



CASTILLA TERMAL
SOLARES
★★★★



Tantum
Wellness Experiences



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Tantum Solares

Welcome to this journey through the senses, smells, gestures, sensory textures, relaxing music and know-how.

What is TANTUM?

Tantum is our way of doing things.

We use the mineral-medicinal water that emanates from our springs and its beneficial properties for your health to offer you a series of unique treatments and services. Our well-being space is a natural extension of Castilla Termal Solares where a team of professionals work with the best techniques and products, adapting and personalising our treatments to the needs of each client.

All the products we use in our treatments are sustainable, you will find them in our menu classified as vegan, 100% natural and organic.



Our Waters

They have an ancient history, known as far back as the 12th century, they come from the Fuencaliente spring, declared waters of public utility in 1828 and their properties have remain unchanged over the centuries.

The waters of the Fuencaliente spring are bicarbonated, chlorinated, with calcium and sodium and they are recommended for digestive, metabolic, antacid, anti-inflammatory, diuretic and nervous system treatments.

They are also ideal for spa, beauty, and rehabilitation treatments, as well as for problems with the nervous system, such as insomnia and stress.





Thermal Pool

Enjoy the more playful and friendly side of water from our active pools of mineral-medicinal water.

It has a large indoor thermal pool of 849 metres and 850,000 litres of mineral-medicinal water, equipped with wall jets, swan neck jets, hydromassage beds, an area for swimming against the current and waterfalls for the neck. The water is at a constant temperature of 32-34 degrees Celsius.

Access is exclusively with bathrobe, swimwear, cap and pool appropriate footwear. Check the opening hours of the thermal pool with our staff.



Contrast Therapy Circuit

The Castilla Termal Solares Contrast Therapy Circuit is inspired by the ancient "Termas de Caracalla".

The Balnea Romana, the central element of the Circuit, is located under a magnificent reinterpretation of the dome of the Pantheon in Rome. The space perfectly aligns with the principles of Roman architecture: rationality, economy, speciality, axiality, symmetry and monumentality.

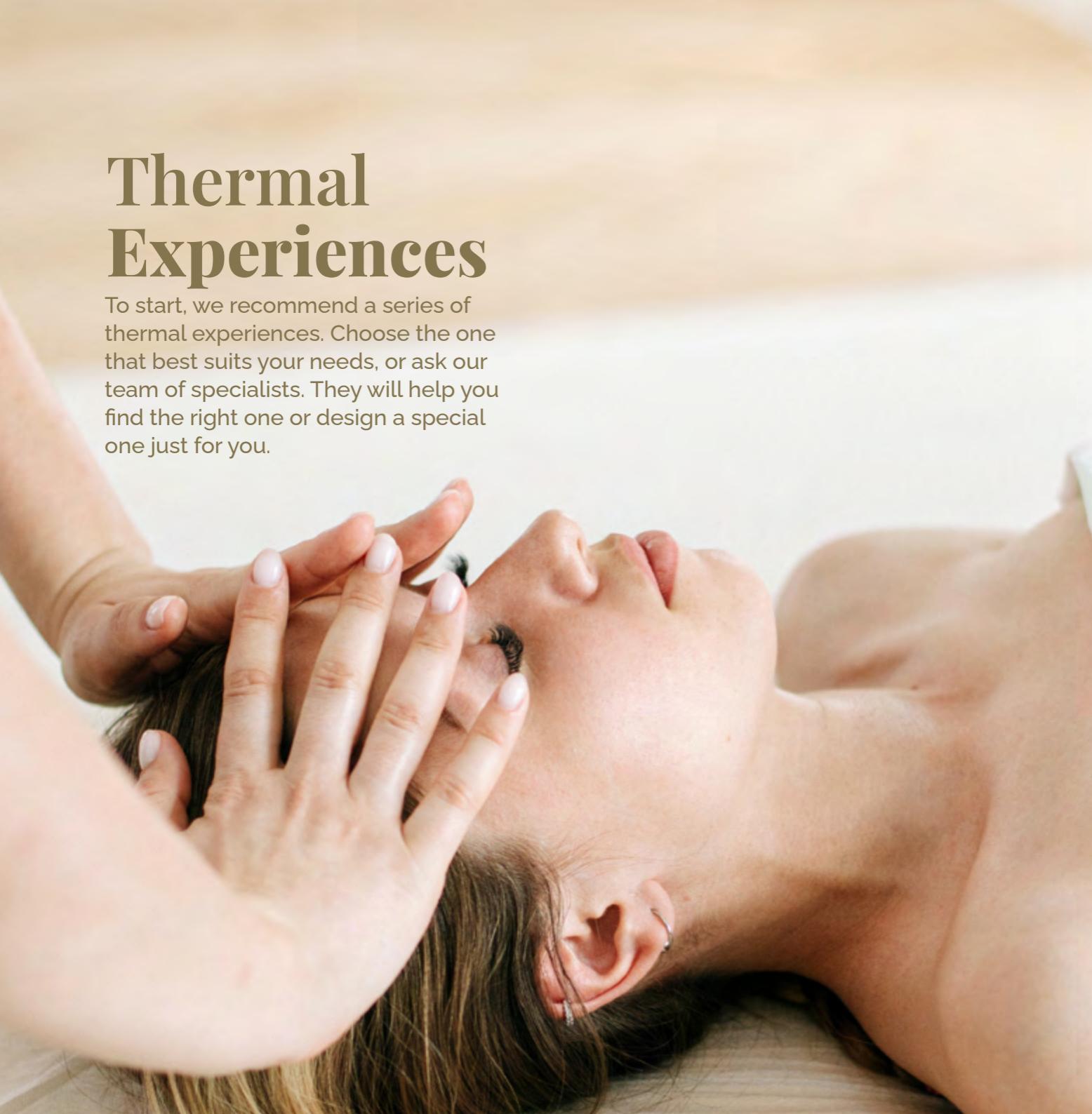
Guided tour in groups of 2 to 6 people where the alternation between wet and dry spaces and cold and heat will cleanse your body by

