

Casita Ayurveda Tenerife

1-day-SPA-packages in 2025

Included in each package:

- free herbal teas and filtered, mineralized drinking water
- our garden paradise with a little pool (please bring your own pool towel)
- 10 min. detox foot bath before the massage treatment

Morning packages

Package 1a - massage time about 70 min., total treatment time about 90 min.

Yoga 08:00 a.m. – 09:30 a.m. (arrival time must be 07:45 a.m.)

Ayurvedic porridge 10:00 a.m. (100% organic and warm)

Treatments between 10:45 a.m.– 12:20h p.m. (Detox foot bath + Ayurvedic relaxing oil massage)

Warm ayurvedic lunch 12:30 p.m.

Total: 140 Euro

Package 1b – massage time 90 min., total treatment time about 120 min.

Yoga 08:00 a.m. – 09:30 a.m. (arrival time must be 07:45 a.m.)

Ayurvedic porridge 10:00 a.m. (100% organic and warm)

Treatments between 11:00 a.m. – 02:00 p.m.

(Detox foot bath + Ayurvedic relaxing oil massage)

Total: 170 Euro

Afternoon packages

Package 2a – massage time about 70 min., total treatment time about 90 min.

Warm ayurvedic lunch 12:30 p.m. (total price without lunch: 15 Euro less)

Treatments between 01:30 p.m.– 05:30 p.m. (Detox foot bath + Ayurvedic relaxing oil massage)

06:00 p.m. dinner (100% organic, warm, mostly vegan Ayurvedic food)

Total: 130 Euro

Package 2b – massage time 90 min., total treatment time about 120 min.

Warm ayurvedic lunch 12:30 p.m. (total price without lunch: 15 Euro less)

Treatments between 01:30 p.m.– 05:30 p.m. (Detox foot bath + Ayurvedic relaxing oil massage)

06:00 p.m. dinner (100% organic, warm, mostly vegan Ayurvedic food)

Total: 175 Euro

Please bring:

- indoor shoes or warm socks
- pool towel to spend time in the garden
- Cash: All prices are cash prices.