



Centro de Bienestar  
**Pozo de La Salud**  
ENGLISH



DOSSIER DE TRATAMIENTOS

## TRADITIONAL WITH WATER FROM THE HEALTH WELL

They are made in the hotel room itself. The waters are chlorinated sulfated with a high component of sulfates and bicarbonates. The three parts of the bathroom are: the purge, the thermal bath and the last the sweat. This treatment is indicated for osteoarthritis problems, rheumatism, stress states, skin and digestive problems among others.

## INHALATIONS

Made with steam from the mineral-medicinal water of the "Well of Health". Indicated in upper respiratory processes: pharyngitis, laryngitis, sinusitis, etc. Running time 25 minutes.



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# BODY





## ANTISTRESS RELAXING SALTS BATHROOM

It is made with effervescent crystals that release relaxing and aromatic bubbles attached to mineral salts of the Dead Sea. This bathroom achieves the elimination of feeling of tiredness and provides an extraordinary feeling of well-being and serenity. Running time 25 minutes.

## COLD BANDAGES LEGS

Reducing and firming wrap. For its vasoconstrictive properties it is also used as a treatment of tired legs and with a varicose tendency. Running time 25 minutes.

## PARAFANGO

Partial application of a mixture of sludge with parafango, indicated for back, neck pain, lumbalgias, osteoarthritis problems, as well as for poorly healed injuries.

## PEELING-BODY MASSAGE

It is a technique that allows the detachment of epidermal cells that are about to be removed, by means of a gentle massage, leaving the skin soft and hydrated thanks to its innovative active ingredients. Duration 25 minutes.

## SEA MUD TREATMENT

For its richness in mineral salts is recommended in dermatological processes such as: psoriasis, oily skin, acne, devitalized skin. Also in anti-stress cures and to treat muscle and joint pains in different locations. First a body peel is performed that is removed by a shower, then a mud wrap is performed that is also removed with a shower. It is terminated with the application of a specific cream. Running time 1 hour and 15 minutes.

## ALGAE SLIMMING TREATMENT

Rich in iodine, iron, alginates, vitamins, mineral salts and trace elements. With purifying effect, decongestant, and metabolizing action on fatty clusters improving the appearance of "orange skin" and local obesity. It is considered of great importance to combat fluid retention and achieve a slimming, anti-cellulite, remineralizing and detoxifying result. Treatment includes: body peeling, algae wrap and application of specific slimming cream. Duration 1 hour and 15 minutes approximately.



## TREATMENT OF HOT VOLCANIC STONES

The oil is prepared and applied with a specific massage having placed the volcanic stones at the chakra points. In contact with the body, certain minerals (chakra minerals) together with hot lavic stones, release energies that give serenity and well-being; the goal is to eliminate alterations with life force, considered the true cause of numerous physical disorders. Duration 1 hour and 15 minutes approximately.

## BULGARIAN ROSE TREATMENT

Its purpose is to stimulate rapid skin regeneration and skin vitalization, which is evident from the first session. The realization of several sessions ensures a fine-tuning of the skin and an effective and completely natural anti-wrinkle and moisturizing treatment. Suitable for sensitive skin and cuperasis, as well as achieving a full relaxation of the whole organism. For the realization we vaporize with Bulgarian rose floral water all over the body, then perform a neurosedant massage with Bulgarian rose oil. We will then cleanse, tone and exfoliate the face with Bulgaria's rose micronized and rosehip oil along with rosewood essential oil. Next we will apply a mask of white clay and micronized rose petals. We remove and massage with rose serum, we will make a second mask with superhydrating alginates. Finally we will place the pink quartz on the stretcher, in the seven chakra points and in the hands of the client letting him rest for complete relaxation. Duration 2 hours.

## AROMATIC CORPS SUAVIDY

Energized anti-stress treatment. A body peel of kiwi, white sugar, brown and salt is performed that nourishes and softens the skin thanks to karite butter, coconut and palm oils. It is removed and then transferred to a toning anti-stress massage with lemon, orange and grapefruit oil. Duration 1 hour approximately.

## COMPLETE RELAXATION TREATMENT

It consists of body peeling, effervescent salt bath and nourishing face mask and body hydration. With the body massage and peeling we will achieve the relaxation and cleansing of the epidermis and with the relaxing bath mineralize it. Finish with the application of a nourishing face mask during a 10-minute break. Duration 1 hour and 15 minutes approximately.

