



CASTILLA TERMAL
MONASTERIO DE VALBUENA

☆☆☆☆☆

2 TO 14 DAYS
PROGRAMMES

BALNEARIO MONASTERIO DE VALBUENA

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

Day 1: Pressurised water jet, two handed Vichy massage with exfoliation and body wrap with foot massage.

Day 2: Relaxing massage with aromatherapy. Facial cleansing.

230 €

3 day Relaxation programme

Day 1: Pressurised water jet, two handed Vichy massage with exfoliation and body wrap with foot massage.

Day 2: Whirlpool bathtub with flower essence and colour therapy, sauna and relaxing massage with aromatherapy.

Day 3: Contrast area. Foot reflexology.

325 €

Anti-stress programmes

Directed at people who suffer excessive stress. Therapies that combine different personalised massages for the level of muscular stress of each patient. Immersion in a hydromassage tub 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

Day 1: Pressurised water jet, therapeutic wrap and personalised therapeutic massage.

Day 2: Niagara bath, lumbar-cervical paraffin-mud while foot reflexology is made. Sauna. 250 €

3 day Anti-stress programme

Day 1: Pressurised water jet, therapeutic wrap and personalised therapeutic massage.

Day 2: Niagara bath, lumbar-cervical paraffin-mud while foot reflexology is made. Sauna.

Day 3: Contrast area. Shiatsu. 350 €

6 day Anti-stress programme

Day 1: Pressurised water jet, therapeutic wrap and personalised therapeutic massage.

Day 2: Niagara bath, sauna, lumbar-cervical paraffin-mud while foot reflexology is made.

Day 3: Contrast area. Shiatsu.

Day 4: Pressurised water jet, two handed Vichy massage with exfoliation and body wrap with foot massage.

Day 5: Whirlpool bathtub with flower essence and colour therapy, sauna and Relaxing massage with aromatherapy.

Day 6: Whirlpool bathtub with flower essence and Thai massage. 680 €

Programmes for couples

Designed for enjoyment 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.

Special couples programme 2 days

Day 1: Beauty in couple ritual. (Body and face exfoliation, whirlpool bath, sauna and total relax massage).

Day 2: Saint Peter's Chapel (contrast circuit) and aromatic massage.

* 228 €

Special couples programme 3 days

Day 1: Beauty in couple ritual. (Body and face exfoliation, whirlpool bath, sauna and total relax massage).

Day 2: Saint Peter's Chapel (contrast circuit) and aromatic massage.

Day 3: Whirlpool bathtub with flower essence, body wrap and personalized facial treatment.

* 385 €

* Price per person.

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.

Exclusive valbuena programmes 2 days

Day 1: Ribera del Duero Ritual (salt and grape body exfoliation, sauna, wine wrap, body massage).

Day 2: Pressurised water jet, whirlpool bath, two handed Vichy massage.

230 €

Exclusive valbuena programmes 3 days

Day 1: Ribera del Duero Ritual (salt and grape body exfoliation, sauna, wine wrap, body massage).

Day 2: Pressurised water jet, whirlpool bathtub with flower essence and two handed Vichy massage.

Day 3: San Pedro Chapel contrasts area and shiatsu massage

330 €

Exclusive valbuena programmes 6 days

Day 1: Ribera del Duero Ritual. (salt and grape body exfoliation, sauna, wine wrap, body massage).

Day 2: Water Ritual (pressurised water jet, two handed Vichy massage with exfoliation, body wrap with foot massage, cranial-cervical and back massage).

Day 3: Pressurised water jet, sauna and Thai massage.

Day 4: Contrast area. Monasterio massage.

Day 5: Personalised ritual (pressurised water jet, sauna, therapeutic wrap, personalised therapeutic massage).

Day 6: Sauna. Foot reflexology. Personalised facial treatment

699€

Detox programmes

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.

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

2 day Detox programme

Day 1: Grape body peeling, sauna and foot reflexology.

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

275 €

4 day Detox programme

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: Water jet, sauna and Shiatsu massage.

495 €

6 day Detox programme

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

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

Day 3: Water jet, sauna and foot reflexology.

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.

725 €

Slimming programmes

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.

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

7 day Slimming programme

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, jet, seaweed wrap and defined waist massage.

Day 7: Contrasts area. Intense body firmness.

970 €

14 day Slimming programme

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 bath with seaweed wrap and defined waist massage.

Day 4: Jamaica bath, sauna and effective body slimming treatment.

Day 5: Water jet, hydromassage bath with algae, 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: Water jet, sauna, 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: Contrasts area. Intense body firmness

1705 €

Therapeutic programmes

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

3 day Osteoarticular programme

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

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

Day 3: Reeducation in the pool. Therapeutic wrap. Personalised therapeutic massage.

340 €

4 day Osteoarticular programme

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

Day 2: Reeducation in the pool. Parafango. 30 min. Therapeutic massage.

Day 3: Pressure jet. Personalised therapeutic. massage. Peloide.

Day 4: Reeducation in the pool. Parafango 30 min. Therapeutic massage.

435 €

6 day Osteoarticular programme

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

Day 2: Reeducation in the pool. Pressure jet 30 min. Therapeutic massage.

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

Day 4: Reeducation in the pool. Pressure jet. 30 min. Therapeutic massage.

Day 5: Two-handed Vichy shower. Sauna. Parafango.

Day 6: Reeducation in the pool. Pressure jet. 30 min. Therapeutic massage.

582 €

General Conditions

All the prices indicated are per person.

All the 6 to 14 day programmes include a medical consultation.

The application of the spa techniques is dependent on prior approval by spa 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 might be altered if so indicated by the professionals of the spa.

These prices may be changed without prior notice.

VAT included.



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