

⌚ 80 MIN 100€

Volcanic Essence

A body treatment inspired by the strength of Tenerife's volcanoes. Volcanic lava exfoliation renews the skin, aloe wrap soothes and regenerates, while a hot stone massage provides deep relaxation and energetic balance. An experience that reconnects you with the power of the earth.

⌚ 80 MIN 100€

All our body treatments include scrub, wrap and massage.

RITUALS

Green Tea Draining Ritual

A draining body ritual performed with green tea herbal compresses, combining lymphatic drainage techniques and reflexology. Ideal for fluid retention, oedema and heavy-leg sensation, leaving the body feeling lighter and balanced.

⌚ 75 MIN 100€

Bulgarian Rose Regenerating Ritual

A complete beauty and balance ritual that envelops body and mind. Includes a facial treatment and a body treatment with massage performed using rose quartz, enhancing the regenerating and harmonising properties of Bulgarian rose. A delicate and sensorial ritual that brings radiance, emotional wellbeing and deep relaxation.

⌚ 110 MIN 165€

Ritual Mom to be

A gentle and comforting ritual specially designed for expectant mothers. Includes a soft facial and a relaxing massage focused on relieving tension in the back and legs, performed with a neutral oil that is safe during pregnancy. A moment of calm, care and wellbeing during this special stage.

⌚ 80 MIN 105€

Soul of Naiad for Her or For Him Ritual

Available as a couple or individual.

⌚ 100 MIN 135€
PER PERSON

For Her For Him

A sensorial ritual designed for deep disconnection. The treatment begins with a short aromatic ritual: the therapist selects a scent and a natural stone according to your mood, creating an initial moment of calm and connection.

A body ritual combining relaxation and physical recovery. It begins with a short personalised aromatic ritual, using a scent and a natural stone selected according to your mood, to induce a deep state of calm.

This is followed by a massage performed with Divine Oleum, a 100% organic oil made with Canarian plumeria flower, enveloping the body and senses while promoting relaxation, nourishment and emotional wellbeing.

This is followed by a massage combining relaxing, sports techniques and hot stones to release muscle tension and restore energy.

The experience ends with 20 minutes in a hydromassage bathtub, extending the feeling of rest and balance.

The ritual ends with 20 minutes in a hydromassage bathtub, completing the wellbeing experience.

MASSAGES

Sports Massage

An intensive massage focused on relieving muscle tension and contractures. Ideal for physical overload, accumulated stress or localised discomfort.

⌚ 50 MIN 85€

Feel & Calm Relaxing Massage

A full body massage with slow, flowing movements designed to release tension, calm the mind and promote deep relaxation and wellbeing.

⌚ 50 MIN 80€

Personalised Massage

A tailor-made massage adapted to the body's needs at the moment of the treatment. The therapist adjusts rhythm, pressure and techniques according to the desired outcome: relaxation, muscle release, drainage or overall balance. A unique massage designed especially for you.

⌚ 25 MIN 55€
⌚ 50 MIN 90€
⌚ 80 MIN 120€

Hot Stones Massage

A deep massage performed with warm volcanic stones that help relax muscles, release tension and promote a deep sense of calm. The heat penetrates the body, providing wellbeing and balance.

⌚ 50 MIN 90€

Ayurvedic Massage

An Ayurvedic massage focused on balancing the body's energy. This is not a deep tissue or contracture-releasing massage, but a profound treatment that works on both body and vital energy. Special attention is given to the abdominal area, helping to release blockages, harmonise the digestive system and promote overall wellbeing. A transformative massage that goes beyond the physical level.

⌚ 80 MIN 130€

Reflexology Session

A treatment based on the stimulation of reflex points on the feet connected to different organs and systems of the body.

⌚ 40 MIN 75€

Head Massage

A specific massage of the head designed to relieve tension, calm the mind and enhance a feeling of rest. Ideal for mental stress, fatigue or a quick moment of disconnection.

⌚ 25 MIN 45€