

1. Directory services

SVB LUXURY RENTALS



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LUXURY RENTALS

www.svbluxuryrentals.com

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IMPORTANT: To book with us, please do so in advance and send an email to experiences@svbluxuryrentals.com, indicating:

- Name
- Property you where are staying
- Code and name of service
- Preferred date for the service

We will get back to you as soon as possible to confirm availability.

WELLNESS

1. Phisiotherapy Treatments - Code: PST



Health and wellness By Juan - JC –

- Licensed Physical Therapist (Col. N-1329)
- Manual Therapy expert
- Worldwide known Pilates Master trainer
- Expert in prescribing and creating fitness programs for athletes and special populations
- Known worldwide as a Pilates Master trainer. He is participating in 2024 in the PIA (Pilates in Asia) the largest pilates convention worldwide

Juan has treated numerous personalities worldwide and resides in South Tenerife.

He only attends with strict advance notice since he is in high demand.

In January 2024 he began providing his exclusive services with SVB Luxury Rentals.

- **SERVICES**

Top level medicine and Physiotherapy during your holidays at home

Solve any kind of musculoskeletal diseases or injury.

We provide consultation diagnosis and solutions immediately.

1. Health screening
2. Diagnosis
3. Short program with follow up

- **Physiotherapy / Wellness -**

- Manual therapy/ osteopathy for chronic or acute pain-
- Quiropractic
- Therapeutic Massage (Balinese, Thai , sport massage , deep tissues)

- **Personal training**

- Physical screening
- Analyze of mechanical dysfunctions and musculoskeletal background
- Design of a personal fitness program with follow up and possible online continuity

- **Golf: Fitness program and recovery**

- Bio-mechanical screening to understand the needs
- Re-balance of musculoskeletal system to achieve enough mobility and stability
- Specific exercises to improve strength and accuracy

- **Other services and specialties**

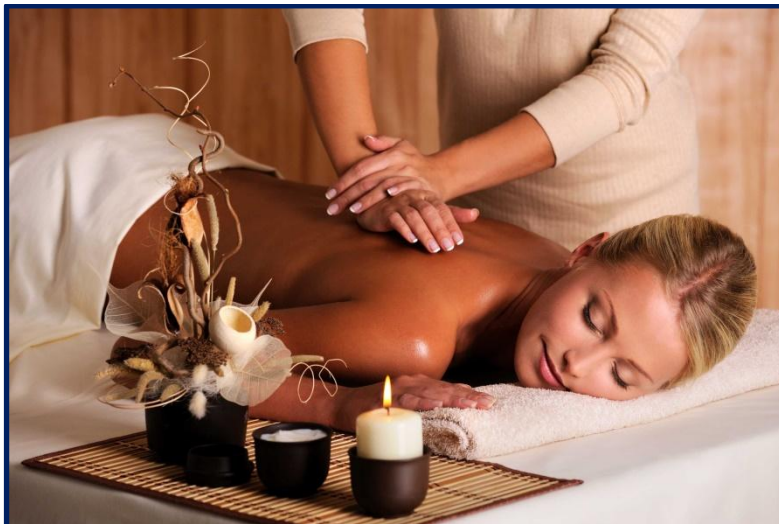
- Pilates mat exercises one to one or group
- Physical therapy and Pilates for pregnancy (recommended after the second trimester)
- Neurological treatments (ELA, Parkinson , multiple sclerosis , stroke)
- Metabolic training (diabetes type 2)

Policies and fees

- 1 session (1 hour) - 120 euros
- Pack 5 sessions - 550 euros
- Pack 10 sessions – 1000 euros

Emergencies and treatments on weekends (Saturday and Sunday) have a supplement of 50 euros.

2. Women massage therapist - Code: WMT



Many things can contribute to the onset of long-lasting back pain in adults, from spending long hours working in front of a computer to poor posture and chronic illnesses. *Masajes Patricia Tenerife* offer a wide range of therapies from the comfort of your holiday.

- **SERVICES**

- **Relaxing massage**

Relaxation massage service is aimed at making you feel totally calm. Relaxation massage is the perfect option to relieve tension, stimulating circulation and soothing tired muscles to bring the body into a perfect state of balance.

Price 75€ / 1 hour

- **Sports massage**

It is a technique specifically aimed at athletes and aims to improve their sports performance, take care of their body and speed up their recovery after injuries and also prevent them.

Price 75€ / hour

- **Anti-stress**

A frontal stress relief massage involves the therapist gently working through all that tension to leave you calmer and more relaxed.

Price 60€ / 45 minutes

- **Foot, calf and leg reflexology**

Based on an ancient Chinese tradition, foot reflexology involves applying pressure to reflex points along the foot to relieve stress and tension. It has been implemented a mix of calf and leg massage and foot reflexology to create a dynamic and complete harmony of the lower body.

Price 60€ / 40 minutes

- **Cervical**

Cervical massage is a massage focused on the upper back and neck. It is especially indicated to relieve muscle pain and headaches caused by over-tension and normally accompanied by: Limited movement in the neck. Lack of elasticity.

