



CASTILLA TERMAL
HOTELES

Spa & Wellness

Treatment Programs
from 2 to 14 days



Relax Program

2 days | €340

Recommended for individuals of all ages seeking relaxation, improved peripheral circulation, and the benefits of wellness therapies combined with soothing massages.

Day 1: Vichy shower massage and personalized relaxation massage.

Day 2: Aromatic essence bath, full-body wrap, and aromatherapy relaxation massage.

Anti-stress Program

2 days | €365

Designed for individuals exposed to high levels of daily stress. These therapies combine a variety of personalized massages tailored to each guest's muscular tension. Immersion in hydrotherapy baths and high-pressure jets helps reduce stress, promote a sense of well-being, and restore natural biological rhythm.

Day 1: Aromatic essence bath, full-body exfoliation, and personalized therapeutic massage

Day 2: Aromatic essence bath, full-body wrap, and Thai massage.

Couples Program¹

2 Days | €750

Designed to be enjoyed as a couple in a double treatment suite. This experience combines the benefits of full-body exfoliation with the relaxing and circulation-boosting effects of a hydrotherapy bath. The relaxing massages and contrast therapies help eliminate toxins, clear the respiratory system, and stimulate blood flow.

Day 1: Couples beauty ritual – aromatic essence bath, full-body exfoliation, and aromatherapy relaxation massage.

Day 2: Aromatic essence bath, full-body wrap, and hot volcanic stone massage.

5* Deluxe Program

2 Days | €465

Enjoy a complete two-day program designed to help you unwind, disconnect from the outside world, and restore your overall well-being

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

Day 2: Aromatic essence bath, hot stone massage, and WOW facial treatment.

¹ Price per couple.

Detox Program²

Ideal for individuals looking to cleanse and purify their body. The program includes a personal consultation with our nutritionist to assess lifestyle and dietary habits. During your stay, we will create a detox meal plan designed to support your organs in effectively eliminating accumulated toxins and restoring internal balance.

2 Days | €355

Day 1: Therapeutic bath, grape seed exfoliation, and foot reflexology.

Day 2: Algae-infused bubble bath, algae wrap, and lymphatic drainage massage.

4 Days | €690

Day 1: Therapeutic bath, grape seed exfoliation, and foot reflexology.

Day 2: Algae hydrotherapy bath, algae wrap, and lymphatic drainage massage.

Day 3: Vichy shower and wood therapy.

Day 4: Therapeutic bath, algae wrap, circulatory massage, and pressotherapy.

²To participate in the Detox Programs, staying at our hotels on a full-board basis is mandatory.



Weight Loss Program ³

Includes a full report tracking your progress in weight, body fat percentage, and measurements throughout your stay. Diet and treatment plans are adjusted as needed based on your evolution. Our specialists will also design a personalized daily workout routine to follow in our fitness area.

At the end of the program, you'll receive a prescribed diet and nutritional recommendations to continue at home.

7 Days | €1,265

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

Day 2: Foot reflexology, pressotherapy, and Detox Body Secret treatment

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

Day 4: Vichy shower and lymphatic drainage massage.

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

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

Day 7: Detox facial treatment and Detox Body Secret session.

14 Days | €2,370

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

Day 2: Foot reflexology, pressotherapy, and Body Secret Detox

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

Day 4: Vichy shower and lymphatic drainage.

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

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

Day 7: Detox facial treatment and Body Secret Detox.

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

Day 9: Foot reflexology, pressotherapy, and Body Secret Detox

Day 10: Jamaica bath, body wrap, and lymphatic drainage.

Day 11: Vichy shower and lymphatic drainage.

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

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

Day 14: Detox facial treatment and Body Secret Detox.

³ To participate in the Weight Loss Programs, staying at our hotels on a full-board basis is mandatory.

General Terms and Conditions

- Exclusive programs available at our 5-star hotels: Castilla Termal Monasterio de Valbuena and Castilla Termal Brihuega.
- 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 reserved date and time will incur a 50% cancellation fee. In the case of gift vouchers, the session will be considered used.





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