

THE THERMAS
MEDICAL WELLNESS

VILLAPADIERNATHERMASHOTELCARRATRACA



WWW.VILLAPADIERNATHERMASHOTEL.COM

THE THERMAS / MEDICAL WELLNESS



MEDICAL WELLNESS

VILLA PADIERNA THERMAS HOTEL CARRATRACA

AV. ANTONIO RIOBOÓ 11

29.551 CARRATRACA, MÁLAGA

CONTACT & RESERVATIONS

PH. +34 952 48 95 42

INFO@VILLAPADIERNATHERMASHOTEL.COM

WWW.VILLAPADIERNATHERMASHOTEL.COM





VILLA PADIERNA
THERMAS HOTEL



A Remarkable Setting

Villa Padierna Thermas is located in a natural paradise: The Valle del Guadalhorce in the province of Malaga, which is situated 30 minutes from both the airport and the AVE train station at Antequera, and 45 minutes from the AVE station in Malaga.

In this small village called Carratraca, surrounded by picturesque mountains and nature, the thermal spa baths of Carratraca are the perfect place for the regeneration of body and mind.





Accommodation

The 5-star hotel is the result of an extensive renovation project on a building which dates back to the nineteenth century when it was built by King Fernando VII. This spectacular accommodation combines luxurious and high quality features in a place which is full of history.

It boasts a total of 43 rooms, 6 of which are suites, elegantly decorated and stylish.





Relaxation and Health

The Villa Padierna Thermas Hotel is famous for its elegant design, which fuses the neoclassical architecture of the building with antique decoration, works of art and the highest standards in comfort and well-being. This relaxing atmosphere, complemented by the medicinal-mineral properties of the waters, is the ideal place to completely revitalize the human body.



A photograph of a spa area. The walls are a vibrant red with decorative white and black patterns. A large green tree in a copper pot stands on the left. In the center, a stone wall features a vertical stack of five circular elements. To the right, a tray of lit candles sits on a stone ledge. In the foreground, a stone pool of water is illuminated with a green light. The overall atmosphere is warm and relaxing.

THE THERMAS / MEDICAL WELLNESS

VILLAPADIERNATHERMASHOTELCARRATRACA



VILLA PADIERNA
THERMAS HOTEL

Thermal Spa Baths with History

The origins of the Thermal Spa Baths go back to the eighteenth century, when the amazing healing powers of the sulphurous water and the natural springs which surrounded this small settlement in Carratraca gained an almost legendary reputation, with them being regarded as "miracle" waters.

The Spa at Carratraca was built by the Earl of Teba, father of the Empress of France, Eugenia de Montijo (wife of Napoleon III) and of the Duchess of Alba.

During the nineteenth century, it became one of the most famous spas in Europe and its waters won awards on two occasions, both in Paris in 1878 and in Madrid in 1873, claiming the gold medal award for the best medicinal-mineral water.



THE THERMAS / MEDICAL WELLNESS

The Properties of the "Miracle" Waters

The healing properties have been recognized since the times of the Romans. The great warriors would come to this village in the mountains of Malaga to rest their soul and heal their wounds.

The name "Carratraca" comes from "Karr-al-krak", which means "cleansing of plagues". This name was given to the place by the Moors as it was where they would clean themselves of impurities and heal their bodies.





THE THERMAS / MEDICAL WELLNESS

Our team of medical specialists and healthcare professionals have studied the sulphur, calcium and magnesium properties of the water, creating Total Immersion Programmes so the client can gain maximum benefit from its unique characteristics, with its anti-oxidizing, anti-free radical and purifying elements being its most prominent attributes.



THE THERMAS / MEDICAL WELLNESS

Luxury Thermal Baths Circuit

5 Roman Thermal pools.

21 rooms for hydrothermal treatments, facial and body aesthetics and different types of massages.

Hamman and Sauna. Outdoor pool during the summer season.



THE THERMAS / MEDICAL WELLNESS

Thermal Baths of the Kings

Experience the benefits and pleasures of the Thermal Baths of Fernando VII, which were graced with the presence of such illustrious people as Eugenia de Montijo, Rainer Maria Rilke and Lord Byron, retaining their charm but featuring all the modern comforts.



THE THERMAS / MEDICAL WELLNESS

Nature, Culture and Sport

The province of Malaga, discover its splendour from its inner parts out towards the Costa del Sol. A beautiful province, both on the inside and the outside. Naturally beautiful, vibrant, full of tradition, and with a real cultural mix. Welcoming, open and cosmopolitan.

From the Villa Padierna Thermas, we invite you to explore the local territory from a different perspective, discovering new sensations and experiences along the way.

Nature: El Caminito del rey (30 mins away); Mozarabic Basilica and Ruins at Bobastro (30 mins away). The Arabic Staircase at the Sierra de Huma (30 mins away); Climb to the Pico Valdivia.

