

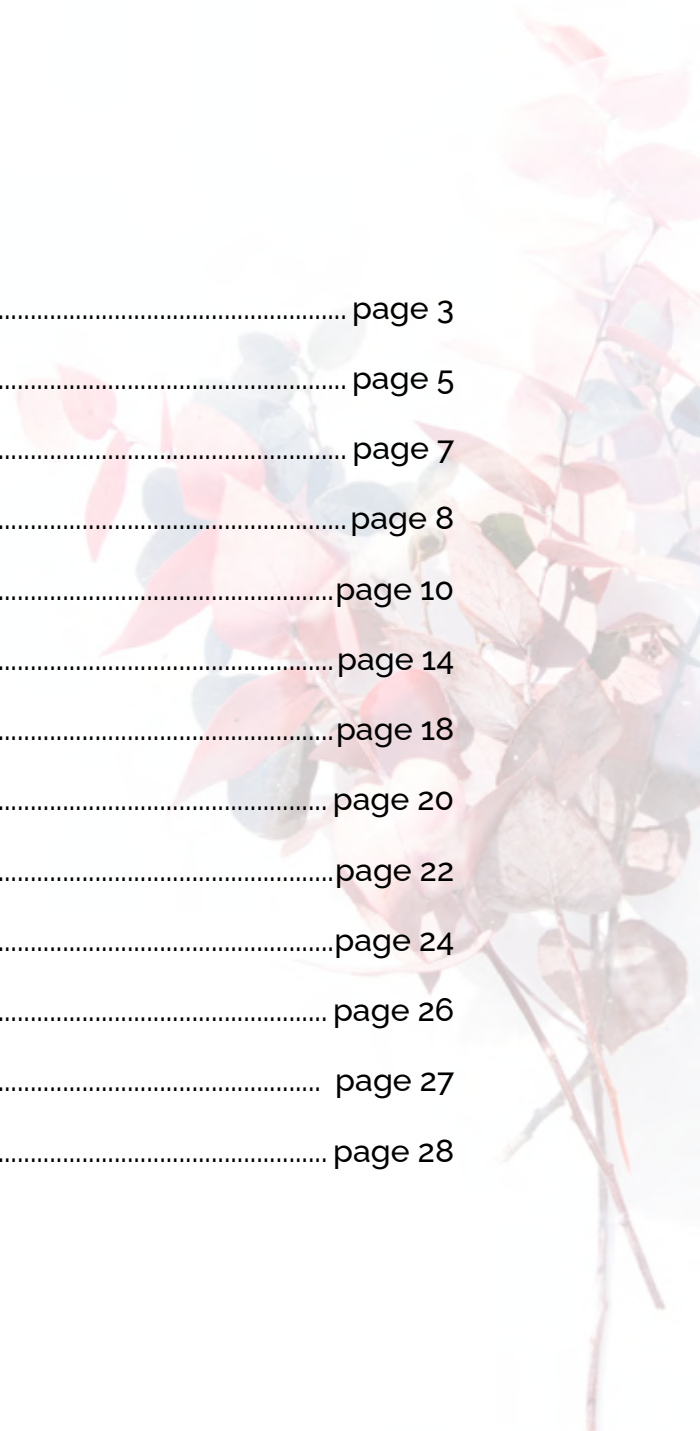


CASTILLA TERMAL
OLMEDO
★★★★



Tantum
Wellness Experiences

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Tantum Olmedo

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 Olmedo 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

According to a legend that has been passed down over generations, the waters of Sancti Spíritus have celestial powers.

This is how they began to look for healing waters underground and how our excellent mineral-medicinal waters appeared. Those that have turned a humble Mudejar convent of brick and adobe into the first 4-star spa hotel in Castilla y León.

Our waters come from the Sancti Spiritus spring. They are strongly mineralised, sodium chloride hypothermals with a wide range of therapeutic benefits. They combat stress and anxiety due to their great sedative effect. They improve skin conditions (psoriasis), those of the locomotor system and muscular contractions, thanks to their excellent anti-inflammatory properties.

They stimulate organic, endocrine and metabolic functions. They are also used in the production of our own line of thermal cosmetics.

Thermal Pool

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

Both the indoor and outdoor pools are equipped with different jacuzzis, individual massage beds and seats with bubbles, a series of relaxing water jets, waterfalls, water cannons and rest areas.

The water temperature is 32°C to 34°C and the depth ranges from 50 cm to 135cm.

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

Circuit set in Castilian Mudéjar art, inspired by the Royal Convent of Santa Clara, Tordesillas, 14th century. The paintings that decorate its walls are a reproduction of the Mudéjar frescoes of the Alcázar of Segovia and the rest room preserves the original fireplace from the Convent of Sancti Spiritus.

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 improving peripheral circulation. In the Contrast Therapy Circuit you can enjoy the sauna, bi-thermal showers, foot-bath, hot and cold water pool, hammam, etc. ending the experience in the spectacular rest room.



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. 🌿 TWe 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

Mums 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

Mudéjar | 55min  

The exclusive massage of Castilla Termal Olmedo is inspired by the blending of two cultures that coexisted in Castilla. A unique treatment that transmits a sense of well-being and peace where we combine the swaying of the water with relaxing enveloping movements that activate our circulation, eliminate stress and harmonise body and mind, leaving you completely relaxed and thoroughly restored. The jewel of Castilla Termal Olmedo.

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.

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.

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.

Osteopathy Session | 55min

Diagnosis and manipulation of the body to relieve pain, increase mobility, restore balance and promote a state of health and well-being.

Chiromassage | 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.

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.



H₂O Collection

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

Baths*

Niagara or Jamaica Bath |

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

*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



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.



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 OLMEDO

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.

A woman with long dark hair, seen from behind, stands in a field of tall, golden-brown grass. She is wearing a white, backless, spaghetti-strap dress. Her hands are gently touching the grass on either side of her. The background shows a clear blue sky and some distant greenery. The overall mood is peaceful and serene.

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 Olmedo 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.olmedo@castillatermal.com or call 983 600 237, 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.olmedo@castillatermal.com or on +34 983 600 237.

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.





CASTILLA TERMAL
HOTELES

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