THE THERMAS / MEDICAL WELLNESS

MEDICAL WELLNESS
VILLA PADIERNATHERMASHOTEL CARRATRACA
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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.
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.
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 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.
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.
Luxury Thermal Baths Circuit

5 Roman Thermal pools.
21 rooms for hydrothermal treatments, facial and body aesthetics and different types of massages.
Hammam and Sauna. Outdoor pool during the summer season.
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 : Aferini, Flamingos 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.
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-being and relaxation treatment | 3 Days - 650 EUR

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
Special Treatments
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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 SLIM & DETOX TREATMENT INCLUDES

- 3 Treatments: Medical Treatment, Thermal Treatment and Dietary Treatment
- 2 x Medical Consultations (3 in the Intensive Programme).
- 1 x Dietary Consultation (1 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.
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 THERMAL HEALTH TREATMENT INCLUDES

3 Treatments: Medical Treatment, Thermal Treatment and Dietary Treatment
2 x Medical Consultations
1 x Dietary Consultation
1 x Blood Analysis.
6 x Thermal Circuit guided by a specialist
14 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 yoga
Combination of different yoga techniques such as Hatha Yoga, Kundalini Yoga, Iyengar Yoga. 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.
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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.
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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 Yoga and meditation
Combination of different yoga techniques such as Hatha Yoga, Kundalini Yoga, Iyengar Yoga. 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
8 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.
Treatments

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

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**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 Lymphodrainer, 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.
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HYDROTHERAPY

GUIDED THERMAL CIRCUIT
One of our specialists will guide you through the thermal circuit and offer expert advice.
Price 175 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.
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.
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€.

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.
FITNESS AND OTHER ACTIVITIES

PERSONAL TRAINING SESSION
Aqua Gym; Step; Mat; Stretching.
Duration 60 min / Price 100 EUR.

PRIVATE YOGA CLASS
Duration 60 min / Price 100 EUR.

WATSU SESSION
Duration 30 min / Price 75 EUR.

PRIVATE CLASSES AVAILABLE.
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.
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