Culture: Caves of Doña Trinidad Grund (20 mins away); Castle of the Estrella Teba (20 mins away) Malaga Contemporary Art Centre; Pablo Picasso Museum; Saint Petersburg Museum; Carmen Thyssen Museum; Malaga Pompidou Centre (45 mins away); Malaga Cathedral (45 mins away).

Sport : Ascari Race Track (35 mins away).

Golf : Alferini, Flamings and Tramores Golf (50 mins away).



A World of Well-being

Experience the pleasures of the Roman Baths with all the latest modern comforts and let yourself drift away on a luxurious sensual journey through the Thermal Baths Circuit of Medicinal-Mineral waters, unique on the Costa del Sol. The Medical Wellness facilities, with around 1,800 square metres, are the perfect place for relaxation of the body and mind. All is expertly designed so you can swap the stresses of everyday modern life for a true feeling of Well-being.

Acknowledgements

'Signum Virtutis' by the Seven Star Global Luxury Awards in 2015.

Villa Padierna Thermas Hotel as Best Spa Resort 2015 by World Travel Awards.

'Signum Virtutis' by the Seven Star Global Luxury Awards in 2014.

Villa Padierna Thermas Hotel in Carratraca as Best Hotel, Certificate of Excellence 2014 by TripAdvisor for the Villa Padierna Palace Hotel.

Best Hotel in Spain 2013 by The International Hotel Awards.

Villa Padierna Thermas Hotel, Best Spa Resorts 2012 by the World Travel Awards.

Villa Padierna Thermas Hotel, Best Spa Hotel in Spain by the Spa World Magazine in 2010.

Villa Padierna Thermas Hotel, Best Spa on the Costa del Sol, by Essential Magazine at the Marbella Awards of 2011 and 2009.

THE THERMAS / MEDICAL WELLNESS

VILLAPADIERNATHERMASHOTELCARRATRACA

THE THERMAS / MEDICAL WELLNESS

VILLAPADIERNATHERMASHOTELCARRATRACA

Villa Padierna Thermas Treatments 3 - 4 days

WELL-BEING & RELAXATION TREATMENT | 3 days Program

If you wish to change your dietary habits and start to live a healthier life, thanks to the Well-being and relaxation treatment, you will feel the benefit in just three days.

INCLUDES

- 3 x Thermal Circuits guided by a specialist
- 3 x Thermal Water Nebulizations
- 1 x Body exfoliation with Medicinal-Mineral waters (under the Vichy shower)
- 1 x Sub-aquatic massage
- 1 x Bioenergetic massage by Piroche
- 1 x Personalized facial
- 2 x Dietary treatment

All the ingredients used in our dietary programme are organic.

Well-bei

EXPRESS DETOX & ANTIAGING TREATMENT

4 days Program

This Express treatment has been designed so you can take a break from your routine and dedicate a few days to yourself. It consists of treatments designed to detoxify your body and, in combination with the properties of the water, produces an antiaging effect.

INCLUDES

- 4 x Thermal Circuit guided by a specialist
- 1 x Body exfoliation using Medicinal-Mineral waters (under the Vichy shower)
- 1 x Bioenergetic massage by Piroche
- 2 x Sub-aquatic massage
- 1 x Seaweed body wrap
- 1 x Personalized facial
- 3 x Dietary treatment

All the ingredients used in our dietary programme are organic.

Express Detox & Antiaging treatment | 4 Days - 950 EUR




VILLA PADIERNA
THERMAS HOTEL



Special Treatments

THE THERMAS / MEDICAL WELLNESS

VILLAPADIERNATHERMASHOTELCARRATRACA


VILLA PADIERNA
THERMAS HOTEL

THE THERMAS / MEDICAL WELLNESS

VILLAPADIERNATHERMASHOTELCARRATRACA

Slim &
Detox


VILLA PADIERNA
THERMAS HOTEL

THE THERMAS / MEDICAL WELLNESS

VILLAPADIERNATHERMASHOTELCARRATRACA

SLIM & DETOX - 7 day treatment

SLIM & DETOX Intensive - 14 day treatment

SLIM & DETOX

We are fully aware of how weight problems can dominate our lives, being the source of many of our health issues. Therefore, the professional medical team at Villa Padierna Thermas has designed a weight loss programme, specially tailored to the personal characteristics and needs of each client. These programmes are based on the unique Medicinal-Mineral properties of the waters at Carratraca and in particular, on its powerful detoxifying qualities.

This programme is directed at people who suffer from weight problems, but have a keen interest in their health or simply wish to re-establish healthy eating habits. During their stay, patients will lose weight and volume through a combination of healthy diet, hydrothermal treatments, beauty treatments, physical exercise and a healthy eating plan based on seasonal produce.



