



CASTILLA TERMAL  
HOTELES

# Spa & Wellness

2 to 14-day treatment  
programmes.



## Relaxation Programmes

Recommended for people of all ages seeking physical relaxation, benefitting from our medicinal mineral waters and manual therapies. The most pleasurable way to spend your time at our spas..

### Two-day Relaxation Programme | €190

Day 1: Scented bubble bath. Water jet. Local relaxation massage.

Day 2: Water jet. Parafango. Total Relaxation massage.

### Three-day Relaxation Programme | €299

Day 1: Bubble bath with orange blossom essence. Water jet. Local relaxation massage.

Day 2: Moisturising mud wrap. Water jet. Total Relaxation massage.

Day 3: Bubble bath with rosemary essence. Two-handed Vichy shower with exfoliation. Parafango.

## Anti-stress Treatments

For people with lots of stress in their day-to-day lives. Treatments that combine customised massage treatments to relieve tense muscles. Immersion in a hydromassage bath with medicinal-mineral water jets helps to melt stress away, replacing it with a feeling of well-being and adjusting our biological rhythm.

### **Two-day Anti-Stress Programme | €229**

Day 1: Scented bubble bath. Water jet. Combined with the massage of your choice.

Day 2: Bubble bath with orange blossom essence. Therapeutic parafango. Hot stone massage.

### **Three-day Anti-Stress Programme | €315**

Day 1: Bubble bath with rosemary essence. Water jet. Combined massage.

Day 2: Water jet. Parafango. Hot stone massage.

Day 3: Bubble bath with orange blossom essence. Parafango. Foot reflexology.

## Essential face and body programmes

Intensive body and face treatment. With the antioxidant power of grapes picked in our vineyards in Valbuena de Duero, we offer a comprehensive two or three day ritual consisting of exfoliation, moisturising, skin detoxing and body relaxation, plus a personalised facial treatment.

### Two-day essential face and body programme | €230

Day 1: Antioxidant ritual with wine, consisting of a grapeseed body exfoliation, bubble bath with wine essence and total anti-ageing massage.

Day 2: Moisturising wrap. Personalised facial treatment.

### Three-day essential face and body programme | €360

Day 1: Antioxidant ritual with wine, consisting of a grapeseed body exfoliation, bubble bath with wine essence and total anti-ageing massage.

Day 2: Hot and cold circuit and total relaxing massage.

Day 3: Scented bubble bath. Moisturising wrap. Personalised facial treatment.



## Detox Programmes<sup>1</sup>

Treatment recommended for people looking to detox and purify their bodies. Our specialists will take a look at your lifestyle and eating habits and come up with a detox plan with foods that get rid of the toxins the body has built up and purify it.

### Two-day Detox Programme | €255

Day 1: Seaweed body exfoliation, seaweed wrap and lymphatic drainage.

Day 2: Body slim secret firming.

### Four-day Detox Programme | €499

Day 1: Seaweed body exfoliation, seaweed wrap and lymphatic drainage.

Day 2: Wine clay body wrap, circulatory massage and pressotherapy.

Day 3: Unique experience and body slim secret.

Day 4: Green tea wrap and foot reflexology.

### Six-day Detox Programme | €699

Day 1: Seaweed body exfoliation, seaweed wrap and lymphatic drainage.

Day 2: Hydromassage bath with seaweed, water jets and body slim secret.

Day 3: Hydromassage bath, green tea body wrap and foot reflexology.

Day 4: Unique experience and body slim secret.

Day 5: Hydromassage bath with seaweed, wine clay body wrap, circulatory massage and pressotherapy.

Day 6: Water jet, bath and body slim secret.

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<sup>1</sup> DETOX programmes require the guest to be staying full board at the hotel.

## Programmes for couples<sup>1</sup>

Designed for couples to enjoy together in a double booth. Combines the power of body exfoliation with relaxation and the circulatory stimulation of the bath. These are relaxing massages and the hot and cold circuit helps to eliminate toxins, unblocking the respiratory tract and stimulating blood flow.

### Special two-day couples programme | €450

Day 1: Body exfoliation. Scented bubble bath. Head, neck and back massage.

Day 2: Unique experience. Foot, leg and buttock massage.

### Special three-day couples programme | €650

Day 1: Body exfoliation. Scented bubble bath. Head, neck and back massage.

Day 2: Unique experience. Foot reflexology.

Day 3: Body wrap, water jet as well as foot, leg and buttock massage.

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<sup>1</sup> Price for two people.

## Slimming programmes\*

Comprehensive initial assessment by our multidisciplinary team come up with a bespoke diet and programmes to suit your needs. Dietary prescription and recommendations to follow at home. \*Slimming programmes require the guest to be staying full board at the hotel.

### **7-day Slimming Programme | €850**

Day 1: Body exfoliation, seaweed bath and lymphatic drainage.

Day 2: Water jet, pressotherapy and body secret detox.

Day 3: Jamaican bath, wrap and lymphatic drainage.

Day 4: Vichy shower, lymphatic drainage and unique experience.

Day 5: Jamaican bath, pressotherapy and body secret detox.

Day 6: Jamaican bath, wrap and lymphatic drainage.

Day 7: Jamaican bath, pressotherapy and body secret detox.



## 14-day Slimming Programme | €1.580

Day 1: Body exfoliation, seaweed bath and lymphatic drainage.

Day 2: Water jet, pressotherapy and body secret detox.

Day 3: Jamaican bath, wrap and lymphatic drainage.

Day 4: Vichy shower, lymphatic drainage and unique experience.

Day 5: Jamaican bath, pressotherapy and body secret detox.

Day 6: Jamaican bath, wrap and lymphatic drainage.

Day 7: Jamaican bath, pressotherapy and body secret detox.

Day 8: Body exfoliation, seaweed bath and lymphatic drainage.

Day 9: Water jet, pressotherapy and body secret detox.

Day 10: Jamaican bath, wrap and lymphatic drainage.

Day 11: Vichy shower, lymphatic drainage and unique experience.

Day 12: Jamaican bath, pressotherapy and body secret detox.

Day 13: Jamaican bath, wrap and lymphatic drainage.

Day 14: Jamaican bath, pressotherapy and body secret detox.



## Therapeutic programmes

Treatment recommended for joint and muscle pain (arthrosis, arthritis, post-injury discomfort, rheumatoid conditions).

### Three-day bone and joint programme | €280

Day 1: Bubble bath, parafango and personalised therapeutic massage.

Day 2: Water jet, parafango and personalised therapeutic massage.

Day 3: Body wrap, circulatory massage and pressotherapy.

### Four-day bone and joint programme | €385

Day 1: Bubble bath, parafango and personalised therapeutic massage.

Day 2: Water jet, parafango and local massage.

Day 3: Body wrap, circulatory massage and pressotherapy.

Day 4: Bubble bath, parafango and personalised therapeutic massage.

## Terms and conditions

- Programmes exclusively for 4\* hotels: Castilla Termal Olmedo, Castilla Termal Burgo de Osma and Castilla Termal Solares
- All prices are per person
- The order of the techniques shown in the programmes is intended as a guide and are subject to change by the wellness area professionals.
- Prices may be revised without prior notice.
- Including VAT.





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[www.castillatermal.com](http://www.castillatermal.com) | [info@castillatermal.com](mailto:info@castillatermal.com)

