



CASTILLA TERMAL
HOTELES

Spa & Wellness

2 to 14-day treatment programmes



Relaxation Programme 2 days | €320

Perfect for people of all ages looking to unwind, activate the peripheral circulation, try out some therapies with mineral-medicinal water and get relaxing massages.

Day 1: Vichy massage and customised relaxing massage.

Day 2: Scented bath, body wrap and relaxing massage with aromatherapy

Anti-Stress Programme 2 days | €360

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 bathtub with medicinal-mineral water jets helps to melt stress away, replacing it with a feeling of well-being and adjusting our biological rhythm..

Day 1: Scented bath, body exfoliation and personalised therapeutic massage.

Day 2: Scented bath, body wrap and Thai massage.

Programmes for couples¹ 2 days | €690

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, decongesting the respiratory tract and boosting circulation.

Day 1: Beauty ritual for couples. (Scented bath, body exfoliation and relaxing massage with aromatherapy)

Day 2: Scented bath, body wrap and volcanic stone massage.

¹ Price for two people.

Exclusive 5* Programme 2 days | €465

Enjoy a complete two-day programme to restore your sense of calm, disconnect from the world and improve your well-being.

Exclusive 5* Programme

Day 1: Vichy shower massage, body wrap and foot reflexology.

Day 2: Scented bath, hot stone massage and WOW facial.

Detox Programmes²

Treatment recommended for people looking to detox and purify their bodies.

Personal interview with our nutritionist to assess lifestyle and eating habits. During your stay, we will prepare a detox eating plan for you that will help your organs to eliminate built-up toxins and purify the body.

Detox Programme 2 days | €335

Day 1: Bath, grape-seed exfoliation and foot reflexology.

Day 2: Bubble bath with seaweed. Seaweed body wrap Lymphatic drainage.

Detox Programme 4 days | €655

Day 1: Bath, grape-seed exfoliation and foot reflexology.

Day 2: Seaweed hydromassage, seaweed body wrap, lymphatic drainage.

Day 3: Vichy shower and wood therapy.

Day 4: Hydromassage, seaweed body wrap, circulatory massage and pressotherapy.

²DETOX programmes require the guest to be staying full board at the hotel.



Slimming Programmes3

We draw up a report after assessing changes in body weight, fat mass and body contours during the stay, adapting diet and programmes on a case-by-case basis.

Our specialists will also design an exercise routine to follow daily in our gym during your stay.

They will also provide dietary recommendations to be followed at home.

Slimming Programme 7 days | €1,185

- Day 1: Body exfoliation, seaweed bath and lymphatic drainage.
- Day 2: Foot reflexology, pressotherapy and body secret detox.
- Day 3: Jamaican bath, wrap and lymphatic drainage.
- Day 4: Vichy shower and lymphatic drainage.
- Day 5: Jamaican bath, pressotherapy and body secret detox.
- Day 6: Jamaican bath, wrap and lymphatic drainage.
- Day 7: Detox facial and body secret detox.

14-day Slimming Programme | €2,225

- Day 1: Body exfoliation, seaweed bath and lymphatic drainage.
- Day 2: Foot reflexology, pressotherapy and body secret detox.
- Day 3: Jamaican bath, wrap and lymphatic drainage.
- Day 4: Vichy shower and lymphatic drainage.
- Day 5: Jamaican bath, pressotherapy and body secret detox.
- Day 6: Jamaican bath, wrap and lymphatic drainage.
- Day 7: Detox facial and body secret detox.
- Day 8: Body exfoliation, seaweed bath and lymphatic drainage.
- Day 9: Foot reflexology, pressotherapy and body secret detox.
- Day 10: Jamaican bath, wrap and lymphatic drainage.
- Day 11: Vichy shower and lymphatic drainage.
- Day 12: Jamaican bath, pressotherapy and body secret detox.
- Day 13: Jamaican bath, wrap and lymphatic drainage.
- Day 14: Detox facial and body secret detox.

3Slimming programmes require the guest to be staying full board at the hotel.

General Terms and Conditions

- Exclusive programmes for 5* hotels (Castilla Termal Monasterio de Valbuena and Castilla Termal Brihuega)
- All prices are per person.
- The order of the techniques presented in the programmes and experiences is intended as a guide and may be altered according to the recommendations of the spa's wellness professionals.
- Prices may be revised without prior notice.
- VAT included.



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