THE THERMAS / MEDICAL WELLNESS

VILLAPADIERNATHERMASHOTELCARRATRACA

THE SLIM & DETOX TREATMENT INCLUDES

3 Treatments: Medical Treatment, Thermal Treatment and Dietary Treatment

2 x Medical Consultations (3 in the Intensive Programme).

1 x Blood Analysis.

6 x Thermal Circuit guided by a specialist (13 included in the Intensive Programme)

1 x Exfoliation in the Vichy shower (2 in the Intensive Programme).

3 x Personalized Physical Exercises (6 included in the Intensive Programme).

The Frederic Morlaix Fitness system is suitable for all kinds of people. Sessions mainly involve flexibility exercises and stretching. (App Store Cuatrofitness).

3 x Bioenergetic Massage by Piroche (6 included in the Intensive Programme).

The Bioenergetic drainage developed by Cosmetics Piroche combines different products with numerous active substances which purify the body of toxins which have accumulated due to poor diet, environmental pollution and stress.

3 x Shower jet (6 included in the Intensive Programme).

1 x Seaweed Body Wrap (2 in the Intensive Programme).

3 x Aqua Massage (6 included in the Intensive Programme).

The Aqua Massage is an underwater massage performed in a therapeutic bath, designed to achieve greater elimination of liquids and toxins.

2 x Pressotherapy (4 included in the Intensive Programme).

The effect of pressotherapy is reinforced by the active ingredients of the products used with the bandages, which increase the elimination of toxins.

1 x Anti-Cellulite Massage (2 in the Intensive Programme).

12 x Thermal Treatments (26 in the Intensive Programme).

6 x Diets (13 in the Intensive Programme).

All the ingredients used in our dietary programme are organics.

THERMAL TREATMENT SLIM & DETOX – 7 DAYS – 2,547 EUR./per person.

THERMAL TREATMENT SLIM & DETOX – 14 DAYS – 5,044 EUR./per person.

THE THERMAS / MEDICAL WELLNESS



CONTACT & RESERVATIONS

PH. +34 952 48 95 42

MAIL.INFO@VILLAPADIERNATHERMASHOTEL.COM

WWW.VILLAPADIERNATHERMASHOTEL.COM

THE THERMAS / MEDICAL WELLNESS

VILLAPADIERNATHERMASHOTELCARRATRACA



Thermal Health



VILLA PADIERNA
THERMAS HOTEL

THE THERMAS / MEDICAL WELLNESS

VILLAPADIERNATHERMASHOTELCARRATRACA

THERMAL HEALTH - 7 day treatment

THERMAL HEALTH

Currently, we live in a culture in which society in general has a different attitude towards health issues with more focus on their prevention. This encourages taking up dietary concepts which seek to improve the way we eat, is clear on the need to live a more active and less sedentary lifestyle, and requires elimination of all the bad habits which can have a detrimental effect on our health.

The Health Treatment Villa Padierna Thermas is designed to help the body fully recover in a short space of time and prevent disorders which stem from leading a sedentary lifestyle, such as muscular tension, joint pain, trouble sleeping, blood circulation disorders and general fatigue.

All the treatments in this programme are based on the Medicinal-Mineral properties of the waters, which are officially recognized by the "International Society of Medical Hydrology":

Anti-Inflammatory and Anti-Anaphylaxis.

Anti-Allergy.

Repairing and regeneration of the nasal, pharyngeal and bronchial mucosa.

Immunostimulants.

Keratolytic and keratoplastic according to the dose.

Regeneration of the cartilage.

Antipruritics.

Emollient and scaling in dermatosis eczema.

And as a preventative measure against diseases such as Cancer or Cardiovascular disorders as it has anti-free radical, antioxidant and purifying properties.



THE THERMAS / MEDICAL WELLNESS

VILLAPADIERNATHERMASHOTELCARRATRACA

THE THERMAL HEALTH TREATMENT INCLUDES

3 Treatments: Medical Treatment, Thermal Treatment and Dietary Treatment

2 x Medical Consultations

1 x Blood Analysis.

6 x Thermal Circuit guided by a specialist

12 x Varied Thermal Treatments

1 x Shower jet

2 x Aqua Massage

The Aqua Massage is an underwater massage performed in a therapeutic bath which aims to achieve greater elimination of liquids and toxins.

2 x Bioenergetic Massages by Piroche

The Bioenergetic drainage developed by Cosmetics Piroche, combines different products with numerous active substances which purify the body of toxins which have accumulated due to poor diet, environmental pollution and stress.

1 x Personalized Facial

6 x Fitness: Meditation and pilates

The meditation technique is simple and natural and can be practised for 20 minutes, twice a day, while sitting comfortably with eyes closed for maximum relaxation.

1 x Introduction to Healthy cooking

6 x Diets:

All the ingredients used in our dietary programme are organics.

THERMAL HEALTH TREATMENT – 7 DAYS – 2,260 EUR./ per person.