eliminating toxins, decongesting the respiratory tract and stimulating peripheral circulation. In the Contrast Therapy Circuit you can enjoy the sauna, bi-thermal showers, footbath, hot and cold water pool, hammam, etc. ending in a special rest room with a nice herbal tea.



Thermal Experiences

To start, we recommend a series of thermal experiences. Choose the one that best suits your needs, or ask our team of specialists. They will help you find the right one or design a special one just for you.



Relaxation Experiences

Maximum Relaxation | 120 min. 🌿 Experience complete relaxation thanks to the properties of our mineral-medicinal waters and the expert hands of our therapists. To start, you will be immersed in a hydromassage bath with an invigorating lemon essence, you will release tension with a jet of pressurised water and you will complete this idyllic experience with a relaxing back and leg massage with parafango.

De-stressing with mud | 120 min. 🌿 Immerse yourself in an experience created for those looking to disconnect from everyday life. The treatments we apply, hydromassage bath, hydrating mud wrap, cervical-cranial and back massage, are the perfect combination to help you relax and reduce stress and tension levels in your body.

Sleep Ritual | 90 min. 🌿 Ritual that helps achieve a restful sleep through mental and body relaxation, slowing down the heart rate and improving general well-being and quality of sleep. By immersing yourself in a bubble bath with mineral-medicinal water and orange blossom essence, the sensory, olfactory, auditory and tactile pathways are stimulated, culminating in a relaxing massage accompanied by a 100% natural oil with soft drops of hazelnut, geranium, lemon tree and camomile.

Essential experiences

Total renewal | 180 min. Renew body and mind with a holistic and relaxing experience that combines the best therapies. Immerse yourself in a hydromassage bath with mineral-medicinal water and toning lemon essence, exfoliate your skin with sea salts and flower petals, relax your muscles with a fabulous back and leg massage and finish with a personalised facial treatment.

Antioxidant ritual with wine | 120 min. 🌿 Harnessing the benefits of the grapes from our vineyards, with which we make Converso wine, we have created an exclusive anti-ageing body treatment. We combine the properties of our medicinal waters with red vine essence to immerse you in a relaxing bath. We use grape seeds to exfoliate your skin and our grape oil for a complete massage with an antioxidant effect due to its richness in polyphenols and tannins.