## CHOCOLATE TREATMENT

It is a relaxing treatment that is transferred to the skin offering a well-being to your senses. It contains select substances, such as sea butter and almond oil that care for, soften and relax the skin. The treatment is started by performing a body peel, then we will make a chocolate wrap of 20 to 30 minutes, then it is removed with a shower. The treatment ends with a relaxing massage with cocoa oil. Duration 1 hour and 15 minutes.

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# MASSAGES





## ANTISTRESS MASSAGE

The cervical and lumbar area is worked. It has a toning and relaxing effect. Duration 25 o 50 minutes.

## CIRCULATORY MASSAGE

Works only on the legs. Suitable for circulation problems and tired legs. Contraindicated in case of varicose veins. Duration 25 minutes.

## AYURVEDIC MASSAGE

It is one of the most complete massages that exist, since in addition to mobilizing the muscle, oxygenating it also activates circulation. Hot oil enriched by many sesame-based medicinal plants is used. It aims to relax, calm nervous tensions, reabsorb stress and facilitate sleep. Duration 85 minutes.

## Shiatsu

It is a treatment in which pressures are applied with the thumbs and palms of the hand to certain points of the body corrects irregularities, maintains and improves health, contributes to alleviate various diseases and activates the body's ability to self-heal. It has no side effects. It is advisable to go to the session with comfortable clothes since the treatment is done dress. Indicated for problems with anxiety, stress, lumbalgias, headaches, torticollis, joint and muscle problems, lack of energy, insomnia and migraines. The relaxing shiatsu treatment works face, neck and head lasts 50 minutes and shiatsu indicated for stress problems 1 hour and 15 minutes.



## FACIAL YOGA

It is a facial massage with Chinese medicine techniques, which seeks to promote facial oxygenation, in order to activate the production of elastin and collagen. Duration: 25min.

## YOGUICO

It is a treatment that comes from India. Certain areas are manipulated to unlock energy points to promote self-healing and restore balance to the body. Duration: 75 minutes.

## LYMPHATIC DRAINAGE

Anti-edematiceffect effect, relaxing, stimulates the body's defenses, also promotes circulation and helps in anti-cellulite treatments and in cases of fluid retention and mectomized. Contraindication in cases of cancer, hypotension, thrombophlebitis. Duration 45 minutes.



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# FACIALS





## KOBIDO:

Japanese facial (manual lifting-illuminating essential oils)

## FACIAL TREATMENT (GRASE, SENSITIVE AND DRY SKINS)

After applying cleansing and tonic milk we prepare the skin with an exfoliator. Next a massage with sweet almond oil and wheat germ followed by the application of a mask composed of three essential active components of algae: alginates (refreshing effect), didotomees (detovtory effect) and phyco-coral (compensates lack of minerals in the skin and retains water). To finish, royal jelly, which moisturizes and energizes, is applied, rather than a moisturizer depending on the type of skin. Duration approximately 60 minutes.

## SUPER-HYDRATANT FACIAL CLEANING WITH PARAFINA

The properties of paraffin give the skin all the hydration and softness you need; in addition, applying at the appropriate temperature (35o-40o) the pores open easily so that they can be thoroughly and thoroughly cleaned. Finally we massage with collagen cream and elastin, substances that provide elasticity and texture that every skin needs. Suitable for all skin types especially for people living in big cities and frequent very busy environments. Duration approximately 60 minutes.

## FACIAL TREATMENT RADIANCE

Indicated to erase visible signs of age, recover a glowing complexion, attenuate dark spots and lighten the skin. Start with a hydrorapeeling, continue with the application of a cream stimulating the cell activity and restorative of the PH of the skin. Continue with a cold effect mask that soothes, protects and restructures the skin barrier. The treatment ends with the application of a moisturizer adapted to the skin type. Duration 50' minutes.



## FACIAL TREATMENT LIFTING ANTIAGE FACE, NECK AND NECKLINE

Lifting treatment adapted to each area to firm and enhance the skin of the face, neck and décolletage.

Recommended in skins with signs of tiredness and lack of firmness.

It starts with a double exfoliation to remove dead cells and smooth the skin, then a firming massage is applied to subsequently apply a full correction of wrinkles, then a tensive and illuminating mask is applied to both the face and the neck.