THE THERMAS / MEDICAL WELLNESS

VILLAPADIERNATHERMASHOTELCARRATRACA




VILLA PADIERNA
THERMAS HOTEL

THE THERMAS / MEDICAL WELLNESS

VILLAPADIERNATHERMASHOTELCARRATRACA

SPECIAL THERMAL WATER HEALTH

THERAPY FOR SKIN CONDITIONS - 5 days / 4 nights

SPECIAL THERAPY

Skin is the largest organ of the body. It is our letter of introduction and we must look after it so that it looks good. However, nowadays due to different factors such as a poor diet, stress, too much sun, dehydration or an overload of toxins, skin conditions and diseases are becoming increasingly more common. A high percentage of the population suffers from rosacea, atopic dermatitis, psoriasis, urticaria, eczema, etc... Although they are not serious diseases, they cause a lot of discomfort, pain and even psychological problems because normally they are visible.

After numerous scientific studies about the properties of sulphur, mainly in the form of the active hydrogen sulphide (H₂S) molecule in the sulphurous mineral waters, the treatment and the sulphurous water baths are believed to benefit immune-mediated disorders such as contact dermatitis, psoriasis and atopic dermatitis. The latest research carried out on the mineral sulphurous water points out that it also has an important role in regulating the skin's immunity.

Given the therapeutic effect of the sulphurous waters that are used to treat the whole dermis, favour the regeneration and the healing of the skin, the team of doctors and specialists at Villa Padierna Thermæ have come up with a specific Therapy for anyone who has skin problems.

THE THERMAS / MEDICAL WELLNESS

VILLAPADIERNATHERMASHOTELCARRATRACA

THE SPECIAL THERMAL WATER HEALTH THERAPY FOR SKIN CONDITIONS INCLUDES

2 x Medical Consultation

1 x Blood Test (Optional*)

5 x Thermal Water Circuit

Steam bath. It is kept at 45° C, with 100% humidity so that it has a powerful relaxing, vasodilator effect and it is highly recommended for respiratory diseases.

Mineral-medicinal water pool sessions, Circular shower, Inhaler and Nebulizer water spray, Vichy shower.

5 x Hydromassage Tub

The Tub sequentially pulsates the flow of mineral-medicinal thermal water through its jets to massage and loosen tight muscles; this consequently produces a feeling of relaxation and well-being.

5 x Marble Bath

The hot and cold mineral-medicinal thermal water contrast bath therapy improves the circulation, cleans the tissues and reduces swelling. It also activates and stimulates the nervous system.

2 x Vichy Shower with Mineral-Medicinal Water for a Hydrating Massage or Aesthetic Peeling

According to medical prescription.

Exfoliation under the Vichy shower with Mineral-Medicinal water that eliminate the impurities to make the skin smooth and clean.

2 x Hydrating Wrap

The algae firms up, remineralizes, stimulates and nourishes. When it is combined with a deep tissue massage it tones and moisturizes the skin.

1 x Relaxing Hydrating Massage

1 x Personalized Facial

After a skin diagnosis, the professional will decide on the right techniques and products to use for the ideal treatment that satisfies all your skin's needs.

1 x ALPINE ROSE TREATMENT

The body peeling and wrap with Rhododendron and Swiss pine oil revitalizes cells, favours skin regeneration and improves the skin's natural defences.

1 x Facial Flash Vitamins

Treatment that has a revitalizing effect thanks to the excellent dermo-functional substances; a powerful energy multivitamin complex and moisturizing active ingredients that tone, nourish and tighten the skin. It is ideal to enhance your complexion, revitalize and rejuvenate your skin.

4 x Diets (it includes breakfast, lunch and dinner with a healthy menu).

SPECIAL THERMAL WATER HEALTH THERAPY FOR SKIN CONDITIONS | 5 days / 4 nights

1.695 EUR./ per person

*Blood test is not included

A photograph of a classical statue of a woman, possibly Hygieia, standing in a stone niche. The statue is illuminated from the side, casting a shadow on the wall behind it. The text 'Respiratory SYSTEM' is overlaid on the image. 'Respiratory' is in white, and 'SYSTEM' is in blue. The background shows a series of arches and stone walls, suggesting a museum or historical building.

Respiratory
SYSTEM

THE THERMAS / MEDICAL WELLNESS

VILLAPADIERNATHERMASHOTELCARRATRACA

SPECIAL THERMAL WATER HEALTH

RESPIRATORY SYSTEM THERAPY - 5 days / 4 nights

SPECIAL THERAPY

Our body is constantly being exposed to toxins, heavy metals and pollution and these together with bad habits such as smoking gradually weaken the immune system and result in disorders of the respiratory system.