Price 60€ / 45 minutes

- **Full back**

Neck and back massages are not only an essential means of getting rid of muscle pressure and relaxing, but also a factor in releasing endorphins, natural antidepressants that influence human well-being and help us fight pain.

Price 60,00€ / 45 minutes

Extra transport: 30€ Los Gigantes (Aguasuites) – 10€ Adeje

3. Men massage therapist - Code: MMT



Victor invite you to discover the world of pranothérapie and other varied massage treatments. Our speciality is pranothérapie, a therapeutic technique that focuses on the balance and harmony of the body, the mind and the spirit. Through the application of vital energy, we seek to restore the energy flow and promote a feeling of deep well-being.

Victor is an energy expert and will guide you through a unique massage experience that cleanses and balances your energy circuit, promoting harmony and comprehensive well-being.

In addition to pranothérapie, Victor offers a wide variety of massages for your relaxation and personalized treatment. Our team of therapists is trained in different techniques, from relaxing massages to specific therapies to relieve pain and tension.

- **Services**
- **Pranothérapie: experience harmony and inner balance**

Our pranothérapie treatments last approximately 1 hour, during which a deep cleansing of the entire body's energy circuit is performed, including the lymphatic system. Through the channeling of vital energy, it seeks to restore balance and vitality in each cell, promoting healing and renewal.

Price 90,00€ hour

- **Draining massage: stimulate your lymphatic system**

The draining massage is a soft and rhythmic technique that stimulates the lymphatic system to eliminate toxins and improve circulation. This massage helps reduce fluid retention, promotes detoxification and relieves the feeling of heavy legs. Experience internal renewal and a feeling of lightness with our draining massage!

Price 80,00€ / hour

- **Emotional massage: balance and inner well-being**

Our emotional massage is designed to release emotional tension and promote inner balance. Through smooth, flowing movements, this massage helps relieve stress, calm the mind, and promote deep relaxation. Allow yourself a moment of peace and connection with our emotional massage!

Price 80,00€ / hour

- **Sports massage: recovery and optimal performance**

Sports massage focuses on improving sports performance, preventing injuries and accelerating muscle recovery. Our therapists apply specific techniques to release muscle tension, promote flexibility, and reduce recovery time after exercise. Optimize your athletic performance with our sports massage!

Price 80,00€ / hour

- **Decontracting massage: relief of muscle tension**

Our decontracting massage targets areas of muscle tension and stiffness. By applying pressure and deep strokes, this massage helps relieve muscle knots, reduce tension, and restore mobility. Free yourself from contractures and recover your physical well-being with our relaxing massage!

Price 80,00€ / hour

- **Holistic Massage: integration of body and mind**

Holistic massage is a holistic experience that combines massage techniques and therapeutic approaches to promote mind-body integration. This massage seeks to balance your vital energy, relieve stress and promote a state of global well-

being. Let yourself be carried away by a complete healing experience with our Holistic massage!

Price 80,00€ / hour

Extra transport: 30€ Adeje area – 10€ Los Gigantes (Aguasuites)

BOATS

4. Sailing boat - Code: SB



We presents you this Bavaria 44 maximum comfort boat with a length of 13.60 meters and a beam of 4.25 meters with capacity for 9 passengers. Fully equipped with the latest security and navigation systems for cruising. It has four double cabins, living room with kitchen and two bathrooms with shower.

Discover the natural beauty of Tenerife on an exciting 3 or 6-hour sailing excursion around Los Gigantes! Enjoy a private experience guided by an expert local skipper, while you admire whales, dolphins and other marine life in their natural habitat. Discover the spectacular views of the cliffs and coastal landscapes, while sailing on a comfortable and luxurious sailboat. Book your adventure today and live an unforgettable experience in Tenerife!

Here are the different excursions options:

- **3 hour Relaxing Sailing Trip (morning or SUNSET)**

Capacity: 10 pax / Captain: Included / Included: Snacks and drinks.

Price: 600€ / 7% Taxes not included.

If you prefer to share the trip with other guests the price will be 70€ per person and 55€ for kids until 10 years old (Tax included)

- **6 hour Relaxing Sailing Trip**

Capacity: 10 pax / Captain: Included / Included: Meal and drinks.

Price: 900€ / 7% Taxes not included.

5. Sailing fishing boat - Code: SFB



We would like to present you, an American luxury sports boat, ready to sail the seas of Tenerife in search of an incomparable experience. A boat trip to enjoy nature and sun.

The Canary Islands are considered one of the best locations in the world, thanks to the Atlantic currents and that is why we can find more than 5.000 marine species living in our waters, mostly Sea turtles, Sea birds, Whales & Dolphins.

With this boat of 10 meters length x 4 meters wide, you can rent a private charter for a day of relaxation for 8 passengers or fishing in these wonderful atlantic waters for 6 passengers.

Here are the different options:

- **3 hour Relaxing Tour Trip**

Leaving Puerto Colón we head out to deeper waters by the coast to investigate marine wildlife. Later we will anchor by a nice beach for a swim before returning to the port.

Capacity: 8 pax / Captain: Included / Included: Snacks and drinks.

Price: 500€ / Price extra hour 180€ / 7% Taxes not included.

