



CASTILLA TERMAL

OLMEDO



Tantum

Programmes 2 to 14 days.



Relaxation Programmes

Recommended for people of all ages who want to enjoy a state of physical relaxation, benefitting from our medicinal mineral waters and manual therapies. The most pleasurable way of spending your time at our spas.

Two-day Relaxation Programme | 190€

Day 1: Bubble bath with essence. Water jet. Local relaxation massage.

Day 2: Circular shower. Parafango. Total Relaxation massage.

Three-day Relaxation Programme | 299€

Day 1: Bubble bath with orange blossom essence. Water jet. Local relaxation massage.

Day 2: Moisturising mud wrap. Circular shower. Total Relaxation massage.

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

Four-day Relaxation Programme | 375€

Day 1: Relaxing bubble bath with essence. Circular shower. Relaxing back massage.

Day 2: Water jet. Therapeutic parafango. Vichy shower with two-handed massage and exfoliation.

Day 3: Hydromassage bath with relaxing essence. Circular shower. Relaxing leg massage.

Day 4: White mud purifier. Water jet. Total Relaxation massage.

Anti-stress Treatments

For people exposed to heavy stress in their daily lives. Treatments that combine customised massage treatments to relieve tense muscles. Immersion in a hydromassage bath with medicinal-mineral water jets helps to melt stress away, replacing it with a feeling of well-being and adjusting our biological rhythm.

Two-day Anti-Stress Programme | 229€

Day 1: Hydromassage bath with essence. Water jet. Combined with the massage of your choice.

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

Three-day Anti-Stress Programme | 335€

Day 1: Hydromassage bath with rosemary essence. Water jet. Combined massage.

Day 2: Water jet. Parafango. Hot stone massage.

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

Six-day Anti-Stress Programme | 599€

Day 1: Mineral salt body peel, circular shower, back and leg massage.

Day 2: Water jet, parafango, foot reflexology.

Day 3: Hydromassage bath with orange blossom essence, circular shower, hot stone massage.

Day 4: Water jet, parafango, foot, leg and buttock massage.

Day 5: Hydromassage bath with rosemary essence, circular shower and shiatsu massage.

Day 6: Water jet, parafango and head, neck and back massage.

Essential face and body programmes

Intensive body and face treatment. With the antioxidant power of grapes picked in our vineyards in Valbuena de Duero, we offer a comprehensive two or three day ritual consisting of exfoliation, moisturising, skin detoxing and body relaxation, plus a personalised facial treatment.

Two-day essential face and body programme | 280€

Day 1: Antioxidant ritual with wine, consisting of a grapeseed body exfoliation, bubble bath with wine essence and total anti-ageing massage.

Day 2: Moisturising wrap. Personalised facial treatment.

Three-day essential facial and body programme | 415€

Day 1: Antioxidant ritual with wine, consisting of a grapeseed body exfoliation, bubble bath with wine essence and total anti-ageing massage.

Day 2: Hot and cold circuit and total relaxing massage

Day 3: Bubble bath with essence. Moisturising wrap. Personalised facial treatment.



Detox Programmes¹

Treatment recommended for persons wanting to detox and purify their bodies. Personal interview with our nutritionist to assess lifestyle and eating habits. During your stay, we will prepare a detox eating plan for you that will help your organs to eliminate built-up toxins and purify the body.

Two-day Detox Programme | 285€

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

Day 2: Water jet, purifying massage with canes and drainage bandages.

Four-day Detox Programme | 525€

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

Day 2: Hydromassage bath with seaweed, wine wrap, circulatory massage, pressure therapy.

Day 3: Hot and cold circuit, purifying massage with canes and drainage bandages.

Day 4: Hydromassage bath, green tea wrap, foot reflexology.

Six-day Detox Programme | 765€

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

Day 2: Hydromassage bath with seaweed, body sculpting massage, pressure therapy.

Day 3: Hydromassage bath, green tea wrap, foot reflexology.

Day 4: Hot and cold circuit, purifying massage with canes and drainage bandages.

Day 5: Hydromassage bath with seaweed, wine wrap, circulatory massage, pressure therapy.

Day 6: Water jet, purifying massage with canes and drainage bandages.

¹DETOX programmes require the guest to be staying full board at the hotel.

Programmes for couples¹

Designed for couples to enjoy together in a double booth. Combines the power of body exfoliation with relaxation and the circulatory stimulation of the bath. These are relaxing massages and the hot and cold circuit helps to eliminate toxins, unblocking the respiratory tract and stimulating blood flow.

Special two-day couples programme | 450€

Day 1: For her: Body exfoliation with salts and petals. Bubble bath with orange blossom essence. Head, neck and back massage.

For him: Bubble bath with rosemary essence. Citrus body exfoliation. Head, neck and back massage.

Day 2: For her: Hot and cold circuit. Foot, leg and buttock massage.

For him: Hot and cold circuit. Foot, leg and buttock massage.

Special three-day couples programme | 650€

Day 1: For her: Body exfoliation with salts and flower petals. Bubble bath with orange blossom essence. Head, neck and back massage.

For him: Bubble bath with rosemary essence. Citrus body peel. Head, neck and back massage.