The sulphurous water is mainly recommended for airway diseases and ear, nose and throat disorders, as it favours recovery in chronic inflammatory processes, such as chronic, hypertrophic or atrophic rhinitis, pharyngitis; sinusitis, laryngitis, chronic bronchitis and asthma. It is also a mucolytic agent, it improves the local blood circulation and it has anti-inflammatory, eutrophic and healing effects.

A team of specialists and doctors who use the therapeutic effects of the sulphurous mineral waters to treat the whole respiratory mucosa from the nasal cavities to the respiratory bronchiole and alveolar ducts, have come up with a specific therapy for those who suffer from respiratory diseases or who want to purify their body of pollutants.

THE THERMAS / MEDICAL WELLNESS

VILLAPADIERNATHERMASHOTELCARRATRACA

THE SPECIAL THERMAL WATER HEALTH THERAPY FOR THE RESPIRATORY SYSTEM INCLUDED

2 x Medical Consultation

1 x Blood Test (Optional*)

5 x Thermal Water Circuit

Steam bath. It is kept at 45° C, with 100% humidity so that it has a powerful relaxing, vasodilator effect and it is recommended for respiratory diseases.

Mineral-medicinal water pool sessions, Circular shower, Hydromassage tub, Vichy shower.

10 x Specific thermal water treatments

Inhaling: The steam of the sulphurous mineral water is recommended for respiratory diseases. It has the same type of effect on the mucosa as it does on the skin: it hydrates, dilates the blood vessels, cleanses and calms.

Nebulizer water spray: This is complete thermal water inhalation treatment. This type of treatment consists in a dense mist of the thermal water, which is made up of countless tiny drops of mineral-medicinal water. This treatment is recommended for chronic upper and lower airway diseases.

2 x Waterflow

With the help of a therapist, the patient's body floats comfortably in a swimming pool with warm water while their muscles are massaged, their joints are moved, tissues are stretched, the energy channels are opened and the body is pleasantly rocked by the water. It is recommended for stress, chronic pain, sleeping disorders, to reduce laboured breathing and to control dyspnoea.

2 x Relaxing Massage with eucalyptus essential oil

1 x Bioenergy Massage

The Bioenergy massage is carried out using a Lymphodrainer, a device from Piroche and its bioaromas, composed of active ingredients that help eliminate toxins.

2 x Marble Tub with Eucalyptus Essential Oils

2 x Sessions with the Physiotherapist Doctor Garrod (optional*)

Dr. Rachel Garrod is an internationally distinguished respiratory physiotherapist. She is a specialist in physical therapy for people with chronic respiratory and lung diseases. Before and after the programme, the patient has a physical examination and all the exercise stress test, muscle strength and blood pressure values, together with the levels of oxygen in the blood are taken. This evaluation will help establish the specific objectives that are suitable for your state of health.

4 x Nutritional therapy (it includes breakfast, lunch and dinner with a healthy menu).

SPECIAL THERMAL WATER HEALTH THERAPY FOR THE RESPIRATORY SYSTEM | 5 days / 4 nights

1.310 EUR./ per person

*Blood test is not included

*Physiotherapy sessions with Dr Garrod are not included.



Joint &
Rheumatic
DISORDERS

THE THERMAS / MEDICAL WELLNESS

VILLAPADIERNATHERMASHOTELCARRATRACA

SPECIAL THERMAL WATER HEALTH

JOINT AND RHEUMATIC DISORDERS THERAPY - 6 days / 5 nights

SPECIAL THERAPY

90% of the population has back and joint pain during their lives, these conditions might be caused by bad posture, excess physical activity, stress and emotional distress or chronic diseases such as osteoarthritis, osteoporosis or rheumatism.

Numerous studies endorse the theory that sulphurous water works on the human musculoskeletal system, decreasing the inflammatory markers and the deterioration of the joint cartilage and it has anti-oxidant properties.

When it comes to rheumatic diseases the best results are obtained in chronic inflammation and degenerative diseases in different parts of the body such as in fibromyalgia, chronic back pain, ankylosing spondylitis, etc. Bathing in these waters can produce significant functional improvements and a better quality of life.

This scientific evidence has been used by the medical team at Villa Padierna Thermae of Carratraca, to come up with specific programmes for all our clients who suffer from these conditions, in order to improve their general well-being.

THE THERMAS / MEDICAL WELLNESS

VILLAPADIERNATHERMASHOTELCARRATRACA

THE THERMAL WATER HEALTH THERAPY SPECIAL JOINT AND RHEUMATIC DISORDERS INCLUDES

2 x Medical Consultation

1 x Blood Test

6 x Thermal Water Circuit under the guidance of a specialist

12 x Thermal Water Treatment (Turkish bath, hydromassage tub, nebulizer water sprays etc.)

The steam baths work as pain killers, anti-inflammatories, muscle relaxants, vasodilators and they improve the flexibility and elasticity of the joint structures.