Energising Ritual with cocoa | 90 min. 🌿 A sweet experience that provides our skin with antioxidants while intensely moisturising it. Thanks to cocoa, we stimulate endorphins, neurotransmitters that are responsible for activating brain circuits related to pleasure and well-being. We start with a cocoa and orange body exfoliation, apply a hot chocolate wrap to the skin and finish with a body moisturising massage with cocoa mousse.

Shared experiences

Beauty for two | 120 min. Enjoy an unforgettable shared experience. After a complete body exfoliation with salts and flower petals, we will immerse ourselves in a bath with orange blossom essence and mineral-medicinal water. We end the treatment with a relaxing back and leg massage by the expert hands of our therapists.

Relaxation for two | 120 min. We propose you experience a different environment full of history where you will enjoy our exclusive contrast therapy circuit and a relaxing massage on a body area of your choice.

Healthy experiences

Relieving | 90 min. We work manually to soothe and relax the muscles with the help of the perfect assistant, our mineral-medicinal waters. Thanks to its properties that act on our body in a natural way, we work the muscles with a bubble bath, then we apply an anti-inflammatory parafango on the area to be treated and we finish with a relieving massage to relieve tension and muscle overload.

Respiratory | 90 min. This treatment affects the organs of the respiratory system and their conditions, treating a variety of respiratory ailments. The mucolytic and expectorant effect significantly speeds up the recovery period and reduces the symptoms of common colds. For this we combine the mineral-medicinal use of our waters in different therapies, immersing you in a bath with eucalyptus essence, under a circular shower using inhalation mechanisms such as nebulisers or aerosols.

Joint | 90 min. Mitigating joint pain and discomfort is essential for an active and healthy life. In this treatment we combine the best techniques with anti-inflammatory and relaxing effects that help us to achieve this. Using the benefits of our mineral-medicinal waters, we immerse you in a bath, work the muscles with a pressurised jet, apply peloids to the affected area and give a specific massage.

Detox Ritual with Aloe Volcano | 90 min. A state-of-the-art detox treatment composed of botanical extracts and natural minerals. It is perfect for combating the harmful effects on our skin from external agents such as stress, pollution and toxins. The treatment consists of a gentle exfoliation to remove dead cells, a detoxifying wrap and a moisturising massage with volcanic mineral particles and aloe, that will decongest, nourish and revitalise your skin.

Beauty experiences

Remodelling | 120 min. A comprehensive treatment with algae applied in different textures that attacks the root causes of cellulite, orange peel skin and accumulations of water and fat, creating a venotonic and lipolytic effect. The result is a visibly firmer and more toned body. The treatment combines a whirlpool bath, body wrap and remodelling massage.

Experiences for mums

Moms to be | 120 min. Delicate body treatment designed exclusively to care for and pamper the mum to be. It aims to alleviate the typical discomforts of pregnancy. Rest and enjoy some time exclusively for you, with a gentle body exfoliation, a parafango treatment that will relieve discomfort in the cervical and lumbar area and a special relaxing massage for pregnant women.





Massage Menu

Forget the stress of everyday life and allow yourself a moment of rest, peace and relaxation. Give yourself time to pamper and treat yourself, time to listen to yourself and disconnect from everyday life.

Exclusive Massage

Solares | 55min

The exclusive massage of Castilla Termal Solares is inspired by the treatments performed in the first spas of the 19th century. A relaxing treatment that envelops you with a body massage, done with an exclusive oil that evokes the gardens that surround our spa with their centuries-old trees, meadows and moss. This combination of sensations relaxes the muscles, activates blood circulation, eliminates stress and improves health and mood. The jewel of Castilla Termal Solares.

Therapies of the World

Thai | 60 min - 90 min

Ancient Thai medicine technique designed to help us restore our vital energy, rebalance our physical, mental and emotional aspects, which will help us restore flexibility and achieve a deep sense of relaxation and well-being. The deep massage on tatami is based on passive pressure and stretches following the energy lines and vital points of the body.

