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THE BIG TRIP

Abama Resort Tenerife review: luxury living with a focus on wellness

This five-star development is a perfect blend of substance and style

KIM HAWLEY

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Tenerife, the “island of eternal spring”, has truly earned its moniker. With average temperatures of 21C, brilliant sunshine and very little rain, pandemic or no pandemic, it remains one of Europe’s most popular tourist destinations. And with good reason, the island is more than just sunshine and beaches: its colourful local culture, ultramarine

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literal oasis carved into the side of the southwest of the island with stunning views of the isle of La Gomera front and centre. Surrounded on three sides by acres of banana plantations and with the breathtaking Atlantic Ocean stretching across the horizon, Abama is a perfect blend of substance and style.

Melvin restaurant is one of the food options at Abama

What to eat

As a five-star resort you could be forgiven for thinking that service at [Abama](#) might be stiff and impersonal, as can often be the case when the stakes are high. But everyone here that I spoke to had an easy-going, friendly air that might only be possible when you know that your product is good. Despite there being two Michelin star restaurants at

Abama the staff were relaxed, jovial and only too happy to help and, as you would expect, the food was delicious.

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With the vista of the Atlantic directly ahead of you it's easy to choose onsite restaurant Melvin every time, but there are plenty of options should you want to venture further afield. The Ritz Carlton is stone's throw away or you could opt for the beachfront eateries of nearby Playa San Juan.

Golf and the beach are two ways to relax

What to do

The facilities at this luxury resort are top of the range and wherever you are, the views are breathtaking. The impeccable rolling, par 72, 18-hole golf course is multi award-winning and the seven tennis courts are frequented by both the ATP and ITF tours. If you need to cool down you can choose one of the three infinity pools that are dotted across the 400 hectare site or take the complimentary transfer down to the beach which is set in a small rocky cove (covered with imported white sand), with ladders to access two natural pools. There is a fully-equipped gym and kids' clubs to keep the little ones occupied too. Happy children equals happy parents...

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The reason I was visiting Abama was for the launch of its “Wellness Week” – a relaxing, immersive retreat to nourish the soul, set new intentions and re-charge the batteries. Classes were held two to three times a day alongside complimentary sessions on meditation, philosophy, psychology, sound therapy and even astrology.

“Wellness” is the buzzword of our time, used, often without any authenticity. At Abama, however, there was no sense of imitation. Yoga folk have a tendency to try and out-limber each other and so the gentle reminders of “you do you” from our wonderful teacher were welcome. My yoga experience at Abama has somewhat annihilated my usual practise; yoga in a Surrey studio will never compare to the simple beauty of taking a class under a clear blue sky with birdsong the only distraction. A perfect antidote to our ever-scurrying minds and hectic pace of life.

There are ten luxury villas in the Las Atalayas de Abama community

Sustainability and natural surroundings

Abama wears its eco-credentials proudly on its sleeve and strives to achieve the 17 sustainable development goals set by the UN to “inspire visitors to use their leisure time in a conscious way so that we can all collaborate to achieve a better, more sustainable world with less impact on the environment”. LED lighting, a desalination plant to utilise the sea water and solar panelling are just the start.

The beautiful properties have all been designed to blend in with the natural surroundings and the accommodation – apartments, suites or villas – are simple, modern and flooded with natural light. Produce in the resort is sourced locally wherever possible; regional organic food, handmade furnishings and toiletries all breathe life into the local community of Santa Cruz. I sensed that the staff at Abama were proud to be there and, in my opinion, with good reason.

Las Villas del Tennis is a collection of 23 detached properties

Luxury living

As well as the Michelin-star dining, award-winning golf course and its focus on wellness, Abama also offers a mix of luxury residential properties and serviced holiday accommodation.

Adjacent to the resort's tennis centre, Las Villas del Tennis is a limited collection of 23 detached homes which have panoramic views of the ocean and access to some of the area's most impressive leisure and lifestyle facilities. Residents also gain membership to the recently launched Abama Prestige Owners' Club which offers a range of specially curated events and cultural excursions. Two-three bedroom villas at Las Villas del Tennis are priced from €1.54m (£1.31m) to €1.875m (£1.59m).

Las Atalayas de Abama is an exclusive community of just ten luxury villas, each of which have a different layout and design (from €1.035m/£881,865). The fully furnished apartments of Los Jardines (from €550,000/£468,624) range from one to three bedrooms and boast a south-facing aspect, providing beautiful ocean views. Abama also offers custom villas that come in two sizes and allow buyers to design their own home. Ready-built, custom villas start from €5.75m (£4.9m).

Take a dip or sunbathe at Playa Abama

When to fly

A sub-tropical climate, Tenerife has hot summers (June to September) and very mild winters, usually with year-round sunshine. Average high temperatures are lower than

that of mainland Spain at around 31C and the cooler months see an average of 19C so, no matter when you visit, you will receive a warm welcome.

How to book

Residences at Abama start from €550,000 (£468,624) to buy and from €1,500 (£1,275) per week to rent. See abamahotelresort.com

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