2 x Aqua Massage

Jets of water are used to combine the thermotherapeutic and tapotement techniques, which have a reflexology- massage therapy effect on the skin, the muscles and the periarticular structures and it can have beneficial effects on rheumatic disorders.

3 x Waterflow (Relaxation technique with a therapist in a pool of Mineral-Medicinal Water)

With the help of a therapist, the patient's body floats comfortably in a pool of warm water while their muscles are massaged, their joints are loosened, tissues are stretched and the energy channels are opened. It is highly recommended to treat chronic joint pain.

3 x Marble bath with Essential Oils

1 x Mud wrap / Sulphurous water

It has a thermal, anti-hyaluronidase effect, releasing acetylcholine and histamine and it stimulates the hypothalamo-pituitary-adrenocortical (HPA axis), it is also a pain killer, sedative, it relaxes muscles and it is an anti-inflammatory.

1 x Bioenergy Massage.

Cupping glasses are used in the Bioenergy massage that works on: the cell metabolism, the neurovegetative system and the central nervous system. It relaxes, relieves tension and loosens muscles and it prepares the tissue to drain toxins out of the muscles and tendons.

2 x Massage therapy

This technique is recommended to relieve stress, muscle pain, fatigue and any type of joint, tendon or other types of pain. This technique combines massages and movements on pressure points, mainly applied with the hands to relieve discomfort, improve metabolic and organic processes and also favour the lymphatic drainage of the body to eliminate toxins and accumulated fat.

5 x Diets (it includes breakfast, lunch and dinner with a healthy menu).

THERMAL WATER HEALTH THERAPY SPECIAL JOINT AND RHEUMATIC DISORDERS | 6 days / 5 nights

1.695 EUR./ per person

THE THERMAS / MEDICAL WELLNESS

VILLAPADIERNATHERMASHOTELCARRATRACA

STOP
smoking



VILLA PADIERNA
THERMAS HOTEL

THE THERMAS / MEDICAL WELLNESS

VILLAPADIERNATHERMASHOTELCARRATRACA

STOP SMOKING - 7 day treatment

STOP SMOKING

Tobacco consumption is a complex behaviour which can be explained due to two major factors: on one hand, it involves physical addiction, and on the other hand, it is the continuous action of smoking which makes it a behavioural habit.

Our medical and healthcare professionals, with the help of Natural Medicines and behavioural therapies, have designed a revolutionary and successful Treatment for giving up smoking. This programme, together with the Medicinal-Mineral properties of the waters, help our clients to break the habit with minimum effort and cleanse their respiratory airways, as well as their body, in just 7 days.

Nicotine is one of the most highly addictive substances known and tobacco smoking is responsible for about one-third of potential years of life lost due to cancer, about one-quarter of potential years of life lost due to diseases of the heart and about one-half of potential years of life lost due to respiratory disease. But there is help available! Research has shown that people who get help to quit smoking from trained health professionals are 4 times more likely to be successful long term quitters than those who try will-power alone. In particular, Cytisine, a plant based product has been shown to double your chance of success at quitting.



THE THERMAS / MEDICAL WELLNESS

VILLAPADIERNATHERMASHOTELCARRATRACA

THE STOP SMOKING TREATMENT INCLUDES

3 Treatments: Medical Treatment, Thermal Treatment and Dietary Treatment

1 x Medical Consultation

2 x Coaching therapies

6 x Thermal Circuit guided by a specialist

2 x Personal training

The Frederic Morlaix Fitness system is suitable for all kinds of people. Sessions mainly involve flexibility exercises and stretching. (App Store Cuatrofitness).

2 x Pilates and meditation

The meditation technique is simple and natural and can be practised for 20 minutes, twice a day, while sitting comfortably with eyes closed for maximum relaxation.

2 x Bioenergetic Massages by Piroche

The Bioenergetic drainage developed by Cosmetics Piroche, combines different products with numerous active substances, which purify the body of toxins which have accumulated due to poor diet, environmental pollution and stress.

2 x Relaxing massage with essential oils

12 x Varied Thermal Treatments

6 x Diets:

All the ingredients used in our dietary programme are organics.

THERMAL STOP SMOKING TREATMENT – 7 DAYS – 2,054 EUR./per person.

THE THERMAS / MEDICAL WELLNESS

VILLAPADIERNATHERMASHOTELCARRATRACA

Treatments

WE HAVE A WIDE RANGE OF SERVICES, BODY AND FACIAL TREATMENTS,
AND A GYMNASIUM WITH PRIVATE CLASSES AVAILABLE.


VILLA PADIERNA
THERMAS HOTEL

THE THERMAS / MEDICAL WELLNESS

VILLAPADIERNATHERMASHOTELCARRATRACA

MASSAGES

SPORTS OR SWEDISH MASSAGE

The Swedish massage is designed to eliminate tension, tone the muscles and stretch the joints. The Sports massage is effective in activating the circulation of fluids, accelerating the elimination of waste, toxins and other materials, as well as increasing the oxygen in the muscles.