Shiatsu | 60min

Ancient Japanese technique that removes tensions and muscular blockages by activating the flow of energy. It uses firm and pleasant pressure with fingers and palms on acupuncture points and energy meridians throughout the body.

Geothermal therapy | 60min

An ancestral Hawaiian technique based on using volcanic stones that retain heat. This allows us to work with them releasing tensions and blockages on a muscular and energetic level.

Lomi - Juma | 50min

Specially recommended to release stress and recover mental and physical well-being, through rocking, stretching and kneading. This therapy treatment brings together the best of ancient Pacific techniques and traditional Mediterranean massage to provide a state of absolute well-being.



Vegan



100% natural



Organic

Relaxing massages

Total Relaxation | 55min

Disconnect from the world and experience deep and lasting muscle relaxation. With superficial movements where the intensity of the pressure is gentle, the rhythm slow and repetitive and the contact repeated and constant, we alleviate the sensation of pain and the muscles relax, bringing us to a state of relaxation and rest. Full body massage.

Personalised

1 area to choose from: 25 min

2 areas to choose from: 50 min

Experience deep muscle relaxation on the part of the body you wish to treat. We apply superficial movements with gentle pressure on the area to relieve muscle fatigue.

Vichy | 35min

Enjoy a treatment that encompasses all the benefits of a spa. Under a shower of mineral-medicinal water, we give a body exfoliation and a massage capable of relaxing, stimulating and toning body and mind.

Parents and children | 25min

A unique experience of relaxation and well-being to share with the family. In the same booth, both adult and child will enjoy a relaxing and balancing one zone massage with oil. Highly recommended experience to enjoy with your family. For children from 3 to 12 years old accompanied by an adult.

 Vegan

 100% natural

 Organic

Aesthetic massages

Lymphatic drainage | 50min

Lymphatic drainage is a gentle, light massage applied to the lymphatic system to mobilise the body's fluids. It helps remove waste substances that accumulate in the fluid that occupies the space between the cells.

Remodelling | 55min

Massage for a visibly firmer and more toned body. By kneading and using specific products, we remodel the silhouette and reduce accumulated water and fat deposits.

Therapeutic massages

Therapeutic massage encompasses a range of massage techniques used to treat neuromuscular and musculoskeletal disorders, facilitating the elimination of toxins, activating blood and lymphatic circulation and improving the supply of oxygen to the tissues.

Personalised | 55min

Preliminary exploration and diagnosis for the use of one or more techniques according to the therapist's recommendations.

Chiomassage | 1 area of your choice: 25min

2 areas to choose from: 50min

Relieving massage.

Circulatory + Pressotherapy | 50min

Especially for tired legs. Gentle massage to stimulate blood circulation and pressotherapy.

Pregnancy special | 50min

Designed to relieve back pain, reduce swelling, soothe physical and emotional stress and improve sleep.

Foot reflexology | 50min

Stimulation of reflex zones in the foot to improve the health of various parts of the body.





H2O Collection

Enjoy the many properties of our mineral-medicinal waters. Check the "Our Waters" section to discover their therapeutic benefits.

Bath*

Hydromassage bath

Hydrotherapy session in a special bath that works on a deep circulatory and muscular level.

Bubble bath

Immersion in a bubble pool with mineral-medicinal water

*Essence supplement, personalise your bath and enjoy the benefits of our orange blossom, rosemary, lemon, eucalyptus, algae draining or red vine oils.

Inhalation applications

Inhalation of mineral-medicinal water with a decongestive, mucosal moisturising and desensitising effect.

Nebuliser

for upper respiratory tract conditions.

Aerosol

for middle and lower respiratory tract conditions. .

Pressure applications

Manual pressurised water jet

Muscle relaxant, relieving, circulation activator.

Circular shower

to stimulate circulation



Vegan



100% natural



Organic



Body Collection

Discover the benefits of our body therapies on your skin and your body. Experience a thousand and one ways to take care of yourself and enjoy true well-being.

