



NEWS

THE RITZ-CARLTON

ABAMA

Carretera General TF-47, Km 9
Guía De Isora, Tenerife
Tel: 922 126 697

THE ULTIMATE SIESTA AT THE RITZ-CARLTON ABAMA, TENERIFE

Tenerife – XX July 2019, The hot European hotel on one of the most sun-soaked European islands, has curated the ultimate aid to celebrate and revive the heritage of siesta time. At The Ritz-Carlton, Abama, power naps are obligatory, and a post-lunch afternoon nap to relax and rejuvenate has never looked so appealing with the introduction of the resort's siesta package.

Sun-drenched mornings at The Ritz-Carlton, Abama can mean hours of indulgence, starting with gourmet breakfast treats poolside at El Mirador or tucking in to a plethora of cuisines at La Terraza's renowned buffet. Whether taking to the beach or pool to soak up some Vitamin D, acing it on the courts or perfecting your swing on the golf course, it's tiring work, and none more so after a long balmy lunch at one of the resort's 10 mouth-watering restaurants. To the rescue is The Ritz-Carlton, Abama's Siesta package to ensure the most blissful afternoon nap.

Bed down on a four poster Bali bed at the resort's El Mirador cliffside infinity pool, kick back and retreat beneath shaded linen canopies and unwrap a selection of treats to aid a dreamy sleep escape. A plumped, fragrant lavender eye mask and aromatherapy balms from cult Spanish brand Sepai's Apoem collection accompanied by soothing spa teas will send you off and when stirring to take on the rest of the day, invigorating ginger shots and cold towels are peacefully presented by your pool butler! For those looking for a little more privacy the siesta experience can also be booked in-room, whether staying in the vast Citadel Suites or Villa accommodation tucked in to botanic gardens.

Those looking to harness the downtime vibes, can book the Bali Bed Experience for the rest of the day, complete with Cabana Butler, crisp local wines and Cava, local fruits and popcorn. The Bali Bed Experience starts from €175 for half day access, hosting up to four guests and includes unlimited drinks (local wines, cava, beers and soft drinks), fruit, popcorn and Cabana Ambassador.

One Bedroom Citadel Deluxe Suites start from €350 plus tax per night on a bed and breakfast basis

For more information and to book visit ritzcarlton.com/abama or call (+34) 902 105 600.

About The Ritz-Carlton, Abama

Located in Guía de Isora, a peaceful, gem of a destination on the South West coast of Tenerife, this exclusive five-star resort is operated by The Ritz-Carlton Hotel Company L.L.C., and exists in a stunning 'finca' setting surrounded by lush and vibrant vegetation, volcanic landscapes and panoramic views of the Atlantic Ocean. Designed by Melvin Villarroel and with romantic Moorish references to an Arab citadel, the resort spans an area of 400 acres which includes seven swimming

pools, a secluded beach, waterfalls and exuberant subtropical vegetation, composed of 90,000 trees with 300 different species of palms and shrubs. The resort provides a wide choice of accommodation, all with The Ritz-Carlton seal: from the rooms and suites of the Citadel to the secluded adult-only Tagor´ Villas, with private pools and terraces, butler service and Asprey amenities. A perfectly pampering spa of 2,500 m2 offers an indulgent menu using Espa, Spanish brand Sepai, and endemic island ingredients. The Ritz-Carlton, Abama is home to enviable facilities including; a Dave Thomas designed championship golf course and Academy - one of the most challenging 18-hole golf courses in Spain, seven tennis courts and two paddle tennis courts with The Abama Tennis Academy, and Ritz Kids - an immersive children's club with a programme designed by the renowned Oceanographer, Jean-Michel Cousteau. A gourmet paradise, there are ten restaurants, including M.B and Kabuki, awarded with two and one Michelin stars respectively. The Ritz-Carlton, Abama is proud to be the only resort in Europe to have three Michelin stars among its restaurants.

About The Ritz-Carlton Hotel Company, LLC

The Ritz-Carlton Hotel Company, L.L.C., of Chevy Chase, MD., part of Marriott International, Inc., currently operates more than 100 hotels and over 45 residential properties in 30 countries and territories. For more information or reservations, visit the company web site at www.ritzcarlton.com, for the latest company updates, visit news.ritzcarlton.com and to join the live conversation, use #RCMemories and follow along on [Facebook](#), [Twitter](#), and [Instagram](#). The Ritz-Carlton Hotel Company, L.L.C. is a wholly-owned subsidiary of Marriott International, Inc. (NASDAQ:MAR). The Ritz-Carlton is proud to participate in Marriott Bonvoy, the new name of Marriott's travel program replacing Marriott Rewards®, The Ritz- Carlton Rewards®, and Starwood Preferred Guest® (SPG). The program offers members an extraordinary portfolio of global brands, experiences on Marriott Bonvoy Moments and unparalleled benefits including earning points toward free hotel stays and nights toward Elite status recognition. To enroll for free or for more information about the program, visit MarriottBonvoy.marriott.com.

For further press information contact:



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Kate Hall
Gallivant PR
07917 251604
kate@gallivantpr.com