Duration: 55 min / Price 100 EUR.

THERAPEUTIC BACK MASSAGE

This is designed to relieve muscle contractions, pain and lack of flexibility, all common back disorders. The therapist will make an initial assessment and work on the affected areas.

Duration: 50 min / Price 90 EUR.

RELAXING MASSAGE

Enjoy this anti-stress massage with essential oils aimed at giving a feeling of relaxation and well-being.

Duration: 55 min / Price 90 EUR. Duration: 85 min / Price 130 EUR.

ANTI-CELLULITE MASSAGE

A massage focused on reducing fat and cellulite in those areas where it is known to accumulate. A spray is applied together with a special cream which activates the circulation and stimulates the metabolism.

Duration: 45 min / Price 110 EUR.

BIOENERGETIC MASSAGE BY PIROCHE

The Bioenergetic massage is performed with the help of a Lymphdrainer, equipment from the brand Piroche, and its bio aromas, made up of active ingredients which help eliminate toxins.

Duration 70 min / Price 120 EUR.

HOT STONE MASSAGE

This type of massage, which originates in the Middle East, stimulates the energy points and channels, to achieve a sense of full-body harmony, well-being and relaxation.

Duration 45 min / Price 80 EUR.

SUB-AQUATIC MASSAGE

Thanks to this treatment, which is performed in a bath, more liquids and toxins are eliminated from the body, making it the perfect treatment for any person who suffers from fluid retention.

Duration 30 min / Price 50 EUR.

FOOT MASSAGE

This massage centres on stimulating points on the feet, a technique known as reflexology, which in turn energizes other parts of the body.

Duration 40 min / Price 55 EUR.



THE THERMAS / MEDICAL WELLNESS

VILLA PADIERNA THERMAS HOTEL CARRATRACA

HYDROTHERAPY

GUIDED THERMAL CIRCUIT

One of our specialists will guide you through the thermal circuit and offer expert advice.

Price 90 EUR.

JET SHOWER

The therapist carries out lymphatic draining using a high pressure water jet on the locomotor and circulatory system. It has a revitalizing effect, toning the body and aiding the slimming process.

Duration 10 min / Price 40 EUR.

HYDROMASSAGE BATH

The sequential bath with medicinal-mineral thermal water produces a series of massages which ease the tension in the muscles through its jets and as a result, brings about a sensation of well-being and relaxation.

Duration 20 min / Price 40 EUR.

CONTRAST BATHS

The hot and cold contrast baths of medicinal-mineral thermal water stimulate the blood flow, cleansing the tissue and reducing oedemas. It also activates and stimulates the nervous system.

Duration 10 min

VICHY SHOWER

The Vichy shower is used to activate or relax the nervous system depending on the temperature used for the treatment. It has a relaxing effect on the nervous system and muscles.

Duration 10 min / Price 30 EUR.

BITHERMIC CIRCULAR SHOWER

By projecting Medicinal-Mineral water at different temperatures, it achieves a contrasting effect on the body, combining the benefits of thermotherapy and cryotherapy, producing a relaxing and sedative effect and also helping circulation.

TURKISH BATH

The heat accelerates metabolism, aiding breathing, heart rate and stimulating both the nervous and hormonal systems. In addition, the steam produces an equal dilation of the pores, eliminating toxins and impurities.

SPECIALIZED TREATMENTS

NEBULIZATIONS WITH THERMAL WATER

This thermal inhalation treatment works on the upper and lower respiratory system. Effective in cases of rhinitis, laryngitis, asthma, bronchitis, allergies, tobacco addiction; in general, it helps to improve breathing.

Duration 15 min / Price 30 EUR.

X CELL ULTRASOUND

The most up-to-date revolutionary technology, which uses low-frequency ultrasonic waves to destroy fatty cells and aid the slimming process in a short period of time.

Duration 55 min / Price 125 EUR.

PRESSOTHERAPY

A specialized Pressotherapy team alternate between positive high and low pressure, stimulating the circulatory system, improving lymphatic drainage and favouring the elimination of lipids, fats and toxins.

Duration 30 min / Price 60 EUR.

PRESSOTHERAPY + BANDAGES

The effect of pressotherapy is strengthened by the active ingredients of the products used with the bandages, facilitating the elimination of toxins.

Duration 55 min / Price 150 EUR.


VILLA PADIERNA
THERMAS HOTEL



THE THERMAS / MEDICAL WELLNESS

VILLAPADIERNATHERMASHOTELCARRATRACA

ESSENTIAL BODY TREATMENTS

BODY EXFOLIATION WITH SALT AND OIL

This prepares your skin for any kind of treatment. By means of exfoliation, the impurities are removed and your skin is left feeling smooth, soft and more receptive.