Day 2: For her: Hot and cold circuit. Foot, leg and buttock massage.

For him: Hot and cold circuit. Foot reflexology

Day 3: For her: Moisturising mud wrap. Water jet. Foot reflexology

For him: Bubble bath with orange blossom essence. Water jet. Back and leg massage.

¹Price for two people.

Slimming programmes

Report with assessment of the evolution of body weight, fat mass and body contours during the stay, customising diet and programmes according to needs. Our specialists will also design an exercise routine to follow daily in our gym during your stay. Dietary prescription and recommendations to follow at home. *Slimming programmes require the guest to be staying full board at the hotel.

Seven-day Slimming Programme | 890€

Day 1: Body exfoliation, seaweed bath and lymphatic drainage.

Day 2: Water jet, pressure therapy, purifying massage with canes and cold bandages.

Day 3: Meso-dosing, body sculpting massage and coffee wrap.

Day 4: Water jet, seaweed bath and lymphatic drainage.

Day 5: Jamaican bath, pressure therapy, purifying massage with canes and cold bandages.

Day 6: Meso-dosing, body sculpting massage and coffee wrap.

Day 7: Seaweed bath, seaweed wrap, lymphatic drainage.

14-day Slimming Programme | 1650€

Day 1: Body exfoliation, seaweed bath and lymphatic drainage.

Day 2: Water jet, pressure therapy, purifying massage with canes and cold bandages.

Day 3: Meso-dosing, body sculpting massage and coffee wrap.

Day 4: Water jet, seaweed bath and lymphatic drainage.

Day 5: Jamaican bath, pressure therapy, purifying massage with canes and cold bandages.

Day 6: Meso-dosing, body sculpting massage and coffee wrap.

Day 7: Seaweed bath, seaweed wrap, hot and cold circuit.

Day 8: Body exfoliation, seaweed bath and lymphatic drainage.

Day 9: Water jet, pressure therapy, purifying massage with canes and cold bandages.

Day 10: Meso-dosing, body sculpting massage and coffee wrap.

Day 11: Water jet, seaweed bath and lymphatic drainage.

Day 12: Jamaican bath, pressure therapy, purifying massage with canes and cold bandages.

Day 13: Meso-dosing, body sculpting massage and coffee wrap.

Day 14: Seaweed bath, seaweed wrap, hot and cold circuit.



Therapeutic programmes

Treatment recommended for joint and muscle pain (arthrosis, arthritis, post-injury discomfort, rheumatoid conditions).

Three-day bone and joint programme | 330€

Day 1: Bubble bath. Parafango. Personalised massage therapy

Day 2: Re-education in swimming pool. Parafango. Local massage.

Day 3: Reeducation in booth. Water jet. Therapeutic wrap.

Four-day bone and joint programme | 429€

Día 1: Baño de burbujas. Parafango. Masaje terapéutico personalizado

Día 2: Reeducción en piscina. Parafango. Masaje Local.

Día 3: Reeducción en cabina. Chorro a presión. Envoltura terapéutica.

Día 4: Baño de burbujas. Parafango. Masaje terapéutico personalizado

Six-day bone and joint programme | 575€

Day 1: Bubble bath. Parafango. Personalised massage therapy

Day 2: Re-education in swimming pool. Parafango. Local massage.

Day 3: Reeducation in booth. Water jet. Therapeutic wrap.

Day 4: Bubble bath. Parafango. Personalised massage therapy

Day 5: Two-handed Vichy shower and exfoliation. Parafango.

Day 6: Re-education in swimming pool. Parafango. Partial personalised massage.

Respiratory Programme

Recommended for treating respiratory conditions (rhinitis, sinusitis, pharyngitis, bronchitis, COPD).

Four-day Respiratory Programme | 379€

Day 1: Inhalations, bubble bath with eucalyptus, hydropinotherapy, inhalations.

Day 2: Inhalations, hot and cold circuit, hydropinotherapy, respiratory physiotherapy.

Day 3: Inhalations, bubble bath with eucalyptus, hydropinotherapy, inhalations.

Day 4: Inhalations, hot and cold circuit, hydropinotherapy, respiratory physiotherapy.

Six-day Respiratory Programme | 540€

Day 1: Inhalations, bubble bath with eucalyptus, hydropinotherapy, inhalations.

Day 2: Inhalations, hot and cold circuit, hydropinotherapy, respiratory physiotherapy.

Day 3: Inhalations, bubble bath with eucalyptus, hydropinotherapy, inhalations.

Day 4: Inhalations, hot and cold circuit, hydropinotherapy, respiratory physiotherapy.

Day 5: Inhalations, bubble bath with eucalyptus, hydropinotherapy, inhalations.

Day 6: Inhalations, combined massage, hydropinotherapy.



General Terms and Conditions

- All prices are per person.
- All six and 14-day programmes include a medical appointment.
- The use of spa techniques is subject to prior approval by the spa's medical management in each individual case.
- We recommend six to 14-day programmes commence on a Sunday.
- 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.
- The prices may be revised without prior notice.
- Including VAT.



CASTILLA TERMAL
HOTELES

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