## DETOX

It is a detoxifying and purifying facial treatment for the skin. Its objective is to free the skin from external contaminating agents, accumulation of bacteria, environmental pollution and oxygenate the skin. It is recommended for people who smoke and/or who are exposed to pollution. We start with a basic cleaning, then a peeling is performed, followed by a detoxifying serum and a mask. Finally, a serum is applied according to the type of skin. Duration 60 minutes approximately.

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# HANDS AND FEET





## HYDRATANT PEDICURA OF FEET AND HANDS

Cold paraffin is ideal for deep hydration treatments. In one session, the skin is more dry and damaged and soft and hydrated. Manicure and pedicure consists of cutting, limaring and lacquering nails, removing hardness and cuticles. Next we exfoliate the area, apply a generous amount of collagen cream and on it the paraffin. We wrap in osmotic paper to penetrate the product, it will rest 10 minutes with the thermal ducklings provided that they are not contraindicated; Remove the emplaste and perform a relaxing massage with moisturizer. Duration approximately 90 minutes.

## SPA: SAUNA AND JACUZZI

Indicated for muscle relaxation, elimination of fluid and toxins, improves breathing, toning and cleansing of the whole body, vasodilator effect for tired legs, blood activation, as well as a perfect treatment Complete ANTISTRESS.

# PRICES



### TRADITIONAL WITH THE WATER FROM THE WELL OF HEALTH:

- Traditional bathroom(no discount) 30.00€ (1) /25.00 € (2 o more)
- Purge/Inhalations(no discount) 18.00€

### BODY:

- Relaxing salt bath-Anti-stress(25 min) (no discount) 18.00€
- Cold bandages legs(20 min)(no discount) 25.00€
- Parafango a region(20 min) (accessory regions = 9.00 €) (20 min) 20.00€
- Peeling (25 min.) 32.00€
- Sea Mud Treatment(75 min) (no discount) 57.00€
- Algae Treatment(75 min) (no discount) 62.00€
- Treatment of Hot Volcanic Stones(75 min) (no discount) 60.00€
- Treatment of Bulgarian Roses(120 min) (no discount) 75.00€
- Aromatic Corps Smoothing Treatment(60 min) (no discount) 60.00€
- Complete Relaxation Treatment(75 min) (no discount) 62.00€
- Chocolate treatment(75 min) (no discount) 58.00€

### MASSAGES:

- Anti-stress massage (25 min.) (50min) 32.00/55.00€
- Circulatory massage (25 min.) 32.00€
- Ayurvedic massage (90 min) 75.00€
- Shiatsu(50 min) 47.00 €
- Shiatsu + specific area(90 min) 60.00€
- Facial Yoga Lifting Effect (25 min) 32.00€
- Yóguico (indian-unlock energy points) (75min) 45.00€
- Complete lymphatic drainage (45 min) 50.00€

### FACIALS:

- Kobido (japanese face lift) (50min) 55.00€
- Kobido completo (face and neck lift) (75min) 72.00€
- All skin types(60 min) (no discount) 50.00€
- Paraffin (moisturizing)(60 min) 52.00€
- Cleaning (90min) 60.00€
- Radiance (60 min) (no discount) 62.00€
- Anti-aging lifting(no discount) 72.00€
- Detox (60 min) (no discount) 68.00€

### HANDS AND FEET:

- Normal Manicure/pedicure (60min) 15.00€/18.00€
- Semi-permanent manicure/pedicure (60min) 20.00€/25.00€
- Moisturizing hand treatment (envelope) (60 min) 22.00€
- Moisturizing foot treatment(envelope) (60 min) 27.00€
- Hands and Feet Treatment(envoltura parafina) (90 min) 42.00€

- **SPA**
- (Turkish Bath, Sauna and Jacuzzi) (no discount) 19.00€

The prices of the treatments are per person and session / Tax 7% IGIC Included Discount on treatments:

20% minimum pass 2 nights on half board basis Forfait 25% minimum 6 nights in half board 30% minimum pass 8 nights on half board basis

Note: external customers to be able to use the pool and the water circuit They must bring a towel, swimsuit and suitable footwear.

Note: it is recommended that clients who have an appointment for clinical treatments not bring jewelry, or valuables, to facilitate the work of the staff and avoid loss.

Treatments will be carried out upon reservation and subject to availability. Thanks!

To book any treatment please contact:  
[reservas@hotelbalneariopozodelasalud.es](mailto:reservas@hotelbalneariopozodelasalud.es)  
**TELÉFONOS: 922 55 95 61/922 55 94 65**