Body Collection

Body peel | 20min

Removes dead skin cells, leaving the skin to breathe, providing radiance and a healthy, even tone. Ideal as a pre-treatment for body treatments and before and after sun exposure. Choose yours:

- Citrus revitalizer
- Moisturiser with sea salts and flower petals
- Salt and grape antioxidant
- Cocoa and orange stimulant
- Algae drainer

Wraps | 20min

Cover yourself in well-being by choosing the wrap that best suits your needs:

- White mud purifier.
- Black mud therapy.
- Sea mud moisturiser.
- Stimulating hot chocolate.
- Purifying and lipo-sculpting seaweed.
- Oriental green tea.
- Wine antioxidant.

Parafango | 20min

Hot plates consisting of mud and paraffin on a specific area of the body to combat joint and muscle pain.

Pressotherapy | 20min

Therapeutic method for drainage, reduction of venous oedema and helps to eliminate cellulite.

Peloid | 20min

Natural Peloid. It acts as a sweeper of free radicals responsible for inflammatory and degenerative processes, etc. Relieving and muscle relaxant.

Hair removal

Low melting wax

Wax made with a high amount of natural resins with maximum elasticity. Ideal for skin sensitive to heat and with varicose veins.

Cosmetic Treatment

Hand treatment | 1h

Exclusive treatment indicated for hand and nail care. We start by filing and polishing the nail, we exfoliate to remove impurities, moisturise the skin with a wrap and finish with an aromatising massage.

Foot treatment | 1h

Exclusive treatment indicated for the care of tired and dehydrated feet. We file and polish the nails, treat hard and cracked skin, with exfoliation, filing and moisturising with a wrap, finishing with a relaxing and revitalising massage.

Vegano

100% natural

Ecológico

Facial collection

Refresh your skin, revitalise your complexion and restore to its full glory with each of our rituals. All skin needs to be cared for regularly with quality products and expert hands. Let our professionals advise you.



CASTILLA TERMAL SOLARES

Facial basic

Facial diagnosis | 30min

Our experts will analyse your skin to check your needs and recommend the most suitable treatment for your face, both here and for your day-to-day life.

Facial cleansing | 60min

Deep cleansing that removes all impurities and lets your skin breathe.

Facial repair express | 30min

The weekly treatment your skin needs to stay clean, exfoliated and nourished.

Facial treatments

Oxygen O₂ | 55min

Protect your skin from environmental pollution, detoxify it and give it the oxygen it needs.

Hyaluronic Power | 55min

Treatment with hyaluronic acid for perfectly moisturised, more comfortable skin with a smoothed micro-relief.

Depigmentation Renewal | 55min

Deep repairing treatment that smoothes superficial blemishes and evens out skin tone.

Seborregulating Purify | 55min

Treatment recommended for oily and acne-prone skin. The balance for healthy skin.

Skin Cleansing | 30min

Our experts recommend adding a skin cleansing to any of our facials for the best results.

Facial for him | 55min

Brightens and revitalises men's skin for a fresh, youthful appearance.

Deluxe Facial

Lifting – anti-ageing | 90min

Improves overall appearance by redefining your face and neck.

Vitamin C | 60min

Treatment created to neutralise free radicals, prevent photoaging and stimulate collagen synthesis.

Wrinkle-filling treatment | 90min

Redensifying and relieving treatment that reduces deep wrinkles and expression lines.

Elixir of youth with stem cells | 90min

Anti-aging treatment that regenerates and rejuvenates stem cells. A more even, luminous, firm and defined face.

Personalised treatment | 90min

With a personalised diagnosis, we prepare a facial treatment with the latest cosmetics suitable for your skin.

Timeless Prodigy | 120min

The ultimate rejuvenating treatment to reduce the signs of ageing. Wrinkle filler that provides luminosity, firmness and vitality to the skin. Awaken the youthfulness of your genes.

2 to 14 day programmes

Relaxation, anti-stress, mums to be, facial and body essentials, detox, slimming, couples' special, therapeutic and respiratory.

At Castilla Termal Solares we give you the option to combine the therapies developed by our team of professionals and, depending on your goal, to do them in 2, 3, 4, 6, 7 or 14 days.