Duration 20 min / Price 65 EUR.

BODY EXFOLIATION WITH MEDICINAL MINERAL WATERS

(under the Vichy Shower)

This exfoliation method removes impurities and, as it is carried out under the Vichy Shower with Medicinal-Mineral water, it leaves the skin soft and clean.

Duration 55 min / Price 100 EUR.

ALPINE ROSE TREATMENT

The peeling and body mask with Rhododendron and Swiss pine oil, revitalizes the cells, favouring regeneration of the skin and improving the skin's natural defences.

Duration 65 min / Price 175 EUR.

AFFIRMING AND HYDRATING SEAWEED BODY WRAP

The seaweed reaffirms, mineralizes, stimulates and provides nutrients. When it is combined with a deep tissue massage, it improves the tone of the skin and hydration.

Duration 45 min / Price 110 EUR.



VILLA PADIERNA
THERMAS HOTEL

THE THERMAS / MEDICAL WELLNESS

VILLAPADIERNATHERMASHOTELCARRATRACA

FACIAL TREATMENTS

PERSONALIZED FACIAL

After an assessment of your skin, the professional will choose the suitable techniques and products for an ideal treatment which will meet the needs of your skin.

Duration 60 min / Price 90 EUR.

FACIAL LIFTING CONCEPT

This treatment stimulates the biochemical mechanisms that reduce expression lines by returning greater smoothness and elasticity to the skin. The result is an immediate glow and radiant beauty.

Duration: 50 min. / Price 100€.

FACIAL PROGRESSIF ANTIAGING

Treatment by the firm Carita, which helps rebalance older skin. It is an exceptional overall anti-aging solution. It has an anti-wrinkle effect, firming up the skin. It protects against the harmful free radicals and environmental toxins, it favours the supply of oxygen to the cells and their detoxification. It restructures and nourishes thanks to its long-lasting soothing and moisturizing texture.

Duration: 105 min. / Price 160€

EMPRESS FACIAL

This comprehensive treatment is performed with suction cups which help detoxify and regenerate tissue. This is followed by a facial massage and a regenerating mask. The treatment is concluded with ultrasound to enhance the vitality of the face. This tones the skin, eliminates flabby parts and produces an anti-wrinkle effect.

Duration 90 min / Price 150 EUR.

VITAMINS FACIAL FLASH

Treatment with revitalizing action thanks to the excellent derma-functional products; a powerful mixture of complex multivitamins which provide energy, together with active ingredients which tone, nourish and reaffirm the skin. Ideal for adding shine, freshness and vitality to the face.

Duration 60 min / Price 110 EUR.

FACIAL SOPHIA LOREN

Sophia Loren is one of the most beautiful women in the world. Her face has aged with dignity and treatments like this one have helped to preserve her beauty.

Beaute Diamond Carita Facial

Deep relaxation, rejuvenating the skin and its natural glow are the 3 effects produced by this treatment. It's complete luxury that will tone and tighten up your skin. It is ideal as flash treatment.

Duration: 105 min / Price 190€




PIROCHE®
COSMÉTIQUES

VILLA PADIERNA
THERMAS HOTEL

THE THERMAS / MEDICAL WELLNESS

VILLAPADIERNATHERMASHOTELCARRATRACA

FITNESS AND OTHER ACTIVITIES

PERSONAL TRAINING SESSION

Aqua Gym; Step; Mat; Stretching.

Duration 60 min / Price 100 EUR.

PRIVATE PILATES CLASS

Duration 60 min / Price 100 EUR.

WATERFLOW SESSION

Duration 30 min / Price 75 EUR.

PRIVATE CLASSES AVAILABLE.


VILLA PADIERNA
THERMAS HOTEL

VAT Included

THE THERMAS / MEDICAL WELLNESS

VILLAPADIERNATHERMASHOTELCARRATRACA

MEDICAL SERVICE

PHYSIOTHERAPY SESSION

Duration 30 min / Price 75 EUR.

Duration 60 min / Price 150 EUR.

MEDICAL CONSULTATION

Price 160 EUR.

FOR MORE INFORMATION,
ASK AT THE THERMAL SPA BATHS RECEPTION.



THE THERMAS / MEDICAL WELLNESS

VILLA PADIERNA THERMAS HOTEL CARRATRACA



THE THERMAS
MEDICAL WELLNESS

MEDICAL WELLNESS

VILLA PADIERNA THERMAS HOTEL CARRATRACA
AV. ANTONIO RIOBOÓ 11
29.551 CARRATRACA, MÁLAGA

CONTACT & RESERVATIONS

PH. +34 952 48 95 42
INFO@VILLAPADIERNATHERMASHOTEL.COM
WWW.VILLAPADIERNATHERMASHOTEL.COM



WWW.VILLAPADIERNATHERMASHOTEL.COM