



CASTILLA TERMAL
HOTELES

Spa & Wellness

Treatment Programs
from 2 to 14 days



Relax Programs

Designed for individuals of all ages who wish to experience deep physical relaxation through the healing properties of our mineral-medicinal waters and manual therapies. The most pleasurable way to make the most of your time in our wellness centers.

2 days | €190

Day 1: Aromatic bubble bath. High-pressure jet shower. Localized relaxation massage.

Day 2: High-pressure jet shower. Parafango (thermal mud and paraffin wrap). Full-body relaxation massage.

3 days | €315

Day 1: Bubble bath with orange blossom essence. High-pressure jet shower. Localized relaxation massage.

Day 2: Moisturizing mud wrap. High-pressure jet shower. Full-body relaxation massage.

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

Anti-stress Programs

Created for those who face high levels of daily stress. These therapies combine personalized massage techniques adapted to each guest's muscular tension level. Immersion in hydrotherapy baths and high-pressure jets using mineral-medicinal water help release built-up stress, restore inner balance, and promote an overall sense of well-being.

2 Days | €245

Day 1: Aromatic bubble bath. High-pressure jet shower. Customized combination massage.

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

3 Days | €340

Day 1: Bubble bath with rosemary essence. High-pressure jet shower. Customized combination massage.

Day 2: High-pressure jet shower. Parafango wrap. Hot stone massage.

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

Essential Face & Body Programs

An intensive face and body treatment that harnesses the antioxidant power of grapes harvested from our vineyards in Valbuena de Duero. This comprehensive two- or three-day ritual includes exfoliation, hydration, skin detoxification, and full-body relaxation, along with a personalized facial treatment.

2 Days | €240

Day 1: Antioxidant wine ritual featuring grape seed body exfoliation, wine essence bubble bath, and a full-body anti-aging massage.

Day 2: Hydrating body wrap. Personalized facial treatment.

3 Days | €370

Day 1: Antioxidant wine ritual featuring grape seed body exfoliation, wine essence bubble bath, and a full-body anti-aging massage.

Day 2: Thermal contrast circuit and full-body relaxation massage.

Day 3: Bubble bath with aromatic essence. Hydrating body wrap. Personalized facial treatment.



Detox Programs¹

Ideal for individuals seeking to cleanse and purify their body. Our specialists will assess your lifestyle and dietary habits to design a personalized detox nutrition plan that supports the body's natural detoxification processes, helping eliminate accumulated toxins and restore internal balance.

2 Days | €265

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

Day 2: High-pressure jet shower and Body Slim Secret treatment.

4 Days | €530

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

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

Day 3: Unique sensory experience and Body Slim Secret treatment.

Day 4: Green tea wrap and foot reflexology.

¹ For Detox Programs, we recommend staying at our hotels on a full-board basis.

Essential couples Programs¹

Designed to be enjoyed as a couple in a double treatment suite. This experience combines the revitalizing effect of full-body exfoliation with the deep relaxation and circulatory stimulation provided by our hydrotherapy baths. Relaxing massages and contrast circuits help eliminate toxins, decongest the respiratory system, and boost peripheral blood flow.

2 Days | €490

Day 1: Full-body exfoliation. Aromatic bubble bath. Cranial, neck, and back massage.

Day 2: Signature sensory experience. Foot, leg, and glute massage.

3 Days | €680

Day 1: Full-body exfoliation. Aromatic bubble bath. Cranial, neck, and back massage.

Day 2: Signature sensory experience. Foot reflexology.

Day 3: Body wrap, high-pressure jet shower, and foot, leg, and glute massage.

¹ Price per couple.

Weight Loss Programs*

A comprehensive initial assessment is carried out by our multidisciplinary team to tailor both nutrition and treatments to your specific needs. A personalized dietary plan will be prescribed, along with nutritional guidance to continue at home.

7 Days | €965

Day 1: Full-body exfoliation, seaweed bath, and lymphatic drainage massage.

Day 2: High-pressure water jet, pressotherapy, and Detox Body Secret treatment.

Day 3: Jamaica bath, body wrap, and lymphatic drainage massage.

Day 4: Vichy shower, lymphatic drainage massage, and signature sensory experience.

Day 5: Jamaica bath, pressotherapy, and Detox Body Secret treatment.

Day 6: Jamaica bath, body wrap, and lymphatic drainage massage.

Day 7: Jamaica bath, pressotherapy, and Detox Body Secret treatment.

14 Days | €1,780

Day 1: Full-body exfoliation, seaweed bath, and lymphatic drainage massage

Day 2: High-pressure water jet, pressotherapy, and Detox Body Secret treatment.

Day 3: Jamaica bath, body wrap, and lymphatic drainage massage.

Day 4: Vichy shower, lymphatic drainage massage, and signature sensory experience.

Day 5: Jamaica bath, pressotherapy, and Detox Body Secret treatment.

Day 6: Jamaica bath, body wrap, and lymphatic drainage massage.

Day 7: Jamaica bath, pressotherapy, and Detox Body Secret treatment.

Day 8: Full-body exfoliation, seaweed bath, and lymphatic drainage massage

Day 9: High-pressure water jet, pressotherapy, and Detox Body Secret treatment.

Day 10: Jamaica bath, body wrap, and lymphatic drainage massage. Day 11: Vichy shower, lymphatic drainage massage, and signature sensory experience.

Day 12: Jamaica bath, pressotherapy, and Detox Body Secret treatment.

Day 13: Jamaica bath, body wrap, and lymphatic drainage massage.

Day 14: Jamaica bath, pressotherapy, and Detox Body Secret treatment.



Osteoarticular Programs

Recommended for joint and muscle pain, including conditions such as osteoarthritis, arthritis, post-traumatic injuries, and other rheumatic disorders.

3 Days | €295

Day 1: Bubble bath, parafango wrap, and personalized therapeutic massage

Day 2: High-pressure jet shower, parafango wrap, and localized massage

Day 3: Full-body wrap, circulatory massage, and pressotherapy

4 Days | €400

Day 1: Bubble bath, parafango wrap, and personalized therapeutic massage.

Day 2: High-pressure jet shower, parafango wrap, and localized massage.

Day 3: Full-body wrap, circulatory massage, and pressotherapy.

Day 4: Bubble bath, parafango wrap, and personalized therapeutic massage.

General Terms and Conditions

- Exclusive programs available at our 4-star hotels: Castilla Termal Olmedo, Castilla Termal Burgo de Osma, and Castilla Termal Solares.
- All prices are per person and include VAT. Prices are subject to change without prior notice.
- The order of treatments listed may be modified at the discretion of our therapists
- Advance booking is required.
- Cancellations made less than 24 hours before the scheduled time will incur a charge of 50% of the treatment price. In the case of gift vouchers, the session will be considered redeemed.





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