Enjoy some days of relaxation and well-being tailored to your needs.

For more information and a personalised quote at
balneario.solares@castillatermal.com or call 942 521 313, where you can ask our experts.



Health-Physio Space

We have a team of highly qualified professionals who can offer solutions to a wide variety of ailments.
Reservations must be made 72 hours in advance.



General Terms and Conditions

Prices per person and service. Including VAT.

The prices on the menu may be revised without prior notice.

The use of spa techniques is subject to prior approval by the spa's medical management in each individual case.

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 professionals.

Reservations essential at balneario.solares@castillatermal.com or on +34 942 521 313.

Cancellation of treatments less than 24 hours before the reserved date and time will result in 50% of the cost of the treatment being refunded.

In the case of gift vouchers, the voucher shall be deemed to have been used.

Experts in well-being:

Our mineral-medicinal waters act on the skin surface and are partly absorbed by the skin.

As well as the absorption process of substances dissolved in the bath water, there is a "post-absorption" or subsequent reabsorption of the deposits that have been stored in the skin, which lasts for the next 100 hours after bathing. This phenomenon can be explained by the remarkable water storage capacity of the stratum corneum (San José Arango, Carmen 1996).

Beauty tip

If you would like to continue enjoying this relaxing experience at home, we offer you our range of natural and organic thermal cosmetic products made with water from our spring. Discover it yourself on our online store by scanning the QR code:



Did you know...

We have triple ACENE that certifies our cosmetics as organic products, made with ingredients of natural and vegan origin, with no components of animal origin, not tested on animals. And our packaging is 100% recycled.



Our treatments

Thermal Pool

Adult access	35€
Children's access (0 to 12 years)	28€
10 session voucher	265€
Monthly Voucher	350€
Quarterly voucher	840€

Contrast Therapy Circuit

Access per person. Groups of 2 to 6.	40€
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Thermal Experiences

Maximum Relaxation	120€
De-stressing with mud	120€
Sleep Ritual	95€
Detox Ritual with Aloe Volcano	115€
Total renewal	190€
Antioxidant ritual with wine	120€
Energising ritual with cocoa	98€
Couple's beauty - 2 people	230€
Couple's Relax - 2 people	160€
Relieving	76€
Joint	110€
Respiratory	70€
Remodelling	125€
Mums to be	120€

Massage Menu

Solares	80€
Tailandés 60min	85€
Tailandés 90min	115€
Shiatsu	72€
Terapia geotermal	82€
Lomi-Juma	75€
Relax total a dos manos	72€
Relax total a cuatro manos	117€
A la carta 1 zona	43€
A la carta 2 zonas	65€
Vichy a dos manos	65€
Vichy a cuatro manos	98€
Padres e hijos	78€
Drenaje linfático	65€
Remodelante	75€
Terapéutico personalizado	75€
Sesión de osteopatía	85€
Quiromasaje	65€
Quiromasaje 25 mins	43€
Circulatorio + Presoterapia	65€
Especial embarazadas	72€
Reflexología podal	65€

Our treatments

H2O Collection

Hydromassage bath	32€
Bubble bath	29€
*Essence supplement	4€
Nebuliser	18€
Aerosol	18€
Pressurized manual water jet	22€
Circular shower	18€

Body Collection

Peeling	40€
Wraps	40€
Parafango	20€
Pressotherapy	40€
Peloid	28€
Wax 1/2	28€
Full wax	50€
Hand treatment	45€
Foot treatment	50€

Facial Collection

Facial diagnosis	25€
Facial cleansing	59€
Facial Repair Express	40€
Oxygen O2 Treatment	69€
Hyaluronic Power	69€
Depigmentation treatment	69€
Seborregulating purify treatment	69€
Facial for him	69€
Vitamin C	89€
Lifting-anti-ageing	139€
Wrinkle-filling effect	139€
Elixir of youth with stem cells	139€
Personalised treatment	139€
Timeless Prodigy	169€
Skin cleansing	40€

Health-physio space

Re-education in swimming pool or booth	43€
Medical/physiotherapist/nutritionist consultation	40€