



CASTILLA TERMAL
MONASTERIO DE VALBUENA



Tantum

Treatment programmes
from 2 to 14 days



Relaxation Programmes

Indicated for people of any age whose objective is to relax, activate peripheral circulation, enjoy therapies with mineral-medicinal water and relaxing massages

2 Day Relaxation Programme | € 285

Day 1: Pressure jet bath, two-hand Vichy massage with exfoliation and body wrap with foot massage.

Day 2: Relaxing massage with aromatherapy. Facial cleansing.

3 Day Relaxation Programme | € 405

Day 1: Pressure jet bath, two-hand Vichy massage with exfoliation and body wrap with foot massage.

Day 2: Hydromassage bath with essence and chromotherapy, sauna, and relaxing massage with aromatherapy.

Day 3: Foot reflexology. Facial cleansing.



Anti-Stress Programmes

Aimed at people who are exposed to large amounts of stress in their day-to-day lives. Therapies that combine different personalised massages for the level of muscular stress of each patient. Immersion in a hydromassage bath and pressure jets, with mineral-medicinal water, helps to alleviate the burden of stress, leading to a sensation of wellbeing and restoring our biological rhythm.

2 Day Anti-Stress Programme | €325

Day 1: Pressure jet, therapeutic wrap and personalised therapeutic massage.
Day 2: Niagara bath, cervical-lumbar paraffin-mud while performing foot reflexology. Sauna.

3 Day Anti-Stress Programme | €460

Day 1: Pressure jet, therapeutic wrap and personalised therapeutic massage.
Day 2: Niagara bath, cervical-lumbar paraffin-mud while performing foot reflexology. Sauna.
Day 3: Sauna, Bath and Shiatsu.

6 Day Anti-Stress Programme | €855

Day 1: Pressure jet, therapeutic wrap and personalised therapeutic massage.
Day 2: Niagara bath, cervical-lumbar paraffin-mud while performing foot reflexology.
Day 3 Exfoliation. Shiatsu.
Day 4: Pressure jet bath, two-hand Vichy massage with exfoliation and body wrap with foot massage.
Day 5: Hydromassage bath with essence and chromotherapy, sauna, and relaxing massage with aromatherapy.
Day 6: Bath with essences and Full Thai Massage.

Programmes for couples¹

Designed to enjoy with your partner in a twin booth. Combining the power of body peeling with the relaxation and peripheral circulation boost produced by the tub. The massages relax you and the contrast zone helps to eliminate toxins, decongest the airways and stimulate the blood flow.

2 Day Special Couples Programme | €775

Day 1: Beauty ritual for couples. (Body and facial exfoliation, hydromassage tub, sauna and full relaxing massage).
Day 2: San Pedro Chapel (contrast circuit) and monastery massage.

3 Day Special Couples Programme | €1125

Day 1: Beauty ritual for couples. (Body and facial exfoliation, hydromassage tub, sauna and full relaxing massage).
Day 2: San Pedro Chapel (contrast circuit) monastery massage.
Day 3: Hydromassage bath, body wrap and personalised facial treatment.

¹ Price for two people.



Exclusive Valbuena Programmes

We have created our own cosmetic line using the grapes from our Valbuena de Duero vineyards , with high antioxidant power, which is indicated to recharge energy, eliminate toxins and rejuvenate face and body.

2 Day Exclusive Balneario de Valbuena Programme | €285.

- Day 1: Douro Ritual. (Salt and grape body exfoliation, sauna, wine wrap, body massage).
- Day 2: Pressure jet, hydromassage tub with essence and two-handed Vichy massage

3 Day Exclusive Balneario de Valbuena Programme | €465.

- Day 1: Douro Ritual. (Salt and grape body exfoliation, sauna, wine wrap, body massage).
- Day 2: Pressure jet, hydromassage tub with essence and two-handed Vichy massage
- Day 3: Shiatsu. Facial treatment.

6 Day Exclusive Balneario de Valbuena Programme | €960.

- Day 1: Douro Ritual. (Salt and grape body exfoliation, sauna, wine wrap, body massage).
- Day 2: Water Ritual (pressure jet, two-handed Vichy massage with exfoliation, body wrap with foot massage, cervical-cranial and back massage).
- Day 3: Sauna and Thai massage
- Day 4: Contrasts area. Monastery massage
- Day 5: Personalised ritual (pressure jet, sauna, therapeutic wrap and personalised therapeutic massage).
- Day 6: Foot Reflexology. Personalised facial treatment.



Detox Programmes²

Treatment indicated for people of any age who would like to detoxify and purify their organism. Personal interview with our nutritionist to assess lifestyle habits and diet. During your stay, we will prepare a plan with detox elements which will help our organs to eliminate the toxins built up in our body effectively and purify it.

2 Day Detox Programme | €335

Day 1: Sauna. Salt and petal exfoliation. Foot reflexology.

