



Abama Hotels, a full-on sensory experience

- **Abama Hotels offers holidays full of experiences to disconnect, repair the body and mind and treat all five senses - sight, smell, taste, touch and hearing - to new sensations and emotions.**

In the times we live in, immersed in the fast pace of 21st century jobs and the hyperconnectivity of social media networks, many travellers are looking for holiday experiences that allow them to get away from it all, disconnect and reduce their daily stress.

That's why more and more guests are choosing the restorative experiences that [Abama Hotels](#) offers to reconnect with the real world, lower their heart rate and fill their five senses with peace, beauty, joy and healing.

Sight

Because when a guest chooses to stay in any one of the options that Abama Hotels has to offer, whether [Las Terrazas de Abama Suites](#) or [Los Jardines de Abama Suites](#), or the exclusive **Villas del Tenis** with their heated infinity pools, one of the first senses that comes alive is sight. The eyes immediately take in the idyllic vision of an intimate sanctuary, exquisitely designed to blend in with the surroundings of green palm groves and magnificent gardens that spill over the terraces into the spectacular Atlantic Ocean that opens at their feet. Designed to get lost in the horizon hand in hand with the silhouette of the neighbouring island of La Gomera.

With this breath-taking scenery now firmly fixed in the memories of those who have the privilege of contemplating it, there is a long list of magical places that the island of Tenerife has to offer visitors, so spectacular that have been and continue to be the settings for some of the world's premiere film productions, such as the legendary "Clash of the Titans" to name just one. Punta de Teno, Barranco de Masca and, of course, the magnificent Teide National Park are among the most extraordinary views that will remain forever etched in the memory of those who visit them.



Smell

Probably, the second sense that comes alive and lets you know that you're in Tenerife and **Abama Hotels** is the sense of smell. Because Tenerife smells of the sea, of rocks, of salt and holidays wherever you go. The resort smells of bougainvillea in bloom, palm trees and, if you pay close attention, you'll discover the natural aroma of its hotels, a scent that invites you to sink into the relaxing pleasure of one of the various treatments and massages at your disposal.

And as you enter the world of Abama, you'll soon detect the aroma of fine cuisine that emanates every night from the **Melvin by Martín Berasategui** restaurant to satisfy even the most exquisite palates. It's the smell of fish, seafood, the most exquisite meats, delicate sauces...and desserts.



Taste

Indulge your sense of taste in the dishes prepared by the experienced hands of chef Sergio Fuentes. Enjoy some of his most exclusive signature recipes made from locally sourced products.

In addition to the exquisite options that **Abama Hotels** offers to satisfy the palates at the **Tágara** restaurant at **Plaza Abama**, the **Sunway** pool bar and **La Zumería** at **Las Terrazas de Abama Suites**, with its magnificent shakes and cocktails, be sure to visit the small gourmet store featuring traditional local products from the Canary Islands. Without a doubt, Tenerife boasts one of the richest and most unique gastronomic offerings on the national and international scene.

When you visit the famous "*guachinches*" in the northern part of the island, traditionally open from 30 November, and the small island wineries that sell their seasonal reserves you'll discover some of the Canary Islands' most genuine flavours and wines. A unique and unforgettable experience that can still be enjoyed in the spring.

Touch

And what could be better after an exquisite meal than to enjoy one of the many massages or wellness treatments offered by **Abama Hotels** to relax both body and mind?

After toning up in the hands of professionals, a perfect way to end the day is to take a relaxing stroll along the beautiful paths of the complex that lead to the cosy beach at the end of the resort. Feel the touch of its fine, warm and golden sand under your feet, surrounded by infinity.



Hearing

Listening to the unique and ceremonious sound of the ocean is one of the most soothing and effective restorative therapies that exists. A sound that can be heard perfectly from almost anywhere at the **Abama Hotels** resort as the sun goes down and draws the most beautiful of silhouettes on the horizon.

You'll love listening to the sound of the birds. Abama is a meeting and sighting place for more than 20 species of birds, including some in danger of extinction.

Ending the day with this sound therapy ritual is one of the best sensory experiences the resort has to offer. And for those who want to take it to the next level of enjoyment, the island of Tenerife has a wide range of concerts, shows and performances to liven up your holidays.

The legendary Sting will perform at the Adeje Football Field on 3 June in what is sure to be an unforgettable concert, especially for those who long to hear some of the best music of all times.

Leiva will perform on 6 May at the Santa Cruz Fairgrounds, Alex O'Dogherty's will bring his show to the Teatro Unión de Tejina on 7 May, Paul Alone will perform at Buho Club in La Laguna on 19 May and the inimitable show, "The Hole", will be at the Palmetum Maritime Park in Santa Cruz from 26 April to 7 May. These are just some of the cultural and entertainment options to nourish the soul through the senses during the most sensory-filled holidays.