- **6 hour Relaxing Sailing Trip**

This trip is more adventurous and more exciting as we have time to investigate further out into the Atlantic. Lunch is served on board, order from our menu. We then anchor at the Los Gigantes.

Capacity: 8 pax / Captain: Included / Included: Brunch box and drinks.

Price: 1000€ / 7% Taxes not included.

- **7 hour Heavy Tackle Fishing Trip**

This is the most exciting fishing trip of all. Once again the Canary Island's Atlantic ocean has it's advantageous access to 'big fish'. Here we can catch 'Blue fin, Yellow fin, Big eye, Blue Marlin, White marlin, Spearfish, Dorado, Barracuda, Amber crack, Grouper.

Capacity: 6 pax / Captain & sailor: Included / Included: Brunchbox and drinks.

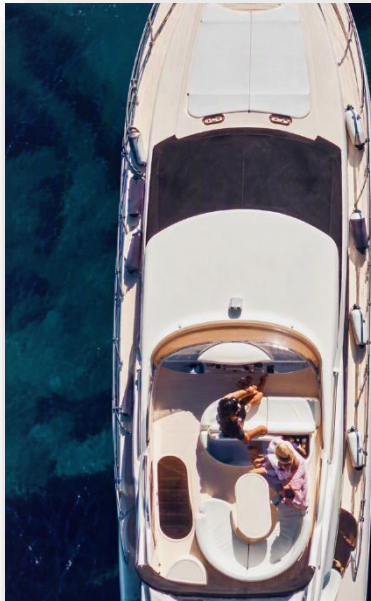
Price: 1.250€ / 7% Taxes not included.

- **3 hour Light Tackle Fishing Trip**

Capacity: 6 pax / Captain: Included / Included: Snacks and drinks.

Price: 600€ / 7% Taxes not included.

6. Yachts - Code: SFB

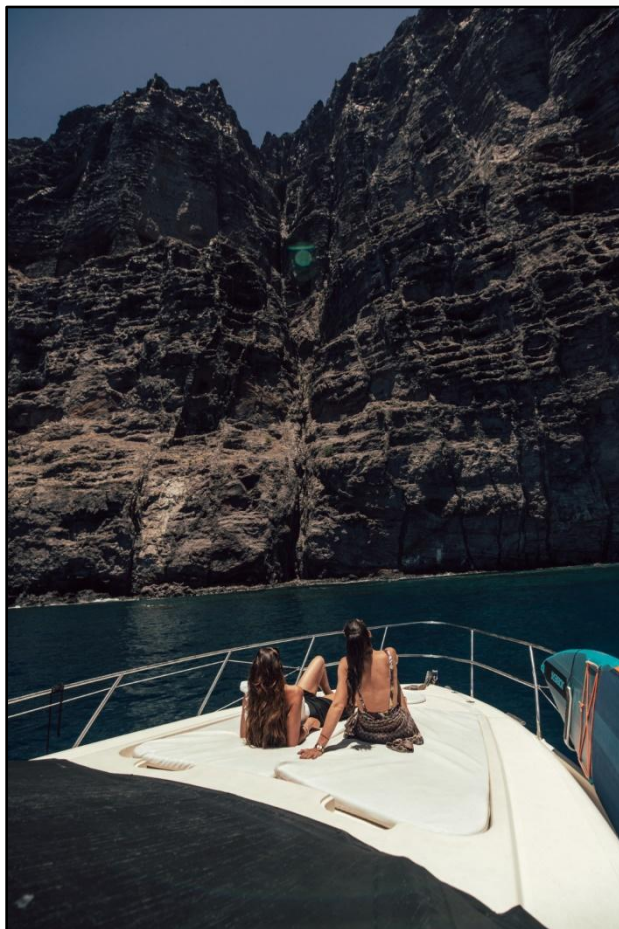


Charter	3h	930€
Charter	4h	1150€
Charter	6h	1550€
Charter	8h	1850€

Included: Cava, White Wine, Beer,
 Soft Drinks/ Snacks, Tapas
 and Fruit plate

Longer Charters include
 Seafood/Chicken or Mixed Paella
 Capacity 12 guests

Inflatables, Bluetooth Sound system,
 Snorkeling equipment, Fishing Rods,
 Paddle Board, Seabob



CAR RENTING

7. Rental cars, transfer options - Code: RCT

Transfer: 135€ / per trip

Private car with driver: 2.500€ / per week

**Options in following pages*

BMW 7 SERIES LIMO 2019

Capacity: 5 pax

175€ per day / 500€ insurance excess

Baby chair optional



MERCEDES CABRIO S 560 9G-TRONIC

Capacity: 4 pax

225€ per day / 500€ insurance excess

Baby chair optional



FORD TRANSIT CUSTOM

Capacity: 9 pax

150€ per day / 500€ insurance excess

Baby chair optional (available for free)



OTHER SERVICES

8. Grocery Service - Code: GS



Before your arrival contact with us and send to us your basic list of groceries and we'll deliver the whole shopping order to the villa.

Cost service: 75€ + shopping list

9. Babysitter:- Code: BS



Request the service for prices and availability