Day 2: Bubble bath with essence. Seaweed wrap. Lymphatic drainage.

Detox programme 4 days | €655

Day 1: Grape body peeling, wine wrap and foot reflexology

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

Day 3: Contrasts area, two-handed vichy massage.

Day 4: Jet, sauna and shiatsu

6 Day Detox Programme | €925

Day 1: Grape body peeling, wine wrap and lymphatic drainage.

Day 2: Seaweed hydromassage bath, seaweed wrap, foot reflexology.

Day 3: Jet, sauna and lymphatic drainage.

Day 4: Contrasts area, two-handed Vichy massage.

Day 5: Water jet, sauna, effective body slimming treatment.

Day 6: Bath with lemon, clay wrap and Shiatsu massage.

² For DETOX programmes, guests must stay at our hotels on a full-board basis.

Therapeutic programmes

Treatment indicated for joint and muscle pains: (arthrosis, arthritis, repercussions of injury, rheumatic processes).

3 Day Osteoarticular Programme | €440

Day 1: Physiotherapy or osteopath consultation. Paraffin-mud. Personalised therapeutic massage.

Day 2: Pressure jet. Paraffin-mud and 30 min. therapeutic massage

Day 3: Re-education in the pool. Therapeutic wrap. Personalised therapeutic massage.

4 Day Osteoarticular Programme | €510

Day 1: Physiotherapy or osteopath consultation. Bubble bath. Personalised therapeutic massage.

Day 2: Re-education in the pool. Paraffin-mud. 30 min. Therapeutic massage

Day 3: Pressure jet. Personalised therapeutic massage.peloide

Day 4: Re-education in the pool. Paraffin-mud. 30 min. Therapeutic massage

6 Day Osteoarticular Programme | €685

Day 1: Physiotherapy or osteopath consultation. Personalised therapeutic massage.

Day 2: Re-education in the pool. Pressure jet. 30 min. Therapeutic massage

Day 3: Pressure jet. Therapeutic wrap. Personalised therapeutic massage.

Day 4: Re-education in the pool. Paraffin-mud. 30 min. Therapeutic massage

Day 5: Two-handed Vichy shower. Sauna. Pressure jet.

Day 6: Re-education in the pool. Paraffin-mud. 30 min. Therapeutic massage

Slimming programmes³

Report with assessment of the evolution of your body mass, fat mass and body contours during your stay, matching diet and programmes to needs. In addition, our specialists will design the table of exercises for you to do in our gym each day during your stay. Prescription of diet and dietary recommendations to continue at home.

7 Day Slimming Programme €1,115

- Day 1: Body peeling, seaweed hydromassage bath, water jet and lymphatic drainage.
- Day 2: Jamaica bath, sauna and effective body slimming treatment.
- Day 3: Water jet, hydromassage bath with seaweed wrap and defined waist massage.
- Day 4: Jamaica bath, sauna and effective body slimming treatment.
- Day 5: Water jet, seaweed hydromassage bath, seaweed wrap and lymphatic drainage.
- Day 6: Sauna, water jet, seaweed wrap and defined waist massage.
- Day 7: Contrasts area. Intense body firmness.

³ For slimming programmes, guests must stay at our hotels on a full-board basis.

14 Day Slimming Programme €1.950

- Day 1: Body exfoliation, seaweed hydromassage bath, jet and lymphatic drainage.
- Day 2: Jamaica bath, sauna and effective body slimming treatment.
- Day 3: Water jet, hydromassage bath with seaweed wrap and defined waist massage.
- Day 4: Jamaica bath, sauna and effective body slimming treatment.
- Day 5: Water jet, seaweed hydromassage bath, seaweed wrap and lymphatic drainage.
- Day 6: Sauna, water jet, seaweed wrap and defined waist massage.
- Day 7: Contrasts area. Intense body firmness.
- Day 8: Body exfoliation, seaweed hydromassage bath and foot reflexology.
- Day 9: Seaweed hydromassage bath, seaweed wrap and lymphatic drainage.
- Day 10: Sauna, Jamaica bath and effective body slimming treatment.
- Day 11: Water jet, hydromassage bath with seaweed wrap and defined waist massage.
- Day 12: Seaweed hydromassage bath, sauna, lymphatic drainage.
- Day 13: Water jet, sauna, seaweed hydromassage bath and foot reflexology.
- Day 14: Firming facial treatment. Intense body firmness.

General Conditions

- All prices quoted are per person.
- All 6 to 14 day programmes include medical consultation.
- The application of spa techniques is subject to prior approval by the spa's medical staff for each particular case.
- Entry on a Sunday is recommended for programmes of 6 to 14 days.
- The order of the techniques set out in the programmes is for guidance only, and may be altered if so indicated by the spa professionals.
- These prices may be changed without prior notice.
- VAT included.





CASTILLA TERMAL
HOTELES

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